

REACH

ISSUE 3 | FALL 2020

Stories of Inspiration
from REHAB Foundation

when retirement
**BECOMES
HARD WORK**

One family's
journey to
healing

+
the *Joy of*
Food & Wine
at home



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Message to the REHAB 'Ohana

Dear Friends,

Like all health care institutions in our community, Rehabilitation Hospital of the Pacific has been challenged more than ever to meet the needs of patients and also play a vital role in Hawaii's health care response to COVID-19.

Funds raised by REHAB Foundation ensure that our hospital is able to support the community in times of extraordinary need while continuing to provide an array of services. These include state-of-the-art equipment and progressive therapies so that patients can return home and live their lives to the fullest.

Our two annual fundraising efforts were severely impacted this year due to the pandemic. The iconic

REHAB First Hawaiian Bank Golf Challenge was canceled and The Joy of Food & Wine Gourmet Dinner became a virtual event.

With gratitude and hope, we ask for your support for the many positive things that happen at REHAB every day.

We look forward to seeing you again, in person, soon. Until then, we wish you good health and brighter days!

With aloha and appreciation,

Michael W. Perry
Chair of the Board,
REHAB Foundation

Find us on Facebook

REHAB Foundation is making it easier than ever to get our news and events. Find us on Facebook at [Facebook.com/RehabFoundationHI](https://www.facebook.com/RehabFoundationHI) where we are celebrating the work of Rehabilitation Hospital of the Pacific. If you missed The Joy of Food & Wine virtual show, you can find it there.



Pandemic reaffirms *hospital's resolve*

“This pandemic is a wake up call,” says Dr. Shari Oshiro, REHAB Hospital of the Pacific’s Vice President & Chief Medical Officer. “It’s a reminder that anyone can get sick in a variety of ways and how important it is to have a strong and resilient health care system.”



At REHAB, what she loves most is being connected to each and every patient’s outcome. There’s no greater satisfaction than being a part of a system that positions people to live their best lives.

“Helping people in their most vulnerable state and having them place their trust in us, is a privilege that we don’t take lightly,” she says. “We provide the education and training and to recommend the adaptive techniques and equipment that will allow patients to regain their independence. We help to maximize their potential. This is our calling.”



Her passion is unmistakable. Her view is shared by all of the hospital staff who understand intimately the patient experience. “Patients are learning to rely on others as they grapple with a loss of independence,” she says. “They may be navigating financial insecurity and anxiety. We help them to restore their abilities and confidence. We broaden their perspective to see opportunity and hope.”

That is what excites Dr. Oshiro and the team at REHAB as they look ahead to 2021.

REACH

Fall Edition 2020

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REHAB Foundation was established in 1984 to support the REHAB Hospital of the Pacific's mission to Rebuild Lives Together for those with physical and cognitive disabilities.

As Hawaii’s only acute care rehabilitation hospital, philanthropic support is critical to REHAB’s ability to maintain the highest quality of care and achieve patient goals for optimal health, independence and the ability to live a productive and fulfilling life.

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One family's **journey of** *working hard* *to retire*

If you ask Guy Fujimura about his bucket list, his eyes twinkle with adventure. After 40 years of working for the ILWU Local 142, he hoped that his hardest work would be behind him.

He imagined traveling the world and possibly living in Japan for a month at a time. His wife Susan, a former government relations consultant, had retired three years before him and she was eager to begin this new chapter together.

Retirement was literally just two months away for Guy, who worked as the Secretary and Treasurer at one of Hawaii's largest labor unions.

It was a morning to celebrate as Susan set out for her last chemotherapy treatment. But the next day Guy awoke before dawn with a stabbing pain in his back and chest. He walked into his doctor's office only to collapse. It would be the last time Guy would walk on his own for 10 months.

At the hospital, whatever ailed Guy eluded the staff for two weeks until he was diagnosed with osteomyelitis, a rare bone infection. Readmitted to the hospital, he began an IV-administered antibiotics regimen and was later admitted into a skilled nursing facility.

Unfortunately, his time in the skilled nursing facility was not yielding improvement. Thanksgiving came and went. Guy just was not getting better. In fact, he was getting worse with severe pain and hallucinations. Susan sounded the alarm and called 911.

For a third time, he returned to the hospital. This time his kidneys were failing. The admitting nurse in the spinal ward noticed that Guy was unable to move his legs and the doctors were notified. Surgery to clean the infection from his spine and remove the damaged vertebrae and insert three metal cages was performed on Monday evening. Following the eight-hour surgery, his condition was precarious and he remained in the ICU for about a week and in the spinal ward for another.

Susan had been told that patients can resume the use of their legs if surgery is performed within 48 hours of paralysis setting in; for Guy it may have been more than 96 hours. In the post-op examination, Guy was asked to move his legs. He moved his toes a little on his left foot and barely moved his big toe on his right foot. It was better than expected.

As he lay in his hospital bed, Guy's expectation was a life disabled, unable to walk or use the bathroom independently.

“We knew we needed to get him into a progressive rehabilitation center that had the resources and the kind of structured program that would help him reach his potential,” says Susan. “We felt REHAB was Guy’s only and best chance, so we pushed for his admission.”

He was released to the care of REHAB Hospital of the Pacific on a gurney and in a back brace. He would celebrate his birthday, Christmas, New Year and would officially retire while in REHAB. Life would require new adaptations to get out of bed, to get around in a wheelchair, and to shower, dress and go to the bathroom. It appeared the new norm would be life in a wheelchair, at best.



Guy Fujimura and his wife Susan celebrate Christmas at REHAB, nearly three weeks after Guy’s surgery.

“It felt like it took him an hour to get one pant leg on,” remembers Susan. “It was painful to watch.”

Guy had developed dangerously low blood pressure from being bedridden for so long. To combat this, he spent more time just sitting in his wheelchair, so his heart could get used to pumping when he was upright. He was also taught how to sit up at the edge of the bed and then to transfer to a wheelchair. “For the longest time, he would sit upright at the bed’s edge, roll around and fall backwards, but he kept trying,” Susan smiled and remembered. From there, more hard work ensued.

“One physical therapist told me that I wouldn’t be able to walk unless I used the stationary bike,” Guy recalled. The bike was not a part of his PT schedule, it was something he had to do on his own, which he did daily. He realized that if he did not push it, it was too easy to slack off.

Living at REHAB for a month fostered a deep affection for the hospital that was his home in his darkest hours.

“They really care and go the extra distance,” he said. “When the prescribed means of transferring from the wheelchair to the car was not working, they got creative and devised a new technique for me.” It was experiences like this that reminded Guy of the creativity and solution seeking that was going to be needed to navigate whatever may come.

Guy went home in a wheelchair and required caregivers in the morning and afternoon for help with putting on and removing his brace, with getting in and out of bed and other life functions. Soon after, Guy started outpatient therapy at REHAB where his therapists not only worked with him to achieve his goal to stand and walk, but also challenged him to improve. His therapists told him, “If you cannot get out of bed by yourself, you cannot walk. If you cannot walk, you cannot go to the bathroom by yourself.”

He learned to stand and eventually to step. He was given home exercises to strengthen his legs and to relearn how to position his feet.

Guy’s new norm is life without a wheelchair or a caregiver. His retirement routine includes walking 11,000 steps per day by doing laps around the parking lot of his condo. He laughingly says that, “Even going ‘full speed’ my neighbors pass me by walking normally.” But that is a daily goal that most able-bodied people can’t accomplish.



[GUY, continued on page 6](#)

One of the things he learned was to appreciate whatever improvements he had made. “It was always about becoming the most improved version of myself,” Guy affirms with a wry smile. “I believe that the REHAB Hospital staff, the medical staff and the therapists care for you and push you to become a better you and help your family to support you. It’s not just my personal experience, but it’s what I observed watching how REHAB treated other patients in the hospital and in outpatient rehab.”

Susan reflected that, “We are grateful to REHAB because, in many ways, they have given Guy back his life.”



Guy Fujimura walks at least 11,000 steps each day as part of his at-home rehabilitation routine.

1957 Legacy: Beatrice Lum Luke Therapeutic Pool

In the summer of 1957, Rehabilitation Hospital of the Pacific opened its doors with a state-of-the-art pool dedicated by the Junior League of Honolulu.

In the era just before statehood, the benefits of aquatic therapy were becoming widely embraced by hospitals and rehabilitative programs to reduce stress on joints and muscles in order to support rapid recovery from injury or disability.



The earliest records of therapeutic pools date back farther than 2000 BC. Yet it wasn’t until the 1930s that research began in earnest on rehabilitation pools that were used to help those with cerebral palsy and even infants. By the 1950s, therapy pools were introduced as a powerful tool in rehabilitation.

The pool area was renovated as part of the hospital's 1993-1997 Capital Campaign and dedicated to Beatrice Lum Luke, a former patient of REHAB and wife of one of the earliest supporters of REHAB Hospital, KJ Luke.

Today, REHAB’s staff is trained in aquatic therapy and all therapists hold water safety certifications. A variety of flotation devices and weights are used to maximize safety and build strength and endurance for patients. The pool is heated to 94 degrees and has a hydraulic lift to transport patients directly into the water.

This year the hospital is exploring the costs and feasibility of a major pool renovation to update the pool tile, locker rooms and the aging but iconic retractable roof, which allows patients to experience the outdoors while exercising in a heated, controlled environment.

To learn more about how to help, contact us at Foundation@rehabhospital.org.

Indulge in gourmet poke *at home*

You may have heard the saying, “Never trust a skinny chef.” The truth is that a healthy chef knows the recipe for vitality and long life.

Chef Jeremy Shigekane of M by Chef Mavro created this year's menu for The Joy of Food & Wine. He is a pioneer of Modern Hawaii Regional Cuisine and offers living proof that healthy food can be sumptuous. He offers his favorite poke recipe and reveals his secret sauce to REHAB supporters.

“The ginger scallion medley is similar to the sauce that accompanies Chinese-style cold ginger chicken and is a customer favorite,” says Shigekane. “It goes well on so many foods like fried rice and chicken too.”

Chef Jeremy’s friend had a stroke at a young age and it sparked a realization about being vigilant with his own health and wellness. He creates time to exercise daily despite the long hours that it takes to run his own business as chef and owner of M by Chef Mavro. “I try to eat well with foods that are nutritious and healthy,” he says.

The ginger scallion sauce is also available prepared and can be purchased at MbyChefMavroRestaurant.com.

Poke Recipe

Makes 4 servings.

370 calories per serving.

INGREDIENTS

16 ounces of cubed ahi or marlin
1/4 teaspoon Hawaiian salt
1/4 teaspoon sesame oil
2 teaspoon soy sauce
2 tablespoon chopped ogo (optional)
1 teaspoon ginger scallion sauce

GINGER SCALLION SAUCE

Blend all ingredients on high speed for 1 minute until purée is fine. Chill. Yields about 3/4 of a cup.

1.5 ounces sliced ginger
2 ounces scallion, green tops only, chop to 1 inch
3 teaspoons granulated sugar
1 teaspoon kosher salt
1.5 ounces grapeseed or another neutral oil

DIRECTIONS

Mix fish, salt, soy sauce in a bowl. Sprinkle in the ogo and fold gently with a rubber spatula. Drizzle sesame oil and fold a few times with care to not over mix. Top with ginger scallion sauce and serve.

M by Chef Mavro is a chef-driven French bistro experience that uses locally sourced ingredients, house-made specialties and craft cocktails. His marvelous sauces are also sold at the restaurant for those who prefer to buy rather than make their own.

Chef Jeremy Shigekane



Joy of Food & Wine celebrated at home

The Joy of Food & Wine 2020 partnered with acclaimed Chef Jeremy Shigekane of M by Chef Mavro to curate tasty alternatives to the annual in-person event. The culinary collection of experiences included wine dinners at home and chef-made specialties delivered to doorsteps.

Sponsors and their friends were invited to an evening with Guy Hagi and Kim Gennaula in which food and wine presentations were live-streamed. Special guests included REHAB's CEO Dr. Timothy Roe, Foundation Chair Michael W. Perry, Chief Development Officer Nola Miyasaki and Event Chair Dr. Laurie Tom.

This year's offerings included a tasting menu that showcased a mouthwatering meli melo of Peterson farmed eggs with black truffle and verde sauce, fresh fish with herbs and a vierge sauce, watermelon in champagne gelee, and honeycake with macerated



The Joy of Food & Wine 2020 Chair Dr. Laurie Tom, Chris Ramelb of Southern Glazer's, REHAB Foundation Chief Development Officer Nola Miyasaki enjoy the evening with hosts Guy Hagi and Kim Gennaula.

fruit. House-made specialties created just for this event included a charcuterie with fish rilette and frisee salad, goat cheese tomme, San Daniele prosciutto, infused dried fruit, freshly baked baguette with seeds, seaweed butter with radish and marinated olives.

All dishes were accompanied by wines selected by Warren Shon of

Southern Glazer's Wine & Spirits. Similar to the annual Joy of Food & Wine at the Halekulani, this year's food and wine packages were unique and not available anywhere else.

To learn more about 2021's The Joy of Food & Wine, contact Foundation@Rehabhospital.org or 808-566-3451.



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Mask maker donates proceeds

in gratitude

PukaDottie.com retailer
Mary Yoshimura donates a
percentage of her face mask
sales to REHAB Foundation.
The designer and seamstress
has a personal connection to the
hospital that goes back five years.



In 2015, Mary's husband Lance fell 20 feet from a ladder while trimming a tree behind their Mililani home. That serious spinal-cord injury landed him at REHAB Hospital of the Pacific where he arrived on a stretcher and after 30 days of intensive therapy he was able to walk out.

Five years later, the once avid paddle boarder continues to work towards a full recovery. Lance and Mary have been monthly donors ever since this accident and keep REHAB close to their hearts.

In 2017, Mary established Puka Dottie where she sells crossbody bags, walk-around wallets and pouches. Her latest addition to her collection includes fashionable face masks.

"This is our small way of saying thanks to REHAB," Mary says about giving a portion of sales to REHAB. "Lance and I are both retired now and we've never forgotten the many helpful people at the hospital who enabled us to enjoy this time in life."

Visit PukaDottie.com to see all of Mary's charming, custom creations.





Bulla's road to recovery

When Bulla Eastman tries to pinpoint when he realized how frail and fleeting life is, he recalls the moment his childhood ended. “I was 18 and graduated from Kamehameha

School,” he recalls. “I was just three days at University of Southern California and my mom died of a heart attack.”

That sad family event took the life of his mother and it also took his faith. He just couldn't believe that God would allow such a tragedy.

Over the years, he rekindled his relationship with God. In his view, faith is a driver of destiny: “It's the same force that leads you to believe when you get behind the wheel you trust that your vehicle will move forward.” Faith led him to a variety of professions in construction, financial planning, real estate and hospitality.

It also guided him to become a pastor and popular radio personality on 95.5 The Fish, along with his ministry to prisoners. He believes that correctional facilities have a responsibility to live up to their namesake and correct the corrupt with spiritual rehabilitation. For the last decade, this mission has led him to a life of service to prisoners in Hawaii and even Arizona.

Life had been good to Bulla. He was blessed with four kids and seven grandchildren and married his wife Lynette in 2006. At age 60, the road ahead, despite its turns and curves, looked joyful – until 2020 sent his health off a cliff.

It was April and Hawaii was reeling from the news of the coronavirus. Just a few weeks into Hawaii's

stay-at-home order, he walked into Queen's Medical Center's emergency room alone. Thirty-six hours later, Bulla was a paraplegic. His body was being ravaged by a staph infection.

“It was like I was pumping my brakes but all my tires were gone and my car was up on blocks,” Bulla says. A large ulcer led to an emergency surgery that required seven bags of blood to stabilize him. He was on the brink of death.

Yet it wasn't his time after all.

After three weeks of rest and healing in the hospital, he was discharged to the care of Rehabilitation Hospital of the Pacific. In those 10 days, he learned how to fight with faith.

“If you don't move today, it's only going to get harder,” gently counseled his physical therapist. That's when he began to push through the pain. It began with exercises in bed and progressed to walking up and down stairs.



Bulla Eastman credits the skill and positivity of REHAB team with getting moving again.



Bulla and his wife Lynette enjoy life after REHAB.

From dawn to dusk, he worked at his recovery and attributes his progress to REHAB's positivity and perseverance. He began to have conversations with his body and learn its threshold for pain, its desire for rest and its drive for healing.

"The staff was so positive," he says. "They were always pushing. Everyone from the occupational and physical therapists to the dietitian were all working together towards helping me get well." Bulla has lost 80 pounds since his illness and has rediscovered a new vitality.

In those 10 days at REHAB, Bulla learned a lot. "I'm not Superman and can't leap off of tall buildings," he jokes. "Seriously, my decisions in life have to be qualitative and not quantitative. There are so few things that truly matter: career, family, health and an attitude of gratitude. Life is short and fleeting and there really isn't time for mumbling or grumbling."

Golfer goes the distance for REHAB



FIRST HAWAIIAN BANK
REHAB GOLF CHALLENGE

Golf is a sport that brings people together. For Warren Shioi, it has also brought him closer to REHAB's mission.



Warren Shioi of Stan's Contracting and his wife Doreen have supported REHAB's annual golf tournament for more than 20 years.

For more than 20 years, he and his company, Stan's Contracting, have served as one of the longest and most loyal supporters of REHAB

Foundation's annual golf tournament.

His relationship with REHAB began as a social event where he served as a tournament participant. "It's a one-of-a-kind organization," he says. "Even for me, you just never really appreciate how valuable this hospital is until you need it."

His admiration deepened in 2008 with first-hand experience as an inpatient and later, as an outpatient. "I was so impressed with the expertise and compassion that they offered me," he says. "They really helped me to get back on my feet after my knee replacement."

He and his wife Doreen moved to Hawaii island in 2017. Yet each year in May, he and Doreen fly to Honolulu to attend the event.

REHAB's 2020 Golf Tournament was canceled due to the pandemic.

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Make a gift to REHAB through the enclosed envelope or online at rehabhospital.org/foundation.

For more information, call us at 808-566-3451 or email us at Foundation@Rehabhospital.org.