BUILDING ON A STRONG FOUNDATION:

The Pillars of Casa Colina

CLINICAL EXCELLENCE, EDUCATION AND RESEARCH
I have just completed my first year as Chairman of the Board of Directors at Casa Colina Hospital and Centers for Healthcare. Though I have been a member of the Board for 14 years and involved in Casa Colina programs since the late 1980s, I remain amazed to witness over and over the life-changing work that happens daily at Casa Colina.

My role as Chairman, in which I am honored and humbled to serve, has given me an ever-clearer perspective of what makes Casa Colina such a special place. Most importantly, the entire team – from management to nurses and clinicians to housekeeping and administration – is focused on our patients and their well-being. That singular focus creates the best possible outcomes for those among us who face the most difficult, even devastating, challenges. The endlessly positive attitude and collaborative effort of the Casa Colina team engages patients to believe in and strive for their own highest levels of recovery. As I’m fond of saying, magic happens here.

After all my years of involvement, I am more committed to and excited about Casa Colina than ever. Not only is today’s Casa Colina a unique and extraordinary institution, our future can be even brighter with our major investments in fortifying our fundamental pillars: clinical excellence, education and research.

In my view, Casa Colina is one of the brightest gems in our community, not only for the thousands of patients we have served annually but for the many thousands of patients and families we have yet to serve who will be thankful Casa Colina is here when they are in need.

On behalf of my fellow directors and the Casa Colina team, I extend our gratitude to our generous supporters. You make it possible for us to do this important work. Inspired by your belief, we can dream big and make dreams happen. Those dreams include developing high-tech ways to intervene in spinal cord and traumatic brain injuries, sought-after residency programs and our proven, intensive rehabilitation approach.

We thank you and invite your continuing participation in our mission.

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Our Board of Directors provides a special kind of leadership. Their responsible oversight coupled with their forward thinking has enabled Casa Colina to continue to grow in dynamic ways and set the stage to evolve into one of the country’s top medical and rehabilitation facilities. They are comprised of physicians, community leaders and previous patients.

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Recruiting Top-Tier Talent

The commitment to clinical excellence at Casa Colina is rooted in the community’s need for expert, comprehensive medical care. “If the community is healthy, Casa Colina is healthy,” said Felice L. Loverso, Ph.D., President and CEO.
Casa Colina uses a variety of strategies to recruit high-caliber clinical talent to its campus, including research fellowships, internships, job shadowing opportunities and residency programs. However, one of the hospital’s most powerful tools is the physician relocation agreement, which guarantees a clinician’s base salary for up to two years. This level of support can give a physician the freedom and security to transition to a new community or build a new practice. It also allows for effective succession planning as physicians retire, which helps ensure continuing services to the community.

Felice Loverso, Ph.D., Casa Colina President and CEO, said, “because we knew the community required this level of care.”

Since 2000, Casa Colina has recruited numerous physicians with the aid of relocation agreements. Before entering into such an agreement, Casa Colina engages an independent analyst to assess community needs within the hospital’s service area. The findings guide the types of specialists Casa Colina chooses to recruit. But Casa Colina’s dedication to helping its physicians do their best work doesn’t stop with relocation agreements, said Loverso. “It extends to our state-of-the-art facilities, including our new Medical-Surgical Wing, along with our highly trained nurses, technicians and our leadership in acute rehabilitation.”

Neurosurgical Excellence

Over the past decade, Casa Colina has deployed strategic physician relocation agreements to help fulfill the need for top neurosurgical care in the region. These agreements have helped to add three outstanding board-certified neurosurgeons at the Inland Neurosurgery Institute (INI) with a fourth due in summer 2018.

“Aaron Cutler, M.D., appreciates how Casa Colina’s support has assisted INI in assembling a solid core of neurosurgical expertise and opened the opportunity for him to choose the type of team he wanted to join. “Each of us at INI offers a broad foundation and subspecialist’s knowledge that contributes to our growth as a Center of Excellence,” said Dr. Cutler, also named a Regional Top Doctor in various publications.

Ramin AmirNovin, M.D., FAANS, first visited Casa Colina in 2007 and stayed, won over by its professionalism. “I love Casa Colina because it cares about bringing medical talent to this community and building a true place of excellence,” he said.

Dr. AmirNovin earned his medical degree with highest honors from New York University University Medical School. He completed his General Surgery Internship and Neurological Surgery Residency at Harvard Medical School and Massachusetts General Hospital (MGH). A two-year fellowship at MGH honed Dr. AmirNovin’s skills in functional and stereotactic neurosurgery, which uses 3D imaging to guide a surgeon to the exact location of a lesion, such as a brain tumor, sparing surrounding healthy tissue.

Having the latest, high-tech facilities on the Casa Colina campus enables him to practice another of his advanced subspecialties: deep brain stimulation (DBS). A form of stereotactic surgery, DBS delivers electric impulses to specific brain areas to restore disrupted circuits. It is considered the best surgical intervention for Parkinson’s disease.

Richard M. Young, M.D.

Joining the INI team at Casa Colina this summer will be neurosurgeon Richard M. Young, M.D., whose subspecialty is endovascular neurosurgery and interventional radiology, minimally invasive image-based procedures used in diagnosis and treatment of diseases of the head, neck and spine. Dr. Young earned his medical degree at New York Medical College. During his residency in neurological surgery at George Washington University Hospital in Washington, D.C., he was a research fellow at the National Institutes of Health. He is fellowship trained in interventional neuroradiology at UCLA.

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A residency is a special rite of passage at Casa Colina. It is a rare opportunity for those who meet the programs’ rigorous standards to grow beyond their expectations. Our residents represent some of the nation’s best and brightest – new physicians who will specialize in Physical Medicine and Rehabilitation (PM&R) and therapists who will specialize in neurological and orthopedic occupational or physical therapy.
resources to train these residents and fellows. What they learn from us now will impact thousands of patients across the country for decades to come,” said Felice Loverso, Ph.D., Casa Colina President and CEO.

In these post-graduate training programs, a resident or fellow may perform as a licensed practitioner while training under the supervision and mentorship of an experienced preceptor.

Before the first residents or fellows could arrive at Casa Colina almost 10 years ago, hospital leadership had to ensure that its physicians, nurses and therapists were prepared to mentor them.

The programs also had to be accredited by several organizations, including the Accreditation Council for Graduate Medical Education (in affiliation with OPTI, the official designee of the American Osteopathic Association), the American Association of Physical Therapy, and the American Physical Therapy Association. This process involved a multitude of reports and on-site inspections.

**DECADE OF EXPERIENCE**

The PT residency is the oldest program at Casa Colina, having launched a decade ago. It is overseen by a team of lead PTs – Stephanie Kaplan, Cathy Timple, Rachel Tran and Andrea Hasting – along with specially trained clinicians.

New in 2017, the OT residency is supervised by Debra Ouellette and Susie Wong-Okamoto. A PT Fellowship program that focuses on movement and performance was initiated in 2017 in partnership with Arizona Pacific University.

Ross Bogey, D.O., came to Casa Colina in 2016 for the opportunity to build its PM&R Physican Residency Program into one of the best medical education training sites in the western United States. He now directs the program with a team of four other Casa Colina PM&R physicians.

Previously, he was on the teaching faculty at Baylor Institute for Rehabilitation, Keiser Institute for Rehabilitation, University of Texas-Southwestern Medical Center and Rehabilitation Institute of Chicago and was chosen as Teacher of the Year at the latter two programs. During his career, Dr. Bogey has trained more than 300 PM&R residents.

“I took the best elements from those PM&R Residency programs and implemented them here,” he said. “I chose those aspects I thought would work well with Casa Colina’s strong rehabilitation culture.”

Residency and Fellowship programs at Casa Colina are providing extraordinary experiences and training to new physicians who will specialize in PM&R and to therapists who will specialize in neurologic and orthopedic occupational (OT) or physical therapy (PT).

Education is one of the pillars on which the Casa Colina mission is based. “We have made a substantial commitment to ensure that all our residents have the opportunity to learn from us,” said Rosemary dive Long, D.O., associate director of四大 PM&R residencies.

**FACING NEW CHALLENGES**

Residents and fellows in the physical and occupational therapy programs undergo a year of intensive training, devoting long hours to participating in neurological and orthopedic OT and PT sessions. “We want them to develop knowledge at a faster pace by working with seasoned mentors,” Kaplan explained.

Physician residents spend three years in training, divided into 18 two-month clinical rotations, each focusing on different rehabilitation subspecialties. The residency is nothing if not eventful. As one of the nation’s top rehabilitation hospitals, Casa Colina gives PM&R residents the opportunity to see an extremely broad spectrum of patients. During the week, they accompany staff physicians on their rounds plus participate in on-call coverage.

“In my first two months shadowing a Casa Colina physician, I was already exposed to patients with musculoskeletal issues, West Nile Virus, encephalitis and patients considered medically complex with multiple conditions,” said PM&R resident Katherleyan Bhuvaneswaran, D.O.

In addition, Casa Colina has made arrangements with other area hospitals, enabling PM&R residents to gain experience in other settings, such as Chino Valley Medical Center, Children’s Hospital Los Angeles and San Antonio Regional Hospital.

**PUTTING PATIENTS FIRST**

Above all, residents and fellows in every program quickly learn that at Casa Colina, everyone – doctors, nurses, therapists – must put patients first. “If someone needs a glass of water, meds or help getting to the bathroom, it’s everyone’s job,” Kaplan said. “This philosophy was installed in us since day one at Casa Colina,” said PM&R resident Thomas Kim, D.O. “Better patient care is just part of the culture here.”

Beyond time working with patients, all residents and fellows must complete a rigorous educational curriculum and explore other growth opportunities. Some of these opportunities at Casa Colina typically might not be available to a new graduate, such as teaching undergraduates, conducting groundbreaking clinical research and publishing their work in scientific publications.

“What an amazing feeling to reflect upon the challenges I overcame and the knowledge I gained during my residency,” said occupational therapist Katherine Ko, who graduated from the Casa Colina program. “With the thoughtful guidance of my mentors, I developed a solid foundation for evidence-based practice and patient-centered care that I hope to pass along to future generations.”

For the mentors, helping new clinicians to mature and embrace the field of rehabilitation medicine is exciting. “It’s like parenting,” Dr. Bogey said. “It’s very satisfying to train someone well and know they’ll spend the next 20 or 30 years following in your footsteps.”

“In the end,” added Kaplan, “we feel certain we can put our residents and fellows anywhere inside or outside Casa Colina, and they’re going to thrive.”
Armed with a state-of-the-art new facility, Casa Colina researchers and top-name collaborators are pushing the boundaries of knowledge about the brain, nervous system and recovery. The goal of these far-reaching investigations: to find the answers and the tools that will make a meaningful difference in people’s lives.

Changing the Future
Through Bold Science

From left to right: Research Institute staff include Stephanie Chang, RN, Nurse Patient Navigator; Caroline Schnakers, Ph.D., Assistant Director, Research; Nikolas Fullmer, Research Associate; Emily Rosario, Ph.D., Director; James Divine, Research Associate; Trixie Quijada, Director of Grants and Administration; Ashley Tolentino, Nurse Patient Navigator; and Henry Millan, Research Associate. Not pictured: Laura Espinoza, MSW, Patient Navigator.
When the Casa Colina Research Institute launched in 2010, it immediately attracted world-renowned research partners eager to work with the hospital’s expert clinicians.

So far, they include the University of California, Los Angeles (UCLA); California Institute of Technology (Caltech); University of Southern California (USC); Stanford University; Harvard University and Princeton University. On a local level, partners include the University of La Verne and The Claremont Colleges.

With the opening of the new Research Institute building on the Casa Colina campus in October 2017, that list of collaborators is only expanding. “Our partners are drawn by Casa Colina’s clinical expertise, our history of successful outcomes and our diverse and extensive patient population,” said Emily Rosario, Ph.D., Director of the Casa Colina Research Institute.

“Wherever we see an alignment of interests is where we seek a collaboration,” she added. Driving those interests are Casa Colina’s primary objectives: to improve and expand clinical care and discover novel interventions to create better futures for individuals with disabilities.

For years, Casa Colina researchers had to borrow space in the hospital to advance their own studies and growing collaborations. It soon became clear that research—one of Casa Colina’s primary pillars—required a dedicated space. The free-standing Research Institute features several offices, space for student research assistants from the University of La Verne and Claremont Colleges and videoconferencing facilities that allow researchers from near and far to be in close contact and/or conduct webinars.

Crucially important, the new facility has three laboratories. One houses a pioneering study of brain-machine interface technology (“brain chips”), involving Caltech and UCLA Medical School, which could hold a key to new solutions for patients with spinal cord injuries. A second lab focuses in part on studies of neuromodulation, the direct stimulation of the nervous system with electrical signals. It has been used as a treatment for unmanageable chronic pain and/or movement disorders for individuals with disabilities.

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Research at Casa Colina’s Research Institute

60% of research is an academic collaboration
55% is grant funded
26 publications by Casa Colina researchers in peer-reviewed journals
52 presentations at national & international conferences
$29 million in grant funding

Research at Casa Colina

By the Numbers

(2011 to 2017)

A study that received a 2016 UnihHealth Foundation grant is in its final phase of developing navigation services for patients at high risk for complications following acute rehabilitation. As principal investigator, Dr. Rosario is tracking patient outcomes and potential service gaps as patients return home and reintegrate back into the community.

This year, the Research Institute is starting two new collaborations. One, with Stanford University, focuses on deep brain stimulation to improve recovery in patients with traumatic brain injury. A second study with Princeton University will look at hemispatial neglect—an inability to pay attention to sensory stimuli on one side of space—in patients after brain damage and its relation to social cognition.

“This is an exciting time for research at Casa Colina,” Dr. Rosario said, “with support and involvement from therapists, neuropsychologists, and physicians. We hope to continue to expand as we maintain our focus on high-quality translational and clinical research for the population we serve.”

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Catalyst for Change and Support for Risk-Taking

Every house needs a strong foundation, and Casa Colina Hospital and Centers for Healthcare is built on a robust, enduring one: the Casa Colina Foundation.

It provides the base for the three pillars that Casa Colina advances—clinical excellence, education and research—and supports a broad spectrum of initiatives, from innovative treatment and rehabilitation science to top medical talent, charity and subsidized care, community wellness and professional training.

The Casa Colina Foundation is the catalyst for defining our mission and our future,” said Felice L. Loverso, Ph.D., Casa Colina President and CEO. “The Foundation reaches every aspect of life at Casa Colina and is comprised of several departments and responsibilities, including business development, fundraising, public relations and communications, grant writing, community benefits, volunteer services and the Casa Colina Research Institute. “The strength of the Foundation enables us to take risks and develop new programs and services that benefit our patients and our community,” said Bonnie Scudder, Chief Planning and Development Officer (pictured at left).

In the Fiscal Year Ending 2017, buoyed by the Foundation’s robust portfolio, Casa Colina logged a number of impressive achievements, including:

• Completing the first full year of operation for its 31-bed Medical-Surgical Wing, which opened in 2016;
• Opening the free-standing Casa Colina Research Institute, complete with three state-of-the-art laboratories and advanced video conferencing and;
• Providing nearly $5.9 million in free and subsidized care in addition to community benefits.

As a non-profit 501(c)3 organization, Casa Colina is committed to giving back to the community. In 2017, Casa Colina’s community benefits included free sports injury and audiology screenings, free support groups and illness programs, participation in community health fairs and health-related seminars for the public and health-care practitioners about such subjects as traumatic brain and spinal cord injury, stroke prevention, cardiac health and weight management.

These benefits also include financial assistance for patients who are uninsured or underinsured—a safety net that provides additional peace of mind to individuals with disabilities and their families.

Casa Colina conducts a Community Health Needs Assessment every three years, the last was in 2015. A new assessment is under way this year and will help determine future recruitment, program development, training and community education efforts.

“We leverage the Foundation to achieve our operational goals,” said Dr. Loverso, “and to bring our values to life.” Toward that end, the Foundation raises funds, primarily through events, for three signature programs: Casa Colina Children’s Services, which provides physical rehabilitation services for children with acquired and developmental disabilities; Padua Village Homes, a residential program for adults with developmental disabilities; and the Outdoor Adventures program, which empowers people with disabilities by providing opportunities to take risks through recreation. Each year, the Foundation holds the Tribute to Courage Gala to benefit under-resourced patients.

Other fundraising efforts include planned giving, major gifts, grants and an annual giving campaign. These funds are directed toward developing new programs and services, purchasing new medical and rehabilitation equipment and providing free and subsidized patient care.

Casa Colina’s executive leadership and Board of Directors are on track to complete a new five-year Strategic Plan this year. Among the priority programs for 2018, which will tap into Foundation support, are:

• An upgraded Electronic Medical Record (EMR), budgeted at $32.4 million, to replace an obsolete and inadequate system;
• A study into possible expansion of Casa Colina’s post-acute continuum of care into skilled home nursing;
• Development of a full-service cardiology program and a new spine surgery and rehabilitation program;
• Strengthening of physician alliance strategies, including identification of talented clinicians, physician relocation agreements and succession plans;
• Extension of the community wellness program to more off-site locations;
• Expansion of the Casa Colina parking lot;
• Increasing the medical residency program from three residents to six and;
• Renovation of the existing Outpatient Program space.

Over time, new programs receive Foundation funding until they are sustainable. “This practice allows us to seed and launch ideas we believe will help Casa Colina grow and thrive,” said Scudder, “and, ultimately, serve our patients today and in the future.”

“As Casa Colina” means “house on the little hill,” and that’s how it started over 80 years ago—in a hacienda-style home in Chino, CA. Today, with support of the Casa Colina Foundation, Casa Colina is comprised of multiple “houses” on a 20-acre campus in Pomona, CA.
As a non-profit organization, Casa Colina is dedicated to providing meaningful benefits to the community. This has many aspects: medical and rehabilitation care, education, research, disease prevention, training the next generation of clinicians and supporting other organizations. These are some of those Community Benefits that made a difference for individuals in the last year. The unreimbursed cost of these efforts was $5.9 million, but their value to individuals goes beyond counting. Your support makes all of this possible.

Every individual

5,499 individuals received free or subsidized care throughout Casa Colina’s wide range of services, thanks to the generous support of grants, donations made by community members and fundraising events.

280 patients and individuals with disabilities within the community participated in 66 challenging excursions with Casa Colina’s Outdoor Adventures where they enjoyed the exhilaration of outdoor recreational experiences such as sailing, skiing, waterskiing and fishing.

16,746 visits by 1,016 children – from infants to teens – who received subsidized care at Children’s Services or local schools for their developmental disabilities, orthopedic injuries and learning disabilities. They not only improved physically but socially through children’s group programs such as Kids’ Crew, Teen Scene and Early Intervention.

3,900 community members were assisted with information and referrals to community health and social services.

708 free hearing screenings were provided to people of all ages, from infants to seniors, by Casa Colina’s Audiology Center.

1,050 people joined 15 different Support Groups and free educational sessions that provided uplifting social opportunities for individuals and their family members to connect with their peers, share their mutual challenges and brainstorm ways to overcome them.

11,713 patients of all ages were admitted for treatment at Casa Colina for a wide range of injuries and chronic illnesses – from accidents and athletic injuries to stroke and traumatic brain injuries.

15,923 workouts were completed by 319 people who joined Aquatic, Land and Neuro-assisted Community Fitness Programs to continue their exercise routines after being discharged from their rehabilitation programs.

3,500 attendees benefitted from free Community Health Education events presented by Casa Colina physicians, therapists and other health professionals at the Pomona campus and other venues in the area.

11,713 military-related personnel, since 2013, received specialized medical and rehabilitation services. Casa Colina maximized therapy to improve outcomes, whether or not services were reimbursed. Every Wounded Warrior treated at Casa Colina returned home, and some returned to active duty.

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MARY LOU JENSEN knows how to make every gift count. Of course, that’s not surprising when you realize she has been a bookkeeper and accountant for more than 60 years. But it wasn’t just in the way she gave financially; it was the way she used her intellectual curiosity, unwavering fiscal responsibility and kind generosity to make Casa Colina a better place for the past 20 years.

It was her sound approach to finance that helped her family’s real estate development business thrive in the Inland Empire. After her husband, Bob, passed away in 1997, long-time friend and Casa Colina Board Member, Sam Crowe, approached her to join the Board. At first she was reticent. “I don’t know anything about hospitals. I only know about finance,” she responded. Sam knew Mary Lou had much more to offer, including a heart of gold, a wealth of wisdom and an unquestionable devotion to her community. “You’re a long-time resident. They need people like you,” Sam insisted.

There was no denying it. After all, she was born at San Antonio Regional Hospital and lived in Ontario ever since. She cared deeply about the people of this area. Now that her business was less active, she had more time to devote to Casa Colina’s Board.

One of her first tasks was a meeting that would forever change the course of Casa Colina’s history. She was asked to interview Dr. Felice Loverso to become the replacement of retiring CEO Dale Eazell.

Positive first impressions were certainly mutual. By 1998, Mary Lou became more than a board member. She was a sounding board for new CEO, Dr. Loverso. They often brainstormed ways to expand Casa Colina’s services and facilities to better meet the needs of people in the community. She also took on the role of Board Secretary, which she held for many years.

On the way back from a meeting with Dr. Loverso at Casa Colina’s Rancho Pinto Verde, a residential facility in Lucerne Valley for men with traumatic brain injuries, she suddenly had a thought of how they could help even more people who suffered this catastrophic injury. “Are we going through Apple Valley?” she asked, “I have a lot there. It’s a big, four-acre property.”

He found it. They walked around the flat, expansive property. “Do you think Casa Colina could use it?” Mary Lou asked. “Yes!” Dr. Loverso enthusiastically responded.

In 2001, this site became Casa Colina at Apple Valley and was marked with a festive grand-opening event. It is a caring and supportive home for 42 men and women with traumatic brain injuries. “It makes me feel good that Felice did something special with that land,” Mary Lou stated.

When her son, Jerry Jay Jensen, passed away in 2007, she made another generous donation to Casa Colina in his memory, which is recognized by a plaque outside of the hospital’s West Garden.

Mary Lou faced her own health challenge that year after taking a fall down some stairs at a local restaurant, which resulted in an open wound on her shin. Though her regular doctor wrapped it carefully, this stubborn wound simply would not heal.

The help she needed was right around the corner. She went to the Casa Colina Wound Care Center, where infectious disease specialist Dr. Kerry Gott and his team of clinicians treated her wound from the inside out with weekly visits for six months. “They did an excellent job, and I experienced firsthand what Casa Colina’s specialized care was all about.” Recently, on a trip back from the desert with her son John, they spontaneously stopped by Casa Colina at Apple Valley. “We didn’t even call ahead. It was charming, clean and so orderly,” Mary Lou recalled.

This year, Mary Lou is an Emeritus Board member, still keeps up with all of Casa Colina’s Board decisions, attends many of her favorite fundraising activities and supports the Outdoor Adventures program.

At the age of 91, Mary Lou is clearly not ready to retire. She’s much too busy figuring out new ways to support Casa Colina and its patients.
Casa Colina is grateful to the individuals, families, foundations and corporations who understand its mission and have chosen to support the needs of its patients to receive medical and rehabilitative care. Some donate time to bring a more personal touch to the care of patients. Casa Colina has a dynamic support system to meet its commitment to excellence for the community’s challenges of medical recovery and rehabilitation. In the last year, 434 volunteers contributed more than 33,509 hours of service to Casa Colina’s support the needs of its patients to receive medical and rehabilitative care. Some volunteer time to help bring a more personal touch to the care of patients.

Individuals

- Scott Fullmer
- Jill and William Dwyre

Organizations

- Coutts Heating & Cooling, Inc.
- Steimmel Family Trust

Individuals

- $5,000–$24,999
  - Cheri and Richard Adams, M.D.
  - Michele and Gabriel Alvarez
  - Margaret Baum, M.D.
  - Kathleen and Matthew Blackman
  - Kirk Bloore
  - Michael and Gabrielle Ballantyne
  - Bruce Bradley
  - Mary Lyn Barber
  - Francine and William Baker

- $1,000–$2,499
  - Jennifer and John Pulicher, D.D.S.
  - Luci Gardella and Ross Lesins
  - Jami and Terrance Johnson
  - Gary L. Jensen

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Johnny “Ringo” Scharnweber can remember the exact moment he misjudged a turn in a championship desert motorcycle race that rainy January weekend and went flying off his bike, only to land face first in wet sand.

Now 49, Johnny started riding dirt bikes at the age of nine, then graduated to desert racing, a form of off-road motorcycle racing. Over the four decades since, he’d become a respected rider and coach of endurocross, which has been called “one of the wildest sports on two wheels.” So, when he crashed, he didn’t panic.

Lying there, fully conscious, Johnny told himself to get up. Nothing happened. He tried to move his arms and legs. Nothing. Friends rushed to his side and called for help. “I knew then I was paralyzed,” said Johnny, whose racing name is “Johnny Ringo.” But, typical of his competitive spirit, in the next second he told himself, “This is just another speed bump.”

He’s grateful that his journey to recovery brought him to Casa Colina, a pioneer and innovator in the rehabilitation of spinal cord injuries (SCI). “It’s truly amazing how far Casa Colina stands above everyone else,” said Johnny, who spent nearly three months at the hospital, benefiting from its comprehensive, personalized continuum of care.

Before that, his story began with an ambulance ride to Arrowhead Regional Medical Center (ARMC) from that rainy crash site on January 22, 2017, at the National Hare and Hound Race in Johnson Valley. At ARMC, doctors operated on three broken vertebrae in his neck and inserted a titanium plate. Initially, Johnny had no feeling in his toes or fingers, but that gradually returned. A few weeks later, he was transferred to Loma Linda University Medical Center, where he had additional surgery on two crushed lumbar vertebrae and began his rehabilitation.

Johnny had experience in meeting major challenges. Born with just one kidney, he endured three years of dialysis, followed by a kidney transplant in 1996. After a few months at Loma Linda, he could stand briefly and move his arms. But he hadn’t walked yet, and at least one doctor expressed doubts he would ever walk again. “My heart sank,” Johnny said. “But, typical of his competitive spirit, in the next second he told himself I was just another speed bump.”

During his rehabilitation, Johnny worked hard, and Casa Colina’s interdisciplinary Spinal Cord Injury Program with complex medical issues but some clear advantages, too. His spinal cord injury was classified as “incomplete,” which meant he still had feeling and motion in his limbs. There were the intangibles he brought — his athletic background and “can-do” attitude. “I could tell he’d do well here,” said Dr. David Patterson, a board-certified physiatrist and Medical Director of Rehabilitation Services at Casa Colina.

“His attitude was great, and attitude means a lot. Athletes are used to hard work, and Johnny knew how to fight through pain,” said Dr. Patterson. “That’s why our treatment plans are individualized — never cookie cutter. And we can change them on a dime. We’re not stuck in algorithms.”

Ever since his accident, Johnny had one dream — to walk again. One week after arriving, Johnny’s therapist team told him, “We’re going to walk today.” Fitted into a Reciprocating Gait-Orthosis (RGO) brace and walker, which supported him from the chest down, he stood tall. Then Johnny, who is 6’4”, aided by physical therapy assistant Elliott Llarena, took his first steps in nearly three months. “I was so excited,” Johnny recalled. “I thought, I’m doing this!”

In another session soon after, using a platform walker, he powered through about 50 feet, with Elliott helping to keep his feet from crisscrossing. “After he got that out of his system, I told him, ‘Now we’re going to take this slow and steady and accurately,’” said Elliott, who added that a patient as dedicated as Johnny “pushes you to excel, too.”

Johnny Ringo taking his first steps, his wife, Jennifer, posted on Facebook. “We’re overjoyed at Johnny’s progress at Casa Colina. She is from front and center, which is another plus he has in his recovery: a supportive family. After Johnny’s accident, she wrote on the white board in his home office.
“Every challenge you have we encounter together,” and left the sign up for when he would return.

That family includes their three kids: Sara, Samantha and Sam. His son moved back into the family home to become his father’s assistant, videographer and “all-around coach,” said Johnny. The support group also embraces an extended desert racing family, who follows “Ringo’s” every move on social media and cheers him on.

Below: Guided by physical therapist Melissa Braucht in the Assistive Technology Lab, Johnny learns how to use voice activated, a specialty mouse and hand splint to improve his efficiency on the computer.

A tech buff, Johnny worked with Melissa Braucht, a physical therapist who specializes in the latest technology to help patients with neurologic injuries. With her guidance, he tested various computer keyboards, including a mouth keyboard, as well as mouse devices and speech recognition software that would reduce his need to type and re-establish his access to computers.

Each day, his son observed his dad’s therapy sessions, learning how to assist him at home. “It was mind-blowing to see his progress,” said Sam, “unbelievably fast compared to what we thought it would be.”

When it was almost time for Johnny to return home to Phelan in California’s Mojave Desert, Suzanne accompanied him on a home visit to assess its maneuverability and the need for any adaptive devices. “It can be hard for someone to go home after a spinal cord injury; they often feel like they’re not the same person,” said Suzanne. “We try to ease that transition.”

Johnny and Suzanne had worked for weeks on his grip strength. Once they arrived at his house, he told her the one thing he wanted to do was to rev his motorcycle. Slowly, he lifted himself out of his wheelchair and leaned over the bike, gripping both handlebars. When he heard the engine roar again, “his face lit up,” said Suzanne.

A short time later, on June 30, 2017, a little more than six months after his life changed in a split second, Johnny Ringo went home to stay.

He returns to Casa Colina once per month for outpatient rehabilitation. Stephanie Kaplan, PT, DPT, ATP, Director of Rehabilitation Services, follows Johnny’s video adventures on social media then fine-tunes his therapy at Casa Colina.

“Injuries like this are devastating for injuries and their families, finding comfort and wisdom in support group at Casa Colina for people with spinal cord injuries,” said Kori Westfall, his lead TLC physical therapist.

Together, Johnny, Jennifer and Sam attended an SCI support group at Casa Colina. “I am indebted to Casa Colina,” said Johnny. “They care as much as you do.” Blessed with plenty of persistence, he is still learning patience. “Getting the therapy done right is more valuable than anything.”

He relies on a power wheelchair for maximum mobility right now but exercises daily, walking, climbing stairs, rebuilding his strength. “He’s not done,” said Dr. Patterson. “He’ll continue to progress.”

Johnny is slowly returning to his insurance underwriting business. By October, he was able to coach a class on the backyard endurocross training course he built, dubbed “Ringoland,” which features classic hurdles like tractor tires and telephone poles. “It’s such a joy to watch riders learn the techniques to overcome these obstacles,” said Johnny.

“Now my experience in getting over new obstacles may be helpful to others, too.”

Left: During early stages of rehabilitation, it is more challenging to take steps and bear weight. Physical therapy assistant Elijah Lierman assists Johnny with the ARJO Walker that has leg straps to prevent a fall and a larger surface to support his arms.

Right: Johnny Scharnweber practices using a rollator walker, a less restrictive walking device, with physical therapist Stephanie Kaplan to improve his standing, balance and arm strength.

Below: Johnny Scharnweber practices using a rollator walker, a less restrictive walking device, with physical therapist Stephanie Kaplan to improve his standing, balance and arm strength.

The Westfall family rebuilds their independent living skills as feeding himself, changing his clothes, walking, biking and changing bed linens.

Right: Johnny Scharnweber working with physical therapist Suzanne Goya in the Transnational Living Center to improve his upper extremity range of motion and strength.

Left: Johnny Scharnweber using the Bioness L300 GO system that stimulates critical upper extremity and length and strength muscles.

Among the tools on which they called was the high-tech Bioness L300, a gait-sensing system that deploys electrical stimulators to activate the user’s muscles at the right time, enabling them to walk with more confidence and accuracy, whatever the terrain.

Each night, the therapy team drew up Johnny’s tailored treatment plan for the next day. Suzanne Goya, occupational therapist at TLC, stepped in to guide Johnny in such treatment plan for the next day. Suzanne Goya, occupational therapist at TLC, stepped in to guide Johnny in such
Specialized Care, Close to Home

Casa Colina opened its doors in Chino, CA, 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 and rehabilitation services:
- Acute care hospital with 68 rehabilitation beds, six intensive care unit beds, 23 private medical beds, three operating rooms and a gastroenterology procedure room; accredited by the Joint Commission
- Transitional living center with 42 residential rehabilitation beds, day treatment program and home and community services; accredited by the Commission on Accreditation of Rehabilitation Facilities
- Long-term residential facilities in Apple Valley and Lucerne Valley with 76 beds for people with traumatic brain injuries, 18 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 more than 30 medical specialties
- Hyperbaric medicine
- Diagnostic imaging
- Audiology
- Children’s outpatient services
- Adult day health care
- Research
- Laboratory
- Support groups
- Wellness and fitness programs
- Community and professional education programs
- Outdoor Adventures recreational therapy program

Also on the Pomona campus:
- Outpatient surgery services
- Medical office building with urgent care, retail pharmacy, private physician practices and dialysis center
- Inland Neurosurgery Institute

To learn more about Casa Colina’s continuum of care, please visit our website at www.casacolina.org

OUR MISSION
Casa Colina will provide individuals the opportunity to maximize their medical recovery and rehabilitation potential efficiently in an environment that recognizes their uniqueness, dignity and self-esteem.

OUR VISION
Leading and continuously redefining a patient-centered approach for those requiring highly specialized medically-driven levels of care.

OUR VALUES
It is our commitment to enhance the quality of life of every person we serve.

Casa Colina’s Operational Performance

**Net Revenue from Operations (Excluding Foundation)**

<table>
<thead>
<tr>
<th>Year</th>
<th>2013</th>
<th>2014</th>
<th>2015</th>
<th>2016</th>
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<td>$100m</td>
<td>$90m</td>
<td>$100m</td>
<td>$110m</td>
<td>$120m</td>
<td>$130m</td>
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**Operating Entities’ Financial Performance (Unaudited)**

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<thead>
<tr>
<th>Category</th>
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<th>2017</th>
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</thead>
<tbody>
<tr>
<td>Revenues</td>
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<td>$99,982,000</td>
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<tr>
<td>Patient services revenues</td>
<td>$3,659,000</td>
<td>$3,964,000</td>
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<tr>
<td>Transfers from Foundation for uncompensated care and community benefits</td>
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<td>$3,964,000</td>
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<tr>
<td>Total Revenues</td>
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<td>$107,946,000</td>
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<tr>
<td>Operating Expenses</td>
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<td>Salaries and benefits</td>
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<tr>
<td>Other expenses</td>
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<td>Total Operating Expenses</td>
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<td>Net Income from Operations</td>
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<td>Before Depreciation, Interest and Amortization</td>
<td>$110m</td>
<td>$105m</td>
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<tr>
<td>*Excludes Foundation</td>
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**Balance Sheets**

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<thead>
<tr>
<th>Category</th>
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<th>2017</th>
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<tbody>
<tr>
<td>Assets</td>
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<td>$36,926,000</td>
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<tr>
<td>Current assets</td>
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<tr>
<td>Investments</td>
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<tr>
<td>Assets limited as to use</td>
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<tr>
<td>Property and equipment, net</td>
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<td>109,986,000</td>
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<tr>
<td>Other assets</td>
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<td>1,223,000</td>
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<tr>
<td>Total Assets</td>
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<td>$230,730,000</td>
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<tr>
<td>Liabilities and Net Assets</td>
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<td>Current liabilities</td>
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<td>Long-term debt and other liabilities</td>
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<tr>
<td>Total Liabilities and Net Assets</td>
<td>$237,431,000</td>
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