

## The PossAbilities Rolling Cubs

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 Find us on  
Facebook

PossAbilities at LLUMC



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On Our Cover

**PossAbilities member Giovanni Lizardi**

## Benefits of Membership

- Social, recreational & community activities
- Peer mentoring
- Support groups
- Recreational & competitive adaptive sports
- Arts & crafts activities
- Annual celebrations
- Health & fitness activities
- Women's, youth & family activities
- Grant & scholarship program
- Quarterly newsletter
- Discount prescription program
- Discount to on-campus cafeterias
- Discount gym membership to the Drayson Center, located at 25040 Stewart Street, Loma Linda, CA 92354

# About **PossAbilities**

**P**ossAbilities is a community outreach program of Loma Linda University Health East Campus. Membership in 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 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.

## Connect with Us

### 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

### Website

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



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

Providing new direction and hope for people with diverse disabilities



# Arts & Crafts Workshop



*"Creativity  
takes  
courage."*

– Henri Matisse

Early this year, some talented PossAbilities members and their families joined together for a workshop to create individual pieces of art with a Valentine's Day twist. Using canvas, paint, brushes, and buttons with glue — with all things left to the imagination, the artwork came alive. There was a warm welcome by the veteran members to some newcomers to PossAbilities. What started as brief introductions on a first-name basis became a room full of laughter and joyful conversation. Most all were beginner artists who used creativity to build their own unique masterpieces. The opportunity for social interaction is a gift from above. "For where two or three gather in my name, there am I with them." Matthew 18:20.



# The PossAbilities Rolling Cubs are seeking all Junior wheelchair basketball players

**WHO:** ANY YOUNG PERSON, 5–21 YEARS OF AGE, IN ELEMENTARY, MIDDLE OR HIGH SCHOOL, WITH A LOWER EXTREMITY DISABILITY IS ELIGIBLE TO JOIN OUR TEAM.



**T**he benefits are endless when participating on the junior wheelchair basketball team. Along with having good fun, players gain physical endurance, strength, increased range of motion, greater independence, knowledge of the game, experience working as part of a team, a sense of how to win and lose in competition, sportsmanship, social skills, confidence, travel experience and community independence.

The team is coed and the objective is to provide young athletes the training and support they need to compete on a wheelchair basketball team in local, regional and national competitions — and they develop good character traits along the way.

The team takes pride in its focus on academics and encourages athletes to do their best on and off the court.

● **Practices are held:**  
Thursdays from 6:30–8 p.m.  
Drayson Center  
25040 Stewart St.  
Loma Linda, CA 92354

Please contact David Cazares at 951-482-9725 or email [rollingbears51@yahoo.com](mailto:rollingbears51@yahoo.com) for more information.

We look forward to seeing you at practice.





# Club PossAbilities Prom



On February 9, 2018, Colton High School PossAbilities Club students participated in the Best Buddies Prom at the National Orange Show. Hundreds of special needs students from many different districts took part. Everyone had a great time dancing, eating and making great memories with friends.



## DID YOU KNOW?:

Over the past 10 years, PossAbilities has started Club PossAbilities in four local area high schools, including Colton, Redlands, Citrus Valley and Redlands East Valley High School. Each of the clubs is led by a council of average students assisted by a teacher adviser. The clubs have two goals: to create awareness and advocacy for students with disabilities, and to raise funds that go toward the planning of a special ed prom. In each club, average students are paired with special ed students to provide them prom experiences all their own. If you are a parent of a special needs student and would like to learn more about your high school's club or about the school proms, please contact the PossAbilities office at **909-558-6384**.

# Winter Ski Trip

**M**embership to PossAbilities is always free and, through the program, our members take advantage of a vast array of support and resources. From social activities to adaptive athletics, we have a little something for everyone. This year, six members were provided with a grant to receive a free full day of skiing at the United States Adaptive Recreation Center (USARC). The USARC partners with PossAbilities to provide our members, despite any cognitive or physical disability, a tremendously enjoyable ski experience. The volunteer staff is patient and knowledgeable, and staff members provide instruction that suits each individual.

To apply for a grant to participate in next year's ski trip, go online to [www.teampossabilities.org](http://www.teampossabilities.org). Click on "Resources" and "Grants and Scholarships". Open application process is from June 1st to August 31, 2018.



The USARC knows that, after learning new skills and redefining their abilities, participants are able to feel the freedom of recreating with their families and friends. These experiences often result in increased self-confidence and greater success in academic, professional and personal life challenges. — **USARC.org**

To learn more about USARC, visit [www.usarc.org](http://www.usarc.org) or email [mail@usarc.org](mailto:mail@usarc.org).





# LIMB LOSS RUNNING CLINIC

Do you have a new prosthesis and want to learn how to run?  
Are you thinking of running a 5k or marathon? **OR**  
Are you just trying to keep up with your kids?

**ALL ARE WELCOME!**

Drayson Center Superfield  
25040 Stewart Street, Loma Linda, CA 92354

**Every 3<sup>rd</sup> Sunday of Each Month**

Clinic is from 8:00 a.m.-10:00 a.m.

Registration is required. Go to [www.teampossabilities.org/running-clinic](http://www.teampossabilities.org/running-clinic).  
For more information call 909-558-6384.



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PossAbilities

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MEDICAL CENTER  
EAST CAMPUS | 7



# Veterans Discover Scuba



**W**e gratefully announce that PossAbilities is a recent recipient of an adaptive sports grant from the U.S. Department of Veterans Affairs. This grant has allowed us to provide an adaptive scuba experience for our veterans in partnership with the Waves Project. We kicked off the project with a one-day “Discover Scuba” workshop to introduce our local veterans to this water sport. Our wounded warriors were able to learn foundational scuba diving skills as well as the use of basic scuba gear, including a dive computer and standard accessories. The all-volunteer instructional staff worked with each student, adapting to the specific needs of each veteran. From those participants, eight veterans were chosen to receive full training in the Waves Project Open Water Diver Certification program. The Waves programs focus on continued support, services and rehabilitation for our veterans for life.

To learn more about the WAVES Project, go to [www.wavesproject.org](http://www.wavesproject.org).





# MEET OUR MEMBER —

## Hugo Huerta

**M**y name is Hugo Huerta and I had a brain injury (stroke) in 2010 caused by a fungal infection (fungal endocarditis) around my heart after surgery to replace an aortic heart valve. The fungus grew undetected for five months after which it formed blood clots that traveled down my leg and to my brain causing mini strokes and a brain aneurism that burst, which required brain surgery. As a result, I experienced loss of control on the right side of my body (hemiparesis). I lost the ability to speak, my brain's processing speed was minimal, completely lost the ability to understand my second language, and encountered emotional and impulse control issues. My family was told that I would most likely never talk, walk or really live independently ever again. I remember thinking back then that they must be talking about someone else.

Today, I am independent, read and write in my second language, drive a car, have meaningful relationships, volunteer at PossAbilities, teach classes on recovery in person and on the web (at [www.braininjuryrecovery101.com](http://www.braininjuryrecovery101.com)), am a business owner, and love to share my testimony. Through the grace of God, a lot of hard work, therapy, and recovery steps developed on my journey, I continue to make gains in my brain and body. I am so grateful to be alive and I thank God for such a great recovery so far. I want to pay forward what I have received and learned in the process.

—Hugo Huerta



### WOULD YOU LIKE TO TELL YOUR STORY?

Email your biography and a high-resolution photo to [cwilliams@llu.edu](mailto:cwilliams@llu.edu).



# Support Groups & Monthly Activities

## **AUTISM PARENTS SUPPORT GROUP**

Third Thursday of the month, 6 to 7:30 p.m.  
Loma Linda University Health PossAbilities  
Professional Plaza—Building A  
25455 Barton Road, Suite 109A  
Loma Linda, CA 92354  
For questions regarding meeting details,  
email [redlandsautismparents@gmail.com](mailto:redlandsautismparents@gmail.com).

## **BRAINSTORMING4US**

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).

## **ANGELES ESPECIALES**

A Spanish-speaking support group for  
parents of children with special needs.  
**Second Wednesday of the month,  
9 to 11:30 a.m.**  
St. Joseph Catholic Church  
17080 Arrow Blvd.  
Fontana, CA 92335

## **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 and their  
family members welcome. Call  
**800-986-HITS**  
(800-986-4487), extension 42401.

## **LARYNGECTOMEE SUPPORT GROUP**

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

## **SICKLE CELL EDUCATION SERIES**

Second Thursday of the month, 6:30 to 8:30 p.m.  
PossAbilities Office  
Professional Plaza—Building A  
25455 Barton Road, Suite 109A  
Loma Linda, CA 92354  
Adult group meeting. Dinner will be  
provided. For information, call  
**877-LLUMC-4U (877-558-6248)**.

## **STROKE SUPPORT GROUP**

Third Tuesday of the month, 5:30 to 6:30 p.m.  
PossAbilities Office  
Professional Plaza—Building A  
25455 Barton Road, Suite 109A  
Loma Linda, CA 92354  
Led by Dr. Promod Pillai, Department of  
Neurosurgery. For more information,  
call Gabriela Segovia at **909-558-6717**.

**PEDIATRIC  
BRAIN TUMOR  
SUPPORT GROUP  
COMING SOON!**



## **PossAbilities Monthly Mixer**

### **Are you new to PossAbilities?**

- Meet the staff
- Learn how to get involved
- Make new friends
- Socialize
- Lunch is provided

Come learn what it's all about.

**Third Wednesday of every month,  
12 to 1 p.m.**

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





# 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.kidsgetarthritis.com](http://www.kidsgetarthritis.com)

## **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**

951-341-9244

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

### **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)

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

## **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 (800-872-5827)

[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 (800-344-4867)

## **MUSCULAR DYSTROPHY**

### **MUSCULAR DYSTROPHY ASSOCIATION**

800-572-1717

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

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

### **UNITED SPINAL ASSOCIATION**

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

## **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.

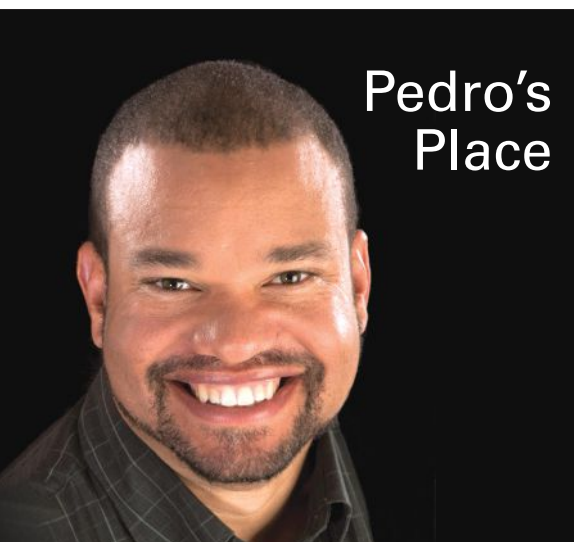
Cotie Williams  
Editor

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Pedro's  
Place

## Summer Days!

**W**ell, summer days are here again! What a wonderful year we've been having at PossAbilities. We had a wonderful Redlands Bicycle Classic race in May and a very successful Annual Triathlon in April! God is really blessing our program. This summer we are looking forward to our SwimAbilities classes, our Kid's Pool Party, as well as our Summer Picnic. We hope you can find the time to join us for these and other wonderful social activities. As you know, PossAbilities is one big family of people with passion and love for one another. It wouldn't be the same without you. Stay engaged, stay connected, and keep looking for the PossAbilities!

## Are you an active member of PossAbilities and have a need?

Apply for a grant or scholarship starting June 1. Requests can be made for:

- Adaptive equipment
- Items to improve accessibility
- Educational scholarships
- Social and community outings
- Travel to and/or participation in adaptive sporting events
- Other non-medical resources related to your disability

To find out whether you qualify or to apply, go to  
<https://teampossabilities.org/grants-scholarships/>.

**Application deadline is August 31, 2018.**

If you wish to be removed from the mailing list for this publication,  
call 909-558-6384 or email [cowilliams@llu.edu](mailto:cowilliams@llu.edu).