

# PossAbilities & you

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www.possabilities.com

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NEEDS NOW...  
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**Visit The Park at  
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See Page 5 to learn more about  
what the new park has to offer.

**PossAbilities**



LOMA LINDA UNIVERSITY  
MEDICAL CENTER EAST CAMPUS

# What the World Needs Now...*Is You*



Terina Sprague's family had a minivan, as well as exercise equipment that she was no longer using, and PossAbilities found members who really needed them.

I love living life to the fullest, and experiencing it just as much as anybody else. I spend time doing the activities that bring me happiness—snow skiing, ocean kayaking, and deep-sea fishing. When it comes to going out, I take advantage of every opportunity that comes my way. I've had a lot of fun going to Laguna Beach, baseball games, and concerts.

But perhaps the most important thing I can share with you is that no matter who you are or where you're at, you have the opportunity to reach out and help others. Giving back to the



## On Our Cover

Terina is a dynamic and caring member of PossAbilities. She's involved and passionate about helping others, and she thrives on living life to the fullest. Terina's great loves are snow skiing, kayaking, biking, and spending time with her friends.

by Terina Sprague

community can take a lot of different forms—you can volunteer your time or mentor a person who's facing similar challenges as those you've faced. My family had a minivan, as well as exercise equipment that I was no longer using, and PossAbilities found members who really needed them. You see, the PossAbilities program has done a lot for me, and now I'd like to help someone through PossAbilities, too.

I also enjoy volunteering at the Child Life playroom, but I also find that sometimes, by just being me, I change the world, too. You know, not everybody knows a person in a wheelchair. When someone talks to me and realizes that I am more active than they are most of the time, it's nice! When you simply create awareness, you are giving back. ●

## Getting Down to Business: Finding a Job

Whether you're starting the job hunt for the first time or returning to the workforce, the search process can be overwhelming. Luckily, you don't have to navigate want ads, applications, and interviews alone.

Your new best friend may just be your vocational rehabilitation counselor—a type of job coach. This adviser is specially trained to help people with disabilities find work. She'll evaluate your skills and

recommend a job for you. If you want to start a new career, she can also connect you with training.

Her task isn't complete when you get hired. She also makes sure your new employer supplies everything you need to do your job. For example, you might need a special keyboard to use the computer or a wheelchair ramp to reach your workspace. You can find a vocational rehabilitation

counselor through a state agency or other government office.

If you receive Social Security disability benefits, you can get help in your job hunt through the Ticket to Work program. If you're eligible, you'll get a ticket in the mail that you can use to access career support services.

For more information or to find out if you qualify, call **866-968-7842**.





# Filing a Claim for *Disability Benefits*



[www.socialsecurity.gov](http://www.socialsecurity.gov). Information about VA benefits is available at [www.va.gov](http://www.va.gov) or by calling 800-827-1000.

■ **Long-term disability coverage.** Many companies offer these plans as a benefit to their employees. You might pay part of your premiums, or your employer may pay them all. You can

collect benefits even if your disability is not job related. Check with your human resources department for details about filing claims under these plans and also workers' compensation.

■ **Individual disability income policies.** You may have purchased this coverage before you became disabled. Contact your agent for instructions on filing claims.

Investigate all of these sources to make sure you're getting the benefits you deserve. Also, keep in mind that claims may take a while to process. So, it's best to apply as soon as possible after you become disabled. ●

**I**f you're disabled and can't work, here's some good news: You can still help provide for yourself and your family. To do so, you'll need to file a claim for disability benefits.

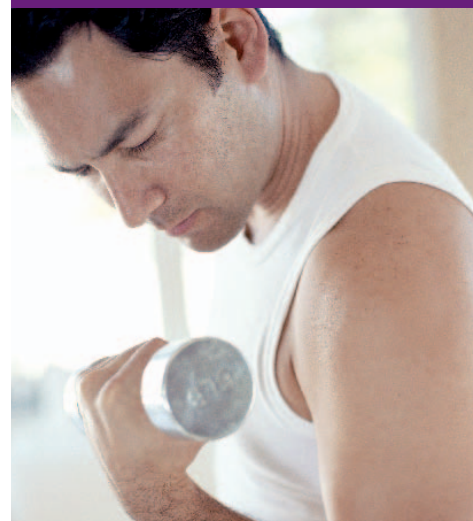
Benefits can come from several sources, including:

■ **Government programs.** These include Social Security Disability Insurance and workers' compensation, which pays if you're injured on the job. If your disability is related to serving in the military, you can get benefits from Veterans Affairs (VA). You can file a claim for Social Security benefits in person, by phone at 800-772-1213, or online at

## YES, YOU CAN STRENGTHEN YOUR WILLPOWER

Revvng up your willpower can allow you to accomplish a worthwhile goal, such as exercising more, saving money for an important purchase, or getting the best medical treatment. Here's how to give your willpower a boost:

- **Set an achievable goal.** For example, you might begin a commitment to exercise more by adding just 10 minutes of activity to each day.
- **Reward yourself.** After reaching a goal, give yourself a reward, such as a massage, book, or CD.
- **Do just one difficult thing at a time.** For example, people who try to quit smoking while also controlling alcohol use and overeating stack the odds against themselves, according to an article in the journal *American Psychologist*.
- **Anticipate minor slips.** Plan for situations in which you will be tempted to stop exercising or eating healthy, and determine what you'll do instead.
- **Give yourself a mental boost.** Keep reminding yourself how well you are doing with your efforts.
- **Monitor your progress.** Doing so helps people manage their money, say experts. It's also a tactic used by successful dieters and former drinkers and smokers.



## Additional Resources

Filing a claim for disability benefits can seem overwhelming. But you don't have to do it alone. See page 7 for many organizations and support groups available to assist you.



## SPINNING CLASSES COMING SOON

Stay tuned for updates on the newest class coming to the Drayson Center—indoor group cycling. Leading the program will be two-time Tour de France feminine competitor Patty Peoples from Redlands. Peoples, a former member of the U.S. National Women's Cycling Team and East Coast triathlon champion, says, "Indoor group cycling is the best cardiovascular and respiratory workout one can do in less than an hour. The workout will give you the extra boost to help you achieve fitness goals."

After being fitted for the bike and coached in some basic cycling techniques during one of the introduction workshops, you will be ready for a class. "The key is for participants to focus on individual goals and monitor their own intensity level during the class, based upon their current state of fitness," stresses Peoples. "It's not about keeping up with the instructor or other people in the class, but rather, being aware of your own perceived exertion level and working out accordingly," she adds. Once you can do that, there's no limit to how fit you can become!

Indoor group cycling is a fun program that's ideal for all ages and genders. You will stay motivated through a combination of the music, the energy of others in the class and the simulated courses you will ride under the encouraging guidance of the experienced instructor. For those in wheelchairs, hand cycles will be available.

Call 909-558-6316 for more information.

## Life's Challenges, *Blessings*

**M**y name is Jimmy Grissom. I was born with cerebral palsy and learned of life's challenges very early on. From the tender age of 18 months, I attended a school to learn exercises to gain better use of my hands, arms, and legs. As I grew older and my desire to communicate developed, I also added speech therapy sessions to my workouts.

My parents divorced soon after my birth and I have come to know my grandparents as my true caregivers. All that is me, knowledge of what's right and wrong, my beliefs, my strengths, and yes, even some of my fears, I have gained through them.

My goals in life are basic in nature. I want what all who dream desire: to be independent and to have a family...and my own home. The goals I have set for myself are not beyond my reach. As my grandfather often tells me, "hard work pays off."

I intend to further my education and become a computer technician, possibly to work for such companies as IBM, Microsoft, or Gateway.

My life's challenges so far have given me the strength to continue when I might sometimes want to quit. Having experienced the hardship of losing family,



*"My life's challenges so far have given me the strength to continue when I might sometimes want to quit," says Jimmy.*

physical freedom, and financial stability at an early age, I can now do anything I set my mind to. I have learned that the limitation of my body does not exist in my mind unless I choose to let it.

Most importantly, I want to share with others that life's challenges do not take away from life's blessings. I believe that one day the Lord will bless me with my dreams of success in life. For this reason, I work closely with my church and school, giving back where and whenever I can. Though I began this essay on life's challenges, I truly am an example of life's blessings. ●

### Send Jimmy an E-Mail

Jimmy is one of our newest volunteers in the PossAbilities office. He will be our correspondence liaison through e-mail. If you have any questions, such as peer support or advocacy, contact Jimmy at [possabilities@ahs.llumc.edu](mailto:possabilities@ahs.llumc.edu).



# A *Park* for Everyone

In June, Loma Linda University Medical Center opened the new Park at East Campus to its patients, staff, and the public.

The Park at East Campus is a significant landmark for the University's history and mission. It was specifically designed to help patients during their rehabilitation process.

The park has an amphitheater, healing gardens, a path of many textures, a water sculpture, and a playground designed for children of all abilities.

As the park's purpose is to assist patients with community re-entry, each feature has a significant purpose to help patients. While the gardens and water sculpture bring tranquility to a person's mind and spirits, the paths and playground area can be used to assist patients in building physical strength and skills. The park's pathways are textured, including: colored concrete, gravel, pavers, slate tiles, and wood. The color variations, surfaces, and inclines of

these paths serve to teach patients how to walk again in the community. The playground's modules are meant to challenge our pediatric patients' understanding of vestibular motion and spatial awareness, as well as strengthen different muscle groups. Patients often spend time outside with their therapists using any one of these special features to help them ease back into daily activities.

In the warmer months, the amphitheater is used for various celebrations, including outside performances for interest groups of all kinds.

Whether you'd like to spend time near the fountain in spiritual reflection or admire the gardens, everyone is



With the purpose of rehabilitating patients, the Park at East Campus is an extension of Loma Linda University Medical Center's healing environment.

welcome to visit the park. The park is located between Loma Linda Drive and Benton Road, behind the Professional Plaza Building at 25455 Barton Road. ●

The playground was built specifically to include and rehabilitate children of all abilities.



The park features an amphitheater, gardens, and a playground.



## TIPS FOR NEW WHEELCHAIR USERS

Adjusting to a wheelchair can be challenging. But take it from others who have gone before you: Your new chair means greater mobility and independence. It's freedom on wheels.

These tips can help you get rolling smoothly:

■ **If the chair fits ....** But, if it doesn't, make it fit better. Seat cushions and back supports are vital to preventing pressure sores and poor posture.

■ **Keep up the pressure.** On your tires, that is. Underinflated tires mean a chair that's hard to push and a ride that's less comfortable. Check tires monthly and reinflate as needed.

■ **Level the playing field.** Ask others to stoop down or kneel so that they're eye-to-eye with you.

■ **Make connections.** No one understands your situation better than someone who's already been there. A support group or a peer counselor can empower you with guidance, information, and encouragement for your new journey.

## Make Connections

Meet new people and try something new with one of our PossAbilities Team activities.

### Wheelchair Basketball

PossAbilities Rolling Bears

When: Thursday nights

Time: 7 to 9 p.m.

### Wheelchair Quad Rugby

PossAbilities Crown Rugby

Call 909-558-6316 for more information.

# Making Sense of *Prescription Drug Labels*

If you've ever had trouble understanding the labels on your prescription medications, you're not alone. A recent study asked 395 adult patients to read and correctly explain five common prescription instructions. Almost half of the patients misunderstood one or more of the instructions.

Here are the commonly misunderstood instructions with explanations, plus tips to ensure you're safely taking all of your medications.

## Confusing Prescription Instructions, Explained

**Take one teaspoonful by mouth three times daily.**

Translation: Take one teaspoonful at three different times each day.

**Take one tablet by mouth twice daily for seven days.**

Translation: Take one tablet at two different times each day for seven days.

**Take two tablets by mouth twice daily.**

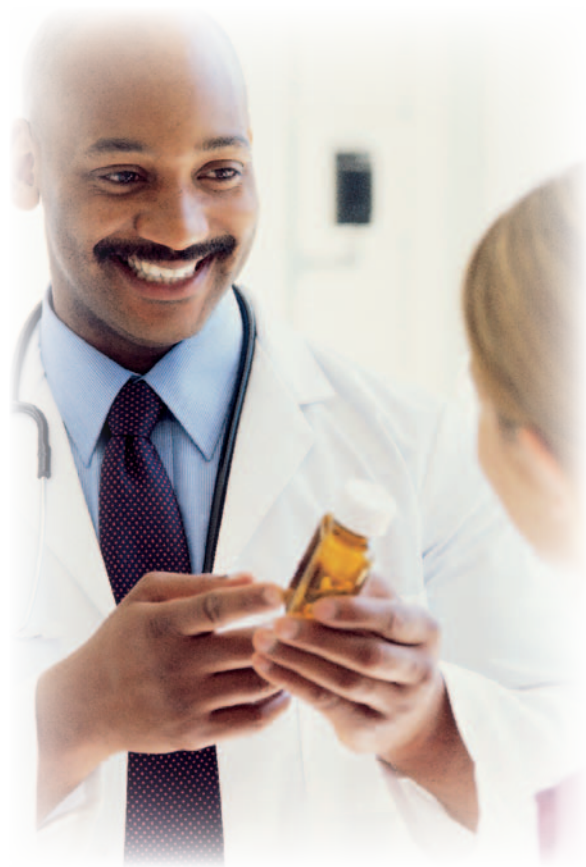
Translation: Take two tablets at two different times each day.

**Take one tablet by mouth once each day.**

Translation: Take one tablet a day.

**Take one tablet in the morning and one at 5 p.m.**

Misunderstanding was less likely for this last instruction because it was the most explicit. Patients in the study had more



trouble with instructions that included several elements with different numbers. For example, the instruction "Take one tablet by mouth twice daily for seven days" was particularly confusing.

## Steps to Take to Avoid Mistakes

■ Make sure you can read the prescription before leaving your doctor's office. If any part is unclear, ask your doctor to clarify.

■ Have both your doctor and your pharmacist explain the instructions aloud, and repeat the instructions back to them.

■ If you need to take a medication more than once a day, ask your doctor or pharmacist the best way to space out the doses.

■ Ask your doctor or pharmacist to explain any warnings or side effects. ●



# Resource Guide

**To find out more about PossAbilities,** contact our office at **909-558-6384** or visit us on the Web at **www.possabilities.com**.



## Join a Winning Team—Team PossAbilities!

Reap the benefits of a healthy lifestyle through Team PossAbilities. The team offers peer support, training, and more. Visit **www.teampossabilities.com** or call **909-558-6384** to join.

### ARTHRITIS

#### Juvenile Rheumatoid Arthritis (JRA)

Riverside, California:

951-320-1540 or

800-954-2873

[www.arthritis.org](http://www.arthritis.org)

### BRAIN INJURY

#### National Brain Injury Information Center

800-444-NHIF (6443)

[www.biausa.org](http://www.biausa.org)

### CEREBRAL PALSY

#### United Cerebral Palsy

Washington, DC:

[national@ucp.org](mailto:national@ucp.org)

[www.ucp.org](http://www.ucp.org)

800-USA-5UCP (872-5827)

### MUSCULAR DYSTROPHY

#### Muscular Dystrophy Association

Riverside, California:

951-369-0720

[www.mda.org](http://www.mda.org)

### MULTIPLE SCLEROSIS

#### National Multiple Sclerosis Society/Southern California Chapter

Los Angeles, California:

310-479-4436 or

800-FIGHT-MS (344-4867)

[www.cal.nmss.org](http://www.cal.nmss.org)

### SPINAL CORD INJURY (SCI)

#### California Paralyzed

#### Veterans Association

Long Beach, California:

562-826-5713 or

800-497-0565

Provides resources for veterans.

[www.CALPVA.org](http://www.CALPVA.org)

### STROKE

#### Stroke Association of Southern California

310-575-1699 or

800-STROKES (787-6537)

Free education and tools for patients and caregivers.

[www.stroke.org](http://www.stroke.org)

#### American Brain Tumor Association

Des Plaines, Illinois:

800-886-2282

[www.abta.org](http://www.abta.org)

### SUPPORT GROUPS

#### Head Injury Trauma

#### Spinal Support Group

#### (HITSS)

Loma Linda, California:

909-558-4000 ext. 42401 or

800-986-HITSS (4487)

Date: Fourth Monday of each month

Time: 6 to 7:30 p.m.

Where: LLUMC East Campus  
Outpatient Rehab, 11406 Loma Linda Drive, conference room 129A

#### Amputee Rehabilitation Support Group


Date: Third Monday of each month

Time: 10 to 11 a.m.

Contact David Moore at  
909-427-7148 for more information.



### Get More Out of Your Medi-Cal



**IEHP**  
A Public Entity  
Making healthcare simpler

We know that access to a doctor means wheelchair friendly facilities, so we offer an accessibility guide of our doctors' offices.

Get more out of your Medi-Cal with IEHP, your Inland Empire Health Plan. Join the health plan that has a large network of specialists so you can find one you like or already know. At IEHP, we give you health care options, the choice is up to you.

To apply, call:  
**1-800-440-IEHP (4347) Phone**  
**1-800-718-IEHP (4347) TTY**

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# upcoming events

## PossAbilities Scholarship and Awards Evening

This fun, social, and inspirational evening will honor people who have brought strength and awareness to the community. Save the date!

Where: The Mitten Building

When: Thursday, November 29

Time: 7 to 9 p.m.

For more information contact PossAbilities at **909-558-6384**.

## PossAbilities Triathlon

Come and enjoy a fun-filled day at the 6th Annual PossAbilities Triathlon. There will be a Triathlon, 5K Run/Walk/Roll, Kids' Triathlon, and a Tiny Tots' Tricycle Triathlon.

Where: Loma Linda University Drayson Center

When: Sunday, April 27

Time: 7 a.m.

For more information on the triathlon, visit **www.possabilities.com** or call the PossAbilities office at **909-558-6384**.



## Wheelchair Basketball—PossAbilities Rolling Bears

When: Thursday nights

Time: 7 to 9 p.m.

Contact: Willie Stewart at **909-558-6316**.



Contact the PossAbilities office at **909-558-6384** to find out about other upcoming events that may not be listed.



## Wheelchair Quad Rugby—PossAbilities Crown Rugby

Call for more information.

Contact: Willie Stewart at **909-558-6316**.

## WILLIE'S CORNER



Willie's Corner is about participation, training tips, and just about being involved in all aspects in life.

Loma Linda University Medical Center East

Campus just opened a new park dedicated to helping patients recover from accident, illness, and injury. But more than that, I think that this park is a place where we can all come together—in the spirit of reflection, human resilience, and perseverance. The Park is a place where we can remember what we've been through, but its purpose is to help us move past it.

Many of us have had injuries that are slow to heal, but day-by-day we have to keep pushing forward. Check out the new park—you'll be amazed at the details, what each feature was intended for, and how it helps patients and visitors in the healing process.

Willie "One-Arm Willie" Stewart is a four-time Ironman finisher, Paralympics silver medalist, kayaker, and Olympic torchbearer.

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## PossAbilities & you

*PossAbilities & You* is published by Loma Linda University Medical Center East Campus to provide general health information. It is not intended to provide personal medical advice, which should be obtained directly from a physician.

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