



LOMA LINDA
UNIVERSITY
MEDICAL CENTER
EAST CAMPUS

PossAbilities & you

Summer 2009

www.possabilities.com

Stories of Perseverance, Joy, and Opportunity

Members of PossAbilities take part in the Redlands Bicycle Classic sponsored by PossAbilities in partnership with CH&E Investments. See pages 2 and 3 inside for details.

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PossAbilities

PRESENTED BY

SAN MANUEL
BAND OF MISSION INDIANS

Selfless Heroes Honored at the 25th Annual Redlands Bicycle Classic

At the 2009 Redlands Bicycle Classic, hosted by PossAbilities in partnership with CH&E Investments, the community stood together to applaud the efforts of the selfless men and women who have fought for our freedom. Chris Burnell, president of CH&E Investments, presented three veterans with a \$10,000 grant. The grants, facilitated through PossAbilities, honored them for their heroic efforts overseas and recognized the sacrifices they made that left them with disabilities.

One grant went to Davey Lind, a master sergeant who served in Desert Storm, Afghanistan, and Iraq. He had a bilateral amputation on both legs after a roadside bomb explosion 21 months ago. Randell Leoncio, another recipient, was a Navy hospital corpsman third class for the Marine Corps who served in Iraq. Leoncio had an above-the-knee amputation after an IED hit his vehicle. The third recipient, Saul Martinez, became a bilateral amputee after an AV struck his vehicle while on a tour in Iraq with the Army's Third Infantry Division.

Burnell's contribution will help Lind, Leoncio, and Martinez as they move forward with their families. "They're fighting for us so we have our freedom," says Burnell, who has always tried to give back, especially to those who protect our country. "Everything that we have here today is because of them. I feel that we need to step up as businessmen in the community and help these people and their families."

Burnell's generosity resonated with the community, as well as with each recipient.

"This is completely overwhelming," says Lind. "This is an amount of money that solves a lot of problems. For one



Handcycle winners take the podium on the final race day. Pictured from left to right: David Randall, Scott McNeice (overall winner), Seth Arseneau, and Monica Bascio.

individual to give that amount away; I just don't even have the words for it."

"Nothing can describe this amount of generosity. I served my country because I'm a patriot and I love my country,"

Martinez says. "This hand that was dealt to me was dealt to me for a reason. For someone to be this generous in thanking us for our service is just incredible." ●

On Our Cover

At the 2009 Redlands Bicycle Classic, the community stood together to applaud the efforts of the selfless men and women who have fought for our freedom. Veterans pictured from left to right: Randell Leoncio, Saul Martinez, and Davey Lind. From the right: Chris Burnell, President of CH&E, Cotie Williams, PossAbilities, Willie Stewart, PossAbilities.



Athletes Push It to the Limit at the 7th Annual PossAbilities Triathlon

The 7th Annual PossAbilities Triathlon, 5K/Run/Walk & Roll, and Children's Triathlon on April 26 got off to a perfect start with Abbey Umalí signing the National Anthem. Regardless of age, ability or physical barriers, more than 1,100 athletes gathered to push their bodies to the limit. From people ages 2 to 93 to relay teams and individuals—we had them all.

More than 250 children packed the soccer field for an addition to last year's course. The addition included inflated obstacles between the run and biking portions of the race.

Several pro athletes and returning champions rose to the occasion. Those included Chris Stehula, Bryan Rhodes, Kyle Hughes, Michelle Jones, and Erin O'Hara. Chris Stehula took first place in the triathlon with a time of 46:28 and Eulogio Rodriguez was the first place winner of the 5K with a time of 15:52. Steve Hoffman lead the pack to a first place victory in the challenged athletes division of the 5K with a finish time of 22:08. Bill Janeshak took first place in

the challenged athletes division of the triathlon with a finish time of 1:17:32.

Aaron Scheidies of Washington state, a legally blind challenged athlete, was a special guest to this year's triathlon. Aaron was born with a hereditary eye condition that slowly deteriorates his central vision. Aaron now has 10% of the vision of a fully sighted person. He found the sport of triathlon and turned his life around. Beginning with sprint triathlon and continuing up the triathlon pyramid, Aaron is now a three time triathlon World Champion and has traveled around the world competing in more than 70 triathlons. In 2005, Aaron teamed up with four other blind individuals to conquer the world's single most grueling event, the Ironman triathlon (2.4 mi. Swim, 112 mi. Bike, 26.2 mi. Run). Despite some technical difficulties in the PossAbilities race, Aaron and his leader J. P. completed the race with only three pedals on his tandem bike with a finish time of 53:38. Aaron and J.P. are both pumped to come back next year and according to them "win it all." ●

A Special Thanks

Without Darla Colohan coordinating an army of more than 200 volunteers, this event would not have been possible. A special thanks to our top five fundraisers:

- Keith Melvill
- Angelo Maus
- Zackary Noelte
- The Schumacher Family
- Josh Dotson

In addition to our top fundraisers, we would like to express our deep appreciation to San Manuel Band of Mission Indians for being the sole sponsor of this event. With their support and donations from the community, our event was a huge success!

*Our
volunteers
rock!*





Left: Jordan Wallen, "Member of the Year" and daughter Faith. Right: Mark Wellman, guest speaker.

A Celebration Together at the **Annual Scholarship Dinner**

On November 20, 2008, more than 320 members and their families gathered for the Annual PossAbilities Scholarship Dinner. James Ramos, chairman of San Manuel Band of Mission Indians, joined us as the guest of honor. He announced the tribe's sponsorship of PossAbilities for 2009 in the amount of \$270,000. Dan Rendler, Race Director of the Redlands Bicycle Classic (RBC) presented Michael Jackson, vice president of Loma Linda University Medical Center East Campus (LLUMCEC), with a photo gift for supporting the RBC. Mark Wellman, a nationally acclaimed author, filmmaker, and motivational speaker who was paralyzed in a mountain climbing accident was the guest speaker.

Educational, recreational, and adaptive scholarships were awarded to the Schumacher family, David DeMello, Chris Melin, Abbey Umali, and more. Jimmy Grissom was acknowledged as "Volunteer of the Year" and Jordan Wallen as "Member of the Year." Eric Arrington, Dan Davies, Delmon Dunston, Antonio Steward, and Briana Walker were all recognized for their work on the Speaker's Bureau. Eric Arrington and Delmon Dunston were acknowledged as the two new inductees into the Hall of Heroes for their commitment to supporting their community and their years of devotion to PossAbilities. Their biographies and photos will be hung in the current Hall of Heroes at Loma Linda University Medical

Center East Campus located at 11406 Loma Linda Drive in Loma Linda, California.

We closed the evening with a tribute to the families of Gina Barnes and Joe Tinker, former members of PossAbilities who have passed on. ●



Please save the date for next year's celebration—November 19, 2009. To join PossAbilities or to learn more about our program, visit us online at www.teampossabilities.com.



A Man of **Heart and Hope**

In loving memory of our friend
Christopher Eugene Melin

Christopher Eugene Melin was born in Portland, Ore., on August 20, 1948, and went to be with our Lord on November 27, 2008, at the age of 60. He served as a supply sergeant in the Vietnam Era on the DMZ in Korea, often risking his life obtaining weapons, food, and essential building supplies for the bridge being constructed on the Injun River in 1968 and 1969. Chris passed on due to complications from Agent Orange.

Chris graduated from Azusa Pacific College and spent more than 30 years counseling youth in Southern and Central California. He was also trained by two police academies and served as sheriff in Iowa. Over the last three years, Chris volunteered more than 1,000 hours at the Department of Veteran Affairs hospital in Long Beach, Calif., for which he received a letter of recommendation from President George W. Bush.

Chris was known as a man of hope, and as a man who believed in beating

the odds and living every minute with gusto and enthusiasm. This belief was based in his deep faith in Jesus Christ. He was a man of encouraging words, and he constantly strived to make people see that somehow their problems could be overcome. Even though he was an amputee resulting from Agent Orange exposure, he was able to ski in Aspen, Colo.; play wheelchair basketball; play guitar, sing, and write poetry, as well as run in several 5K marathons. Chris' recent success was winning a bronze medal in swimming at the National Golden Age Olympics in Indianapolis, Ind., in August 2008.

From triathlons to marathons, Chris was there on the frontlines as a proud PossAbilities member. He will be remembered as a man of God who spoke the Bible as freely as anyone could, knowing the Word of God and having a passage from Scripture for every situation. Those who met Chris will never forget him. He was deeply loved and will truly be missed. ●



Diane Kay Melin
pictured with Chris

Master Gardeners Nurture a Healing Environment

Loma Linda University Medical Center East Campus hosted a Master Gardener educational program to more than 80 students in the 2008–2009 school year in an effort to further community resources and nurture a healing environment.



The Master Gardener Program is a nonprofit public service outreach program sponsored by University of California Cooperative Extension. The curriculum helps prepare students to extend gardening instruction to the general public. Students



receive 50 hours of classroom training and agree to provide a minimum of 50

volunteer hours through approved Cooperative

Extension educational activities.

Typical volunteer opportunities include:

- Answering home gardening questions on the Cooperative Extension hotline
- Assisting in the development of school and community gardens
- Staffing booths at fairs and civic events, writing newsletter articles
- Providing docent services
- Serving as guest speakers at community-sponsored events

Master Gardener volunteers are creating a completely accessible horticulture garden at East Campus where rehabilitation patients, therapists, and volunteers can garden together to promote healing. The garden will include three raised beds, potted plants, an inground garden, and hanging plants that will offer a multisensory experience for patients undergoing therapy.



PossAbilities SUPPORT GROUPS

FREE WHEELERS SPINAL CORD INJURY CLUB

1st Monday of every month
5 to 7 p.m. at Inland Empire Health Plan
(IEHP)

303 E. Vanderbilt Way
San Bernardino, CA 92408
Family is welcome. Food will be provided.
RSVP to Dennis at 909-890-3438,
909-890-1623 (TTY)
Kaney-D@iehp.org

THE AMPUTEE CONNECTIONS

For program information or to request a visit
by one of our volunteers, call:
Bert—Norco 951-735-7963
Tom—Cherry Valley 951-845-6543
Bill—Grand Terrace/LLUMC 909-423-0562
www.theamputeeconnection.org

Redlands Support Group

3rd Sunday of the month, 2 to 4 p.m.
Wiesser Education Pavilion, Redlands
Community Hospital
350 Terracina Blvd.
Redlands, CA 92373

Corona/Riverside Support Group

3rd Saturday of the month, 10 a.m. to noon
Riverside Medical Clinic
7117 Brockton Ave.
Riverside, CA 92506

HITSS: HEAD INJURY & TRAUMA SPINAL SUPPORT GROUP ADULT & PEDIATRICS GROUP MEETING

4th Monday of every month, 6 to 7:30 p.m.
Ambulatory Services Building, Conference
Room 129A (the old library)
11406 Loma Linda Drive
Loma Linda, CA 92354
Enter the south driveway and go to the end
of the building. Survivors or family members
welcome. For information, please call
1-800-986-HITSS, or 1-800-986-4487,
ext. 42401.

**Attitude Is
Everything!**

Contact the Amputee
Connection today.

www.theamputeeconnection.org

MENDED HEARTS: CHAPTER 34

A support group for all heart patients and
their families
Last Friday of every month, 11 a.m.
Loma Linda University Medical Center
Cafeteria, Room A
11234 Anderson St.
Loma Linda, CA 92354
For more information, call 909-558-8180.

MOM'S NIGHT OUT

3rd Thursday of every month, 6 p.m.
Mimi's Café
395 E. Hospitality Lane
San Bernardino, CA 92408
Support group for moms of children with
special needs to have social time with other
moms going through similar challenges.
Enjoy a good hot meal, share lots of chitchat,
and laugh a lot. We welcome girlfriends,
grandmothers, aunts, and any women who
give you support. This is a social time for
moms. Everyone pays for her own meal. No
children please! For more information, call
Tina Schumacher at 909-864-7424.

Join a Winning Team ... Team PossAbilities!



Reap the benefits of a healthy lifestyle through Team PossAbilities. Our team members participate in road cycling, mountain biking, triathlons, and wheelchair, walking, and running events. The team members are active on a social, recreational, intermediate, and elite level. In addition to increasing awareness for the PossAbilities program, our goal is to promote the benefits of a healthy and productive lifestyle through peer support, training, teamwork, and competition. Students, faculty, staff, and community members are all part of Team PossAbilities. Visit www.teampossabilities.org or call 909-558-6384 to join.



Resource Guide

AMPUTEES

Amputee Coalition of America (ACA)

1-888-267-5669;

TTY: 1-865-525-4512

www.amputee-coalition.org

Amputee Rehabilitation Support Group

Date: Third Monday of each month

Time: 10 to 11 a.m.

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

ARTHRITIS

Arthritis Foundation

951-320-1540 or

1-800-954-2873

www.arthritis.org

Juvenile Arthritis Alliance (JA Alliance)

951-320-1540 or

1-800-954-2873

www.arthritis.org/ja-alliance-main

BLINDNESS

Blindness Support Services, Inc.

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, National Brain Injury Information Center

1-800-444-NHIF (6443)

Creating a better future through brain injury prevention, research, education, and advocacy

www.biausa.org

CEREBRAL PALSY

United Cerebral Palsy

1-800-USA-5UCP (872-5827)

national@ucp.org

www.ucp.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

STROKE

Stroke Association of Southern California

310-575-1699 or

1-800-STROKES (787-6537)

Free education and tools for patients and caregivers

www.stroke.org

American Brain Tumor Association

1-800-886-2282

www.abta.org

About the PossAbilities Program

PossAbilities is an outreach program whose goal is to offer disabled individuals a sense of community and provide activities and practical help.

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

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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Printed on Recyclable Paper

6056M

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

Postmaster: Please deliver between June 1 and 5.

Nonprofit Org
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willie's corner



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

On May 3, PossAbilities—presented by San Manuel Band of Mission Indians—sponsored a sled hockey clinic at the Ontario Ice Skating Center. The clinic was open to all ages and disabilities. Dave Conklin, Paralympic gold and bronze medalist in sled hockey; Ray Free, captain of the Sacramento Lightning Sled Hockey Team; and Janice Van Dyck, Western regional representative for the U.S. Sled Hockey Association lead the efforts and ensured that participation was not hindered by disabilities. More than 40 PossAbilities members—including beginners and pros, kids and adults—joined together in an action-packed experience. Sleds provided by the U.S. Sled Hockey Association were adjusted to all. Participants were outfitted with safety equipment from the Ice Box pro shop in Lakewood, and off-ice instruction was given before taking to the ice. A special thanks to Todd and Christie Jenkins for making all of this happen. This was just one more opportunity to focus on abilities—not disabilities. Great job everyone!

PossAbilities Has a **New Web Site!**

Go to www.teampossabilities.com today!

Check out the new features:

ABOUT US—provides information about our mission, vision and values, leadership team, title sponsor, partners, and contact information

OUR TEAMS—includes the Century Club, Crown Rugby, Lady Warriors, PossAbilities Elite, Team River Runner, Rolling Bears, Running Club, Women's Tri Club, and up-and-coming teams in the planning

OUR PROGRAM—explains how to get involved and the benefits of membership and provides information about adaptive recreation, becoming a member, how to make a donation, or raise funds for the program

RESOURCES—lists different organizations including support groups that provide practical support for the disabled community and their families and announcements and updates about the program

SPEAKERS BUREAU—includes bios and photos of members on the Speakers Bureau

NEWS—provides access to press releases and media coverage, upcoming events, and an eNewsletter archive with access to past *PossAbilities & You* newsletters and program-related videos.



PHOTO GALLERY—includes images from program-sponsored activities

LIVE CALENDAR—includes sporting events, team practice schedules, support groups, community outings, children's events, social gatherings, options to register as a participant or volunteer at program events, and more

FEATURED MEMBERS—highlights PossAbilities members and their exciting accomplishments

BECOME A MEMBER—includes online application to join PossAbilities

SUPPORT—provides information on becoming a volunteer and donating to PossAbilities