

STORIES OF TRIUMPH AND PROGRESS FROM CASA COLINA

keystone

2023



The Casa Colina Difference

With our patient-focused care, top-notch clinicians, and state-of-the-art facilities, the distinction is clear.



BOARD OF DIRECTORS

Casa Colina, Inc. and Affiliates

Our Board of Directors provides a special kind of leadership. Their responsible oversight and forward thinking enable Casa Colina to continue to grow in dynamic ways and evolve into one of the country's top medical and rehabilitation facilities. They comprise physicians, community leaders, and previous patients.

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FROM THE CHAIRMAN

On behalf of the Casa Colina Board of Directors, it's my pleasure once again to share with our community all the amazing progress happening at Casa Colina. From improved programs in sports medicine and adaptive recreation (p.19), to recently completed capital projects like the Loverso Education Center (p.10), our forward march continues resolutely at pace.

And for those successes, first and foremost, we have our people to thank. The doctors, nurses, therapists, and support staff powering Casa Colina are among the best and brightest in healthcare. These dedicated individuals bring their very best each day, striving to carry out our mission and build upon our 85-year legacy of excellent, patient-first care. It's why Casa Colina attracts such high-level talent, and it's why they stay.

This tradition of excellence, longevity, and commitment is no accident. It starts at the top. In fact, over the past 50 years, there have been just three Chief Executive Officers at Casa Colina's helm.

Dale Eazell, who began his 25-year tenure in 1973, brought many cutting-edge programs and services to our 20-acre Pomona campus. He also established our Foundation—the financial bedrock that has enabled Casa Colina to expand both ambitiously and wisely. We then saw the hiring of Felice Loverso, PhD in 1998. Dr. Loverso led a comprehensive expansion of Casa Colina and refocused the institution back toward a successful physician-led care model that enabled us to grow our impressive array of medical, surgical, and rehabilitative services.

And now, with the retirement of Dr. Felice Loverso in 2023, we have hired our third CEO in just 50 years: Kelly M. Linden.

Ms. Linden brings an exciting resume in healthcare management and strategy (p.16) that we believe will empower her to guide Casa Colina toward continued expansion and clinical excellence. More importantly, she understands the crucial importance of Casa Colina's time-honored culture. We put our patients first, second, and third. We operate in service to our community always. We proudly celebrate this rich history, and we couldn't be more pleased to follow our new, likeminded leader into this promising future.

And so, with confidence and determination we push forward. Thank you to each and every member of the Casa Colina community for your ongoing support. The journey continues, and we couldn't be more excited to see where it leads.

WARM REGARDS,

Edward "Randy" Blackman

Chairman, Board of Directors



FROM THE CEO

It is my privilege to introduce myself as the new President and CEO of Casa Colina Hospital and Centers for Healthcare. I am both proud and humbled to undertake this role representing one of the most prestigious providers of comprehensive healthcare services in our region.

The history of Casa Colina resonates with me, as it has with so many. Our great institution began as an endeavor to help a population desperately in need: children suffering the terrible effects of polio. Our founder, Frances Eleanor "Mother" Smith, sprang into action to address a lack of specialized care in our community, offering rehabilitation treatments widely unavailable to these patients at the time. The Casa Colina she envisioned was nimble, responsive, and always patient-centric—a place that spared no effort to get each young patient the unique care they required.

With the eradication of polio years later, Casa Colina pivoted, reinventing itself as a premier provider of rehabilitative services for people of all ages recovering from traumatic illness and injury. Since then, it has remained just as responsive, always able to anticipate and meet our community's next great need while putting patients and families ahead of all else.

It is this unapologetic, patient-first culture that appealed to me when the opportunity arose to join this historic institution, and I look forward to keeping that culture alive and well. With a solid financial foundation and strong, physician-led care model, as long as we stay true to these core values, I am confident that Casa Colina's best years are yet to come.

Our story has always been one of adaptation and preparedness—the ability to understand the coming challenges and meet them head-on. This proud heritage will serve as a guide-star as we strive to fulfill the healthcare needs of the ever-growing community we serve.

Thank you to the Casa Colina Board of Directors, staff, and physicians for the warm welcome. I'm excited to collaborate with all of you as we create our shared vision for the future.

SINCERELY,

Kelly M. Linden

President and CEO

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the casa colina difference



At Casa Colina, we are committed to making every patient's experience the very best it can be.

Why? Because that translates into better outcomes and quality of life.

In this issue of *Keystone*, we look at some of the outstanding Casa Colina programs that have helped us earn accolades for our excellence, as well as the patients who benefit from them.

In 2023, Casa Colina Hospital received the Healthgrades® Outstanding Patient Experience Award™ for the fourth year in a row, which placed us among the top 10% of hospitals nationwide.

For two years running, Casa Colina Hospital has received Four Stars from the Centers for Medicare & Medicaid Services (CMS) for Overall Hospital Quality, demonstrating consistent, high-quality scores in safety of care, patient experience, readmission, and more.

And, Casa Colina was ranked alongside just 26 other facilities in the United States in 2021 as one of the leading patient-recommended hospitals, according to data collected by the Hospital Consumer Assessment of Healthcare Providers & Systems (HCAHPS). According to that survey, 93% of our patients said they would “definitely recommend” Casa Colina to family and friends, putting us in the top 1% of hospitals in the U.S. for this category. We were one of just two hospitals statewide and the only one in Southern California to earn this distinction.

We value these honors not for the prestige, but because they reflect our dedication to ensuring that each of our patients truly experiences the Casa Colina difference.



finding her voice again

Alexis Evans can't remember anything about the day another car rear-ended her at a high rate of speed on Southern California's 91 Freeway—not being pulled from the wreck by bystanders, given CPR by a nurse in the crowd, or rushed to an emergency room by paramedics.

It started as an ordinary morning, just before Christmas 2021, with Alexis on her way to work as a file clerk at a law firm.

A graduate of University of California, Berkeley, she planned on attending law school in the new year. She slowed down as traffic ahead stalled, and suddenly that future was on hold.

The news was grim. Alexis suffered an Atlanto-Occipital dislocation (AOD), also called "internal decapitation," in which the skull separates from the spinal column. In 70% of cases, AOD is immediately fatal, because the nerve damage is so extensive or the spinal cord is severed. Those who survive this injury often become quadriplegic or can't breathe on their own due to respiratory paralysis.



Alexis practices assisted walking with the help of state-of-the-art technology and Casa Colina physical therapists Kendal Kagawa and Rachel Tran.

Fortunately, Alexis' spinal cord was not completely severed. By surviving, she had already beaten the odds. The 23-year-old would continue to beat them as her journey eventually brought her to Casa Colina Hospital, rated one of America's top rehabilitation facilities.

Before that could happen, she had surgery to reattach her spinal column to her skull. She also underwent multiple procedures while being hospitalized for nearly two months in Orange County. Early on, she needed a ventilator, later a tracheotomy to breathe, and a feeding tube. She couldn't move her legs or arms, and she answered questions by blinking "yes" or "no."

Her doctors diagnosed Alexis with locked-in syndrome, a rare neurological disorder in which a patient has cognitive function but is unable to move below the eyes or speak. They gave her parents, Jerald and Kathy Evans, a list of three convalescent homes for Alexis. "But we wanted her to have the very best care, nothing less," says her father.

One of her physicians referred her for inpatient rehabilitation. "That's when I met Dr. Patterson," says Alexis, who found her voice again at Casa Colina.

David Patterson, MD, Medical Director of Rehabilitation at Casa Colina Hospital and Centers for Healthcare, saw a glimmer of possibility when Alexis arrived at its Acute Rehabilitation Wing in February 2022. "Clearly there was some prognosis for recovery."

Alexis had difficulty breathing and considerable pain. She was frustrated by her condition. But on Dr. Patterson's first exam and subsequent complete neurological exam, "she wasn't locked in," he says.

A cervical 4 (C4) injury like Alexis' is considered the most critical and deadly spinal cord injury. "She defied that," says Dr. Patterson, as Alexis started moving distal muscles (in her lower arms, legs, hands, and feet).

He calls her progress since then "nothing short of a miracle. She is doing incredibly well."

The achievement is due to Alexis' determination, her family's support, and what they found on Casa Colina's 20-acre campus—a continuum of care that earned the hospital recognition from *Newsweek* as one of "America's Best Physical Rehabilitation Centers" in 2021 and 2022.

That means Alexis had some advantages, including "access to a treatment team that understands spinal cord injury," says Dr. Patterson, "therapists who think outside the box, and a place that never provides cookie-cutter care."

She powered through every challenge her therapists presented. Her parents saw the return of her pre-injury



Alexis (center) with her TLC care team, from L to R: Joseph Ponce, OTR/L; David Patterson, MD; Sarah Green, MA, CCC-SLP; Marisa Flores, PsyD; and Rachel Tran, PT, DPT, NCS.

"perfectionist" personality, reflected in Alexis' history as a straight "A" student and an athlete who played softball in high school as well as a travel league.

Alexis sums up what she brought to the task in a single word: "Perseverance."

After four months in the Acute Rehabilitation Wing, with expert physical, occupational, and speech therapy a minimum of three hours a day, five days a week, Alexis graduated to the Day Treatment Program at Casa Colina's Transitional Living Center (TLC). She traveled from her family's Yorba Linda home five days a week to receive intensive outpatient therapy five hours a day, focusing on independence, walking, core strength, and speech. "At first I could only whisper," she says. "Now at least I have a bit of a voice."

How often was it difficult to go on? "Every day," she says. But she kept going.

Alexis can now maneuver her power wheelchair with a joystick and deftly handles texts on her iPhone. She helps her parents with transfers from her wheelchair to van or bed. And she walks across the TLC with the assistance of a therapist and a machine attached to a track on the ceiling that holds up to 30% of her body weight.

As Alexis' time in recovery grew, so did the strain on her family from medical bills. Dr. Patterson turned to the Casa Colina Foundation to request supplemental care, funded by donor contributions. "As a teacher and a small business owner, Kathy and I can't afford this high level of care," says Alexis' father. "With the Casa Colina Foundation helping to cover her treatment, this place has given her a chance at life again."

Alexis' dream remains becoming an attorney with a specialty in international law. "It's a little ways off," she smiles. "I can see the progress. I'm proud of myself."



At first I could only whisper. Now at least I have a bit of a voice."



🏠 Patient Juan Mata and his wife, Maria, with Juan's care team from the Casa Colina Spine Program: Stephanie Johnstone, RN, BSN; Siraj Gibani, MD; and Faith Rea, PT, DPT, OCS.

a whole different world

Juan Mata finds patient-focused care in Casa Colina's Spine Program—and a new lease on life.

For over five years, Juan Mata endured debilitating back pain—pain so relentless he couldn't do the things he loved most, like playing catch with his grandsons, weightlifting at the gym, or even working.

He couldn't pinpoint the source of the pain. Was it the collision years before when a truck rear-ended his car? A few falls he had while camping? Twenty-seven years as a police officer—or a combination of the three?

He tried physical therapy, stability ball exercises, heating pads, over-the-counter medications. The pain always came back. After a while, he couldn't even sit or stand in one position for long. Still, he wasn't ready even to consider spinal surgery. "I was stubborn," he says now. "Pigheaded."

Then his primary care physician referred Juan to the Inland Neurosurgery Institute (INI), located on Casa Colina's Pomona campus—and home to some of Southern California's most renowned neurosurgeons.



It's a whole different world at Casa Colina. I've never had that kind of attention anywhere else."

Juan, now 67, already knew Casa Colina's stellar reputation. As a member of the Pomona Police Department, he had availed himself of its rehabilitation services a few times for aquatic therapy and balance training for his knee and ankle pain. But he had never encountered its outstanding surgical services.

What he found at Casa Colina was a patient-focused environment, including a comprehensive program of education and navigation services for patients with back pain. "At other hospitals, you're lost. They don't prepare you like Casa Colina," says Juan, who knows from experience. A few years earlier, he had knee replacement surgery at a different facility.

"It's a whole different world at Casa Colina," he notes. "I've never had that kind of attention anywhere else."

The Casa Colina Spine Program's full-circle approach is one reason it has received so many accolades. In 2023, for the third year in a row, Casa Colina was named one of America's 100 Best Hospitals for Spine Surgery by Healthgrades®, which evaluates performance at about 4,500 U.S. hospitals annually.

Casa Colina also received Healthgrades' Spine Surgery Excellence Award™ in 2022 and 2023, placing it in the top 5% nationally for spine surgery two years in a row. Other rankings include a Healthgrades Five-Star Recipient for Back and Neck Surgery™ (2021 and 2022), and for Spinal Fusion Surgery™ (2021-2023).

From the moment Juan met INI neurosurgeon Siraj Gibani, MD, Program Medical Director of the Casa Colina Spine Program, he knew he was in great hands. "He helped me understand what was going on with my back and gave me options of what we could do," says Juan.

Tests showed the main source of his pain was severe arthritis and inflammation between his L3/4 and L4/5 lumbar discs. Located in the middle of the spine, these discs play a key role in supporting the torso.

"It's important for patients to be given a range of options for addressing their spine ailments," says Dr. Gibani. "Often, it takes a multidisciplinary team to address common spine ailments, and using multi-modal management can give patients their best success."

Beyond world-class surgeons, that team includes physiatrists, pain management experts, a nurse navigator, and physical and occupational therapists. "Casa Colina

provides a one-stop shop to give patients the best access to these resources," says Dr. Gibani.

Initially, Juan opted to try an epidural steroid injection to eliminate his chronic pain. But, after about two weeks and little relief, Juan told Dr. Gibani to schedule his surgery. "I was ready to be pain-free," says Juan.

Then, Stephanie Johnstone, RN, BSN, Nurse Navigator for the Casa Colina Spine Program, stepped in to prepare Juan for what would happen next.

Her goal as liaison between the patient and the care team is to understand each patient's care needs before, during, and after treatment. "We want to empower them with knowledge and confidence in the hospital and out," says Johnstone. "All of which helps to ensure better outcomes."

Johnstone assists with scheduling, care coordination, education, and a willing ear. She pre-screens patients to assess their living situations, including stairs and other potential hazards, as well as their support systems at home.

Juan calls her one-on-one services "phenomenal." He especially appreciated the in-person and video class Johnstone prepares that guides patients through every stage of spinal surgery, from pre-op to post. He watched the presentation four times until he wasn't just prepared for his surgery, he was excited.

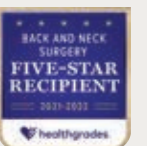
On June 28, 2022, Dr. Gibani performed a lateral interbody fusion, which gave him access to Juan's spine through a "side" approach. "This often spares the large muscles of the back, allowing patients to have a faster recovery," says the neurosurgeon.

Following his surgery, Juan was pain free for the first time in "years and years," he says. "The results went beyond my expectations." To further strengthen his back and legs, he took part in outpatient physical therapy at Casa Colina.

Juan is grateful to his wife and family for their support, as well as to everyone involved in his care at Casa Colina. He has become an unofficial ambassador for the facility, recommending it "as the place to go for anyone who wants a better quality of life for themselves."

He looks forward to picking up his baseball glove and to camping with his three grandsons. He also wants to rejoin the workforce. Best of all, he feels invigorated.

"I tell my wife, '67 is the new 18!'"



The Revive Joint Replacement Program at Casa Colina is committed to helping patients make the journey to a better quality of life.

This past fall, 76-year-old Ron Kelley went fishing in Canada, driving nearly three hours to reach his favorite fishing hole. He also journeyed to Mexico and Arizona on hunting expeditions, for which he had to push his 85-pound yellow Labrador Retriever, Princess, in a kennel “through three airports,” he says, “and I was able to do it.”

Contrast that experience with a year earlier in October 2021, when Ron took a road trip to Arizona for pheasant season, only to find that his right hip had deteriorated to the point he couldn’t even get out of the car.

The difference in that year? Ron had a hip replacement at the Revive Joint Replacement Program at Casa Colina Hospital. For two years, he tried cortisone injections, which helped relieve the pain, but their effectiveness was diminishing. “I should have come earlier,” he says of having surgery. “The pain finally drove me there.”

First, he did his research. Four times, Ron asked friends and physicians which surgeon they recommended and four times one name came up—Luis Corrales, MD, a board-certified orthopedic surgeon and Medical Director of the Revive Joint Replacement Program. “I looked no further,” says Ron, who retired two decades ago as a detective with the Pomona Police Department after a 35-year law enforcement career.

Ron may also have been reassured by the program’s use of state-of-the-art, 3-D computer navigation, robotic-arm assisted surgical technology, and minimally invasive, rapid-recovery surgical techniques—all of which typically result in less pain, shorter hospital stays, and faster healing for patients.

The Revive Program’s spirit of innovation—coupled with a culture that stresses education, early mobility, and family

involvement—earned Casa Colina Hospital the prestigious Gold Seal of Approval for Advanced Total Hip and Knee Replacement Certification in 2021 from the Joint Commission and the American Academy of Orthopaedic Surgeons.

In addition, Casa Colina was recognized as one of America’s 100 Best Hospitals for Joint Replacement (2022) and awarded the Joint Replacement Excellence Award™ (2020-2023) by Healthgrades®, a national resource on hospitals and physicians. Casa Colina also has been named a Healthgrades Five-Star Recipient for Total Hip Replacement (2021-2023) and Total Knee Replacement (2019-2023).

As Ron sat before him, Dr. Corrales saw someone “who could benefit from all facets of our program and the way our entire team comes together to help our patients optimize their healing,” he says.

Ron’s hip showed advanced arthritis and bone loss. The damage had progressed to the point that he now had a discrepancy in the length of his legs.

Suzi Johnson, PT, MPT, OCS, Orthopedic Care Coordinator at the Revive Program, stepped in as Ron’s patient advocate and liaison. She also instructs the Joint Replacement Education Class, which teaches patients how to prepare for surgery and what equipment and at-home planning they will need post-surgery. “Everything had been thought out, and everything she recommended helped me later,” Ron says.

Also instrumental in seeing him through the process were two orthopedic nurse specialists: Cynthia Lopez, NP-C, MS and Estrella “Star” Montes, RN, ONC.

The program’s focus on education isn’t accidental. “I’ve come to realize that the most important factor in getting a great outcome is the patient’s potential for healing,” says Dr. Corrales.

“Whenever I refer anyone to Casa Colina and Dr. Corrales, I tell them there’s a whole team that looks out for you. You are not alone.”

That capacity is driven largely by a patient’s willingness to commit to their health in terms of nutrition, exercise, and physical therapy. “We also spend a lot of time trying to reduce patients’ stress and anxiety about surgery to improve their mental well-being,” says Dr. Corrales.

The full-circle care is reflective of Casa Colina’s philosophy as a whole. “This hospital is unique in many ways,” says Dr. Corrales, who was named by *Super Doctors* as a Rising Star in 2022 and a Super Doctor in 2023. “One of the greatest ways is that the emphasis is always ‘patient first’ and on trying to achieve the best outcome for the patient. Everything else is secondary.”

As Ron entered the operating room, the sight of Dr. Corrales and his surgical team waiting for him calmed him. He especially appreciated that “Dr. Corrales took the time to explain step by step what I needed to do to have a successful surgery.”

Ron’s hip had been in such bad shape that he felt immediate improvement after the surgery. He had

transportation issues, so the program arranged for him to receive his physical therapy at home. Within a month, he was able to resume training his dogs (the lab and a pointer) and plan more trips. “It’s been a tremendous improvement,” he reports.

To Dr. Corrales, this is most rewarding aspect of his role—“Seeing someone come in with such a big burden, in terms of pain and dysfunction, and offering them hope and a better quality of life. They go from being debilitated to a few months later, beaming because they feel so much better.”

Each member of the team—including physiatrists, nurse practitioners, registered nurses, therapists, and case managers—helps make this transformation happen, he adds. “For us, it isn’t just the result that is so satisfying, it’s the journey.”

“That’s the plus,” says Ron. “Whenever I refer anyone to Casa Colina and Dr. Corrales, I tell them there’s a whole team that looks out for you. You are not alone.”

With Ron and Princess, the Revive Joint Replacement Program team, from L to R: Estrella “Star” Montes, RN, ONC; Luis Corrales, MD; Cynthia Lopez, NP-C, MS; and Suzi Johnson, PT, MPT, OCS.



it takes
a **team**



To learn how you can support the new Loverso Education Center, including through donations and naming opportunities, please contact the Casa Colina Foundation at 909/596-7733, ext. 2232 or foundation@casacolina.org.

everything in between—a collaborative space open to patients, families, staff, and the broader community. The interior layout offers a range of possibilities, from large gatherings up to 180 people, to smaller, more private meeting spaces separated by movable partitions.

To facilitate these gatherings, the Center features modern amenities and cutting-edge audio/visual equipment, including high-quality acoustics, a Savant Automation system for fully automated A/V control, and HIPAA-compliant video conferencing.

Inside and out, the Loverso Education Center is accentuated by Casa Colina's trademark Mission-style aesthetic, helping to ensure our campus remains a soothing environment for patients, families, and guests. Floor-to-ceiling windows bring the natural beauty of the Casa Colina campus into the room, providing a welcoming environment that feels spacious, open, and light. The facility is named in honor of retired President and CEO Felice Loverso, PhD, who during his 25 years of leadership led the transformation of Casa Colina into the premier provider of medical, surgical, and rehabilitative care it is today.

We're excited to introduce this new hub to bring our community safely together again. We hope you'll join us for an upcoming event!

A place FOR community

At Casa Colina Hospital and Centers for Healthcare, we know our community's health depends on more than just safe, high-quality care—it relies on our ability to provide accurate, timely health education and other critical community benefits for those who need them most.

That's why we're especially proud to unveil the latest addition to our 20-acre Pomona campus: the Loverso Education Center. This new meeting space provides a modern, well-appointed venue where the Casa Colina community can come together to participate in education seminars, clinical training, support services, wellness activities, and much more.

This 4,000-square-foot Center features a thoughtful, contemporary interior design that is capable of facilitating intimate gatherings, formal community meetings, and



« Felice Loverso, PhD stands outside the newly built Education Center, named in his honor and opened on Casa Colina's Pomona campus in November 2022.

gratitude IN motion

Charles Tachdjian turned his appreciation for Casa Colina's care into a philanthropic tradition.

When Charles Tachdjian arrived at Casa Colina Hospital for rehabilitation following a near-fatal car accident in August 2014, the then 77-year-old couldn't swallow, walk, take a shower, or even get out of bed by himself. He had to be fed through a tube in his stomach.

Sixty days later, he would walk out of the hospital on his own two feet. "I will never forget how wonderful everyone was and how well I was taken care of," says Tachdjian. "That's why I give to Casa Colina every year."

Tachdjian, a collector of vintage cars and trucks who owns American Classic Cars in La Verne, California, and his wife, Elaine, were on their way to a car show to exhibit the '48 Ford Deluxe Convertible he was driving on that summer day. He had only purchased the sleek coupe with its curved fenders the week before.

As he waited to turn into a parking lot, without warning another car rear-ended him, pushing Tachdjian onto the sidewalk, then smack into a fire hydrant. The force of the crash sheared off the top of the hydrant and left him with a broken cervical vertebra and injuries to his back, legs, and arms. "I thought my life was coming to an end," he recalls. His wife, who had been in the passenger seat, was shaken but walked away with a cut on her forehead.

Tachdjian spent a week in intensive care in Los Angeles before being transferred to a local hospital for surgery and a month-long

recovery. The healing had only just begun. His doctors referred him to Casa Colina Hospital's specialized Acute Rehabilitation Wing, one of the most comprehensive inpatient therapy programs available nationally.

"I could not take two steps," he says. "It took a long time before I could begin, but the team at Casa Colina never gave up on me."

Being unable to move was frustrating for someone like Tachdjian, who had been in love with speed from an early age. He grew up in Motor City, Detroit, then moved with his parents and six siblings to Southern California, where his father opened a wrecking yard. Tachdjian quit school in the 6th grade to help run the business. Later, he made extra money washing cars for used car dealers.

He and Elaine married at 20 (they recently celebrated their 65th anniversary), and he bought his first car dealership soon after. Over time, he acquired six dealerships. Eventually he sold those and invested in real estate. "I've had a great life," he says—and he includes in that his growing relationship with Casa Colina, first as a patient, now as a donor.

Tachdjian experienced Casa Colina's top-level care, supervised by board-certified physiatrists. A team of physical and occupational therapists helped him master small tasks initially, such as standing from a seated position or mimicking the motions of ironing and folding clothes.

“

The team at Casa Colina never gave up on me. That's why I give to Casa Colina every year.”



Charles Tachdjian and his wife, Elaine, with one of his classic cars outside Casa Colina Hospital.

As his neck healed, he regained his ability to swallow. Gradually he tackled walking with the help of the parallel bars. He climbed up and down stairs with assistance. "I tried really hard," he says. "Then the next day I tried a little harder."

The moment he was able to take three or four steps brought happy tears. "I couldn't believe I was walking again." A dream he feared had ended now held promise. He told himself, "If you want to get well, you'd better listen to these people."

After two months, Tachdjian went home. He continued a recovery program with a personal trainer but wasn't satisfied with his progress. In a short while, he returned to Casa Colina for a month of outpatient rehabilitation.

Throughout it all, Tachdjian, now 85, wanted to find a tangible way to thank Casa Colina for putting him back on his feet. He made his first philanthropic contribution after his recovery in 2014 and has continued to be an annual donor since.

The care he received at Casa Colina enabled him to continue living his passion as owner of American Classic Cars. In its gleaming showroom, cars from the 1950s-1970s and other eras take up residence in what resembles an auto museum.

Being there "keeps me going," says the avid car buff.

What also keeps him going is spreading the word about Casa Colina's excellence. "All those steps I took there," he says, "helped make me what I am today."

FOCUS ON FUNDRAISING

We're always exploring new ways to raise money for our patients and our community. Visit www.casacolina.org/give to learn more about how you can support Casa Colina today!

Ways to show your support include:

- » Direct donations
- » Naming opportunities
- » Event sponsorship
- » Memorial donations
- » Commemorative brick or tile
- » In-kind gifts
- » Volunteering

For more information, contact the Casa Colina Foundation at foundation@casacolina.org or 909/596-7733, ext. 2232.

sound**support**



A transformative gift from a familiar friend helps children with disability to find their inner musician.

Since 2002, Casa Colina and the San Manuel Band of Mission Indians have enjoyed a fruitful partnership benefitting children and adults with disabilities in San Bernardino and Riverside Counties. San Manuel has supported numerous programs and capital projects at Casa Colina, including our Children's Services Center, Outdoor Adventures program, and more.

In 2022, the organizations took their partnership to a new level thanks to a generous \$450,000 grant provided by San Manuel for an Interactive Musical Playground for children with pediatric disability. A first-of-its-kind structure in the region, this unique clinical tool provides therapeutic musical experiences to children with acquired or developmental delays in health, communication, cognitive development, and social-emotional development.

Construction is well underway on the playground—an innovative play structure where objects become musical instruments such as magical pebbles, a musical water harp, a musical staircase, and more. Through these custom-designed, museum-quality features, all connected to function together via interactive software, the playground

can be used to work with children on speech, motor, and social skills, empowering Casa Colina clinicians with a powerful, customizable, and—most importantly—fun clinical tool.

It's therapy disguised as play.

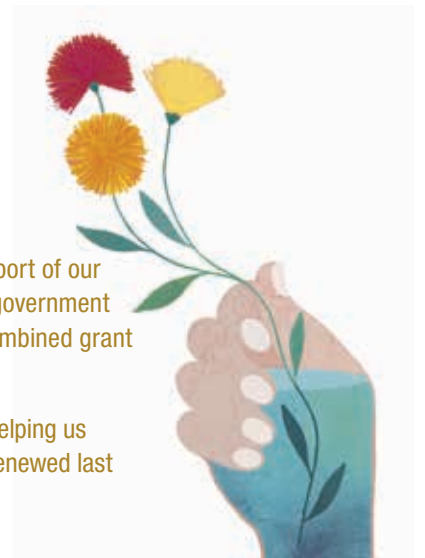
"The overarching goal of the Musical Playground is to enhance our ability to provide pediatric therapies while increasing access to music for children with disabilities—a historically marginalized population," says Michele Alaniz, OTR/L, director of Casa Colina's Children's Services Center. "The playground not only improves our ability to keep young clients engaged and having fun during therapies, but we now have a customizable clinical tool that can be adjusted to meet each child's unique needs and preferences."

The generous grant provided by San Manuel funds the software that connects the playground's interactive components and allows endless levels of customization, which will be critical to providing effective therapies. The funding also supports clinician training on the new software, as well as playground components such as magical pebbles, shade canopies, and more. Project completion and official naming are expected in late 2023.

Fundamental Kindness

At Casa Colina, it's our mission to optimize medical and rehabilitation outcomes for all of our patients. But we couldn't do it without the fundamental financial support of our granting collaborators, which include nonprofit foundations, private entities, and government agencies. For calendar year 2022, Casa Colina received nearly \$1.38 million in combined grant funding toward clinical research, program development, and more.

We sincerely thank these faithful funding partners for believing in our mission and helping us put it into action each day. Here are just a few of the wonderful grants received or renewed last calendar year.



Sleep SMART: Sleep for Stroke Management and Recovery Trial

National Institutes of Health – \$80,000

The Casa Colina Research Institute has received funding for a National Institutes of Health (NIH) StrokeNet trial involving thousands of patients from over 100 hospitals. The primary goals of this study are to determine whether: (1) treatment of obstructive sleep apnea (OSA) with positive airway pressure after a stroke reduces recurrent stroke and other adverse outcomes; and (2) whether treatment of OSA shortly after stroke improves stroke outcomes at three months. The NIH created StrokeNet to conduct clinical trials and research to advance acute stroke treatment, prevention, and rehabilitation.

Relation Between Blood-based Biomarkers, Genetic Profile, and Level of Consciousness in Patients With Severe Acquired Brain Injury

The Kenneth T. and Eileen L. Norris Foundation – \$52,000

There remains a lack of available tools for understanding the variability of recovery in patients with severe brain injury who present disorders of consciousness (DOCs). Personalizing rehabilitative treatment according to accurate prognostic models could optimize its efficacy and reduce costs. This project uses an innovative, multi-modal approach to characterize blood and genetic profiles in DOC patients, taking into account behavioral, electrophysiological, and neuroimaging data. The goal is to establish comprehensive neural profiles that will better predict outcomes and will help to develop personalized treatments for this challenging patient population.

Children's Services Center General Operating Funds

Larry and Helen Hoag Foundation – \$50,000

Thanks to funding from the Hoag Foundation, the Casa Colina Children's Services Center is better equipped to provide comprehensive services for children with physical, developmental, and neurological disabilities. The grant will help CSC to expand existing therapeutic and rehabilitative services as well as to develop new programming to address the needs of young adults with disabilities transitioning into the community—a key priority of our Children's Services Center.

Investigating Global Brain Health in Stroke Recovery

University of Southern California/New York University/Emory University – \$26,400

Global brain health (GBH) is defined as the "cellular, structural, and vascular integrity of the whole brain." This multi-site clinical research collaboration with University of Southern California, New York University, and Emory University investigates the role of GBH in stroke recovery. The central hypothesis of this proposed research is that poor GBH is related to poor stroke outcomes and that severe acute stroke injury is related to worsening of GBH. The project hopes to establish GBH as a meaningful contributor to stroke recovery, stimulating new avenues for research and therapeutic development.

a guide for the future



📍 Kelly Linden joins Casa Colina as its new President and CEO in February 2023.

With new leadership comes fresh ideas, different perspectives, and the opportunity to pave a new way forward. Casa Colina has always embraced change. But here, one thing will forever remain: a culture committed to patient care.

Honoring that commitment, and with an eye toward the brightest of futures, the Board of Directors has announced the appointment of a new President and Chief Executive Officer to guide Casa Colina into its next chapter and beyond. Kelly M. Linden joins Casa Colina with decades of leadership experience in the healthcare industry, including an impressive background spanning operations, strategy, and business development.

"Ms. Linden brings such a wealth of diverse, relevant experience in healthcare management, and we are confident she will guide Casa Colina toward continued and long-term success," says Randy Blackman, Chairman of the Board of Directors.

"We look forward to her measured leadership as we pursue our vision to lead and define excellence in specialized medical, surgical, and rehabilitative care, and we couldn't be more excited to begin this new chapter in Casa Colina history."

Her resume offers plenty of room for optimism. From 2017 to 2021, Ms. Linden served as Chief Executive of Providence Saint Joseph Medical Center in Burbank, California, leading a 392-bed nonprofit acute care hospital, including the oversight of local governance, medical staff relationships and resourcing, strategy development, quality, regulatory and accreditation compliance, and financial operations. Prior to that, from 2012 to 2017 she served as Executive Vice President and Chief Operating Officer at St. Mary Medical Center in Apple Valley, California. Between 1997 and 2012, she served as Vice President of Business and Strategic Development, and eventually as Senior Vice President and COO, at Methodist Hospital of Southern California.

Ms. Linden has also earned several career distinctions. In 2020 she was recognized by the *Los Angeles Business Journal* as one of the "Top Women in Healthcare," and prior to that, in 2011, as one of "Fifty Women of Influence" by *The Pasadena Magazine*.

As she becomes Casa Colina's first new CEO in 25 years, Ms. Linden has already embraced the institution's rich history of putting patients first, each and every time.

"I am beyond proud to be joining an institution like Casa Colina, which offers so much value to patients and families," says Ms. Linden. "From our humble start as a treatment center for children with polio, to our more recent expansions into medical and surgical services, Casa Colina has shown itself to be nimble, dynamic, and responsive to the changing needs of the community."

"I look forward to carrying on our 85-year tradition of excellent, patient-centered care."

TRIBUTE TO COURAGE

Casa Colina Hospital and Centers for Healthcare was pleased to welcome our generous supporters back in person for the Tribute to Courage Gala Saturday, September 17, 2022 at the Sheraton Fairplex Hotel and Conference Center in Pomona.

Casa Colina's largest annual fundraiser, Tribute to Courage honors the bravery and perseverance of patients rehabilitating from disabling injury or illness, as well as the healthcare workers dedicated to improving their quality of life.

With last year's gala held virtually due to Covid-19 restrictions, it was a welcome return to normalcy for this annual black-tie fundraising event. Actor, writer, and producer Bonnie Hunt returned once again to host the ceremonies.



Following the theme of "Resilience," this year's Gala offered a joyful



and at times deeply emotional retrospective on five former Casa Colina patients, whose uncertain journeys from traumatic injury and illness played out over the past two decades. Guests of honor included Robert Duncan, Marco Ferreira and Wendy Tucker, Katrina Hannah, Captain Patrick Horan, and Joanne Lichtman.

The event also offered an opportunity to acknowledge nearly 25 years' worth of contributions from its outgoing CEO, whose official retirement occurred in February 2023. Touching upon the profound impact Dr. Felice Loverso's leadership has had on Casa Colina patients and the broader community, guests were treated to a heartfelt video featuring longtime Casa Colina employees as well as the announcement of the naming of the new Loverso Education Center on Casa Colina's 20-acre Pomona campus.

With more than 900 attendees, Tribute to Courage 2022 raised \$730,000 toward our Free and Subsidized Care Fund, which helps patients and families who need but cannot afford Casa Colina's specialized services.

growth & progress

1 NEW-LOOK TRANSITIONAL LIVING CENTER

For more than 40 years, Casa Colina's Transitional Living Center (TLC) has offered comprehensive short-term residential rehabilitation to individuals recovering from neurological injuries and illness. Recent upgrades to this critical part of our care continuum will enable Casa Colina to offer CARF-accredited residential rehabilitation services to more clients in need. Several existing dual-occupancy rooms will be reconfigured to create more individual-occupancy rooms, offering higher levels of privacy and comfort for TLC residents living in Buildings 6 and 7. In addition, remodeled bathrooms, lobby, offices, and a renovated physician clinic room in Building 8 will comfortably accommodate more residents and staff. Residents are also excited to be getting new flooring, lighting, cabinetry, and paint throughout all residential buildings and gym spaces, as well as new furniture in common areas and patient rooms.



2 TLC DAY TREATMENT RENOVATIONS

Renovations to the new TLC Day Treatment space (formerly the Adult Day Healthcare building) began in March 2023. These upgrades include new treatment areas, gym space, outdoor gardening and picnic area, and more, enabling our Day Treatment Program to provide a broader array of intensive therapeutic services and serve as many as 10 additional clients daily with disabling neurological conditions. Office

space, restrooms, and other interior areas will also be updated with new flooring, paint, and other renovations.

Day Treatment clients have access to all the same services as TLC residents, including physical, occupational, and speech therapies; driver-simulation training; neuropsychology; and more, all in a setting designed to resemble community and encourage re-integration into home life.

The Day Treatment building will also serve as home to an

exciting new TLC program. Our Advanced Day Treatment Program offers Day Treatment clients a blend of virtual and onsite therapy tailored to their unique needs. The program is designed to incorporate newly learned strategies and skills from outpatient therapy into the client's home environment. Clients connect with their therapists remotely several times per week, while still receiving onsite therapy as needed to acquire new functional skills.



3 NEW ELECTRONIC HEALTH RECORD IN DEVELOPMENT

Casa Colina is in the process of implementing a new, state-of-the-art MEDITECH Expanse electronic health record, with expected completion by summer 2023. The project includes the creation of a HIPAA-compliant portal where patients may log in securely to access their personal health information, allowing them to obtain medical records, refill prescriptions, and more, all from the convenience and comfort of their personal device. Branded "MyCare," the new patient portal will be accessible via the Casa Colina website and also in app form.



4 THE COLISEUM: A NEW SPORTS MEDICINE PROGRAM AT CASA COLINA

Last summer, The Coliseum sports medicine program began serving patients in the Outpatient Center on Casa Colina's Pomona campus. Overseen by Steven Bast, MD, an orthopedic surgeon with specialized training in sports medicine, The Coliseum is dedicated to treating athletes of all ages and abilities, offering sports injury screenings, concussion screenings, return-to-play programs, and much more. The newly renovated sports medicine gym offers state-of-the-art athletic and training equipment to help our experienced clinical staff assess athletes and develop an individualized plan to address their needs. Free injury screenings are offered every Monday night, where athletes can be seen by a doctor of orthopedics, doctor of physical medicine and rehabilitation, physical therapists, and certified athletic trainers.



5 OUTDOOR ADVENTURES EXPANDS WHEELCHAIR SPORTS

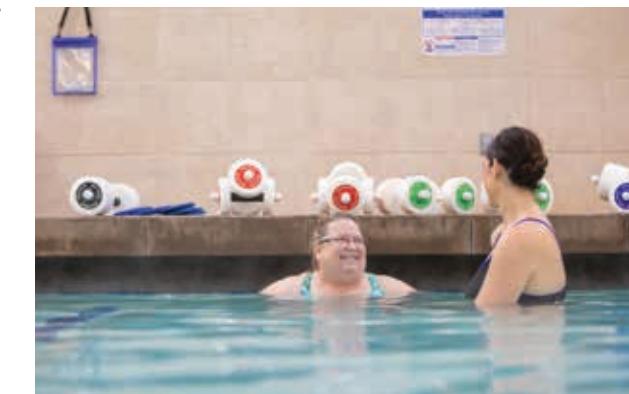
Casa Colina's beloved Outdoor Adventures program is expanding to include a wider variety of activities, including casual and competitive wheelchair sports. This expansion includes the acquisition of high-quality, customizable sports wheelchairs, hand-cycles, and other adaptive equipment, which will help ensure the program can meet the unique needs of participants with a range of disabilities and injuries. The program aims to create new and life-changing opportunities for individuals with spinal cord injury and other disabilities, helping them to acquire new skills, build community among peers, and have access to year-round wheelchair sports in the local region.



6 REMODELS AT LUCERNE VALLEY

Casa Colina's long-term residential care facility in Lucerne Valley has received a comprehensive upgrade to improve living and common spaces for its residents. The remodel includes internal upgrades such as new paint, new cabinetry and baseboards, and an updated kitchen,

while outdoors the facility received new fencing for the livestock corral and improvements to the swimming pool and fishing pond. Casa Colina's Lucerne Valley facility continues to operate at or near capacity and since 1989 has been home to one of our two long-term residential programs for individuals with traumatic or acquired brain injury.



7 OUTPATIENT EXPANSIONS CONTINUE

With increasing demand for services, Casa Colina has continued to refine its Outpatient Center to accommodate more patients. This includes equipment upgrades in our orthopedic and sports medicine gyms, remodeled treatment areas, and cosmetic upgrades in our aquatic therapy center. Sharp increases in demand for hand therapy, sports medicine, Ehlers-Danlos Syndromes, lymphedema, and other programs have required creative remodeling of existing areas to generate new treatment space. Our goal is always to accommodate patients safely and comfortably as we provide our specialized medical and rehabilitative care.

A WEALTH OF KINDNESS



Nobody is ever truly prepared to face traumatic injury or illness. Besides the physical, mental, and spiritual challenges, many patients also face financial barriers to recovery, decreasing their chances to achieve the greatest possible outcome.

This is where Casa Colina's giving community shines. Your donations open the door to a brighter future for patients who need but cannot afford our specialized medical, surgical, and rehabilitative services. Last fiscal year, Casa Colina was humbled to provide more than \$4.66 million toward free care, subsidized care, and other critical community benefits, expanding access to our life-changing programs for more individuals in need.

When you give to Casa Colina, you become part of each patient journey. Whether in the form of direct donations, employee giving, or estate planning, your gifts create a meaningful impact on patient outcomes. From children with autism, to adults with brain or spinal cord injury, to seniors with Parkinson's disease, every dollar of your enduring kindness is reinvested into their care, enriching their lives and strengthening the vitality of our community.

In addition to dollars, you also give your time. Last year, more than 100 of our hardworking volunteers contributed 8,700 hours in support of our specialized programs and services.

Your kindness comes with a promise. Every hour volunteered and every dollar received is maximized to ensure our patients reap the greatest possible benefit.

On their behalf, Casa Colina acknowledges the following groups and individuals for their important contributions to patient care.

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The Kenneth T. & Eileen L. Norris Foundation
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IN MEMORIAM

Arvind K. Mohile, MD, MHA

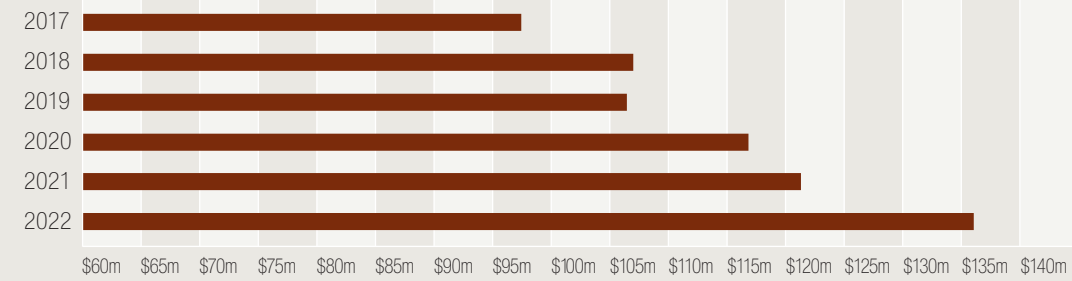
It is with great sadness that we mourn the passing of Dr. Arvind Mohile, a longtime healthcare management advisor and friend to Casa Colina Hospital and Centers for Healthcare.

Dr. Mohile was a consultant to Casa Colina for more than 20 years and was instrumental in helping past President and CEO Felice Loverso strengthen physician relations in our region after the rebuilding of Casa Colina's Pomona campus. In addition, Dr. Mohile was a strong supporter of Casa Colina's philanthropic efforts and a steady presence at our many galas and other fundraising events.

Dr. Mohile will be dearly remembered for his positive interactions with staff and physicians in the Casa Colina community, and he will be missed by all.

CASA COLINA'S OPERATIONAL PERFORMANCE

NET REVENUE FROM OPERATIONS *Excluding Foundation*



BALANCE SHEETS *Consolidated/Unaudited*

March 31, 2022 and 2021

ASSETS	2022	2021
Current assets	\$67,815,000	\$55,852,000
Investments	106,750,000	107,181,000
Assets limited as to use	16,398,000	15,983,000
Property and equipment, net	89,175,000	94,375,000
Other assets	2,567,000	2,766,000
Total Assets	\$282,705,000	\$276,157,000

LIABILITIES AND NET ASSETS

Current liabilities	\$21,161,000	\$27,707,000
Long-term debt and other liabilities	47,645,000	49,717,000
Net assets with and without donor restrictions	213,899,000	198,733,000
Total Liabilities and Net Assets	\$282,705,000	\$276,157,000

OPERATING ENTITIES* FINANCIAL PERFORMANCE *Unaudited*

Fiscal year ending March 31

REVENUES	2022	2021
Net patient services revenues	\$128,403,000	\$113,095,000
Other operating revenue	3,029,000	4,560,000
Transfers from Foundation for uncompensated care and community benefits	4,606,000	3,729,000
Total Revenues	\$136,038,000	\$121,384,000

OPERATING EXPENSES

Salaries and benefits	\$72,144,000	\$65,357,000
Other expenses	35,929,000	35,003,000
Total Operating Expenses	\$108,073,000	\$100,360,000

Net Income from Operations Prior to Depreciation, Interest, and Amortization	\$27,965,000	\$21,024,000
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*Excludes Foundation

SPECIALIZED CARE, CLOSE TO HOME



Casa Colina opened its doors in 1938 in Chino, California, as an inpatient treatment center for children rehabilitating from polio. Since then, its staff, with the support of the Casa Colina Board of Directors, has continually expanded services to meet the growing needs of the community and beyond.

Casa Colina offers the following medical, surgical, and rehabilitation services:

- Acute care hospital with 68 rehabilitation beds, six intensive care unit beds, 25 private medical beds, three operating rooms, and a gastroenterology procedure room; accredited by the Joint Commission and the Commission on Accreditation of Rehabilitation Facilities
- Transitional Living Center with 46 residential rehabilitation beds, day treatment program, and advanced day treatment program; accredited by the Commission on Accreditation of Rehabilitation Facilities
- Long-term residential facilities in Apple Valley and Lucerne Valley with 85 shared beds for people with brain injuries; 12 beds in Claremont for adults with developmental delay; licensed by the Department of Social Services
- Outpatient rehabilitation centers in Pomona and Azusa
- Physician clinics with over 30 medical specialties
- Hyperbaric medicine, wound care, and limb preservation
- Diagnostic imaging
- Audiology
- Children's outpatient services
- Research institute
- Laboratory
- Support groups
- Wellness and fitness programs
- Community and professional education programs
- Outdoor Adventures recreational therapy and wheelchair sports program

Also on the Pomona campus:

- Casa Colina Ambulatory Surgery Center
- Medical office building with Garey Orthopedics, Mountain View Urgent Care, Pomona Dialysis and Vascular Center, San Antonio Pharmacy
- Inland Neurosurgery Institute

To learn more about Casa Colina's continuum of care, visit casacolina.org.

OUR MISSION

OPTIMIZE MEDICAL RECOVERY AND REHABILITATION OUTCOMES FOR ALL PATIENTS IN A SAFE ENVIRONMENT THAT RESPECTS THEIR DIGNITY, DIVERSITY, AND INDIVIDUALITY.

OUR VISION

LEADING AND DEFINING EXCELLENCE IN SPECIALIZED MEDICAL, SURGICAL, AND REHABILITATIVE CARE.

OUR VALUES

APPLY CLINICAL EXCELLENCE, EDUCATION, AND RESEARCH TO ENHANCE QUALITY OF LIFE IN THE COMMUNITIES WE SERVE, WITH A COMMITMENT TO COMPASSION, COLLABORATION, AND INTEGRITY.



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Pomona, CA 91769-6001



**CASA COLINA HOSPITAL AND
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Corporate Offices – Ext. 2300
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Patient Accounting – Ext. 5558
Foundation – Ext. 2232
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CASA COLINA AZUSA CENTER

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626/334-8735

CASA COLINA AT APPLE VALLEY

22200 Highway 18
Apple Valley, CA 92307-3948
760/247-7711

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