Building on a Strong Past.
Introducing our new Medical/Surgical Hospital coming in 2015.
As Chairman of the Board, it is a gift to be able to see up close and personal the difference Casa Colina has made throughout the years and continues to make daily in the lives of those severely impacted by devastating injuries. My family and I are among the many individuals Casa Colina has helped. Both my sister-in-law Amy and my mother were treated at Casa Colina. While this was a difficult time for my family, we were comforted in knowing that both of them would receive the highest level of care. I would never expect anyone to entrust a loved one to this place for care if I did not feel comfortable sending my own family here.

The fact that we not only felt comfortable but also truly empowered to bring our loved ones to Casa Colina speaks volumes of our respect for this organization. Casa Colina was a godsend and answer to our prayers just as it has been for other families. This experience has brought me closer to this wonderful institution. I am humbled and honored to serve as its Board Chairman.

There are so many stories at Casa Colina just like mine. Simply put, Casa Colina helps rebuild lives. Since 1938, it has upheld a consistent reputation as a world-class leader in medical recovery and rehabilitation care by helping people regain their independence and achieve their highest levels of function after a catastrophic injury or debilitating illness. With our extensive continuum of care, Casa Colina has been the only non-profit, free-standing rehabilitation hospital in California, and it continues to expand its continuum of care to meet the growing needs of the community.

Casa Colina’s success and impact are largely due to its extraordinary staff and leadership who deliver the highest quality of care to patients and families, as well as your continued support of their efforts. I thank each of you for your unwavering commitment to this organization. I would like to personally thank Casa Colina for making such a big difference in the lives of thousands of families, including my own.

Steve Norin
Chairman, Board of Directors
Message from the CEO

I have shared with you many historic and significant days at Casa Colina as President and CEO during the last 16 years. January 1, 2015 was another momentous day when Casa Colina changed its name to Casa Colina Hospital and Centers for Healthcare. Our new name is indicative of Casa Colina’s broad continuum of care as well as the many types of healthcare services that we now provide – ranging from medical imaging to autism programs for children to outdoor adventures to the latest robotic surgery. The new name helps to distinguish that change.

The day when the first patient is seen in our new medical/surgical facility in 2015 will be another true milestone. From that moment on, an additional 1,400 people will have a new opportunity to address their specialized surgical and medical needs right here on our 20-acre campus. The addition will also allow Casa Colina to care for patients at earlier stages of their acute illnesses or injuries, which will lead to better patient outcomes with the same standard set by Casa Colina for its rehabilitation services.

In support of the new Medical/Surgical Hospital, Casa Colina will also implement its first Electronic Health Record system, which will be a major technical and cultural achievement. The individualized care by top practitioners along with the implementation of new technology will be the guarantors of our continued ability to fulfill our mission of providing individuals the best opportunity to maximize their medical recovery and rehabilitation potential.

Rehabilitation will always be important to Casa Colina and it is why we started treating children with polio more than 75 years ago. It is one of my greatest joys to serve as steward for arguably one of the jewels of the Pacific Rim in treating patients who have sustained catastrophic injuries. Serving nearly 11,000 patients per year, Casa Colina continues to expand its national footprint in rehabilitation care. When patients are faced with a disabling disease or devastating injury, whether it be on the east coast, west coast or anywhere in the nation, Casa Colina are faced with a disabling disease or devastating injury, whether it be on the East Coast, west coast or anywhere in the nation, Casa Colina have the vision to bring the highest quality medical and surgical care available on the West Coast to its Pomona campus, coupled with the already established rehabilitation centers.

It is the culmination of thousands of thoughtful details inspired by Casa Colina’s physician specialists and surgeons, who have practiced at top hospitals and their loved ones feel better and heal faster is to make certain this facility feels better than any other of its kind, from the moment they enter its doors.

Private rooms and personal care

Patients will be able to recuperate in the hospital’s six-bed surgical intensive care unit on the first floor with vital-sign monitors and critical-care beds. The second floor offers 25 private patient rooms. Each room is fully appointed with its own bathroom, complete with toilet, sink, full bath and shower. Plus, there is ample space for family and loved ones to visit. It is also equipped with a ceiling-mounted patient lift system to allow staff to safely and gently transfer patients from the bed to a wheelchair or bathroom facilities, if assistance is needed. Each room is designed with advanced telemetry to ensure that physicians, nurses and staff can closely monitor patients. A built-in computer system also allows these medical professionals to access and update their patients’ electronic medical records at the bedside. For added peace of mind while they are recuperating, patients will be able to see and communicate with the nursing station at any time via a 42” television monitor. Casa Colina will be investing heavily in recruiting top nurses from around the country to ensure its patients receive the highest levels of care.

The quality of its nursing staff is what will truly make this beautiful place stand out, just as much as its personal amenities and state-of-the-art equipment. With Wi-Fi access in each room, patients will be welcome to use their personal smartphones, tablets or computers to stay in touch with their friends and loved ones. Every room will also have its own television featuring DirecTV® programming. Just down the hall, patients and their families will enjoy a peaceful courtyard garden, beautiful landscaping and a soothing fountain with ample seating. The second-floor patio offers beautiful views of the mountains nearby. The setting, both inside and out, complements Casa Colina’s Spanish architectural design. The waiting room in the main lobby features beautiful vaulted ceilings and comfortable seating.

From an operational standpoint, “waiting time” will be kept to a minimum since the Medical/Surgical Hospital will not have the customary disruptions that can affect patient care in an emergency room setting. In fact, it will not offer traditional emergency services, so operating room schedules will not be affected by unplanned cases.

The new hospital will also offer Casa Colina’s acute rehabilitation patients urgent medical services, if needed, in most cases eliminating the need to be transported to another facility for stabilization.
hospital stays, reduce trauma and promote patient healing and satisfaction.

Advanced technology will help surgeons make more responsive and sound medical decisions. They will have instant, secure access to each patient’s digital medical records, charts, diagnostic imaging, laboratory results, medications, and bedside monitoring equipment, which will be securely archived within Casa Colina’s new Electronic Medical Record (EMR) system.

Surgeons will also have an unparalleled view of patients’ internal anatomy while they work with visual enhancement tools. Tiny cameras will shed light on dark areas of the body and reduce the brightness of others without changing the natural color of the image. They will be able to closely examine structures and surfaces with razor-sharp clarity.

Ceiling-mounted booms will hold surgical equipment, allowing staff to easily move and adjust devices during procedures, increasing accessibility and decreasing surgical time. The surgical suites are also designed with six wall-mounted screens and two portable screens ranging from 42” to 52” to allow the operating room team to display vital signs, radiological views, lab values, pertinent patient data, and images projected through endoscopic cameras.

The surgical suites are also equipped with ceiling-mounted and in-light cameras, allowing the surgeon to use telemedicine to share the procedure with off-site surgeons in real-time. Our surgeons will be able to seek other expert advice from their colleagues practicing around the country during complex procedures, if needed.

The surgical suites will also offer the “Clean Suite” Airflow System, which will provide purified air during procedures and greatly reduce the spread of infection.

In addition to inpatient services, the Medical/Surgical Hospital will offer a blood bank, an expanded hospital laboratory with microbiology and pathology services, diagnostic imaging services, and a complete continuum of therapies.

When the new hospital opens its doors, it will result in Casa Colina caring for approximately 1,400 more people each year and creating nearly 150 new job opportunities for people in the community, of which more than 100 will be nurses.

Top-notch facilities for the area’s most skilled surgeons

The new Medical/Surgical Hospital will be the preferred surgical facility for physicians who specialize in a wide range of procedures from orthopedic and neurosurgery to gastroenterology, urology, and more. It will feature three state-of-the-art surgical suites for minimally invasive surgery with the most advanced equipment available from Karl Storz Endoscopy. This is an upgraded version of what is currently relied upon with great success by surgeons at the Ronald Reagan UCLA Medical Center. A fully integrated lab will also be available in the new unit.

As a result, surgeons will have access to advanced minimally invasive techniques using computerized surgical tools and robotic equipment that have proven to help shorten
With his football career on the line, he was in very good hands.

For the past 15 years, Dr. Lilley, a board-certified orthopedic surgeon, has seen patients at Garey Orthopedic Medical Group. Yet his work often takes him directly across the street to Casa Colina where he consults with physiatrists and other specialists at Casa Colina to improve the hand and arm function of neurologic and orthopedic patients. He performs many of his intricate outpatient surgeries at the Casa Colina Outpatient Surgery Center. He refers his patients for X-rays, CT scans and MRIs to the Casa Colina Diagnostic Imaging Center. And to ensure his patients have an optimal recovery, he refers them for rehabilitation by certified hand therapists at the Casa Colina Outpatient Center.

Dr. Lilley explained, “When there is a fracture or tendon injury with the hand, the therapist’s knowledge of how to work with the injury and the healing process is a major part of a patient’s complete recovery.

“It’s critical to a good outcome to help patients find the middle road between taking it easy and letting them run with it. Otherwise, I may have to go back in and perform another surgery,” he added.

A fine example of this difficult balance came when he treated Leland Orrin, a talented young high-school linebacker from Covina who played for Lutheran High School in La Verne. Leland had his eyes set on playing in a big bowl game some day. The college scouts had their eyes on him, too. He was thrilled to get three exclusive college offers in his sophomore and junior year because he was among the top 15% of high-school players in the nation.

The fact that he even made it to those camps was a testament to Leland’s perseverance and the case he received by Dr. Lilley and Casa Colina. His medical file could rival any athlete’s, he was very motivated. He would overdo it and I would have to encourage him to do less,” Aaron explained.

Leland liked his therapy so much that he even volunteered at Casa Colina in the afternoons after his sessions were over. He donated more than 100 hours of his time, helping Aaron and other therapists in the rehab gym.

In his junior year, he transferred to Western Christian High School in Upland to improve his chances of playing college ball. Then, in his last game of his senior year, he jammed his thumb going up for a ball. After everything he’d been through, he couldn’t let this injury stop his dreams of playing college ball.

On December 13, 2013, Dr. Lilley performed another surgery; this time to repair the ligament of Leland’s thumb so that he could grasp and grip again. A month later, he had healed enough to begin another series of hand therapy sessions with Aaron for seven weeks. By March, he was back to his old form. He accepted an athletic and scholastic scholarship to Trinity International University in Illinois.

“I like seeing how all the moving parts work together,” stated James Lilley, M.D., in a manner that hinted at his warmth, precision, and passion for treating hand injuries. If he hadn’t gone into medicine, he probably would have been very content working as a watchmaker. Fortunately, for the patients who seek his care after sudden accidents at home, the workplace, or participating in sports, he became a very talented hand surgeon instead.
Dr. AmirNovin has treated patients at the Inland Neurosurgery Institute (INI) on Casa Colina’s campus for the past seven years. While he performs many scheduled operations at the Casa Colina Outpatient Surgery Center, he is frequently “on call” to see emergency patients at hospitals throughout the Inland Empire and L.A. County.

Yara was brought to San Antonio Community Hospital’s Emergency Room by her husband, Ashraf, on August 5, 2013, after her leg gave out from under her and she fell on a staircase. This wife and mother of two daughters is originally from Egypt and emigrated from Saudi Arabia in 2007. So when she arrived at the hospital, she not only struggled with the pain but the language barrier as well.

She was frightened. She didn’t understand everything spoken in English. And she didn’t understand why she was suffering the past three months from severe back pain. It was so bad that it had kept her from the activities she loved most – preparing her family’s favorite home-cooked meals and shopping with her girls. Her primary care physician had repeatedly told her that it was merely sciatica – a compressed nerve. He had prescribed muscle relaxants.

Dr. AmirNovin could see on the MRI he had ordered that a 2-inch tumor had replaced the bone in her back and was compressing her spinal cord. This cord compression was causing the right leg weakness and numbness in her left leg. What’s more, it created dangerous swelling that was reducing the blood flow to her spinal cord, putting her at grave risk for permanent paralysis if she didn’t have surgery right away. “This is something that can go from bad to horrible very quickly. Once you are a paraplegic from this condition, it can’t be reversed,” Dr. AmirNovin explained. “That’s why the surgery is considered an emergency.”

Though her husband was understandably worried, he consented to the surgery two days later. Traditionally, she would have had a lengthier surgery that would have required opening her chest. However, in this case, Dr. AmirNovin used an innovative technique to sneak between two nerves with a device to reach from the back to the front of the spine, where he replaced the tumor and the vertebra it had destroyed with a cylindrical titanium spacer. This spacer filled the gap to permanently hold her body weight and posture. He then continued to stabilize her spine with eight screws and two rods.

She was discharged and transferred to Casa Colina’s Rehabilitation Unit five days later on August 12, where she arrived by ambulance on a gurney with a cast from her shoulders to her waist. Since Yara is an Orthodox Christian, this date also marked the beginning of a two-week period of fasting without meat or dairy in honor of St. Mary. However, her physicians insisted she have protein to keep her strength up for her intensive therapy each day. So Casa Colina’s chefs prepared seafood for each of her meals.

In the wee hours of the night, surrounded by a half dozen members of his surgical team, Ramin AmirNovin, M.D., a board-certified, fellowship trained neurosurgeon, performed a complex emergency operation on Yara Roufail. She had a fast-growing tumor that would have left her a paraplegic in as little as 48 hours if not removed. Like a sculptor, he chiseled it away from her spine. It was a process he described as “a delicate dance” as he spent six hours dissecting the tumor while fighting to save her life.

Yara returned home instead of being discharged to a skilled nursing facility after only two weeks, which far exceeds national and regional averages for her diagnosis (compared to 72% national and 81% regional discharges home). She continued to receive outpatient therapy at Casa Colina for six weeks. Dr. AmirNovin removed her cast in January, confident that her back and spine were fully healed. She quickly felt right at home without it – especially in the kitchen.

“We’re planning to show that we can be great surgeons in a highly personalized setting,” said Dr. AmirNovin. “With Casa Colina’s new Medical/Surgical Hospital, we’ll be providing world-class, innovative surgical care without needing to send patients elsewhere.”
The toughest game of his life was off the field

William Truong is certainly one of them. This 6’2”, 260-pound young man was a star athlete at Esperanza High School in Anaheim. He made the All-League Offensive and Defensive Line in football and was named his team’s Most Valuable Player. He was the back-to-back winner of the Orange County Track & Field Championships and Century League Finals for shot put. He also placed third at the CIF State Track Meet.

During the last week of his senior year, Will wanted to try something that reflected how he felt about life in that moment – a backflip. After all, he had a lot to celebrate. His future was bright. He was about to don his cap and gown for his graduation. He was about to go to the prestigious West Point University on a football scholarship.

“Senior Week” was a time to play. On his way to a beach outing on June 9, 2014, he stopped by a gymnast friend’s home to try that backflip on her trampoline. “I didn’t tucked my knees enough and landed on my neck in a place where the trampoline didn’t have a lot of give,” Will said. “I heard a crunch sound, and I knew my dream at West Point was over. I messed up. It was a heartbreaking moment.”

Will was rushed to Western Medical Center in Santa Ana. He had seriously injured his fifth and sixth cervical bones, which caused bruising and bleeding into the spinal cord. The next day, he had his first surgery. On June 12, the day of his graduation, he had his second surgery. After spending time with Will at the hospital, his 16-year old sister, Amanda, walked down the aisle to receive his diploma. She was greeted with a stirring standing ovation from his classmates, teachers, and coaches. They let her know Will was in their thoughts as they cheered, whistled, and clapped for two straight minutes.

It was a moment she would never forget. She couldn’t wait to share it with her brother back at the hospital, where he had learned that he might never walk again. She wanted anything that would lift his spirits. She was also devastated to learn that it would be difficult for her big brother to swallow, his arms were weak, and he could no longer control his bowel or bladder.

Those nine days at Western Medical Center were an introspective time for Will. What would become of him? “Before this accident, I thought if anything like this happened, I wouldn’t want to live,” he explained, “But now I know that’s not true. You have to be able to live with yourself no matter what – and be positive.”

When he arrived at Casa Colina’s Rehabilitation Unit on June 18, he came with his “game face on.” He was determined to regain his strength and mobility – and return to doing the things he loved.

Dr. Vasile’s upbeat bedside manner at Casa Colina certainly helped keep him in the right mindset. Like a good coach, she described exactly how he could tackle this challenge. “There are two different aspects involved in spinal cord recovery. One is neurological – it involves the nerves getting better. We don’t have any control of that other than reducing inflammation around the injury. It’s a ‘wait-and-see’ game,” explained Dr. Vasile. “The other is functional, to compensate for disabilities. The earlier patients have that intervention, the better the chance for a recovery.”

During those first few days, it was difficult for Will to stand up without a physical therapist’s support. His physical and occupational therapists used Bioness™ equipment to help stimulate the nerve impulses and retrain his muscles to help him walk and move his arms.

While his therapists challenged him, he returned the favor. They often had to make up exercises for him to do on the spot because they didn’t expect him to improve so much from one day to the next.

His final therapy sessions “looked like something you’d see at a sports training camp,” Dr. Vasile confessed. The day before he left Casa Colina, he was ecstatic to regain control of his bladder and bowel. After 27 days, he made gains in Functional Independence Measures for motor skills that far exceeded the national average of 13.9 points (or a 50% increase). He improved by 55 points – a 300% gain since his admission.

He will continue to receive outpatient therapy at Casa Colina while he takes classes at a local community college. He wants to keep his mind sharp and pursue a career in physical therapy. His future is still very bright.

“I’m not sure if he should ever play contact sports again; that’s up to his surgeon,” Dr. Vasile stated. “But if there’s a way for him to go to West Point, I will drive him there.”

Casa Colina is unique in that it has all of these resources available for its rehabilitation patients that you just won’t find at other therapy facilities,” explained Dr. Vasile. “We have everything patients need right here. Her goal is to expand Casa Colina’s national reputation for excellence while ensuring no one ever again feels the need to leave the state of California for rehabilitation care.
Her Last Wish Was a Gift to Comfort Other Patients

I t can be so gratifying to hear patients reminisce about what specifically helped them through their rehabilitation. Quite often, it’s the way they were treated by Casa Colina’s staff—a distinction that includes their physicians, nurses, and therapists. But on other occasions, they'll mention the little things that were very big during a difficult time of recovery and rehabilitation—a wonderful meal on a tray, a walk in a beautiful garden, or the way the morning light crept in through their hospital room shutters. One of our past patients particularly enjoyed spending each night, without fail, sitting by our outdoor fireplace where she could reflect on her family, friends and many loved ones. She found such sweet solace in that courtyard garden. She also felt her entire body relax from a serious illness. It was enclosed with a check and a special request to replace that fireplace in her name—Amy Gusman Miller.

Ever humbled, Dr. Loverso honored her wish.

“Now when I look out my office window each night and see the magnificent fireplace this family so graciously donated to Casa Colina and see so many other patients and families enjoying this very special place on campus, I think of this young woman,” Dr. Loverso explained. “I think of her courage and spirit, which in many ways typifies all of the patients that we serve.”

Make Your Mark on Casa Colina with a Commemorativeative Brick

A re you looking for a unique way to recognize a loved one? Would you like to find a birthday, anniversary or graduation gift that will truly be remembered for years? Or would you like to help your business make a lasting impression in the community?

With the construction of Casa Colina’s new Medical/Surgical Hospital, there is once again a limited opportunity to purchase commemorative bricks with personalized inscriptions. These new bricks will not only pave the way for better health care, but they will also offer patients an uplifting display of community support when they visit the beautifully landscaped gardens during their recovery.

We are so grateful to everyone who already made a gift to Casa Colina by purchasing a brick. You have clearly shown you play integral role in helping us serve our patients. You have also demonstrated your commitment to helping Casa Colina remain on course to meet the challenges of the future while nourishing the traditional values of personal attention, hard work and high expectations for our patients. These are the key characteristics that have distinguished Casa Colina as a Center of Excellence and trusted leader in rehabilitation and medicine.

Previously, more than 200 individuals and businesses purchased paving bricks and became forever linked to the history and growth of Casa Colina. Now, you may also order a commemorative brick that will be a permanent and personal addition to the Casa Colina campus. They are available in two sizes: 4” x 8” for $250 (space for up to three lines) or 12” x 12” for $2,500 (space for up to 5 lines). These costs are 100% tax deductible, and all proceeds are used to support Casa Colina’s free and uncompensated care fund.

For more information or to place an order, please see the return envelope on this page or visit www.casacolina.org or contact the Foundation Office at 909/596-7733, ext. 2222.

For a listing of Casa Colina’s fundraising events, please visit www.casacolina.org/Giving-Support/Events.aspx
Helping to Improve the Lives of Patients, One Grant at a Time

This was a stellar year for grants at Casa Colina. Four grants were generously awarded in support of the new 31-Bed Medical/Surgical Hospital: the Ralph M. Parsons Foundation awarded Casa Colina $500,000; The Ahmanson Foundation awarded $400,000; San Manuel Band of Mission Indians awarded $100,000, and the Henry L. Guenther Foundation donated $50,000, bringing the total amount raised for the capital project to $1,090,000.

A grant of $100,000 was made by the Thomas and Dorothy Leavey Foundation to help bring Electronic Medical Records to Casa Colina. This grant will assist in the implementation of a comprehensive EMR system that will allow for a more seamless flow of information before, during, and after a patient’s care. The EMR is scheduled to start the “Go Live” process in January 2015 with full deployment by March 2015.

The Craig H. Neilsen Foundation approved Casa Colina’s grant request to create a system to assist individuals with spinal cord injury to be more successful after they have completed their acute rehabilitation. The grant was approved for $124,939 and will have a one-year duration. It will enroll approximately 30 patients upon discharge over six months and follow each person for an additional six months. A social worker, known as the “Patient Navigator,” will interact via phone, Skype or personal contact with each participant at least twice each month. These contacts will focus on problem identification and resolution, monitoring adherence to health practices, reintegration progress, assisting with local services in the community, and listening for red flags that might need referral and/or intervention.

A new grant for Casa Colina, the Los Angeles Lakers Youth Foundation kindly donated $3,000 to the Outdoor Adventures Land Meets Sea Sports Camp, an annual event held each August at the Long Beach Marine Stadium. The Pittsburgh Foundation also showed its support to campers by donating $5,000 to Outdoor Adventures. Land Meets Sea exposes individuals with disabilities to physical and mental challenges in a natural outdoor environment away from the clinical setting, providing a unique opportunity for participants to enjoy a variety of stimulating adaptive water, land, recreation and competitive sports activities over a three-day period. The activities offered to participants are intentionally designed to bring individuals with disabilities an opportunity to take on a challenge that goes well beyond their perceived boundaries with support and guidance by experienced professionals.

Children’s Services received two grants – the Kenneth T. and Eileen L. Norris Foundation for $20,000 and the Carl E. Wynn Foundation for $4,000 – to be used for general operating expenses. Insurance reimbursements for treatment sessions for children continue to decline, requiring a subsidy of approximately $24,32 per patient – a total of about $273,000 a year.

Casa Colina is exceedingly grateful to these funders that have awarded grants this past year. Within the last 35 years, Casa Colina has a 76-year history of developing rehabilitation protocols that not only benefit its own patients but also others across the country. This tradition began with innovative treatments to help children with polio in the 1930’s. Today, Casa Colina researchers discovered a systematic way to reduce unintentional falls, which account for 70% of all hospital accidents.

The team began researching the risk of falls within a rehabilitation population a few years ago. They were frustrated with previous assessment tools that determined that 100% of patients were at risk for falls but offered no insight with regards to which patients might be more vulnerable to accidental falls than others. These dedicated researchers believed that if falls could be more predictable, they could be preventable. They were on a mission to develop a more accurate assessment tool to identify the risk factors for falls that could be used in any Inpatient Rehabilitation Facility (IRF) similar to Casa Colina Hospital. The result? Their new Casa Colina Fall Risk Assessment Scale (CCFRAS) identified 20-30% of its patients at a high risk for falls instead of nearly 100% that the old tools identified. The researchers’ new tool predicted nearly 90% of patient falls.

Of course, they did much more than just predict these falls. These high-risk patients received a yellow armband and special symbol on their doors to remind all hospital workers to be extra vigilant while monitoring them. They were checked hourly by nurses who made sure that the the patients’ tables, call lights, and phones were all within reach. Bed and wheelchair alarms were used. As a result, the fall rate dropped nearly 40% compared to the previous year.

Now the CCFRAS tool is being evaluated for its effectiveness at several inpatient rehabilitation facilities nationwide, including Cottage Rehabilitation Hospital in California, Integris Jim Thorpe Rehabilitation in Oklahoma, Sunnyview Rehabilitation Hospital in New York, and Bayhealth Rehabilitation in Delaware. The tool continues to receive praise for its continually high specificity. It has helped reduce fall rates by an average of 29% in these facilities.

With falls during hospitalization producing an estimated $54.9 billion in annual costs – a number expected to increase to $28 billion by 2020 – the CCFRAS tool will not only benefit patients’ medical health but our nation’s fiscal health as well.

New Tool Reduces Falls at Hospitals Nationwide
On November 14, 2011, Noah Blanton was cruising down the 803 Highway in El Centro on his motorcycle when the driver of an 18-wheeler truck failed to yield. He was dragged several feet under the vehicle. Noah was airlifted to UC San Diego Medical Center where he spent six weeks recovering from a traumatic brain injury, a below-the-knee amputation, and the loss of a finger.

Noah came to Casa Colina’s Transitional Living Center on February 2, 2012. In a month, he made great strides in his mobility. He continues to receive care at Casa Colina’s Outpatient Center. Noah regularly attends the brain injury support group and finds the meetings to be very comforting and empowering on his long journey to recovery.

Noah is one of the 200 individuals who relied on Casa Colina’s ten Support Groups to help him recover and prepare for life’s challenges after an injury or illness.

Edna Huerta was rear-ended in a car accident on February 12, 2014 in Anaheim. She was diagnosed with T2 incomplete spinal cord injury with paraplegia. After the accident, she lost her job. With no income or insurance benefits, she could not support herself or pay her medical expenses. Yet, in her condition, Edna desperately needed to receive care. She never felt so vulnerable.

A Casa Colina social worker diligently worked to supply Edna with vital medical equipment and medication at no charge before her rehabilitation treatment even began. She later qualified for Casa Colina’s free patient care program. Finally, she was able to affordably lease one of the Casa Colina homes made available for patients and/or their families. Now she is able to focus on her outpatient therapy and reclaim her independence.

Edna is one of the 6,717 individuals who received free or subsidized care from Casa Colina for its wide range of services.

On Memorial Day weekend of 2013, nine-year-old Bradley Fox was drying off after just getting out of his grandparents’ pool when suddenly he collapsed in front of his mother and father. They rushed him to the nearest hospital, the accident, she lost her job. With no income or insurance benefits, she could not support herself or pay her medical expenses. Yet, in her condition, Edna desperately needed to receive care. She never felt so vulnerable.

A Casa Colina social worker diligently worked to supply Edna with vital medical equipment and medication at no charge before her rehabilitation treatment even began. She later qualified for Casa Colina’s free patient care program. Finally, she was able to affordably lease one of the Casa Colina homes made available for patients and/or their families. Now she is able to focus on her outpatient therapy and reclaim her independence.

Edna is one of the 6,717 individuals who received free or subsidized care from Casa Colina for its wide range of services.

Steve Campbell was always drawn to adventurous sports, such as dirt bike racing, surfing, and wakeboarding. On August 14, 2010, his daughter, four, took a bad fall while riding his BMX bike. He landed on his head, which severely damaged his C5-6 vertebrae and left him paralyzed from the chest down.

Steve was transported to Casa Colina for inpatient rehabilitation in mid-September. Seven weeks later, he was ready for Casa Colina’s Transitional Living Center and its intensive residential rehabilitation program. This is where he learned about Casa Colina’s Outdoor Adventures. During its Land Meets Sea Sports Camp in 2014, he watershed and once again experienced that rush of adrenaline that he never thought he’d have again. It was an important step on the road back to reclaiming his life.

Steve is one of the 160 individuals with disabilities who participated in 15 challenging Outdoor Adventurers’ excursions last year, all of which were subsidized by Casa Colina Foundation.
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 give them hope to obtain an opportunity for rehabilitative care. Some donation to help bring a more personal touch to the challenges of rehabilitation. In the last 417 volunteers contributed nearly 25,000 hours of service to Casa Colina's programs. Many other have made contributions. Through these cumulative gifts of $100 or more received between April 2013 and March 2014, you have shown that Casa Colina has a dynamic support system to meet its commitment to our community's present and future medical and rehabilitation needs. Your generosity has helped us expand our services, pursue innovative treatments, continue our signature programs and provide care. Thank you for your caring and support.
Medical/Surgical Hospital – Opening 2015

- Construction is underway to open our new 31-bed Medical/Surgical Hospital adjacent to the existing Inpatient Rehabilitation Unit.
- A new, carefully selected team has been added to our leadership staff, and they are working to prepare for the opening by establishing protocols, developing policies and procedures, selecting equipment, and recruiting and hiring nearly 150 additional hospital employees, including more than 100 nurses.

- State-of-the-art operating room integration systems for performing minimally invasive surgical procedures will be featured in each of the three state-of-the-art surgical suites.

Casa Colina’s Medical/Surgical Hospital will offer a 31-bed Joint Commission-accredited facility designed to serve individuals in need of acute medical and/or surgical care. The new facility is scheduled to open in 2015. See pages 2-5 for a detailed update.

Inpatient Rehabilitation Unit

- Casa Colina will be the first facility in California to install the Bioness Vector Gait and Safety System for use in a hospital setting. This state-of-the-art technology is already being used by our Transitional Living Center (see next page for details).
- An electronic scheduling system was implemented to ensure improved communication of therapy schedules between patients, their families and our staff. Large 30-inch monitors in the nursing stations, hallways and therapy gym display daily patient schedules for added convenience.
- Personal televisions complete with DirecTV® were added in all patient rooms.
- More board-certified physiatrists have been added to our rehabilitation team to meet Casa Colina’s stringent standards and protocols for care.
- A patient satisfaction survey of the inpatient rehabilitation care at Casa Colina revealed that 90.12% of our patients said they would recommend our services to others. (Based on a 12-month survey of 773 hospital patients between 4/8/13 and 5/8/13 – e Rehab Data)

Casa Colina’s Rehabilitation Unit is a 68-bed Joint Commission-accredited facility that serves individuals who can benefit from an intensive program of three hours or more of therapy daily, five days or more per week.

Outpatient Center & Physician Clinics

- A Cardiology Clinic
  - led by a board-certified cardiologist
  - now provides preventative and diagnostic care as well as the treatment patients need for the heart, circulatory, and pulmonary systems.
- A Spasticity Clinic
  - led by a board-certified physical medicine and rehabilitation physician now provides care for patients who suffer from involuntary movements, overactive reflexes or permanent contractions. The latest medical treatment and rehabilitative options are offered.
- The Technology Center recently acquired three innovative, new devices. The Driving Simulator is used by an occupational therapist with certified driving rehabilitation credentials to help identify and treat cognitive and visual impairments in patients who have had a traumatic brain injury, stroke, or decline in cognitive and/or visual function due to age. A Reaction Timer and Steering Device was also added for the Adaptive Driver Program. The Humphrey’s Visual Field Analyzer identifies exact visual field deficits in patients with stroke, traumatic brain injuries, glaucoma, macular degeneration, diabetes, and other neurological deficits.
- The Neurocom® Smart BalanceMaster System was upgraded and features new technology that includes the SMART EquiTest® and inVision™ Systems. This helps to assess and assist patients with balance problems resulting from neurological impairments, low vision, orthopedic and vestibular problems, and more.
- The Gait & Balance Program added a Rifton Tram, which is a patient lift system that makes it easier for patients of varying abilities to undergo gait training, sit-to-stand transfers, and seated transfers safely.
- The Low Vision Program added a DaVinci HD All-in-One Magnification Device that not only enlarges text but also reads printed text aloud.
- The Audiology Center added Videonystagmography (VNG) equipment to help determine the cause of dizziness and balance problems.
- The Outpatient Center serves individuals who have the potential to overcome or better manage physical injuries or illnesses by receiving specialized medical care and/or rehabilitation services. Located in the Dr. S. Jerome and Judith D. Tamlon Building.

Children’s Services Center

- A new Kids Crew Group was added to help pre-teens ages 9 to 11 focus on their communication and social skills.
- In collaboration with the City of La Verne, Patient’s Place, and San Gabriel Pomona Regional Center, special needs children have benefitted from programs designed to improve social skills and sensory development.
- A Feeding Program and Fitness/Weight Management Program have been developed to educate our youngsters about better nutrition and self-care.
- The “Trends in Autism” Conference transformed from a one-day annual event to a series of four seminars throughout each year.
- Children’s Services provides outpatient rehabilitation care to infants and children with a wide range of physical and developmental disabilities. It is highly regarded for its comprehensive program for children with autism. Located in The A. Gary Anderson Family Building.

Diagnostic Imaging Center

- A 64-slice Siemens CT Scanner with new 3D software was added for faster testing and results. It may also be used for cardiac imaging as well as colon and lung cancer screenings.
- A Siemens 3 Tesla MRI with 32 channels and dedicated multi-channel coils for each of the major joints was installed. The higher field strength provides greater signal and resolution with particular improvement to imaging of the musculoskeletal system and brain. It may also be used for high-quality breast and heart imaging.
- Two 8/22 Philips Ultrasound Machines were added, producing higher quality imaging and allowing the ability to use ultrasound elastography for tissue characterization.
- Mobile PET/CT for oncology imaging is now available one day per week or more as needed.
- Full digital radiography was installed to improve image quality, reduce patient exposure by over 35%, and process X-ray images faster.
- Full-field digital mammography with CAD evaluation, digital radiography, DEXA bone density evaluation, fluoroscopy, and interventional radiology is also offered.

The Casa Colina Diagnostic Imaging Center is a full-service facility that provides the community with timely, high-quality diagnostic imaging services. Located in the Kistell Building.

Transitional Living Center

- Clients who participated in Casa Colina’s two-year Navigation Study for Traumatic Brain Injury (TBI) experienced wonderful results. Re-hospitalization rates fell to 0% for participants while the national average for re-hospitalization after a TBI remains at 60%. Nearly 90% of TBI clients are living at home up to 3 years following discharge.
- The Bioness Vector Gait and Safety System has been installed, which consists of a harness, robotic trolley, wireless software and ceiling-mounted rail. It allows therapists to safely train patients in gait, balance, and a variety of functional activities following neurologic and orthopedic injuries or degenerative conditions.
- The Neurocom® Smart BalanceMaster System was added to assess and assist patients with balance problems.
- Site improvements include a remodeled kitchen and ADL room in the main residence.
- All clinical staff members received their Certified Brain Injury Specialist (CBIS) credential, which is offered by the American Academy of Brain Injury Specialists.
- A Driving Study was initiated among clients to better assess the requirements for returning to driving after a brain injury. A Fall Risk Assessment Study is also underway.

The Transitional Living Center helps individuals with traumatic brain injuries, spinal cord injuries or other neurological trauma further their rehabilitation goals in a 38-bed, short-term residential setting. Six hours of individual and/or group therapy are provided six days per week. As part of its goal to effectively promote patients’ successful re-entry into family and community life, day treatment and home programs are also offered. Located in the Walter and Francine Laband Building.
Casa Colina at Apple Valley and Casa Colina at Rancho Piño Verde

- The Apple Valley program added Neuropsychology Clinics twice per month while both facilities continue regular medical clinics performed by a board-certified medical doctor.
- Both programs maintained their Home and Community Based Services (HCBS) Waiver Program status and achieved excellent survey results by regulatory agencies.
- Staffing at both facilities increased to accommodate the nearly 100% client capacity this past year: New employees included nurses, clinical nurse case managers, emergency medical technicians, certified administrators, and residential aides.
- Community integration remains a priority with clients participating in continuing and adult education courses, community volunteer opportunities, restaurant dining, shopping, recreational opportunities, and more.

Adult Day Health Care Center

- “Dogs Days” have been introduced twice per month to give participants an opportunity to interact with therapy dogs that are well-trained and supervised by their owners.
- The Foster Grandparent/Senior Companion program was recently introduced. These special volunteers work with individual program participants on a variety of activities throughout the day, including puzzles, crafts, exercises and cognitive activities.
- Participants continue to receive transportation services from a variety of providers, including Access Services (Los Angeles County only) and Get About (Pomona, San Dimas, Rancho Cucamonga, Azusa, Garey, Ganesha, Diamond Ranch, and Claremont).
- The Adult Day Health Care Center provides a nurturing, stimulating and supportive environment for adults with cognitive or physical impairments who cannot be left at home during the day when family members are not present. It is an alternative to institutional placement for adults with these special needs. Located in the Iris and Community Justice Foundation.

Azusa Center

- A broad range of rehabilitation services continue to be offered for patients with orthopedic or neurological deficits, including certified hand therapy, physical and occupational therapy, and speech language pathology.
- An orthopedic doctor evaluates injured athletes at our Free Sports Medicine Clinic each Monday from 4 to 6 p.m. (except holidays and some holiday weekends).
- Certified athletic trainers now provide sports injury coverage at Nogales High School. Other high schools served include Pomona, Garey, Ganesha, Diamond Ranch and Gladstone.
- A Golf Fitness Clinic will begin in 2015 that will include basic swing assessment, functional movement testing, and corrective exercises to improve one’s golf game and help to prevent golf-related injuries.

The Azusa Center brings Casa Colina’s medically-directed outpatient rehabilitation services to residents of the Fruitbelt communities.

Outdoor Adventures

- The Outdoor Adventures program continues to empower people with disabilities through exciting and challenging activities, including two to four trips each month. Up to 90% of its participants are past and current Casa Colina patients.
- The 2014 Land Meets Sea Sports Camp had an excellent turnout with 85 registered participants and 56 registered volunteers. The event also garnered media coverage from CBS 2/KCAL 9 Evening News, the Inland Valley Daily Bulletin and San Gabriel Valley.

An increase in sponsorships and support from local businesses and the community was humbly reported.

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

Padua Village Homes

- A new van was purchased to better meet the transportation needs of residents who attend a wide variety of social activities throughout the year, including the L.A. County Fair, Universal Studios, and more.
- A generous donation of $10,000 was graciously given by the Community Justice Foundation.

The three Padua Village Homes provide daily supervision to adults with developmental disabilities as well as opportunities for vocational, recreational, social, and health-promotion activities.

Casa Colina’s Operational Performance

Net Revenue from Operations

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<tr>
<th>Year</th>
<th>2009</th>
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<th>2011</th>
<th>2012</th>
<th>2013</th>
<th>2014</th>
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<tbody>
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Balance Sheets (Unaudited/Consolidated)
March 31, 2014 and 2013

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<tr>
<th>Item</th>
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<tr>
<td>Current assets</td>
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<td>Investments</td>
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<td>Assets limited as to use</td>
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<td>Property and equipment, net</td>
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<td>Other assets</td>
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<td>Total Assets</td>
<td>$191,351,000</td>
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Casa Colina’s Operational Performance

Operating Entities* Financial Performance (Unaudited)

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<thead>
<tr>
<th>Item</th>
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<tbody>
<tr>
<td>Revenues</td>
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<tr>
<td>Gross patient and other services</td>
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<td>Other operating revenue</td>
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<td>Total Revenues</td>
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<tr>
<td>Deductions</td>
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<td>Contractuals</td>
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<td>Bad debts</td>
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<td>Total Deductions</td>
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<td>Revenue Less Deductions</td>
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<td>Operating Expenses</td>
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<td>Salaries and benefits</td>
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<td>Other expenses</td>
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<td>Total Operating Expenses</td>
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<td>$48,128,000</td>
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<tr>
<td>Net Income from Operations Prior to Depreciation, Interest and Amortization</td>
<td>$15,037,000</td>
<td>$14,823,000</td>
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*Excludes Foundation