



REACH

Spring 2017 Vol. 2, No. 1

Contact Us

@rehabhospital 🖸

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.

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MESSAGE TO THE REHAB 'OHANA

FROM MICHAEL W. PERRY

Partnership is essential for a thriving community and hospital. At REHAB, we believe in the power of partnership to accomplish amazing things – patients, families, physicians, rehabilitation staff and our generous donors and volunteers working to rebuild lives together. The partnership and support of donors like you make it possible for REHAB to continue its mission of helping people who have experienced a major illness or injury regain their strength and hope to achieve optimal health and independence.

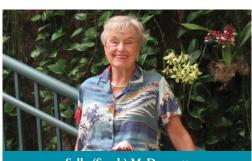
In this issue of REACH, we highlight REHAB Foundation's past year and show how your gifts are making a difference. From patient care programs to specialized equipment and clinical education, your contributions have far-reaching impact. In FY2016, REHAB provided rehabilitation services to 1,855 patients in our hospital and 5,307 individuals at our three outpatient clinics. We are proud that, once again, we continue to surpass the national average for Patients Returning to the Community.

Looking ahead, we are in for an exciting year, including the Foundation's 20th anniversary of our ever popular Joy of Food & Wine event on September 15th. Mahalo for your continuing support and partnership.

Michael W. Perry

Chairman, REHAB Foundation

BOARD LEADERSHIP SPOTLIGHT



Sally (Sarah) McDermott Emeritus Foundation Board Director

How has your relationship with REHAB developed over the years?

I have always believed in giving back to the community I serve, so for many years I volunteered at REHAB, and became a Hospital Board Director in 1975 and Foundation Board Director in 1986. Ironically, 28 years later, I myself became a patient. With a double knee replacement in 2003, I got to experience REHAB's professional services from a patient's point of view. Although the work was challenging and the pain was immense, REHAB gave me the best care imaginable.

What is your vision/hopes for REHAB?

I would like everyone to know what an incredible first-rate hospital REHAB is with its fine nursing and therapy care, state-of-the-art technology, and where the patient always comes first. You don't really know how much you need a quality facility like this until you experience it on a personal level. I can tell you firsthand that this place is lifting up spirits and saving lives.

What do you do to keep yourself busy?

I am proud to be part of the REHAB 'ohana and enjoy hearing how well the hospital is doing. I continue to keep active and volunteer as much as possible. I love advocating for the disadvantaged, women, children and healthcare in general. I try to take good care of my knees and stay active with my daughter Beth, son John and my three beautiful grandchildren. I love making a difference for REHAB.

REHAB Creative Arts ProgramPartners Inspiration with Healing



Creativity and healing go hand in hand at the REHAB Creative Arts Program, which promotes therapeutic expression as patients learn to physically and emotionally cope with a change in abilities. Patients discover their creativity with guidance from the REHAB therapy team.

"It's inspiring to see creative expression play a role in the recovery of these courageous patients," said Dale Ruff, REHAB Foundation Board Director. "Promoting arts and culture in our community is important, and it's an honor to support this rehabilitative arts program that is making a difference in people's lives."

The program helps to improve mobility, range of motion, memory, decision making, psychological and social function. Now in its 23rd year, the REHAB program provided 750 individual patient art sessions in 2016. Inpatient classes are not covered by health insurance but provided at no cost to inpatients thanks to ongoing donor support.

ART FROM THE HEART EXHIBIT & SALE

Last December, the 17th annual Art from the Heart Exhibit & Sale showcased more than 360 art pieces created by nearly 70 patients throughout 2016. The REHAB cafeteria was transformed into an art gallery filled with music by Hawaiian Heavyw8ts of Make 'em Smile and pupus by Sodexo. The event not only raises awareness and funds to support the REHAB Creative Arts Program, but 50 percent of each sale goes back to the patient

as an artist's commission. Mahalo to event supporters: Sensei Elaine Arita and students from the Ikebana Institute of Ohara School, Honolulu Museum of Art, Roy & Elaine Kimizuka of Pacific Gallery & Frames and Pepper Wong.

DESIGN CHALLENGE & ART SCHOLARSHIPS

Also in 2016, REHAB held its first Design Challenge, where patient artists created paintings depicting how the REHAB Creative Arts Program has influenced their journey to recovery. Dennis Okada was selected among 21 entrants for his piece, *Jus' Paint*, sharing, "Art has given me a whole new perspective, a new way of seeing things."

In addition, Louis Vuitton Hawaii, for the fifth year, sponsored the Art Education Scholarship for patient artists who show interest in further developing their artistic abilities. Former patients Jan Mitchell and Tracey Jo Saiki each received a scholarship for classes at the Honolulu Museum of Art.



Tracey Jo Saiki, Dennis Okada and Jan Mitchell are congratulated by Dr. Tim Roe, REHAB CEO, Reuben Young, REHAB Art Instructor, Dale Ruff, REHAB Foundation Board Director (back).

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REBUILDING LIVES TOGETHER REBUILDING LIVES TOGETHER 3 | REACH

CARING: A FAMILY VALUE

Stanley & Margaret Yasuoka Leave a Lasting Legacy

The Yasuoka Story as told by Glen and Chris Yasuoka, surviving sons

Our parents, Stanley and Margaret Yasuoka, came from humble beginnings. Our dad was born on Kaua'i to parents who emigrated from Japan and worked as plantation workers. He was the second oldest of 10 children. Our mom did not graduate from high school and was working as a seamstress when she met our dad. Our parents told us stories of how they would run into each other at the local market, and it was 'love at first sight.'

Stanley's first job on O'ahu was building tunnels, and then he worked at an automotive paint shop. He started at the bottom learning all that he could. After several years, the owner pulled him aside and said, 'You've become an expert at your craft – it's time for you to run your own shop.'

Soon after proposing to our mom, our dad opened his own business: **Stanley's Auto Paint Shop**. Mom would run the office and help clean the shop while Dad did the painting

PAINT SHOP

Stanley & Margaret Yasuoka in the 1960s at their family business, Stanley's Auto Paint Shop, on Kalakaua Avenue.

and marketing. The company slogan was, 'Come in by choice, not by chance!' You see, our parents really believed that quality workmanship and excellent service was how to keep loyal customers.



Yasuoka Family in the 1950s: Stanley, sons Kenneth and Glen, Margaret and son Chris

We remember the shop as a family affair. After school, we'd do our homework in the shop and help out. Business got so good, we would often stay through the night with everything revolving around quality work and tending to the needs of the customers. We have fond memories of watching movies from the drive-in theatre next door through the upstairs shop window. There was no sound, but it was good fun!

As time went on, our dad's health started to fail. He was hospitalized for months at a time, and it was hard for all of us to see him this way, fighting a heart condition, diabetes, kidney problems and a brain aneurysm; then later passing away after a massive heart attack in 1985. They both worked at the shop as long as they could and after Dad passed, Mom tried to hold everything together. Even with her lung problems, blood disorder, failing eyesight due to glaucoma, and eventually becoming blind, she would still go into the shop after she retired until it closed in 1994.

Our parents were grateful for everything they had and worked real hard. We lived a simple life but Mom was a saver and they always showed us how to help others. They knew people had problems and challenges (and never complained about their own) and did what they could to instill good values to all of us kids.

Even Chris went through medical challenges, with back surgery and complications that would bring him to REHAB for support. He watched how the staff at REHAB interacted with the patients – not only our family, but <u>all</u> the people in therapy. He saw how they treated patients like family, by not *telling* them what to do, but by being part of their care and really showing compassion.

After our father passed, our mother wanted to set up a trust that would take care of all three sons. We established a Charitable Remainder Trust. Upon Mom's passing, we were each named beneficiaries and received a monthly income for 20 years. A charitable gift like this gave income to us, estate tax deductions and later a memorial gift for our parents. The remaining principal at the end would be designated to her charity of choice.

We talked about it, and she wanted it to go to a place where it would have a lasting effect, and also be a place of importance that would serve lots of people in need but not a big national charity. We were excited she could be involved in making the choice of a beneficiary and knew choosing REHAB would help many people – long after our parents had passed.

"Our parents wanted to help others and wanted the people of Hawai'i to have the best care possible. To see their gift 20 years later come to life and still make a difference is wonderful."

- Glen & Chris Yasuoka

Our parents valued quality healthcare because they both had so many challenges themselves. Our mom truly wanted the best care for everyone, because she knew many sick people in need, and knew personally how hard it was to have health challenges.

Our parents wanted to help others and wanted the people of Hawai'i to have the best care possible. To see their gift 20 years later come to life and still make a difference is wonderful. REHAB makes that possible.

Stanley & Margaret Yasuoka Team Station



Glen Yasuoka (center) is honored by 3rd floor nursing staf in the recently named Stanley & Margaret Yasuoka Team Station



Chris Yasuoka and his wife Gail (left) visited with REHAB nursing staff to celebrate the impact of their family gift and REHAB's commitment to personalized inpatient care.

RETIREMENT & LEGACY PLANNING FOR YOU

Advantages to a Charitable Remainder Trust

- Receive lifetime income
- Bypass capital gains tax
- Enjoy a substantial income tax deduction
- Make an impact to REHAB for years to come



Contact Stacey Acma with the REHAB Foundation at 808-544-3387 or Stacey.Acma@rehabhospital.org

REACH 14 REBUILDING LIVES TOGETHER REBUILDING LIVES TOGETHER STORE THER REBUILDING LIVES TOGETHER STORE THER STORE THE STORE TH

HEARTSTRONG PARTNERS IN CARDIAC THERAPY

REHAB Cardiac Rehabilitation Program empowers patients to live heart healthy

Each day, the Rehabilitation Hospital of the Pacific outpatient Cardiac Rehabilitation Program demonstrates the life-changing power of the partnership between the physician, patient and REHAB CardioPulmonary Team. Patients who have experienced any cardiac event or suffer from a heart condition - such as a heart attack, chest pain, angioplasty, coronary stenting, bypass, valve surgery and heart failure – can benefit from the program. With referral by their cardiologist, patients work with REHAB's specialized team to build a heart-healthy and active lifestyle.

"Our program is designed with the whole patient in mind, providing medically supervised rehabilitative exercise, nutritional and psychosocial support," shared REHAB CardioPulmonary Health Program Supervisor Justina Baker, MS, ACSM-RCEP, AACVPR-CCRP. "Our team works closely and regularly communicates with the referring cardiologists, who are our partners in improving heart health for each patient."

PATHWAYS TO RESTORING HEALTH

The state-of-the-art, patient-centered program sets each patient up for success through a tailored rehabilitation exercise prescription for optimal heart health, a safe workout environment with cardiac specialists, and a custom-designed education plan to promote a healthy, active lifestyle. Each



5-14 week rehabilitation program is designed to meet individual needs and goals with focus on building strength and endurance through improved cardiac function. Each step of the way, the patient's medical status is closely monitored to ensure safe progress as they transition back into independent management with their cardiologist.

Designed for flexibility, the program's one-hour sessions are scheduled at the patient's convenience. Exercise is supervised by an onsite physician and cardiac staff certified in Advanced Cardiac Life Support. For the patient's safety and peace of mind, their heart rate and vital signs are continually monitored throughout the exercise sessions. Throughout the program, the patient's cardiologist receives regular progress reports.

REHAB's Cardiac Rehabilitation Program is the only program of its kind in Hawai'i that is certified by the American Association of Cardiovascular and Pulmonary Rehabilitation, the gold standard for cardiac rehabilitation in the country.

STRONGER TOGETHER

The far-reaching positive impacts of the REHAB Cardiac Rehabilitation Program are illustrated through the very lives this program touches.

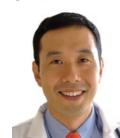
A Tale of Two Patients

For Darin Tsukiyama, the program was the catalyst for a healthier, more active version of himself. As an electrician and father, he was very active and not sedentary. After experiencing chest pain and shortness of breath, Darin was rushed to the emergency room where doctors found a blockage in his heart and he would undergo an angioplasty procedure the very next day. At only 44 years old and wanting many more years to share with his family, Darin devoted himself to adopting a heart-healthy lifestyle but would need help getting started. His cardiologist, Dr. Sekon Won, referred him to the REHAB Cardiac Rehabilitation Program. With the guidance and supervision of the REHAB team, Darin participated in cardio exercise in a safe and monitored environment, while controlling his salt intake and cutting back on fatty foods. Through diet, exercise and



REHAB Cardiopulmonary Health Program, instructs Darin Tsukiyama on how to safely exercise and monitor himself while on the treadmill

determination, Darin improved his strength and endurance, lost 35 pounds, was able to discontinue his diabetes and hypertension medications, and dramatically enhanced his quality of life.



"I want my patients to have more control of their health. With the partnership with REHAB, they become more active and functionally in control. It brings me joy to see patients doing well and taking part in their destiny."

Dr. Sekon Won, Cardiologist, The Queen's Medical Center

"The program has helped me make positive lifestyle changes to be the best I can be for my family," said Darin. "I want to lose five more pounds so I can be the weight I was when I met my wife."

After Gilberta "Berta" Ernestburg was diagnosed with congestive heart failure, her cardiologist, Dr. Albert Ing, referred her to the REHAB Cardiac Rehabilitation Program to restore healthy heart function. During Berta's first session, she could not complete the six-minute walk test due to chest pain and shortness of breath. Over the next few months, Berta's fitness increased, and she was eventually able to

exercise free of chest pain. By the time her sessions were completed, she was able to more than triple her distance in the six-minute test, lost weight, decreased her blood pressure, and become more active at home. A few months later, Berta achieved her goal of having weight-loss surgery and now reports feeling healthier and happier than ever.



"Everyone with heart disease can benefit from a structured rehabilitation program. In a safe, supportive environment, they learn what they can do to live a healthy lifestyle. It's better than any medicine alone."

Dr. Albert Ing, Cardiologist, Castle Medical Center

HEART HEALTHY FOR LIFE

The goal of the REHAB Cardiac Rehabilitation Program is not just to reduce a patient's cardiac risk, but also to give them lifelong tools to live a healthy lifestyle. Upon graduating, the partnership continues. Patients work with their cardiologists on an ongoing basis and are given several avenues for maintaining optimal wellness. These may include a self-monitored exercise regimen designed by the REHAB therapy team, participating in REHAB Strong Lifestyle and Wellbeing programs, joining a REHAB support group, or enrolling in a community class or gym. At the end of the day, the true strength of the program lies in the power of transformation that takes place in the patients' lives.

"When I first started, it was a struggle," said Berta. "But once I saw how I was progressing with the help of ALL the therapists, my progress increased and my attitude changed as I realized what it was doing to me...building a better ME!"

To contact the Cardiac Rehabilitation Program team, please call (808) 566-3577 or email cardiopulmonary@rehabhospital.org.



REACH | 6 REBUILDING LIVES TOGETHER REBUILDING LIVES TOGETHER 7 | REACH

THE IMPACT OF PARTNERSHIP TO RESTORE HEALTH

REHAB Foundation Year in Review (FY2016)

Report reflects data from Oct. 1, 2015 - Sept. 30, 2016

Founded in 1953, Rehabilitation Hospital of the Pacific (REHAB) is the only provider of acute inpatient medical rehabilitation services in the State of Hawai'i. Our highly skilled, physician-led multidisciplinary care teams provide a comprehensive and intensive level of rehabilitative services to restore the health of patients who have experienced a serious illness or injury resulting in major functional impairments and residual disabilities.

With 82 licensed inpatient beds, three outpatient clinics located in Honolulu, Aiea and Hilo, and a hospital-based physicians clinic, REHAB provided care to more than 7,100 patients in FY2016.

REHAB Foundation is grateful for the partnership and commitment of donors like you who are helping REHAB fulfill its mission of rebuilding lives together.

YOUR GIFTS MAKE A DIFFERENCE

In FY2016, generous donors provided over \$1,374,000 in gifts to support the REHAB mission to make a difference in patients' lives.

Charity Care, Financial Assistance and Support for Uninsured and **Underinsured Patient Care**

REHAB Foundation is committed to providing financial assistance to REHAB for the care of patients needing rehabilitation services. Donations support the REHAB Financial Assistance Program, which allows eligible uninsured and underinsured patients to receive support for eligible medical care, equipment, supplies and medications. In FY2016, REHAB Hospital provided close to \$1.7 million in financial assistance and uncompensated care to low-income or financially needy patients.

Renovations, Maintenance & Repairs As the only provider of acute medical rehabilitation services in the state, it is critical that REHAB maintains optimal resources for 24/7 patient-centered care.

Gifts supported the renovation of REHAB at Aiea outpatient clinic, including new specialized equipment and upgraded

technologies, assisted front entry and wheelchair accessible restroom, all designed with a focus on patient care.

Clinical Staff Education & Training

REHAB supports ongoing education for clinical staff to ensure we provide the highest quality specialized patient care. We leverage online technologies to maximize staff access to current resources and industry best practices.

FY2016 donor support provided 75 continuing education courses to 67 employees.

Creative Arts Program

REHAB Creative Arts Program is an innovative, outdoor therapeutic art program that helps patients physically and emotionally cope with a change in abilities by challenging their cognitive, creative and fine motor skills. REHAB Creative Arts Program is not covered by insurance and the cost of art instruction, supplies and materials are provided at no cost to inpatients due to ongoing donor support.

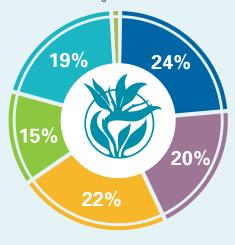
Patient Care Equipment

Rehabilitation equipment and specialized therapy systems have physical, cognitive and functional benefits. REHAB focuses on meeting each patient's needs with the tools and resources necessary for specialized

acute rehabilitation care. Donor support helped purchase a patient transport van, technology upgrades and specialized equipment for inpatient and outpatient care.

Community Outreach & Patient Education

As additional restoration and healing continues beyond hospital discharge, REHAB brings together people facing similar challenges and provides opportunities for them to support one another through REHAB CardioPulmonary Support Group and Stroke Club. FY2016 donations supported informational tools and event mailings.



WHO WE SERVED



10,623 **Outpatient Sessions** at REHAB's 3 Outpatient Clinics

ACHIEVING EXCEPTIONAL RESULTS

REHAB continues to rank amongst the top performing rehabilitation hospitals in the nation. A significant measure of success is the percentage of Patients Returning to the Community and home to live independently, recognized above the national average by the Uniform Data System for Medical Rehabilitation (UDSMR®).

% Patients Returning to the Community (Calendar Year 2016)



90.3% **REHAB**

81.3% National Average

MAHALO TO **OUR DONORS**

2016 GENEROUS GIFTS

We appreciate the contributions of all of our donors, with every gift contributing to our mission of rebuilding lives together.

The following acknowledgment recognizes generous gifts of \$1,000 or more during the 2016 calendar year.

\$500,000+

The Clarence T.C. Ching Foundation

\$100,000 - \$499,999

The Harry and Jeanette Weinberg Foundation Stanley & Margaret Yasuoka

\$50,000 - \$99,999

Jerry James Bigansky Fund K. J. Luke Foundation

\$25,000 - \$49,999

Atherton Family Foundation Beatrice M.H. Young Foundation First Hawaiian Bank Foundation Hung Wo & Elizabeth Lau Ching Foundation

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REACH 18 REBUILDING LIVES TOGETHER REBUILDING LIVES TOGETHER 9 | REACH

LOYALTY SOCIETY

The generosity of consistent giving shows a donor's commitment to building a legacy through annual support.

REHAB is blessed by the generous support and partnership of our community of donors. Loyal donors are the cornerstone of REHAB's success, providing the means and strengthening our ability to deliver on our mission.

In recognition of this significant commitment, the Loyalty Society honors our most loyal donors who have provided 10 years or more of charitable giving. We acknowledge their kindness and dedication to REHAB by listing those with annual support in the 2016 calendar year.

40+ YEARS

Frank F. & Katharine L. Woodford Memorial Trust Fukuichi & Eleanor Kusakabe

30 - 39 YEARS

Richard H. Cox Hawaii Pacific Area Combined Federal Campaign Lincoln J. Ishida Island Insurance Co., Ltd. Sally McDermott Tsugio & Evelyn Miyahara Raymond & Audrey Tam William & Georgina Yuen



25 - 29 YEARS

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George & Patricia Schnack Servco Foundation Patrick & Fanny Vvas James & Juanita Wo

20 - 24 YEARS

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Every effort has been made to provide an accurate listing. Donors who have asked to be anonymous have been excluded. If acknowlegement was misspelled or omitted, please let us know. Mahalo for your support.



REHAB FOUNDATION ENDOWMENTS

An endowment is a permanent legacy gift that continues to provide support to REHAB for many years past the date of the donation. Endowments are held in perpetuity and investment earnings are used annually to support the donordesignated restricted mission purpose.

Contact the Foundation to learn how a gift of \$10,000 or more can establish a named legacy endowment.

We proudly recognize the generous donors who have chosen to leave an everlasting impact to the REHAB mission by creating their legacy through an endowment gift.

Charity Care, Financial Assistance and Support for Uninsured and Underinsured Patient Care

Jack & Edith Leong Financial Assistance Endowment Muriel Flanders Patient Care Endowment

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Gifts of any amount count towards Loyalty Society recognition. Years of giving are counted by gift receipt during a calendar year, January 1 to December 31.

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20TH ANNIVERSARY JOY OF FOOD & WINE

Friday, September 15, 2017 -



SAVE THE DATE! Reprising their roles for 2017 will be Event Chair Dr. Laurie Tom (far r.) and longtime Wine Committee members Edith Leong and Eileen Lota (pictured on left and right of supporter Father Allen DeLong), Kimi Matar and Kathleen Yoshinaga.



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JOY OF FOOD & WINE 2016 A STELLAR SUCCESS



2016 Joy of Food & Wine Co-Title Sponsor Mike Irish (right) enjoys a moment with guest Chef Russell Siu of 3660 on the Rise.

The 2016 Joy of Food & Wine event at the Halekulani was a stellar success. A total of 250 guests enjoyed the hotel's five-star service while dining on a sumptuous meal prepared by guest Chef Russell Siu of 3660 on the Rise with wine pairings by Southern Glazer's Wine & Spirits of Hawaii - all while listening to the beautiful music of harpist Pumehana Wadsworth.

Since 1998, the event has raised over \$2 million for REHAB. Mahalo to our co-title sponsors Mike & Sandy Irish, Greg & Frances Gomes, WEBCO Foundation who, for the fifth year, made the evening a tremendous success. Over \$170,000 was raised to support REHAB's mission.

Highlights of the evening included over 100 live and silent auction items, including fine wines, Four Seasons Resort Oʻahu at Ko Olina "staycations" and fabulous dining packages. One-of-a-kind auction item, Zen Sunset in Mongolia, a painting by Tracey Jo Saiki, Retired Lt. Colonel, USAF Reserves and REHAB's Creative Arts participant since her stroke in 2014, raised \$3,000.



REHAB patient artist Tracey Jo Saiki displays her painting, Zen Sunset in Mongolia, with winning live auction bidders Mark & Sheri

"My wife Sheri and I were lucky to be the winning bid for Tracey's painting," said longtime REHAB donor Mark Robison. "Hearing of Tracey's challenging journey was heartbreaking and uplifting. Tracey's dedication to her rehabilitation is the heart of REHAB, and the doctors and staff are the foundation for patients' renewal. We will hang Tracey's painting in our home with pride and tell her story over and over again."

We are thrilled to announce the 20th Anniversary Joy of Food & Wine event at the Halekulani on September 15, 2017, with Title Sponsor Nan, Inc. and guest Chefs Wade Ueoka and Michelle Karr-Ueoka of MW Restaurant. For more details, contact us at (808) 566-3451 or email foundation@rehabhospital.org.