



LOMA LINDA  
UNIVERSITY  
MEDICAL CENTER  
EAST CAMPUS

# PossAbilities & You

Winter 2014

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

## Road to Rio Update

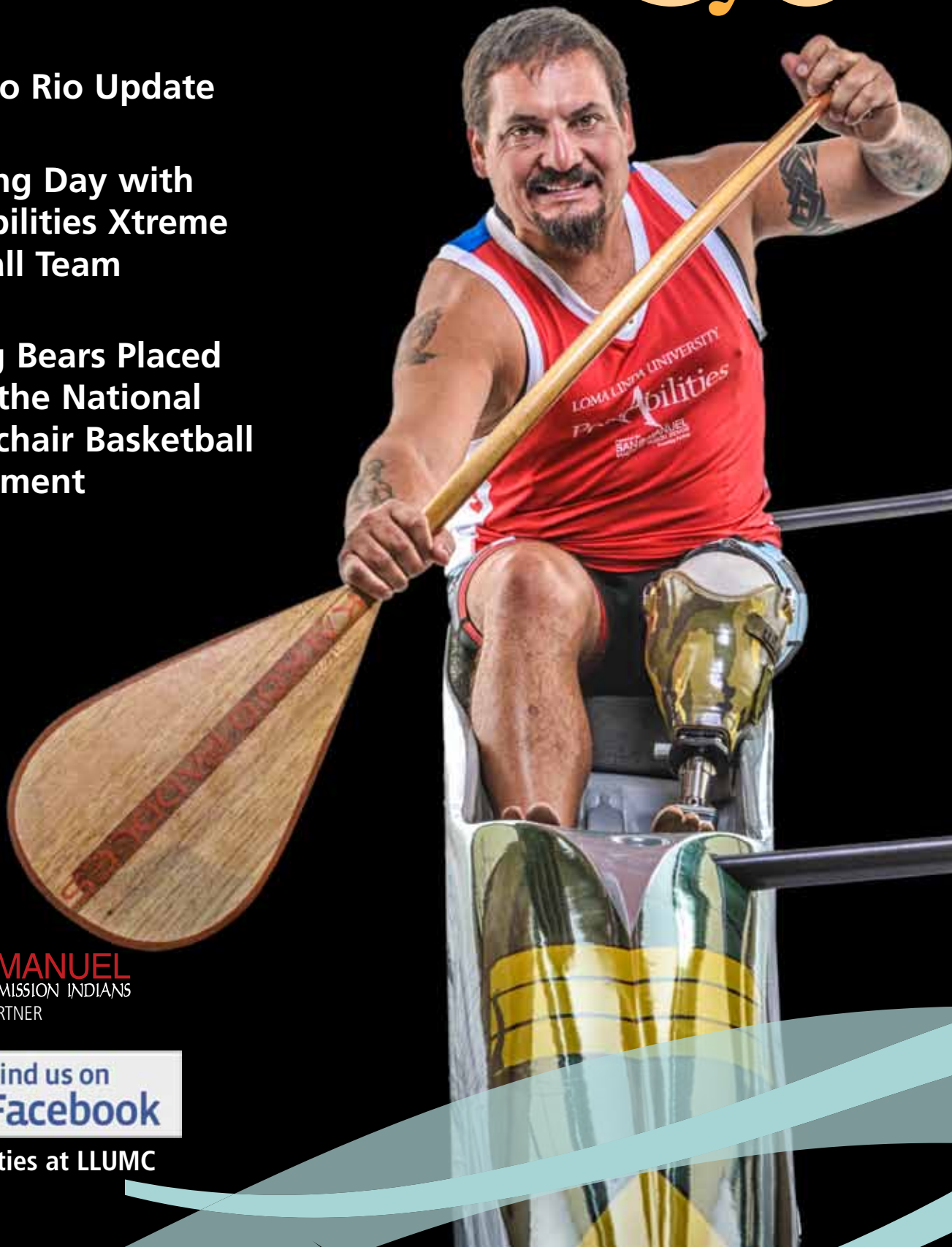
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PRESENTED BY

**SAN MANUEL**  
BAND OF MISSION INDIANS  
FOUNDING PARTNER



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PossAbilities at LLUMC

## Benefits of Membership:

- Social, recreational and community activities
- Peer mentoring
- Educational learning
- Adaptive and wheelchair sports
- Support groups
- Competitive team activities
- Women's, youth and family activities
- Holiday parties
- Grant and scholarship program
- *PossAbilities & You* newsletter
- Discount prescription program
- Discount to on-campus cafeterias
- Discount to the Drayson Center

Call **909-558-4975**.

## About PossAbilities

**P**ossAbilities is a community outreach program of Loma Linda University Medical Center East Campus. Membership to PossAbilities is free, and there are no age restrictions. PossAbilities provides resources and opportunities for people with diverse physical disabilities. Membership gives you the opportunity to find new direction and hope through physical, social, educational and spiritual interaction with your peers and the community. Visit our office or our website online to learn how PossAbilities can benefit you.

### Staying Active

You will have many opportunities to get active and stay healthy while making new friends. If you are interested in wheelchair sports, recreational activities, support groups and more, we have the connections for you. You can even get a discounted gym membership to the Drayson Center as a member of PossAbilities. Take advantage of adaptive workout equipment at a world-class facility.

### Belonging

We want you to feel connected. Whether you received care at Loma Linda University Medical Center or heard about us later, you can be a part of PossAbilities. Our goal is to provide you with the opportunities and tools you need to succeed and feel good about yourself.

### Peer Support

Many people with disabilities are looking for encouragement, emotional support and a firsthand positive viewpoint from someone who has been there. Participate in the peer support program by volunteering your time to reach out to someone who needs it most.

### Become a Support Member

Rehabilitation health care professionals, physicians, therapists, family members and friends are all welcome to join PossAbilities as support members. Your time, resources and financial contributions are vital to the ongoing success of PossAbilities. ●



On Our Cover:  
Current national champion in  
Paralympic canoeing, Greg Crouse

### Office Location

PossAbilities  
Professional Plaza  
25455 Barton Road  
Suite 109A  
Loma Linda, CA 92354

### Phone and Fax

909-558-6384 phone  
909-558-6334 fax

### Websites

[www.teampossabilities.org](http://www.teampossabilities.org)  
[www.possabilities.com](http://www.possabilities.com)



Learn more about featured PossAbilities members and becoming a member or volunteer. Just snap a photo of this icon with your smartphone.



# Road to Rio Update

## Greg Crouse Is a National Champion

This year's Paralympic journey has finally come to an end, and I have so much to be thankful for and fantastic memories to reflect on. I am very blessed to have Team PossAbilities' support and guidance with their "Road to Rio" program, which makes my dream of Paralympic competition a true goal.

It has been a whirlwind 60 days, from July 2 to September 2, and it has finally ground to a halt.

Team USA national time trials were held in Lake Placid, N.Y. This was to award the fastest disabled 200-meter paddler ... that accompanies it. I claimed my spot with a time of 58.7 seconds.

The next event took me to the windy bowl of Oklahoma City to compete in the regional nationals for canoe and kayak. The competition pitted me against up-and-coming paddlers of all ages. It was not a requirement of the national team selection, but it was a great way to meet and be a part of the USA Canoe and Kayak family and meet our directors. After a storm wiped out our racecourse lanes on Thursday, the event coordinators cobbled together a skeleton course for us to race on. With a headwind still blowing, I finished the race in first place with a respectable time of 1:01.

My final event, and the culmination of my year of 5 a.m. training sessions, took me to the city of Duisburg, located in Germany. This is where the Paracanoe World Championships were held. Bringing the best of the best from around the world, 47 countries entered more than 30 racers to compete in the Adaptive Canoe and Kayak divisions.


This, in my opinion, was the most advanced level of competition in my four years of competing at an international level. I entered the first set of qualifiers confidently because I knew that this first

set of nine competitors were the expected finishers. I finished fifth in the first heat, but I was fast enough to claim a spot in the semifinals. After the next two heats settled the semis, we entered the race knowing that only the top three finishers would move on to the final. I finished third with a massive sigh of relief, knowing that I had made the final nine to decide the Paracanoe World Champion.

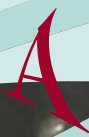
Taking my place in the final was a surreal moment. I knew I had trained for this moment for months and now it would all be over in a matter of seconds. I lined up in lane 9 as the ninth and

final challenger. The gates dropped and my race ended with my personal best record time of 57.4 seconds, which left me, I am proud to say, as the ninth fastest 200-meter paddler in the world. The winners won with times of 50.8 seconds from Brazil for first, 51.6 seconds for second from Tahiti and 53.9 seconds for third from Poland.

The level of athleticism and skill is growing year to year as we reach the final home stretch for the 2016 games in Rio de Janeiro, and I will work harder, train harder and will myself to achieve my goals. ●

A photograph of Greg Crouse, a man with a beard and mustache, sitting in a white racing canoe with blue and red stripes. He is wearing a red tank top with "LOMA LINDA UNIVERSITY PossAbilities" printed on it. He is holding a wooden paddle with "KAIKOO" and "USA" written on it. The background shows a body of water and another white canoe.

Greg Crouse competed in the National and World Paracanoe Championships and came home a winner!





# Women's Luncheon

**F**all was the perfect time to get together for our Fifth Annual Women's Luncheon. One of many groups in the PossAbilities program is our female population. When the luncheon first began in 2009, the goal was to create a fun time that would bring together the women of PossAbilities for a lunch, social time, games and of course laughter. It was planned to provide an opportunity for women to meet and socialize with other women with similar or not-so-similar challenges. It truly is a day to just let your hair down and have a great time—no children, no stress, just fun; and this year a massage. With each passing year, new members are added to the roster of over 30 women who join in the day. It never becomes anything less than a time of celebration—celebrating accomplishments, setting new goals, learning about families and building a connection with one another. This year did not disappoint. ●

## Please read feedback from some of our ladies.

**"I enjoyed the friendly atmosphere and am looking forward to the next luncheon.** Being a member of PossAbilities has given me the drive to pursue resources and be more proactive with my life. I made a new friend at the luncheon. Thanks PossAbilities."

-Michelle Waller

**"As a first-time attendee, I found the women's luncheon to be inspiring.** I felt supported and encouraged by the various women I met that day. It was a wonderful opportunity to lift each other up with great conversation, humor and a sense of belonging."

-Pam Robinson

**"Thanks for the wonderful women's luncheon.** It very nice meeting new friends (and of course the good massage)."

-Valerie Chu

### Special thanks to Ashdown College

for providing chair massages for all our ladies.  
For more information about Ashdown, please visit  
[www.ashdowncollege.edu](http://www.ashdowncollege.edu) or call 909-793-4263.



**ASHDOWN COLLEGE  
OF HEALTH SCIENCES**  
VERITATUM. SAPIENTIAM. ET OFFICIUM.

### Special thanks to Farm

**Artisan Foods** in Redlands  
for always preparing delicious  
locally grown organic food.  
To explore the menu or  
make a reservation, visit  
[www.farmartisanfoods.com](http://www.farmartisanfoods.com)  
or call 909-792-1162.



# Opening Day with **PossAbilities Xtreme Football Team**

**I**n 2007, the Xtreme baseball and football teams were started by father and coach Andy Pelton when he identified that his son (with special needs) didn't have the opportunity to play sports with others. He envisioned bringing together others like his son to play together in a safe and fun environment. The players include those with special needs, learning disabilities or physical challenges, and

accommodations are made so everyone has a chance to play on a team as a team. All abilities and all levels of mobility are welcome. Although PossAbilities is the title sponsor of the teams, several different community organizations come from week to week to play scrimmages against the teams.

On September 8, PossAbilities staff, Loma Linda University Health students and volunteers came out to

play a game of scrimmage against the Xtreme team. The game was a total shutout! Xtreme team beat the losing team by three points.

A mighty thank-you to Coach Andy for touching so many lives and for his dedication to providing opportunities for those with disabilities. The football season for Xtreme takes place from September to October. ●



## A Special Thank-You to Hollister!

As a member of the United Spinal Association and its NSCIA Chapters, PossAbilities was chosen to receive a donation from Hollister in celebration of their 10-year anniversary of the launch of Advance Plus Touch Free Intermittent Catheters. Fifteen cases of donated catheters were distributed to several different PossAbilities members. As many of you know, medical insurance does not always cover the steep expense of catheters. This donation was a gift to our friends. We are so grateful! Thank you Hollister for your generosity! To learn more about Hollister products, please visit [www.hollister.com/us/continence/products](http://www.hollister.com/us/continence/products).



# Rolling Bears Placed 3rd in the National Wheelchair Basketball Tournament

In mid-April, the PossAbilities Rolling Bears finished their regular season with a record 24W-2L. It was time for nationals! The 2013 National Wheelchair Basketball Association (NWBA) Division 3 National Tournament was held at the Kentucky Expo Center in Louisville. Thanks to the PossAbilities program, the Bears were able to attend and represent our community. The Bears went into the tournament ranked second nationally. It was a double elimination tournament, and after finishing fourth in the 2009 nationals, the Bears were hungry for that championship trophy!

## Game #1, vs. San Antonio Parasport Spurs

Facing the San Antonio Parasport Spurs, every player on the Rolling Bears was

pumped. The Spurs were good, but the Bears won the game with a team effort. From the starters to the bench players, every player contributed to the Bears' win, with a final score of 42-37.

## Game #2, vs. Miami Heat Wheels

Game 2, against the Miami Heat Wheels, looked to be tough and close. The Heat Wheels were faster, but the Bears had the height advantage. Defensively, the Heat Wheels used their speed to hold the Bears' big guys away from the basket. Offensively, the Heat's speed got them points on some fast breaks. At the half, Miami was up two points. In the second half, the Bears' defense recovered and limited the Heat

to outside shooting. The Bears kept their big players close to the basket for some high-percentage shots. The feisty Heat Wheels would not give up, but the Bears emerged victorious with a score of 48-46.

## Game #3, vs. RIM Detroit Diehards

Facing the RIM Detroit Diehards, who were ranked third in the tournament, was a challenge. The Bears' defense started strong, holding off Detroit's tallest player and main scorer. At halftime, the Bears were leading by six points, but the second half was another story. The Bears' defense broke down and let Detroit's main scorer inside for some easy shots. Then Detroit's point guard got hot and started making outside shots. The Bears never gave up,



The Rolling Bears starting lineup



but Detroit pulled off the win with a score of 58-48.

It was a tough loss, but the tournament was not over. Because it was a double elimination, the Bears could still play for the trophy if they could win three games that same day.

#### Game #4, vs. USMTLC Golden Eagles

The next opponent was the USMTLC Golden Eagles. The Bears were eager to get back on the court and back to winning. The Eagles were an experienced team, and it showed on the court. They played fundamental basketball and executed well. The Bears used their height advantage and defended as a team. At the half, the Bears had a four-point

lead. In the second half, the Eagles got weary and started to make costly turnovers. The Bears took advantage and finished them off with a score of 59-52.

#### Game #5, vs. TIRR Hotwheels

The next game matched the Bears against the TIRR Hotwheels. Neither team had much rest between games, but both were ready to go. The winner would be one win away from the championship game. The Bears started strong. Again they used their height advantage to get the lead in the first half. In the second half, the Bears' outside shooting kept them in the lead. The Hotwheels played strong, but the Bears were hungrier and won, 46-39.

#### Game #6, vs. Tampa Bay Strong Dogs

The next opponent was the Tampa Bay Strong Dogs. After just two hours of rest, the Bears had a tough game ahead of them against a well-rested team. The winner of this game would advance to the championship game. The Bears started the game strong and got a six-point lead after 10 minutes of play. But the Strong Dogs fought hard and, with their point guard leading the way, got a four-point lead at the half. The Bears never gave up, but in the end, they lost with a score of 64-56.

After four games in one day, and six total, it was all over for the Bears. Most of the players were visibly sad and upset with the loss. First place and the championship trophy had seemed within reach. But the team soon realized that the PossAbilities Rolling Bears would receive third place in the National Tournament



David Cazares takes a shot.

(behind Detroit in first and Tampa Bay in second)—the highest the Rolling Bears have ever placed in the National Tournament and a source of pride. Along with placing third, two Rolling Bears players received recognition for their athletic performances in the tournament. David Cazares received "All Tournament First Team" and Steve Hoffman received "All Tournament Third Team." The PossAbilities Rolling Bears traveled to Kentucky and made their presence known to the rest of the country. ●





Katherine Kolcheva (extreme right), field representative for Assemblyman Mike Morrell (R-40th District), presented certificates of recognition to volunteers who worked to plan and carry out the annual Loma Linda University Health PossAbilities Wheelchair and Walker Drive benefiting Joni and Friends Wheels for the World on September 20.

## PossAbilities Drive Nets Bounty of Wheelchairs and Walkers for Joni and Friends Wheels for the World

Community members turned out in droves, netting Loma Linda University Health PossAbilities a total of 45 wheelchairs, 12 sets of crutches and six walkers for Joni and Friends Wheels for the World. On September 20, Loma Linda University Health PossAbilities and Joni and Friends Wheels for the World teamed up for the third year


for an annual wheelchair drive. Over the next few months, the wheelchairs and other items that were collected will be cleaned, refurbished and distributed worldwide to people who need them. Wheels for the World provides free wheelchairs, along with a copy of the Bible, to children and adults affected by disability worldwide. ●



**Save the Date** for the Fourth Annual Loma Linda University Children's Hospital Spina Bifida Team & PossAbilities Children's Christmas Party on

**Sunday, December 15, 2013,  
from 1 to 4 p.m.  
Call 909-835-1843 to RSVP.**

# Meet Our Member **Alicia Garcia**

A photograph of Alicia Garcia, a woman with long, wavy brown hair, sitting in a black wheelchair. She is wearing a black sleeveless top and black pants. She is smiling and looking towards the camera. The background is a light-colored stone wall.

**H**i! My name is Kibsaim Alicia Garcia. I'm 26 years old and have been a paraplegic for 22 years now. I was hit by a city bus when I was 4 years old. After an eight-month stay at the hospital, I was left with a body cast, and a broken arm, wrist, spine, knees and legs. I have learned to live my life with my disability and do not let it keep me from doing anything I want to do.

Today I am a wife, a mother of two and a business owner. I am 100 percent independent and need no assistance to do any of my everyday activities. I drive, dress myself, cook, clean, shower and care for my kids and husband. I am honestly unbelievably blessed and am thankful for everyone and everything that has impacted my life, including my disability. I've learned that we are never given anything we can't handle, and it takes a strong person to keep pushing forward. Giving up is easy and I'm too thankful to let this disability keep me down.

Twenty-two years ago, specialists told my mom I wouldn't live after my accident. Yet I'm more alive than ever. One of the things I wish I could change after my accident was having someone there by my side like myself who had gone through this hard experience to tell me everything would be OK. But I didn't; therefore, I would like to be that person for someone else in need. I would like to share my experience and help others learn how to do things and how to still be independent.

A helping hand can go a long way. There's no better feeling than to know someone lives a better life because of something you did. That's exactly why

I put time aside to spend time with people who are having a hard time with their disability. Loma Linda has been one of the best hospitals where I have ever been treated. I have had a major back surgery and both C-sections there. I have never had a bad experience. Both doctors and nurses make you feel right at home and truly show that they care about your well-being. Loma Linda really goes above and beyond to accommodate your every need.

When I had my back surgery, they took care of my mom's stay at the Ronald McDonald hotel. Just so she could spend as much time as possible by my side in what was one of the hardest times of my childhood—at no cost to her. For these reasons and many more, I would love an opportunity to spend time at Loma Linda helping others. I hope that I can make a difference in someone's life. I hope that when my children grow up, they can also follow in my footsteps and want to be that helping hand and know the importance of it. ●

*Would you like to tell your story? Email your biography and photo to [cowilliams@llu.edu](mailto:cowilliams@llu.edu).*

# Support Groups

## AMPUTEE CONNECTIONS

For program information or to request a visit from one of our volunteers, call Bill Nessel at **909-423-0562**.  
[www.theamputeeconnection.org](http://www.theamputeeconnection.org)

## Redlands Support Group

Third Sunday of the month, 2 to 4 p.m.  
Stan & Ellen Weisser Education Pavilion  
Redlands Community Hospital  
350 Terracina Blvd.  
Redlands, CA 92373

## Corona/Riverside Support Group

Third Saturday of the month, 10 a.m. to noon  
Corona Regional Medical Center  
Conference Building, 800 South Main St.  
Corona, CA 92882  
Call Luis at **213-700-0970** or Bert at **951-735-7963**.

## Clinic for Patients with Amputations

Loma Linda University Medical  
Center East Campus  
Orthotics and Prosthetics Department  
Ambulatory Services Building—North Entrance  
11406 Loma Linda Drive, Room 407  
Loma Linda, CA 92354  
An appointment is required. Please call **909-558-6272**.

## LARYNGECTOMY SUPPORT GROUP

Third Sunday of the month  
1 to 2 p.m.  
PossAbilities Office  
25455 Barton Road, Suite 109A  
Loma Linda, CA 92354  
For more information, call Department of  
Speech Pathology at  
**909-558-4000, extension 43909**.



**NEW**

## AUTISM PARENTS SUPPORT GROUP

Third Thursday of the  
month  
6 to 7:30 p.m.

Loma Linda University Medical Center East  
Campus

Tom & Vi Zapara Rehabilitation Pavilion  
25333 Barton Road, Loma Linda, CA 92354  
For questions regarding meeting details,  
email [redlandsautismparents@gmail.com](mailto:redlandsautismparents@gmail.com).

## BRAINSTORMING 4 US

Brain injury support group for all ages.  
Sterling Inn Commons,  
17738 Francesca Road, Victorville, CA 92395  
For more information, call Lisa Moss  
at **760-946-2481**, email  
[info@brainstorming4us.com](mailto:info@brainstorming4us.com) or visit  
[www.brainstorming4us.com](http://www.brainstorming4us.com).

## THE LIMB CONNECTION (TLC)

Family support group for children with  
limb loss. For more information, please  
contact Bill Nessel at **909-423-0562** or  
Joan Le at [TLCfamilies@gmail.com](mailto:TLCfamilies@gmail.com).

## HITSS: HEAD INJURY AND TRAUMA SPINAL SUPPORT GROUP ADULT AND PEDIATRICS GROUP MEETING

Fourth Monday of the 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. Call **800-986-HITSS**  
(986-4487), extension 42401.

*For a complimentary  
Medicare health plan and  
enrollment consultation,  
call Sarah Welsh at  
**909-520-8482**.*

## MENDED HEARTS: CHAPTER 34

A support group for all heart patients  
and their families.

Last Friday of the 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**.

## MOMS NIGHT OUT

Support group for moms of children with  
special needs to have social time with other  
moms going through similar challenges.  
For more information, call Tina Schumacher  
at **909-558-6384**.

## SICKLE CELL EDUCATION SERIES

**Second Thursday of the month  
6:30 to 8:30 p.m.**

PossAbilities Office  
Professional Plaza—Building A  
25455 Loma Linda Drive,  
Suite 109A  
Loma Linda, CA 92354  
Adult group meeting. Adults only.  
Dinner will be provided. For information,  
call **877-LLUMC-4U (558-6248)**.



# Resource Guide

## **AMPUTEE COALITION (AC)**

888-267-5669 or TTY 865-525-4512

[www.amputee-coalition.org](http://www.amputee-coalition.org)

## **ARTHRITIS**

Arthritis Foundation

800-283-7800

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

Juvenile Arthritis Alliance (JA Alliance)

800-283-7800

[www.arthritis.org/ja-alliance-main.php](http://www.arthritis.org/ja-alliance-main.php)

## **BLINDNESS**

American Foundation for the Blind

800-232-5463

Addresses critical issues facing people with visual disabilities, including employment, independent living, literacy and technology

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

Blindness Support Services, Inc.

951-341-9244

Information, referrals, housing support, counseling, braille tape transcription, speakers' bureau, transportation assistance and prevocational training

[www.blindnesssupport.com](http://www.blindnesssupport.com)

Braille Institute

714-821-5000

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

National Federation of the Blind

410-659-9314

Resources include publications, aids and appliances, conventions, employment and training

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

## **BRAIN INJURY**

Brain Injury Association of America,  
National Brain Injury Information Center

800-444-6443

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

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

## **CEREBRAL PALSY**

United Cerebral Palsy

800-USA-5UCP (872-5827)

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

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

## **MULTIPLE SCLEROSIS**

National Multiple Sclerosis Society/  
Southern California Chapter

800-FIGHT-MS (344-4867)

## **MUSCULAR DYSTROPHY**

Muscular Dystrophy Association

800-572-1717

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

## **SPINAL CORD INJURY (SCI)**

California Paralyzed Veterans  
Association

562-826-5713 or 800-497-0565

Provides resources for veterans

## **STROKE**

Stroke Association of Southern  
California

310-575-1699

Free education and tools for patients and caregivers

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

American Brain Tumor Association

800-886-2282

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

Learn more about featured PossAbilities members and becoming a member or volunteer. Just snap a photo of this icon with your smartphone.



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.

Samantha  
Orcasitas  
Editor

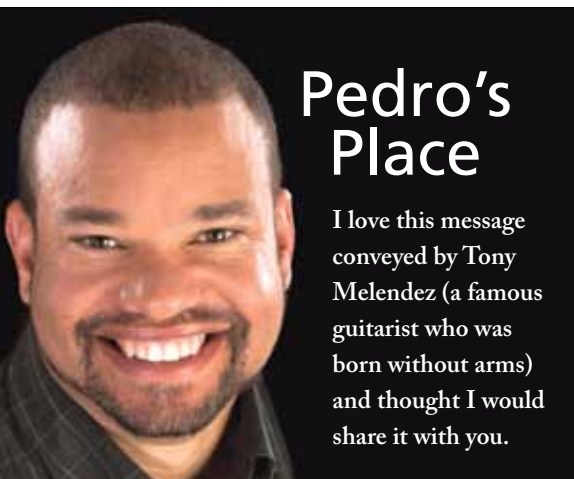
Cotie Williams  
Editor

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## Pedro's Place

I love this message conveyed by Tony Melendez (a famous guitarist who was born without arms) and thought I would share it with you.

*"Two old friends shared a room in a home for the elderly, confined to their beds, their bodies giving way. Old Joe lay by the window and watched the day go by, and Bill lived to hear him tell about the world outside.*

*They shared with each other the stories of their lives and relived all their memories and dreams of a better time. Outside, the leaves were changing, summer turned to fall and from the bed by the window old Joe described it all.*

*From the bed by the window he'd tell how the children played, the lovers in the park, the ducks out on the lake. The little boy swept the sidewalk when the sun came up each day, from the bed by the window he told it just that way.*

*On a cold winter morning in the light of the dawn, the bed by the window was empty—old Joe had passed and gone. They moved Bill by the window. He couldn't hold back the tears; he'd finally see the view outside after all these years.*

*From the bed by the window he couldn't see out at all; it turns out there was nothing out that window but an old brick wall."*

**Every day you live is an opportunity for you to bring joy into someone's life!**

# Save The Date

LOMA LINDA UNIVERSITY **PossAbilities**  
SAND MANUEL  
BAND OF MISSION INDIANS  
Founding Partner



12th Annual  
**TRIATHLON**  
5K RUN WALK ROLL  
**April 27** 2014

All participants will receive official finish times and a finisher medal.  
Three deep medals in all age divisions. Total prize payout of \$6,000 for all athletes.

### 5K Run/Walk/Roll

#### Adult Triathlon

- 3.1 mile run
- 11 mile bike
- 150 yard swim

### Kid's Triathlon\*

- 1/4 mile run
- 1/4 mile bike
- 25 yard swim

### Pre-register starting

**January 1st** or  
Sign up to volunteer at

**active.com**

Search PossAbilities

PossAbilities provides resources and opportunities for people with diverse disabilities.

**teampossabilities.org**

If you wish to be removed from the mailing list for this publication, call 909-558-6664 or email [cwilliams@llu.edu](mailto:cwilliams@llu.edu).