Life After a Traumatic Brain Injury

In this issue
Tapping into the autistic mind
Soldier goes the distance
Tribute to Courage and Valor
Casa Colina Azusa Center opening Fall 2008
Words of Thanks

When I see the truly remarkable work the Casa Colina staff does to help people get on with their lives after injuries or illnesses, it reaffirms my personal commitment to serve on the Board of Directors and do all that I can to make this organization grow and flourish.

My fellow members of the Board and I pursue this work in the knowledge that, although we have been remarkably successful in this last decade at Casa Colina, there are tremendous challenges not only in making sure that each patient gets the most appropriate care, but also challenges to the idea that people who need medical rehabilitation should be able to get it. We know that the number of people in the United States entering their older years is growing and that these people will need more rehabilitation services, rather than less, added on to the needs of the younger population. Yet the number of inpatient rehabilitation facilities in the United States has actually declined - from 1,231 facilities in 2005 to 1,202 in 2007.

While there may be many factors involved in this decline, the substitution of lower-priced skilled nursing care as a replacement for inpatient acute rehabilitation services is an important driver of this trend. And, when medically appropriate, these skilled nursing facilities serve a worthy purpose. However, the Board of Directors and do all that I can to make this organization continue to grow by adapting to the changing needs in the community. The leadership of our professional staff ensures that the newest treatments are a part of our everyday practice, while their involvement in regional and national organizations helps shape the future of rehabilitation.

But what does this mean to our patients? There is an even stronger commitment to make the best decisions and deliver the most effective treatment to each person, one by one. Our commitment to the needs of individuals is rewarded by their progress, whether the person is a grandfather with a stroke, a child with autism, or a wounded soldier with a traumatic brain injury recently returned from Iraq. It is a privilege to work with these patients as they reshape their lives. And it is humbling to know that the thousands of physicians who refer patients to Casa Colina, and the patients and families themselves, put their lives and futures in our hands. We are truly dedicated to being worthy of that trust.

We would not be able to do any of this without the support and understanding of our mission that you, the members of this community, have shown over so many years. On behalf of all those people that you allow us the honor of serving, please accept our deep appreciation and thanks.

Felice L. Loverso, Ph.D.
President & CEO, Casa Colina, Inc.
When Jennifer Maglio’s 16-month old son, Cameron, acted differently than most toddlers, she didn’t suspect anything was seriously wrong. On a beautiful autumn day at the park in Claremont, a friend mustered up the courage to say something to her. “Jen, you might have him tested for autism,” she said.

Cameron displayed many of the classic signs of autism, a condition that affects one out of 150 children. He wouldn’t make eye contact with anyone. He had no interest in the other kids. He was not talking yet. He didn’t play with toys appropriately. Instead, he would spin things and flap his arms. Three days later, on November 18, 2002, she read a newspaper article in the Inland Valley Daily Bulletin about an autistic child who received treatment at Casa Colina Children’s Services.

Cameron’s first pediatrician didn’t pick up on his condition during his examination. This doctor noticed Cameron glance up at him briefly as he entered the room. The doctor said, “Boys do funny things. Boys talk late. And he did make eye contact. I don’t think he has autism.” Meanwhile, Cameron sat in the middle of the floor, spinning a bowl and flapping his hands. Jennifer admitted, “I was really excited and relieved until I got home and my husband still had doubts. He said, ‘Jen, come on. You know that doesn’t sound right.’ I didn’t want to think that my child was disabled, but we knew we had to get a second opinion.” The next pediatrician was very thorough in his questions and note taking, and referred the Maglios to the State Regional Center for further evaluation.

The Maglio parents did the right thing. Director of Casa Colina Children’s Services, Cindy Sendor, MA, CCC-SLP, encourages families to go by their feelings. “Parents usually have a pretty good sense if something is not right;” she said reassuringly. “If they think their pediatrician hasn’t picked up on something and their child’s development is not right, they should be proactive about getting a second opinion.”

On January 21, 2003, the family got a third opinion at the San Gabriel/Pomona Regional Center. “This was an extensive 2-1/2 hour evaluation that involved interviewing us as well as examining Cameron,” Jennifer recounted. “There was a psychologist and a speech pathologist who observed him, tested him and talked with us.” When they were through with their assessment, the Maglio’s worst fears had been confirmed.

The next day, Cameron’s father, Mike, knocked on the door of Casa Colina Children’s Services. “I need to get my son treatment,” he said.

Casa Colina’s approach to autism.

Casa Colina’s unique approach to treating autism was developed by Dr. Margaret Bauman, a world-renowned neurologist and authority on autism from Boston’s Massachusetts General Hospital, who sees children at Casa Colina every other month. In her own research, she realized that there is truly something different in the brain that causes autism. It is not psychological. It is not caused by vaccinations either, although some parents disagree. “It may seem like vaccines are the cause to some parents because that’s around the time that the symptoms of autism appear. They don’t become apparent at birth. It takes a while for certain cognitive and motor functions of the brain to come online, such as walking and language development. The symptoms become more evident around the same time lots of kids are getting their shots,” she explained.

“There’s interesting new research out of Harvard that may indicate that some genes of autistic children are silent, but experience and early intervention can turn these genes on,” Dr. Bauman continued. “This would explain what we’ve thought all along – kids do much better when they have early intervention because it can jumpstart these genes.”

As a pioneer in her field, Dr. Bauman developed
Casa Colina’s S.T.A.R.T. (Specialized Team of Autism Related Therapies) Program, one of the first in the country to help infants and toddlers up to three years of age who have been diagnosed with autism. In this early intervention program, children work individually and in groups with their parents and therapists, rotating through a series of therapeutic activities. Speech language pathologists, occupational therapists, and specialized child-therapy instructors teach these important therapy sessions. This is how they learn motor development, sensory skills, communication, play and self-help.

Once children reach the age of three, they transition to the local public school system. At Casa Colina, they can continue to receive individualized occupational, physical or speech/language therapies designed to improve their social, sensory-motor, play, communication, adaptation, and cognitive skills. Additionally, Casa Colina’s specialized social skills programs (Summer Day Camp, Kid’s Crew and Teen Scene) are in place for continued social-communicative development from four to 15 years of age.

Additionally, many children on the autism spectrum between the ages of six and 14 may participate in Casa Colina’s After School Activities Program (A.S.A.P) where they are encouraged to develop real friendships with other autistic children while participating in recreational, structured activities that include games, sports and crafts. A.S.A.P is a collaborative social-recreation program facilitated by Casa Colina’s Outdoor Adventures program and Children’s Services.

“We feel strongly about educating the parents and caregivers,” Cindy Sendor stated. Which is why Children’s Services has a family specialist and neuropsychologist available to help parents address difficult behaviors. The team also helps parents understand their autistic child’s complex needs through individual and group sessions.

Cameron was only 22-months old when he joined the S.T.A.R.T. program. “This is a kid who used to hug the wall. He wasn’t interested in being in the room,” Jennifer recalled. “They taught him how to play with toys appropriately and how to take turns. He made amazing breakthroughs here. And that’s why we’re still here,” she added.

Tools he can use to talk.

When Cameron first arrived at Casa Colina, he had no way to communicate. He would often bite, whine, and have tantrums.

“Many autistic children have something else going on as well,” reports Cindy Sendor. Cameron, for instance, has developmental apraxia of speech. He has difficulty coordinating his lips, his tongue and his breathing, which makes it very difficult for him to speak. “It’s a bit like when you know a person’s name. It’s on the tip of your tongue, but you just can’t get the words out,” she explained.

Cameron’s frustration stopped after he quickly learned how to use the Picture Exchange Communication System (PECS), which was developed for autistic children. This tool is made up of little picture cards attached to strips of Velcro. One card might say “I want” and another card might say “orange juice.”

In order to get through to Cameron, an occupational therapist and a speech pathologist worked with him at the same time. Sometimes it took a lot of creativity to help him relax and focus better. They discovered that when he was moving – swinging, climbing, or jumping – he could make better eye contact with the speech pathologist and comprehend more.

“Casa Colina taught him how to communicate with me,” Jennifer recalled. “So much better than flapping, screaming, running around and biting because he couldn’t tell me what he wanted.”

Cameron’s apraxia of speech continues to be a challenge for him; however, he will still be able to express himself through a variety of devices as he grows. Now at age seven, Cameron uses a GoTalk 20, which has 20 different icons or pictures on a board. He can press a button and activate recorded speech. The GoTalk 20 has five different levels for a choice of 100 words or expressions: he has a template for school, a template for therapy, a template for community, and two educational templates. “Those can be changed if needed to help him communicate better in different environments,” Cindy explained. Indeed it does. Cameron takes his GoTalk with him everywhere and uses it appropriately to communicate with others. “Cameron finally has a voice!” said Jennifer.

The goal is to help him communicate a phrase or a sentence. Eventually, he will move up to a more dynamic augmentative communication device, such as the DynaVox System, which will help him express himself more conversationally, while building his vocabulary and literacy skills. This will enable him to communicate more freely with a wider selection of pictures and icons.

He has already shown that he is capable of reading. And like many kids, he enjoys spending his free time in front of the computer with his dad. “He’ll take his hand and put it on the mouse and put his hand on top of mine. So we have both hands on the mouse, but he’s operating it,” Miki explained. “He made that up himself. It was something that I taught him. It’s his way of saying, I wanna play a game with you.’ That’s pretty special.”

His mom is also very hopeful. “I don’t know if he’ll ever speak to me. But I do picture him typing. Because he’s really good on a computer,” Jennifer explained. “I know he can communicate with me in the ways that he can now. So if we can open that door, I think he’s got a lot to say – however he can say it.”

How he learns.

Though Cameron has autism, he devotes as much time to learning as a scholar. This little guy has carried a 40-hour week since he was three years old.

A week in the life of Cameron consists of 20 to 25 hours a week at school, plus 10 to 15 hours a week of behavioral, speech and occupational therapy.

In a local public elementary school, he’s learning how to read and write in a special education classroom with eight other autistic children. At Casa Colina, he’s learning how to engage in socially stimulating situations, play, and to communicate with others. And at home, he plays with his big sister, McKenna, in the backyard – in the pool, on the swing and the trampoline. He rides a tricycle with mom as they walk the dog. “As a parent of an autistic child, I’ve become so sensitive to the littlest things that you expect a typical child to understand. Because when your atypical child does something new, it’s such a victory,” she explained with a smile, “Like riding a tricycle at age seven. This was a huge gain! He was maneuvering the corners. He was watching that he didn’t fall off the sidewalk. And those are things that tell me he’s aware of his surroundings.”

Indeed, he is a child who pays attention. But he tends to keep his knowledge closely held to his chest like a good poker hand until he’s ready to show it off to his parents, teachers and therapists. They can’t help but marvel at how things suddenly seem to click for him.

“One day we realized completely by accident that he could read,” Cindy recalled. “In a speech therapy session, the computer was supposed to repeat the words on the screen, but for some reason the audio didn’t work for a moment. Cameron was able to identify the target picture using only the printed word on the screen and he was 90% accurate. It wasn’t just random or memorized.”
Cameron’s family has done everything and anything to help him grow. And that includes taking him to crowded places to help de-sensitize him to his surroundings. His parents realized that the more they sheltered him from things, the more he was uncomfortable with getting out in public. “Now we take him to Wal-Mart and every loud busy store we can find,” Jennifer explained with a chuckle. “I’ve been diligent about educating others around me. Usually there’s somebody ahead of me or behind me in the grocery store that learns something about autism that they didn’t know before. It’s my mission.” It’s also the mission of everyone who learns something about autism that they didn’t know.

What are the signs of autism?

- A delay in speech
- Poor eye contact
- Lack of desire to interact with others outside of his or her family
- A tendency to become upset or overstimulated in public
- Odd or repetitive behavior with toys
- Lack of ability to focus on the same object with another person

Early intervention is the key

If you are concerned that your child may have autism, it’s important to get a professional evaluation by a physician specialist or psychologist as soon as possible. You may also make an appointment with Casa Colina’s Children’s Services by calling 909/596-7733, ext. 4200. Or you may request “an intake” at a nearby Regional Center. The following Southern California Regional Centers refer young autistic children to Casa Colina’s Children’s Services for its early intervention programs, education, and therapy:

**Eastern Los Angeles Regional Center, Alhambra**
626/299-4700
Frank D. Lanterman Regional Center, Los Angeles
213/383-1300
**Inland Regional Center, San Bernardino**
909/890-3000
San Gabriel / Pomona Regional Center, Pomona
909/620-7722
**Westside Regional Center, Culver City**
310/258-4000

Branching Out from Pomona to Azusa

In recent years, Casa Colina was focused on the renovation and expansion of its 20-acre campus in Pomona. Today, it is a gem – a place where people of all ages can find world-class medical and rehabilitation care in an ideal setting. Everyone deserves to be treated this way. That was the thinking when Casa Colina’s Board of Directors made the decision to branch out to other locations. The Casa Colina Azusa Center is the first of many satellite facilities planned in the future. “It’s the care San Gabriel Valley residents would expect to find right here at our Pomona campus, but without the drive,” said Dr. Felice Loverso, CEO and President of Casa Colina Centers for Rehabilitation. The Casa Colina Azusa Center, located at 910 East Alosta Avenue in Azusa, is scheduled to open this Fall 2008. With more than 6,000 square feet, this new medical and rehabilitation center offers private treatment and examination rooms, plus a gym with state-of-the-art exercise equipment.

What makes this facility truly stand out is its team of rehabilitation professionals who are ready to help individuals develop new strengths, overcome a disability, prevent illnesses and injuries, and thoroughly enjoy a healthy lifestyle.

Just like its sister facilities in Pomona, the Casa Colina Azusa Center will offer a number of specialized services, including physical therapy and occupational therapy for orthopedic and neurological conditions, osteoporosis prevention and treatment using Power Plate® vibration technology to build bone mineral density quickly, sports medicine rehabilitation also using Power Plate training to recruit more muscle fiber during athletic exercise, sports evaluation and performance improvement, senior fitness, and personal fitness for adults with or without pre-existing injuries. The center will also offer certified hand therapy including splinting and serial casting to cope with injuries and chronic conditions.

In addition, the Casa Colina Azusa Center will have physician specialty clinics that provide coordinated outpatient medical care and rehabilitative treatment for sports injuries, arthritis, stroke, movement disorders, fibromyalgia and more. And if individuals require other types of specialized care, they may easily access Casa Colina in Pomona. The goal is to make obtaining quality medical and rehabilitation care as convenient as possible for everyone who needs it.
For those who are not ready to return to their home and community, there is the Casa Colina Transitional Living Center which offers post-acute care in a homelike setting as either a residential or day treatment program. At TLC, patients benefit from up to six hours of individual and group therapy, six days a week.

Others may require long-term care through Casa Colina at Rancho Pinoto Verde or Casa Colina at Apple Valley residential centers. Here, individuals may continue to work on their functional independence and personal growth. Oftentimes, brain injury patients find it helpful to continue their therapy through Casa Colina’s Outpatient Center. Here they may continue to receive care from physicians and licensed therapists and access a variety of innovative services to help overcome disabilities and maintain a rewarding lifestyle.

### Celebrating Brett’s progress.

Brett made such remarkable improvement in his first year of rehabilitation that he was honored at Casa Colina’s Tribute to Courage event. When he received this award at the formal dinner, he had the opportunity to thank his family, doctors, and therapists. In fact, he also had the chance to show off what great strides he made with his therapies by bending down on one knee and proposing to his girlfriend Robin, in front of more than 400 guests. She said, “Yes!” And there wasn’t a dry eye in the entire ballroom.
In the process, he honored everyone at Casa Colina.

“I was really depressed when I thought I’d have to spend the rest of my life in a wheelchair,” recalled Roxanne Ojeda when she lost the use of her leg at age 30. Then she went to a Land Meets Sea Camp. “I did not want to go, but some of my friends encouraged me to participate. It made me feel alive again. It totally made me feel like my life was worth living,” she explained.

“I also wanted to honor the fallen soldiers.”

And Casa Colina helped him find a way to pursue his dream to participate in a 5K run in Laguna Hills on Memorial Day. Fleig’s neuropsychologist, Kelli McSwan, Ph.D., and physical therapist, Soworwon Nyirady, not only helped him prepare for the Memorial Day 5K – they also ran it with him.

“I wanted to do this because I want to inspire people to continue working through their problems or disabilities,” First Lieutenant Fleig explained. I wanted to honor all of the soldiers and inspire them to know that even though they are injured, they can still continue on. I also wanted to honor the fallen soldiers.”

In the process, he honored everyone at Casa Colina.

Vanessa Sapien was a spunky five-year old girl with spina bifida who raced around the tennis court in a wheelchair, hitting balls as hard as she could. At the age of eight, she learned to jet ski at Casa Colina’s Land Meets Sea Sports Camp. She fondly recalls a childhood filled with activities like over-the-line softball, rugby, and basketball. And on her 18th birthday, she went skydiving. All of these adventures were made possible by Casa Colina’s Outdoor Adventures program.

This life-changing program is one of only a few in the country to offer children and adults with physical and cognitive disabilities the chance to discover what is possible through a wide variety of therapeutic recreation activities, outdoor programs and trips.

This program was the vision of Anne Morash Johnson, founder and director of Outdoor Adventures. She pioneered this program nearly 25 years ago with a single weekend camping trip. It has since flourished, offering nearly 135 days of incredible adventures and 40 days of after-school activities each year. The program is made affordable to nearly 800 people who have more than 1,400 adventures annually thanks to the support of the Casa Colina Foundation.

As a result, thousands of individuals have been empowered to explore new activities and acquire new skills. They have felt the joy of making new friends of all abilities and being a part of an adventurous outdoor community. Outdoor Adventures focuses on each individual’s abilities, rather than disabilities.

And what happened to that spunky five-year old girl? As soon as she was old enough, Vanessa became a Casa Colina volunteer at its Land Meets Sea Sports Camp. Today, she is a grown woman, determined to receive her doctorate in psychology. She wants to be a counselor to help others who are physically challenged. Vanessa said, “Disability is only a state of mind. That’s one thing that Casa Colina has definitely taught me.” She continued, “I may be in a wheelchair, but my possibilities are endless. That’s what they’ve always told me. And that’s the gift that I want to give other people.”

Outdoor Adventures Gets Everyone in the Game.

A piece of shrapnel pierced his right eye and brain, causing blindness and severe brain damage. He was also left legally blind in his left eye.

Upon his return to the U.S., he received acute medical-surgical care at the National Naval Medical Center and the Tampa VA Hospital. He came to Casa Colina Hospital in October 2007, with his wife Tiffany and infant daughter Alli. He has made tremendous progress with his rehabilitation ever since.

The term “soldier on” is defined as “persisting steadfastly in one’s work; to persevere.” Raymond soldiered on. He worked tirelessly on his balance, depth perception, and even his fitness.

And Casa Colina helped him find a way to pursue his dream to participate in a 5K run in Laguna Hills on Memorial Day. Fleig’s neuropsychologist, Kelli McSwan, Ph.D., and physical therapist, Soworwon Nyirady, not only helped him prepare for the Memorial Day 5K – they also ran it with him.

“This program is the vision of Anne Morash Johnson, founder and director of Outdoor Adventures. She pioneered this program nearly 25 years ago with a single weekend camping trip. It has since flourished, offering nearly 135 days of incredible adventures and 40 days of after-school activities each year. The program is made affordable to nearly 800 people who have more than 1,400 adventures annually thanks to the support of the Casa Colina Foundation.

As a result, thousands of individuals have been empowered to explore new activities and acquire new skills. They have felt the joy of making new friends of all abilities and being a part of an adventurous outdoor community. Outdoor Adventures focuses on each individual’s abilities, rather than disabilities.

Left to right: Sarah Cerney, Speech Pathology Clinical Fellow at the Transitional Living Center; Physical therapist, Soworwon Nyirady, Neuropsychologist, Kelli McSwan, Ph.D.; 1st Lt. Raymond Fleig, wife Tiffany Fleig.
Dear Friends of Casa Colina,

It is certainly my privilege and honor to communicate with you as a member of the Casa Colina team. It is estimated that since the beginning of Casa Colina in 1936, we have provided services to 186,600 patients. At the present rate that figure will double in less than 15 years. We will help more than a quarter million people take on the challenges of sports, work, and optimal living after an injury or illness. The Foundation is the vehicle through which you can help ensure that Casa Colina is able to meet these future needs, while safeguarding our immediate primary focus: patient care.

So, it is with great enthusiasm that we welcome you to our fundraising events. We invite your direct donations. And we offer assistance in making decisions about tax and estate planning. Your support in the past has helped Casa Colina become a landmark facility. It makes it possible for us to continue providing the best opportunity for every patient, even when there is no other means of payment. Even more, your support for every patient, even when there is no other means of payment. Even more, your support means that Casa Colina will continue into the future with better interventions for autism, spinal cord injuries, stroke and the many other disabling conditions we treat.

Your support is so appreciated. It has been the bedrock of our ability to exist as a non-profit, disabiling conditions we treat. It makes it possible for us to continue providing the best opportunity for every patient, even when there is no other means of payment. Even more, your support means that Casa Colina will continue into the future with better interventions for autism, spinal cord injuries, stroke and the many other disabling conditions we treat.

We've also created many different giving opportunities to make it easier for you to support the work and growth of Casa Colina, including the following options:

- **Naming Opportunities** enable you to honor or memorialize a loved one by establishing a philanthropic fund or by dedicating a room, facility, outdoor courtyard, medical equipment or outdoor sitting bench in his or her name.
- **Memorials and Honorary Gifts** give you the chance to remember or celebrate a physician, nurse, therapist, friend, or loved one by making a special gift in his or her name.
- **Buy-a-Brick Program** supports the Capital Fund by offering personalized, engraved bricks for you, or your loved ones, that will be placed on campus next to our park walkway.
- **Annual Giving** can be set up through an outright gift using cash, check, credit card, or by making a pledge for a specific period of time. You may also donate marketable securities directly to the Casa Colina Foundation.
- **Planned Giving** with future gifts that may include bequests, life-income gifts, trusts or annuities, life insurance, and real estate.
- **Special Events** through sponsorship and/or attendance.
- **Frasers Eleanor Smith Circle of Giving** with an easy payroll deduction plan for employees or scheduled credit card payments for non-employees. Your gifts support Casa Colina's free-care fund to help patients who cannot afford to pay for much needed services.

Your generous philanthropic support helps fulfill Casa Colina's mission of caring for patients now and in the coming decades.

Many Ways to Support Casa Colina

We are proud to announce that you may now donate to Casa Colina directly online and register for many of our exciting events! Hundreds of donors have already taken advantage of this convenient way to support the rehabilitation care we provide for more than 9,000 people a year. You'll see a link to our Foundation area of Casa Colina's website listed when you visit www.casacolina.org. This is where you may also find information about upcoming events. Of course, you may still phone or fax us, or even come by to meet us at the Foundation offices to make a donation or register for an event. You may also use the convenient envelope in the centerfold of this magazine.

We've also created many different giving opportunities to make it easier for you to support the work and growth of Casa Colina, including the following options:

- **Naming Opportunities** enable you to honor or memorialize a loved one by establishing a philanthropic fund or by dedicating a room, facility, outdoor courtyard, medical equipment or outdoor sitting bench in his or her name.
- **Memorials and Honorary Gifts** give you the chance to remember or celebrate a physician, nurse, therapist, friend, or loved one by making a special gift in his or her name.
- **Buy-a-Brick Program** supports the Capital Fund by offering personalized, engraved bricks for you, or your loved ones, that will be placed on campus next to our park walkway.
- **Annual Giving** can be set up through an outright gift using cash, check, credit card, or by making a pledge for a specific period of time. You may also donate marketable securities directly to the Casa Colina Foundation.
- **Planned Giving** with future gifts that may include bequests, life-income gifts, trusts or annuities, life insurance, and real estate.
- **Special Events** through sponsorship and/or attendance.
- **Frasers Eleanor Smith Circle of Giving** with an easy payroll deduction plan for employees or scheduled credit card payments for non-employees. Your gifts support Casa Colina's free-care fund to help patients who cannot afford to pay for much needed services.

Your generous philanthropic support helps fulfill Casa Colina's mission of caring for patients now and in the coming decades.

Wounded Warrior Fund a Great Cause

Casa Colina has been privileged to have more than 30 armed service members as patients in recent years. Most of these soldiers suffered traumatic brain injuries while in Iraq and Afghanistan. Casa Colina’s Board made a commitment to provide them with all beneficial services, regardless of whether Casa Colina is reimbursed. The response to the Wounded Warriors Fund, created to help pay for many uncompensated services, has been outstanding.

The Bob Woodruff Family Foundation has made a grant of $100,000 to help pay these unreimbursed expenses. The Pomona Rotary dedicated its Annual Art Auction in 2008 to this cause and donated $48,765, of which $5,000 was a grant from the Majestic Realty Foundation. And the Timothy C. McWilliams, Jr. Foundation made two $25,000 grants. The first grant will help pay housing expenses for families from out-of-state while their loved ones receive rehabilitation at Casa Colina, and the second grant has provided equipment to evaluate and treat patients using augmentative communication devices.

Casa Colina thanks these organizations and all the people who have contributed to this wonderful cause. Their generosity allowed us to bring the maximum benefits of rehabilitation to these courageous people who have risked their lives to fight for our country.

Grants for Programs and Pioneering Initiatives

Casa Colina thanks the grant-making foundations whose awards support ongoing treatment programs and pioneering initiatives that break new ground in the expertise and care of people with disabilities.

In February 2008, the UniHealth Foundation awarded Casa Colina a grant for a three-year, $842,520 project that will investigate “Healthy Aging” among adults with intellectual and/or developmental disabilities. The grant will support a focused health and wellness promotion program at Casa Colina’s Padua Village and track the effectiveness of health promotion practices among a large group of adults with disabilities, working with community partners Cedars Sinai Medical Center and L.A. Care Health Plan. The results will guide effective interventions to help people with disabilities age in healthy ways.

In April 2008, the California Community Foundation awarded a two-year grant of $175,000 to Casa Colina for general operating support, focusing on the work of Children’s Services, the Transitional Living Center and Adult Day Health Care. The grant supports ongoing programs to help patients gain and maintain function, so they can successfully integrate into home and family life. Operating support grants from the Kenneth T. and Eileen L. Norris Foundation and the Carl E. Wynn Foundation have also been extremely valuable in helping Casa Colina maintain its core programs, such as Children’s Services.

This is the second year of development of “Teen Scene,” a new social- and life-skills program for teenagers with autism or related diagnoses. Thanks to a $50,000 award from the Henry L. Guenther Foundation, the program held its first sessions this summer with much success.

This was also the final year of a previous grant from the UniHealth Foundation, which has supported the development and evaluation of the Physician Specialty Clinics, where 29 specialist physicians now offer 17 distinct clinics through Outpatient Services. The three-year grant brought $359,027 to this innovative development effort. A report on the results of this grant will be available on Casa Colina’s web site, www.casacolina.org in the near future.

Left to right: Sam Croce, Chairman of the Board, Casa Colina, Inc., with 1st Lt. Raymond Fleig, wife Tiffany Fleig, Bob Woodruff, ABC News Correspondent, and Steve Halligan, Pomona Rotary member and Event Chair and Steve Graeber, Pomona Rotary member and Casa Colina Board member.

Ritchey

Rabbi (Quinney), Ph.D.
Chairman, Board of Directors
Casa Colina Centers for Rehabilitation Foundation

casacolina.org

12 • casacolina.org • 13
Casa Colina Foundation is grateful to the following individuals, families, foundations, and corporations. They understand our mission, support our efforts, and help advance our mission. The generosity of these individuals helps us support our mission.

### Individuals
- Casa Colina appreciates every gift it receives. The following individuals made donations of $25 or more in the year 2007. Thank you for your support! Casa Colina Foundation is grateful to the following organizations, families, foundations, and corporations. They understand our mission, support our efforts, and help advance our mission. The generosity of these individuals helps us support our mission.

### Corporations, Foundations, Small Businesses, Clubs, and Organizations
- Casa Colina Foundation is grateful to the following organizations, families, foundations, and corporations. They understand our mission, support our efforts, and help advance our mission. The generosity of these individuals helps us support our mission.

### Donors Make Casa Colina Strong
- Casa Colina Foundation is grateful to the following organizations, families, foundations, and corporations. They understand our mission, support our efforts, and help advance our mission. The generosity of these individuals helps us support our mission.

### These gifts received between April 2007 and March 2008, you have shown that Casa Colina has a dynamic support system to meet its commitment to excellence for our community’s future and recent health needs. Your generosity has helped us expand our services, pursue innovative treatments, continue signature programs and provide charity care. Thank you for caring and supporting.
Rod Rees learned about Casa Colina through his prior employment as a health aide which led to his volunteer service in the Casa Colina Audiology Department over the past four years. Rod helps hospital patients get to their audiometry appointments so the staff may spend more time with their patients. According to Rod, “Helping patients is one of my favorite parts of volunteering.”

After September 11th, Peter Papa felt a call to get out and help others. He was volunteering at Casa Colina as a way to not only be helpful, but also as a venue to learn more about rehabilitation, which he became personally familiar with after sustaining a brain injury that was further complicated by a stroke. Peter assists physical therapists in the inpatient gym as they treat patients and helps staff with clean up and paperwork. After six years of volunteering, Peter says, “It wouldn’t be the same if I got paid. It wouldn’t be from the heart.”

People Who Made a Difference

Volunteers

Sylvia Nureidene discovered Casa Colina 18 years ago while volunteering and later joined the Alzheimer’s Support Group for her mother. At that time, she became a member of Casa Colina Adult Day Health Care Center and that became the place where Sylvia began her volunteer service. Throughout the years, Sylvia’s volunteerism has been part of many fundraising activities. Sylvia says, “Volunteering at Casa Colina helped me appreciate the qualities and endurance of people with disabilities, and what they can accomplish.”

Retired fireman Bruce Hosen joined Casa Colina’s Outdoor Adventures program volunteer team 10 years ago. From the start, he helped with chili cook-offs and harvest hooeydows. Then he started to volunteer on overnight camping trips and excursions, such as open canoe kayaking. During these trips, his appreciation of the participants increased as their abilities and great attitudes overshadowed their disabilities. Bruce says, “It’s a great experience volunteering, in Outdoor Adventures because you’re helping people get ‘normalcy’ back into their lives.”

Casa Colina

Sylvia Nureidene discovered Casa Colina 18 years ago while volunteering and later joined the Alzheimer’s Support Group for her mother. At that time, she became a member of Casa Colina Adult Day Health Care Center and that became the place where Sylvia began her volunteer service. Throughout the years, Sylvia’s volunteerism has been part of many fundraising activities. Sylvia says, “Volunteering at Casa Colina helped me appreciate the qualities and endurance of people with disabilities, and what they can accomplish.”

Retired fireman Bruce Hosen joined Casa Colina’s Outdoor Adventures program volunteer team 10 years ago. From the start, he helped with chili cook-offs and harvest hooeydows. Then he started to volunteer on overnight camping trips and excursions, such as open canoe kayaking. During these trips, his appreciation of the participants increased as their abilities and great attitudes overshadowed their disabilities. Bruce says, “It’s a great experience volunteering, in Outdoor Adventures because you’re helping people get ‘normalcy’ back into their lives.”

Casa Colina

Sylvia Nureidene discovered Casa Colina 18 years ago while volunteering and later joined the Alzheimer’s Support Group for her mother. At that time, she became a member of Casa Colina Adult Day Health Care Center and that became the place where Sylvia began her volunteer service. Throughout the years, Sylvia’s volunteerism has been part of many fundraising activities. Sylvia says, “Volunteering at Casa Colina helped me appreciate the qualities and endurance of people with disabilities, and what they can accomplish.”

Retired fireman Bruce Hosen joined Casa Colina’s Outdoor Adventures program volunteer team 10 years ago. From the start, he helped with chili cook-offs and harvest hooeydows. Then he started to volunteer on overnight camping trips and excursions, such as open canoe kayaking. During these trips, his appreciation of the participants increased as their abilities and great attitudes overshadowed their disabilities. Bruce says, “It’s a great experience volunteering, in Outdoor Adventures because you’re helping people get ‘normalcy’ back into their lives.”

Casa Colina

Sylvia Nureidene discovered Casa Colina 18 years ago while volunteering and later joined the Alzheimer’s Support Group for her mother. At that time, she became a member of Casa Colina Adult Day Health Care Center and that became the place where Sylvia began her volunteer service. Throughout the years, Sylvia’s volunteerism has been part of many fundraising activities. Sylvia says, “Volunteering at Casa Colina helped me appreciate the qualities and endurance of people with disabilities, and what they can accomplish.”

Retired fireman Bruce Hosen joined Casa Colina’s Outdoor Adventures program volunteer team 10 years ago. From the start, he helped with chili cook-offs and harvest hooeydows. Then he started to volunteer on overnight camping trips and excursions, such as open canoe kayaking. During these trips, his appreciation of the participants increased as their abilities and great attitudes overshadowed their disabilities. Bruce says, “It’s a great experience volunteering, in Outdoor Adventures because you’re helping people get ‘normalcy’ back into their lives.”

Casa Colina
This Tribute to Courage fundraising event was more than a black tie affair. It was a night to honor those in uniform. On Saturday, February 2, 2008, Casa Colina honored Lieutenant Colonel Rocco Armonda, M.D., and the young soldiers he treated who suffered traumatic brain injuries (TBI) during combat in Iraq and Afghanistan.

A West Point graduate, Dr. Armonda is the Director of Cerebrovascular Surgery and Interventional Neuroradiology at the Walter Reed Army Medical Center and the Bethesda National Naval Medical Center. The ballroom at the Pacific Palms Conference Resort in Industry Hills once again set the stage for this very special evening where nearly 600 guests learned firsthand of this incredible doctor who risked his life to save his fellow soldiers – and the families, fellow physicians, and clinicians who in turn wanted to recognize Dr. Armonda for his courage. The hostesses of ceremonies, actress Bonnie Hunt, helped tell their amazing stories of survival and healing which began on the front lines.

More than anything, Rocco worked to restore the dignity of his patients. This is why Casa Colina chose him as its Tribute to Courage honoree. It was an honor that was clearly shared by everyone in attendance.

Casa Colina’s Chairman of the Board, Samuel Crowe and Congresswoman Grace Napolitano, expressed the gratitude of the state and nation for the troops’ service, and enthusiastically praised the strong working relationship that Casa Colina and the military medical system have developed to ensure wounded soldiers receive the care they need – especially for TBI, often referred to as the “signature injury” of the Iraq and Afghanistan wars.

The highlights of the evening came with the formal military ceremony in which Lieutenant Colonel Armonda and Lieutenant Colonel Paul Swanson (US Marine Corps) recognized First Lieutenant Raymond Fleig and Sergeant Joshua Cooley, two of Casa Colina’s patients, for their heroism and formally awarded their rank advancement.

Dr. Felice Loverso, President and CEO of Casa Colina, concluded this poignant evening by stating, “I know that each of us here are honored to have heard directly from Dr. Armonda, and from our soldiers and their family members, the story of their shared experiences and their determination to make the most of the precious lives brought home to us. This is what rehabilitation is all about.”

Casa Colina’s Tribute to Courage generated over $450,000 in donations which will be used to benefit the programs and services of Casa Colina, including the residential facilities adjacent to Casa Colina’s 20-acre campus in Pomona that provide many soldiers and their families with “a home away from home” throughout the often lengthy rehabilitation process.

The success of this event would not have been possible without the help of Presenting Sponsor Neva Smith, daughter-in-law of Casa Colina’s founder Frances Eleanor Smith, and Major Sponsors, Noble House Entertainment; Mary Lou Jensen; Patterson Sales Corp., the Royal Canadian Legion; Alton & Shirley Perkins; Casa Colina Surgery Center; Disney Worldwide Outreach; Rotary Club of Pomona; Prime Healthcare Services, Inc.; the Pat and Mark Warren Family Foundation; and Voyager Classics.
Events that raised awareness, spirits and funds.

26th ANNUAL PADUA VILLAGE GOLF CLASSIC

Monday, April 28, 2008 at Red Hill Country Club in Rancho Cucamonga

Founding Sponsor
Robert and Beverly Lewis Foundation

Presenting Sponsor
Hidden Villa Ranch

SEI Investments

Major Sponsors
Crebs Family Foundation
General Pump Co.
Joseph K. & Inez Eichenbaum Foundation
Ornest Family Foundation
PFF Bank and Trust
Response Envelope, Inc.

Over 650 motorcycle enthusiasts attended to show their support and raise funds for Casa Colina and its Wounded Warrior Program. Co-hosted by the Pomona Valley HOG Chapter.


Events that raised awareness, spirits and funds.

28th ANNUAL CASA COLINA GOLF CLASSIC

Sunday, October 28, 2007 at Casa Colina in Pomona

Major Sponsors
Asbestos Workers
Union Local 5
JB Specialty Contractor
Majestic Realty Foundation
Physicians of the Casa Colina Surgery Center
Ricoh Corporation

Cocktail hour prior to the dinner program on the South Hills Country Club patio.

Events that raised awareness, spirits and funds.

WALK & ROLL FOR CASA’S KIDS

Saturday, June 28, 2008 at Casa Colina Children’s Services in Pomona

Major Sponsors
Don & Marilyn Driftmier
Octicon, Inc.

Physicians of Casa Colina Surgery Center

Casa Colina’s annual Friend of the Children Award was presented to Paula Zeidman in memory of her late husband and Casa Colina Board member, Jake Zeidman. 220 people attended the family-friendly event to show their support of Casa Colina Children’s Services.

SEVENTH ANNUAL Trends in Autism Conference

Saturday & Sunday, March 15 & 16, 2008 at Harvey Mudd College in Claremont

213 individuals, teachers, educators, and clinicians attended the conference designed by Margaret Bauman, M.D., nationally renowned expert in the field of autism, and physician specialist at Casa Colina Children’s Services.

A panel of 12 physician specialists, therapists and autism experts presented the latest clinical developments, real life experiences, challenges, and recent achievements in the field of autism.
Dr. Jerome and Judith D. Tamkin Outpatient Center
More State-of-the-Art Equipment
The newest piece of equipment added to the Outpatient Center is certain to help those with Parkinson’s disease, traumatic brain injury, stroke, or joint replacements.

It is the Biodex Treadmill System, which allows patients with walking issues to remove a percentage of their body weight to allow supported or harnessed walking. With the patient’s weight suspended, it is much easier to reintroduce correct motor patterns to retrain the motor and nervous system to walk appropriately.

The Adaptive Driver Program has a new van specially designed for quadrplegics and others who cannot do car transfers due to decreased mobility. This vehicle, which was generously donated to Casa Colina, allows ramp access. It is equipped with a long list of adaptive features, including controls and a steering knob that can be placed on either side (depending on a driver’s level of impairment in each arm), 50% reduced-effort steering to compensate for upper extremity weakness, and adaptive mirrors for decreased cervical range of motion (ability to turn one’s neck). It is also outfitted with adaptive secondary controls for lights and wipers, and an instructor’s brake and an engine kill switch for safety.

The new van is a valuable educational tool that will allow Casa Colina to better meet the needs of the quadriplegic population, as well as other individuals who require adaptive equipment. This program still has the use of an adaptive car, which has a crossover gas pedal, so individuals can drive with their left foot if needed, as well as hand controls for those with decreased lower extremities function. This car also allows one-handed steering. Both vehicles open up a whole new world of independence for Casa Colina’s clients.

The new Orthopedic Physical Therapy Residency program was developed specifically for physical therapy residents interested in orthopedics. Students are asked to submit an application and complete a rigorous interview that includes a live patient exam. The program provides an additional year of intense mentorship in the treatment of patients with orthopedic impairments and is designed to prepare residents to sit for the American Physical Therapy Association Board.

The Tamkin Outpatient Center serves individuals who have the potential to overcome or better manage physical disabilities by receiving specialized medical care or rehabilitation services in an outpatient setting.
Casa Colina Kittell Imaging Center
Ready to Help More Women
The Casa Colina Kittell Imaging Center now has the latest full field digital mammography equipment. The images are evaluated with CAD (computer aided detection) software prior to the formal reading by a board-certified radiologist. The CAD software aids in the detection of subtle malignancy. Since these diagnostic tests are digital, images may be viewed by the patient’s physician over the Internet using the center’s software, or may be sent home with the patient on film or CD. Most mammography testing can be scheduled within one week.

Timely appointments are available for all types of ultrasound including abdomen, pelvis, obstetric, breast, musculoskeletal and vascular studies. The center’s interventional radiologist reviews the exams quickly and, with the exception of biopsies, test results are typically available on the same day. So there is typically no need to wait anxiously for another appointment – or delay any necessary treatment.

The Casa Colina Imaging Center is accredited by the American College of Radiology in Magnetic Resonance Imaging (MRI), ultrasound, and mammography and will soon be fully accredited for Computed Tomography (CT). All imaging technicians are fully certified and an onsite radiologist closely supervises the work.

Outdoor Adventures
Thankful for Volunteers
It takes the help of a lot of volunteers to put on over 175 days of therapeutic activities each year, including 40 days for the After School Activities Program (ASAP). Outdoor Adventures and its participants were supported by more than 250 volunteers who donated more than 9600 hours of their time to assist with the Outdoor Adventures trips, ASAP and the Casa Colina Hospital Recreation Program. The 14th Land Meets Sea Sports Camp welcomed 135 campers and over 100 volunteers in August 2008. The Outdoor Adventures staff successfully completed their Wilderness First Responder Re-Certification, which ensures leadership abilities and safety skills in the field.

Outdoor Adventures serves adults and children with a broad range of cognitive and physical disabilities who want to discover their abilities in a challenging and fun environment.

Padua Village Homes
Enjoying New Adventures
The residents of Padua Village enjoyed trips to Disneyland in May and June 2008. This spectacular outing was made possible by the 26th Padua Village Golf Classic held at Red Hills Country Club on April 28, 2008. All residents attended this event and were presented with Disneyland and California Adventure passes as well as passes to the L.A. County Fair.

Many residents remain actively involved in the Outdoor Adventures program by participating in activities such as whale watching, rock climbing, skiing, kayaking, camping, day hikes, and trips to Hawaii and the Grand Canyon.

These residential facilities serve adults with developmental disabilities who require supervised residential living.

Casa Colina’s Operational Performance
Earnings from Operations*
(Excluding Foundation)

<table>
<thead>
<tr>
<th>Year</th>
<th>2004</th>
<th>2005</th>
<th>2006</th>
<th>2007</th>
<th>2008</th>
</tr>
</thead>
<tbody>
<tr>
<td>$7,000,000</td>
<td>$6,000,000</td>
<td>$4,000,000</td>
<td>$2,000,000</td>
<td>$1,000,000</td>
<td></td>
</tr>
</tbody>
</table>

*Earnings before interest, depreciation and joint venture

Casa Colina Balance Sheets
(Unaudited/Consolidated)
March 31, 2008 and 2007

<table>
<thead>
<tr>
<th></th>
<th>2008</th>
<th>2007</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assets</td>
<td>$17,729,000</td>
<td>$12,627,000</td>
</tr>
<tr>
<td>Investments</td>
<td>49,478,000</td>
<td>57,217,000</td>
</tr>
<tr>
<td>Assets limited as to use</td>
<td>22,183,000</td>
<td>23,821,000</td>
</tr>
<tr>
<td>Property and equipment</td>
<td>59,478,000</td>
<td>60,496,000</td>
</tr>
<tr>
<td>Other assets</td>
<td>1,786,000</td>
<td>2,087,000</td>
</tr>
<tr>
<td>Total Assets</td>
<td>$150,654,000</td>
<td>$156,248,000</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Liabilities and Net Assets</th>
<th>2008</th>
<th>2007</th>
</tr>
</thead>
<tbody>
<tr>
<td>Current liabilities</td>
<td>$11,601,000</td>
<td>$8,736,000</td>
</tr>
<tr>
<td>Long-term debt and other liabilities</td>
<td>50,730,000</td>
<td>55,794,000</td>
</tr>
<tr>
<td>Unrestricted and restricted net assets</td>
<td>88,323,000</td>
<td>91,718,000</td>
</tr>
<tr>
<td>Total Liabilities and Net Assets</td>
<td>$150,654,000</td>
<td>$156,248,000</td>
</tr>
</tbody>
</table>

Casa Colina Operating Entities
Financial Performance
(Unaudited)

<table>
<thead>
<tr>
<th></th>
<th>2008</th>
<th>2007</th>
</tr>
</thead>
<tbody>
<tr>
<td>Revenues</td>
<td>$69,502,000</td>
<td>$64,159,000</td>
</tr>
<tr>
<td>Other operating revenue and transfers from Foundation</td>
<td>3,073,000</td>
<td>2,747,000</td>
</tr>
<tr>
<td>Total Revenues</td>
<td>$72,575,000</td>
<td>$66,906,000</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Deductions</th>
<th>2008</th>
<th>2007</th>
</tr>
</thead>
<tbody>
<tr>
<td>Contractual/uncompensated care</td>
<td>24,840,000</td>
<td>21,829,000</td>
</tr>
<tr>
<td>Bad debts</td>
<td>1,212,000</td>
<td>988,000</td>
</tr>
<tr>
<td>Total Deductions</td>
<td>26,052,000</td>
<td>22,817,000</td>
</tr>
</tbody>
</table>

| Revenue Less Deductions | 46,523,000 | 44,090,000 |

<table>
<thead>
<tr>
<th>Operating Expenses</th>
<th>2008</th>
<th>2007</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salaries and benefits</td>
<td>28,980,000</td>
<td>27,199,000</td>
</tr>
<tr>
<td>Other expenses</td>
<td>10,605,000</td>
<td>19,481,000</td>
</tr>
<tr>
<td>Total Operating Expenses</td>
<td>39,585,000</td>
<td>46,680,000</td>
</tr>
</tbody>
</table>

| Net Income from Operations Prior to Depreciation, Interest and Joint Venture | $6,938,000 | $6,399,000 |

Casa Colina Foundation and Subsidiary
Statement of Activities
(Unaudited)

<table>
<thead>
<tr>
<th></th>
<th>2008</th>
<th>2007</th>
</tr>
</thead>
<tbody>
<tr>
<td>Revenues</td>
<td>$13,506,000</td>
<td>$6,748,000</td>
</tr>
<tr>
<td>Donations and special events</td>
<td>1,887,000</td>
<td>1,944,000</td>
</tr>
<tr>
<td>Total Revenues</td>
<td>15,393,000</td>
<td>8,692,000</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Expenses and Transfers</th>
<th>2008</th>
<th>2007</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salaries and benefits</td>
<td>1,374,000</td>
<td>1,308,000</td>
</tr>
<tr>
<td>Other expenses, transfers to affiliates and restricted funds</td>
<td>4,611,000</td>
<td>4,576,000</td>
</tr>
<tr>
<td>Total Expenses and Transfers</td>
<td>5,985,000</td>
<td>5,884,000</td>
</tr>
</tbody>
</table>

| Foundation Revenues in Excess of Expenses Prior to Depreciation and Interest | $9,408,000 | $2,808,000 |

**Financial Performance**

*Earnings before interest, depreciation and joint venture*
Contact Us

Casa Colina Centers for Rehabilitation
255 East Bonita Avenue, P.O. Box 6001
Pomona, CA 91769-6001
909/596-7733 or toll-free 800/926-5462
TDD-TTY-Q 909/596-3646
www.casacolina.org

Adult Day Health Care – Ext. 4400
Casa Colina Hospital – Ext. 3000
Children’s Services – Ext. 4200
Corporate Offices – Ext. 2300
Foundation – Ext. 2222
Human Resources – Ext. 2150
Imaging Center – Ext. 4541
Job Line – 909/450-0314
Outdoor Adventures – Ext. 2216
Outpatient Rehabilitation – Ext. 3500
Padua Village – Ext. 4400
Physician’s Clinics – Ext. 3800
Transitional Living – Ext. 4100

Casa Colina at Rancho Piño Verde
11981 Midway Avenue, Lucerne Valley, CA 92356
760/248-6245

Casa Colina at Apple Valley
22200 Highway 18, Apple Valley, CA 92307
760/247-7711

Casa Colina Azusa Center (Opening Fall 2008)
910 E. Alosta Avenue, Azusa, CA 91702-2709
626/334-8735

Mark Your Calendar

8th Trends in Autism Conference
March 14 & 15, 2009
at Harvey Mudd College

27th Padua Village Golf Classic
Monday, April 27, 2009
at Red Hill Country Club

3rd Walk & Roll for Casa’s Kids
Saturday, June 20, 2009
at Casa Colina

30th Casa Colina Golf Classic
Monday, November 9, 2009
at South Hills Country Club

A Publication of Casa Colina Centers for Rehabilitation Foundation

Address Service Requested