

REACH

SUMMER 2021 EDITION

Stories of Inspiration
from REHAB Hospital

Kasey's Story

An Inspiring Journey
from Cancer Survivor
to Healthcare Hero



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Hospital

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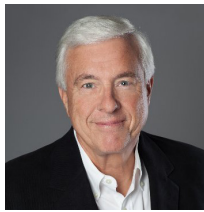
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Message to the REHAB Ohana

Thank you, our donors, for your incredible support, which helped REHAB continue to serve patients and their families and protect employees during the pandemic. 2020 has truly been an unprecedented year for our entire community, but your support has meant so much, and is now more important than ever as we continue to rebuild lives together.

As we move forward into the new year, I'd like to thank Dr. Timothy Roe, REHAB's longest serving CEO, who recently announced that he will be retiring in the fall of 2021. Under Dr. Roe's leadership, REHAB was often ranked amongst the top rehabilitation hospitals in the country and the hospital underwent a multi-year, facility wide renovation, updating patient and administrative areas, therapy equipment, and network infrastructure, positively impacting thousands of patients and Hawaii families. The Foundation Board of Directors and I are incredibly appreciative and we wish Dr. Roe and his family nothing but the best.

At this time, I'd also like to welcome aboard REHAB's new Chief Development Officer (CDO), Lori Suan, who joins us from Shriners Hospital for Children - Honolulu. Lori has a strong background in healthcare, fundraising and in the nonprofit sector, and is joining us at a very exciting time. We look forward to working with her to support REHAB.

We invite you to read more about the remarkable impact of your contributions on the next page. Please stay safe and thank you again from all of us at team REHAB.

Michael W. Perry
Chairman of the Board,
REHAB Foundation

In Memory Of



Jim C. Wo

Director Emeritus of the REHAB Foundation
Hospital Board of Directors

Jim was a tireless advocate for REHAB and REHAB Foundation who was esteemed for his wisdom, guidance, and benevolence. Our heartfelt gratitude to Jim and our deepest condolences to the Wo family. We remember and honor Jim and are grateful for his dedication and support.

Impact of Your Support

Year in Review (FY2020)

Report Reflects Data from October 1, 2019 - September 30, 2020

It has been a challenging year for everyone in our community. As a team, we've embraced those challenges to continue the important work that we do. Dedicated donors like you are an important part of that team, and together, we've made an incredible impact. In FY20, REHAB Foundation received \$966,610 in contributions. Here are some highlights on programs and services that you helped support.



Rebuilding Lives

For over 65 years, REHAB has been dedicated to rebuilding lives. During the pandemic, we've continued to support and impact our community. In FY2020, a total of 1,705 patients received comprehensive care in our hospital and 5,981 received care at our outpatient clinics and Physicians Clinic.

Learn more at rehabhospital.org/why-rehab.



Pulmonary Recovery Circuit Program Launch

This innovative wellness and rehabilitation program helps those with respiratory illnesses like COVID-19 improve their breathing, stamina, and fitness to maximize their recovery and support their overall health. The Pulmonary Recovery Circuit Program is one of the first of its kind in the state and helps to address a growing need for respiratory illness care in Hawaii's communities.



PPE and Other COVID-19 Support

Not only are masks more expensive, but we need to use them more frequently to protect staff and the greater community during COVID-19. Prior to the pandemic, the cost of one N-95 mask was about \$1. During the pandemic, that cost peaked at \$6 per mask, and settled to about \$4. Your support helped keep our employees safe, while we've continued to provide the greatest care possible for our patients.



Musculoskeletal Ultrasound Workshop

In December 2019, REHAB held its 5th annual musculoskeletal ultrasound workshop. Local students and clinical professionals experienced hands-on lab and informational sessions from industry professionals and scholars from the U.S. and Japan, including a review of diagnostic techniques for the shoulder, elbow, wrist, hip, knee and spine.

A REHA

Cancer survivor's story





REHAB Tail

Every journey comes full circle

“Cancer took a lot of that away from me, but through iCare, I was given the opportunity to start rebuilding and it gave me hope...”

-Kasey Alexander

As patients at REHAB welcome animal assisted therapist Kasey Alexander and Toby, REHAB's Chief Canine Officer into their hospital rooms, even a face mask can't hide their smiles and feelings of joy. As Toby does his magic, bringing undeniable comfort to those impacted by life-altering injuries or illness, Kasey can't help but remember her own recovery. Her vibrant pink hair serves as a reflective expression of her soul and a reminder both of what was once lost and how far she has come.

Kasey is a cancer survivor. Her recovery was filled with good and bad days, but during that time, she found solace in the warmth of puppy snuggles, comfort from the reassuring words of friends, and hope from the guidance of her physical therapist. Today, Kasey works with Toby to administer REHAB's Animal Assisted Therapy Program, striving to provide the same care and compassion she received when she was a patient.

Kasey has always loved animals and went to school to pursue a career in helping people. After earning her undergraduate degree, Kasey met Dr. Wendi Hirsch Major and her hospital facility dog, Tucker. Observing the impact of their work inspired Kasey to get her master's degree in counseling psychology with the dream of working in animal assisted therapy. After earning her master's in counseling psychology and marriage and family therapy from Chaminade University, Kasey worked as a mental health therapist. In 2017, she was diagnosed with cancer.

Kasey was already interested in becoming an animal assisted therapist when she experienced first-hand the benefits of receiving animal assisted therapy as a patient. “Dr. Wendi and Winnie (her hospital facility dog at the time) would visit me during chemotherapy, and it was the brightest part of those difficult treatments. It gave me something to look forward to, and was immensely comforting knowing I had them supporting and cheering me on,” she says.

After chemotherapy, Kasey’s treatment wasn’t over. She went through several more surgeries and was unable to do daily activities like she used to. “There is a common misconception that the cancer fighting process is all over or that it’s done and that everything is great after active treatment stops, but that is far from true,” says Kasey. “The effects from cancer and treatments can be long lasting and extremely difficult...and ongoing medications cause persistent and long-term side effects.”

To help her regain her range of motion and decrease pain, Kasey’s oncologist recommended she see Physical Therapist Cheri Teranishi-Hashimoto at REHAB. Cheri, who specializes in women’s health and breast cancer and lymphedema rehabilitation, was also Kasey’s



Kasey and Cheri at physical therapy.

cheerleader and an invaluable source of support. “When I first became a patient, I felt very scared, overwhelmed, and alone in the midst of trying to fight cancer and just survive. I was in constant pain and couldn’t even lift my arms high enough to reach my forehead,” says Kasey. “Even though physical therapy treatments and exercises were challenging and painful, Cheri was very encouraging and supportive.”

Kasey’s REHAB journey was a critical part of her recovery. Due to the efforts of Cheri and REHAB’s iCare program, she made huge strides from finally being able to wash her hair when it grew back to being able to put a shirt over her head. “I was super active before cancer, hiking every weekend, doing yoga and working out. Cancer took a lot of that away from me, but through iCare, I was given the opportunity to start rebuilding and it gave me hope that I could slowly start to regain some of the things cancer had taken away,” says Kasey. “Not only has REHAB helped me through my rehabilitation journey, but they have also inspired me to join Team REHAB as their Animal Assisted Clinical Therapist.”

FUN FACTS



Nicknames: Tobes, Tobykins, Toby Wan Kenobi and Squishy Face

Birth year: 2018, Year of the Dog

Breed: Labrador retriever

Birth place: Brisbane, Australia

Favorite game: Hide and seek

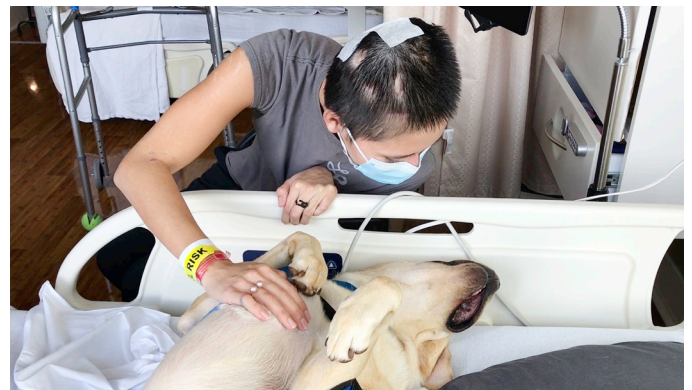
Favorite place to be pet: Belly rubs

Favorite song to wiggle to: Charlie Brown Christmas song

ABOUT TOBY

As REHAB's hospital facility dog, Toby was provided by and has successfully completed two years of specialized training from Assistance Dogs of Hawaii. He can respond to over 90 commands and plays a vitally important role during counseling sessions. Toby works with Kasey to support patients with animal assisted therapy, an evidence-based practice for the treatment of physical and mental health conditions. "I've consistently found that patients are not only seeking to heal their physical bodies, they are also seeking to heal the emotional and psychological impacts of coping with a serious health condition," says Kasey.

Kasey's recovery journey isn't complete, but she finds fulfillment in helping people heal. "I still feel side effects from my medication. But, I continue to make progress and the sense of hope that REHAB and so many others have given me is a gift that I will always cherish," said Kasey. That sense of hope is a gift that Kasey hopes to give to others in the work she does at REHAB. "Partnering with Toby to bring comfort to others brings me a renewed sense of purpose and I'm grateful that my experiences can help others in their own personal recoveries," she says.



Kasey and Toby work with patient Jackie Meggs.



ABOUT iCARE

Cancer Exercise Rehabilitation Study

The iCare program, available to adults that have been diagnosed and treated for any type of cancer is free of charge and consists of three 90-minute personalized training sessions per week for 12 weeks. The program is a collaborative study between REHAB Hospital of the Pacific and the University of Hawaii Kinesiology and Rehabilitation Science Department to better understand how exercise improves the health, fitness and quality of life for cancer patients.

Learn more at:

www.rehabhospital.org/programs/cancer-rehabilitation-program

Shining Forward Together

As we emerge from a difficult year, we are all finding our way to rebound from the pandemic. We are grateful for you, our community of supporters, and how our culture of caring persists through even the most difficult times. For nearly 70 years, with your support, we've helped patients recover from physical and cognitive challenges caused by illness or injury and supported them in living their best possible lives. Our mission is so important, now more than ever, as we continue to navigate the challenges of COVID-19 while ensuring our patients receive the quality care they need.

Together, we can make a difference. As we rebound, we invite you to join us in rebuilding lives. Your support will help REHAB continue to provide the highest level of rehabilitative care for our patients and local communities. We appreciate every gift and look forward to **shining forward** together.





A Special Message from the CEO

It has been an honor for me to devote a significant part of my life to helping REHAB and its patients. I am grateful to the staff, physicians, nurses, board members and donors who have helped build an organization so committed to the care of Hawaii's community and I am confident that REHAB will continue to be a leader in rehabilitative care long into the future.

I also want to share a warm welcome to our new Chief Development Officer, Lori Suan. She brings a wealth of passion and experience, and is a welcomed addition to our executive leadership team.

Throughout my time at REHAB, the support of our generous donors has meant so much, not only to REHAB, but our entire community. Mahalo for your incredible spirit and generosity and aloha, a hui hou.

Dr. Timothy J. Roe

President & CEO,
REHAB Hospital of the Pacific



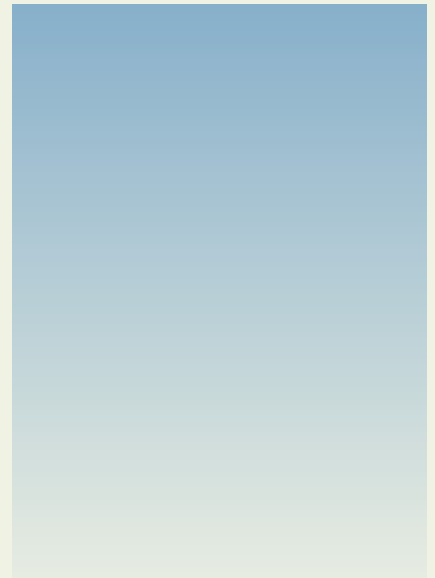
Mahalo from REHAB's New CDO

It is truly an exciting time to be joining this remarkable team! In my short time here, I've gained a deep appreciation for not only REHAB's continued support of our patients, providing the highest level of care during the pandemic, but also how each of you, our loyal donors, continued to support our work when we needed it the most. We continue to expand our services to support our communities recovering from COVID-19. This includes our new Pulmonary Recovery Circuit Program, which helps those with respiratory illnesses like COVID-19 maximize their recovery potential. These efforts involve every member of our REHAB community, and I'm very grateful to be a part of it.

Mahalo, and I look forward to safely connecting with you soon!

Lori Suan

Chief Development Officer,
REHAB Hospital of the Pacific



Mahalo to our Donors!

Thank you for your support in rebuilding lives together

Recognizing these generous gifts for calendar year 2020

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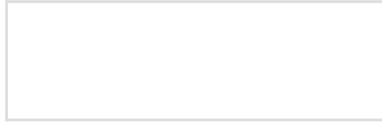
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About REHAB Hospital

Rehabilitation Hospital of the Pacific (REHAB) is a premier acute-care rehabilitation hospital dedicated to providing the highest quality comprehensive and innovative inpatient and outpatient rehabilitation services. Specially designed programs include stroke, traumatic brain injury, spinal cord injury, orthopedics, amputee, and general rehabilitation. Since 1975, REHAB has operated as a nonprofit organization aimed to rebuild lives by focusing on the individual, family, and community; advanced through education, technology and research.




For more information, visit www.rehabhospital.org.

About REHAB Foundation

The Rehabilitation Hospital of the Pacific Foundation was established in 1984 solely to support the Rehabilitation Hospital of the Pacific, its programs and patients. Gifts from the community allow the REHAB Foundation to enrich and enhance the rehabilitation experience for patients. Funding provides vital support for medical equipment purchases, scholarships, patient care programs and capital improvement projects all with one goal in mind: to maximize each patient's recovery.

Contact Us

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