HE GAVE IT HIS ALL IN 10 TOURS OF DUTY AND HIS REHABILITATION AT CASA COLINA.
From the Chairman

As the Chairman of the Board of Directors, it has been my honor to represent the Board on many occasions and speak on its behalf. There are several themes that keep recurring when I try to present in the simplest and most direct terms why the work of Casa Colina is so important to me and my fellow Board Members.

The first is the positive impact that good rehabilitation can have on a person’s life. This is the principle reason for the existence of Casa Colina and the driving force behind all of our efforts. The second is the awe I have for the work of the staff – what they do as professionals and support people to get these incredible results with patients. Third is the respect I have for the teamwork at Casa Colina – the ability of more than 715 people to work together seamlessly not only to help patients, but also to control budgets and keep a positive feeling resonating through the gyms and patient rooms.

And there is a fourth theme that always comes to mind. That is the value that Casa Colina adds to our community. There is the free care that is so important to individuals who need our services but are uninsured or underinsured. There are the free and low-cost programs Casa Colina provides such as free sports injury and audiology screenings, subsidized community fitness and aquatic exercise programs, Outdoor Adventures, support groups, and heavily subsidized programs such as Children’s Services and Padua Village. There are the hundreds of students that Casa Colina hosts to give them a chance to do internships in physical, occupational and speech therapy, neuropsychology and nursing. There are educational programs we present to the general public and to professional audiences. And there is the support we give to other community organizations. All of these benefits added up to more than $3.9 million in 2013, and they demonstrate how Casa Colina addresses the health and wellbeing needs of the whole community.

Of course, your involvement is a major factor in making it possible for Casa Colina to do all of these things. Thank you for that continued support as we work toward new and exciting roles for Casa Colina in our community.

Steve Norin
Chairman, Board of Directors

Board of Directors
Casa Colina, Inc. and Affiliates

Our Board of Directors provides a special kind of leadership. Its responsible oversight coupled with forward thinking has enabled Casa Colina to continue to grow and evolve into one of the country’s top rehabilitation facilities. It is comprised of physicians, community leaders and previous patients.

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There was a sense of anticipation and optimism in the air on September 12, 2013, as over 300 guests and employees gathered for Casa Colina’s Grand Events in Pomona, California. It was a special occasion to celebrate the opening of the new Casa Colina Medical Office Building and the groundbreaking for the new 31-bed Medical/Surgical Hospital Wing (See article on page 4 for details.)

As these milestone events unfolded, elected officials, business leaders, and members of Casa Colina’s Board of Directors had an opportunity to reflect on what a difference these new facilities will make for our community now and in the future. The Casa Colina Board Members in attendance included Steve Norin, Chairman of the Board; Felse Loverso, Ph.D.; Frank Alvarez; Robert Balzer; Randy Blackman; Mel Butler, M.D.; Gary Cripe; Steve Graeber; Mary Lou Jensen, Elmer Pineda, M.D.; and Mark Warren.

At the grand opening of the Medical Office Building, Elliott Rosman, Mayor Pro Tem of Pomona, Mayor of Ontario, Sam Spagnolo, Mayor Pro Tem of Rancho Cucamonga, Jill Reiff, President of Pomona Chamber of Commerce; Frank Garcia, Executive Director of Pomona Chamber of Commerce; and Casa Colina Board Chairman, Steve Norin spoke words of praise for those involved in its planning and construction.

The new 24,000 square-foot Medical Office Building, on the eastern side of the Casa Colina Outpatient Center, is indeed a sight to behold. Its exterior features a stately mission-style tower with a bell that tolls three times a day. Inside, there are beautiful common areas for patients and staff. An urgent care center, an outpatient pharmacy, a medical equipment and supplies company and a private group of six specialist physicians occupy the two-story building’s first floor. The entire second floor is devoted to private medical office space for other primary and specialty physicians.

The guests at the Grand Events then enjoyed a gourmet lunch and viewing of the new Wall of Honor that recognizes donors as they walked through the hospital to the northeast exit and the groundbreaking site. The Medical/Surgical Hospital Wing is being built adjacent to the existing Casa Colina Hospital.

Before grabbing their gold ceremonial shovels and hard hats with Casa Colina logos, Felse L. Loverso, Ph.D., Casa Colina President and CEO; Neil Martin, M.D., Chief of Staff of UCLA Neurosurgery; Elmer Pineda, M.D., Casa Colina Chief of Staff; and Casa Colina Board Member Gary Cripe made eloquent remarks about the new Medical/Surgical Hospital Wing.

“The completion of this final phase of our expansion project will further broaden Casa Colina’s continuum of patient-centered care, moving forward its capacity to care for patients with more acute, intensive needs,” stated Felse Loverso.

With the advent of the new Medical/Surgical Hospital Wing and the Casa Colina Medical Office Building, Casa Colina is a bold step closer to fulfilling the needs of this community now and in the future. It is poised to perform the highest standard of care for area residents with evidence-based medicine, advanced technologies, and physicians who practice a multitude of specialties.
Casa Colina opened its doors in 1936 as an inpatient treatment center for children rehabilitating from polio. Since then, with the support of its Board of Directors, Casa Colina has continually expanded its continuum of care to meet the needs of the community. In anticipation of future changes in health care combined with the surrounding communities’ middle-aged and elderly populations growing at a faster rate than the rest of California, Casa Colina has embarked on a bold path to construct a new 31-bed Medical/Surgical Hospital Wing on its Pomona campus, adjacent to the existing Casa Colina Hospital for Rehabilitative Medicine.

Fortunately, the infrastructure for the new building is already in place, thanks to the foresight of leadership during the construction of the rehabilitation hospital in 2005.

A ceremonial groundbreaking event for the Medical/Surgical Hospital Wing took place in September of 2013. (See article on page 2 for details.) When the construction is complete, the new 38,220 sq. ft. Medical/Surgical Hospital Wing will give Casa Colina Hospital a total of 99 beds.

Patients will be able to recuperate in its six surgical intensive care unit beds on the first floor as well as its 25 spacious private medical/surgical beds with full telemetry, patient lift systems, and private bathroom facilities on the second floor. To ensure the comfort and care of each patient, the new wing will have expansive nursing stations and an outdoor garden loggia on the top floor for patients and visitors.

Physicians who specialize in a wide range of procedures from orthopedic and neurosurgery to gastroenterology, urology, spinal surgery, and more, will have the opportunity to work in this state-of-the-art medical facility with three surgical suites with robotic surgical equipment, a procedure room for gastroenterology, a blood bank, and expanded diagnostic imaging, pharmacy and laboratory with microbiology services.

From an operational standpoint, the new Medical/Surgical Hospital Wing will not have an emergency unit, so operating room schedules will not be affected by urgent, unplanned cases. And should any of Casa Colina Hospital’s rehabilitation patients experience a medical setback, they will no longer need to be transported to another acute hospital for stabilization.

Instead, it will allow Casa Colina to care for patients at earlier stages of their acute illness or injury prior to being discharged home or transferred to the rehabilitation wing that now exists. This will lead to better patient outcomes and the highest standards of health care.

The new Medical/Surgical Hospital Wing will also enable Casa Colina to establish affiliations with prestigious teaching facilities. For example, Casa Colina is already working with the UCLA’s Department of Neurosurgery to implement a telemedicine program with advanced medical technology that will enable physicians from both facilities to share their expertise and consult on medical cases when needed—without leaving Pomona or Westwood.

“The goal is to be able to provide healthcare professionals the resources they will need in the future as they work to provide the best medical care possible,” stated Upland attorney Gary Cripe, a member of Casa Colina’s Board of Directors.

When the new wing opens its doors in early 2015, it will allow Casa Colina to care for approximately 2,000 more people (31,000 patient days) on an annual basis, and will create nearly 200 new job opportunities.

The new project, which also includes an Electronic Medical Records system to be implemented campus-wide, will cost $53,750,000. A bond will help to offset a majority of the expenses but Casa Colina will also look to the community for support through a variety of fundraising opportunities.

To learn how you can help make the new Medical/Surgical Hospital Wing project a resounding success, please call the Foundation at 909/596-7733, ext. 2232 or email foundation@casacolina.org. Your donation will help ensure that Casa Colina’s legacy of extraordinary, innovative care continues for future generations.
We have been told many times by patients and their families that Casa Colina provides a unique medical and rehabilitation experience. People say they feel well cared for, that they are proud of the progress they have made, and that they appreciate the opportunity that Casa Colina has given them to achieve success in their rehabilitation, through the work of the medical and therapy staff.

In large part the key to this level of patient satisfaction is having wonderful therapists, nurses, physicians and support staff. At Casa Colina, there are more than 715 employees and more than 215 staff physicians prepared to do whatever it takes to help a patient make progress, with the largest physical, occupational and speech therapy staffs and the largest number of specially credentialed treaters.

But the achievements that patients are able to produce working with these professionals do not happen in a vacuum. The person may require additional therapy at the Transitional Living Center as a resident, to prepare to re-enter living with family in the community, and may then advance to the Day Treatment Program and begin living at home. After discharge from transitional living, the person may still have specific therapy needs such as speech therapy and may be referred to Outpatient Therapy. It may be that support groups and community services such as Outdoor Adventures will help with readjustment and reaching the goals of maximum independence and function, facilitating the transition to a full and engaged life. For people with brain injury who can’t return home, Casa Colina offers Long-Term Residential Care that allows them to live at their maximum capacity while still having skilled supervision, or perhaps attend Adult Day Health Care, where they can have supervision, meals, and therapy while their family members are at work. Casa Colina’s integrated continuum of post-acute care is set up to provide a great number of specialized services that target changing patient needs as they move through a simple or complex recovery process.

For instance, a person with a brain injury may begin rehabilitation at Casa Colina Hospital, where he or she may stay for 20 days, and even then may not be ready to go home. The person may require additional therapy at the Transitional Living Center as a resident, to prepare to re-enter living with family in the community, and may then advance to the Day Treatment Program and begin living at home. After discharge from transitional living, the person may still have specific therapy needs such as speech therapy and may be referred to Outpatient Therapy. It may be that support groups and community services such as Outdoor Adventures will help with readjustment and reaching the goals of maximum independence and function, facilitating the transition to a full and engaged life. For people with brain injury who can’t return home, Casa Colina offers Long-Term Residential Care that allows them to live at their maximum capacity while still having skilled supervision, or perhaps attend Adult Day Health Care, where they can have supervision, meals, and therapy while their family members are at work. Casa Colina’s integrated continuum of post-acute care is set up to provide a great number of specialized services that target changing patient needs as they move through a simple or complex recovery process.

Is it complete? Not yet. Casa Colina Hospital is currently adding a Medical/Surgical Hospital Wing with 31 beds. It will add the capacity of acute inpatient hospital services and specialized inpatient surgery. This will allow Casa Colina to care for patients at an earlier stage of their recovery, better manage patients from the rehabilitation service who have a temporary setback, provide added services to the community, and enable Casa Colina to establish affiliations with prestigious teaching facilities.

But even that does not fully describe Casa Colina’s continuum, because part of that continuum of services to the community includes the rehabilitation services Casa Colina manages at San Antonio Community Hospital and Arcadia Methodist Hospital. These management relationships are testimony to the leadership Casa Colina brings to post-acute services in the region. That same leadership is seen in the dedication to education for professionals, the public and young people in training for health careers. That leadership is seen in a solid commitment to research both at Casa Colina and with partners such as UCLA and CalTech. That leadership is also seen in support of the American Medical Rehabilitation Providers Association (AMRPA), whose education and advocacy on a national level is critical to shaping health care policy to meet the needs of people with catastrophic injuries and on-going disabling conditions.

Our goal has always been to provide a unique medical and rehabilitation experience. It is grounded in the best aspects of traditional medical practice and caring for our fellow human beings, but also takes advantage of the best technology and new thinking. We take our part in training the next generation of health professionals, advocating for the needs of our patients in the region and nation, and breaking barriers with research to support development of new treatment protocols and technology. We also take the responsibility for controlling our own destiny and being ready for the changes in health care by pursuing strategic growth and development to ensure our financial sustainability.

We have a unique culture that drives our passion for medical and rehabilitation success. That passion is to make recovery the best it can be for each patient who places themselves in our care. It is that passion that has produced our continuum of care and has made Casa Colina one of the most unique institutions in the United States. There is no doubt that the medical/surgical services in this new 31-bed unit will achieve the same level of excellence that Casa Colina has established in the area of post-acute care, as represented by that continuum.
Every individual counts

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 $3.9 million* but their value to individuals goes beyond counting. Your support makes all of this possible.

6,717
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.

9,880
workouts were logged by an average of 30 participants, three days a week in the daily Community Aquatic Exercise Program, where Certified Athletic Trainers guided participants with weight-bearing and joint issues through a series of healthy exercises.

4,200
workouts were completed by 210 individuals who joined the Community Fitness Program, where they accessed Casa Colina inpatient and outpatient gyms to continue their exercise routines after being discharged from their rehabilitation programs.

84
elderly adults went through comprehensive 3-5 day assessments by a physician-led team of geriatric clinical specialists in the Senior Evaluation Program, which helped determine areas of disability, needed assistance, and opportunities for improvement.

6,717
patients and individuals with disabilities within the community participated in 15 challenging excursions with Casa Colina’s Outdoor Adventures, where they enjoyed the exhilaration of outdoor recreational experiences, such as sailing, skiing, waterskiing and fishing.

1,792
visits by 82 people with Parkinson’s, MS, Fibromyalgia, stroke, autism and other chronic conditions who regularly took part in Casa Colina’s Wellness and Prevention Programs.

1,668
visits by 200 people who joined 10 different Support Groups that provided uplifting social opportunities for individuals and their family members to connect with their peers, share their mutual challenges and brainstorm how they can overcome them.

11,224
visits by 1,016 children – from infants to teens – who received subsidized care at Children’s Services for their orthopedic injuries, learning disabilities, and congenital conditions. They not only improved physically, but socially through children’s group programs such as Kids’ Crew, Teen Scene, and Early Intervention.

11,466
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.

634
athletes and weekend warriors attended Casa Colina’s free Sports Injury Screening Clinics, where their injuries were diagnosed by an orthopedist or rehabilitation physician at no cost.

401
free hearing screenings were provided to people of all ages, from infants to seniors, by Casa Colina’s Audiology Center.

1,280
attendees benefitted from 38 free Community Health Education lectures and workshops presented by Casa Colina physicians, therapists and other health professionals at the Pomona campus and other venues in the area.

160
patients and individuals with disabilities within the community participated in 15 challenging excursions with Casa Colina’s Outdoor Adventures, where they enjoyed the exhilaration of outdoor recreational experiences, such as sailing, skiing, waterskiing and fishing.

21
attendees benefitted from Community Preventative Health and Wellness Programs provided to former patients and members of the community with disabilities, under the guidance of Casa Colina staff.

39,401
supervised hours of work in Casa Colina clinics were made available to 220 Allied Health Professionals in Training. Students from schools across the nation were welcomed for internships, practicums, and residencies that furthered their expertise and careers. This helps to prepare the nurses; physical, occupational and speech therapists; and neuropsychologists for the next generation of care.

10,200
visits by 200 people who joined 10 different Support Groups that provided uplifting social opportunities for individuals and their family members to connect with their peers, share their mutual challenges and brainstorm how they can overcome them.

55
U.S. military personnel, since 2005, received specialized rehabilitation services for the traumatic brain injuries they suffered during the Iraq and Afghanistan wars.

And on a final note, Casa Colina maximized therapy to improve outcomes, whether or not services were reimbursed. Every Wounded Warrior returned home and some returned to active duty.

families, who live far away from Pomona, were able to be with their loved ones while they received treatment by staying in six family homes near the campus that are owned by Casa Colina.


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It was an extraordinary evening of celebration and recognition for everything that Casa Colina has achieved for patients throughout its remarkable history. On June 1st, 2013, nearly 700 people gathered for a black-tie gala at the Sheraton Fairplex Conference Center in Pomona.

Former Good Morning America co-host and author, Joan Lunden, lit up the room as she spoke eloquently about Casa Colina. She described how it was founded in 1936 by Frances Eleanor “Mother” Smith, community leaders and physicians in response to polio epidemics, and how it expanded its services and rebuilt its campus to meet the changing healthcare needs of the community. She described how its highly trained and experienced team of physicians, therapists, and nurses heroically set the gold standard for comprehensive rehabilitation, decade after decade.

Joan Lunden then welcomed Dr. Felice L. Loverso, President and Chief Executive Officer of Casa Colina, to the stage. In a moving presentation, he stated, “This night belongs to Casa Colina’s patients and its staff who have worked so hard with them. People who have made so much positive come out of such difficult adversities. They are the people who should be up here.”

He then brought nine former patients to the stage, all people who had overcome the odds and made miraculous recoveries from their traumatic brain injuries, spinal cord injuries, and other injuries or illnesses. These individuals not only re-learned how to walk, speak, and swallow again, but also how to courageously rebuild their lives.

They included Brett Graham, a traumatic brain injury survivor, who spent 16 days in a coma after a snowboarding accident as a teen. Katherine Wolf, a young mother and model, who suffered a massive bleed in her brain. Joanne Lichtman, a mother and attorney, who suffered a spinal cord injury in a car accident. Isaac Ozuna, a martial arts instructor, who lost both of his legs due to the complications of diabetes.

Dr. Loverso also honored Sergeant First Class Cory Remsburg, who was injured on his tenth deployment to Afghanistan, where he was a squad leader and backup platoon sergeant. Loverso recounted, “In 2003, traumatic brain injury from IED attacks was recognized as a signature wound of the wars of Iraq and Afghanistan. It was happening in such great numbers that the Department of Defense and the Veteran’s Administration for Rehabilitation were overwhelmed by the numbers, the severity and duration of these injuries.” He further explained, “Recognizing the need for our expertise and services, we opened our doors to the men and women who suffered these injuries. As a result, we have received 55 inpatient referrals from the military, more than any other private hospital, and every single one of our patients returned home.”

Proceeds from the black-tie gala raised nearly $450,000 for Casa Colina’s programs and services, including its Free Care and Wounded Warrior Funds.

Nearly 700 people enjoyed the multimedia event, which included vintage film footage from the early years as well as filmed patient testimonials that recapped Casa Colina’s history and evolution of care.
On his last deployment in Afghanistan, Sergeant First Class Cory Remsburg and his squad were hit by an Improvised Explosive Device (IED). He suffered from multiple injuries, including a traumatic brain injury. After witnessing his incredible progress during his 16 months of rehabilitation at Casa Colina’s Transitional Living Center (TLC), we didn’t think we could be any prouder of this brave soldier.

Until January 28, 2014, when President Barack Obama recognized Cory at the State of the Union address. Republican and Democrat leaders alike were so moved by his story that they erupted in applause. It was a standing ovation.

Left: Tammie Johnson, PT, works with Cory on regaining walking skills in the TLC gym.
Below: Sarah Meredith, OT, instructs Cory on safe cooking skills in the TLC kitchen.

In the 2013 issue of Keystone, we announced that plans were underway to show our gratitude to our generous donors on a permanent Wall of Honor in the hospital. We are pleased to share that this exciting project was completed and unveiled on September 12, 2013.

The Wall of Honor pays tribute to donors at the following levels:
- **Founder** (Gifts of $1,000,000 and above)
- **Benefactor** (Gifts of $500,000 to $999,999)
- **Champion** (Gifts of $250,000 to $499,999)
- **Advocate** (Gifts of $100,000 to $249,999)
- **Guardian** (Gifts of $25,000 to $99,999)

Donors will be honored at an annual Legacy Society Celebration and their names will be listed on a permanent recognition plaque located in the Hospital. Members will also receive invitations to other special events throughout the year, including luncheons, social receptions, dedications, and educational seminars. There is no minimum contribution required for membership and it is not necessary that you share with us your specific intentions, just that you have decided to make a legacy gift to Casa Colina.

If you have already named Casa Colina Foundation as a beneficiary in your financial or estate planning, please let us know. It means so much to us to be able to thank you and show our appreciation. It also allows us to make sure your gift has been properly documented.

Donate to the Wall of Honor or to inform us that you have already made a gift of this kind, please contact the Foundation at 909/596-7733, ext. 2232 or foundation@casacolina.org.

For more information about the Wall of Honor, please contact the Foundation at 909/596-7733, ext. 2232 or foundation@casacolina.org.

To ensure that its renowned continuum of care, signature programs and state-of-the-art facilities will remain available in the future, the Casa Colina Legacy Society was created. The goal of the Casa Colina Legacy Society is to establish a lasting endowment fund that will provide for the growing needs of our patients. Gifts of all sizes make a difference in restoring lives, and membership in the Casa Colina Legacy Society is as simple as:

- Naming Casa Colina Foundation as a beneficiary in your will
- Naming Casa Colina Foundation as a beneficiary of a trust
- Establishing a Charitable Trust which names Casa Colina Foundation as a beneficiary
- Designating Casa Colina Foundation as the beneficiary of a life insurance policy
- Making a gift of highly appreciated securities to Casa Colina Foundation

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- **Advocate** (Gifts of $100,000 to $249,999)
- **Guardian** (Gifts of $25,000 to $99,999)

We invite you to add your name to this noble group of philanthropists. For the 273 donors whose names already grace this new wall, we thank you and sincerely hope that you continue your generous support and encouragement of our patients, helping them reach their full potential for recovery through the challenging process of rehabilitation.

For more information about the Wall of Honor, please contact the Foundation at 909/596-7733, ext. 2232 or foundation@casacolina.org.
Improving Long-term Outcomes for TBI Patients

Traumatic brain injury (TBI) is one of the leading causes of death and disability in young people. Recovering from a TBI is a very long and complex process that can involve lifelong disabilities due to cognitive, behavioral, emotional, and social challenges. Unfortunately, for a large number of these patients, medical care does not continue after leaving the hospital. This results in poor community skills and other negative outcomes, such as falls, re-hospitalizations, unemployment, drug and alcohol abuse, incarceration, and more.

Two years ago, Casa Colina started a new research study called the “Patient Navigation Program” to address the various issues that people who have suffered a TBI typically face after discharge. The idea of patient navigation was pioneered for cancer survivors to improve recovery and outcomes. Patients are given a “navigator” (social worker) with special expertise to help address barriers to quality recovery and timely health care. The navigator also provides support during any healthcare episodes that may arise.

In our study, the program is focused on finding and addressing obstacles to care, coordinating care among providers, encouraging communication between the family and healthcare providers, offering psychosocial support, adhering to treatment, offering education, linking families with community resources, and assisting with financial issues, such as insurance. The navigator works as part of a team that includes a physical medicine and rehabilitation physician, social worker, occupational therapist, and financial expert to assess our patients for issues that might prevent a successful return to their home and community. Each participant is monitored for a 12-month period.

Casa Colina has enrolled nearly 30 participants with very promising results. The initial overall outcomes show excellent recovery in the navigation participants as compared to non-participants. Participants reported far fewer symptoms, such as vision problems, headaches, dizziness, hearing problems, and seizures due to better adherence to medication management. And, none of the participants required re-hospitalization or experienced falls which far exceeds national benchmark data.

Since we have identified a strong need for behavioral, social, and emotional support for both the participants and their families, future research at Casa Colina will aim to expand this program to all patients with chronic disabilities who are at a high risk for negative outcomes. The goal is to have a system in place that will allow all patients to easily transition from post-acute medical and rehabilitation services back to their home and community.
Multiple Sclerosis Didn’t Ground this World Traveler.

After the birth of her first child in 1974, René Webb reached up to grab a large can of baby formula from a shelf. It slipped through her hand and dropped to the counter with a loud thud. And it happened again on a few occasions. Her family physician referred her to a neurologist who suspected Multiple Sclerosis, an inflammatory disease of the brain and spinal cord that causes a wide variety of debilitating symptoms.

René and her husband, Reggie, felt incredibly relieved when the neurologist was unable to confirm that she had MS with a spinal tap. They kept on going. In 1979, she had her first child. Reggie received a promotion to McDonald’s Corporate Office where its founder Ray Kroc mentored him, requiring them to relocate from Diamond Bar, CA to Oakbrook, IL. The family flew back and forth on Ray’s private jet. The move brought the return of troubling symptoms, such as frequent headaches, fatigue, and muscle weakness.

They moved back to southern California in 1981 and her symptoms grew faster than her toddlers that year. She suddenly couldn’t walk, feed herself, or sign her name. The neurologist finally confirmed René had MS with an MRI. Then suddenly, out of the blue, the symptoms disappeared. Feeling blessed and optimistic about their lives, they decided to have a third child.

One year after the birth of her third child in 1985, her symptoms suddenly returned but this time with vision problems. She recalled, “I couldn’t believe it. I couldn’t see anything but a blurred void of space in the mirror.” For the next 16 years, she saw a neurologist as needed and took Prednisone, a medication to help control her symptoms.

In 2003, her family doctor told her about the MS Society’s wellness and support groups at Casa Colina where she heard about Dr. Richard Shubin, of the Casa Colina Multiple Sclerosis Center. She quickly became his patient and vividly recalls her first month of treatment. “It changed my life. I went from a state of neediness to one of confidence,” she stated.

Dr. Shubin provided her with a comprehensive approach to her disease that included physical therapy to alleviate her pain and improve her mobility. She continued attending Casa Colina MS seminars and support groups where her spirits were raised by other patients coping with the same issues. Feeling better emotionally and physically, and with her children grown, she was able to fully enjoy the next chapter of her life – traveling with her husband who had become the Chair of McDonald’s Global Operations. Over the next decade, they explored nearly every continent of the world together. There were no limits to anything René could do with the help of her walking stick and walker: “My life is good. I go everywhere I want to go.”

At home, she enjoys a purposeful life. She regularly visits her family’s 16 McDonald’s restaurants, exercises in moderation, and gives back to her community in numerous ways.

STORIES OF TRIUMPH AND PROGRESS

He was Safe, but Paralyzed. And Then He was Drafted by a Major League Team.

Ever since his father, Dale, gave Cory Hahn his first glove when he was four years old, he showed an irrepressible love for baseball. They spent hours together, playing catch in front of their house in Corona, CA. Even in T-ball, the little lefty showed he had a gift. A traveling club team recruited him when he was only nine.

At Mater Dei High School, he made the all-state team by his junior year. He applied the hard work ethic that he had for the game of baseball to his rehabilitation. “Being with other patients who were going through the same challenges made me feel like I was part of a team again,” he explained. “They supported me and I got excited to see them accomplish new things.”

Accompanied by his dad, Cory was taken by ambulance to Barrow Neurological Institute in St. Joseph’s Hospital, where he underwent surgery for his fractured C-5 vertebrae. A few days later, he was transferred to Casa Colina Hospital where he underwent three hours of therapy each day. He applied the hard work ethic that he had for the game of baseball to his rehabilitation. “Being with other patients who were going through the same challenges made me feel like I was part of a team again,” he explained. “They supported me and I got excited to see them accomplish new things.”

After seven weeks, he was discharged from the hospital to the Transitional Living Center’s Day Treatment Program, where he received six hours of therapy a day. During his days at Casa Colina, he progressed from learning how to swallow ice chips to drinking liquids and devouring sandwiches. He learned how to maneuver his wheelchair at home and in crowded public places. He learned how to live with new challenges.

Cory returned to ASU’s campus with his father, Dale, who quit his job to help him with his daily needs, so he can complete his business degree. Though he couldn’t return to playing for his team, his coach, Tim Esmay, recruited him as a student coach. “His baseball mind is incredible,” Esmay explained.

It was a fact that couldn’t be overlooked by anyone. Especially the Arizona Diamondbacks who selected him as their 34th round pick of the Major League Baseball draft and a nod to the No. 34 he wore for the Sun Devils. Cory will have a career working for the team’s business operations. He’s still Mr. Baseball.
STORIES OF TRIUMPH AND PROGRESS

An Autistic Girl Went from Withdrawn to Drawing a Crowd.

When Katie Kaneki was a toddler, she showed signs that were concerning. She wouldn’t make eye contact or interact with others. She struggled to communicate with one-word responses or commands instead of sentences. She was sensitive to loud noises.

Even though her mother, Sandra, a physician, and her father, Kenny, a special education teacher, were well versed in medicine and child development, they desperately wanted to believe that her symptoms were attributed to being an only child with a Spanish-speaking grandmother for a nanny.

They weren’t ready to face the fact that it was something else. When they tried to dress her in the morning, she complained that the clothing “hurt.” She didn’t like the texture of many foods. But the most disturbing symptom of all came when she was four years old. Katie had seizures.

Sandra was referred to a psychologist who diagnosed Katie as autistic. Katie was then referred to a neurologist and the Regional Center, where she received occupational, behavioral therapy, and access to the school district’s special education department.

A few months later, Sandra received a flyer about Casa Colina’s Autism Conference. After hearing pediatric neurologist Dr. Margaret Bauman’s informative presentation, Sandra made an appointment for Katie to see her at Casa Colina. “She changed our approach and we saw results for Katie immediately,” she recalled.

Katie began her treatment at Casa Colina’s Children’s Services when she was five years old. She graduated from speech therapy after 18 months. She received occupational therapy twice a month as well as socialization skills training with other children her age through “Kids Crew” group sessions.

“She doesn’t think of Casa Colina as a hospital. She thinks of it as a place where she can have fun,” Sandra stated. “The therapies are always somehow masked behind enjoyable activities and playing with other children.”

While Katie received the one-on-one attention she needed to work on her sensory, learning, and social challenges, her parents obtained answers to their questions, advice on how to collaborate with their school system and referrals to other medical specialists, as well as other community resources.

“Casa Colina has been our guiding light,” her father explained. “It’s given us direction and hope.”

With the love and support of her family and treatment team, nine-year-old Katie has slowly emerged from her autistic shell. She enjoys weekly piano lessons and slumber parties with her cousins. She also participates in a special needs cheerleading team and wears a snug-fitting uniform, without any complaints, as she performs before large crowds at the Anaheim Convention Center and Universal Amphitheater.

His Lifelong Passion for Music Became his Rehabilitation.

In November of 2011, Jonathan Haft, an entertainment lawyer for Hollywood Records Disney Music Group, and his wife Judy, joined a group of friends near Puerto Vallarta, Mexico. On a bike ride, Jonathan was struck by a truck that pulled directly in his path. An experienced road cyclist, Jonathan never rode without a helmet. Unfortunately, on this morning he had quickly returned to the house for something, forgetting the helmet.

At the hospital a CT scan showed a brain bleed and a neurosurgeon performed emergency brain surgery. Five days later, as Jonathan’s condition rapidly deteriorated, he was medically evacuated by jet to UCLA Medical Center. He was immediately operated on and induced into a coma to reduce the brain damage caused by severe brain swelling. On December 21st, he was discharged to a long-term acute facility where he experienced complications and had to return to UCLA for another emergency brain surgery.

Music was a constant source of comfort throughout his healing process. While in a coma, his family played soothing classical music: Friends and family visited daily, as well as colleagues from the music industry. With assistance he took his first steps, before UCLA doctors referred him to Casa Colina Hospital for inpatient rehabilitation on January 23rd.

Jonathan has no memory of the months after his accident. His wife remembers this time vividly. She was consumed with worry. But she was not alone. “I was able to be so strong, loving and devoted to Jonathan because I was given so much emotional support wherever I went on the Casa Colina campus,” she explained. “That may not be textbook in the medical arena, but that’s what happens there.”

Jonathan had to re-learn how to swallow, speak, hold objects and walk. While he made the most of his rehabilitation at the hospital three hours a day and, later at the Transitional Living Center for six hours a day, his family and friends rallied around him. His law school band mates brought guitars and played the songs they wrote together in the 80’s to prompt his memory. Another friend brought him a harmonica to work on his respiratory strength.

Judy and their children stayed in a Casa Colina home next to the campus, so they could remain at his side. After high school, daughter Rachel caught the train from downtown Los Angeles to the nearby Claremont train station. Their son Julian visited whenever he was home from college. On Passover, five months after the accident, Jonathan enjoyed his first meal with his family at their Casa Colina home.

After being discharged, Jonathan is back to a well-rounded lifestyle – practicing law, enjoying his family, swimming a mile, reading French novels, and listening to music. Today, he continues outpatient therapy to work on his fine motor skills, so that he may once again play the guitar and trumpet.

Katie Kaneki at the Children’s Services playground with her parents, Kenny and Sandra.

Jonathan Haft back at home with wife, Judy.
Casa Colina Foundation is grateful to the individuals, families, foundations, and corporations who understand our mission and have chosen to support the needs of our patients and help give them the opportunity to receive rehabilitative care. Some donate time to help bring a more personal touch to the challenges of rehabilitation. In the last year, 429 volunteers contributed over 26,000 hours of service to Casa Colina’s programs. Many other foundations have contributed significantly to our community’s present and future rehabilitation needs. Your generosity has helped us expand our services, pursue innovative treatments, and continue our commitment to provide programs and services that are needed. Thank you for your caring and support.

20 • casacolina.org • 21
Jane & Jack Goodfellow
Larry Goetz, M.D.
Rebecca Goetz
Dr. and Mrs. James Gosnell
Susan Gore
Carol & William Grant
Terry Johnson
Karen & Stan Johnson
Reggie Johnson
Barbara Johannsen
Eileen & Chester Jaeger
Susan & Neil Hyland
Chris Higgins
Julie Hawk
Laura Harper
Bob Hackerd
Robin Haaker-Durant
Norma & Rafael Groswirt
Carol & William Grant
Suzanne Goya
Michael Thomas
Harlan Ray
Laura Harper
Bob Hackerd
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Laura Harper
Bo...
Over 30 Physician Specialists Now on Call

A family physician will recommend an evaluation by a specialist for the early detection of a disease. If there has already been a diagnosis of a disease or condition, then it may be appropriate for regular check-ups by a physician specialist. Where does one turn for this type of medical expertise and treatment? Is it necessary to take the long drive to L.A. or Orange County? We’re happy to report that in many cases, people in our community will no longer have to travel great distances to receive great care.

In our quest to improve the quality and availability of specialized medicine in the Pomona area, Casa Colina’s physician-led model of care has attracted over 35 physician specialists from all over Southern California to its campus. They are considered among the best and the brightest in their respective fields.

These physicians specialize in a wide variety of medical conditions – from age-related issues, arthritis, dizziness, and headaches to incontinence, MS, vision loss, Parkinson’s and more. If he or she believes more tests are needed to evaluate or monitor a patient’s health, one may also have convenient access to our state-of-the-art diagnostic imaging, audiometry testing, hearing aid fitting and laboratory services. Prescriptions may also be filled at the new retail pharmacy located on the ground floor of the new Medical Office Building.

Knowing there are many ways to alleviate one’s symptoms and manage what may seem like a debilitating condition, these physician specialists may recommend physical therapy to improve strength, flexibility and balance. It is a professional therapy to help an individual carry out his or her activities of daily living that used to be so easy. At Casa Colina, individuals will benefit from a wide range of specialized therapists and clinicians, advanced equipment, and modern facilities. As our patients will soon discover, everything they need may be just steps away, not miles away.

Cardiology
Fatima Hakkal, D.O.

Family Medicine
Darlene Espinosa, M.D.
John Fagan, M.D.
Mike Zuenga, M.D.

Fibromyalgia/Rheumatology
Antony Hoa, M.D.
Sammy Metzys, M.D.
Annette Quismorio, M.D.

Infectious Disease
Irene Bakman, M.D.
Daniel Gluckstein, M.D.
Kerry Gott, M.D.
John Mourany, M.D.

Internal Medicine/Critical Care Specialist & Pulmonary Disease
Joseph Hounary, M.D.
Rohinder Sandhu, M.D.
Ovais Zaidi, M.D.

Low Vision
Linda Pang, O.D.

Neuro-Optometry
Eric Ikeda, O.D.
Valerie Wren, O.D.

Nephrology/Kidney Disease & Hypertension
Michael Bien, M.D.

Neurology/MS & Movement Disorders
Jerome Lisk, M.D.
Richard Shubin, M.D.

Neurology/TBI, Headache & Epilepsy
Rami Apelian, M.D.
Adeel Paplaiz, D.O.

Physical Medicine & Rehabilitation
Dermot Huang, M.D.
Allen Huang, M.D.
Yong II (Luke) Lee, M.D.
Bethany MS O’Connor, M.D.
David Patterson, M.D.
Ann Vasilie, M.D.

Physical Medicine & Rehabilitation/Spine
Marcel Frax, D.O.

Podiatry
Thinh Le, DPM

Senior Evaluation Program
Harvey Cohen, M.D.
Yong II (Luke) Lee, M.D.

Urology
Aaron Nguyen, M.D.

Vestibular/Otolaryngology
Tynor Shih, M.D.

Wound Care/Hyperbaric Medicine
Kerry Gott, M.D.

To contact a physician or refer a patient, please call 909/596-7733, ext. 3500.

Casa Colina’s Operational Performance

Net Revenue from Operations
(Excluding Foundation)

<table>
<thead>
<tr>
<th>Year</th>
<th>2008</th>
<th>2009</th>
<th>2010</th>
<th>2011</th>
<th>2012</th>
<th>2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Revenue</td>
<td>$10m</td>
<td>$15m</td>
<td>$20m</td>
<td>$25m</td>
<td>$30m</td>
<td>$35m</td>
</tr>
<tr>
<td>Expenses</td>
<td>$14,823,000</td>
<td>$14,758,000</td>
<td>$19,004,000</td>
<td>$19,029,000</td>
<td>$19,057,000</td>
<td>$19,088,000</td>
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<tr>
<td>Net Income</td>
<td>$8,077,000</td>
<td>$8,365,000</td>
<td>$10,950,000</td>
<td>$10,970,000</td>
<td>$10,972,000</td>
<td>$10,956,000</td>
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</tbody>
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Balance Sheets
(Unaudited/Consolidated)
March 31, 2013 and 2012

<table>
<thead>
<tr>
<th>Year</th>
<th>2013</th>
<th>2012</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Assets</td>
<td>$189,429,000</td>
<td>$177,801,000</td>
</tr>
<tr>
<td>Total Liabilities</td>
<td>$189,429,000</td>
<td>$177,801,000</td>
</tr>
</tbody>
</table>

Casa Colina’s Operational Performance

Net Income from Operations
(Excluding Foundation)

Revenues
2013: $87,717,000
2012: $84,984,000

Other operating revenue
2013: $2,619,000
2012: $2,143,000

Transfers from Foundation
for uncompensated care and community benefits
2013: $1,670,000
2012: $1,503,000

Total Revenues
2013: $92,006,000
2012: $88,630,000

Deductions
Contractuals
2013: $28,865,000
2012: $27,586,000

Bad debts
2013: $190,000
2012: $90,000

Total Deductions
2013: $29,055,000
2012: $27,676,000

Revenue Less Deductions
2013: $62,951,000
2012: $60,947,000

Operating Expenses
36,834,000
35,419,000

Other expenses
11,294,000
10,770,000

Total Operating Expenses
48,128,000
46,189,000

Net Income from Operations
Prior to Depreciation, Interest and Amortization
2013: $14,823,000
2012: $14,758,000

*Excludes Foundation