

STORIES OF TRIUMPH AND PROGRESS FROM

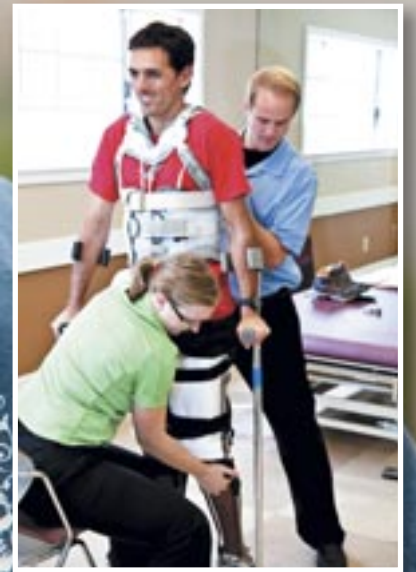
CASA COLINA CENTERS FOR REHABILITATION

Keystone

2012

THE DANIEL VELASCO STORY

— ◆ —
A Top Endurance
Athlete Endures
the Unthinkable



CASA
COLINA
CENTERS FOR REHABILITATION

A Place of Opportunity

The purpose of Casa Colina, expressed in the very first words of its mission, is to provide people the opportunity of rehabilitation, the opportunity to do the work of restoring themselves after a significant accident or illness. The concept of making this opportunity available is at the very core of why members of our community have supported Casa Colina over so many years.



A person with a serious stroke, spinal cord injury or torn rotator cuff may want to “get better” but it’s probably something that he or she won’t be able to do without expert guidance. Fortunately, in our community we value the idea of rehabilitation and have made provision to have the experts to help that person with the stroke, spinal cord injury or torn rotator cuff here at Casa Colina, ready to make the opportunity of rehabilitation available. For many other communities this is not the case. In fact, Casa Colina is the only free-standing, independent, non-profit rehabilitation hospital left in California.

Casa Colina’s ability to thrive and be successful in a tumultuous health care environment is a tribute not only to the management of its operations and the stewardship of its resources, but it’s also a tribute to the vision shared by all of us on the board of directors, the staff of Casa Colina, and all of you in the community. We share a vision that health care needs to include a special place dedicated to helping people get back into living and achieving as much real function and independence as they can. We share a vision that the opportunity of rehabilitation is important and we step forward to help make that opportunity available.

On behalf of the many thousands of people whose lives have benefited from rehabilitation at Casa Colina, and the many thousands who will come in the future, thank you for your support and sharing the vision of a Center of Excellence for rehabilitation and medical services.

Steve Norin

Steve Norin
Chairman, Board of Directors

Board of Directors Casa Colina, Inc. and Affiliates

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

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Taking a Position on Health Care

At Casa Colina we frequently speak about the continuum of care we have developed. This includes our inpatient rehabilitation hospital, outpatient services, physician clinics, the Transitional Living Center, children's services, residential



programs and all of our other community-directed services and programs. What truly makes this continuum of care stand out is that it is designed to promote, step-by-step, the rehabilitation process for each patient. It allows each individual to enter at the most appropriate level of care, and then progress to more challenges and achievements, until the maximum benefit is achieved.

Casa Colina has taken a position in the western United States, and quite possibly the entire nation, as a provider of the most extensive continuum of care available – with the sole purpose of returning people to their homes and utmost functionality after a serious illness or injury.

With the backing of our physicians and the guidance of their medical leadership, Casa Colina has built teams of professionals who reach a level of excellence in every service we provide. With this medical leadership as a strong central pillar, Casa Colina continues to expand the continuum of care to serve patients' needs more completely, at both the early acute stages of illness or injury, and the later stages of ensuring that they make a successful transition to their homes and community.

Professionals and members of the community who have been our supporters for so many years continue to recognize the value of what we provide. In these times when changing legislation has brought unpredictability to health care overall, we have been remarkably successful in terms of our financial stability.

But we are always aware that what is most important is doing the right thing for patients to help them see their opportunities and reach their highest potential. Your support has been the key to giving Casa Colina the capacity to remain true to this path of best practices. On behalf of all the individuals whose lives have been made more whole, your support is greatly appreciated.

Felice L. Loverso, Ph.D.
President & CEO, Casa Colina, Inc.

A Top Endurance Athlete Endures the Unthinkable

Daniel Velasco has been a gifted athlete since he was a young boy in Popayan, Colombia. He competed in numerous national tennis and mountain biking championships. He loved exploring the jungle on a mountain bike with his father. When Daniel reached adulthood, he wanted to explore another part of the world. After visiting his cousin in Hawaii, he thought it would be the perfect place for him. He always imagined himself living on an island surrounded by the mountains and the ocean.

Kauai became his home and his playground for 10 years. He fell in love with his girlfriend, Lehua, and quickly made



Daniel and Lehua



new friends. In January 2011, the couple moved to Maui. He enjoyed being in the ocean, swimming, surfing, and kite surfing. He continued to pursue his passion for mountain biking and trail running. He spent hours traversing the trails, climbing rocky single-track paths, weaving past dew-soaked branches of leaves in the early morning. His fitness improved as he put more and more miles on his old bike with its knobby tires.

Daniel became intrigued by the sport of triathlon, which involves swimming, biking, and running in a single race. He entered an off-road triathlon and qualified for the highly competitive XTERRA Global Championships in Maui. As a top athlete, he earned a spot in that race four years in a row. He even graced the cover of *Trail Runner* magazine.

Though Daniel is a fierce competitor, he is also known as a gentle, generous person. He fit right in on Maui, where the culture follows the tradition of "ohana" – which means everyone is treated like family and no one is left behind or forgotten. It was not unusual to see Daniel give a complete stranger a tour of the island.

Daniel liked physical work with his hands. So he decided to work as a carpenter. When the construction industry came to a halt after the banking crisis, Daniel's work became irregular and then completely stopped. Like many Americans, he was forced to let his health insurance lapse. At the age of 29, he was living hand-to-mouth on any odd jobs he could find on the island.



Daniel maneuvers his wheelchair with ease through the Transitional Living Center's entryway, May 2011.

Trail Runner magazine photo at left courtesy of Kevin Winzeler Photography.

A Fall from the Sky

Time with his girlfriend and playing outdoors became his solace. On March 21, 2011, he planned a date by a lavender farm before sunset. He went paragliding, as he had done regularly for more than ten years, while Lehua watched from below. He found this sport to be a great way to unwind. He felt free, flying high above the fields and the hillside. But on



this day, Daniel encountered a different kind of air. As he glided in 360-degree circles, he climbed very quickly, boosted by thermal cylinders of warm air. When he veered outside of a cylinder, he was caught in an unstable downdraft of air. There was no time to react. He was rapidly driven to the ground with a blunt force. As he hung from his harness, his feet hit the ground first. Though the airbag below his seat deployed, it wasn't enough protection. His buttocks took the brunt of the force.

It was a very hard impact. Lehua ran to his side. He calmly tried to gather himself, but could tell something was terribly wrong. He could not feel his legs. "Call 911," he told her. The emergency medical technicians transported him by ambulance to Maui Memorial Hospital. An MRI revealed that he had fractured his T6 and T7 vertebrae.

Fortunately, Dr. Morris Mitsunata made his weekly trip from Honolulu to Maui the day after Daniel's accident and performed surgery on Daniel with the assistance of another neurosurgeon, Dr. Thomas Rogers. Daniel spent four days in the intensive care unit before he was moved to another floor of the hospital for six days.

While he was in the hospital, he was visited by a good friend whom he met kite surfing – neurologist, Dr. David Sheets, who arranged for Daniel to be transferred to the Rehab Hospital of the Pacific in Honolulu, where he spent three weeks in acute rehabilitation.

His physical therapist, Angela Owens, knew he would still need intensive therapy beyond his short stay in acute rehabilitation. She wanted to do more to help Daniel recover from his accident, especially after seeing how much effort he put into each therapy session. Angela introduced him to Julia Price, marketing representative in Hawaii for Casa Colina Centers for Rehabilitation. Upon their first meeting, Julia suggested, "Don't buy your tickets back to Maui yet. We may be able to send you to Casa Colina." She offered him a brochure and explained how Casa Colina's Transitional Living Center (TLC) could help him.

Julia brought Daniel's case to the attention of Dr. Felice Loverso, CEO and President of Casa Colina. Like so many uninsured, Daniel was in need of help. Dr. Loverso agreed that Daniel was an excellent candidate for TLC's intensive

post-acute rehabilitation program. He arranged for his care to be paid by Casa Colina Foundation's uncompensated care fund, which is supported by numerous fundraising events throughout the year and charitable contributions by those in the community. Julia even arranged for donations of free flights and transportation from others on the island – another example of "ohana."

A New Beginning

Daniel was admitted to Casa Colina's TLC on April 24, 2011. Lehua accompanied him before she had to return to Hawaii and work a few days later. His mother, Rosana, took a leave of absence from her position as the Director of La Scala, a music school for children that she founded in her hometown of Popayan, Colombia. She rented one of Casa Colina's small homes adjacent to the medical and rehabilitation campus to be by Daniel's side during his therapy.

It became obvious from the first day he arrived that his athletic drive and coordination would serve him well in his therapy sessions. This was a man who was accustomed to swimming thousands of yards in a day as well as running and biking hundreds of miles each month. He was very in tune with what his body could do. If he couldn't do a task, he had the determination to keep at it until he mastered it.

Daniel's mother, Rosana, stated, "We were delighted there at TLC... to me it stands for 'Time of Light and Confidence.' Each day there, we began to discover that it is truly possible to be reborn, to re-learn, and to live again with hope."

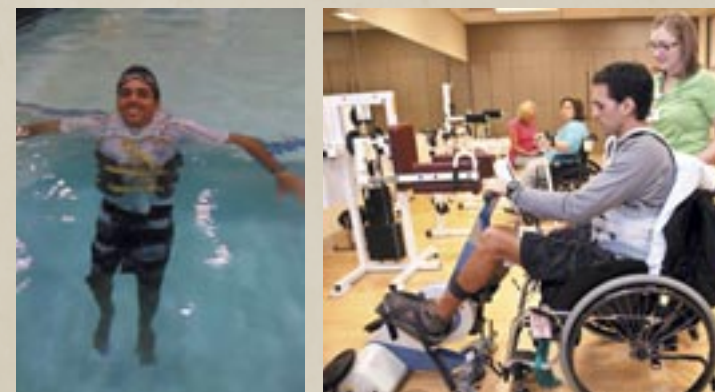
Despite the fact that he was still wearing a thoraco lumbar sacral orthosis (TLSO) brace to limit the movement of his spine while it healed from his surgery, he was taking on challenges that ordinarily wouldn't be attempted for six months or a year after this type of injury.

Right from the start, Daniel was performing multiple dips with his arms to build up his shoulder and arm muscles for more advanced maneuvers, such as transferring himself from the floor up to a wheelchair or a wheelchair to a car seat. His physical therapist, Lauren Leporini, was amazed when he stood with braces and crutches for 45 minutes unassisted, with a look of sheer determination on his face.

His mother watched him with tears in her eyes, looking intently as he made incredible progress each day – using the recumbent electrical stimulation bike, lifting weights for dozens of repetitions, and traversing the parallel bars with



Left: Working hard during physical therapy included learning how to stand and walk using braces and crutches. Right: Lauren and Daniel's mother, Rosana, celebrate Daniel's accomplishments with a warm embrace.



Left: Daniel smiling in an aquatic therapy session where he worked on his balance in the pool, which later led to walking with braces in the gym. Right: Daniel especially liked the RTI E-Stim bike during physical therapy as the electrical stimulation to his leg muscles helped him maintain his cardiovascular fitness.



Occupational therapist Suzanne Goya showed Daniel how to safely maneuver in and out of a Casa Colina van.



Daniel successfully transitioned from TLC's residential area to semi-independent living apartments prior to returning home. Here his occupational therapist taught him ways to use kitchen amenities without assistance.

sweat on his brow. Lauren relied on Casa Colina's aquatic therapy pools to allow Daniel to safely try new things in the water without the demands of gravity. The triathlete took to swimming right away. He struggled to lift his legs in the pool. Yet these moments of frustration were always followed by elation and celebration when he could finally do something that was so difficult before. Soon, he was able to move both legs, like a man on stilts, in the therapy gym.

A Resolve to Stay Positive

Daniel had always been a man with a positive outlook. However, living in a wheelchair was certainly not the life he imagined for himself. In fact, he admitted, "Each night as I lay in bed and closed my eyes, I wished I could take that stupid accident back." But during the day, his therapists were very good at getting him to think in the now and about how to move forward with optimism and progress.

Time at TLC was what he needed to learn how to live independently again. The accident that changed him physically could not change who he was personally – a man who is valued and cherished by so many. A man who has dreams to be fulfilled, work to be done, and a life to be enjoyed.

His occupational therapist, Suzanne Goya, helped Daniel discover new ways to remain independent while carrying out routine activities of daily living. This included simple things like bathing and dressing that aren't so simple when you have a spinal cord injury.

"You'd ask him to do something once and he'd do it 10 times. You'd ask him to do something 10 times and he'd do it 100 times," stated Dr. David Patterson, Casa Colina Physiatrist.

She helped Daniel grow accustomed to maneuvering around in every room of his TLC apartment. This meant moving from the wheelchair to the couch in the TV room, preparing his own meals in the kitchen, and doing his own laundry.

Suzanne and neuropsychologist, Dr. Kelli McSwan, also prepared him for being on his own in the outside world. They organized weekly trips into the community to help him and other TLC clients practice taking public transportation, navigating stores, restaurants, movie theaters and other settings.

"A big part of reclaiming their independence is getting past the hesitation of helping themselves or feeling self-conscious about being in a wheelchair," explained Dr. McSwan, "You don't want them to act like victims. You want them to live boldly and not let their new deficits become socially isolating for them."



Left: Working on strengthening the muscles in his arms, shoulders, back, and core. Maintaining his upper body strength is essential for wheelchair use and assisted walking. Right: A high-five with mom after another successful day of therapy.



Daniel's mother stayed at one of Casa Colina's residences for families adjacent to campus. Daniel often visited and helped her around the house, putting his occupational therapy sessions to practice.



Daniel prepares for his first cycling workout since his injury at the Outdoor Adventures office located across the parking lot from TLC.



Enjoying the ride and learning how to maneuver the hand cycle in the Outdoor Adventures parking lot at Casa Colina.

Dr. McSwan and other neuropsychologists worked with Daniel by encouraging him to share his concerns or frustrations and develop effective strategies to cope with them. Daniel also participated in a peer-led Casa Colina Spinal Cord Injury Support Group. "I met some great guys in there," Daniel reported, "I'm still in touch with a lot of them."

"How do you get back in your wheelchair if you fall? How do you ask for help if you need it? How do you get around with public transportation? These are the kinds of things we worked on with him," explained Casa Colina Case Manager Gretchen Bashaw.

Daniel also took adaptive driving lessons from Casa Colina occupational therapist Jake Hazen, and quickly learned how to use the van's hand controls. Before he knew it, he was driving down the nearby 10 Freeway. When he passed his driver's evaluation test, it was an enormous boost to his confidence.

Suzanne also knew how important cycling was to Daniel before the accident. She wanted him to see that it could still be a big part of his life – even on a competitive level. So she arranged for the Casa Colina Outdoor Adventures staff to show him how to use a hand cycle, a modified bicycle that is powered by one's hands and arms instead of the legs. She even introduced him to Kyle Massey, a hand cyclist who plans to compete in the 2012 Paralympics in London. She also gave him a contact to learn adaptive surfing in Hawaii.

An Unwavering Desire to Walk Again

Daniel knows he may never walk again. Yet the yearning to try anything to make his legs work again is still very strong. He's not ready to give up the dream of walking.

Daniel is actively seeking participation in a stem cell clinical trial in Switzerland, which is being conducted jointly with scientists at the University of California at Irvine. He hopes to be selected as one of twelve candidates who will have the opportunity to be the first to try what may be a miraculous cure. "I told him all the pros and the cons of this stem cell study," explained Casa Colina's Dr. David Patterson, "I would never discourage someone in his position from pursuing a way to walk again."

While Daniel waits to hear from that group, he is constantly reading scientific articles to learn as much as he can about the topic. One thing is certain: Daniel won't give up on finding a way to walk again. He will keep looking for a new treatment. Until he finds one, he will make sure his

body is as healthy and strong as possible to improve his chances of acceptance in any promising clinical trials. Each morning, he does the exercises he learned at Casa Colina, stretches, and uses an electronic muscle stimulation machine on his legs to strengthen them. He also has physical therapy once a week and continues to work on standing and walking with the straight-leg braces.

A Renewed Sense of Independence

Before Daniel made the trip back to Maui, he was nervous about what his future might hold. How would he support himself? How would he adjust to not living with his girlfriend because their home was not handicapped accessible?

When he arrived in Maui, Lehua, cousins, friends, and strangers embraced him with love and more ohana. At first, he lived with his cousin, Juan, and his wife, Pamela, who is an occupational therapist. Eventually, they were able to build a ramp for Lehua's home, so they could live together again.

He developed a friendship with a psychologist, Erin, a paraplegic who also injured herself paragliding ten years earlier. She remembered what a difficult time it was to make the adjustment to her injury. She bought a new van and gave Daniel her old one. He was amazed by her generosity and thrilled to be able to drive a vehicle, just like the one at Casa Colina, with no assistance.

"Some people really stand out as truly amazing professionals. At Casa Colina, I didn't meet one or two or three of them. It was everyone I met there," recalled Daniel Velasco.

Today, Daniel is exploring several exciting career paths. His friend David, a fine artist, taught him how to make jewelry in his store. Casa Colina's Julia Price referred him to a computer-aided design (CAD) course for the disabled at the Maui Community College, which he thoroughly enjoyed. He now spends hours on the computer each day, learning more and more about how to use the CAD programs. He may become a LEED AP professional to inspect buildings for certain environmental codes. He may coach triathletes and physically challenged athletes. He may even open a tourism business to help those with disabilities explore Maui. His careers possibilities are truly endless.

Daniel has returned to his active lifestyle on the island. He swims in the ocean with a buoy to keep his legs afloat. He even found a special wheelchair, kept by the lifeguard tower at Kihei Beach, that's designed to traverse the sand, so he can

enter the water more easily. Otherwise, his strong cousin Juan gives him a piggyback ride to help him into the water. He also obtained a hand cycle, which he uses for outings with Lehua and their new Jack Russell terrier puppy, Kanaio.

In Hawaii, he looks back at his time at Casa Colina with gratitude and admiration for everyone he met. "It was one of the most amazing experiences of my life," he recalled.



Daniel and mom Rosana with the support team at Casa Colina's TLC. From left to right: Kelli McSwan, Ph.D., Neuropsychologist; Gretchen Bashaw, Case Manager; Lauren Leporini, Physical Therapist; Mom Rosana; Daniel Velasco; Felice Loverso, Ph.D., President & CEO; David Patterson, M.D.; and Curtis Powell, TLC Administrator.



Daniel back in Maui with his own hand cycle (shown without a helmet for the picture only.)

How the Newly Renovated TLC Transforms Lives



Physical therapists work with clients in the new TLC gym. An occupational therapist helps a patient return to gardening in the TLC courtyard.



Clients have access to innovative technologies, community outings, and a wide range of therapies.



An occupational therapy session using Dynavision equipment. A weekly physician-led team conference fosters continuous communication within the clinical team.



Newly remodeled and renovated private and semi-private rooms, plus state-of-the-art gym equipment.



Family-style living room, fireplace and outdoor courtyard where clients, friends and family gather to talk, read, relax, and socialize.



Where does one turn when being discharged from the hospital after a catastrophic event, such as a spinal cord injury, traumatic brain injury or stroke? How does one cope with the physical and psychological effects of a life-altering accident or illness?

For many individuals, it's a scary thought to leave the hospital. Even though they've come a long way since their injury or illness, they may need more time to make this important transition and learn the skills to maneuver independently around their own home and community again. They don't want to be a burden to their families and loved ones. They feel vulnerable and uncertain about doing the simple things we all take for granted – driving or taking public transportation, shopping, or going back to work and school.

They need to re-learn some skills and may learn how to do other things in a brand new way. They need more time after becoming medically stable to gather their physical and emotional strength. They need the right blend of compassion and coaching to find out what they are truly capable of again.

For individuals at Casa Colina's Transitional Living Center (TLC) that's exactly what they'll get – up to six hours of individual or group therapy, six days a week to focus on restoring function physically, cognitively and emotionally.

Casa Colina's CARF-accredited TLC offers an intensive inpatient and day treatment therapy program designed to meet the needs of each individual after discharge from an acute rehabilitation setting or other level of care. It encompasses physician-directed neuropsychology, physical therapy, occupational therapy and speech language pathology to move past one's newly acquired challenges. It also involves a broad range of follow-up medical care as well as recreational activities in the evenings and on weekends.



With a New World-Class Gym and Home-like Setting

All of this work is done in bright, newly renovated buildings with state-of-the-art technology and rehabilitation equipment in therapy gyms adjacent to a relaxed home-like residential setting.

A tour of the facility reveals some exciting new changes to its neurological gym. Individuals with balance and strength impairments are learning to walk again with the assistance of the Lite Gait. This special harness enables clients to walk without bearing their entire weight, which makes it easier to retrain weak muscles and relearn a proper gait.

Others who struggle with the effects of partial leg paralysis are no longer dragging a foot when walking. A breakthrough lightweight electronic-stimulation device, the NESS L300 Foot Drop System, allows individuals to walk with increased speed, balance, and proper technique, while those individuals with hand paralysis

benefit from the NESS H200 Hand Rehabilitation System, which activates the muscles in the hand or forearm. These amazing devices enable individuals to perform tasks such as holding a carton of milk or walking across a lawn for the first time since their injury.

When someone has suffered a neurological trauma such as stroke or traumatic brain injury, they can experience difficulties with their vision and perception. Their hand-eye coordination and reaction time may be slower. A new piece of equipment in the TLC gym called Dynavision™ is helping these patients sharpen their motor skills and improve their vision. Individuals are challenged to strike the 64 lights on a large board as they light up randomly, making a productive physical therapy session feel almost like a game. The XBOX Kinect and Wii gaming systems are both used with clients to work on vision, balance, and coordination in a fun and social atmosphere.



The living area of the TLC has received upgrades as well. There are new furniture and lighting fixtures in the bedrooms, new flat-screen televisions in the recreation and TV rooms,



computers with internet access, and new tiling throughout the hallways to match the center's beautiful Spanish architectural style. What's more, the patio and lawn area was recently renovated and landscaped to create a relaxing environment for clients to practice planting flowers and vegetables, play ping pong, and enjoy the outdoors.

All of these features have a way of making individuals feel more like they're in an amazingly clean, comfortable home setting. Part of gaining that sense of independence begins with helping oneself to healthy snacks in the kitchen. It means forming new friendships over a game of cards as well as reconnecting with old friends and family members in the living room with a fireplace, or the newly renovated outdoor courtyard.

And Top-Notch Rehabilitation and Medical Professionals

Unlike other post-acute rehabilitation facilities, the TLC is overseen by board-certified physicians who specialize in physical medicine and rehabilitation. Available 24 hours a day, 7 days a week, these physiatrists oversee all aspects of the individual's care to assure their medical and rehabilitation needs are met, and that they are making the most of their daily therapy. TLC clients also have convenient access to other physician specialists and medical services available on Casa Colina's 20-acre Pomona campus.

Physical therapists patiently work on developing each client's strength and coordination, so they can do the tasks that seemed impossible only last week or last month.

Occupational therapists help individuals practice the activities of daily living that they'll need to carry out on their own later, such as grooming, cleaning, cooking, and driving.



Together with other therapists, they take individuals on outings in the community to practice their newly learned skills while enjoying cultural activities, shopping, and taking public transportation.

Speech pathologists help clients with speech, hearing, and swallowing difficulties. Their remarkable work allows clients to finally remove their feeding tubes and improve their ability to communicate.

A neuropsychologist helps individuals navigate the emotional and behavioral struggles that often accompany major injuries and illnesses. They meet with clients and their loved ones privately and in support groups and offer advice on how to live independently, confidently and, yes, boldly.

TLC's multidisciplinary team believes that family members and loved ones play a major role in helping people to the next phase of their recovery. They are encouraged to visit, observe, and even participate in therapy sessions. Family members who must travel a great distance to Casa Colina may even rent an affordable, temporary Casa Colina home adjacent to the campus, so they can be near their loved one throughout this critical time.

When clients are ready to return home, they may take advantage of TLC's Day Treatment Program or Home & Community Services, which offers cost-effective therapy within an individual's own home, school, and/or workplace.

Together, the Transitional Living Center's staff shows these individuals what is possible, which is a transition to a more fulfilling and rewarding life after a catastrophic injury or illness.

POMONA CAMPUS

Arthritis – Antony Hou, M.D.

Diagnostic Imaging – Gary Jensen, M.D.

EMG – David Patterson, M.D.

Fibromyalgia – Samy Metyas, M.D.

Headaches – Rami Apelian, M.D.

Infectious Disease – Dan Gluckstein, M.D.;
Kerry Gott, M.D.; John Mourani, M.D.

Internal Medicine – Azhar Majeed, M.D.

Kidney Disease & Hypertension
Michael Bien, M.D.

Neurology – Richard Shubin, M.D.;
Jerome Lisk, M.D.; Rami Apelian, M.D.;
Gail Hartley, MSN, RNP

Neuro-Optometry & Low Vision
Eric Ikeda, O.D.; Kierstyn Napier-Dovorany, O.D.

Orthopedics/Sports Medicine
Sachin Patel, M.D.

Pain Management – John Sasaki, M.D.

Physical Medicine & Rehabilitation
Sepehr Khonsari, M.D.; Yong Lee, M.D.;
David Patterson, M.D.; Allen Huang, M.D.

Plastic & Reconstructive Surgery
Devdas Wali, M.D.

Podiatry – Jeffrey Breuning, D.P.M.;
Thinh Le, D.P.M.

Pulmonary Rehabilitation
Joseph Hourany, M.D.; Rohinder K. Sandhu, M.D.

Senior Evaluation Program
Harvey Cohen, M.D.; Gimha Gunawardana, M.D.;
Yong Lee, M.D.

Spine – Allen Huang, M.D.

Urology – Aaron Nguyen, M.D.

Vestibular & Balance Disorders
Tyson Shih, M.D.

Wound Care & Hyperbaric Medicine
Kerry Gott, M.D.; Babak Farzaneh, M.D.

AZUSA CENTER

Orthopedics – Thomas Bryan, M.D.



The staff involved in Dianne's care shown with her and husband John in the Casa Colina Hyperbaric Medicine & Wound Care Center.

From left to right: Kerry Gott, M.D., Program Medical Director; Ken Albee, Certified Hyperbaric Technician; Patricia Reetz, Physical Therapist; and Jessica Pappas, R.N.

Hyperbaric Oxygen Therapy Saves Diabetic Patient's Limb

Dianne Forbing of Diamond Bar, CA, has lived with diabetes for the past 20 years. She ate well and monitored her blood sugar carefully. Unfortunately, the disease took a toll on her kidneys, weakened her immune system, caused numbness in her feet, and impaired the circulation in her legs.

In January 2011, she developed painful foot ulcers – a condition that affects 15% of all diabetics. Then in February, came the sudden onset of gangrene in her left foot that required two operations. Lawrence Harkless, DPM, Founding Dean and Professor of Podiatric Medicine at Western University of Health Sciences, surgically removed five toes to try to save her foot.

Unlike most surgical procedures where doctors use stitches to close a wound, in this case, they could not successfully close the large surgical wound. After the surgery, she was left with two surgical skin flaps with insufficient

blood flow and oxygen. Despite everyone's best efforts, Dianne's surgical site would not heal on its own. She faced the possibility of losing more of her foot or even the lower portion of her leg.

At that point, Dr. Harkless referred her to the Casa Colina Hyperbaric Medicine & Wound Care Center for treatment. He knew that hyperbaric oxygen therapy promotes the healing of many types of wounds. And Dianne was willing to try anything to prevent further amputation.

John, her husband of 43 years, accompanied her to the first hyperbaric oxygen therapy treatment on Valentine's

Day. They met with Dr. Kerry Gott, the Program Medical Director of the Hyperbaric Medicine & Wound Care Center, who administered a combination of wound care, biosynthetic skin grafts, and hyperbaric oxygen therapy.

"I was a little apprehensive on my first day, but they



prepared me well," explained Dianne. She was helped into the hyperbaric oxygen chamber by Ken Albee, a certified hyperbaric technician. He and Dr. Gott guided her through the treatment and closely monitored her body's adjustment to the change in chamber pressure during her initial treatment.

While Dianne watched a movie on a flat-screen TV, the chamber delivered 100% pressurized oxygen, which her wound so desperately needed in order to heal. Casa Colina's chambers provide true hyperbaric (meaning "high pressure") oxygen at 2.4 atmospheres of pressure. This is in contrast to low-pressure systems, which are considered ineffective. Furthermore, Casa Colina is the only hospital-based hyperbaric oxygen facility in the area where patient care is provided by a doctor of internal medicine who specializes in wound care, hyperbaric medicine, and infectious diseases. Working full time and on-site at the Hyperbaric Medicine & Wound Care Center, Dr. Gott coordinated her care with her referring podiatrist, vascular surgeon, and nephrologist.

"After they took such good care of me and I saw the results of their work, I wanted to continue." Dianne received hyperbaric oxygen therapy treatments five days a week for eight weeks. By April 22, her left foot had completely healed, enabling her to visit her young grandson and walk on the beach during a family vacation.

In August, Dianne stubbed the toes of her right foot. Unfortunately, even a small cut with her condition meant that gangrene set in again. She required additional partial toe amputations and received further hyperbaric therapy at Casa Colina, with another successful outcome.

Dr. Gott has witnessed countless cases where hyperbaric

oxygen has helped to heal chronic wounds, amputation sites, burns, traumatic injuries, and chronic diabetic ulcers. It's no wonder that the American Diabetes Association recommends hyperbaric oxygen therapy for the treatment of diabetic wounds. Dianne Forbing certainly agrees. She has regained her independence and enjoys the simple pleasures of driving, shopping, and playing with her grandson again.



Ken Albee, a certified hyperbaric technician, prepares Dianne for hyperbaric oxygen therapy by taking her vital signs and, due to being a diabetic, her blood sugar.



Two state-of-the-art hyperbaric chambers deliver 2.4 atmospheres of pressurized oxygen for optimum benefits.

Recognizing Extraordinary Support with a Wall of Honor



A new project is underway at Casa Colina that will inspire patients, staff and visitors as well as honor the people and organizations whose thoughtful generosity has supported Casa Colina.

It will recognize the lifetime giving of Casa Colina's major supporters, whose generosity has made such a tremendous difference to our patients throughout the years. Those funds have made it possible to provide free care, develop new programs and provide community education that meet our community's changing needs, and maintain valuable programs that do not have a solid funding base. All of these efforts ultimately mean better care for our patients.

The project, now in its design phase, will be inside Casa Colina Hospital and will have two main features. In the foreground will be nine clear panels etched with the names

of the individuals, families and organizations that have made cumulative gifts from \$25,000 to over \$1,000,000. These are the donors who have stepped forward in a significant way over many years to ensure that people continue to have access to rehabilitation. These panels will be updated on a regular schedule. Behind these panels, there will be electronic displays of digital photographs of Casa Colina's patients, staff, and history. These continually changing images will show the important work that is done here every day and the personal success that is achieved by our patients.

While the first purpose of this Wall of Honor is to thank donors on behalf of our patients, there is also a second purpose that may become the most important of all. This is to provide encouragement to patients and show the support they have during the challenging rehabilitation process.



Casa Colina founder Frances Eleanor Smith in the early days with loyal supporter and advocate, actor Henry Fonda.

A Tradition of Caring

There are many ways to contribute to help the patients of Casa Colina reach their maximum medical recovery and rehabilitation potential. Your contribution, whether large or small, is a critical factor when it allows a therapist to give a patient the extra therapy sessions that insurance does not cover, or subsidizes a complete evaluation for a toddler with signs of autism. Here are some of the ways you can be a part of the Casa Colina tradition of caring:

- ◆ Make a direct pledge to Casa Colina's Capital Campaign
- ◆ Make a direct donation of cash or other assets, such as investments
- ◆ Make a memorial donation for someone who has passed away
- ◆ Join the Frances Eleanor Smith Circle of Giving and make regular donations through an automated system
- ◆ Make a donation to mark a special event
- ◆ Buy a brick with a personalized inscription
- ◆ Remember Casa Colina in your will
- ◆ Take advantage of a naming opportunity to recognize a major gift
- ◆ Consider a planned giving arrangement that will benefit you and Casa Colina
- ◆ Participate in Casa Colina's fundraising events
- ◆ Become a volunteer

How Can We Help Patients Get What They Need from Casa Colina?

What do patients really need from Casa Colina, and how can we best help them? These are issues that are under consideration in every treatment program at Casa Colina. They are also issues that Casa Colina Foundation must continually address in its role as a support of the efforts of Casa



Colina. In my new position leading the Foundation as the Chief Planning and Development Officer, I find that my experience as a clinician sitting knee to knee with patients is tremendously valuable in understanding the human and personal side of our fundraising activity. When I speak to people about making contributions to Casa Colina for charity care, for instance, I have a vivid sense that I try to communicate of how important this care can be to a patient who may need only two more days as an inpatient or three more outpatient therapy appointments to make a major improvement, or

for a patient who doesn't have insurance at all. It's amazing how outside contributions can make such a big difference.

I have seen Casa Colina grow remarkably in the last 10 years and I have been honored to be part of that development. But my strongest motivation remains what we do for people every day in every treatment session. Seeing the progress that people achieve is what makes me so enthusiastic about my work here. I thank you for your support of our important mission, and I look forward, with your help, to making sure that Casa Colina can provide these services and more in the future.

Bonnie Baker Scudder – Chief Planning & Development Officer

Bricks On the Move



For the last ten years, a favorite way to support Casa Colina has been the purchase of paving bricks with personalized inscriptions that are used in our campus gardens. With new construction, those bricks are now being relocated to the central courtyard garden. All of these bricks will find a new home in this delightful garden that is used daily by patients, families, staff and visitors to the campus.

Personalized bricks are a wonderful way to honor a loved one or mark a special occasion. The donation for each brick is \$250 and the four-by-eight inch face has space for up to three lines of text. We will also be offering larger bricks with more space for text or graphics that will be placed prominently as dividers in the new brick layout.

Planning Your Gift

This year, due to proposed changes in tax laws and the many different options for giving, planning for a major gift may be more important than ever. Donors may find that they can make their gifts more rewarding and meaningful by carefully considering their form and timing. This is particularly true for gifts of securities or other investments. Casa Colina recommends that you consult your own tax advisor about your personal situation.

For information, please call the Foundation Office at 909/596-7733, ext. 2232 or email foundation@casacolina.org.

To make a donation now or purchase a brick, you can use the envelope on this page or visit www.casacolina.org.

Thank you

IN MEMORIAM



The Casa Colina family extends its warmest thoughts and condolences to the families and friends of these cherished supporters who passed away in the last year:

- Iris Anna Belding
- Leora Mae Dearden
- Helen Kellner
- Margaret S. Morash
- Elfrieda Nardulli
- Melba Robison
- John Rountree

Their efforts on behalf of the patients of Casa Colina have helped make it possible for us to provide rehabilitation to thousands of people. Their spirit, community involvement and compassion for the needs of others will be remembered as a tribute to their own lives and an example for us all.

Mark Your Calendar!

For a complete listing of Casa Colina's fundraising events, please visit www.casacolina.org/Giving-Support/Events.aspx

Donors Make Casa Colina Strong

Casa Colina Foundation is grateful to the individuals, families, foundations, and corporations who understand our mission and have chosen to support the needs of our patients and help give them the opportunity to receive rehabilitative care. Some donate time to help bring a more personal touch to the challenges of rehabilitation. In the last year, 460 volunteers contributed more than 24,521 hours of service to Casa Colina's programs. Many others have made financial contributions. Through these gifts received between April 2010 and March 2011, you have shown that Casa Colina has a dynamic support system to meet its commitment to excellence for our community's present and future rehabilitation needs. Your generosity has helped us expand our services, pursue innovative treatments, continue signature programs and provide charity care. Thank you for your caring and support.

Corporations, Foundations, Businesses, Clubs and Organizations

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Sharon Prototopadakis
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David Pump

A Tribute to John Rountree



Many people have remarked about the passion that John Rountree brought to all the endeavors of his life: his family, his career, his service to his country, his contributions to the community, his love of sports and good fellowship.

At Ganesha High School, he was a star football player and pole vaulter. He pursued his education at the United States Military Academy at West Point. Upon his graduation, he served this country admirably as a Signal Company Commander in Vietnam, earning the rank of Captain after five years of duty. John returned to Southern California and pursued a career in business. He started as a sales representative at Carr Paper and, over 22 years, rose to the position of President and CEO. Galasso Bakery and Certified Aviation Services also benefited from his dynamic leadership.

He married Dottie Carr and they raised a wonderful family in Claremont. When his youngest daughter needed special care, they found it at Casa Colina. He and Dottie remained close to Casa Colina, taking lead roles in the development of the Padua Village residential program and its incorporation into Casa Colina's continuum of care. He became a Casa Colina Board Member and, between 2000 and 2005, stepped out of that role to join the leadership staff as Executive Vice President of the Casa Colina Foundation, after which he returned to the Board.

For many people, John's most memorable role has been as Chairman of the Casa Colina Padua Village Golf Classic. Twenty-six years ago Bob Lewis, who founded the tournament, asked John to "take it over for a few years." John accepted and, working with Bill Dwyre as co-chair and a host of others, they built an event that has raised more than \$5,000,000. At the 2011 tournament, John's 25 years of leadership was recognized by tributes from Steve Morgan on behalf of John's Vistage Group (Tec 35), Ben Howland, Mike Scioscia, Peter Ueberroth, Pat Haden, Al Michaels, Dr. Felice Loverso, and a standing ovation from an overflow audience.

The Casa Colina family joins with John's family and friends in mourning his loss, remembering his zest for living, and celebrating the character and dedication he brought to our world.





31ST ANNUAL CASA COLINA GOLF CLASSIC

Major Sponsors

- American Business Bank
- R. Melvin Butler, M.D.
- George and Karen Langley
- Haaker Equipment Company
- Pertronix
- SEI Investments

It was a beautiful day on the course for 139 golfers and an inspiring evening for 190 dinner guests. They all came out to support Casa Colina and its nationally renowned Outdoor Adventures, a therapeutic recreation program that empowers people with disabilities.

This year's honoree, Mark Wellman, displayed his remarkable climbing abilities with a mobile adaptive climbing wall and recounted his historic paraplegic ascents up the sheer granite faces of Yosemite.

Casa Colina is grateful to Committee Chairman, the late Bill Haaker, for organizing such a successful event.



Event Co-chair and Board Member, the late Bill Haaker, pictured with Anne Johnson, Director of Outdoor Adventures and Felice Loverso, Ph.D., President & CEO of Casa Colina.



An Outdoor Adventures participant tries the climbing wall that para-climber Mark Wellman brought to the event.

Monday, November 8, 2010
at South Hills Country Club, West Covina

CASA COLINA 29th ANNUAL PADUA VILLAGE GOLF CLASSIC

Monday, April 25, 2011
at Red Hill Country Club,
Rancho Cucamonga

Founding Sponsor

Robert and Beverly Lewis Foundation

Presenting Sponsors

- Hidden Villa Ranch
- Liles Family
- Ornest Family Foundation
- SEI Investments

Major Sponsors

- General Outdoor Advertising
- General Pump
- Response Envelope, Inc.
- Tam Family
- Vavrinek, Trine, Day & Co., LLP
- Wasserman Foundation

There was an enthusiastic turnout of 139 golfers and 245 dinner guests on a wonderful spring day. The evening program included an interview conducted by Bill Dwyre with special guest Rafer Johnson, a world-class decathlete, Olympian, and founding member of the Special Olympics.

The event raised funds to provide programming and staffing for the Padua Village Homes in Claremont where 16 adults with developmental disabilities live in a supervised, structured environment that promotes activity and independence.



Event Co-chair and Board Member Bill Dwyre pictured with the late John Rountree, Event Co-chair and Board Member; Felice Loverso, Ph.D., President & CEO of Casa Colina; and Steve Norin, Chairman of the Board.



Olympic Gold Medalist Rafer Johnson shared his many experiences with dinner guests.

HARVEST FESTIVAL

Thursday, October 20, 2011
at Casa Colina's Children's Services, Pomona

Major Sponsors

- Barney & Barney
- Zenith Insurance Company
- Morrison Management Company
- Pat and Mark Warren Family Foundation
- Specialized Drywall Systems
- Keenan and Associates
- Ruth and Ron Palmer, in memory of Della Palmer

Casa Colina's Children's Services once again hosted this autumn favorite for kids of all ages. With Halloween around the corner, more than 400 children and adults were delighted by a variety of costumes and fun activities. Participants made masks and had their faces painted. They also explored a superhero cave and posed for pictures with Casa Colina's very own "Superheroes."



Kids in costumes enjoy treats, face painting, exploring, and Casa Colina's own Superheroes.



THUNDER IN THE HOUSE

CASA COLINA 2011 RIDE FOR HEROES

Saturday, September 11, 2011
at Chino Fairgrounds, Chino

Major Sponsors

- Barney & Barney
- Fittante & Son
- Landecena Family Foundation
- Pacific Rim Rehabilitation
- Specialized Drywall Systems
- Zenith Insurance Company

This year's Thunder in the House actually had thunder, lightning, and rain. But that didn't stop "Friends of Casa" (an independent group of motorcyclists), the American Legion Riders and ABATE Local 19 and more than 600 riders, from attending. The sun came out in time for actor Robert Patrick to speak and help raise funds to support medical and physical rehabilitation services for our nation's heroes, including active duty military, veterans, police officers, firefighters and first responders.



Felice Loverso, Ph.D., President & CEO of Casa Colina with actor Robert Patrick.

Our Thanks to Third Party Fundraisers

1st Annual Golf Tournament to Benefit Casa's Kids

Monday, January 31, 2011 at
San Dimas Canyon Golf Course, San Dimas



The American Golf Foundation along with the San Dimas Canyon Golf Course named Casa Colina Children's Services as the beneficiary of their 1st Annual Golf Tournament. The event kicked off with much anticipation as 120 golfers waited for a helicopter ball drop and ended with a large raffle to support Casa's Kids.

8th Annual I.B.E.W. Brotherhood Motorcycle Run



Sunday, October 22, 2011
at IBEW Local #47 Union Hall, Diamond Bar

The International Brotherhood of Electrical Workers (IBEW) put their horsepower behind Casa Colina – the beneficiary for their 8th Annual Brotherhood Motorcycle Run. More than 200 motorcyclists took part in the poker run by drawing playing cards for their hands at each stop along the route. They celebrated their ride with a BBQ, live entertainment and a chance to win many prizes.

A New Study Will Help Casa Colina's TBI Patients

Traumatic brain injury (TBI) is one of the leading causes of death and disability in young people. Recovery from a TBI is a very long and complex process and often individuals with a TBI will experience lifelong disabilities due to cognitive, behavioral, emotional, and social deficits. Unfortunately, for a large number of TBI patients medical care does not extend past hospital discharge, resulting in poor community re-integration and other negative outcomes including falls, re-hospitalizations, unemployment, and psychosocial issues.

Casa Colina has a long history of extending clinical care from the acute rehabilitation hospital to the post-acute care setting and finally to the outpatient and home environments with the goal of allowing individuals with TBI to lead productive fulfilling lives. Since Casa Colina is always focused on ways to expand and strengthen its continuum of care, it recently started a research study to investigate the idea of "patient navigation" in post-acute rehabilitation for TBI. This is a model adopted from the cancer field and matched to fit the needs of patients with long-term disabilities.



Men and women with a diagnosis of TBI will be included in this study if their injury occurred within the last nine months and they are under 70 years of age. Each person will be assigned a navigator, a licensed social worker, who will follow him or her for one year after discharge. The navigator will be supported by a team that includes a physical medicine and rehabilitation physician, a neuropsychologist, an occupational therapist, and a financial expert. The overall role of the navigator will be to assess these former clients for issues that might prevent successful community re-entry.

The goal of this new program is to create a system that will allow patients to seamlessly transition from post-acute medical and rehabilitation services back to the community. In addition, Casa Colina's clinicians hope to gain a better understanding of the cognitive, physical, psychosocial, and physiological needs of people with TBI over the course of their recovery beyond discharge. This study is currently funded for two years by the generous support of the Casa Colina Foundation.

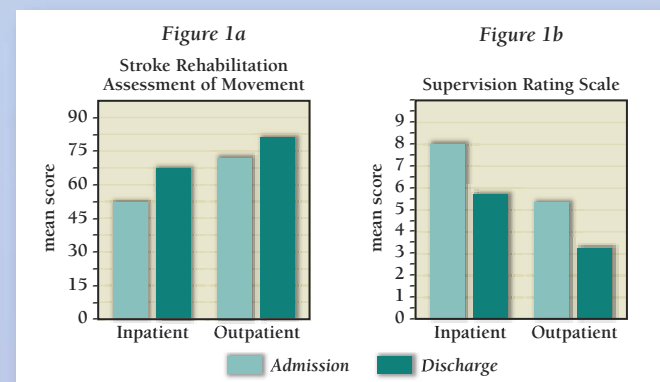
Searching for Ways to Improve Our Clinical Outcomes

How can Casa Colina improve medical rehabilitation here and around the world? This is the overall goal of the research conducted by its clinicians. They believe the findings from their outcomes research will help improve the quality of care and guide clinical decisions for all patients.

General, health-related and diagnosis-specific outcome measures are used throughout Casa Colina's continuum of care. They are used to look at changes in patients' functional abilities, physical health, and psychosocial health. These outcome measures are chosen based on previous research studies and input from Casa Colina's physicians, nurses, therapists, and neuropsychologists.

With these measures, significant improvements in patients' independence and quality of life have been observed and documented. For example, using its "Stroke Rehabilitation Assessment of Movement Scale," which measures impairments in voluntary movement after a stroke, improvements were found in mobility, including walking (see Figure 1a). To evaluate changes in both physical and cognitive ability, its "Supervision Rating Scale" is used. On average, when patients are admitted to Casa Colina with a stroke or brain injury,

they require full-time direct supervision from a caregiver. As they progress through our continuum, there is a significant decrease in the level of supervision needed. In fact, by discharge, only part-time indirect supervision is required (see Figure 1b). This increased independence means more of our patients return home and participate in community activities, which is Casa Colina's first and foremost goal. For more information on our outcomes research, please visit www.casacolina.org/research.aspx.



A New Building for Physicians



In early 2012, Casa Colina will break ground for a new Medical Office Building that will increase the scope of its outpatient offerings while providing more space for physicians to practice on the Pomona campus, significantly expanding services to the community.

The new construction will carry out an important part of Casa Colina's strategic plan by adding 24,000 square feet to the existing outpatient and physician clinics. The building will provide space for urgent care, outpatient pharmacy and basic medical equipment sales on part of the first floor. The remaining space and the second floor will be devoted to offices for primary care and specialist physicians.

Casa Colina's vision is to nurture primary care and specialist physicians who will help expand the services that are important to the community and support Casa Colina's continuing integration of a full range of medical options on its Pomona campus. The new space will create a beneficial total working environment for these doctors that will help them establish and maintain practices in our community. Their

expertise will provide wellness opportunities that are becoming increasingly important to prevent chronic disease and disability, as well as be an essential part of a one-stop center for our community's health care needs. In addition, bringing this number of physicians together will create volume that is large enough to support state-of-the-art imaging, lab, and technology equipment, but is not so large that the individual human contact is lost.

Architecturally, the addition will create an interior piazza reminiscent of wonderful town squares in the Hispanic and Italian tradition, visually anchored by a 46-foot-tall bell tower. The design will extend the atmosphere of professional, caring service that has been a hallmark of Casa Colina's reconstruction since 2000. Although some existing parking space will be taken up by the new building, additional parking space is already completed to replace the lost spaces and add convenient parking for a total of 692 vehicles.

It is expected that the Medical Office Building will be completed and open for use by early 2013.

Casa Colina Collaborates with UCLA for Neurological Research

Casa Colina Centers for Rehabilitation has worked closely with referring physicians at the UCLA Medical Center for many years. While treating many patients discharged from this top-notch facility, Casa Colina's physicians and clinical staff had the opportunity to work with Dr. Neil Martin, Professor and Chair of the Department of Neurosurgery, who is conducting important research that will



Dr. Neil Martin

have a positive impact on Casa Colina's delivery of care in the future.

As a result, Casa Colina has initiated a five-year fellowship program that will be overseen by Dr. Martin at UCLA to facilitate research and educational opportunities for the next generation of neurosurgeons and their patients. This collaboration will ultimately work to improve medical and rehabilitation services for neurologically impaired individuals at Casa Colina and around the world.

Casa Colina Hospital

- Recent **Outcome Studies** have shown that nearly 100% of Casa Colina Hospital's patients make significant progress in their therapies beyond what is expected when compared to regional and national norms. For example, standardized measurements show that at admission most patients require considerable assistance to complete specific tasks and by discharge they require considerably less assistance and/or supervision. But more importantly, the therapies they receive allow many of them to return home. At discharge, 85% return to the community. At six months following discharge more than 90% of patients are still at home. This demonstrates that at Casa Colina, patients learn the skills they need to live more independently. (See more information about outcomes on page 20 or at www.casacolina.org.)
- The Hospital has begun expansion and remodeling of the **Activities of Daily Living Room**. This will give patients more opportunity to practice real-life tasks that can be difficult for them when they return home. The updated area will have a kitchen counter that adjusts to accommodate wheelchair users, a laundry room, and a walk-in shower. These changes complement the assistance that occupational therapists give patients on how their own homes can be modified to increase accessibility.
- Moving and turning patients are frequently the cause of serious injuries for nurses. "**Ergo Nurse**" equipment is now available in the Hospital to help them. Dan Moreno, RN, MS, Assistant Chief Nursing Officer said, "It's a great system to help move patients and protect nurses from injuring themselves."
- Casa Colina has received an **award for \$628,000 from the UniHealth Foundation** to assist in the implementation of an Electronic Medical Record. The grant will not only assist in the acquisition of hardware and software, but will also provide funds for staff to manage the "human factors" of making the considerable cultural shift from a paper-based record system to an electronic record.
- In the last year, **106 professional students** from 26 colleges and universities participated in 34,196 hours of internships, externships, rotations and practicums in their pursuit of professional degrees in physical, occupational and speech therapy, neuropsychology and nursing. Casa Colina also received full accreditation from the American Physical Therapy Association for its advanced, one-year Neurologic and Orthopedic Physical Therapy Residency programs.



- More technology is on its way for patients with spinal cord injuries with a **grant of \$48,000 from the Craig H. Neilsen Foundation**. It will fund the acquisition of two Environmental Control Units to allow patients to experience independent control over light, heat, sound, video and other aspects of their personal environment. The grant will also fund an additional Functional Electrical Stimulation bike to help patients learn the habits of maintaining healthy exercise early in rehabilitation and an upgraded pressure mapping system used to prepare customized seat cushions for wheelchair users to avoid pressure ulcers.

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

Outpatient Center

Located in the Dr. S. Jerome and Judith D. Tamkin Building

- The number of Outpatient Center visits reached the **highest number ever** in August 2011, peaking at over 1400 visits during the week of August 22nd – more than doubling the number of visits per week compared to a decade ago. This growth is the result of the expertise of the therapy staff, the broad array of medically directed programs and services, an ever-expanding range of specialty physician clinics and availability of the latest technology.
- For people with low vision caused by macular degeneration, glaucoma, cataracts, stroke, MS, or traumatic brain injury, a new **Low Vision Program** may help them. The program pairs an optometrist and occupational therapist who employ specialized therapeutic techniques and adaptive equipment to train patients to use limited vision most effectively. This program is added to 32 specialty clinics ranging from pain management and sports medicine to movement disorders and urology that have distinguished Casa Colina as a Center of Excellence in rehabilitation.
- Adding to its **technology resources**, the new Dynavision™ system in outpatient will help neurological patients increase their peripheral vision, depth perception, awareness, eye-hand coordination, and reaction time. It can also help patients increase upper-body range of motion and coordination, develop muscular and physical endurance and improve motor planning for people with motor impairments.



The Outpatient Center serves individuals who have the potential to overcome or better manage physical disabilities and injury by receiving specialized medical care or rehabilitation services in an outpatient setting.

Casa Colina Azusa Center

- The center has implemented **Casa Colina's Return-to-Play program**, an affordable way for athletes to continue the progress they've made in therapy once their medical benefits have reached their limit.
- Technology now available at Azusa Center** includes the Bioness L200 device that empowers neurologic patients with weaknesses in their hands or arms to grasp, hold and lift objects, and the Bioness L300 that offers an innovative way to walk more independently for people with lower extremity weaknesses that result in foot drop. A free screening for these devices introduced the benefits of this technology to individuals in the community.



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

Transitional Living Center

Located in the Walter and Francine Laband Building



- The Transitional Living Center has had its **most successful year in its history**, treating an average of 34 patients per day. It distinguishes the Casa Colina continuum of care for patients with traumatic brain injury and spinal cord injury, giving them the benefit of extended preparation for making the transition to living at home and in the community.
- Re-entering community life is a major challenge for individuals with traumatic brain injury. To help them, Casa Colina is initiating the **TBI Navigator Program** in which a dedicated social worker will maintain contact and consult with them and their families for up to a year after discharge. The pilot for this program begins in January 2012. See article on page 20.
- Casa Colina has **redesigned and expanded the therapy and living areas** at TLC in 2011 to meet the increased demand for its highly specialized rehabilitation care. These improvements are described in the article on page 8.

The Transitional Living Center helps individuals with traumatic brain injuries, spinal cord injuries or other neurological traumas further their rehabilitation goals in a 38-bed, short-term residential setting. Six hours of individual or group therapy are provided 6 days a 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.

Casa Colina Rancho Piño Verde and Casa Colina Apple Valley

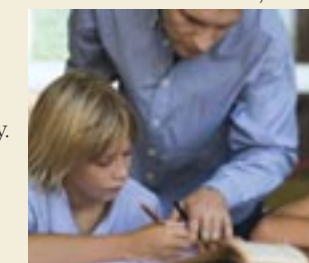


- After an extensive application process and with the assistance of a coalition of Regional Centers, the high desert residential programs were awarded admission into the **Home and Community Based Services (HCBS) Waiver Program** in April 2011, becoming the only large residential brain injury facility in California to have that recognition. This allows the program to continue to receive reimbursements for services from Medi-Cal for appropriate clients.
 - Recognizing that some residents are approaching their senior years, medically-directed **gerontology services have been introduced** through specialists who are associated with Casa Colina's Physician Clinics.
- Casa Colina's high desert residential programs provide 76 long-term beds for adults with brain injuries. These facilities focus on a behavioral model that allows individuals to function at their maximum level of independence in a structured environment.*

Children's Services Center

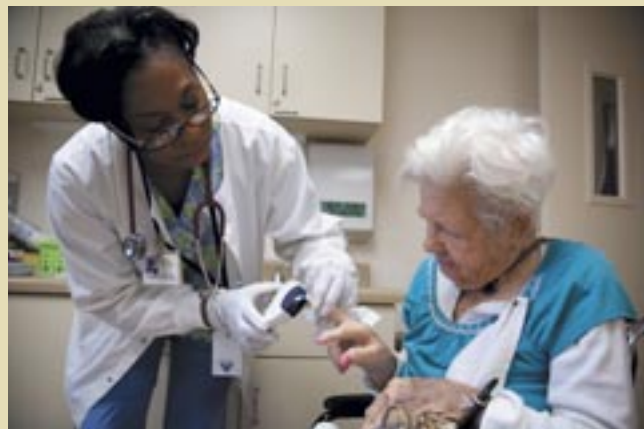
Located in the A. Gary Anderson Family Building

- The new **Feeding Program**, launched in the fall of 2011, addresses the needs of children with feeding and swallowing difficulties using techniques of occupational and speech therapy.
 - Staff has redesigned the **Language Enrichment** program to allow more families to use it. The program helps families foster the speech and language growth of children up to five years of age when their communication is delayed.
 - Two research studies** are underway at Children's Services: a study of grip strength, which is important for writing mechanics, and a retrospective study of participants in START, the early intervention program for children with autism.
- Children's Services provides rehabilitation care to infants and children with a wide range of physical and developmental disabilities up to age 15. It is also well known for its comprehensive programs for children with autism.*



Adult Day Health Care Center

Located in the Helen A. Kellner Building



In the last year, adult day health care centers across the state have been faced with uncertainty about their future due to major changes in funding and organization at state agencies. At Casa Colina there has been a **proactive approach to planning alternative ways** to continue this important level of care. This has led to Casa Colina volunteering to be a test site for the eligibility screening tool for the new community based adult services (CBAS) program that will take the place of adult day health care centers.

The Adult Day Health Care Center provides a nurturing, stimulating and supportive environment for adults with cognitive or physical impairments who cannot be left alone at home during the day when family members are not present. It is an alternative to institutional placement for adults with these needs.

Casa Colina Diagnostic Imaging Center

Located in the Kittell Building

The center has **increased its range of services** and now offers PET/CT imaging as well as venous ablation treatments for patients who suffer from painful varicose veins.

The Casa Colina Diagnostic Imaging Center recently received **high praise in regional and national media**. Its Medical Director, Dr. Gary Jensen, was awarded "Top Doctor Recognition" in *Inland Empire* magazine. It was also recognized as one of the top imaging centers in the country by the industry publication *Imaging Economics*.

Patients agree with these media assessments, as recent surveys show **100% "outstanding" patient satisfaction ratings** for the past four quarters.

The Casa Colina Diagnostic Imaging Center is a full service facility with state-of-the-art equipment that includes MRI, CT and Ultrasound. It provides the community with timely, high quality diagnostic imaging services.



Outdoor Adventures

After 34 year of incredible leadership and vision, Anne Johnson, the founder and director of Outdoor Adventures, has retired. For a brief time beginning in November 2011, the day-to-day operation of trips has been put on hold while new staff is recruited and trained. This is being done to ensure the safety and well-being of all participants, volunteers, and new staff members. Casa Colina plans to resume Outdoor Adventures activities in 2012 and looks forward to a **redefined and reinvigorated adventure and sports effort** as part of its continuum of care.



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



In a major renovation, the **Malmquist Home added bedrooms for two more residents** that brought its capacity to six, enlarged the living and dining areas, and added a bonus room with exercise equipment. Malmquist is a "Level 3" house that provides residents with more daily care needs as they age.

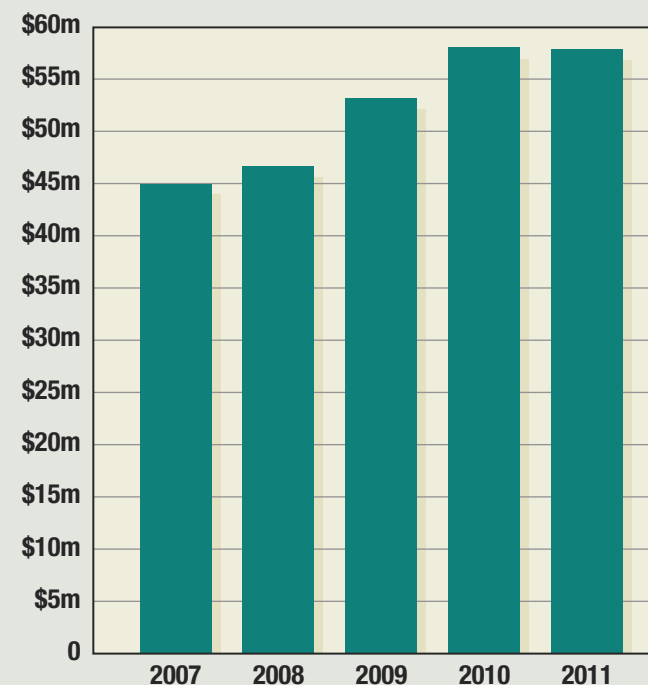
Art student and volunteer Morgan DelSespo led the residents of the homes in a **summer art project with an unexpected bonus**. At the end of the project the residents put on a show of their works and offered them for sale. Every piece of art work sold and they raised enough money to give themselves a trip to Knott's Berry Farm.

The three Padua Village Homes operate under a medical model and provide residents who are adults with developmental and intellectual disabilities with daily supervision and opportunities for vocational, recreational, social, and health-promotion activities.

Casa Colina's Operational Performance

Net Revenue from Operations

(Excluding Foundation)



Casa Colina Operating Entities* Financial Performance (Unaudited)

Revenues	2011	2010
Gross patient and other services	\$80,519,000	\$79,881,000
Other operating revenue	2,006,000	2,101,000
Transfers from Foundation for uncompensated care and community benefits	954,000	1,164,000
Total Revenues	83,479,000	83,146,000
Deductions		
Contractuals	24,367,000	24,841,000
Bad debts	221,000	345,000
Total Deductions	24,588,000	25,186,000
Revenue Less Deductions	58,891,000	57,960,000
Operating Expenses		
Salaries and benefits	33,300,000	30,881,000
Other expenses	10,663,000	11,537,000
Total Operating Expenses	43,963,000	42,418,000
Net Income from Operations Prior to Depreciation, Interest and Amortization	\$14,928,000	\$15,542,000

*Excludes Foundation

Casa Colina Balance Sheets

(Unaudited/Consolidated)

March 31, 2011 and 2010

Assets	2011	2010
Current assets	\$18,026,000	\$26,930,000
Investments	71,799,000	52,272,000
Assets limited as to use	19,182,000	18,947,000
Property and equipment, net	57,412,000	56,133,000
Other assets	923,000	1,214,000
Total Assets	\$167,342,000	\$155,496,000
Liabilities and Net Assets		
Current liabilities	\$11,039,000	\$11,136,000
Long-term debt and other liabilities	47,115,000	47,845,000
Unrestricted and restricted net assets	109,188,000	96,515,000
Total Liabilities and Net Assets	\$167,342,000	\$155,496,000





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Children’s Services – Ext. 4200

Corporate Offices – Ext. 2300

Diagnostic Imaging – Ext. 4541

Finance/Patient Accounting – Ext. 5558
Foundation – Ext. 2222

Human Resources – Ext. 2150

Job Line – 866/724-4135

Outdoor Adventures – Ext. 2232

Outpatient Rehabilitation – Ext. 3500

Padua Village – Ext. 4400

Physician Clinics – Ext. 3800

Spine Center – Ext. 3802

Transitional Living Center – Ext. 4100

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