

# REACH

ISSUE 2 | SPRING 2020

Stories of Inspiration  
from REHAB Foundation

## *a second chance* **FOR CHANDLER**

A Young  
Man's Path  
to Recovery

+

the *Joy of*  
*Food & Wine*



**REHAB**  
FOUNDATION



# REHAB FOUNDATION

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## Message to the REHAB 'Ohana

Stepping into the dawn of a new decade, we take time to reflect on our past accomplishments and to boldly dream of future endeavors. We are truly grateful for those who keep us firmly rooted in our community, who build us up and who believe in the miracles that happen at REHAB.

This decade will be record breaking. Your generosity has refreshed facilities with a multi-million-dollar renovation, vital funds for scholarships and innovative specialty programs that feature the latest equipment and technology.

Together, we can do more to change lives. It is due to your gracious support that we are able to continue to provide exceptional care to the people of Hawaii and the Pacific. Thank you for supporting REHAB and our dedication to rebuilding lives.

**Michael W. Perry**  
Chair of the Board, REHAB Foundation



## 26TH ANNUAL FIRST HAWAIIAN BANK REHAB GOLF CHALLENGE 2020

*Save the Date – Wednesday, May 27th*

### First Hawaiian Bank – REHAB Golf Challenge

Join us for a fun day on the green with fabulous prizes and good food – all to benefit REHAB's mission to rebuild lives. Sign up to participate, sponsor, make an in-kind or cash donation at:  
[rehabhospital.ejoinme.org/golf2020](http://rehabhospital.ejoinme.org/golf2020) or 808-566-3451.

Oh rats!

# What will 2020 hold?



If you're in the mood for love, there's a reason why. The Year of the Rat promises romance and will be an excellent year to get married. In 2020, the color green is very auspicious and will bring strong luck and success. Other favorable colors are red, yellow, gold, white and silver.

These were some of the revelations shared during World of Feng Shui's annual presentation in which more than 130 people attended. Ticket sales from the January 18 event at REHAB's Frear Café support the Foundation. This annual gathering has raised nearly \$150,000 over the last 16 years thanks to the philanthropy of Peter and Joanie Lung, owners of World of Feng Shui in Kapahulu.



Those lucky to be born in these years are going to enjoy a year of health and wealth: 1924, 1936, 1948, 1960, 1972, 1984, 1996 and 2008.



From Left: Nola Miyasaki, Chief Development Officer REHAB Foundation; Jan Luke Loo, Vice Chair REHAB Foundation; Peter & Joanie Lung, World of Feng Shui; Dr. Timothy Roe, President and CEO REHAB Hospital

## REACH

Spring Edition 2020  
Issue 2

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The REHAB Hospital of the Pacific 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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The REACH newsletter is published semi-annually by REHAB Foundation.  
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# *A second chance* **FOR CHANDLER**



Chandler participated in occupational therapy to aid visual processing.

Chandler Teruya is one of those local boys you instantly like. His winning smile and genuine warmth are so profound that you can't help but feel happy around him. If you frequent Foodland Farms at Ala Moana Center, you've likely bumped into him. He keeps the shelves stocked and the store tidy – a job that he loves in his neighborhood grocery store.

Three years ago, his life was headed down a different path. A Punahou graduate who loved sports, he followed his sister to Seattle to pursue a college education. He had just finished an accelerated master's program in accounting at Seattle University.

He headed home to Honolulu in hopes of becoming a CPA. His love for numbers was about to blossom. At the age of 25, Chandler was a young professional with a bright future, launching his chosen career.

Healthy and active, he was baffled when he began to endure bad headaches over the course of a few days. The headaches were so severe that he sought help at a clinic only to be cleared with a recommendation for an over-the-counter cure. He went back to business as usual, performing an audit of a Waikiki hotel on behalf of the large accounting firm he worked for. It was there in the hotel basement, that he began



After Chandler collapsed and was rushed to The Queen's Medical Center, doctors discovered an arteriovenous malformation in his brain.

to sweat profusely. The heat of the basement had gotten the best of him. Or so he believed. Those were his last thoughts before he collapsed and lost consciousness.

He was rushed to The Queen's Medical Center by ambulance. A scan revealed an arteriovenous malformation (AVM), which is a tangle of abnormal blood vessels that connect arteries and veins in the brain. A silent time bomb, AVM is a condition he's carried for his entire life that often goes undetected.

Chandler went into surgery immediately. On the operating table, he suffered a stroke. The brain damage was severe.

His parents, Raymond and Diana, were in shock. Their healthy son at the dawn of his adulthood was incapacitated by a stroke that robbed him of his ability to eat, dress or speak.

Once he was medically stabilized, it was imperative that Chandler was transferred to REHAB Hospital of the Pacific, Hawaii's only acute care center specializing in rehabilitation of the body, mind and

spirit. A team comprised of doctors and speech, physical and occupational therapists surrounded Chandler and designed a care plan that would have him working relentlessly at recovery for a month. "The team worked with us to develop a customized plan that would help him rebuild his life and become as independent as possible," said his mother, Diana. "From the beginning, we knew we were in good hands."

During this time, Dr. Kent Yamamoto, REHAB's Medical Director, Brain Injury & Stroke Programs, suggested that Chandler's family consider a neurological specialty rehabilitation center in California to escalate and continue the foundational work set by REHAB.

The family relocated to Bakersfield to embark on an intensive therapeutic program to continue Chandler's journey to reach his full potential. His rehabilitation program started from the moment he awoke until bedtime.

After their stay in Bakersfield, the family didn't know what to do next. "Our family was in crisis," said Diana. "We were lost not knowing what was covered by insurance, what we needed to do, but REHAB was right there and helped us get on track."

[CHANDLER, continued on page 6](#)



Chandler worked with REHAB Hospital of the Pacific therapists for speech, physical and occupational therapy.

CHANDLER, continued from page 5

Kori Mizuta-Yamamoto of REHAB served as much more than Chandler's inpatient and outpatient speech therapist. She taught him strategies to remember things by setting up systems that involved calendars and note taking. She helped the family navigate insurance options and encouraged Chandler's re-entry into work by finding accounting and finance classes at the University for him to audit. Going above and beyond the call of duty to help patients recover fully is what REHAB takes pride in doing.

"When I returned from the mainland, everyone welcomed me back, made me feel a part of the REHAB ohana," says Chandler.

This haven of healing is where Chandler learned how to talk,

walk, remember numbers and identify objects.

Today, Chandler continues to see himself as a work in progress. He doesn't strive to be who he was or find his way back to a path that turned. Instead, he discovered the courage to embrace his present journey and measure success by his own stride. An attitude of gratitude has fueled this success. After completing his therapy, Chandler returned to REHAB as a volunteer to help in the accounting office. In addition to his job at Foodland, he also works as a tutor to students taught by his girlfriend Misha, a special education teacher.

"A brain injury may have impaired certain aspects of his cognitive abilities," says his mother Diana. "Yet somehow it also opened up his heart in new ways. As most young adults are, Chandler was

self-focused and singularly focused on his career. Now he's a more expansive human being who really cares for others and has rekindled his relationship with God."

Chandler credits his resiliency and courage to Misha, who never left his side since they first met in college, and his parents whose unwavering support has given him the determination to push forward.

His mother Diana has been a powerful force of faith for Chandler and has also inspired his perspective. "Chandler has changed," she says. "He was always quite shy and introverted. This experience has helped him to become more social, more open and more connected."

She sees the upshots in life. And so does Chandler.

## *The Legacy* of 226 North Kuakini Street in Honolulu

For more than 100 years, 226 North Kuakini Street has been a symbol of health and healing. Long before REHAB Hospital of the Pacific (REHAB) was a pillar of our community, the property was home to Kauikeolani Children's Hospital, founded by Albert and Emma Kauikeolani Wilcox.

The hospital was highly regarded for its quality of services and care, and was funded entirely by the



community. The spirit of giving back runs deep in these grounds and would foster many great and historical organizations, including Shriners Hospital for Children, Kapiolani Medical Center for Women & Children, Easter Seals and REHAB. Originally known as the Rehabilitation Center of Hawaii, REHAB admitted its first patients on Sept. 15, 1953 to serve the needs of physically disabled people including polio-stricken children. The Center was housed in renovated quonset huts and provided space for 18 patient beds and facilities to treat 50 outpatients.

Today, we continue to serve our community as Hawaii's only acute care rehabilitation hospital, helping thousands of people every year, serving kamaaina and the greater Pacific region. Through your generosity and continued support, you become a part of REHAB's legacy of rebuilding lives from the distant past, today and for generations to come.

# The impact of *your gifts*

Year in Review (FY2019)

Report reflects data from Oct. 1, 2018 - Sept. 30, 2019

Generous donors make it possible for REHAB to continue to be an asset for the community and a nationally recognized leader in acute care rehabilitation right here in Hawaii. In FY19, REHAB Foundation received more than \$2,454,932 in contributions. Below is a summary of the most critical areas of need supported.

## Clinical Programs & Services

REHAB Hospital of the Pacific programs advance through education, technology, and research for both inpatient and outpatient care. Specialized treatments are designed to support patients in their daily life at home and in the community with supporting tasks that require more complex interactions than basic survival and well-being. Some of the many programs that donations fund include Recreational Therapy, Aquatic Therapy, Driving Assessment and Education, Cancer Rehabilitation Therapy.

## Patient Care Equipment

Rehabilitation equipment and specialized therapy systems have physical, cognitive and functional benefits. Donors helped purchase critical equipment for patient care that included bladder scanners, an Inbody machine, therapy treatment mats, traction machine, vital signs machine and other equipment needs.

## Charity Care, Financial Assistance & Support for Those in Need

Rehabilitation supports the care of all patients, regardless of ability to pay. REHAB's Financial Assistance Program provides funding for uninsured and underinsured allowing patients to receive medical care and support during discharge – such as durable medical equipment, supplies, transportation, medications, evaluations, and expanded case management. In FY19, REHAB Hospital provided more than \$2 million in financial assistance and uncompensated care to financially needy patients.

## Creative Arts Program

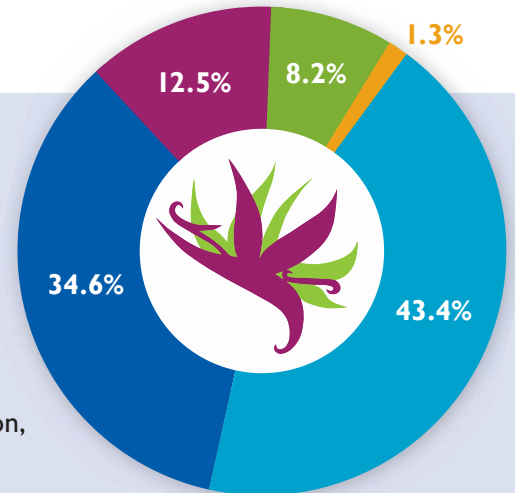
REHAB's Creative Arts Program is an innovative, outdoor therapeutic art program that helps patients cope physically and emotionally with a change in abilities. It challenges cognitive, creative, and fine

motor skills. REHAB's Creative Arts Program is not covered by insurance. Art instruction, supplies and materials are provided at no cost to patients.

## Clinical Education & Training

Continuing education and training of clinical staff ensures that REHAB will continue to provide the highest quality in specialized rehabilitation care. Donor contributions helped 37 employees attend 32 different seminars, conferences and training sessions in Hawaii as well as across the country. Areas of education and certifications covered care coordination; nursing; neuropsychology; innovation; women's health; cancer; cardiology; stroke; trauma; wound ostomy and continence care; pharmacology; fall prevention; infection control; spinal cord injury; and physical, speech/language, occupational, and recreational therapy.

Donations supported clinical education through online licenses for therapists, leveraging the most current technologies, therapy protocols and treatment resources aligned with industry best practices. REHAB continues to focus on keeping clinical education cost-efficient and saving on travel and lodging expenses by partnering with accredited institutions that provide training online, by webcast, or in a multi-user setting.



# An epic and elegant *Joy of Food & Wine*

More than \$180,000 was raised for REHAB on a moonlit evening at the Halekulani on September 20, 2019. Locally loved chef Vikram Garg of TBD at the Lotus Honolulu, teamed with Chef Toshiya Konno, who runs Japan's only Michelin-star rated restaurant UKAI. The exquisite menu was perfectly paired with wines presented by Southern Glazer's Wine & Spirits of Hawaii. A special tribute was made to former REHAB Foundation President Ko Miyataki, who led the Foundation for more than 20 years and passed away in 2019. A portion of the dinner proceeds has been devoted to a REHAB Foundation fund in her honor.

The generosity of many made this evening spectacular, especially title sponsors Clyde & Holly Kaneshiro and Stanford & Kathy Carr; Event Chair Dr. Laurie Tom; and so many more sponsors, donors and guests.

Save the date for the 23rd annual Joy of Food & Wine – Friday, September 18, 2020.  
Visit [rehabhospital.org/foundation](http://rehabhospital.org/foundation).



Clockwise from top left: Co-Title Sponsor Clyde & Holly Kaneshiro and Event Chair Dr. Laurie Tom, Philip and Violet Richardson, Executive Vice President and General Manager Warren & Erin Shon, Southern Glazer's Wine & Spirits of Hawaii, and Chef Vikram Garg, Chef Toshiya Konno, Masaki Ukai and Ian MacNaughton.



## The Larry & Claire Johnson *family gazebo*



Front row: Claire and Larry Johnson. Back Row (L to R): daughter, Mari Jo Schull; grandson, Hunter; daughter-in-law, Stephanie; son, Mark Johnson; grandson, Matthew; granddaughter, Natalie; and granddaughter, Nicole.

Sometimes small joys in life come from surprising places. For Claire Johnson and her husband Larry, spending time in a quaint gazebo in the corner of a quiet garden brought tranquility and comfort during a challenging time in which she was admitted to REHAB twice.

“By the time I was at REHAB for the second time, I had been in and out of hospitals for several months,” Claire recalls. “I will always appreciate the special care I received from my nurses, doctors and therapists. One of the most memorable things that helped my outlook and motivation was being able to take breaks outside and sit in the shade of the gazebo,” she said.

Claire is on her journey to full recovery since her ruptured brain aneurysm. The Johnsons were so grateful that they made a donation which enabled REHAB Foundation to upgrade the furniture, refresh the entire gazebo and will keep it maintained for years. In addition, their generosity will enable support to areas of highest need for the hospital.

“We are grateful to the entire REHAB staff and caregivers who did a wonderful job helping Claire. We are pleased to support the hospital improvements to the gazebo so that it can continue to be a place of joy and comfort to many others at REHAB, just as it was for Claire and our family,” said Larry.

## On the road to recovery *with Servco Foundation*

Mahalo to Servco Foundation for the donation of a 2020 Subaru Forester that’s fully equipped for patients’ needs and roomy enough to hold wheelchairs and other equipment. Vehicles are used to transport patients to medical appointments, enable REHAB’s experts to perform home assessments, conduct trainings for family members, offer rehabilitative driver training and so much more. This donation was given as part of Servco’s 100th anniversary celebration. With a gift of \$20,000, you too can help REHAB replace one of the vehicles in its aging fleet.



From left: Mark Fukunaga, Servco CEO & Chairman; Nola Miyasaki, REHAB Foundation CDO; Dr. Timothy Roe, REHAB President & CEO; Taylor Ayers, REHAB Facilities & Safety Director; Tony Chang, Vice President & General Manager-Servco Subaru.

# 7 easy ways to eat your heart out

by Sabra Leomo, RD



Eating out at restaurants doesn't mean that your health goals have to be forgotten. Just follow these tips for heart-smart options.



**1. Think about your drink** – The American Heart Association recommends no more than 36 grams of added sugar per day for men and 25 grams of added sugar per day for women. Skip the added sugar and choose unsweetened beverages like water or tea.

**2. Smart choices** – Choose options described as baked, broiled, grilled, roasted or boiled; they typically have fewer grams of fat and calories. Avoid foods described as fried, creamy, breaded or rich.



**3. Don't "save" calories** – If you know you are going to eat at a restaurant for dinner don't skip meals – being extra hungry may lead to overeating. Instead, make healthy choices during the day and before eating out, have a small heart-healthy snack like apples and peanut butter with a sprinkle of cinnamon or whole grain crackers with tuna.



**4. Be a buffet buff** – Use a small plate and choose lean proteins like baked fish, chicken or tofu and vegetables. Pick a smaller portion of the ones that you enjoy the most. Skip options that are less exciting to you. Finally, stop eating when you feel full (or almost full).



**5. Split it!** – Portion sizes of restaurant entrees are usually 2 to 3 times more than recommended. If you are eating with someone else, split an entree or order appetizers in place of your entree. If you left room for dessert, consider splitting that too.

**6. Look and ask** – Most restaurants will designate healthy options. You can either look online at the menu before you go to a restaurant or ask your server what options are available. Restaurants are able to make substitutions that support your heart-healthy eating goals.

**7. Savory sides** – Ask your server what healthy side dishes are available. Skip french fries and add a vegetable. Salad dressing can be ordered on the side or you can order olive oil with either lemon or vinegar and make your own dressing.

For at home heart-healthy recipes, go to [Recipes.Heart.org](http://Recipes.Heart.org).

*The Food and Nutrition Department at REHAB is run by Sodexo Hawaii and provides meals that nourish our patients as well as REHAB employees and visitors. More than 5,550 meals are served to patients every month. Sodexo's dietitians also provide clinical nutrition services for inpatients at REHAB.*

## TURKEY CHILI

From the American Heart Association  
Serves 6

### INGREDIENTS

Cooking spray  
1 1/2 Tbsp. canola or corn oil  
1 medium or large onion, chopped  
20 oz. ground, skinless turkey breast  
1/2 tsp. garlic powder  
2 tsp. chili powder  
1/2 tsp. pepper  
1/2 tsp. ground cumin  
15.5 oz. canned, no-salt-added pinto beans (rinsed, drained)  
15.5 oz. canned, no-salt-added black beans (rinsed, drained)  
14.5 oz. canned, no-salt-added, diced tomatoes (undrained)  
1 3/4 cups fat-free, low-sodium chicken broth  
1 cup frozen whole kernel corn  
6 oz. canned, no-salt-added tomato paste  
4 medium green onions (green part only), sliced

### NUTRITIONAL INFORMATION

Calories 347  
Total Fat 5.0 g  
    Saturated Fat 0.5 g  
    Trans Fat 0.0 g  
    Polyunsaturated Fat 1.5 g  
    Monounsaturated Fat 2.5 g  
Cholesterol 64 mg  
Sodium 129 mg  
Total Carbohydrate 42 g  
Dietary Fiber 10 g  
Sugars 14 g  
Protein 34 g  
Dietary Exchanges  
2 starch, 2 vegetable, 3 1/2 very lean meat

### DIRECTIONS

Lightly coat a Dutch oven with cooking spray. Add the oil and heat over medium-high heat, swirling to coat the bottom. Cook onions for 3 minutes, or until soft, stirring occasionally. Reduce the heat to medium. Stir in the turkey. Cook for 5 minutes, or until browned, stirring frequently to turn and break up the turkey. Stir in the garlic, chili powder, pepper, and cumin. Stir in the remaining ingredients except the green onions. Cook for 5 to 7 minutes, or until heated through, stirring frequently. Just before serving, sprinkle with green onions.





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Honolulu, Hawaii 96817

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## *REHAB Foundation* offers new donor recognition levels



Generations of our donors have helped to ensure world class rehabilitative care right here in Hawaii. To recognize the generosity of supporters who enhance our ability to help rebuild the lives of our patients through annual contributions at a leadership level, REHAB Foundation has developed three donor recognition levels:

- \$250 to \$499 – REHAB Rebuilders
- \$500 to \$999 – REHAB Champions
- \$1000 or more – REHAB President's Circle

Donors at these levels will enjoy exclusive tours of the hospital; invitations to Mahalo Luncheons and other special events; and recognition at the appropriate leadership level during the year of donation.

Make a gift to REHAB through the enclosed envelope or online at [rehabhospital.org/foundation](http://rehabhospital.org/foundation).

For more information, call us at 808-566-3451 or email us at [foundation@rehabhospital.org](mailto:foundation@rehabhospital.org).