

PossAbilities & You

Spring 2008

www.possabilities.com

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PossAbilities Members Awarded Scholarships

Reaching out to others through sports, peer support, and community outreach, PossAbilities members are inspirational. See page 2 to read about our annual scholarship event.

PossAbilities



LOMA LINDA UNIVERSITY
MEDICAL CENTER EAST CAMPUS

PossAbilities Recognizes



“My injury may change my lifestyle, but I refuse to let it stop me from achieving my goals,” says Dan Davies.

A crowd of 250 guests acknowledged members and volunteers whose efforts—through sports, peer support, and community outreach—benefit people living with a permanent disability. Briana Walker, model and motivational speaker, gave our inspirational message.

Among those recognized this year were Tina Schumacher of Mom’s Night Out, a social support group for mothers of special needs children; Michael May from Head Injury and Trauma Spinal Support Group (HITSS); and Bill Nessell from the Amputee Connection.

Dan Davies, an officer in the San Bernardino Police Department who became a paraplegic in an automobile accident while responding to a call, spoke on behalf of the scholarship recipients. He never knew, he told the audience, how many opportunities would come his way as a person with a disability. “My injury may change my lifestyle, but I refuse to let it stop me

from achieving my goals,” he says.

PossAbilities scholarships were awarded to 12 individuals and groups. Funds will assist the Rolling Bears and Lady Warriors wheelchair basketball teams and the Redlands Youth Baseball Xtreme Team. They will also help disabled members of PossAbilities with educational expenses, adaptive sports equipment, travel to competitions, memberships to the Drayson Center for physical fitness, and medical equipment. Special recognition went to the San Manuel Band of Mission Indians for

their financial support of the PossAbilities program.

The annual event is a source of inspiration to attendees regardless of disability status. “I cannot tell you how moving your program was last night,” wrote one attendee. “It is so awesome to see what you have done for the community and all of the lives that you have touched.”

“There is no dress code, and people mix regardless of income or disability,” says Willie Stewart, PossAbilities coordinator. “Everyone here is equal.” ●

1. East Campus Vice President Michael Jackson with Xtreme Team.
2. Scott Bassett receives the Joe Tinker Scholarship Award from Joe’s parents.
3. The Muscular Dystrophy Association’s 2008 National Goodwill Ambassador Abbey Umali performs at the PossAbilities Scholarship Banquet.
4. Dan Davies and Antonio Stewart.
5. Community Partner Award Recipient Kathy Jo Lorenz with PossAbilities members Briana Walker and Scott Bassett.
6. LLUMC staff member Michael Davidson with his wife Karen and PossAbilities member Gina Cooper.

Volunteers



Please save the date for next year's celebration—November 20. For information on how to join PossAbilities as a disabled or support member or become part of Team PossAbilities, call **909-558-6384**.



Tips to Know Before You *Travel*

Does my walker count as a carry-on item? Can I bring all my medications? Travelers with disabilities often have extra concerns when flying. But getting through the airport can be smooth sailing with a little preplanning.

Before You Go

- **Provide advance notice.** Let your airline or travel agent know if you'll need help at the airport. Get a gate pass early for any companion assisting you through security.
- **Make a med bag.** Put your medicines in a separate bag and label each item.
- **Take two.** Medical supplies and mobility aids (such as canes or walkers) do not count toward the one carry-on and one personal item (purse or briefcase) limit.



- **Talk with your doctor.** If you have any medical devices in or on your body, make sure it's safe for the metal detector or hand wand.
- **Get there early.** Passengers with electric wheelchairs may be required to check in one hour before flight time.

At the Security Checkpoint

- **Stay seated.** If you're unable to stand or walk through the metal detector, you'll be allowed to remain in your wheelchair.
- **Hear clear.** Wear your hearing device while going through the metal detector—it won't damage it.

At the Gate and On Board

- **Preboard for priority.** Boarding early gives you more time to get on the plane and gives you priority to store your wheelchair on board. Air carriers must allow one folding wheelchair to be stowed in a cabin closet.
- **Ask for assistance.** Airline employees are trained in assisting passengers with disabilities. They can help you get on the plane, use an onboard wheelchair, load carry-on items, and more. ●

For questions about traveling for people with disabilities, what items are permitted and what items are prohibited, contact the TSA Contact Center at **1-866-289-9673** or e-mail **TSA-ContactCenter@dhs.gov**.



Focus on Asthma

■ Here's another good reason not to give your baby a bottle in bed. Feedings in bed before sleep time increase a baby's risk for wheezing and for developing asthma. The probable reason: Little airways get irritated from repeatedly breathing in small amounts of milk. Milk is more likely to go down a baby's breathing tube if a child is lying down when drinking.

Pediatrics, Vol. 110, No. 6

■ Dust mites commonly trigger asthma attacks. To reduce your exposure to dust mites, sleep on a spring mattress instead of a foam one. In one study, foam mattresses were four times more likely to contain dust mite allergens than spring mattresses.

Allergy, Vol. 57, No. 6

■ Does your child clear her throat a lot for no apparent reason? One study found this to be a possible symptom of asthma in children. Other, more well-known symptoms of asthma include wheezing and coughing.

New England Journal of Medicine, Vol. 348, No. 15

No More Excuses: It's Time to Start Exercising

You meant to exercise this week, but you got really busy at work. Or your kids got sick. Or ... ? No matter what your excuse, there's usually a way to fit exercise into your life. To get yourself moving, try these excuse busters:

Excuse: I'm Too Busy

- Find ways to squeeze exercise into your daily routine. For example, stretch while you watch television.

Excuse: I Travel a Lot

- Stay in a hotel with a swimming pool or gym.

Excuse: I'm Not Athletic

- Find an exercise companion who is at your same skill level.
- Take a class to learn a new exercise skill.

Excuse: Exercise Is Too Expensive

- Check out low-cost options in your neighborhood, such as park district fitness programs.

Excuse: I'm Too Tired

- Schedule exercise for when you tend to feel the most energetic, such as on your lunch hour.
- Do it anyway. Exercise will actually give you more energy.

Excuse: Exercise Is Too Boring

- Exercise with a friend.
- Identify activities that you enjoy, such as playing basketball.
- Alternate exercises.

Excuse: I Can't Leave My Kids Alone

- Use home exercise equipment while your children nap or play.
- Hire a babysitter, or trade sitting time with a friend.
- Use a gym that offers child-care services. ●



Smart Sports Training

Before you hit the field or court this spring, gear up your body with smart training:

- Check with your doctor before beginning a workout program. Together, you can come up with a plan that's right for you.
- Strengthen your muscles with weight training. Look for equipment that's designed for people with disabilities.
- If you work with an instructor, choose one who understands the special needs of your disability.
- Stay motivated by setting realistic goals you can meet.



Making Your *Home* Your *Own*

Your home is your castle. Not feeling like a king or queen? Maybe it's time for some home improvements.

Studies show that changing your house to fit your abilities can prevent accidents and make daily tasks easier. Home modifications can be as simple as removing clutter or as large-scale as remodeling. Here's how to get started.

■ **Find problems, then solutions.** Make a list of troublesome tasks and helpful updates. If you have trouble getting into the bathtub, consider installing grab bars. Lever-style handles can make opening cabinets and doors easier. Ask an architect or occupational therapist for other ideas. If you're concerned about costs, check

with your local or state disability services office about remodeling grants or loans.

■ **Safety first.** Before and during remodeling, look for signs of poor ventilation. These include stuffiness, condensation, and mold. Also check for radon, asbestos, and other harmful substances. Plan safe escape routes from fires.

■ **Design with everyone in mind.** For major renovations, find contractors who use universal design concepts. They'll make your home accessible to people of all ages, sizes, and abilities. Features include doorways wide enough for wheelchairs and countertops at adjustable heights. ●



Additional Resources



California's Contractors State License Board provides a handy checklist for working with a contractor
www.cslb.ca.gov/General-Information/library/laws-and-regulations.asp

Tips and Links for Green Renovations
<http://www.ciwmb.ca.gov/GreenBuilding/Residential/Remodel/default.htm>

Building & Safety Department of San Bernardino County
www.co.san-bernardino.ca.us/landuseservices/Building_Safety/default.htm



Tread Safely When Having Carpet Installed

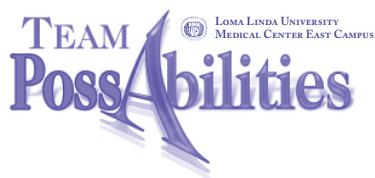
Did you know that your home-improvement project may be making you sick? The U.S. Environmental Protection Agency warns that new carpeting and padding, as well as the adhesives used to install them, emit chemicals into the air. And exposure to these chemicals can lead to headache; eye, nose, and throat irritation; skin rashes; shortness of breath; and fatigue.

Don't let the new carpet smell get you down. Follow these tips to help reduce chemical emissions in your home:

- Before buying carpet, ask questions. Your retailer should be able to help you choose carpeting, padding, and adhesives that are less toxic than others.
- Ask your installer to unroll and air out the carpet a few days before bringing it into your home.
- Stay away from your home the day the carpet is laid.
- Try to ventilate the rooms as much as possible during and after installation. Open windows to let in some fresh air. And use fans to exhaust fumes outside for two to three days after installation.

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 pre-vocational training.
www.blindnesssupport.com

Braille Institute

714-821-5000
www.brailleinstitute.org

National Federation for 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.
www.cal.nmss.org

SPINAL CORD INJURY (SCI) California Paralyzed Veterans Association

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

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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WILLIE'S CORNER



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

Team River Runner (TRR) helps disabled veterans

of the Iraq and Afghan conflicts to find health and healing through whitewater boating. TRR has launched their Loma Linda Chapter, in partnership with the Jerry Pettis VA, LLUMC East Campus, PossAbilities and the Drayson Center.

In January, eight disabled veterans and LLTRR's team of volunteers took to the pool at the Drayson Center for their first official gathering. Participants got acquainted, tried on gear, and were fitted to their boats.

Joe Mornini, Executive Director of TRR writes, "Having the energy of new volunteers is so important. Thanks for taking the time to get involved with the wounded warriors of our nation." I want to echo Joe's appreciation to all our volunteers, participants, and supporters for their involvement with a program that will enrich our community.

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

6th Annual PossAbilities Triathlon

2008
PossAbilities
Triathlon

LOMA LINDA UNIVERSITY
MEDICAL CENTER EAST CAMPUS

Past Champions

Jason Spong

Jim Vance

Samantha McGlone

Michellie Jones

Sunday, April 27, 2008 Drayson Center, Loma Linda

Triathlon 3.1 mile run • 11 mile bike • 150 yard swim • 5K Run/Walk/Roll

Kids Triathlon • Tiny Tots Tricycle Triathlon

Defending Champions: Male - Chris Foster - Time 41:25 • Female - Julie Swail - Time 45:59

TRR the POSSABILITIES

For more information, call 909-558-6384 or visit www.possabilities.com

Register online at www.active.com

Registration Starts at 5:30 a.m. • Race Begins at 7:00 a.m.

LOMA LINDA UNIVERSITY MEDICAL CENTER
11234 Anderson Street
Loma Linda, CA 92354-2804

Postmaster: Please deliver
between March 24 and 28.

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Medical Center

PossAbilities & you

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Printed in the U.S.A.

Renee Erikson
Editor

Jemelle Ambrose
Assistant Editor

Willie Stewart
PossAbilities Coordinator

Hoai Luong
PossAbilities Coordinator



Printed on Recyclable Paper

6056M