



LOMA LINDA
UNIVERSITY
MEDICAL CENTER
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PossAbilities & you

Fall 2011

www.teampossabilities.com

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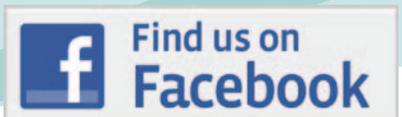


**Club PossAbilities
makes prom
night memories!**

See pages 4 and 5.

PossAbilities

PRESENTED BY
SAN MANUEL
BAND OF MISSION INDIANS



PossAbilities at LLUMC



Pedro's Place Having a Great Time!

This year is turning out to be quite a fantastic year for PossAbilities. Let's go down memory lane together and review the highlights so far. First, we started the year by having a good representation of handcyclists participating in the *Tour de Palm Springs* in February. The very next month we formalized our partnership with the *U.S. Handcycling Federation* as their *Presenting Sponsor* for 2011. Before we could catch our breath we were once again happy to be the presenting sponsor for the *27th Annual Redlands Bicycle Classic*, where more than 28 handcyclists participated in the race. We followed that up with a successful *Eighth Annual PossAbilities Triathlon*, where more than 800 participants enjoyed a day of competition and family fun!

In the spring, our local high school students showed

their support for local disabled youth by participating in the *Redlands HS Optimist Games* as well as the *Colton HS and Redlands HS PossAbilities Proms*. We are very proud of our able-bodied students who took the time to share this very special milestone in the lives of the many special education high school students in our community.

This year, we also witnessed the birth of a new support group focusing specifically on parents of amputee children. In June, we were pleased to help kids attend "*Camp No Limits*," where local amputee children were able to enjoy time in the outdoors with family and friends. The summer also brought us *Extreme Baseball* and the *San Bernardino Sunset Rotary Club Tinman Triathlon*, where Danny Palacios excelled in completing the daunting "roll, bike, swim" course in less than 1 hour and 29 minutes!

Thanks to those who came to our *Open House* in July! We hope you liked our new office space and that you'll come and visit often to say, "hello." This summer also saw us having a splashing good time at our *Annual Mom's Night Out Swim Party!* This event was followed by our first-ever wheelchair drive, where we collected more than 30 wheelchairs to benefit *Joni and Friends Wheels for the World*.

As we wind down the year, we hope to see you at our upcoming fall events like the *Disability Sports Festival*, the *IEDC Conference*, the *Sled Hockey Clinic*, and our *Annual Celebration Dinner*. God bless you all. Let's continue creating great memories together!

Pedro R. Payne, Ph.D.
Manager of PossAbilities
prpayne@llu.edu



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

About the PossAbilities Program

PossAbilities is a community outreach program at Loma Linda University Medical Center East Campus (LLUMCEC) whose goal is to offer individuals with permanent disabilities a sense of community. PossAbilities' focus is to integrate its members back into society as valuable members of the community. To learn more about PossAbilities, visit us on the Web at www.teampossabilities.com or call 909-558-6384.



On Our Cover

Members of the Rolling Bears wheelchair basketball team. From left to right: Victor Ventura, Erick Castillo, David Cazares, Alberto Rodriguez III, and Valentin Palestino.



25th Optimist Games at Redlands High School

For the second year, Redlands High School Club PossAbilities brought out more than 20 volunteers to participate at the 25th Optimist Games. More than 200 kids from the Redlands and Yucaipa unified school districts joined in the excitement. The event is based on the Special Olympics and invites special needs elementary, middle, and high school students to compete in events and do activities. Club PossAbilities helped run game stations, including bowling, football toss, base running, and soccer skills. ●

“The kids get really excited and they like playing games,” says Daniella Ojeda, the Club PossAbilities president.



Danny Palacios (featured above) finished the triathlon in less than 1 hour and 29 minutes.

Another Awesome Year at the Tinman Triathlon!

For the fifth year in a row, PossAbilities has partnered with the San Bernardino Sunset Rotary as the title sponsor of the Tinman Triathlon. This June 26, members of PossAbilities participated in the 26th year of this event. More than 855 participants, including 46 challenged athletes and 124 kids, weathered the heat to a strong finish. Our partnership has encouraged those with disabilities to participate along side other members of the community, their families, and friends. A division for challenged athletes allows our members to compete against others with similar abilities on the big stage of an able-bodied race. Thank you to our friends at the Tinman and the Rotary for making sure that PossAbilities is an important part of your event. ●



Club PossAbilities Redlands and Colton High School Proms

PossAbilities Club Makes Memories by Helena Mitchell, editor, Colton City News

Forty-two couples, eight educators, and many organizations came together to yield countless smiles on the faces and in the hearts of attendees at this year's PossAbilities Prom.

For three years now faculty, staff, and general education students of Colton High School (CHS) have worked with the PossAbilities Club on campus, local businesses, and the Loma Linda-based PossAbilities organization to bring the special education students of CHS an experience and memories to last a lifetime. Every year, general education students pair up with special education students from four different classes for a limo ride, couple picture, dinner, and laughs.



Club PossAbilities leaders celebrate after all their hard work.

To begin the day and continue the three-year tradition, students from San Bernardino's Marinello School of Beauty traveled to CHS to offer hairstyles and makeup for the 42 lucky women attending the event. Once the couples met up, the teens received a limo ride around CHS before being escorted to the room on campus where decorations and beautifully made centerpieces awaited them for this year's PossAbilities Prom. This year's theme, Mardi Gras, was strategically integrated in the room's decorations and events.

This year's prom was funded by donations of time and money by a number of organizations and individuals. PossAbilities, a major contributor for this event, donated funds that covered the limo ride, food, and other expenses incurred by the event. CHS faculty and staff donated their time, flowers, dresses, shirts, and ties to make the event the best it could possibly be. Predinner entertainment was offered by a CHS dance team known as The Fever Club. Chicken and carne asada tacos along with beans and rice were offered at a discounted rate by Leno's Rico Taco, located down the street from CHS.

DJ Acer from 99.1, who graduated from CHS, donated his services and gave the event a smooth tone as attendees laughed together. Craig Martin, a special education teacher who has been at CHS for three years, says, "Everyone was very happy to volunteer their time. The general education students, faculty, and staff here at CHS really care about our special education students and the PossAbilities Prom is something we enjoy doing every year."

In addition to the PossAbilities Prom, the CHS PossAbilities Club also holds holiday parties and participated in the PossAbilities Triathlon. The PossAbilities Club adviser, Angela Reynolds, who is a physical education teacher at CHS, began the club based on the inspiration she received from her involvement with the PossAbilities organization. Reynolds and Martin bring their classes together once a week to give the special education students a chance to play sports and the general education students a chance to get to know some of the many wonderful students on their campus. A big thank you also goes out to CHS's Girls con Ganas Club, Business Leaders Club, Drama Club, and the many others who made this year's PossAbilities Prom a success. ●





Students and members of Colton High School Club PossAbilities pictured.



Redlands High School Club PossAbilities follows the lead of Colton High School to host their first PossAbilities prom.

PossAbilities Joins in the Fun at **Children's Day Health Fair**

Children's Day is a health fair geared for children ages 4-9. On May 18, the 26th annual Children's Day took place with more than 1,000 in attendance. One of the main goals of Children's Day is to provide a nonthreatening exposure to a medical setting for young children in our community. During this event, kids get to experience the hospital from a spectator's perspective.

There are many departments from Loma Linda University (LLU) and Loma Linda University Medical Center (LLUMC) that participate. The presenters provide fun hands-on learning activities that simplify medical concepts for young children. Another one of our main objectives is to help children recognize the advantages of making healthy living choices.

"It is good to have PossAbilities as a part of our Children's Day each year," says Dorothy Clark Brooks, M.A., CCLS, at Loma Linda Children's Hospital. "PossAbilities helps the children to see how disabled individuals are valuable members of our communities. The children also learn that feeling good about yourself has a lot to do with being given tools and opportunities for success."

Children attending this event are encouraged to bring a doll or stuffed animal to the Teddy Bear Clinic, where they can observe and learn as their doll/animal experiences a physical exam that includes an immunization.

It truly is a great opportunity for PossAbilities to be included in this educational event. ●



Spinal Cord Education Series Is Back

The Spinal Cord Educational Series is back for the fall of 2011. Starting in September we will be holding a series of discussions on topics such as:

- Balancing Life with a Spinal Cord Injury
- Relaxation Techniques
- Traveling, Flying, and Public Transportation
- Family Support Issues
- Insurance Q&A

The meetings will be held every Wednesday from 6 to 7:30 p.m. in the new PossAbilities Office at 25455 Barton Road, Suite 109A in Loma Linda, Calif. Come hear experts in these various fields share important information with you and your family. Caretakers are welcome!

Free refreshments will be provided every night. Please register for these classes by calling Pedro Payne at **909-558-6316**. Hope to see you all there!



PossAbilities—*Crossing Out Fear* Wins an Emmy

The National Academy of Television Arts & Sciences named Loma Linda 360 the best health/sciences program and the best magazine program in the region at the 37th Annual Pacific Southwest Emmy Awards. The office of university relations at Loma Linda University (LLU) won Emmys in four categories:

Health/Science—Program or Special

■ *Loma Linda 360*, episode 3—*Stephanie's Heart: Part 2*, Michael Wolcott, Larry Kidder, Loma Linda University

Magazine Program

■ *Loma Linda 360*, episode 5, Patricia Thio, Maranatha Hay, Cosmin Cosma, Loma Linda University

Human Interest—Single Story or Series

■ *Crossing Out Fear*, Patricia Thio, Cosmin Cosma, Loma Linda University

Documentary—Topical

■ *Baby Blue*, Maranatha Hay, Loma Linda University

According to Patricia Thio, associate director of PR video, Loma Linda 360 highlights Loma Linda's unique stories of transforming lives. "We tell these stories so that the community can experience what Loma Linda is all about," she says, "and to inspire viewers to help make a positive difference."

The 37th Annual Pacific Southwest Emmy Awards took place on June 18 in Carlsbad, Calif. This is the show's second year to win Emmy Awards. Last year, LLU swept its categories by bringing home three Emmys.

A heartfelt thank you to Patricia and Cosmin for your outstanding work to represent what PossAbilities is all about! ●



To watch PossAbilities—*Crossing Out Fear*, go to www.youtube.com/user/LomaLinda360.



Patricia Thio (featured third from the left) is the inspiration behind the historic Emmy-winning PossAbilities films.



PossAbilities Open House

Thank you for joining us at our Open House event on July 8. It was a day of fun, recreation, and socializing with our members and hospital staff. We hope you were able to relax, unwind, have some food and refreshments, and hang out with other PossAbilities members. We had great door prizes and

giveaways, a photo booth, and more for all in attendance!

Feel free to visit our new office located at 25455 Barton Road, Professional Plaza Suite #109A in the East Campus of Loma Linda University Medical Center. Together we help make great memories! ●



Pictured left to right: Kat Ayers, Owen Daniels, and Steven Hoffman

Pictured left to right: Briana Walker, Pedro Payne, and Delmon Dunston



The Yeoh family regularly attend PossAbilities events including the Open House. Daughter Hayleigh was the children's raffle prize winner. Congratulations Hayleigh!

Joshua Franklin came with dad Scott and had a blast rolling around in a basketball wheelchair.



Meet our Member: **Fermin Camarena**

On March 21, 2003, two days before his 49th birthday, Fermin Camarena suffered from a massive hemorrhagic stroke, or what is commonly known as a “brain bleed.” His morning had started just like any other. Part way through his work day he had a severe headache, worse than any other he had ever experienced. After taking a break for lunch, he went back to work. A short time later he felt something was terribly wrong. He bent over, and when he got up, he saw stars—bright colored stars. His equilibrium failed him. He was disoriented and his words were slurred. He fell to the ground and hit his head. He heard someone say “Man down!” Everybody hurried to his side.

Within minutes, the paramedics had arrived. Fermin was taken to UCLA Medical Center where the doctors drilled holes in his head and put four shunts in to take the pressure off of his brain and allow the blood to drain out. He was in a coma for almost a month. He couldn’t breathe on his own and was on a respirator. After 30 days, he was transferred to Rancho

Los Amigos National Rehabilitation Center where he started his rehab. It was through hard work that he relearned how to speak, breathe, eat, and walk again.

Fermin is the founder of the International Coalition for the Advancement of Neurology (ICAN), a California nonprofit corporation that helps increase funding for new research projects with the goal of diagnosing and decreasing the occurrence of neurological diseases and disorders. It also provides education and support for the families of those who suffer from these diseases and disorders.

When Fermin isn’t working with the foundation, he trains regularly as a cyclist. He competes all over the country in his recumbent bike while advocating for those with disabilities. Fermin says, “It’s amazing how life can change in a matter of minutes, going from good to starting over once again.”

To learn more about ICAN, go to www.icantoo.org.



***Fermin’s lifelong motto:
“I can do all things through
Christ who strengthens me.”
– Philippians 4:13.***

Need a Same Day Doctor’s Visit?

The Loma Linda University Medical Center Urgent Care at East Campus is a walk-in clinic designed to treat minor injuries and illnesses when you need to see a doctor right away. Our hospital-based Urgent Care is staffed with Family Practice Physicians and Practitioners.

The Urgent Care provides non-emergency medical care for symptoms and conditions like:

- abdominal discomfort
- asthma
- bee stings
- exacerbation of chronic back pain
- fever, cough, sore throat, cold, flu
- minor cuts and burns
- nausea, vomiting, diarrhea
- rashes or skin infections
- sinus or ear infections
- sprains or broken bones
- sports injuries
- urinary tract infections

25333 Barton Road, Loma Linda, CA 92354

909-558-6641

Open 7 days a week all year long
9:00 am – 8:00 pm



LOMA LINDA UNIVERSITY
MEDICAL CENTER



Support Groups

THE LIMB CONNECTIONS

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

Redlands Support Group

Third 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

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

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.

BRAINSTORMING 4 US

Brain injury support group for all ages.
Held at the Sterling Inn Commons, 17738
Francesca Road, Victorville, CA 92395
For more information, call **760-244-1600**
or email info@brainstorming4us.com.
For more information, visit
www.brainstorming4us.com.

Family Support Group for Children with Limb Loss

For more information, please contact Bill
Nessel at **909-423-0562** or the PossAbilities
office at **909-558-6384**.

FREE WHEELERS SPINAL CORD INJURY CLUB

First Monday of the month,
5 to 6:30 p.m.
Inland Empire Health Plan (IEHP)
303 East Vanderbilt Way
San Bernardino, CA 92408
Family is welcome.
RSVP to Dennis at **909-890-3438**,
or **909-890-1623** (TTY), or email
Kaney-D@iehp.org.

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 **1-800-986-HITSS**
or **1-800-986-4487, ext. 42401**.

MENED 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

Third Thursday of the month, 6 p.m.
Mimi's Café
395 East 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 other 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**.

Stroke and Brain Injury Spouse/ Partner Support Group

First Wednesday of the month,
6 to 7:30 p.m.
Loma Linda University
Outpatient Rehabilitation Center
11406 Loma Linda Drive, Suite
110 (South entrance of building)
Loma Linda, CA 92354
For more information, call
909-558-4000, ext. 66577.



Resource Guide

AMPUTEE COALITION (AC)

1-888-267-5669 or TTY 1-865-525-4512

www.amputee-coalition.org

ARTHRITIS

Arthritis Foundation

1-800-283-7800

www.arthritis.org

Juvenile Arthritis Alliance (JA Alliance)

1-800-283-7800

www.arthritis.org/ja-alliance-main.php

BLINDNESS

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

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

BRAIN INJURY

Brain Injury Association of America,
National Brain Injury Information Center

1-800-444-6443

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)

email: national@ucp.org

www.ucp.org

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

MULTIPLE SCLEROSIS

National Multiple Sclerosis Society/
Southern California Chapter

1-800-FIGHT-MS (344-4867)

Loma Linda University Medical Center

Physician Referral Line

877-558-6248

MUSCULAR DYSTROPHY

Muscular Dystrophy Association

1-800-572-1717

www.mda.org

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

Free education and tools for patients and caregivers

www.strokesocal.org

American Brain Tumor Association

1-800-886-2282

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.

For more information about joining PossAbilities go to www.teampossabilities.com or call 909-558-6384.



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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cotie's corner

Integration of the disabled and able-bodied community is not always a concept familiar to our community. PossAbilities prides ourselves on providing opportunities and activities for our members to engage in within our communities. Our annual triathlon, the sled hockey clinic, and the children's swim party are examples of events that allow members of PossAbilities to enjoy participating in with their families and friends without barriers. We focus on abilities not disabilities. All our activities promote healthy living, social and spiritual well-being, and community building. If you are interested in finding out more about our upcoming activities, call **909-558-6384**.

*If you wish to be removed from the mailing list for this publication, please call **909-558-6664** or email cowilliams@llu.edu.*

Teamwork
Compassion
Excellence
Teamwork
Wholeness Excellence
LOMA LINDA UNIVERSITY

PossAbilities

8th Annual Celebration Dinner

Integrity Excellence
Compassion

Sunday, November 13, 2011
6:00 – 9:00 pm
Riverside Convention Center
3443 Orange Street, Riverside, CA 92501

For more information, please call 909-558-6384.

SAVED THE DATE

Excellence