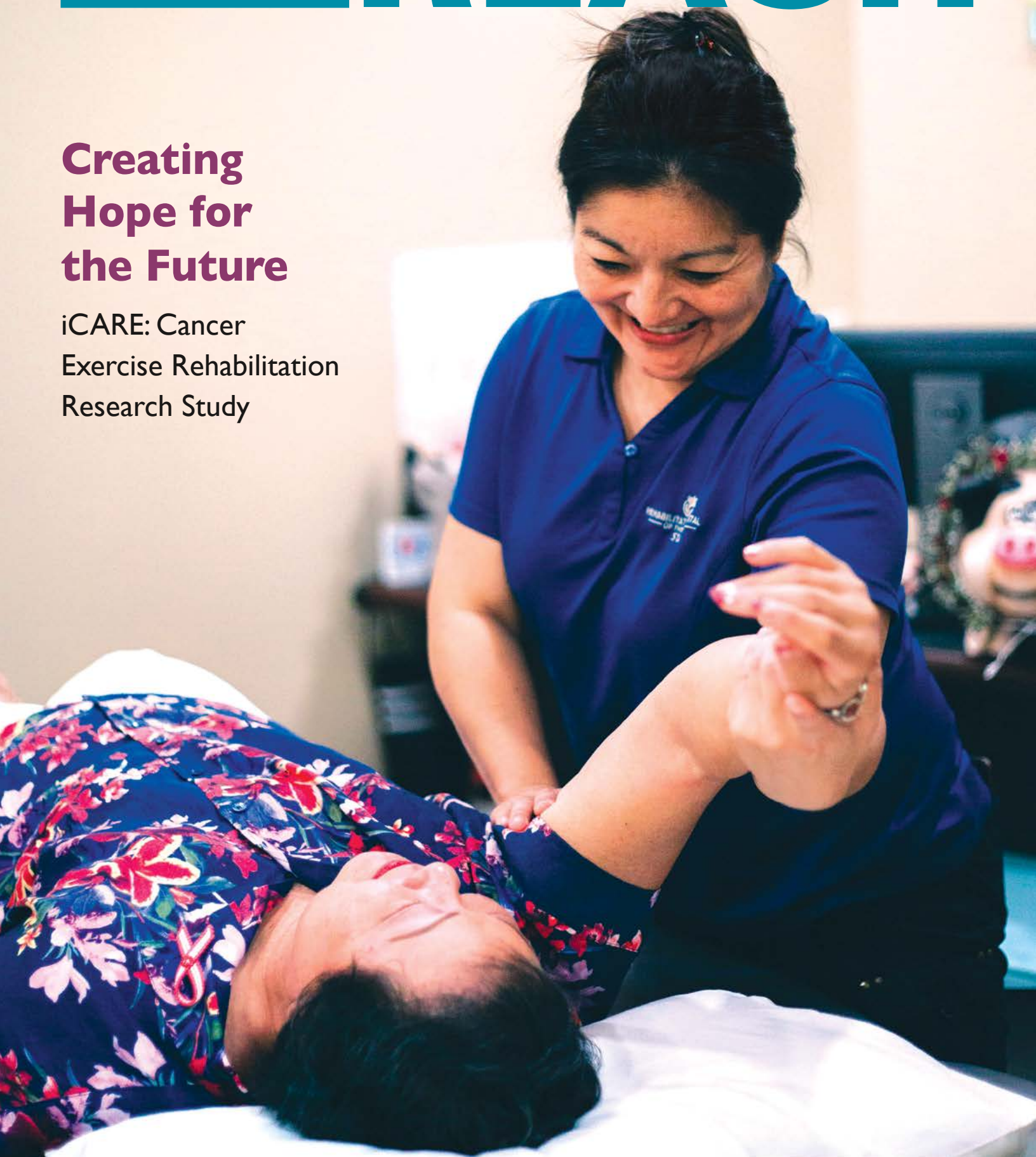




# REACH

## Creating Hope for the Future

iCARE: Cancer  
Exercise Rehabilitation  
Research Study



**ON THE COVER:**  
REHAB Women's Health  
& Cancer Rehabilitation Program  
Director, Cheri Teranishi-Hashimoto,  
DPT, MSPT, MS, CLT works  
with patient.



## MESSAGE TO THE REHAB 'OHANA

from Michael W. Perry

Serving as a volunteer board director, I have met hundreds of generous supporters, many who share "I'm just a small-time donor." Everyday I see how the collective power of many donors is making a difference at REHAB, and say there is never a small gift when given with such compassion.

This issue of REACH highlights a few of the many ways donors throughout our community have chosen to make a difference at REHAB. A family who inspired friends and family to make a memorial gift in honor of a loved one, local organizations who chose REHAB as the beneficiary of their company event, and an investment in the future allowing REHAB to pilot Hawaii's first-ever cancer rehabilitation program designed for cancer patients. All ways our community plays a role in REHAB's mission of rebuilding lives together.

These stories continue to move and inspire all of us. We hope you will also be inspired and proud of how your generosity is rebuilding the lives of more than 11,000 patients each year.

Mahalo,

Michael W. Perry  
Chairman, REHAB Foundation

## REACH

Winter 2018  
Vol. 5, No. 1

This newsletter is published semi-annually by the REHAB Foundation for the purpose of informing and inspiring our generous community. These stories are made possible by conversations with our REHAB 'ohana, and we welcome the opportunity to share your story.

Contact Us  
[foundation@rehabhospital.org](mailto:foundation@rehabhospital.org)  
808.566.3451  
[rehabhospital.org/foundation](http://rehabhospital.org/foundation)

@RehabHospitalPacific

@rehabhospital

@rehabhospital

Would you prefer to receive  
this newsletter electronically?

Send us your email address at  
[foundation@rehabhospital.org](mailto:foundation@rehabhospital.org)  
and we will add you to our list.

## Honoring A Mother's Caring Spirit The Barbara Luke Tom Endowment

Barbara Luke Tom was generous and caring, always giving back to her community in any way possible. Giving back is a value the entire family holds. Long before she needed REHAB care herself, Barbara donated to REHAB (for 22 years) until her passing at 92-years old in January this year.

Her daughter Dr. Laurie Tom, a volunteer REHAB Board Director, along with siblings Edwina, Karen and Lowell, decided to honor their mother in a way that would carry on her loving spirit. Upon her passing, the children asked friends and family to consider making a gift to REHAB. From the monetary gifts received in her memory, the family established the **Barbara Luke Tom Endowment**.

Dr. Tom shared, "Mommy benefited greatly from and enjoyed the outpatient services and wellness programs that I am certain enabled her to live strong as long as she did". The Barbara Luke Tom Endowment will support cardiac, women's and cancer rehabilitation, as well as REHAB Strong: Lifestyle and Wellbeing Programs and outpatient services through the purchase of supplies and equipment that enhance the delivery of care to patients.

REHAB endowment gifts are invested in perpetuity. A percentage of annual earnings support REHAB long past the date of the original gift.



A lifelong orchid collector and enthusiast, Barbara Luke Tom lived a life full of warm compassion for others.



# A REHAB Foundation Tradition

## Appreciating Our Donors



Guests to our most recent Donor Appreciation Luncheon July 24, 2018.

Throughout the year, REHAB Foundation hosts very special luncheons for members of the REHAB 'ohana. It is our way to show our appreciation and provide updates on the impact of giving. The Donor Appreciation luncheons, which have grown into a tradition, occur three times a year and are hosted by Foundation Chairman, Michael W. Perry and directors of the REHAB Foundation.

"Our REHAB ohana is very special, hard-working individuals who are touched by REHAB's dedication to support those most in need," shared Foundation Executive Director, Stacey Acma. "We understand donors want to know how their support is making a difference. We truly enjoy the opportunity to show them and personally say mahalo."

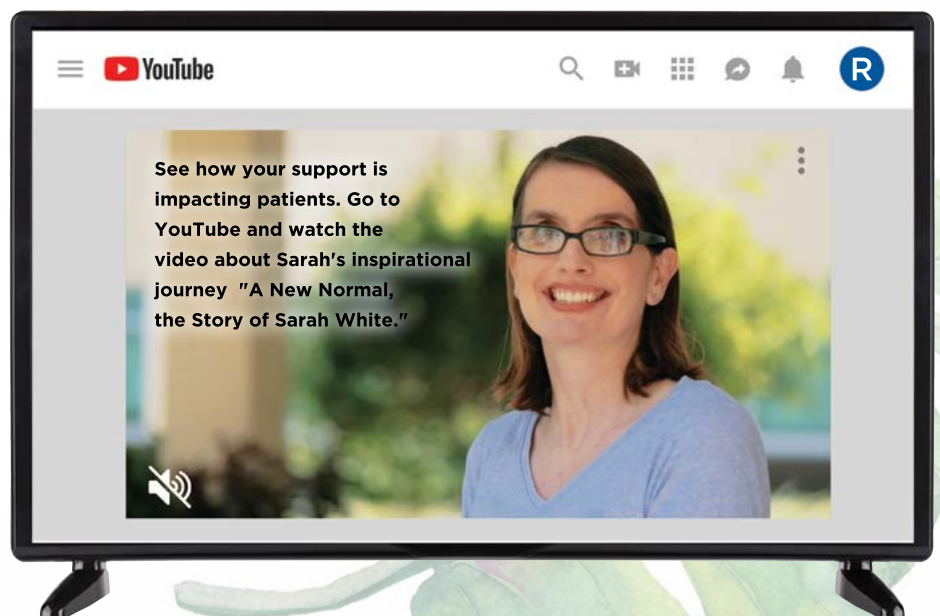
"Everyone is our special guest, no matter how long they have been giving or the size of their gift," shared Perry. "I've hosted these luncheons for over a decade and continue to be amazed and proud of the commitment people have to REHAB." Guests often share their own experiences and inspiring

stories of recovery, connections to the mission and we all make new friends.

A special guest speaker joins each luncheon showing first hand how REHAB is serving individuals throughout our community. In July, Sarah White, a former REHAB patient, spoke of her recovery after suffering a stroke only days after her 25th birthday. Guests celebrated the

results of her extensive rehabilitation and ongoing progress with REHAB to make both her mind and body stronger. Sarah shared a few highlights from her recent cruise, accomplishing another goal from her bucket list.

**To learn more about joining our next luncheon call us at (808) 566-3451.**



# Creating Hope for the Future

## ~ iCARE Cancer Rehabilitation

Cancer is the second leading cause of death in the U.S. with one of every four deaths attributed to it.<sup>1</sup> According to data from the Centers for Disease Control and Prevention (CDC), there were 1,633,390 new cases of cancer reported, with 595,919 of those cases resulting in death, in the United States in 2015 (the latest year for which incidence data is available). For every 100,000 people, 438 new cancer cases were reported and 159 have lost their lives to cancer.

With advanced improvements in detection and treatment, positive outcomes have been increasing, and more efforts are being made to improve the quality of life for cancer patients and survivors. REHAB Hospital of the Pacific is pleased to be a part of these ongoing efforts. In October 2016, REHAB launched iCARE: a Cancer Exercise Rehabilitation Research Study, using grant funds provided by the HMSA Foundation. Implementation of the iCARE study was spearheaded by Research Coordinator, Cheri Teranishi-Hashimoto, DPT MS.

“The iCARE grant allowed us to pilot Hawaii’s first-ever cancer rehabilitation program designed with the goal to increase the functional status and quality of life for all cancer patients and survivors in need,” said Cheri Teranishi-Hashimoto, Program Director of REHAB’s Women’s Health & Cancer Rehabilitation

Programs. Cancer rehabilitation is a way for people to cope with the physical and emotional side effects related to their cancer experience. Patients can receive cancer rehabilitation treatment before, during and after cancer treatment which generally uses a model of interdisciplinary care to identify patients’ goals and provide a comprehensive plan for treatment and follow up.

After more than two years of extensive research, the findings of the REHAB study support the importance of having a consistent exercise program to help combat common side effects of cancer-related treatments. The most common being fatigue, muscle weakness, and pain and numbness. Overall, the Cancer Exercise Rehabilitation Research Study demonstrated beneficial improvements in:

- cardiorespiratory endurance,
- pulmonary function,
- muscular strength and endurance,
- flexibility,
- body composition,
- posture, and
- subjective reports on improvements in quality of life, fatigue levels, social support and nutritional knowledge.

“REHAB Hospital is the first Cancer Rehabilitation Program to have been



REHAB staff, certified as GYROTONIC® instructors, guide patients through rhythmic exercise sequences to build flexibility, spinal range of motion and core strength.

<sup>1</sup> <https://gis.cdc.gov/Cancer/USCS/DataViz.html>





REHAB is certified by the University of Northern Colorado Cancer Rehabilitation Institute as the only sister-site able to offer Clinical Cancer Exercise Specialist Training to any allied health professionals.

able to offer comprehensive assessment and individualized treatment plans for the oncology population in the State of Hawaii,” said Dr. Timothy J. Roe, REHAB President & CEO. “The positive reports from the participants and their experience motivates us to work towards ensuring the program will be available for survivors well into the future.”

In addition to the success of the iCARE Program, REHAB was able to secure a contract with the UH Manoa Kinesiology and Rehabilitation Sciences program to also start its first Cancer Rehabilitation Internship Program. REHAB is also now the only sister-site certified by the University of Northern Colorado Cancer Rehabilitation Institute, to be able to offer Level I Clinical Cancer Exercise Specialist (CCES) training throughout the state and Pacific Rim to any allied health professional. This training will help to ensure that there are more trained cancer exercise specialists available in Hawaii to care for the cancer population in the future.



To learn more about our iCARE program or the requirements needed to participate, please contact our Program Director, Cheri Teranishi-Hashimoto, by calling (808) 566-3428 or by email to [cheri.teranishi@rehabhospital.org](mailto:cheri.teranishi@rehabhospital.org).



Since the program launched in October 2016, a total of 51 participants have already completed the iCARE program. REHAB currently has 11 participants this summer, with 29 enrolled for the Fall session.

# Ways to Support REHAB Year - Round

Every gift to REHAB makes a difference. Support comes in many forms, including ways to incorporate giving to REHAB without any extra cost to you.



ISLAND HERITAGE  
A DIVISION OF THE MADDEN CORPORATION

**SPECIAL REHAB SALE DAYS**  
**NOVEMBER 17-18, 2018**  
**(SATURDAY-SUNDAY)**

Visit special REHAB page on November 1, 2018  
<http://www.islandheritagewebsale.com/rehab>

### REHAB WEB-HOUSE SALE

Up to 70% off online items/merchandise with a portion of proceeds to support REHAB. Shop from the comfort of your home. No crowds, no lines, no worries.

All Web-House sale items/merchandise are sold as is. All sales are final and are charged standard Web-House shipping. Not to be combined with any other promotional offer.



**2019 FENG SHUI UPDATE**  
**JANUARY 26, 2019 (SATURDAY)**

### BOOK EARLY!

Early bird tickets \$58.00. After October 26th \$68.00.

**World of Feng Shui presents 2019 Feng Shui Update** - Yin Earth Boar by Peter Lung. Detailed analysis of all 12 Chinese zodiac signs. Explore your wealth potential, enhance harmony, luck and eliminate obstacles for 2019. All proceeds support REHAB.

Free gift for attendees -2019 Year of the BOAR Commemorative Medallion (collectible gift not available for sale).

All ticket sales are final. No refund or exchange. Purchase tickets directly from World of Feng Shui (808)739-8288 or online [www.wofsusa.com](http://www.wofsusa.com)



## C. S. WO & SONS, LTD.

**SPECIAL REHAB CHARITY EVENT**  
**OCTOBER 6 - 8, 2018 (SATURDAY-MONDAY)**

### VIP CHARITY EVENT

Special event at various C. S. Wo & Sons furniture and mattress stores to benefit REHAB. All REHAB supporters are invited to attend and receive a special discount, a free gift and chance to win a great prize during this VIP Charity Event with a portion of the proceeds to support REHAB.

Participating stores include HomeWorld Furniture, SlumberWorld, Ashley HomeStore, Red Knot and America's Mattress.





# REHAB FOUNDATION BOARD OF DIRECTORS

Michael W. Perry  
*Chair*

Janice Luke Loo  
*Vice Chair*

Stanford S. Carr  
*Treasurer*

Laurie K. S. Tom, M.D.  
*Secretary*

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Edith Leong

Sally McDermott

Cherye Pierce

Patricia T. Schnack

James C. Wo

## Executive Director

Stacey Acma

## When You Shop

**Throughout September** make a donation to REHAB during checkout at any Foodland, Sack N Save or Foodland Farms and Foodland and the Western Union Foundation will match each donation up to \$249. Visit [www.foodland.com](http://www.foodland.com) to find a store.

**FOODLAND GIVE ALOHA: REHAB CODE: #77557**

## When You Shop Online

### AMAZON SMILE

Year-round Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice. AmazonSmile is the same Amazon you know. Same products, same prices, same service. Support REHAB by shopping at [smile.amazon.com](http://smile.amazon.com)

## Where You Work

Workplace Giving Campaigns give you the opportunity to designate REHAB as your charity of choice. Many employers offer matching gift programs, check with your HR department to learn about your company campaign and matching gift program.

**ALOHA UNITED WAY (AUW):  
REHAB CODE #70442**

**COMBINED FEDERAL CAMPAIGN (CFC):  
REHAB CODE #36519**

**CORPORATE MATCHING PROGRAM  
DESIGNATE: REHAB**

## Before End of Year

Transfer of assets and gifts of stock, bonds and real estate may qualify you for an income tax charitable deduction when you itemize, limit capital gains tax and creates immediate and tangible impact. Transfer these assets to REHAB Foundation easily during your lifetime with the help of your tax and financial advisor.

## When You Plan

A bequest gift to REHAB is one of the simplest gifts to make. A bequest can preserve lifetime flexibility, avoid income tax and supports future generations. You can use a will, trust or beneficiary designation to leave a percentage or specific dollar amount of your estate or an asset. Learn about ways to support REHAB that **build a legacy for you and your family**. Visit [rehabhospital.org/foundation](http://rehabhospital.org/foundation) to find out more.

## Order your 2019 REHAB Calendar



Rehabilitation Hospital  
of the Pacific Foundation  
226 North Kuakini Street  
Honolulu, HI 96817

Nonprofit Org.  
U.S. Postage  
PAID  
Honolulu, Hawaii  
Permit No. 1343



Support  
REHAB with  
the purchase  
of a 2019  
REHAB  
calendar  
for \$5.

For 2019 we are featuring participants of the REHAB Self-Portrait Design Project. Patient artists express their personal challenges and triumphs through a self-portrait. Find magnificent works and be inspired year-round. A great gift for the holidays!

**Order NOW for November 2018 delivery.** A portion of sales support the REHAB Creative Arts Program. Purchase online <https://rehabhospital.ejoinme.org/calendar> or call REHAB Foundation (808) 566-3451.



2018 event volunteers ensuring an enjoyable time for guests.



FIRST HAWAIIAN BANK  
REHAB GOLF CHALLENGE

It was a beautiful day at the Hawaii Prince Golf Club as we celebrated the **24th Annual First Hawaiian Bank-REHAB Golf Challenge** on May 30, 2018. This year's tournament featured 84 teams with over 250 players, making for another sold-out tournament. Through the generosity of our sponsors, everyone went home a winner; but the biggest winner was REHAB's community of patients and families. The event has raised over \$3 million dollars to date, directly supporting the quality care provided at the Rehabilitation Hospital of the Pacific.

A special mahalo to tournament Co-Chairs Curt Otaguro of First Hawaiian Bank and Mark Teruya of Armstrong Produce, as well as First Hawaiian Bank, who has served as the event's Title Sponsor for the 14th year. A warm mahalo to our event committee Sharon Brown of First Hawaiian Bank, Gloria

Gainsley, George Irion, Edith Leong and Alan Ohara. Mahalo to all sponsors, players and volunteers, whose participation continue to make the tournament a success.

**Save the Date - May 29, 2019** for the 25th Annual First Hawaiian Bank-REHAB Golf Challenge at Hawaii Prince Golf Club. Visit <https://rehabhospital.ejoinme.org/golf>



(L to R) Ray Ono, REHAB Hospital Chairman; Co-Chair Mark Teruya, Armstrong Produce; Sharon Brown and Co-Chair Curt Otaguro with Title Sponsor, First Hawaiian Bank.



High-spirited camaraderie made for a great day with Platinum Sponsor Team Sueda & Associates (Lloyd Sueda center).

[rehabhospital.org/foundation](http://rehabhospital.org/foundation)

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