

Possibilities & You

Fall 2008
www.possibilities.com



STRATEGIES FOR FINDING SCHOLARSHIPS

PAGE 3

IS HANDCYCLING THE SPORT FOR YOU?

PAGE 4

STAY CONNECTED TO STAY HEALTHY

PAGE 5

Dan Takes on the New York Triathlon

Dan Davies, spinal cord injury
and former San Bernardino police officer,
took on his first triathlon.
See Willie's Corner on
page 8 for details.

Possibilities



LOMA LINDA UNIVERSITY
MEDICAL CENTER EAST CAMPUS

Am I a Role Model? *You Bet!*



“I can be a positive role model to anyone, including people with and without disabilities,” says Dan Davies.

I never thought I was a role model. To me, role models were in the news and on TV—athletes, heroes, and other famous people.

But today, I think about role models a lot differently. In fact, I count myself as one of them. And so can you.

What does it mean to be a role model? For me, it means setting an example by leading a full and happy life. In this way, I can be a positive role model to anyone, including people with and without disabilities.

You may not realize it, but you're probably already a role model to people around you. If you choose, you can make your impact on others even stronger. Here are some ideas:

- **Decide what kind of role model you want to be.** Pick a style that fits your personality. Maybe you love volunteering and you're a good listener. If so, you

might want to visit a hospital to talk with people who are adjusting to a disability.

- **Connect with people who have disabilities.** Get involved in a local peer or support group for people with disabilities. If you can't find one near you, think about starting one. It can be a great way to offer real help—and hope—to others.

- **Invite someone to do something fun.** Being a role model doesn't mean you have to be serious all the time. When you play a sport or just goof off, you show everyone what people with disabilities *can* do, not what they can't. Remember: You can be a role model to anyone, not only people with disabilities.

- **Choose a healthy lifestyle.** Eating right and exercising help me live life to the fullest. When other people notice, they want to eat right and exercise, too. ●

On Our Cover

Dan Davies, spinal cord injury and former San Bernardino police officer, recently took on his first triathlon which included a one mile swim, twenty-four mile handcycle, and six mile run. Dan took on this endeavor with his new adaptive equipment provided by PossAbilities. See Willie's Corner on page 8 to learn more about Dan's triathlon experience.



How to Get Past Shyness

As many as 90% of people feel shy on occasion. For some, social discomfort is a constant hindrance. But shyness is not a closed door to a rewarding life. Here's how to step out from behind shyness and become comfortable interacting with others.

Reach Out to Others

If you tend to be shy, then chances are you inherited the trait. Genetics are known to influence whether a child is born timid or outgoing. Stressful life events, such as a move to a new town or a job change, also can bring on shyness.

The way to overcome shyness is to do exactly what makes you feel uncomfortable—reach out to others:

- Set specific goals, such as extending a lunch invitation to a different coworker each week.
- Try role-playing fearful social situations with a friend.
- When negative thoughts or feelings threaten to paralyze you, fight back with positive thoughts.

When Shyness Is Extreme

On the extreme end, shyness can be debilitating, contributing to loneliness, low self-esteem, depression, drug use, and alcoholism. Professional therapy can often help adults and children get over severe shyness. When shyness is accompanied by extreme anxiety over social situations—a condition known as social anxiety disorder—professional help also may be needed.



Searching for *Scholarship Opportunities*

There are plenty of scholarships available for students with disabilities if you know where and how to look.

Where to Begin

Scholarship books with indexed listings of categories are a good place to start. There are also dozens of online databases to browse. Be as specific as you can in your search—for example, “scholarships for engineers”—to help focus your results.

If you know what schools you’re interested in, go directly to the source. The school’s financial aid administrator can tell you about aid available from the school itself, the state, and other sources.

Look Locally

Nearly every community has chapters of national clubs dedicated to funding various scholarships. The Lions Club, Rotary International, and Kiwanis all offer scholarship opportunities.

Consider your hobbies, interests, and ethnic background. For instance, there may be a gardening club in your town that would love to help your green thumb grow in a landscaping program. You’ll have a better chance of receiving a scholarship if you look to unusual sources with a small pool of applicants.

Is It a Match?

Research scholarships offered by national organizations with criteria that meet your specific disability. For example, the National Multiple Sclerosis Society (www.nationalmssociety.org), the American Council of the Blind (www.acb.org), and the Alexander Graham Bell Association for the Deaf and Hard of Hearing (www.agbell.org) all serve different populations. There are also scholarships for people with disabilities that address an educational focus, such as the Foundation for Science and Disabilities (www.as.wvu.edu/~scidis). ●

Jimmy Grissom is one of several members that will be awarded a scholarship at our upcoming Scholarship Dinner on November 20, 2008.



COLLABORATIVE PROMOTES EQUAL OPPORTUNITY, UNIVERSAL ACCESS

The Inland Empire Disabilities Collaborative comprises 120+ organizations serving people with disabilities in Riverside and San Bernardino Counties. We dedicate our efforts to promoting equal opportunity, universal access, and full participation of people with disabilities in all aspects of life.

The Collaborative initiated a Disability Resources Expo as one of its primary activities. The Expo focuses on enhancing independent living options in the Inland Empire and draws 80+ vendors and more than 1,200 attendees.

Through our regular meetings, the Collaborative also offers the opportunity for networking and partnering on various local and regional events.

Our Collaborative welcomes all individuals and organizations committed to equal access and independent living options. We need dedicated volunteers and funding to support our initiatives.

To get involved contact:

Inland Empire Health Plan
909-890-5833 Voice
909-890-1623 TTY
Jauregui-b@iehp.org

PossAbilities at 909-558-6384
possabilities@ahs.edu



Hit the Open Road with Handcycling



Malek Mohammed preparing to ride in the Redlands Bicycle Classic.

Thanks to handcycles, you can speed along the roadside, explore a winding country trail, or enjoy a casual ride with the family. Handcycling is also a great workout to develop aerobic capacity, upper body strength, and overall fitness.

A handcycle uses gears similar to those on a bicycle. But you “pedal” by turning hand grips located just above your lap. This is different from a racing wheelchair, where your hands turn the wheels directly. Compared with racing wheelchairs, handcycles are easier to operate and to get in and out of. They’re also suitable for a wider variety of outdoor activities, including recreation, exercise, and competition.

If you want to try the sport for the first time, some local organizations host handcycling clinics. Search the Disabled Sports USA Web site, www.dsusa.org, for a chapter near you.

If you decide to buy a handcycle, test it out first. Many dealers will let you try before you buy. There are two basic styles of handcycles to consider:

■ **Upright Handcycles.** Upright handcycles allow riders to sit higher up from the ground with knees in a bent position. These are beginner bikes for those who want exercise or recreational riding. They can go up to 15 mph.

■ **Recumbent Handcycles.** Riders sit lower to the ground with legs extended in front of them. Recumbents are more suited for touring and racing. There are several types. You can choose different seat positions and steering positions depending on your needs and the type of riding you plan to do.

Getting Started

Before you hit the road, make sure to follow these tips:

- **Always ride with a helmet:** Make sure yours is approved for safety.
- **Get properly fitted:** Your handcycle should feel comfortable to ride.
- **Fuel and hydrate:** In order to keep up your endurance and energy, be sure to eat and drink before and while riding. ●

POSSABILITIES IS PROUD SPONSOR OF PRESTIGIOUS CYCLING RACE

On June 6-8, the PossAbilities program had the opportunity to be a Presenting Sponsor for this year’s Rocky Mountain Omnium (RMO), hosted by U.S. Handcycling, in the glorious Denver Metro area. This is the ninth year of the RMO and the event has come a long way since it started in 2000. We are proud that it has always been an integrated cycling race and still stands as one of the oldest and most prestigious events featuring cyclists with and without disabilities in the U.S.

With the Beijing Paralympic Games just around the corner, the RMO was more important than ever this year, with the opening time trial doubling as the final road selection event for the U.S. Paralympic Cycling Team. Although elite athletes gave it their all to make the US National Team, the RMO still had a lot to offer for up-and-coming racers, as well as beginners. As usual, the event included a grassroots cycling clinic, and a great racing experience for all athletes. The RMO was also the fourth event in the U.S. Handcycling Series, and there was a lot to race for across all categories, including the new 45-54 and 55+ age groups.

U.S. Handcycling Online

To find out more information please visit www.us handcycling.org.



What Are Friends For? *Your Health!*

The people close to us can affect our health in many ways, from helping us eat better to listening to our worries. To enhance your health and quality of life, make and strengthen relationships that nurture and empower you.

Connection Matters

Social support can help both physically and mentally. In one study, researchers interviewed people with spinal cord injuries and chronic pain. People reported greater life satisfaction if they talked about their problems with someone. They also reported less disability from their pain if they had social help to cope with it.

Those around you can also influence your health habits. People with a friend or spouse who becomes obese are more likely to become obese themselves. On the other hand, positive health decisions such as quitting smoking also can spread from person to person. Researchers reported these results after studying the health and social ties of 12,000 people in one Massachusetts town for more than 30 years.

Take Stock of Your Circle

There's plenty you can do to help the people in your social circle enhance your health.

- Encourage friends and family to support your healthy lifestyle by eating well and exercising regularly with you.
- Take them with you to health care visits.
- Invite them to socialize and have fun.
- Ask for practical and

emotional support when you need it.

Think about the qualities that matter most to you in friends and family. Perhaps they encourage your self-reliance or accept you even when they don't understand you. Nurture the relationships you enjoy and value.

Expand Your Network

It can never hurt to have more healthy connections. Through support groups, you can meet and share information with others who have the same condition and may be going through similar experiences. You can also volunteer, join a civic or faith-based group, or participate in a community recreation program.

We know instinctively that we need social connections like these. When it comes to our health, research shows our instincts are right. ●

**Meet New People
and Try New Things
with PossAbilities!**

To find out more about our activities and social events, visit our Web site at www.teampossabilities.org.

Pictured: PossAbilities members Delmon Dunston (left) and Eric Arrington (right).



Preventive Screenings

Can Keep Your Heart Healthy

You can't control some risk factors for heart disease, such as your age, sex, or family history. But some you can. Here are three important screening tests—and when you need them—to help keep your heart healthy:

■ **Blood pressure.** Adults ages 18 and older should have their blood pressure checked once a year to ensure it's below 120/80 mmHg. If yours is higher, your doctor may recommend more frequent screening.

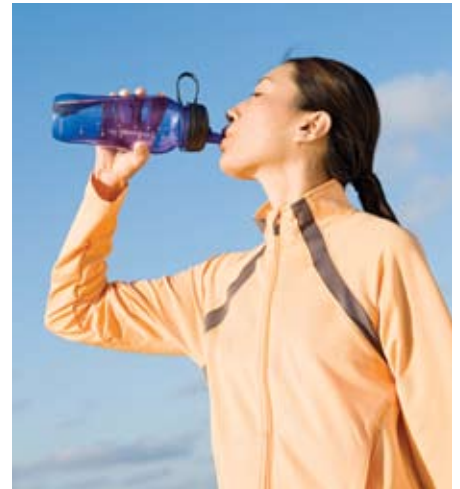
■ **Blood sugar.** Starting at age 45, have your blood sugar tested every three years. After an overnight fast, normal blood sugar levels should be 99 mg/dL or lower.

■ **Cholesterol.** Adults ages 20 and older should have their cholesterol measured at least once every five years. Performed

after an overnight fast, this test creates a lipoprotein profile. This profile reveals your levels of LDL, or “bad,” cholesterol; HDL, or “good,” cholesterol; and triglycerides, another type of blood fat. Total cholesterol should test below 200 mg/dL; triglycerides should test below 150.

LDL standards vary by your risk for heart disease. If your doctor says you're at low risk, then your LDL should stay under 160. At moderate risk, aim for below 130. If you're at high risk, keep it under 100. For HDL, a level of 60 mg/dL or higher helps protect your heart.

If you're at high risk for heart disease, your doctor may also recommend other screenings, such as electrocardiography, an exercise test on a treadmill, or a CT scan. ●



WHAT FLUID IS BEST TO FUEL YOUR WORKOUT?

If you believe the hype, energy, endurance, and power come in sports drink bottles. But the number one hydration solution can be found in your kitchen tap.

Water is usually the best replacement for fluids lost through sweat. Liquid needs are different for everybody and vary based on factors such as your height and weight, choice of activity, and clothing.

Sweating also depletes compounds called electrolytes. Most often, these are replenished through your diet. But consider drinking a sports drink containing electrolytes plus sugar for energy in these situations:

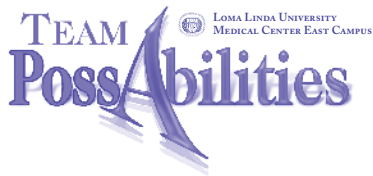
- You'll be exercising continuously—at any intensity—for more than 90 minutes.
- You're doing more than your usual workout—such as a charity bike ride or mini-marathon.
- You're exercising in a hot environment.

The best sports drinks boast 15 to 18 grams of carbohydrates per 8-ounce serving. Drink 1½ to 4 cups per hour, depending on how much you sweat. Keep in mind that the sugar and calories they contain must be considered as part of your daily diet.



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.

AMPUTEES

Amputee Coalition of America (ACA)
1-888-267-5669;
TTY: 1-865-525-4512
www.amputee-coalition.org

ARTHRITIS

Arthritis Foundation
951-320-1540 or
1-800-954-2873
www.arthritis.org

Juvenile Rheumatoid Arthritis (JRA)

951-320-1540 or
1-800-954-2873
www.arthritis.org

BLINDNESS

Blindness Support Services
951-341-9244
Information, referral, housing support, counseling, Braille tape transcription, speakers' bureau, transportation assistance, and prevocational training.
www.blindnesssupport.com

Braille Institute

714-821-5000
www.brailleinstitute.org

National Federation of the Blind

410-659-9314
Resources include publications, aids and appliances, conventions, employment, and training.
www.nfb.org

American Foundation for the Blind

1-800-232-5463
Addresses critical issues facing people with visual disabilities including employment, independent living, literacy, and technology.
www.afb.org

BRAIN INJURY

Brain Injury Association of America
1-800-444-6443
Creating a better future through brain injury prevention, research, education, and advocacy.
www.biausa.org

National Brain Injury Information Center

1-800-444-NHIF (6443)
www.biausa.org

MUSCULAR DYSTROPHY

Muscular Dystrophy Association
951-369-0720
www.mda.org

MULTIPLE SCLEROSIS

National Multiple Sclerosis Society/Southern California Chapter
310-479-4436 or
1-800-FIGHT-MS (344-4867)
Provides resources regarding clinical centers, equipment loan, therapies, aquatics, social services, education, lending library, speakers' bureau, peer counseling, respite care, advocacy, self-help groups, and employment services.

SPINAL CORD INJURY (SCI)

California Paralyzed Veterans Association
562-826-5713 or
1-800-497-0565
Provides resources for veterans.
www.CALPVA.org

SUPPORT GROUPS

Head Injury Trauma Spinal Support Group (HITSS)
Loma Linda, Calif.:
909-558-4000 ext. 42401 or
1-800-986-HITSS (4487)
Date: Fourth Monday of each month
Time: 6 to 7 p.m.
Where: LLUMC Children's Hospital conference room 1830

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1-800-440-IEHP (4347) Phone
1-800-718-IEHP (4347) TTY

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Inland Empire Disability Resources expo

Save The Date

Thursday, October 23, 2008 9 am - 2 pm

Exhibits & Workshops on:

Health ■ Housing ■ Transportation ■ Advocacy
Employment ■ Assistive Technology ■ Education

cost: **FREE**

where: Loma Linda University Drayson Center
25040 Stewart Street, Loma Linda, CA 92354

info: (909) 890-5833 (909) 890-1623 TTY
IEDisabilitiesCollaborative@gmail.com

Please request reasonable accommodations and alternate formats at least 2 weeks prior

Brought to you by the Inland Empire Disabilities Collaborative (IEDC)
Promoting Equal Opportunity, Universal Access, and Full Participation In
All Aspects of Life

The IEDC is sponsored by Inland Empire Health Plan and
PossAbilities of Loma Linda University Medical Center
East Campus



MK 1606-0308-1c

WILLIE'S CORNER



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

Life after traumatic injury can be transforming and challenging. Believing in your own personal ability can be questioned by you and others. So, to try something new takes courage. July 12, 2008, was the Nautica New York City Triathlon. I had the great honor to race with Dan Davies, spinal cord injury and former San Bernardino police officer, where he took on his first triathlon which included a one mile swim, 24 mile handcycle, and six mile run. Dan took on this endeavor with his new adaptive equipment provided by PossAbilities, which will be formally presented to him at our Annual Scholarship Dinner on November 20, 2008. Dan jumped in the Hudson River at 7 a.m. sharp and 3½ hours later he crossed the finish line in Central Park. He qualified for the U.S. PC Triathlon team with 20 minutes to spare. Witnessing Dan's struggle on that day, not only inspired me to be a stronger person and think outside the box, but he inspired thousands along the race route to realize that anything is possible. Dan's transformation, although challenging, has benefited others by his spirit.

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Postmaster: Please deliver between
October 6 and 10.

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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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6056M