

CARDINAL HILL REHABILITATION HOSPITAL

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Cardinal Hill Rehabilitation Hospital, a non-profit CARF accredited facility, treats more than 9,000 patients each year from Kentucky and surrounding states through its Inpatient and Outpatient Programs, Home Health Care, Adult Day Health and Child Care Programs. Founded in 1950, Cardinal Hill is dedicated to treating the rehabilitative needs of individuals with traumatic and disabling conditions and assisting them in achieving maximum independence.

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ABOUT THE COVER

Casey County native, Trell Whitis, began his journey with Cardinal Hill when he was six months old. Diagnosed with a rare, incurable metabolic disorder, Trell had no control over his body and was seriously developmentally delayed. Check out more about Trell's story of courage and determination and his wonderful support system called "Trell's Warriors."

Linda

Linda Curwood knows the importance of first impressions during a hospital stay. As a volunteer greeter at Cardinal Hill, Mrs. Curwood is committed to ensuring visitors and patients are met with a welcoming smile, "I try to give everyone a good feeling when they come in to Cardinal Hill," said Mrs. Curwood.

After an inpatient stay at Cardinal Hill, Mrs. Curwood decided to become a volunteer, "I was impressed with Cardinal Hill, the way the staff treated me like family." Mrs. Curwood was assigned to volunteer at the Visitor's Entrance as a greeter where her friendly smile and warm personality can help ease the nerves of those visiting the hospital. After three years of service, she still loves what she does. Interacting with patients and walking visitors to their room gives her an added opportunity to share her passion for Cardinal Hill, "I like talking to families and telling them how great Cardinal Hill is and how they are in the best place they could be."

Mrs. Curwood exemplifies a true servant's heart, willing to step in any time she is needed. Mrs. Curwood, an ordained minister, graciously stepped in to visit with



patients who requested pastoral services. It was a meeting with one particular patient that reminded her why she devotes her time and talent. A request for chaplain services took her to the Brain Injury Unit where she met a very special patient and his family. The patient's wife told Mrs. Curwood that the patient was unable to hear or read lips so she would write down what was being said and pass along to the patient. "After speaking with the family, I asked them if I could pray with them. At the end of my prayer, the wife handed her husband my prayer for him and his family and the patient simply said 'Amen'. It was very special and a moment that I will never forget."

Linda volunteers on Monday afternoons and Friday mornings at the Visitor Desk. If you are ever at Cardinal Hill visiting a loved one, stop by and say "Hi," that is - if she doesn't say hi to you first!

Pete de Castro

Pete DeCastro is a man who in six years has had knee replacement surgery, an aortic valve replacement, two strokes and holds down three part time jobs. Full of

energy and optimism, Pete's experience at Cardinal Hill helped renew his enthusiasm and zest for life. That's a brief introduction of Georgetown resident and former Cardinal Hill patient Pete DeCastro. He is a greeter at Keeneland, tour guide at Toyota Motor Manufacturing plant and has his own flag business at 74 years old!

Mr. DeCastro first became a patient in 2006 after knee replacement surgery. In 2009,

five days after an aortic valve replacement, DeCastro suffered his first mild stroke. He suffered a second, more severe stroke shortly after that which left him partially paralyzed on his left side. When DeCastro was admitted to Cardinal Hill's Stroke Unit, he had decreased balance and coordination on his left side.

Mr. DeCastro's treatment team developed a regime which first focused on regaining his independence and completing desired tasks – from dressing himself to taking out the

trash. In therapy sessions DeCastro would participate in activities which addressed his balance, endurance, strength and memory, along with sessions that

addressed his impaired strength and coordination.

"My doctor told me I would be at Cardinal Hill for about 2 weeks. I wanted to prove the doctor wrongs and get out in a week, because I wanted to get home to my wife." said DeCastro. To accomplish this goal, he added his own after hours, evening therapy sessions. "There was one element of therapy that I loved, pet therapy. Specialty

trained dogs were brought in for the patients as part of their therapy program. It was great."

Will Coffman suffered a complete spinal cord injury in a car accident on the last day of his sophomore year in high school. Will spent the majority of that summer in 1997 at Cardinal Hill Rehabilitation Hospital, in both inpatient and

outpatient programs and typically surrounded by his friends. Now, more than 15 years later, Will continues to serve as an inspiration to others, proudly identifying himself as former patient and sharing his experience and feelings for Cardinal Hill. "I had such a special experience at Cardinal Hill and wanted to continue to improve my life and

help others see what a special place the Hospital is," said Will Cofman.

It was during his inpatient stay at Cardinal Hill that Will

noticed the need for a space where patients could leave their hospital room and enjoy time with family and friends (the truth is, Will's support group outgrew his hospital room.) With the help of his parents, the Will Coffman Recreation Room was established providing many accessible activities including ping pong, pool, air hockey and foosball. There is also a piano, computer and printer, large television and lounge area. But most importantly, the Recreation Room provides a space for patients and their friends and families to be together in a natural and comfortable setting. The activities available in the Will Coffman Recreation Room are also often used as part of a patient's physical and occupational therapy.



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life and help others see

what a special place

the Hospital is.

Although Will has lived in the Washington D.C. area since attending Washington & Lee University, his relocation to the Nation's Capital has not stopped him from donating his time and talents to Cardinal Hill. Will continues to spread enthusiasm about the Hospital, always channeling his energy toward new and

creative ways to help.

In 2009, Will founded the Cardinal Hill Junior Board. What began as a group of friends with the common goal of supporting Cardinal Hill (and their friend Will), has grown and formed itself into The Cardinal Hill Junior Board, a group dedicated to the support and promotion of services at Cardinal Hill. The Junior

Board's first project is to raise \$1 million to fund the Cardinal Hill Aquatic Center which offers state of the art equipment for patients, giving them the chance to swim and exercise in an accessible, unique and comfortable environment.

Will continues to think of other creative ways to help the Hospital.

Married in August of 2012, Will and his bride, Washington D.C. native Katie Kaufman, suggested that gifts to Cardinal Hill, in lieu of traditional wedding gifts, would be appreciated by both of them. Will notes, "Katie and I are so fortunate to have such loving and supportive families and friends. Although Katie did not know of Cardinal Hill before she met me, we both knew that our loved ones and families would understand why gifts to Cardinal Hill would mean so much to us."

Cardinal Hill is proud to call Will and Katie our friends.



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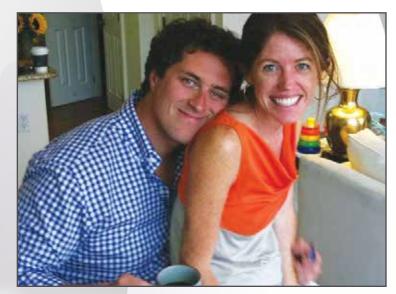
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2013 Round Ball Bash

Saturday, January 6, marked two big wins for Central Kentucky – a Big Blue victory over LSU and the inaugural Round Ball Bash! Following the UK game, over 400 attendees flocked to the Hilton Downtown Lexington to support the efforts of the Cardinal Hill Junior Board – the crafters of the first-time event. Special guests of the evening included Mayor Jim Gray, Coach John Calipari, new head football Coach Mark Stoops and Joe Craft. Emceed by Jennifer Palumbo and Chris Bailey, the event included entertainment by the Tim Talbert Project Band and bourbon tasting and spirits provided by Kentucky Eagle. Concluding the night was a pop-a-

shot competition, with the winner taking home a \$1,800 necklace donated

by sponsor, St. John and Myers.

Founded in 2009 by former Cardinal Hill patient Will Coffman, the Cardinal Hill Junior Board consists of young professionals dedicated to upholding the mission of Cardinal Hill. Since their inception just over three years ago, the Board is more than halfway to their \$1 million goal to fund the new Aquatic Center. This diverse group is laying the foundation for their generation to make a lasting impact on the future of Cardinal Hill.

In its inaugural year, the Round Ball Bash was a huge success raising approximately \$39,000 and generating buzz around the community. "The Round Ball Bash exceeded every expectation the Junior Board had for the evening," agreed event

chairs Rebekah Gray and Nick Nicholson. "From Coach Cal and Coach Stoops presence, to the hundreds of people who came to support Cardinal Hill, to the incredible hard work of the Junior Board members, it was a success that will pay dividends for the Hospital for many years to come." The Junior Board is already planning for next year's Round Ball Bash in hopes of making it a fun and successful evening for Lexington and Cardinal Hill.

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ORDINARY THERAPY

When a patient gets ready to come to Cardinal Hill, they prepare themselves for long, intense hours of therapy. At Cardinal Hill, in addition to traditional physical, occupational and speech therapy, patients

are exposed to a world of other therapeutic options that address their physical, emotional and psychological recovery. Patients work with highly trained professionals whose main goal is to help them return to maximum independence by utilizing a treatment program tailored to meet their individual needs and interests. Some of the unique therapy opportunities are:

"Many of our patients have been very active in their lives and want to maintain that level of activity, whether it is a competitive sport, or a hobby. We want to give them the option to be able to maintain their lifestyle after injury or illness, albeit in an adaptive way," says Athletics and Recreation Director, Cindy Jacobelli.



make beautiful flower arrangements to take back to their room to enjoy long after the therapy day is over.

HIPPOTHERAPY

Hippotherapy is a very special form of therapy where horses are used as a treatment tool to improve a patient's balance, posture, mobility, cognitive, behavioral and communication skills. Cardinal Hill therapists use the movement of specially trained horses in combination with other clinical treatment

PET THERAPY



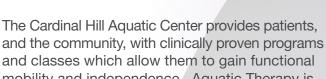
A therapy dog is trained to provide affection and comfort, much like a person's own pet. Along with the patient's therapist, a certified K-9 trainer works with the patient to motivate and encourage them to accomplish their therapy goals, whether it be reaching out to pet the dog, grooming

activities or something as simple as getting the patient to smile. Therapy dogs visit Cardinal Hill on a weekly basis, and on many occasions patients and families will make a special request for their favorite K-9 to come back for additional therapy visits.

GARDEN THERAPY

Working in the therapy garden allows patients to get outside the traditional gym setting. In addition to achieving daily therapy goals, patients are also given the opportunity to pick their flowers of choice to techniques to achieve specific, desired therapeutic goals for each patient. Cardinal Hill patients participate in Hipptoherapy every Friday at the Kentucky Horse Park.

AQUATIC THERAPY







used for many different diagnoses including sports injuries, arthritis and neurological conditions. It also allows patients who are suffering from paralysis or limited range of motion the chance to swim and exercise in an accessible and comfortable environment.

C.H.A.T. (Cardinal Hill Assistive Technology)



Cardinal Hill patients have exposure to a thriving technology program thanks to the work started by volunteer, Dave Palmer. C.H.A.T is a program

where patients have access to different technologies

such as laptops, desktops and iPads. It gives each patient the ability to access the internet, email, social media and much more. A grant recently awarded by IBM has been used to purchase iPads for therapeutic use. Technology can be used for varied purposes, from the simplest form of communication to 'brain fitness' exercises.

iPads and iPhones, for example, can be customized with visual schedules, storyboards, communication boards and more. The ability to keep up with work, school and personal lives is priceless when a patient may have already spent weeks or even months in a hospital. Being able to connect with the outside world can give patients a sense of normalcy when their life has taken a detour.

Adaptive Recreation

PROGRAMS

Although traditional therapy is very important to patient's recovery, the treatment team at Cardinal Hill strives to create a customized therapy program that will motivate and encourage patients to get back to their individual hobbies and maintain an active, fulfilling life. Adaptive Recreation is widely



used in rehab settings to provide patients with additional therapeutic opportunities to keep their daily activities fun, exciting and beneficial to their recovery. Some of the Adaptive Recreational Programs offered at Cardinal Hill are:

"Our patients are more tech-savvy than ever, and more apps for devices like the iPad as well as software programs are becoming available.
Often, patients have their own devices that we are able to adapt or teach them to use during and after their stay with us," said volunteer Dave Palmer.

HAND CYCLING

A handcycle acts as a bicycle for those with lower level paralysis. Handcycles have three wheels for stability and are operated by your arms rather than your legs and can be used both indoors and outdoors. There are many handcycling athletes, and it is a competitive event at the

Paralympics. Handcycles are available for both inpatient and outpatient therapy and can be found in the Will Coffman Recreation Room. Handcycles are a great alternative to being stationary in the gym and encourages patients to get out and exercise!

WHEELCHAIR BASKETBALL



Cardinal Hill is the proud sponsor of "Hill on Wheels," a community-based wheelchair basketball team that provides an opportunity for individuals with a permanent lower extremity disability to play basketball in a competitive

environment. Wheelchair basketball was started after WWII when many soldiers were returning with physical disabilities. In an effort to provide recreation



and athletics to these individuals, leagues started forming at VA hospitals around the country and soon expanded into the community. "Hill on Wheels" was founded in 2002 and is a Division III member of the National Wheelchair Basketball Association. The team has been extremely successful in its short history, capturing their first Division III National Championship Title in 2008.

KAYAKING

Kayaking is a fun recreational activity that encourages physical fitness, nature exploration and adventure. Kayak equipment can be adapted to allow people with a wide range of abilities to enjoy the sport along with their able-bodied friends. Patients and community members can practice in the Cardinal Hill Aquatic Center to prepare for the annual Cardinal Hill Kayak outings.

The opportunity to practice therapy goals in an alternative setting can improve skills as well as emotional wellbeing.

ARCHERY

Archery offers rewarding challenges while improving hand-eye coordination, fine motor skills, strength and concentration. Adaptive equipment makes archery possible for people with a wide range of abilities. Archery is a sport that nearly anyone

can pursue, despite their disability. It is a great sport for improving both mental and physical fitness, which ties in perfectly with the goal of the Adaptive Recreation Program at Cardinal Hill.

Patients who love to garden, are still able to plant their favorite flower, athletes can still live that competitive spirit and equestrians can ride again. At Cardinal Hill, not only do we give patients the chance to do the things they love, we introduce them to a whole new world of Unique Therapy that works for the physical element of a patient's recovery. Patients are able to get back to what they enjoy and get back to their life.





Telethon 2013

Sunday, April 21, marked the 42nd Annual Cardinal Hill Telethon. The day was devoted to Cardinal Hill patients and their families, as well as showcasing the amazing, continued support we receive from our community. When the final hour came to a close, the total raised was \$351,313 and included a \$25,000 donation from philanthropists MaryLou Whitney and John Hendrickson.

This year, like every year, belonged to the patients, staff and devoted supporters of Cardinal Hill. The relationships from community partners that have allowed Cardinal Hill to continue to provide care to those who need it the most, were made visible through check presentations from some of the Commonwealth's most prestigious organizations.

We hope you were able to tune in to see the inspiring stories of hope and determination from our patients and their families, but in case you missed it, here are some of this year's featured stories...

TRELL WHITIS

Trell Whitis began therapy at Cardinal Hill when he was just six months old. Diagnosed with Nonketotic Hyperglucinemia (NKH), a rare, incurable metabolic disorder, Trell is one of a handful of NKH patients that has survived past infancy. With his third birthday just behind him, Trell is beating the odds and showing miraculous strides due in part from the physical, occupational and speech therapy

he receives several times a week at Cardinal Hill. When Trell arrived at Cardinal Hill, he had no control over his body and was seriously developmentally delayed. Now, he is walking short distances and eating solid foods – something most NKH patients never have the chance to accomplish!

"We just wanted Trell to have the best quality of life while he was with us, so it seemed only natural to come to Cardinal Hill," said Trell's mother, Kellie Whitis. Trell's family has been a key contributer in his progress – making the trip all the way from Casey County for the therapy he receives at Cardinal Hill. His family and friends call themselves "Trell's Warriors" - and what warriors they are!

"Trell's dad, Logan, and I are very blessed to have such a wonderful team of warriors! Trell's journey is nothing short of a miracle here on earth. His brother, Tyce, and Trell both love coming to Cardinal Hill. We all feel like part of the family!"

Tyce, Trell's five year-old big brother, gets involved too. Because this disease is not well known and is incurable, Tyce has been collecting books to donate to community hospitals and doctors' offices with an attached message about NKH. Tyce says he wants to raise awareness for this disorder so that another child doesn't have to fight this battle every day like Trell does.

We were thrilled to feature Trell and his army of "Trell's Warriors" as part of this year's Telethon.



CHRIS CAMPBELL

Somerset native, Chris Campbell, was a star soccer player at Southwestern High School and had plans of playing at the college level, until one day those dreams vanished. On the first day of his senior year of high school, Chris was involved in a horrific car accident where he suffered a spinal cord injury, traumatic brain injury and was comatose for 11 days. When Chris was stable enough, he was admitted to Cardinal Hill for what would be the first of two inpatient stays. Chris spent several weeks on the Brain Injury Unit where Cardinal Hill therapists, nurses and doctors retaught him the most basic tasks from sitting in a chair to relearning how to talk. After a short discharge home, Chris was readmitted to the Spinal Cord Unit for more advanced skills training. Chris' parents, Jason and Nanci, and his two siblings, were a critical part of his recovery and were trained on how to care for Chris once they returned home. It was a long, hard fought battle for Chris, transitioning into a life he thought would never be his own. In many ways, he is the Chris he always was - a star athlete with an invincible spirit, doing things differently,



but still doing them. While many teenagers might regress after sustaining such tragic injuries, Chris' determination and competitive spirit have been his motivating factors to continue to improve and live a full life. Today, Chris is in college and is involved in over a dozen sports including ice hockey, skiing, hand cycling and surfing.

PAT COLLINS

Pat Collins has been associated with Cardinal Hill most of her life, but not as a patient. For 11 years, Pat was a teacher for school age patients at the Hospital – a time when our patients were primarily children and experienced lengthy stays. The relationships she developed with the staff



members, administrators and patients during that time have remained a constant in her life. She still receives phone calls from previous patients and, like many teachers, remembers her "favorites." While her memories of Cardinal Hill would be plentiful with just her time as a teacher, it was a few months ago that Pat became a patient when she needed therapy following hip surgery. Upon her arrival, Pat saw a completely different Hospital. The building is now twice the size she remembered. but there was one thing that hadn't changed; the feel of family. Beyond the newness, she discovered the same resilient, constant, loving spirit she has always known to be Cardinal Hill. Pat is now back home, enjoying her life to the fullest and is still catching up with former students and Cardinal Hill friends!

AMY HARRIS

On March 2, 2012, a string of deadly tornadoes swept through Southeastern Kentucky severely injuring many, including Laurel County resident, Amy Harris. Due to injuries she sustained from the tornado, Amy's left leg was amputated below the knee. After six weeks at UK Hospital, she was transferred to Cardinal Hill for her first of two inpatient stays. Although Amy sustained traumatic physical injuries, she was also dealing with a flood of emotions and fears. It was her spirit and



confidence that also played a role in her recovery. During her first inpatient stay, her therapists and nurses helped Amy regain strength; the mere act of sitting was a big challenge for her. Upon Amy's second stay at Cardinal Hill, therapists had

noticed a change in Amy – her strength, dedication and confidence were all on the rise. However, it was her hard work and positive attitude that allowed Amy to reach her final goal; WALKING out of Cardinal Hill. Today, Amy lives in Laurel County keeping busy with her family and friends and showing that even in the face of tragedy, she can overcome anything.

MAKAYLA LOVELESS

Just days after turning 16, Makayla Loveless was admitted to Cardinal Hill following a serious 4-wheeler accident. She had two broken vertebrae, a broken jaw, crushed wrist and a diffuse axonal injury (DAI) - one of the most common types of brain injuries. DAI patients who regain consciousness often remain significantly impaired, but that was



not the outcome Makayla and her family had in mind. She set her sights on dancing again and regaining a normal teenage life - something the therapists at Cardinal Hill were also determined to make happen. Following her inpatient stay on Cardinal Hill's Brain Injury Unit, Makayla continued in Cardinal Hill's Outpatient Brain Injury Program. Three days a week from 8-3, she received intense physical, occupational and speech therapy. Today, Makayla has been discharged from outpatient therapy and is thriving – not to mention dancing. As a matter of fact, she went to prom the night before this year's Telethon, and we have the photos to prove it!

SHARON WRIGHT



Last spring, Sharon Wright suffered a devastating stroke. She spent many days at Cardinal Hill following her acute stay at Central Baptist. All the while, her husband Steve never left her side. Sharon's stroke damaged the tissue on the left side of her brain, causing speech and language disorders. Movement and sensation on her body's right side was also severely compromised. However, Sharon has remained positive and upbeat each step of the way. Now in outpatient therapy, Sharon and Steve come to Cardinal Hill every day. Steve follows Sharon's every move as she works tirelessly with therapists and researchers to continue to improve. Through their faith, hard work and unconditional love for each other, Sharon and Steve show us not only how best to handle tragedy, but also how to courageously overcome it!

ELIZABETH JONES

On September 12, 2011, Elizabeth experienced a traumatic fall at work and sustained a brain injury where she suffered from seizures, short-term memory loss and weakness in her right arm and leg. Elizabeth was admitted to Cardinal Hill with extensive injuries and a long road to recovery. The staff at Cardinal Hill kept Elizabeth focused on therapy and constantly provided positive reinforcement and encouragement



to help her surpass her difficulties. After some time, Elizabeth and her family started to see total improvement and celebrated each milestone. Today, Elizabeth lives independently, works full-time and is very active in the community, which happens to include serving on the Cardinal Hill Junior Board! We are

delighted to see Elizabeth regain her normal daily activities and make such a difference at the Hospital!

Paul W. Honeycutt AWARD

Jay Johnson was awarded the 2013 Paul W. Honeycutt Award during the 42nd Annual Cardinal

Hill Telethon. Jay has been an instrumental part of Cardinal Hill and their fundraising efforts, yielding thousands of dollars each year for the Hospital.

The Honeycutt Award is presented each year at the annual Cardinal Hill Telethon to the Volunteer of the Year. The award was named for Paul W. Honeycutt, a Kentucky Easter Seal Society and Cardinal Hill volunteer for over 49 years and the first recipient of the award in 1999.

"Jay has helped the Hospital in so many ways including volunteering and helping with fund raising. He has done an outstanding job of carrying on the tradition of his late father. Jay is a fine man and I was honored to present him this award," said Paul Honeycutt

Jay was chosen for this award because of his longtime support and commitment to the mission of Cardinal Hill. Jay was introduced to Cardinal Hill "Jay has helped the Hospital in so many ways including volunteering and helping with fund raising. He has done an outstanding job of carrying on the tradition of his late father. Jay is a fine man and I was honored to present him this award," said Paul Honeycutt

by his father, Larry Johnson. "I remember watching my dad's amazing dedication and involvement with Cardinal Hill, when he passed, I didn't hesitate to jump in and take over where he left off," said Johnson. Larry Johnson was one of the co-founding members of the annual Cardinal Hill Golf Classic. Each year Jay, his family and co-workers participate and support the Golf Classic which raises money for the patient services fund at Cardinal Hill. Jay's support for Cardinal Hill expands beyond his ability to secure monetary donations; he also shares his amazing musical talent. Jay and his band, "The Big River Band," are a fixture at Cardinal Hill events.

"I am honored to be a part of Cardinal Hill. It is such a high quality organization. I also owe a lot of my involvement with Cardinal Hill to Tom Taylor; he is my hero! My first-hand experience with Cardinal Hill was last year when my mother-in-

law was a patient. That was when I really saw the personal touch. My mother-in-law was in bad shape when she was admitted and the whole staff treated her like family, they did wonderful things for her! She is now back home and living by herself. I was able to finally put a name and a face to this place I had supported for all these years. It was that "family like"

feel and what that staff did for her that confirmed all my expectations of Cardinal Hill. We need to pay attention to places like Cardinal Hill when we don't need it so we know where to go when we do."

Jay Johnson is the President of Thermal Balance Inc., lives in Nicholasville with his wife Lisa, they have three daughters and a beautiful grandson, Colt.

Congratulations, Jay Johnson and THANK YOU!



From left to right: Sue Johnson, Lisa Johnson, Jay Johnson and Paul Honeycutt was that "family like"

CARDINAL HILL Contributors

Many thanks to the following corporate and individual donors for their very generous support of Cardinal Hill. Gifts of \$25 or more, listed below were received between November 6, 2010 and December 31, 2012. Memorial and Honorarium gifts are listed separately in the Memorial and Honorarium Gift Contributors section. Every effort is made to ensure the accuracy of this list. Please let us know if your name has been inadvertently omitted or misspelled. With the help of countless community friends, we continue to provide quality rehabilitation care. Thank you again for your generosity.

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Mr. Richard F. Meers

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Ms. Monnie Gay Long

Ms. Clay Hancock

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Ms. Deanna Leigh

Collin Maxey

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Anonymous

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Mr. & Mrs. Charles R. Shanklin

Dr. Rosa Kathleen Riggs

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Ms. Phyllis R. Hasbrouck

Mr. & Mrs. Danny Igo

Valerie Honeycutt Spears

Mr. & Mrs. James M. Clifford

Keegan Smith

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Dr. Robert Taylor

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Jody & Karen Warner

Mrs. Worthy J. Warner

Madonna Webb Ms. Connie Webb

Bob & Carol Weldon

Mrs. Edna C. Fischer

Kristie Wheeler Mr. & Mrs. Larry Brooks

Frankie White Mr. & Mrs. Thomas W. White

Ron White Mr. & Mrs. Earlis Thornsberry

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Mark York

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Congratulations to Tom Gravitt

on his retirement after nearly



Tom and Wendy Gravitt celebrating at his retirement party with Tom's high school classmates including First Lady Jane Beshear.

Special Thanks to our Community Sponsors

Special Thanks to the following organizations for their recent grants to the hospital.

A big Thank you to IBM for their generous grant of \$3,000 which will be used to purchase lpads, for assistive communication techniques for our patients.

Thank you to WHAS Crusade for Children for the recent gift to the hospital of \$4,570 which will be designated to Cardinal Hill's Pediatric Programs.



A special Thank You to The Burning Stick Foundation who amazed the hospital this year by donating \$10,000 which will be used to help support the Cardinal Hill Adaptive Recreation Programs.

This year, we received another amazing gift from the Children's Charity Foundation of \$10,000 which will be used to help support the pediatric programs at Cardinal Hill.

A big Thank You to Good Samaritan Foundation for the gracious gift of \$24,210 which will be used to help fund specific equipment needs for our patients.



Thank You once again to Toyota Motor Manufacturing of Kentucky for their recent gift of \$10,000. This donation will be used to help fund the Pediatric Programs at Cardinal Hill.



A heartfelt Thank You to the E.O. Robinson Mountain fund for their continued support and amazing donation of \$50,000. The help provided for our patients from Eastern KY is appreciated.

Cardinal Hill is proud to announce that it has received a \$2,515 Quality of Life Grant from the Christopher & Dana Reeve Foundation. This grant will be used to support a new service, "Facilitating Weight Management for People Living with a Spinal cord Injury."

Ways of Giving to Cardinal Hill

Considering a gift to Cardinal Hill? Here are planning ideas that may offer tax advantages to you!

Cash. Give a cash gift and receive a charitable income tax deduction. It's simple. We will send you a receipt for your taxes.

Securities. Gifts of stock or mutual funds held long term make a great gift and can be very tax wise. If you have a loss on your securities, sell them first then donate the proceeds. If you have a long term gain, donate the securities directly to us. This may maximize your tax benefits.

Privately Held Interests. Did you know we also accept gifts of closely held or restricted securities? S-Corp stock, limited partnerships, LLC's can often be gifted. Before you sell a business interest, talk to us about possible tax savings.

Real Estate. Donate long term appreciated real estate and avoid capital gains taxes as well as the burdens of property management. Consider donating vacation or second homes that are no longer needed. Commercial property can be an excellent asset to gift.

Retirement Plans. Name Cardinal Hill as a full or partial beneficiary of a retirement plan and avoid the taxation of this asset that occurs when left to your heirs. This is a simple and revocable way to give that is easy and quick to do.

Life Insurance. Holding old policies that are no longer needed? Receive an immediate income tax deduction for donating a paid up policy. Or, you can name us as a beneficiary of a current policy.

Personal Property. Collectibles, art, fine wine, equipment, and other types of tangible personal property can be donated. Tax consequences differ, so call us to discuss.

Oil, Gas and Mineral Interests, Patents, Copyrights, Royalties. Almost anything of value can be donated. As with personal property, tax consequences differ. If you will be taxed on an interest, talk to us before you liquidate.

Estate/Trust Gifts. Naming us in your will or trust is one of the simplest and most lasting ways to create or continue your legacy. Ask us for more information.

Gifts That Provide You With Income. There are many gift vehicles that can provide you or others with a stream of income, fixed or variable. Most of the assets described above can be used. We are happy to discuss these options.

Please be sure to consult with your own advisor as we cannot provide legal or tax advice. We would be honored to assist you and your advisor in planning your gift. Please contact Jenny Wurzback at (859) 367-7217 for more information. Thank you!

A Teacher of Giving Dr. Milton Gellin

Dr. Milton Gellin, a retired Professor of the UK College of Dentistry became acquainted with Cardinal Hill Rehabilitation Hospital during his daily visits here when his wife was a patient several years ago. "When my wife was a patient here, I never thought I would be back at Cardinal Hill once she was released, especially not as a patient," said Dr. Gellin. "I was in good shape, worked out regularly; I thought I was in the clear..." However, in July of 2012, Dr. Gellin was diagnosed by a Pulmonologist with Asthma, at the young age of 89, after being unable to recover from a persistent cough.

There are many times that people enter the doors of Cardinal Hill and think, "I will never be a patient here," but for Dr. Milton Gellin, it quickly became his reality. During his treatment, Dr. Gellin spent six days on Cardinal Hill's Inpatient Pulmonary Unit and two weeks in the Outpatient Pulmonary Program. "During my workouts, my therapist was always looking for this thing called a pulse oximeter to check my oxygen levels." A pulse oximeter is a small electronic device which attaches to the end of your

finger and calculates how much oxygen is carried in the blood. It allows the therapist to see if the heart, lungs and blood are all working together to get the oxygen delivered to various parts of the body. "It was on my last few days of therapy that I made her a deal. I told her if she

got me back to where I could

return to my exercise routine of working out six days a week, I would donate the money to Cardinal Hill to purchase another pulse ox machine."

On a rainy Monday morning this past November, Dr. Gellin proudly returned to Cardinal Hill to make good on his promise and donated the money to purchase a new pulse oximeter for Cardinal Hill. It is this gracious showing of generosity by Dr. Milton Gellin that will ensure another patient, maybe one who is 89 years young, will have access to the technology they need to reach their goals, just like the kind Doctor.

Dr. Milton Gellin, a teacher of giving and looking into other ways he can help Cardinal Hill.





Change service requested

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