

REACH

ISSUE 1 2023

Stories of Inspiration
from *REHAB Hospital*



CELEBRATING 70 Years OF REBUILDING LIVES

Since 1953, REHAB Hospital of the Pacific has been committed to Rebuilding Lives. To honor REHAB's 70th Anniversary, we are celebrating our patients, past, current, and future while highlighting a few of their stories here in this issue.



Drive Toward Recovery: Neal's Story

After coming out of spinal surgery, Neal Yoro faced a shocking reality. He couldn't walk or feel from the waist down. His doctor told him that complications from the surgery caused nerve damage that led to partial paralysis.

Neal Yoro is the patriarch of a loving family, a man of faith, and a spinal cord injury survivor. Prior to the surgery, he lived an active life.

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REHAB
FOUNDATION



ERGOBAUM.

TO OUR REHAB OHANA

This year, we are reflecting on a momentous milestone as REHAB Hospital of the Pacific (REHAB) reaches its 70th birthday! This milestone celebrates 70 years of serving our communities here in Hawaii and throughout the Pacific. That's seven decades of patients who have experienced their own unique REHAB journey to rebuilding their lives!

We are looking back with gratitude for those who came before us, who, with a clear vision, saw the need in our island community for a place like REHAB and put in the work to make it happen. From the day our doors first opened back in 1953, when we were operating out of an old Quonset hut, to today, there have been so many impactful and inspirational people supporting the REHAB mission- our staff, donors, volunteers, and patients. Mahalo for joining us in our mission! As a member of our REHAB Ohana, we are grateful for you and your role in our legacy of healing, recovery, and rebuilding lives.

In this issue of REACH, please reflect with us on the lives that have been rebuilt over the years. On this issue's cover, you're seeing just some of the faces of patients whose stories were forever changed through their time at REHAB Hospital of the Pacific. This 70th birthday is a celebration of their stories. As you read on, you'll be introduced to REHAB patient Sepasi, who learned the value of adapting and staying positive after a life-altering injury. You will also get to know Neal, who overcame great obstacles to get back to the things he loves. In these stories, you'll see a glimpse of what we see each and every day here at REHAB- the combined dedication of our staff and patients, working together toward healing, adapting, and overcoming.



Michael W. Perry
Michael W. Perry
Board Chair



Lori Suan
Chief Development
Officer



Program Highlight: REHAB STRONG

First started in 2015, REHAB Strong is a Lifestyle and Wellbeing Program designed for those striving for a healthy lifestyle beyond therapy, but who are not yet ready or wanting to go to gyms or community programs alone. Classes are tailored to accommodate physical limitations while providing a safe and familiar environment for participants to work out and get stronger.

Some of the classes currently* offered at REHAB include:



AlterG: The AlterG is an Anti-gravity Treadmill that helps patients regain mobility, develop cardiovascular fitness, and increase range of motion and balance. The NASA-based technology allows movement that is normally not possible by calibrating air pressure to provide an environment of semi-weightlessness.

Group Swim: Working in REHAB's heated pool, this exercise class is perfect for those with arthritis or joint and back pain. The focus is on ease of movement, gentle cardiovascular fitness and strengthening.

REHAB Recovery & Rejuvenation: This class is designed for the recovery and rejuvenation of cancer survivors after completion of their treatments. Participants benefit from improved muscle strength, endurance, flexibility, and balance. All 60-minute sessions include circuit training and interval training exercises to get participants back to the activities they enjoyed doing before their diagnosis.

Strength & Balance: This exercise class helps improve the overall strength, physical health, and activity level of participants. Individuals will feel more confident and comfortable with their balance at home and in the community.

Pulmonary Recovery Circuit Program: This wellness and rehabilitation program helps participants improve their breathing, stamina, and fitness to maximize their recovery and support their overall health. The PRCP is one of the first of its kind in the state and helps to address a growing need for respiratory illness care in Hawaii's communities.



Cardio Circuit: This total body conditioning session combines fun and fitness by alternating between cardio and strength exercises and challenging all muscle groups. A Trained Exercise Specialist guides you through a variety of cardio, weight training, and band workouts.

NuStep: The NuStep Recumbent Cross Trainer provides a low-impact, total-body cardio and strength workout. The cross trainer's adaptive features and unique upper and lower body workout accommodate participants with a wide range of conditions and exercise needs.



The REHAB Strong program is just one way that REHAB Hospital works to support our community in achieving a healthy and balanced lifestyle. If you'd like to learn more about REHAB Strong, visit our website: <https://www.rehabhospital.org/programs/rehab-strong>

*This year, the REHAB Strong Program looks forward to adding new classes, as well as reopening some that were temporarily on pause due to the COVID pandemic. Please check our website for the latest updates on available classes.

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DRIVE TOWARD RECOVERY: NEAL'S STORY

Prior to the surgery, he lived an active life. A retired police officer, Neal enjoyed bodybuilding and weightlifting. He loved to golf, both at the range and on the course, and loved chasing around his grandkids and making them smile. The news that he might not be able to return to what he loved was too much to accept.

"The doctors told me I'd never walk again," he says. "My response to that was 'watch me!'"

Neal arrived at REHAB in a wheelchair and spent a month in our hospital. He says the rigorous therapy led by REHAB Physical Therapist Leigha Stafford made all the difference in his recovery. During his therapy, Neal pushed hard and Leigha and the team supported him at every step of the way. "If Leigha said to do 5 of an exercise, I'd do 10," Neal says. "At the end of the day I was wiped out."



After his inpatient rehab, Neal continued making progress with outpatient therapy in the pool and gym. He appreciated the customization and care the staff took to help him adjust to his new life and therapy goals, particularly with fitting him with leg braces and working on exercises that supported his goal of returning to golfing.

Today, Neal walks with ergonomic forearm crutches and works out daily to exercise the muscles around the areas of nerve damage. He golfs regularly, spends time with his friends and family, and goes to church on Sundays. He remembers triumphantly the moment he returned to his passion and took his first swing at Bay View Golf Course in Kaneohe. He did not fall, he did not stumble. He hit the ball and watched it soar.

Sneak Peek: ADAPTIVE CYCLING



This year, REHAB Hospital is partnering with non-profit organization Adaptive Adventures to launch a new adaptive cycling program! This program will be available to anyone in our community with a disability. It will feature a series of events throughout the year where participants can try an adaptive cycle, learn basic bike maintenance and road safety, and work toward the goal of cycling independently.

Adaptive Adventures will supply a wide variety of adaptive cycles suited for a range of different needs. REHAB's trained therapists will work with participants to get them riding the bike that best fits their needs. We look forward to sharing more as this exciting new community program takes off later this year - stay tuned for updates!



ADAPTING TO A NEW NORMAL: SEPASI'S STORY

After falling, Sepasitieni Feleunga remained on the ground for a long while before he could eventually sit up. He had to be helped up to his feet and though he felt pain, Sepasi didn't immediately realize the seriousness of his back injury. Attempting to return to his daily life, Sepasi struggled to keep working for about a month until his condition worsened to the point that the pain became too severe to handle.

When he finally went to see a doctor, surgery was recommended. Not just one, but several surgeries ensued. That's when Sepasi was referred to REHAB for therapy. He began to see improvements in his ability to do day-to-day activities but was still suffering from pain. He said what helped him the most was how REHAB taught him about his injury while helping him to stay positive.

Originally from Tonga, Sepasi moved to Hawaii at a young age. Growing up around Kalihi and Kapalama, Sepasi was always very active in sports like football and track. After graduating from college, Sepasi knew he chose a very physical occupation when he joined his dad's construction company, where he learned to build rock walls, trim trees, pour concrete, and more. Having been physically active his entire life, his reality changed very quickly when he experienced that major fall.

"REHAB teaches you to adapt, think ahead, think out of the box, and be functional. They reorganize your life based upon your injury and help you find balance," said Sepasi.

"The experience was positive, and they really helped me get better. I don't think I could have recovered as much as I did."

Now that Sepasi is not continuing his work in the construction industry, he is working to adapt; he has been doing job training and looking for a career that won't require such a physical strain on his body. Sepasi is also still continuing on his rehabilitation journey. An important part of his weekly routine includes his sessions at REHAB's outpatient clinic in Nuuanu, where he continues to make progress toward his goals and keep his positive outlook. Some advice from Sepasi, "You never know what your day will hold, so be your best every day."



DO YOU HAVE A REHAB STORY?

Please join our 70th birthday celebration by sharing your REHAB story! We want to celebrate our 70th birthday by sharing the stories of people whose lives have been changed at REHAB.

Everyone who comes through our doors has a story to tell. If you or a family member had an impactful experience from your time at REHAB, we'd love to hear from you and reconnect!

If you would like to share your story, please fill out the form below and mail it back, we'll give you a call to learn more.

Name

Title: _____

First name: _____

Last name: _____

Contact

Phone: _____

Email: _____

Brief summary of your experience



To access the online version of this survey, please scan the QR code or visit REHABhospital.org/myREHABstory

REHAB FOUNDATION

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CELEBRATING
70 Years
OF REBUILDING LIVES

*We're celebrating our 70th anniversary and the patients
who trusted us to help them with their recovery!*

