

*Stories about nurturing a mission and changing lives from the REHAB Foundation*



**REHAB FOUNDATION**  
Supporting the Rehabilitation Hospital of the Pacific

**WINTER 2017**

# REACH



## **Nurturing a Mission, Changing Lives**

How the REHAB Recreational Therapy Program is  
healing the body and the soul | p. 3

ON THE COVER:  
Senior Recreational Therapist  
Jill Martinez works with patient  
Flora Emoto on her balance  
and stability as she tends  
to the garden.



## MESSAGE TO THE REHAB 'OHANA

FROM MICHAEL W. PERRY

Legacy means so much more than money. It's about commitment, contribution, leaving something better than you found it. At REHAB, our legacy starts with our roots —the community, our patients and families, our donors and supporters. Our founders understood that health isn't just about recovery. It's about quality of life, independence, safety, and resilience. REHAB stands for all those things, and so much more.

This issue tells the story of one of those early founders. Tom Jones' dedicated his life to this special place — as a patient and board member and with the establishment of a legacy fund so that his commitment to REHAB could live on in perpetuity. Experience the partnership between therapists and patients and their hard work to find the best quality of life through the story of Mike Lum. And glimpse a few areas at REHAB where technology enhances our delivery of specialized care.

In Hawaii, we support each other. Healthcare may be in the news these days, but at REHAB, it's a way of life. It is because of your support and dedication that we have the opportunity to change and rebuild lives.

Mahalo,

**Michael W. Perry**  
Chairman, REHAB Foundation

### REHAB in the News

We are pleased to announce that Rehabilitation Hospital of the Pacific (REHAB) has been acknowledged as a Top Performer in medical rehabilitation for the fourth consecutive year and ranked among the top eight percent of 781 medical rehabilitation facilities in the nation for 2017 by the Uniform Data System of Medical Rehabilitation (UDSMR®).

This prestigious honor was given to REHAB in recognition of Outstanding Rehabilitation Program Performance and reflects our organization's strong standing amongst rehabilitation hospitals nationwide.

This achievement is a

testament to REHAB's passion for setting the standard of rehabilitation services in Hawai'i and dedication to providing the highest quality of care. As the only acute-care rehabilitation hospital in the islands, REHAB is committed to enhancing support of patients and their families throughout the healing process and helping patients rebuild their lives.



Supporting patient goals are a key focus for the REHAB Nursing Team.

# REACH

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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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# HEALING *the* BODY AND *the* SOUL

**Recreational Therapy** – engaging in life activities, even having fun, while getting better at the same time.

REHAB's Recreational Therapy team utilizes a variety of therapeutic techniques and activity-based treatments which incorporate a patient's lifestyle into the care process. Each therapy session is designed to provide patients a range of physical, cognitive, social and emotional therapy — all focused on building independence in life activities and promoting health and wellness. Treatments include animal-assisted therapy, music, gardening, simulated home environments for functional tasks like cooking, laundry, managing finances, and creative arts and crafts.

With Hawaii's year-round tropical weather, REHAB's Therapeutic Gardening program offers patients healing outdoors. The Building Industry Association award-winning designed planter sits outdoors in the Harry & Jeanette Weinberg Courtyard, next to the Healing Garden inspired by Adelia and Stephen Dung. The accessible planter was designed for therapy — promoting multi-patient group interactions, building social connections and allowing access from a seated position for patients who use wheelchairs. The planter made possible by a Quality of Life Grant from the Christopher & Dana Reeves Foundation is also raised, the perfect height for patients who stand with walkers.



Program interactions are adapted to interest and ability. Here patient Robert Hill of Hilo assists Recreational Therapist Katie Julian, CTRS with replanting activities



Patients work with plants and soil and at the same time, enjoy their own progress in areas of sensory awareness, functional mobility, strength, balance and coordination. The program makes available a variety of adaptive tools, and all food produced from the garden is incorporated into the cooking therapy sessions. "Patients are often frustrated with their limitations," shared Senior Recreational Therapist Jill Martinez. "Once we bring patients outside, we see their function improve and their confidence grow."

While at a glance it might seem like simple gardening, REHAB's Therapeutic Gardening program works with the comprehensive team of physicians and physical, occupational and speech therapists to build customized therapeutic treatments meeting the unique needs and interests of each patient. The strength of the program lies in the REHAB Recreational Therapy team — each a Certified Therapeutic Recreation Specialist (CTRS) through the National Council for Therapeutic Recreation Certification.

Recreational Therapy is not often covered, in part or full, by insurance, but it is offered to inpatients at no cost through support of our donor community, ensuring that patients receive specialized rehabilitation treatments optimal for healing.



Former patient and planter architect, Dean and Gene (far right) Asahina of Universal Construction, visit with patient Arthur Viera of Maui and Recreational Therapist Kristi Smith, CTRS

~ Tom Jones' Legacy ~

# One Man's Unexpected Tragedy Grows Into a Lifetime of Hope and Healing

As REHAB's fourth patient in 1953, no one knew then that Tom Jones' legacy and relationship with the hospital would last a lifetime. A former Marine recently engaged to his sweetheart, Anne, Jones had the world before him — the promise of a family, a career, and a brilliant future — until he plummeted 55 feet over a Hawaii Island embankment riding home after work with a friend. When he regained consciousness a week later at Tripler Hospital, he learned that his friend had survived and that he was lucky to be alive. But he also learned that he had lost all use of his legs.

Recovery took months, first in Hawaii and then at VA facilities on the mainland, but never once did he even consider the notion that this accident in any way changed his life's trajectory. He and Anne married as planned and then adopted two children. "We never thought of our dad as disabled," says his daughter, Laura, recalling his involvement in school activities, gardening, chess, coin and stamp collecting, and cooking.

"We even watched him put sprinklers in our yard all by himself!" recalls his son, Tom, Jr. Jones' career prospered too, pursuing his passion of agriculture — including work with the Hawaii Sugar Planters Association — and then landing a stockbroker position, where he continued to climb the corporate ladder.

Everyone who knew Jones heard him talk about the transformative impact his time at REHAB had on his ability to rebuild his life and how the therapists pushed him,



Tom Jones children, Laura and Tom Jr. see first hand how their father's legacy continues to nurture and heal as they visit with patient Robert Hill of Hilo

encouraging him to not give up. His children recall hearing the stories as they grew up and knew well his deep connection with the hospital over the years. "He would go out of his way to support others learning to live in a wheelchair," recalls Tom, Jr. "We would all head over to REHAB after school, so he could talk with patients and their families."

Jones understood the healing forces of the land, growing and tending a garden, bringing life from barren soil. Jones spent 25 years on the REHAB Foundation Board of Directors and brought that passion with him, encouraging the establishment of a recreational gardening program at the hospital. He diligently raised enough money to build a large greenhouse on the grounds in 1981. Affectionately called "Tom Jones' House," the greenhouse became

a respite where patients could grab tools, strengthen their muscles, and get their hands dirty.

His passion, generosity, and commitment to gardening didn't stop with the greenhouse, however. When Jones passed in 2000, his friends, colleagues, and associates established an Endowment Legacy Fund in his name so that a gardening program could continue in perpetuity. Making the first gift to the fund, Jones' good friend James C. Wo wrote to the Hospital:

*Tom Jones left a legacy at REHAB. He was one of the founding fathers and was truly committed to the hospital's mission. With my gift...this endowment will keep Tom's name and his love for plants in perpetuity, as is benefiting to all that he stood for. Patients will continue to enjoy the outdoors and work with special flowers and herbs as they gain independence and strength. It is my hope that others will add to this fund to support Tom's memory.*

And add to the fund they did! Well over one hundred gifts followed Mr. Wo's initial one, some as little as \$25 while others totaled much more. The endowment grew and earnings now support REHAB's Recreational Therapy Program, providing tools, plants and other needs for the garden therapy program. While the greenhouse has been demolished, an award-winning five-section planter now houses the gardening program, artfully designed to accommodate patients using wheelchairs and walkers and ample space to sit and relax outdoors. Patients participate in an activity like they may do at home, using skills like balance, coordination, and hand and motor skills — just as Jones always envisioned.



Jones passed on May 16, 2000, having spent over half a century in a wheelchair, but never sitting still. His children reflect back on his life filled with passion and energy and determination. "Even when he was in his late 60s, he wouldn't let anyone help him," Laura recalls. "He continued to work full-time, drive and care for himself."

Tom Jones — a man way ahead of his time — knew that compassion and real living come from within, that you simply plant a seed, tend it, and watch it grow. With his legacy and those who supported him and the REHAB mission, his determined commitment and never-failing outlook live on, blossoming and flourishing right here on the hospital's grounds.

## LEAVING A LEGACY

Choose to leave an everlasting impact to the REHAB mission by creating a legacy through an endowment gift. A gift to REHAB Foundation of \$10,000 or more can establish a named Endowment Legacy Fund.

An endowment is a permanent legacy gift that continues to provide support to REHAB for many years after the initial donation. Endowments are held in perpetuity and investment earnings are used annually to support the donor-designated mission purpose.

Hospital programs with ongoing annual needs that are enhanced from endowment gifts are:

- Clinical Education and Training
- Recreational Therapy Programs, such as Creative Arts Program
- Charity Care, Financial Assistance and Support for Uninsured and Underinsured Patient Care



Your Gift to REHAB

PERMANENT ENDOWMENT LEGACY FUND

Investment Earnings Support REHAB Mission

Contact Stacey Acma with the REHAB Foundation at 808-544-3387 or [Stacey.Acma@rehabhospital.org](mailto:Stacey.Acma@rehabhospital.org)



Tom Jones in the early years working with the Hawaii Sugar Planters Association

# Taking a *deep breath* can change everything

A breath of fresh air. For most, it's one of life's simple gifts — inhale, feel that fresh island air, exhale. But for those suffering from pulmonary disease and breathing difficulties, that simple pleasure can be snatched away, leaving them struggling to muster enough air to stand up from a chair or walk across the room.

Michael Lum knows exactly what that's like. Diagnosed with Guillane-Barre syndrome over a decade ago, Mike also suffers from Chronic Inflammatory Demyelinating Polyneuropathy (CIDP) a neuromuscular disease that periodically leaves him paralyzed from the neck down and Chronic Obstructive Pulmonary Disease (COPD), making it difficult for him to breathe effectively on his own. Mike is no stranger to REHAB, going there soon after his initial diagnosis and then as a volunteer. "I saw a stroke victim with one paralyzed arm volunteering at the hospital putting bed sheets on therapy tables," he recalls, "And I thought, I've got two arms! I can help too."

When his CIPD relapsed last year, Mike found himself needing a wheelchair and oxygen and challenged to do the simplest of tasks. Dr. Roger Yim, Mike's pulmonologist, knew he could build strength and find independence with REHAB's Pulmonary Rehabilitation Program, founded in September 2015 and the ONLY pulmonary program in the state.

"I looked around and said, 'I know these rooms! I volunteered in here,'" he says, remembering his time volunteering in the rooms that were renovated to house the Pulmonary Rehabilitation Program. Within two weeks of joining REHAB's program, Mike had regained

some strength and was out of his wheelchair, pushing it for stability, standing on his own. A short time later, he no longer required oxygen. "I didn't know I was getting better. I didn't understand they had this plan for me," he recalls. "But then it all came together — the different breathing techniques, the different machines and exercises, how they encouraged me, and how I pushed myself," he says. "I felt comfortable there, safe." The therapists had a plan, and what he was learning during the 6-week course was working, Mike realized, allowing him the chance to get out of the wheelchair and lead the independent life he so treasures.

REHAB Pulmonary Rehabilitation Program focuses on building patients' endurance through exercises, breathing techniques, stretching, nutrition, energy conservation and the role of a healthy lifestyle. The Program helps patients for whom shortness of breath impacts their daily lives, as well as those who want to better understand their disease and what they can do to proactively increase their independence. Vital signs and other indicators are carefully monitored before, during, and after each session ensuring patients stay on-track with what they can safely handle.



*"REHAB programs are built around wellness," says Dr. Roger Yim, specialist in Pulmonary Medicine at The Queen's Medical Center. "Participating in the REHAB Program can decrease hospitalizations, control and alleviate symptoms, and put patients on a path to a healthier, more productive and active life."*

Dr. Roger Yim, The Queen's Medical Center

Mike is quick to point out that his success is not simply because of a program. He knows that for most patients, their families and friends are not aware of the daily persistence and determination that goes into sticking with a program to transform your life — but it is possible. It is hard work — a lot of it — on the part of the patient, physician, and REHAB all working together to build optimal health. "When they asked me if I'd be interviewed for this article," he says, "I went home and cried. I was so happy someone recognized my hard work."

*To contact the Pulmonary Rehabilitation Program team, please call (808) 566-3577 or email [cardiopulmonary@rehabhospital.org](mailto:cardiopulmonary@rehabhospital.org).*



Patient Michael Lum visits with Cardiopulmonary Nurse Case Manager, Kasie Kiyuna, RN, who shared basic home activities to enhance a healthy and active lifestyle

## Donor Gifts at Work Tools for Rehabilitation

Proper rehabilitation can make a difference in recovery. Understanding the differences between a certified rehabilitation facility and other health care organizations is vital. Individuals receiving REHAB care benefit from a variety of treatment settings that provide the tools for rehabilitation - specialized, highly adaptive equipment to help patients reach optimal health and independence.

Through the generous support of our donors, REHAB professionals have access to the latest technology to create unique recovery plans for each patient.

### AQUATIC THERAPY

REHAB aquatic therapy program occurs in the beautiful Beatrice Lum Luke Therapeutic Pool facility. With a retractable roof and hydraulic lift to support safe transfer, the program is available to inpatients, outpatients and group classes with the REHAB Strong program. Keeping the pool facilities maintained is a priority, and donor funds support overall maintenance, repairs and purchase of various therapy equipment such as, resistance buoys, water barbells, weights, dumbbells and belts.

Aquatic therapy is designed to use the buoyancy of the water and resistance to improve balance and strength and to reduce chronic pain. It has the additional benefit of reducing or eliminating the fear of falling during therapy and compliments traditional physical therapy.



### ACCUVEIN AV400

A new tool for inpatient care is the AccuVein AV400, a portable scanner that digitally displays a map of the patient veins in real-time on the surface of the skin. This allows nurses to quickly verify vein location and flow and is most effective with patients who have difficult-to-find or damaged veins. The non-invasive external scan supports quick and focused IV insertion and higher patient satisfaction.

REHAB nursing staff shared, "we are very happy to have specialized equipment available that allows us to work quickly and ensure our patients are comfortable."



### GRANDSTAND III MODULAR STANDING SYSTEM (MSS)

Recovery is often a progression, and with advanced technologies, REHAB has the tools to support patients at all levels of need. The Grandstand III System allows patients to be placed from a seated to upright position and focus on stretching, increased flexibility, and range-of-motion exercises while maintaining proper weight-bearing and advanced positioning. Patients benefit from conditioning of their upper bodies and even completing independent and cognitive tasks. The standing frame allows our patients the opportunity to stand, counteracting the adverse effects of bed and wheelchair positioning.



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## ART CALENDAR SALE



Support **REHAB** with the purchase of the 2018 calendar for \$5 from the **REHAB Gift Shop** or online.



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226 North Kuakini Street  
Honolulu, HI 96817

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REHAB Foundation's annual calendar celebrates the personal expression, imagination and perseverance that each patient artist displays with the simple act of regaining their independence. A portion of the proceeds from each calendar supports necessary supplies so that each inpatient has an opportunity to participate at no cost. Order now for November delivery by calling the REHAB Gift Shop at (808) 566-3741 or online at [rehabhospital.org/foundation](http://rehabhospital.org/foundation)

## 2017 FIRST HAWAIIAN BANK / REHAB GOLF CHALLENGE

*Mahalo* to the sponsors, players and all who supported the 23rd annual First Hawaiian Bank/REHAB Golf Challenge on May 31, 2017, at Hawaii Prince Golf Club. Each year over 400 individuals, corporations and volunteers generously contribute their time, talents and resources to bring continued success. Together, we have raised more than \$3 million to date, improving the lives of patients and families touched by REHAB.

With the gracious efforts of our tournament co-chairs, Curt Otaguro of First Hawaiian Bank and Mark Teruya of Armstrong Produce, as well as Sharon Brown of Title Sponsor First Hawaiian Bank, the event continues to be a success. A warm mahalo to event committee members Ted McAneeley of Prince Resorts Hawaii, Gloria Gainsley,



Team First Hawaiian Bank Val Iwashita, Ray Ono, Sharon Brown and co-chairs Mark Teruya and Curt Otaguro

George Irion, Edith Leong and Alan Ohara, who work tirelessly to make the event special each year.

To learn how you can support our 24th annual First Hawaiian Bank/REHAB Golf Challenge on May 30, 2018, at Hawaii Prince Golf Club visit <https://rehabhospital.ejoinme.org/golf>.

## EMPLOYEE GIVING CAMPAIGN



You can help **REHAB** with a gift each pay period.

Simply spread your donation throughout the year with a payroll pledge via your employee giving campaign.

Designate your gift by using the REHAB code:

**Aloha United Way: # 70442**  
**Combined Federal Campaign: # 36519**



## UPCOMING EVENTS

### 2018 Feng Shui Extravaganza - Year of the Yang Earth Dog

Presented by Peter Lung of World of Feng Shui (WOFS) USA Honolulu

- Discover your Wealth Potential
- Boost Harmony & Luck
- Identify & Eliminate Obstacles in 2018

**Sat., January 20, 2018 • 9:30am - 12:30pm**

Proceeds support and event located at: Rehabilitation Hospital of the Pacific. Book early for the best rate, call WOFS (808) 739-8288 or email [info@wofsusa.com](mailto:info@wofsusa.com)



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