



LOMA LINDA UNIVERSITY
HEALTH

2023 ANNUAL REPORT



PossAbilities

2023 ANNUAL REPORT

POSSABILITIES

The purpose of this annual report is to detail the scope of the PossAbilities program and to educate the reader about the positive impact the program has on our local community.

The Loma Linda University Health PossAbilities was originally developed in 2000 in response to the need for the continuum of care for our patients and their families after a lengthy hospital stay or a traumatic accident. Through feedback and direction from health care professionals and community members the program quickly evolved into an all-inclusive program for those with disabilities and Veterans. As the program and its mission continued to grow, PossAbilities has gained the support of administrators, faculty, staff, students, and the surrounding community. PossAbilities has also received recognition from the President of the United States as well as local and state government officials. Today the PossAbilities programming is extensive and diverse. Each year PossAbilities hosts over 35 events and activities that expose the Loma Linda University Health message to an estimated 18,000 individuals at the national, regional, and local level.

MESSAGE FROM OUR LEADER

Loma Linda University PossAbilities remains a steadfast source of hope and support for individuals with diverse disabilities. Throughout its 21-year history, the program has continually adapted and broadened its services, leaving a lasting positive mark on the lives of those facing physical and cognitive challenges. PossAbilities maintains its unique and comprehensive approach to guiding patients through rehabilitation and helping them discover new purpose. The program offers a range of services that encompass recreational and competitive sports, peer support, grants and scholarships, women's and kid's activities, support groups for various disabilities, a prayer ministry, educational opportunities, and community outreach. These services remain provided free of charge, demonstrating a commitment to ensuring accessibility for those who need it the most. Notably, we are so proud to have athletes in our Paralympic Training Program that are winning medals and making podiums in their respective sports not just here in the United States but across the world.

The annual report serves as a testament to the ongoing impact of the PossAbilities program, highlighting its positive influence not only at the local and regional levels but also on a national scale. The program stands as a shining example of the collective good that can be achieved when communities come together to enhance the lives of those facing unique challenges.

We are deeply grateful for the unwavering support from leaders within our institution and other dedicated supporters. Your generosity ensures the ongoing success of the PossAbilities program, and we thank you sincerely. Looking ahead, we eagerly anticipate further collaboration and community involvement as we remain committed to our mission of enriching the lives of individuals with disabilities and striving to make man whole.

SINCERELY,

TABLE OF CONTENTS

Our Mission	4
What does PossAbilities Do?	6
Financials	8
Our Sponsors	10
Program Membership	12
Leadership Team	14
PossAbilities Advisory Council	16
Profiles of Courage	18
Community Impact Programs	26
Get Involved	50
Contact Us	52
Support PossAbilities	



OUR MISSION

TO FURTHER THE HEALING MINISTRY OF JESUS CHRIST BY HELPING THE DISABLED COMMUNITY BE FULLY INTEGRATED INTO SOCIETY. OUR PROGRAM ACCOMPLISHES THIS THROUGH ADVOCACY, MENTORING, PROVIDING PEER SUPPORT AND RESOURCES, AND CREATING OPPORTUNITIES THROUGH PHYSICAL, EMOTIONAL, SPIRITUAL, INTELLECTUAL AND SOCIAL INTERACTION. POSSABILITIES CELEBRATES THE VALUE OF EACH INDIVIDUAL REGARDLESS OF THEIR CHALLENGES AND SUPPORTS THEIR ROLE AS A VALUED MEMBER OF THE COMMUNITY.

OUR VISION

THE VISION OF POSSABILITIES IS TO PROVIDE ALL INDIVIDUALS WITH DISABILITIES THE OPPORTUNITY TO DISCOVER THE BOUNDLESS WAYS TO FIND JOY AND SATISFACTION IN A MEANINGFUL LIFE. WE FEEL STRONGLY THAT EVERY INDIVIDUAL HAS THE OPPORTUNITY TO MAKE THEIR COMMUNITY A BETTER PLACE. LEADERSHIP COMES FROM THOSE WITH DISABILITIES AND ABLE-BODIED ALIKE, WORKING TOGETHER TO ENABLE AND EMPOWER ONE ANOTHER. BY MAKING OUR OWN COMMUNITY STRONGER, WE LEAD BY EXAMPLE TO SHARE OUR VISION NATIONWIDE.

OUR VALUES

POSSABILITIES SHARES THE VALUES OF LOMA LINDA UNIVERSITY HEALTH BY INNOVATING EXCELLENCE IN CHRIST-CENTERED HEALTH CARE THROUGH COMMUNITY OUTREACH AND SUPPORT.





WHAT DOES POSSABILITIES DO?

EDUCATION AND RESOURCES

Grant and Scholarship Program
Discount Dental Program
Discount Prescription Program
Newsletter
Volunteer Opportunities

HEALTH AND FITNESS ACTIVITIES

Discount Gym Membership
Senior Health Fair
Stretching and Exercise Program

SPIRITUAL AND EMOTIONAL SUPPORT

Mentoring
Peer Visitation
Prayer Ministry

ADAPTIVE SPORTS

Baseball
Cycling
Flag Football
Paralympic Training Program
Running
Swim Lessons
Triathlon
Veteran Activities
Wheelchair Basketball
Winter Sports

CLUB POSSABILITIES

Colton High School
Redlands High School
Citrus Valley High School
Redlands East Valley High School

COMMUNITY ACTIVITIES

Children's Day
Inland Empire Disabilities
Collaborative Expo & Conference
Special Education High School Proms

REFERRAL SERVICES

PossAbilities offers referral services for all disabilities. The program also provides referrals for the following:

- Independent Living Resources
- Outpatient Rehabilitation Services
- Rehabilitation Services
- Transportation
- Vocational Training

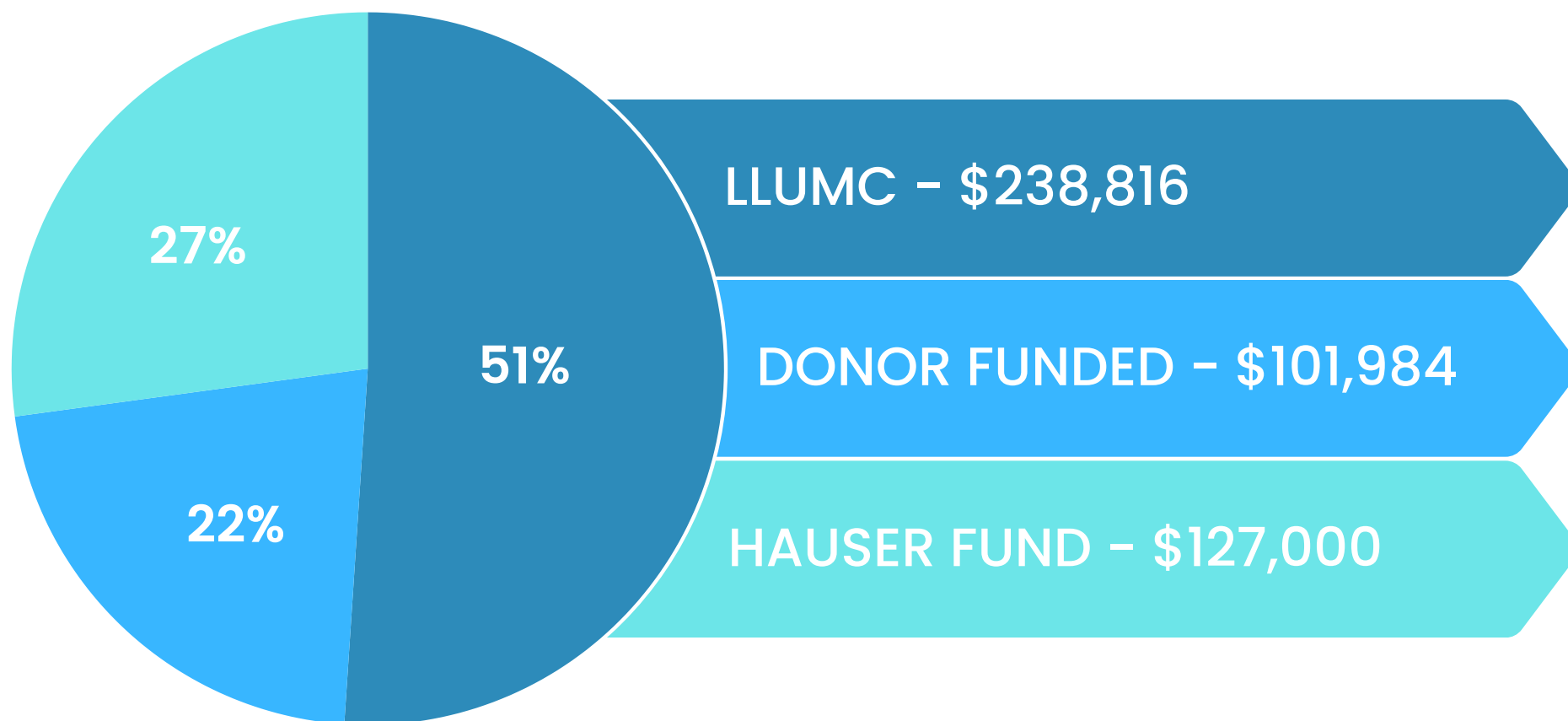
SOCIAL ACTIVITIES

Annual Celebration Dinner
Arts & Crafts Workshops
Children's Christmas Party
Children's Pool Party
Laugh Track
Monthly Mixer
Summer Picnic
Women's & Caregiver Luncheon

SUPPORT GROUPS

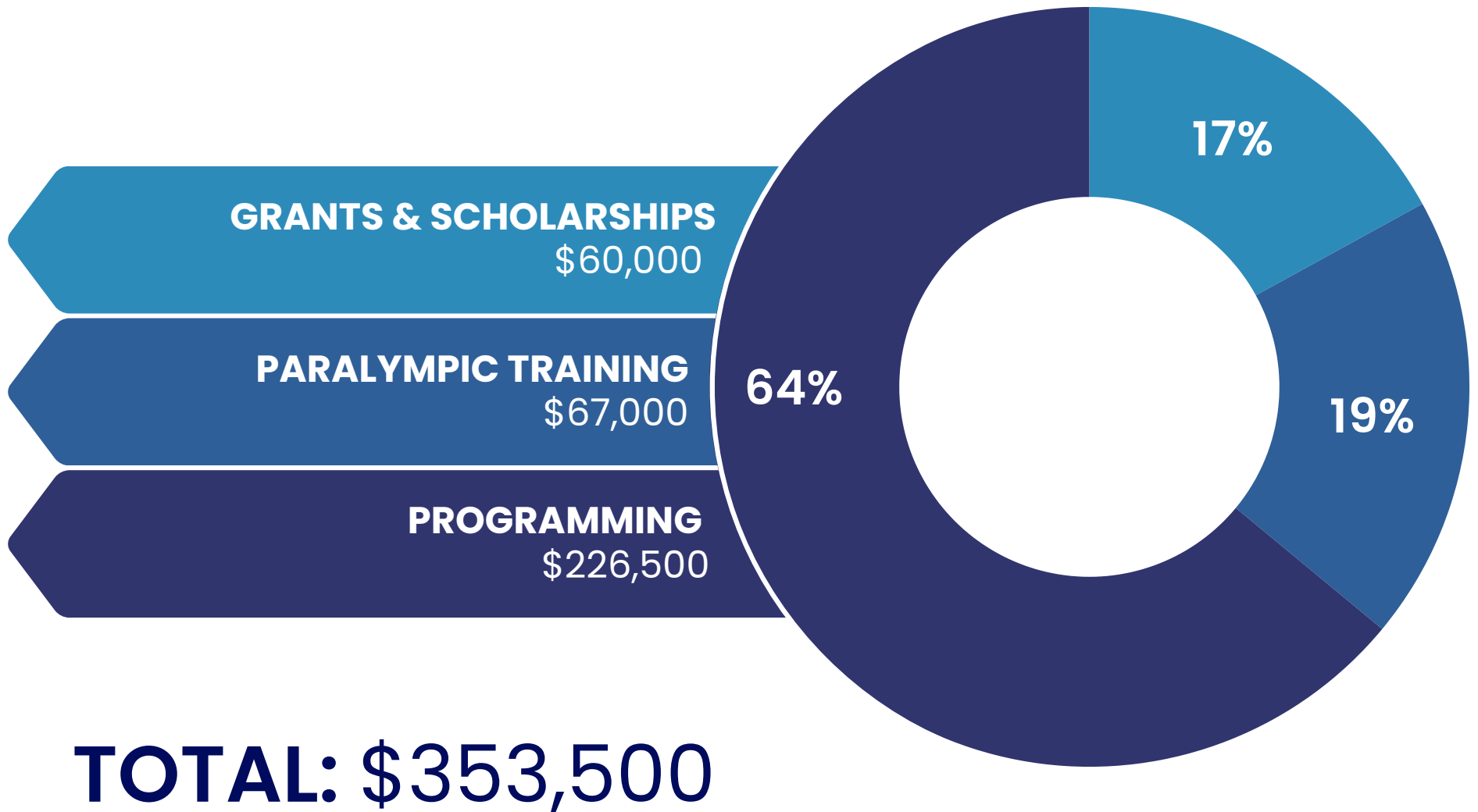
Diabetes
Head Injury & Trauma Spinal Support
Laryngectomy
Pediatric Brain & Spine Tumor
Sickle Cell Disease
Spanish Speaking Parents
Spinal Cord Injury
Stroke & Aneurysm Survivors
Traumatic Brain Injury

FUNDING SOURCES



The Loma Linda University Health PossAbilities program operated on a budget of \$353,500 for the 2023 fiscal year. Administrative costs to operate the program are funded by Loma Linda University Medical Center. A vast majority of program and activity costs are covered by community sponsorships. **Every dollar donated to the PossAbilities program goes directly to our members with permanent disabilities and U.S. Veterans!**

ANNUAL BUDGET DISTRIBUTION



OUR SPONSORS

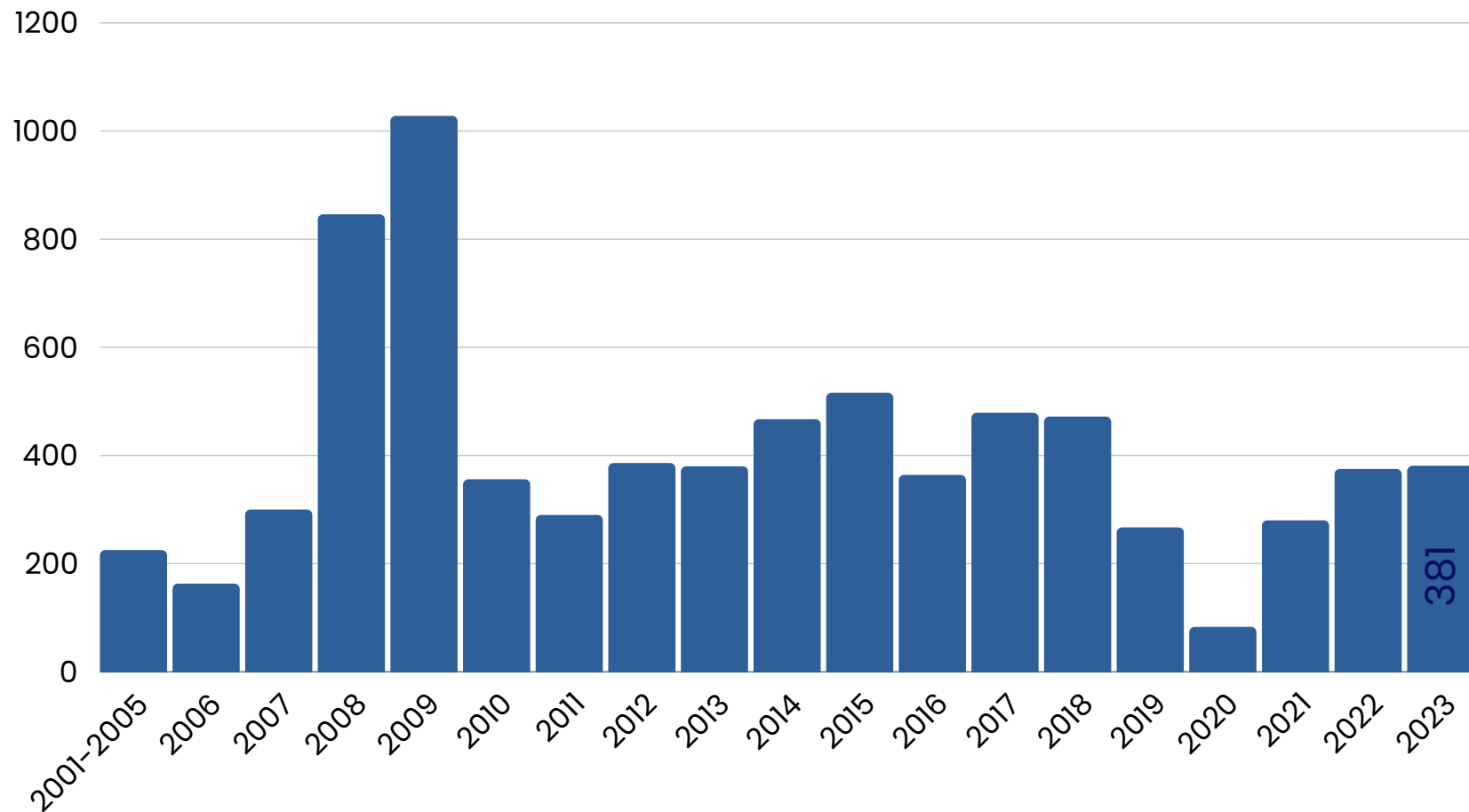


LOMA LINDA UNIVERSITY
HEALTH

FOUNDING PARTNER SAN MANUEL BAND OF MISSION INDIANS
CASC ENGINEERING & CONSULTING
EASTVALE URGENT CARE
INLAND EMPIRE HEALTH PLAN
LASALLE MEDICAL ASSOCIATES
MICHAEL & MELANIE JACKSON
VISTA MEDICAL GROUP



NEW MEMBERS ANNUALLY



Total Members: 7,658



EXECUTIVE HOSPITAL ADMINISTRATIVE TEAM



TREVOR WRIGHT

MHA — Chief Executive Officer for LLUH Hospitals and LLUH Executive Vice President for Hospital Affairs



ANGELA LALAS

MBA, CPA — Chief Financial Officer for LLUH Hospitals and LLUH Executive Vice President for Finance



LYNDON EDWARDS

MBA, MHS — Chief Operating Officer for LLUH Hospitals and LLUH Senior Vice President for Health Facilities



DARRYL VANDEN BOSCH

CPA — Senior Vice President for East Campus and Surgical Hospital

PROGRAM LEADERSHIP

PROGRAM DIRECTOR

Cotie Williams joined the Loma Linda University Health PossAbilities program in 2008 and brought over 15 years of experience in the government and private sectors, including experience with a Fortune 500 company. She brings a heart of service for those in her community and an expertise in outreach, marketing, business administration, philanthropy, project management and event coordination. Cotie graduated from the University of Redlands with her Bachelor of Science in Business Administration. She is a member of many community programs such as the United States Paralympic Committee, and is serving on the Board of Directors for the Inland Empire Disabilities Collaborative. Cotie considers it a blessing to be a part of such an amazing program that provides new direction and hope for those with diverse disabilities. During her tenure with the PossAbilities program, she has been instrumental in growing the outreach to our community by increasing membership from 280 to over 7,300.

COTIE

WILLIAMS



ASSISTANT

Lauren started her work with Loma Linda University Medical Center in 2001 as an Administrative Assistant for Nursing Administration before transitioning to Quality and Patient Safety. She came to work for PossAbilities in 2014 then moved out of state in 2017. Her return to California opened the opportunity for her to come back to PossAbilities. Lauren has a passion for the program and has a strong desire to be an active participant in the continued development of our local community. Lauren grew up in Mississippi and moved to Redlands where she developed strong ties to the area. She has four beautiful children and a love for all dogs.

LAUREN

BURKE - HODGE



POSSABILITIES ADVISORY COUNCIL

The PossAbilities Advisory Council is comprised of individuals from our local community with various professional and social backgrounds. While the PossAbilities Advisory Council does not function in the capacity of an Executive Board, this council helps set the vision and direction of our program. It meets on a quarterly basis to discuss a strategic plan to ensure the program is meeting the needs of our community. The advisory council has one standing subcommittee which is the Grant and Scholarship Committee. This standing subcommittee meets on an annual basis to assess the applicants and makes grant and scholarship award determinations. The members of the PossAbilities Advisory Council are:

LYNDON EDWARDS – SENIOR VICE PRESIDENT LOMA LINDA UNIVERSITY MEDICAL CENTER

DARRYL VANDENBOSCH – SENIOR VICE PRESIDENT & ADMINISTRATOR LOMA LINDA UNIVERSITY MEDICAL CENTER – EAST CAMPUS HOSPITAL & SURGICAL HOSPITAL

DR. GARRY FITZGERALD – FRIEND & SUPPORTER OF POSSABILITES

DR. THADDEUS WILSON – PHYSICAL MEDICINE & REHABILITATION LOMA LINDA UNIVERSITY HEALTH

COTIE WILLIAMS – DIRECTOR OF COMMUNITY DEVELOPMENT & OUTREACH LOMA LINDA UNIVERSITY HEALTH

JORDAN THE – DPT

MICHAEL DAVIDSON – MANAGER OF ORTHOTICS & PROSTHETICS DEPARTMENT LOMA LINDA UNIVERSITY HEALTH

MARIA GARCIA – BSBA, DIRECTOR OF PROPERTY MANAGEMENT LOMA LINDA UNIVERSITY HEALTH

HUGO HUERTA – POSSABILITIES MEMBER



PROFILES OF COURAGE

TAMMY GIBSON

Tammy Gibson is more than a keynote speaker, lifestyle entrepreneur, amputee advocate, wife and mother—she embodies resilience and transformation. Following a challenging battle with A-Typical COVID-19 that led to a four-month hospitalization, Tammy emerged with her right leg amputated, nerve damage in both hands, and Stage 4 kidney disease, among other health issues.

Nevertheless, Tammy's story is one of triumph. Through determination, the support of therapists, and what she believes is the healing hand of God, she has overcome numerous obstacles. Her kidneys have healed, she is relearning to walk, and she has transformed her life-altering experience into a platform for inspiration.

Utilizing her background as an online entrepreneur and her journey of overcoming trauma, Tammy shares her story at speaking engagements, providing both inspiration and practical tools for others. She firmly believes that every challenge harbors the potential for personal growth. Tammy's journey serves as a powerful narrative of triumph over adversity, offering encouragement to others facing challenging circumstances.





PROFILES OF COURAGE

MADDUX REMILLET

From the very beginning, Maddux's journey has been marked by resilience and an unyielding spirit. Born with spina bifida and achondroplasia dwarfism, his life began with a rare in-utero surgery at 22 weeks gestation, showcasing his determination to overcome obstacles before he even entered the world.

His early days were a series of battles – from a bowel perforation at one week old to bacterial meningitis in the brain at one year old. To date, he has undergone 16 surgeries, with 14 of them being brain surgeries related to hydrocephalus. Despite the challenges, Maddux has emerged as one of the happiest individuals you'll ever meet.

Since the age of three, Maddux has been a paraplegic and a full-time wheelchair user. His parents made a conscious decision never to use the term "impossible" when it comes to his abilities. Instead, they instilled in him the belief that adaptation is always possible. Maddux's vibrant spirit and love for sports are evident as he actively participates in baseball, fearlessly takes on soccer, all while regularly enjoying being in pools, oceans, and lakes. Maddux's journey is a powerful example of resilience, adaptability, and an unstoppable spirit that won't be held back by limitations.





PROFILES OF COURAGE

LUIS OVANDO

In 2010, Luis Ovando's life took an unexpected turn during a routine commute. A tragic freeway accident led to the amputation of his right leg above the knee due to life-threatening injuries. This news brought fear, depression, and uncertainty about his future. As time passed, emotional trauma took its toll, pushing Luis into a deep state of despair. Attending Amputee Coalition's National Conference in California introduced him to others facing similar challenges, dispelling the sense of isolation and loneliness.

Luis found new strength and purpose through the Amputee Connections of Redlands and he became a Certified Peer Visitor through the Amputee Coalition, marking a new chapter in his journey. He began volunteering at Loma Linda University Health PossAbilities program which became a source of healing and peace for Luis. Through this act of service, he found fulfillment and a way to give back to the supportive community around him.

In Luis Ovando's journey, the most important lesson is the message of resilience and camaraderie. Despite life-altering challenges, the reminder that one is not alone is powerful. Help and peer support are available, allowing life to be not just endured but lived to the fullest.





PROFILES OF COURAGE

EDDIE RAMIREZ

Eddie Ramirez's journey through life has been marked by resilience, determination, and a profound commitment to making a positive impact on the disability community. At the age of 17, Eddie faced a life-altering ATV accident in the High Desert that left him with a severe burst fracture on thoracic level T6-T7. Undeterred by this challenging circumstance, Eddie embarked on a path of recovery and rehabilitation at Loma Linda University Health.

In the years that followed, Eddie has not only triumphed over personal adversity but has also become a dedicated advocate for the disability community. In 2015, he achieved a significant milestone by completing his bachelor's degree in psychology. Currently serving as an Analyst for IEHP, Eddie focuses on initiatives supporting individuals with their Social Determinants of Health, showcasing his commitment to enhancing healthcare accessibility and inclusivity.

Beyond his professional commitments, Eddie is a proud husband, father and champion for others with disabilities. He volunteers his time as a peer advocate for patients and their families, offering valuable support and guidance based on his own experiences. Eddie has also been a member of the PossAbilities Rolling Bears wheelchair basketball team for over 13 seasons!





COMMUNITY IMPACT PROGRAMS

SICKLE CELL SUPPORT GROUP



The Adult and Family Sickle Cell Disease Support Group and Educational Series offers crucial support, educational content, and wellness resources for individuals managing sickle cell, empowering them to achieve the highest quality of life possible. Meeting on a monthly basis, the group serves as a platform for sharing information, motivation, education, connections, recreational activities, relationships, and encouragement. Notably, this support group is one of just four in California and stands as the sole representative in the Inland Empire region.

ANNUAL REACH: 700

LARYNGECTOMEE SUPPORT GROUP



Specifically designed for Laryngectomy patients, this support group serves as a valuable platform for connecting with essential resources and delving deeper into the intricacies of adjusting to life with a tracheal tube. Beyond the practical aspects, the group fosters a sense of community, where members can share experiences, exchange insights, and find mutual encouragement on their journey of adaptation and resilience in the face of the challenges posed by life with a tracheal tube.

ANNUAL REACH: 120

STROKE & ANEURYSM SUPPORT GROUP



In partnership with the Loma Linda University Department of Neurosurgery, this monthly support group is dedicated to offering valuable information, motivation, education, and encouragement to individuals who have survived strokes. Beyond the exchange of knowledge, the group serves as a platform to foster connections and build relationships among both stroke and aneurysm patients, creating a supportive community that understands and shares similar obstacles in their respective journeys.

ANNUAL REACH: 50



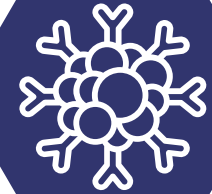
DIABETES SUPPORT GROUP

The monthly diabetes support group, hosted by the Loma Linda University Medical Center Diabetes Treatment Center, provides comprehensive information on key aspects such as nutrition, lifestyle modifications, and the prevention and management of diabetes. The sessions feature informative presentations and group discussions focused on health promotion. This support group serves as a platform for participants to delve into critical topics related to diabetes care and well-being.

ANNUAL REACH: 100

COMMUNITY IMPACT PROGRAMS

PEDIATRIC BRAIN & SPINE TUMOR SUPPORT GROUP



The Pediatric Brain and Spine Tumor Support Group meets monthly, offering essential support for patients, parents, and friends. This community provides encouragement, education, hands-on activities and connections, creating a space for shared experiences. Attendees benefit from valuable information, coping mechanisms, and emotional support, all within a supportive environment.

ANNUAL REACH: 100

مجموعة دعم إصابات الرأس وإصابات الحبل الشوكي

HEAD INJURY & TRAUMA SPINAL SUPPORT GROUP

The Head Injury and Trauma Spinal Support Group, serving adults and children, offers a supportive community for sharing experiences and insights. Emphasizing understanding and coping with head injuries and spinal trauma, the group provides a safe space for both individuals and families. This collaborative environment fosters strength, encouragement, and community, contributing to the well-being of those navigating these challenges.

ANNUAL REACH: 1000

ANGELES ESPECIALES



Angeles Especiales is dedicated to underserved families. This Spanish-speaking support group focuses on empowering parents of children with special needs. It aims to educate parents on accessing resources related to special education, grants, and scholarships, as well as understanding the rights of both children and adults. In addition to community activities, the group provides information on recreation and adaptive sports. This year they added a folclorio bailando dance class!



ANNUAL REACH: 3,500

COMMUNITY IMPACT PROGRAMS

MONTHLY MIXER



To enhance local outreach and familiarize new PossAbilities members with the array of resources available, we organize a monthly mixer. This event serves as a platform for both involved and new members to come together, socialize, and engage in discussions on enhancing their quality of life through the PossAbilities program. Through this regular activity, we aim to facilitate connections among members, ensuring they not only gain access to valuable resources but also build meaningful relationships with one another.

ANNUAL REACH: 400

ARTS & CRAFTS WORKSHOP

Originating from the vision of Dr. Murray Brandstater, this segment of our program provides members with a unique opportunity to immerse themselves in the arts. Through engaging workshops, individuals can freely express themselves and tap into their creativity. As some members triumph over their disabilities through sports, others have discovered a similar pathway to empowerment and self-discovery through the world of visual arts.



ANNUAL REACH: 600

KID'S POOL PARTY

Every summer, PossAbilities hosts a lively pool party for members and their families, creating a day filled with sun-soaked fun, laughter, and a shared meal. This event holds special significance for kids who may not have regular access to pools and water parks, offering them a unique opportunity to enjoy the water. For children with autism, and other disabilities, the pool becomes a secure space for positive experiences and the building of meaningful connections.



ANNUAL REACH: 200

CHILDREN'S CHRISTMAS PARTY



ANNUAL REACH: 400

Each year, PossAbilities collaborates the Spina Bifida clinic team at LLU Children's Hospital to host a heartwarming event for over 200 kids and their families. The East Campus Amphitheater is magically transformed into a winter wonderland, complete with artificial snow and a special visit from Santa Claus. The celebration includes horse-drawn carriage rides, adorable miniature ponies, and other fun activities. Families are treated to a complimentary lunch, and each child receives a new toy, making the day truly memorable.

COMMUNITY IMPACT PROGRAMS

CHILDREN'S DAY



PossAbilities collaborates with Loma Linda University Children's Hospital to organize an annual Children's Day. This event aims to offer hands-on learning and enjoyment while educating children about healthy and safe living choices. This event offers positive exposure to the healthcare setting. Activities include a teddy bear clinic, pretend finger casting, and a dental health clinic to make the learning experience interactive. Kids visit the PossAbilities booth to talk about disabilities, how to treat others who my differences, and can even try out adaptive sports equipment.

ANNUAL REACH: 1,000

FALL PICNIC

Each fall, PossAbilities hosts a picnic in the City of Redlands for our members and their families. This event provides an opportunity for families to connect, share laughter, and enjoy an afternoon full of fun with others. It's a time to meet new faces, play games, share a meal together, and foster new friendships in a relaxed setting.



ANNUAL REACH: 225

WOMEN'S LUNCHEON

Exclusively designed for PossAbilities women and caregivers, this event stands as a unique opportunity for fellowship. It offers a dedicated time for our ladies to come together, connect with new companions, enjoy games, and engage in a white elephant gift exchange. Beyond the festivities, the event serves a dual purpose by allowing experienced members to impart valuable insights to newcomers, introducing them to the array of opportunities available through PossAbilities.



ANNUAL REACH: 75

CELEBRATION DINNER



ANNUAL REACH: 800

At the close of each year, PossAbilities organizes a dinner with entertainment for our members and their families. This sizable event provides an opportunity to reflect on the achievements of our members throughout the year. It's a moment to recognize sponsors, volunteers, grant and scholarship recipients, and to highlight key moments from the year. The evening includes entertainment exclusively performed by our members, making this event a meaningful culmination of the year.

COMMUNITY IMPACT PROGRAMS

FENCING CLINIC

At PossAbilities, we're proud to create programs that match our members' unique needs and interests. Recognizing the strong interest in para-fencing, we recently held a clinic, offering newcomers a chance to try sparring and learn more about the sport.

A big thank you to Greg Tyler, our resident para-fencer, for not only sharing his skills and expertise but also bringing his passion for the sport to enrich the clinic. PossAbilities is excited about hosting more fencing activities and other thrilling opportunities for our members!



ANNUAL REACH: 20

ADAPTIVE WINTER SPORTS

Teaming up with the US Adaptive and Recreational Center (USARC), the PossAbilities program organizes a day trip to the slopes. This outing is tailored for members interested in outdoor activities and offers a unique opportunity for adaptive skiing. With all adaptive equipment provided, anyone with any disability can ski! The ultimate goal is to provide new experiences to empower and uplift our members.



ANNUAL REACH: 12

SWIMABILITIES



Loma Linda University Drayson Center and Loma Linda University PossAbilities offer an adaptive swim program that is open to all members of any age and any disability. The training is tailored to meet the specific needs of each individual while also highlighting the importance of water safety and continued skill development for all.

ANNUAL REACH: 120

COMMUNITY IMPACT PROGRAMS

ROLLING CUBS



The Rolling Cubs, established in 2018, continue to thrive as a developmental wheelchair basketball team catering to youth aged 5-21 with lower extremity disabilities. This co-ed team aims to foster physical endurance, strength, increased range of motion, independence, game knowledge, teamwork, competition etiquette, sportsmanship, social skills, confidence, travel experience, community independence, and, above all, enjoyment. Academic excellence remains a key focus, encouraging athletes to excel both on and off the court. The Rolling Cubs continue to make strides in nurturing young talent and promoting holistic development.

ANNUAL REACH: 500

ROLLING BEARS

The Rolling Bears are sanctioned National Wheelchair Basketball Association team that actively participate in the Southern California Wheelchair Basketball Conference. They have clinched six conference championships and secured a 3rd place finish at Division 3 Nationals.

Past and present Rolling Bears players have excelled on the court, earning collegiate All-American honors, representing the United States internationally, and winning championships at all levels.



ANNUAL REACH: 500

EXTREME TEAM BASEBALL & FOOTBALL

The PossAbilities Xtreme Team stands as a pioneering inclusive sports program, providing individuals of all ages and abilities the chance to engage in baseball and flag football. Embracing athletes with diverse physical, mental, and developmental disabilities, including those using adaptive equipment like walkers, wheelchairs, and prosthetic limbs, the team fosters an inclusive environment. Through a participation-centered and non-competitive approach, the Xtreme Team introduces players to the basics of both sports, ensuring that everyone, regardless of ability, has the opportunity to play.



ANNUAL REACH: 200

CHAMPIONS LEAGUE



ANNUAL REACH: 1200

The Pony Champions League aims to create a space for participants aged 4 to 23 to grow in self-esteem and physical ability. It's for individuals who may find it challenging to participate in traditional baseball or softball. The league is centered around teamwork and community, making sure that every participant, no matter their abilities, has a supportive place to do well and make lasting connections. It's not just about playing sports; the Pony Champions League is about making everyone feel like they belong and empowering those who might face challenges in typical sports programs.

COMMUNITY IMPACT PROGRAMS

CLUB POSSABILITIES



ANNUAL REACH: 600

In the Inland Empire area, there are four local high school PossAbilities Clubs. Each club is led by a student board comprising average students who are empowered to raise awareness within their school community, advocate for special needs students, and organize fundraisers to support an annual prom for them. These clubs are held at Redlands East Valley H.S., Citrus Valley H.S., Colton H.S., and Redlands H.S.. Club members work to break down barriers and dispel misconceptions surrounding disabilities, working towards inclusivity and comradery.

SPEAKERS BUREAU

The PossAbilities Speaker's Bureau is composed of members who proudly represent the program in a range of speaking engagements. Through the sharing of their stories and unique life perspectives, these individuals serve as inspiring role models, motivating others to contribute to positive change in the world. Our speakers are ready to address diverse audiences, including schools, community organizations, corporate meetings, retreats, social clubs, churches, and more.



ANNUAL REACH: 30

IEDC EXPO

The Inland Empire Disability Expo is a platform that highlights services and products aimed at promoting independent living for seniors and individuals with various types of disabilities, including physical, cognitive, mental, and sensory impairments. This event seamlessly integrates exhibits focusing on health, housing, transportation, advocacy, employment, assistive technology, education and youth initiatives, as well as senior services. PossAbilities proudly serves as the title sponsor for this impactful event.



ANNUAL REACH: 3,000

EMERGENCY PREPAREDNESS TRAINING



The PossAbilities Emergency Preparedness Program Training is crafted to assist individuals with disabilities during disasters. By emphasizing practical planning and readiness, the program aims to educate participants, reducing the risk of harm and property damage. Through tailored strategies, it instills confidence, ensuring safety and a sense of control in emergency situations.

ANNUAL REACH: 100

COMMUNITY IMPACT PROGRAMS

PEER VISITATION PROGRAM

Members of our program with disabilities have the chance to serve as peer visitors for recently injured or hospitalized patients seeking to connect with someone who shares a similar experience. This program allows individuals who have healed and learned to thrive with their own injuries to give back to those embarking on the early stages of recovery. The peer visit program is thoughtfully structured to extend its reach to patients in our rehabilitation units and disabled individuals in the community, ensuring that they receive visits from individuals with the daily familiar journeys.



ANNUAL REACH: 50

GRANTS & SCHOLARSHIP PROGRAM

The PossAbilities Grants & Scholarship program is a cornerstone of our commitment to enhancing the well-being of our members. It is designed to support individuals in improving their quality of life, facilitating community reintegration, and addressing specific needs. Active and engaged PossAbilities members can receive grants and scholarships to cover a range of purposes, including obtaining life-enhancing equipment, securing accessibility grants, pursuing educational opportunities, enjoying social outings, participating in sporting events, and meeting other needs unique to the disabled population. This program becomes a vital resource, providing assistance for essential equipment, home modifications, and opportunities to help with adaptive living experiences.



ANNUAL REACH: 50

COMMUNITY IMPACT PROGRAMS

PARALYMPIC TRAINING PROGRAM

Loma Linda University Health Team PossAbilities is recognized by the U.S. Olympic and Paralympic Committee (USOPC) as a foundational adaptive athletic program devoted to developing Paralympic athletes. The PossAbilities Paralympic training program is donor funded and designed to help athletes prepare for a chance to qualify for the U.S. National and U.S. Paralympic teams in various sports. The sponsorship level each athlete receives is dependent on need and available funding. The sponsorship can cover important things like sports equipment, travel to competitions, gym memberships, and Thanks to this support, PossAbilities athletes have had the opportunity to compete in domestic competitions, National Championships, World Championships, World Cups, and even the Paralympic Games!

ANNUAL REACH: 2500

TEAM PossAbilities 2023

Barry Wilcox - H1 Paracycling

World Championship Italy: Bronze Medal
World Cup Belgium: Bronze Medal
World Cup Alabama: 2 Bronze Medals

Owen Daniels - H3 Paracycling

Former Time Trial National Champion
World Cup Belgium: Gold Medal

Travis Gaertner - H4 Paracycling

World Championship Italy: Bronze Medal

Andre Barbieri: Para Snowboarding

World Cup Netherlands: 6th place

Zimri Solis: Paratriathlon

International Triathlon San Diego: 2nd Place



OUR ATHLETES



BARRY WILCOX



OWEN DANIEL



TRAVIS GAERTNER



ANDRE BARBIERI



ZIMRI SOLIS

BARRY WILCOX

Barry Wilcox's journey is not just about overcoming personal adversity but inspiring others to believe in their own potential and never give up on their dreams. As a Team USA member in the H1 class of handcycling, Wilcox has become a symbol of resilience, achieving remarkable success in the face of a life-altering spinal chord injury. At the age of 16, Wilcox, a budding cycling talent and multi-national champion, suffered a C6 spinal cord injury and received a diagnosis of quadriplegia. However, Wilcox's determination, which had propelled him rapidly through the cycling ranks, proved instrumental in adapting to life with a spinal cord injury. Since his injury, Wilcox has remained physically active, participating in activities such as wheelchair rugby, gym workouts and hand cycling. Eight years ago, a new category aligned with Barry's physical abilities provided him with the opportunity to race his hand cycle. This marked the beginning of a new chapter in his life, reigniting the pursuit of goals he had once believed were lost. Since joining the para-racing scene, Barry has become a decorated international rider, and in 2023 he secured bronze medals in World Cup and World Championship events in Italy, Belgium, Alabama. Wilcox is riding his way toward his next goal, Paris 2024. His story serves as an inspiration not just to athletes but to anyone facing challenges, proving that with determination, adaptability, and a resilient spirit, one can overcome even the most daunting obstacles.



TRAVIS GAERTNER



Born in Kitchener, Ontario, Canada, Travis Gaertner faced the challenges of a congenital disease that left him without a left leg and half of his right leg. After switching to a wheelchair at age twelve, he found solace and empowerment in wheelchair basketball, turning a personal tragedy into a driving force for success. Travis quickly excelled in wheelchair basketball, joining the Manitoba Ramblers at twelve and later earning a spot on the Canadian Paralympic team in 1998. His exceptional skills helped secure championship titles for the Manitoba Rolling Thunder, the Winnipeg Thunder and gold medal victories at the 2000 and 2004 Summer Paralympics. In 2012, Travis became an American citizen, leading to his inclusion in Team USA. Venturing into handcycling in 2017, he joined the U.S. Paralympics Cycling Team in 2018 for the UCI Road

World Championships, showcasing his versatility in para sports. Travis won gold at the final UCI 2019 Para-Cycling World Cup and finished the season with a bronze medal at the 2019 World Para-cycling championships. He was also named alternate for the Tokyo 2020 Paralympic Games. As a member of Team USA's 2023 roster, Travis secured a bronze medal at the World Championships in Italy. Travis continues to pursue his goal of competing for the United States in the Paralympics. His inspiring journey exemplifies resilience, triumph, and a relentless pursuit of excellence, encouraging others to overcome obstacles and redefine possibilities.

OWEN DANIELS

On January 27, 2010, life changed for Owen Daniels after a car accident left him paralyzed as a T9 paraplegic. Despite the challenging reality, with strong support from family and friends, Daniels refused to let his injury define him. Through the PossAbilities program, he found a new purpose, becoming a peer visitor and spokesman, sharing his story to inspire others. Through the same program he also acquired a hand-cycle, sparking a newfound passion for racing. Now entering his 9th season, Daniels boasts multiple national championship podiums and a series of wins and losses that have shaped his growth. Joining the United States National team in 2022 proved pivotal, enabling Owen access to top-notch resources and elevating his performance. With Team USA, he quickly adapted to the higher intensity of European races, securing a bronze in the H3 time trial at the World Cup in Ostend, Belgium. In 2023, Owen Daniels rode his way to becoming the national champion in the United States in his classification and won his first World Cup gold medal in Belgium! Daniels continues to make remarkable strides in the world of handcycling as he strives for a spot in 2024 Paris Paralympics. Owen recognizes that beyond medals and titles, the true essence of his journey lies in the lessons learned, the friendships forged, and the ability to inspire others facing adversity.



ANDRE BARBIERI



In 2011, Andre Barbieri's life took an unexpected turn during a leisurely snowboarding weekend that ended in a near-fatal accident. Colliding with a fence led to a fractured femur and, ultimately, the amputation of his leg above the knee.

Undeterred by this life-altering event, Andre found support from Loma Linda University Health PossAbilities, and with unwavering determination, he turned to surfing as a form of therapy. Through the waves, he discovered that his happiness wasn't confined to his leg but resided in his heart. Sport played a major role in Andre's recovery journey. He immersed himself in the world of triathlons, steadily climbing the world rankings. Despite narrowly missing a spot at the Rio Paralympics in 2016 due to a race mistake, Andre refused to let setbacks define him. Returning to his roots in snowboarding

in 2018, he dedicated himself to training and racing. The culmination of his efforts came to fruition when he realized his dream of representing Team PossAbilities and Team Brazil at the Beijing 2022 Winter Paralympics. Andre spent much of 2023 refining his skills and speed through dedicated training in Finland. His effort paid off at the Para-snowboarding World Cup in Landgraaf, Netherlands, where he secured an impressive 6th place overall in his class. Continuing to train and compete at a high level, Andre's journey extends beyond sports, illustrating resilience and offering hope to those dealing with similar challenges.

ZIMRI SOLIS

Zimri Solis, born in Ocotlán, Jalisco, Mexico, faced challenges early in life. At 10, he was diagnosed with meningococcal meningitis, leading to a life-changing experience. A sudden fever and loss of consciousness resulted in an emergency hospital visit where he was initially pronounced dead. Miraculously, prayers revived him, but the virus spread, leading to the amputation of three limbs. After numerous surgeries, a four-month coma, and rehab, Zimri emerged with newfound resilience. Determined to overcome obstacles, Zimri not only relearned to walk but also embraced an active childhood with a focus on sports. He found comfort in running, biking, and swimming, becoming a para triathlete who competed globally and earned 2nd place at the San Diego International Triathlon. Set to retire this year, Zimri looks forward to making a lasting impact in new ways. Committed to making a difference, Zimri extends hope to fellow patients within and beyond hospital walls. Shifting his focus, he now serves as a father, mentor, and ambassador for PossAbilities. His energy is directed towards coaching, and mentoring through PossAbilities. Zimri continues to shape lives, creating a narrative of inspiration and resilience that goes beyond the boundaries of sports.



GET INVOLVED

ARE YOU INTERESTED IN BECOMING A POSSABILITIES VOLUNTEER?

DO YOU WANT TO MAKE A POSITIVE DIFFERENCE IN SOMEONE'S LIFE?
THEN MAYBE OUR POSSABILITIES VOLUNTEER PROGRAM IS JUST WHAT YOU NEED!
OUR PROGRAM WOULD NOT BE POSSIBLE WITHOUT THE SUPPORT
AND DEDICATION OF PEOPLE LIKE YOU!

HOSPITAL VOLUNTEERS

Our formal hospital volunteers help us year-round in the office with administrative and program support. If you are interested in this type of service please contact PossAbilities to discuss available opportunities. Hospital volunteers must complete the LLUMC training and orientation process and receive formal volunteer status for both the Medical Center and PossAbilities.

EVENT VOLUNTEERS

Our event-specific volunteers do not go through the formal hospital orientation process. They are volunteers for only a day or weekend to help with events. To become an event volunteer, please contact PossAbilities to discuss available opportunities.



LOMA LINDA UNIVERSITY
HEALTH

VOLUNTEER TODAY

Call 909-588-6384

Or visit us at teampossabilities.org/become-a-volunteer/

PossAbilities

REGARDLESS OF WHICH TYPE OF SERVICE YOU CHOOSE
OUR VOLUNTEER HOURS ARE FLEXIBLE AND WE WORK AROUND YOUR SCHEDULE.
IT'S THAT EASY!

CONTACT US

Professional Plaza Building 'A'
25455 Barton Rd., Suite 109A
Loma Linda, CA. 92354

Office Phone: (909) 558-6384

E-Mail: possabilities@llu.edu

PROGRAM DIRECTOR

COTIE WILLIAMS
909-558-6664
COWILLIAMS@LLU.EDU

PROGRAM ASSISTANT

LAUREN BURKE-HODGE
909-558-6384
LBURKEHODGE@LLU.EDU



YOUR FINANCIAL SUPPORT



LOMA LINDA UNIVERSITY
HEALTH

PossAbilities

MAKES IT ALL POSSIBLE



LOMA LINDA UNIVERSITY
HEALTH

PossAbilities