

REACH

ISSUE 2 2024

Stories of Inspiration
from *REHAB Hospital*

EMBRACING A WHOLE NEW LIFE WITH

Rodney Saito

Stroke Survivor &
REHAB Community Member

Rodney Saito was living the *dream*. After landing a job at Warner Bros. in 1987, the Manoa Valley native took the leap and moved to Los Angeles, California. "I told myself I would stay for one year," Rodney laughed, "but it turned out to be twenty!"

His lifestyle was thrilling. As an auditor and project manager, Rodney traveled all over the globe to check in on different Warner Bros. territories and affiliated companies.

"During our travels we were constantly being entertained, having lavish dinners with rich foods," Rodney shared. "I was just enjoying life and working my high activity, high pressure career."

Everything was go-go-go until one morning in 2019, when a life-altering stroke brought his world to a halt.

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Pictured: Rodney uses the Flint Rehab MusicGlove, a device that combines music and gaming for therapeutic hand and finger exercises.

REHAB
FOUNDATION



TO OUR REHAB OHANA

We want to extend a heartfelt mahalo to our REHAB Ohana for your unwavering support and genuine enthusiasm for our mission to Rebuild Lives. Your commitment means the world to us and makes an incredible difference every day.

At REHAB, there's a beautiful juxtaposition between the challenges our patients face and the joy that comes with their progress and achievements. Your support is a vital part of this journey, helping transform obstacles into triumphs and the toughest times into moments of celebration.

In this issue, we're thrilled to share the inspiring story of Rodney Saito, a stroke survivor who embodies the spirit of perseverance and hope. Rodney's journey through hardship to becoming an active member of our REHAB community is a powerful reminder of the positive impact we can have, even amongst the most difficult of circumstances.

At this time, we also want to welcome our new Executive Director, Jennifer Onishi. Jennifer brings years of experience in fundraising and in the nonprofit sector. She has a real passion for development strategy and is excited to make impactful connections for REHAB, and our community.

Together, with your support, we can continue to help our loved ones, friends and neighbors regain their independence and get back to doing the things they love. Mahalo for being an essential part of our mission.



Stanford Carr
Chairman of the Board,
REHAB Foundation



Jennifer Onishi
Executive Director,
REHAB Foundation



PURSuing PASSIONS WITH ADRIELA WHITE



Recreational therapy at REHAB is built on the idea that though life may look different post-recovery, everyone has the right to live full and meaningful lives. From gardening to surfing, the recreational therapy program incorporates patients' passions into their recovery so they can continue to engage in activities that bring fulfillment to their lives.

Adriela White is REHAB's new recreational therapist and go-to resource for functional recreation activities that improve patients' wellbeing. "Helping people take part in activities they never thought possible because of their disabilities is an incredible experience for everyone involved," Adriela shares. "Recreational therapy is all about empowering people—showing patients that while you may need a little help, you are capable."

"Working in the raised garden beds practices motor skills, but it's also a tangible representation of what life can look like after REHAB—back working in your own garden—and that's good for the soul."

Adriela White, Recreational Therapist

Sneak Peek: ADAPTIVE SPORTS



Taking the Plunge at Adaptive Swim Clinic

REHAB is teaming up with AccesSurf to help our community with disabilities enjoy the water. The swim clinic sessions take place in REHAB's heated indoor pool and are meant to help participants feel comfortable in the water and fine-tune their swimming skills. Participants can even use the clinics to prepare for specific aquatic activities like surfing and paddle boarding!



Want to learn more about our community initiatives?

Scan the QR code or visit rehabhospital.org/community to request more information on adaptive sports, community support opportunities and upcoming events!



Reaching New Heights with Adaptive Rock Climbing

REHAB is excited to collaborate with HiClimb and the VA Pacific Island Healthcare System to bring adaptive rock climbing to our community. Adaptive rock climbing provides people of all abilities the chance to rock climb in a fun, encouraging and safe environment with the help of professionals trained in adaptive rock climbing.

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EMBRACING A WHOLE NEW LIFE WITH

Rodney Saito

"By this time I had moved back to Oahu. The stroke started after I attended my 40th high school reunion. It was a fun night, but when I woke up the next morning I had a hard time swallowing. I went to the mirror and saw that my mouth started to droop and thought, 'this is really odd.' But I didn't think much more about it and waited too long before going to the emergency room."

Rodney suffered an ischemic stroke in his cerebellum, affecting his vision and leaving him unable to walk and control his voice. "It all happened so quickly, a fun night of seeing high school classmates turned into a *whole new life*. I came away thinking, 'why me?' Strokes aren't supposed to happen to people under 60, but here I was." When Rodney returned home from the hospital, he was unable to get dressed, take a shower or even use the restroom by himself. "My partner was very helpful and supportive of me, but it wasn't any way to live. We were both overjoyed when we learned about REHAB, because before that I basically thought my life was over."

"My experience was very positive and gave me a lot of hope. With all the therapists' and my partner's support, as well as the kindness of the entire staff, I had the motivation I needed to try to come back from the stroke."

Rodney came to REHAB soon after his stay at Queen's Medical Center. During his two and a half weeks at REHAB, he worked with physical therapists, occupational therapists and speech therapists to rebuild as much of his functionality as possible. "Thank God I came to REHAB," Rodney said. "My experience was very positive and gave me a lot of hope. With all the therapists' and my partner's support, as well as the kindness of the entire staff, I had the motivation I needed to try to come back from the stroke."

Rodney's time at REHAB was an eye-opener, not just for learning to use his body again, but for important changes needed in his lifestyle going forward. "I learned I needed to change my diet—nowadays my diet consists of salads, fruits, veggies and fish. I also realized I needed to move more, to *keep moving*. So I took up swimming and I go to the gym. I attend REHAB's Stroke Support Group because you have to take care of your mind, too."



Read the rest of Rodney's story on our website at rehabhospital.link/rodney.

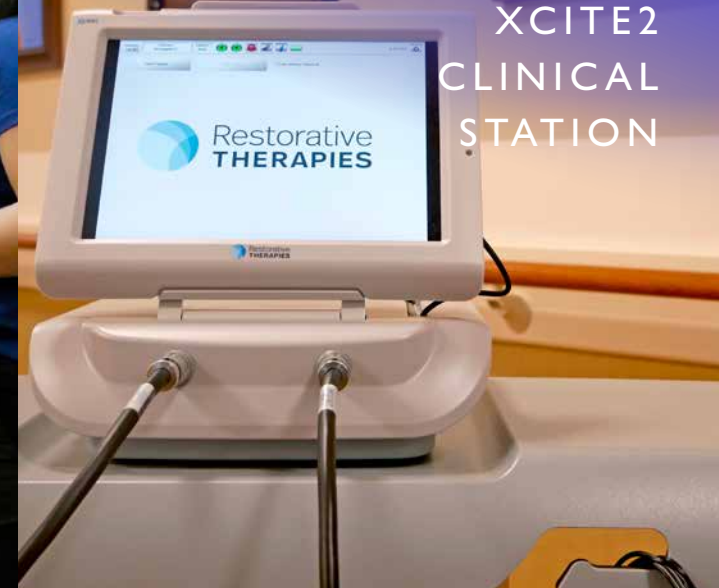
In Full Bloom

REHAB's raised garden planter is the gift that keeps on giving. Since 2017, the Building Industry Association award-winning planter has been a staple in the Harry & Jeanette Weinberg Courtyard. Thanks to the recent efforts of patients in our recreational therapy program, the planter is in full bloom!



Pictured: Rodney uses a fishing rod and reel custom-designed by REHAB therapists to practice his gross and fine motor skills.

New Tech: XCITE2 CLINICAL STATION



At REHAB, we're always looking to stay up to date with the latest in rehabilitation technology. This past November, thanks to the generosity of the Craig H. Neilsen Foundation, REHAB purchased the Xcite2 Clinical Station. The Xcite2 is a mobile functional electrical stimulation (FES) therapy device used to help patients with neurological weakness or paralysis improve their daily living skills. Adding the Xcite2 Clinical Station to our roster enhances our therapy offerings and promotes a better quality of life for our patients.



"The Xcite2 allows patients to complete high reps of functional activities that are meaningful to them like feeding, reaching or squatting. The device's electrical stimulation facilitates muscles that otherwise could not be properly activated. After using the Xcite2, I have seen patients make significant gains in motor recovery compared to those not using it, which ultimately has resulted in patients achieving more independence and returning to their daily lives with more success!"

Britany Neal,
Occupational Therapist, Registered and Licensed

Connect with us!

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Giving ON THE GO

Foodland's Give Aloha Campaign 2024

September 1-30, 2024

Donate to REHAB at Foodland, Sack N Save or Foodland Farms during checkout. Foodland will match a portion of the gift.

Foodland Give Aloha Code: #77557

Employee Giving Campaigns

Designate REHAB as your nonprofit of choice through your employee giving campaign! Many employers offer matching gift programs, check with your HR department to learn about your company campaign and matching gift program.

Aloha United Way (AUW): #70442

Combined Federal Campaign (CFC): #36519

Corporate Matching Program: REHAB



To learn more about
the event, scan the
QR code or visit:
[rehabhospital.org/
JOFW2024](https://rehabhospital.org/JOFW2024)



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the JOY of Food & Wine

AT HALEKULANI | SEPTEMBER 27, 2024

Attendees at this year's "The Joy of Food and Wine" event are in for an unforgettable evening showcasing the exceptional talents of Neiman Marcus Honolulu Executive Chef **Lance Kosaka** and Restaurant General Manager and Chef **Alan Takasaki** with select wines paired by Southern Glazer's Wine & Spirits.

All proceeds from the event will support the continued improvement of REHAB's patient outcomes.

Mahalo to our Title Sponsors—**Stanford and Kathy Carr, and Clyde and Holly Kaneshiro**—for their support in bringing our incredible community together to make REHAB's mission of rebuilding lives, a reality.