

TICHENOR ORTHOPEDIC CLINIC FOR CHILDREN  
(562) 597-3696 ANNUAL MEETING APRIL 11, 2006

2005 ANNUAL OPERATIONS REPORT  
HISTORY, MISSION, AND VISION  
ORTHOPEDIC CARE FOR CHILDREN  
PHYSICAL THERAPY PROGRAM  
RICH KEMPSTER SWIM PROGRAM  
DEVELOPMENT PROGRAM  
TOTAL COMMUNICATION PROGRAM  
2005 EXPENSE SUMMARY  
CURRENT STAFF  
2005 BOARD OF DIRECTORS

Tichenor Clinic had another successful year. One of the main goals for 2005 was to improve community awareness of the Clinic programs.

Lori Woodruff, Executive Director, presented an overview of the Clinic to the pediatricians at Miller Children's Hospital in March. Pictures are worth a thousand words, so a DVD presentation was created that gives the history of the Clinic and describes the five current programs using photographs of the children and video clips.

Tichenor hosted the Long Beach Early Intervention Council giving a tour to representatives from the Long Beach Medical Treatment Unit (CCS), Department of Family and Children's Services, Head Start, Infant Family Services, Long Beach Family Resource Center, Long Beach Health Department, and Long Beach Unified School District.

Tichenor sponsored the *Neuro-Developmental Treatment Pediatric Practicum* taught by Lauren Beeler, PT, PCS, NDTA Instructor, a workshop for 23 pediatric physical and occupational therapists.

Three new brochures were created. The Clinic's five programs are outlined in a general brochure and a brochure was created for the Development Program and the Rich Kempster Swim Program.

The Clinic received many generous donations in 2005. Thank you to the following donors who gave over \$500: the Dougherty Foundation, the Ebell Club of Long Beach, the California Community Foundation/ Altha M. Fry Fund, UTI, Erma Bulgrin and Peggy Rohr.

Tichenor continues to strive for excellence as the Clinic expands current programs and finds new ways to serve children with disabilities.

**Of Special Interest**

*The Adelaide Tichenor Furniture Exhibition* opened on October 21, 2005 at the Long Beach Museum of Art.

*Tichenor Orthopedic Clinic for Children is included in a new book, "Long Beach Architecture: The Unexpected Metropolis" by Cara Mullio and Jennifer M. Volland.*

*The two Gladdes Neff Scholarship recipients in 2005, Alyssa Fukumoto and Summer Chiridon, each completed 120 hours volunteer work at the Clinic. Both have since joined the staff in the newly expanded Total Communication Program!*

The Clinic's HISTORY begins with the influential civic leader and philanthropist, Adelaide Tichenor. Based on personal experience, she was a firm believer in the treatment of orthopedic problems during childhood. Her dream to help children with chronic orthopedic disabilities, regardless of their ability to pay, was realized with the opening of the Tichenor Orthopedic Clinic for Children in 1926. At that time, the Clinic helped children affected by polio and infantile paralysis and opened the first school in Long Beach for children with physical disabilities. Later, the Clinic operated the city's premier bone bank and developed some of the first metal implants for joint replacement in children.

The MISSION of the Clinic is to provide orthopedic care, rehabilitative services, developmental programs, and health education for children in the greater Long Beach area. It will be a fiscally responsible nonprofit organization dedicated to the improvement of the health and well being of children in our community.

The VISION of the Clinic is to provide services that improve the functional abilities of the children in the greater Long Beach area with musculoskeletal limitations.

**Contents**

Orthopedic Care Program	□	□	2
Physical Therapy Program	□	□	2
Rich Kempster Swim Program	□□		2
Development Program	□□	□	3
Total Communication Program	□□		3
2005 Expense Summary	□		3
Current Board and Staff	□	□	4
2005 Statistics	□□	□	4

At **Tichenor** there were 168 visits for 108 children; 61 new patients. Patients were seen twice a month by Dr. Graham. Problems treated included 40% developmental delay, 17% cerebral palsy, 9% syndromes, 6% flat feet, 6% autism, 5% tibial torsion and femoral anteversion, and 3% muscular dystrophy.

At **Miller Children's Hospital Tichenor Orthopedic Center** there were 4,313 patient visits; 1,617 new patient visits. Children were seen 5 days a week. Insurances billed included 62% HMO, 20% MediCal, 10% Insurance/ PPO, 5% CCS/MCD, 2% CCS only, 1% Cash/Medicare. There were 150 surgeries; 31% fractures, 15% cerebral palsy with orthopedic problems, 12% knee (patella subluxation, meniscus & ligament repair), 8% spine, 8% upper extremity (brachial plexus, shoulder instability), 7% hip (dislocation, SCFE), 7% foot & ankle (clubfoot, flatfoot). Orthopedic consultants at the center included: Drs. Torin Cunningham, Charles Durnin, Stephen Graham, John Hajaliloo, Mark Hoffer, George Macer and Ron Smith.

**Tichenor's cost or contribution:** for orthopedic care at both sites is \$185,781.

This program offers swim instruction for children with musculoskeletal limitations using the "Smart Fish" curriculum used at Watersafe Swim School.

With love and understanding in a structured innovative environment the children learn to be safe, happy swimmers. The instruction is personalized to fit each student's special needs and abilities. Children are rewarded as they achieve each new skill. Scholarships are available.

**Patient visits:** A total of 47 children received 1,282 swim lessons.

**Outcomes:** Children advanced 1.4 grade levels on average. 16 children became watersafe. The average response on a parent satisfaction survey was 4.7 (5 = best).

**Program cost:** \$59,818. \$1,273 per child. \$47 per lesson.

Physical therapists promote an optimal level of function, mobility and fitness for each individual. Children referred may have problems with range of motion, pain, strength, movement and postural control. Or, they may have delays in gross motor skills, difficulties with gait, problems with postural alignment and balance difficulties. Every family receives a home program so that the parents and children can follow through with the exercises and activities at home.

**Patient visits:** 80 children (828 visits) at Tichenor. Tichenor paid for 48 children (194 visits) at Reischl Physical Therapy.

**Primary language:** 53% English, 47% Spanish/other.

**Ethnicity:** 69% Hispanic, 14% Caucasian, 10% African American, and 7% Asian.

**Age:** 20% 15-18 years, 16% 13-14 years, 45% 5-12 years, 13% 1-4 years and 6% less than a year old.

**Insurance:** 61% MediCal, 18% private/HMO, 13% uninsured and 8% CCS.

**Income Level:** 84% below poverty level, 11% at poverty level and 5% above poverty level.

**Program cost:** \$125,600. \$981 per child. \$123 per visit.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or services, the key to a successful newsletter is making it useful to your readers.

A great way to add useful content to your newsletter is to develop and write your own articles, or to include a calendar of upcoming events or a special offer that promotes a new product.

You can also research articles or find "filler" articles by accessing the World Wide Web. You can write about a variety of topics, but try to keep your articles short.

Much of the content you put in your newsletter can also be used for your Web site. So, when you're finished writing your newsletter, convert it to a Web site and post it.

A multi-disciplinary team of professionals provides therapy services in an early intervention group setting. Families receive support to enhance their child's growth and development. Services are planned in partnership with the families to address the needs of the child. The therapists take into consideration the family's goals for their child. Families are encouraged to attend monthly field trips.

**Outcomes:** The child and family are prepared for the transition to a school-based or preschool setting when the child turns three. The children met 54% of their goals, 30% were partially met and 16% were not met. The average response on a parent satisfaction survey was 4.8 (5 = best).

**Children enrolled:** 57 children attended 1,977 sessions.

**Primary language:** 54% English, 46% Spanish/other.

**Ethnicity:** 54% Hispanic, 19% Caucasian, 16% Asian, 11% African American.

**Income Level:** 67% below poverty level, 12% at poverty level and 21% above poverty level.

**Total program cost:** \$235,271. \$4,128 per child or \$119 per visit.

EMBED Word.Picture.8

**Purpose:** The children are assisted in the development of their functional communication skills using assistive technology. Every child is offered a means to communicate. Attention and behavior management skills provide a foundation for learning, communicating, and increased self-esteem.

**Outcomes:** The average progress in receptive language skills was 3-6 months and 4-6 months in expressive language skills. The children met 85-90% of their receptive goals and 75-80% of their expressive goals. The average response on a parent satisfaction survey was 4.8 (5 = best).

**Patient visits:** A total of 38 children received 528 therapy sessions.

**Total program cost:** \$98,741. \$2,598 per child or \$187 per session.

**Legend Key**

- 1 Development Program 29%
- 2 Orthopedic Care Program 22%
- 3 Physical Therapy Program 16%
- 4 Total Communication Program 12%
- 5 General Administration 10%
- 6 Rich Kempster Swim Program 8%
- 7 Fundraising/Public Relations 3%

EMBED Excel.Sheet.8

The purpose of a newsletter is to provide specialized information to a targeted audience. Newsletters can be a great way to market your product or service, and also to create credibility and build your organization's identity among peers, members, employees, or vendors.

First, determine the audience of the newsletter. This could be anyone who might benefit from the information it contains, for example, employees or people interested in purchasing a product or requesting your service.

You can create a mailing list from business reply cards, customer information sheets, business cards collected at trade shows, or membership lists. You might consider purchasing a mailing list from a company.

Next, establish how much time and money you can spend on your newsletter. These factors will help determine how frequently you publish your newsletter and its length. You should publish your newsletter at least quarterly so that it's considered a consistent source of information. Your customers or employees will look forward to its arrival.

TICHENOR ORTHOPEDIC CLINIC FOR CHILDREN  
1660 Termino Avenue  
Long Beach, CA 90804-2301

**Phone**  
(562) 597-3696

**Fax**  
(562) 597-8717

**Web site**  
www.tichenorclinic.org

**E-mail**  
tichenorclinic@earthlink.net

***Tichenor's 80th Year!***

Dean Porter, President  
Tamara Achauer, Vice President  
Victor Perez, MD, Secretary  
Susan Bell, CFO  
Nancy Merrill, Past President  
Sandy Darling  
Dick Landes  
Nancy Martin  
Sophia Pen  
Mary Thop  
Alice Thompson  
Marilyn Thompson

Medical Director  
Charles Durnin, M.D.

Orthopedic Consultant  
Stephen P. Graham, M.D.

Executive Director  
Lori Woodruff, PT, MHA

Volunteer Clinic Nurse  
Kathie Mais, R.N.

Occupational Therapy  
Gina Harpham

Physical Therapy  
Pam Anderson  
Amanda Carpenter  
Mary Wardell

Speech & Language Pathology  
Marilyn Edwards  
Summer Chiridon

Development Program Aides  
Brenda Jennings  
Maria Simmons

Support Staff  
Natalie Clark  
Alyssa Fukumoto  
Maribel Jacinto  
Mayra Jimenez  
Ronald Warren

Program Volunteers  
Summer Chiridon  
Alyssa Fukumoto  
Kathie Mais  
Pegah Mirhosseini  
Elsa Ramirez  
Maral Sahebameh  
Veronica Smith  
Aracelli Torres  
Foley Weems  
Board Advisor  
Jon Lounsberry