

WEST TEXAS REHABILITATION CENTER

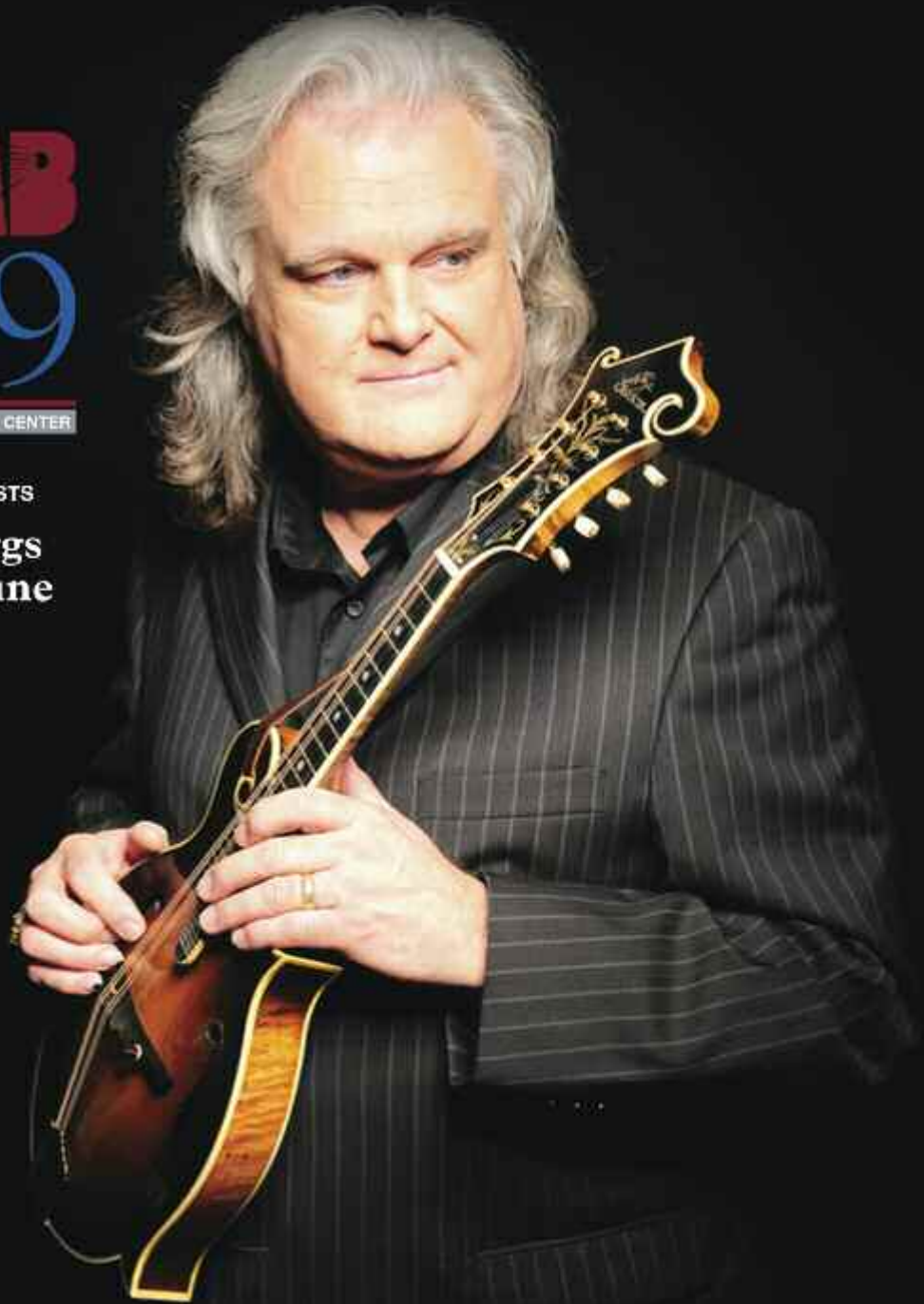
ROUND-UP

REHAB
2019
WEST TEXAS REHABILITATION CENTER

WITH SPECIAL GUESTS

**Ricky Skaggs
& Runaway June**

JANUARY 19



INSIDE

A LOVE LETTER FOR YOUR FAMILY

KAYSIE SMASHEY

CLAYTON NANCE & MORE

ISSUE NO. 5 • JANUARY, 2019



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LEADERSHIP LETTER BY STEVE MARTIN, PRESIDENT & CEO



I hope everyone had a very Merry Christmas spent with friends and family.

This is the time of year we reflect on the previous year and count the many ways we have been blessed. It is also a time of anticipation as we begin another amazing year here at the West Texas Rehabilitation Center. Our 66th year promises to provide challenges, but with our incredible donors, sponsors, volunteers and referral sources partnering with our skilled clinicians we will no doubt witness miracles, big and small, as more great things happen every day at West Texas Rehab.

I hope you enjoy reading the Rehab Round Up as much as we enjoy bringing it to you. Whether learning about our programs, such as Hospice of San Angelo, our wonderful volunteers, our referral sources and physician community, our amazing clinicians, or our incredible

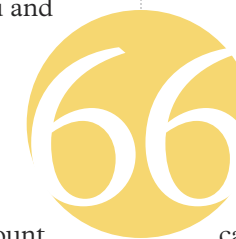
patients, we always enjoy bringing you the human side of the Center and those who support us.

I am excited to bring you something in this issue that is of such significant importance it can hardly be overstated: information about wills. If you and

I want to make certain our wishes are carried out should anything happen to us or our spouse, then having and/or updating our wills is of paramount importance. My wife and I recently updated our will and it is eye opening to learn about what can happen to your property and other assets without a current will. It is also equally rewarding to learn how you cannot only protect your assets, but also the many unique ways you can help support your favorite causes for many years to come.

January 19th kicks off our fundraising with Rehab 2019, our 49th annual Telethon. The Telethon will take place at the Abilene Convention Center from 7:00pm – 12:00am. There is something

for everyone and I would encourage you to come on out or tune in and help support the West Texas Rehab Center and our patients. Please see information contained herein or visit WestTexasRehab.org for anything Telethon related.



We look forward to an outstanding year and hope you will always choose the West Texas Rehab Center for care, should you ever need the absolute best in rehabilitation or hospice services.

We wish you and your family a blessed and healthy 2019.

All the best,

VIEW REHAB TELETHON & AUCTION INFO ON PAGES 15 & 21

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**YOUR WILL;
A LOVE LETTER FOR
YOUR FAMILY**

Wills are such important things. Most folks need to revise theirs, but don't want to do it. Some folks know they need one, but pretend they don't need it now. Still others dread thinking about it, yet eventually find great satisfaction once the work has been done. You can live without one, but you certainly don't want to die without one. Yes, wills are strange things, but there is a much brighter side.

A will allows you to project love beyond your time. Consider a will as your last love letter. Consider it a personal letter to those left behind of how you wish your property to be disposed of at death. Up

until the time of death, it is merely a plan on a piece of paper that you can change or destroy at any time. On your death, however, it becomes legally enforceable and very important in describing your wishes and assuring those wishes are carried out.

With a will, you have shown your loved ones left behind that you cared enough about your life and its accumulations, and your relationship with the loved ones, to plan for an orderly transfer. Without that last loved letter, you may leave a situation that creates unnecessary costs, delays, difficulties and hard feelings. While the horror stories of these messes may be ample enough to convince someone to have a will prepared, the simple satisfaction of knowing that



you have written a carefully considered letter to your loved ones may be the best reason to get it done.

Many friends of the West Texas Rehab include a provision in their will for our work in rehabilitation and hospice services. It is their way of showing their loved ones the great love they have for our work, and making special provisions to assure their love is projected beyond their time.

Do you need suggested language for your attorney? Do you need to talk with someone about what you want to accomplish? If we can help you project love beyond your time, give us a call at 888-861-6385. As always, there's no charge or obligation. Just ask; we'll help.

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PATIENT SPOTLIGHT KAYSIE SMASHEY



KAYSIE SMASHEY
AT THE 2018 TENNIS WORLD
CHAMPIONSHIPS IN
MIAMI, FLORIDA

Tennis is a sport that has provided Kaysie Smashey so many opportunities in life from traveling the world, learning to deal with adversity, learning to win and lose, meeting people of all backgrounds, and providing her with the knowledge of how to compete and work for what she wants! In short, tennis has shaped her life! And there was a chance it could have been over for her.

While competing in high school, winning 4 National titles, 3 5A Texas state titles, and a pro tournament, Kaysie was fortunate to receive a 4 year full athletic college scholarship to The University of Texas at Austin. Following college she played on the pro tour, winning 4 professional tournaments and reaching a ranking of 146 in the world before she was forced to stop. In 2006, she was playing the finals of a tournament in Hawaii, the score was one set all, when it started raining. They had to postpone the final set to the next day. When she started warming up the next day, her shoulder was full of pain and was very difficult to do the throwing motion, which is also the serve motion. She

thought two weeks off would help it heal...she was wrong! It ended up being a six month process of letting her slightly torn rotator cuff tendon heal before she would be able to compete again. So, she decided to hang the racket up and get a "real job".

Fast forward nine years. Kaysie started to compete again on the "Young Senior National Tour". She was having fun competing again, traveling, and meeting old and new friends, when she felt an awkward, but painful feeling in her bicep while competing in a national tournament in 2015. She received treatments for months with massages, stretching, and strengthening exercises, thinking it was a muscular strain. The pain would lessen, but would always come back and at greater strength. Surgery was not an option for her because she had heard horror stories of shoulders never being "the same".

It was recommended for her to get in touch with the 'shoulder guru', Matt Wymore at West Texas Rehab Center. She was skeptical. The first time Matt met with her, from the very first test, he knew she had a tear in her rotator cuff. Her shoulder had no strength in his tests. He gave her two options; strengthen the muscles around the injured part and be 'ok', but the shoulder will never be as strong as it once was, OR go ahead and do surgery and work towards the 'possibility' of teaching and playing again without pain.

After finally agreeing to get an MRI, the truth was to be told, and not what she wanted to hear. She had a bicep tendon tear, rotator cuff tear, labrum tear, and a bone spur. If she wanted to continue to play at the highest level, teach tennis, or even function in everyday activities for the rest of her life, she needed to have surgery. August 4, 2017 was major surgery day!

Knowing that it was going to be a very difficult road after surgery with intense rehab, Matt assured Kaysie he would be there helping her

reach her goal. And that he did and more!

After four anchors were placed in her shoulder, her bicep tendon was cut and re-attached to another part of her bone, her rotator cuff tendon and labrum repaired, and the bone spur shaved off. She was scared and doubtful that she would ever be able to play tennis again,



KAYSIE SMASHEY
WON 4 NATIONAL TITLES IN HIGH
SCHOOL, PLAYED AT UT AUSTIN,
THE PRO TENNIS TOUR, AND
REPRESENTED THE US TEAM
AT THE 2018 WORLD CHAMPIONSHIPS

or be free of pain in everyday life. It wasn't just a regular rotator cuff surgery, it was much more! After five weeks of table slides and her arm being in a sling, it was Matt's turn to work his magic! Kaysie started week six post op not able to put her hair in a ponytail, tie her own shoes, or brush her teeth with her dominant hand. For the next six months, Matt worked with her three times a week, along with giving her homework.

"When you combine someone's hard work and GRIT together, great results are possible. There is nothing more satisfying as a therapist than to see someone go from not being

able to wash their face, to playing in world championship events and competing at the highest level", Matt says.

They weren't joking when they said that shoulder surgery is the toughest! There was a period of time during rehab that she had to work her day around her rehab and do exercises five times a day for 20 minutes each time! Rehabilitation was exhausting and painful at times, but she was hoping it would be worth it! Matt was able to turn her moments of frustration into positive thoughts, making her see the light at the end of the tunnel. He gave her the confidence that this was going to work and that she would feel better than she has in years!

"He encouraged me every day, gave me confidence that this process would work, and made me laugh in moments that I wanted to cry", says Kaysie.

Kaysie was able to get her range of motion back to 100%, which is very rare for this amount of damage. Her strength and flexibility were back! Seven months later, it was finally time to test her shoulder in real competition. Her first tennis tournament was National Clay Courts in Houston, Texas. Matt and Kaysie agreed that she would test it by playing in the doubles draw, skipping singles for this tournament. With much prayer and confidence that she was ready, she and her doubles partner took the court...and they won it! She was a national champion again seven months after a major surgery!

"Kasey has an extraordinary work ethic, and coming back from an injury like hers takes a tremendous amount of effort and dedication. Many athletes would have had to give up playing at the highest level, due to how hard it is to rehab from this type of injury. Kasey never backed down from any challenge, and I was glad the adult OT department had the opportunity to help get her back to

dominating on the world stage."

This national win qualified Kaysie to represent The United States of America at the World Championships in October, 2018. And the rest is history.... A little over a year after surgery, she can call herself a World Champion! "Matt provided me with the strength physically, mentally, and emotionally to play at the highest level again! I played more tennis in two weeks at the world championship at age 38 than I had in 15+ years, and have never felt better! I am hitting the tennis ball heavier, stronger, and more precise than before! And I attribute that to a great surgeon and Matt Wymore! I found the needle in the haystack in Matt! Thank you!"

Editor's Note: Kaysie is a Realtor at ERA Newlin



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DONOR SPOTLIGHT CLAYTON NANCE



**CLAYTON NANCE
WITH WIFE LIZ &
DAUGHTER RILEY**

Clayton Nance has always been an adrenaline junkie. Starting at the age of 13, Clayton began professionally racing motocross, ultimately leaving Canyon High School in New Braunfels after his sophomore year to be homeschooled by his parents due to the amount of travel the sport required.

When Clayton was 18, the Nance family decided to move to Abilene to start Pinnacle Granite Solutions, the premier provider of granite, marble, natural stone and solid surface countertops in the Big Country. Shortly after starting this great adventure, in July 2007, the first of two big events hit

Clayton. First, he met Liz, the love of his life. The second, after experiencing frequent seizures, Clayton was diagnosed with a brain tumor that required surgery. Clayton was “lucky” in the sense that after surgery he didn’t need chemotherapy or radiation. He was back on his feet rather quickly and in June 2009, as Clayton puts it “traded in his dirt bike for a wife”. That didn’t put a damper on the quest for excitement. Starting in 2010, Clayton and his father entered into the sport of drag racing.

Not long after the father and son duo started drag racing Clayton found out he and Liz were expecting their first child. In 2011, they welcomed their beautiful daughter Riley to their family. Four days later, Clayton was racing in the IHRA Finals where he finished third in Quick Rod and Fifth in Top Dragster. Shortly thereafter, Clayton and his father gave up the sport and focused their attention on family and the family business.

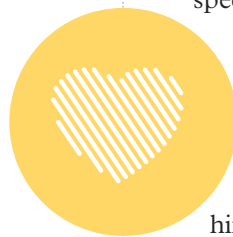
Clayton then took up shooting sporting clays. Family has always been important to Clayton and this was a sport he and his father could do together. Clayton was invited to a charity shoot, enjoyed it a great deal and then started practicing two to three times a week at Abilene Clay Sports. He is now a very active and competitive shooter and his 2018 shooting accomplishments



**SUPER SPORT NATIONALS
SPORTING CLAYS**

include a 3rd place overall in Super Sport at Nationals and the 28-gauge Fitasc Champion at the US Open.

As Liz and Clayton’s daughter started meeting milestones in her young life, they were concerned that she just wasn’t walking. That’s when they turned to the West Texas Rehabilitation Center seeking help. It turned out that Riley’s feet were misaligned and she had no stability when she tried to walk. After receiving some specially made braces and physical therapy, West Texas Rehab clinicians had her walking and back on track. Now Riley races to West Texas Rehab on a weekly basis to receive speech therapy from Kelly Fisher.



Shooting clays naturally led Clayton to meet West Texas Rehab board member Terry Bailey, a champion shooter himself. Terry recruited Clayton to participate in the West Texas Rehab Top Gun Sporting Clays Classic and ultimately serve on the volunteer committee that organizes the event. In fact, Clayton was the driving force for adding a 3rd day to the shoot and the bonus round of “Snooker” under the lights. It’s no coincidence that the 2018 Top Gun Sporting Clays Classic was the largest and most successful West Texas Rehab clay shoot thanks to Clayton’s contributions. Supporting the Rehab Top Gun Sporting Clays Classic was a way for Clayton and his family to give back to their extended family – the West Texas Rehabilitation Center.

You can often see Clayton, Liz and Riley out at Abilene Clay Sports, enjoying a sunny day and shooting clays. Our next Top Gun Sporting Clays Classic is April 4, 5, and 6 at Abilene Clay Sports where you can meet the entire Nance family.

HOSPICE SPOTLIGHT BY MELISSA SALVATO



FAMILY NIGHT A NEW TRADITION

For grieving families attending the Building Bridges program, a new tradition has helped highlight the importance of grieving together as a family, and the results have been very encouraging. In early 2017, Building Bridges held its first ever Family Night during the six-week grief support program for children and teens grieving the loss of a loved one.

Traditionally, children and adults would meet in separate groups each night during the six-week program. Now one of those weeks is set aside for families to get the chance to spend the entire night together talking and sharing memories, getting creative with arts and crafts, and participating in a special candle lighting

ceremony to honor and remember their loved ones.

The results have been amazing. The families love getting to spend the entire night together working on projects and talking. As they arrive, they pick a table where they sit as a family and do a small icebreaker activity. Once everyone arrives, the room is quickly bustling with activity as the families work on activities such as creating a Family Tree and decorating a Memory Candle that is used later in a lighting ceremony. Families are encouraged to talk about their loved ones as they create, to share memories, both joyful and painful, and to talk about how their family has changed since the loss. The BB volunteers are on hand to meet and greet the families, to help with the art



projects and to lend a supportive ear or shoulder to cry on when needed. The evening ends with a very special, intimate candle lighting ceremony. Each family holds the memory candle



they created and they say their loved one’s name out loud as their candle is being lit. Once all the candles are lit, the lights are dimmed for a special time of quiet reflection. Tears are shared and shed as families collectively remember the loved ones who were so special to them. Parents and children alike have shared that the candle ceremony is one of their favorite times during the Building Bridges session. Many have stated that they also love being able to take the candle home to continue to light it in memory of their loved one.

In a world where families can often feel disconnected, especially during a time of grief and loss, it is our hope that Building Bridges can find ways to help families connect and draw nearer to each other during these painful times. Family Night seems to be one way that might help families do just that.

PHYSICIAN SPOTLIGHT MICKEY MATTHEWS, PA



MICKEY MATTHEWS, PA

Growing up in West Texas it is hard to imagine life without pep rallies, spirit streamers down your hometown main street for homecoming and the thrill of “Friday Night Lights”... but how many of us can say that a sports injury at one of those Friday night football games led us to our career? For Physician Assistant, Mickey Matthews, that was just the case. Mickey reflects, “It really has come full circle for me. I saw the orthopedic team at West Texas Medical Associates when I was in high school after several injuries, and I knew then that in some capacity that is what I wanted to do. Shortly after graduation, I started my career with that same team at WTMA as a physician assistant.”

Mickey grew up in San Angelo and graduated from Wall High School. He enrolled in college at Angelo State University where he received his Bachelor’s and Master’s Degree in Kinesiology with a focus on sports medicine. “In undergrad my original goal was to become an Athletic Trainer.

I then switched my focus to physical therapy and ultimately ended up pursuing a career as a Physician Assistant. I had some coaching from my uncle who at the time had been an Athletic Trainer for over 25 years.” Mickey comments. “He really pushed the Physician Assistant track for several reasons, and it has paid off.”

Even though the competition was stiff, Mickey was accepted into the Physician Assistant program at the University of Texas Medical Branch at Galveston in August 2011. His time there provided great medical exposure working at a Level One trauma center, and further solidified his choice to go into orthopedic medicine. “Orthopedics really is cradle to grave medicine. All stages of life have orthopedic problems. From a perinatal collar bone fracture at birth, to a geriatric hip fracture...you really see all stages and walks of life and the variety really appealed to me.” Mickey states. In December 2013, Mickey joined the orthopedic team of Dr. Joe Wilkinson and Dr. Robert Alexander, who combined have over 50 years of orthopedic surgical experience. Mickey says “I felt at ease from day one knowing that there was always backup if I wasn’t comfortable treating something. I’m not out on an island by myself. There is no substitute for the experience they bring to the table. I also really like the intervention capabilities of getting more immediate results in the orthopedic world. There is certainly a component of education and medication management, but the overwhelming draw



MICKEY MATTHEWS WITH HIS DAUGHTER KALLYN (LEFT), WIFE KAYLA (RIGHT) AND SON STETSON (FAR RIGHT)

was the surgical aspect. Being able to see someone go from chronic pain with a joint condition to having huge relief after joint replacement...I see it as... Disability to Mobility... and it is amazing to see. Lastly, I like the team concept... collaborating with physicians, trainers, and therapists...we do it all!”

When asked how important his relationship is with West Texas Rehabilitation Center, Mickey states “The clinicians at West Texas Rehab make us look good! Some of our patients require additional/secondary treatment outside of what we can do surgically, and West Texas Rehab holds their staff to the same standard of care as we hold our own...their outpatient rehabilitation as well as orthotics and prosthetic services are invaluable to us.”



Mickey has been married to his wife Kayla, a coach and teacher at San Angelo Central High School, for nine years and has two children, Kallyn (4) and Stetson (20 months).

When he is not at work or spending time with his family, Mickey enjoys any hobby outdoors from fishing and hunting to the occasional golf game. He also has a number of additional commitments including the Concho Valley Leadership Board for Fellowship of Christian Athletes,

Chapter Chairman for Concho Valley Ducks Unlimited, Advisory Board for Hardin Simmons PA program in Abilene, Medical Lead for Paul Ann Church, and serving on the West Texas Rehab Medical Advisory Board. Mickey says, “It’s important in West Texas to remember - actions speak louder than words, so being involved for me shows a commitment in what I believe West Texas Rehab does and reinforces the trust I have in what they do for my patients.”

We at West Texas Rehab are so thankful to Mickey Matthews and his commitment to his patients, his community and to our organization! We look forward to our continued partnership for many years to come!



STAFF SPOTLIGHT GWEN CALVERT, OTR



GWEN CALVERT
ADULT OCCUPATIONAL THERAPY

“Imagine driving around San Angelo with Bryant, Beaugard, and Knickerbocker closed. Cars would be taking back roads to get where they need to go. Roads would be congested. That’s what lymphedema is like in the body,” Gwen Calvert says. “Fluid is trying to move around, and there is no way to get fluid from one point to another because the lymph nodes are missing or damaged.”

“All of us should be able to handle fluctuations of fluid in our body,” she continues. “When we drive long distances, our legs may swell. We get up and walk around, and the body compensates. Or say a woman has periods of swelling while she is pregnant, but after the baby is born and she recovers her ankles are normal again. But with lymphedema, the swelling is more permanent. A sign of lymphedema is when you press on the skin and an indentation is left. With lymphedema, the skin doesn’t bounce back. There is a protein imbalance, and the lymph system cannot carry the proteins away, so water hangs around with the proteins and causes the skin to become fluid rich,” she says. “Water pills and diet do not work on removing the buildup. Only therapy with manual lymph drainage and compression garments can help fix that.”

Gwen should know. She recently

completed her certification of CLT-LANA (Certified Lymphedema Therapist, with additional testing by the Lymphology Association of North America). She is the only lymphedema therapist in a 90-mile radius of San Angelo to have completed this prestigious level of certification. This certification allows the public and specialists in big cities and other areas unfamiliar with West Texas to find a reputable lymphedema therapist with one search on the LANA website.

Lymphedema patients come to Gwen in one of four stages. In the first stage, Stage 0, something has happened to cause trauma to the lymph system, but there is no swelling. Patients come for therapy in this stage to prevent their condition from worsening. In the next, swelling comes and goes, with the swelling often looking the least swollen in the morning. In the third stage, swelling comes and stays. Patients wake up with swelling in the morning even after hours of elevation. They also begin making lifestyle changes. Women may not wear rings or sandals because they feel tight. In the last stage, which is called fibrosis, the skin is hard and lumpy. Patients can have skin changes infections, ulcers, and other complications as extreme as immobility. Gwen says she pictures this stage as “the Elephant Man with elephantiasis.”

“Lymphedema never gets better on its own. It tends to get worse,” Gwen notes.

Gwen applies four components of Complete Decongestion Therapy to treat lymphedema patients: compression garments, massage, skin care to keep it free of infection, and exercise. Gwen’s goal is to teach patients in a way that works for them and get them where they are managing their lymphedema on their own.

“I have to be flexible,” she says. “It’s a puzzle. I have to find what kind of exercise works -- land-based or aquatic or both, what kind of garment options they can afford, and how much help they have at home from family or caregivers. The four components are the same, but we have to

find out what works with each of them. No one solution fits all.”

“I like working with lymphedema patients because it’s not hard to see patients get better. The therapy is almost fool-proof,” she says. “But it requires discipline. If patients don’t keep up the regimen, lymphedema always comes back. The least compliant patients learn the hard way.”

Gwen’s sensitivities are evident when she talks about women who have had mastectomies. “Because massage cannot be done with clothes on, manual lymph drainage for these patients is very intimate,” she says. “Typically they’re less comfortable with a man. Cancer treatment involves many doctors, specialists, procedures, and sometimes they feel like they have become a specimen. Once they get to outpatient therapy, they are trying to get their life back.”

Gwen wants everyone to understand how important West Texas Rehabilitation Center is to lymphedema patients. “West Texas Rehab is a long-standing clinic – it has been around a long time, and these patients are going to be dealing with lymphedema for the rest of their lives. We are going to be here for them years down the road if a complication arises or they need another round of compression therapy,” she says.

“We are not about making money with lymphedema patients – sometimes we help patients cover their costs,” she adds. “We do what we can to help patients make a lifetime commitment to manage lymphedema.”

A lifetime commitment. That sounds very much like the commitment West Texas Rehab makes to improve the quality of life of those we serve, regardless of financial circumstances. West Texas Rehab makes a commitment to West Texans to be here, to continue to provide the highest quality of therapy to all who enter our doors. West Texas Rehab appreciates everyone who partners with us to make that happen.



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VOLUNTEER SPOTLIGHT BY DELORES SCHWERTNER, DIRECTOR OF R.S.V.P.



During the period of February 1 through April 15 annually, they operate free income tax services at two Abilene Public Libraries, serving hundreds

of local taxpayers, mostly senior citizens or lower to moderate income families, saving them thousands of dollars in tax preparation fees. As leaders, they are responsible for recruiting volunteers to assist with the program, training the volunteers, and maintaining records of volunteers, equipment and supplies, in addition to assuring the accuracy and completeness of the tax returns prepared. In the last tax season the Abilene district prepared over 1,500 tax returns, with Linda and Ron leading and guiding the program and the volunteers.

Lois Bajuk, Administration Specialist AARP Tax Aide Texas 4 Region, has worked with the Aten's over 12 years. She wrote in a letter of support to the Review Panel, "It takes special people to give of their time to help others and Linda and Ron Aten certainly exemplify this. Their care and concern for their

fellow human being is noteworthy and definitely deserving of recognition. It is easy to sit back and see that something needs to be done, it is another to take up the banner and get it done. Linda and Ron are the kind of people who do the latter and do it well".

As if they aren't busy enough with Tax Aide, Ron volunteers at the Abilene Police Department three days a week.

Linda is very involved in church activities and does many one day assignments for RSVP. Ron and Linda Aten joined RSVP in 2001 and since that time have accumulated 11,281 hours of volunteer service. Between the two of them they have served through 36 unduplicated agencies, however it is the AARP Tax Aide Program where their major volunteer service is focused and where 5,906 hours have been served. Their selfless giving for over a decade as RSVP volunteers, their many hours of dedicated service and their ability to involve other community volunteers in service is what led to the selection of Linda and Ron Aten for this prestigious award.



LINDA & RON ATEN
WEST TEXAS RSVP
VOLUNTEERS, LINDA & RON ATEN,
RECEIVE GOVERNOR'S
VOLUNTEER AWARD

Linda and Ron Aten, West Texas RSVP volunteers, received the Governor's Volunteer "Make a Difference" Award in the National Service Senior Corps Category. The Governor's Award honors the extraordinary service of individuals and organizations in Texas that have made a difference in their community through serving and volunteering. On October 15, 2018, following a reception in the Texas Governor's Mansion, the awards presentation took place in the gardens with First Lady Cecilia Abbott presenting the awards.

Linda and Ron have volunteered through RSVP with the AARP Tax Aide Program for the last 10+ years and have served in leadership positions most of that time.



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REHAB 2019 TELETHON



RICKY SKAGGS & KENTUCKY THUNDER TO HEADLINE THE 2019 TELETHON

Fifteen time GRAMMY® Award winner Ricky Skaggs' career is easily among the most significant in recent country music history. If Skaggs' burgeoning trophy case full of awards wasn't already enough evidence of that fact, consider that legendary guitarist Chet Atkins once credited Skaggs with "singlehandedly saving country music." His life's path has taken him to various musical genres, from where it all began in bluegrass music, to striking out on new musical journeys, while still leaving his musical roots intact.

Born July 18, 1954 in Cordell, Kentucky, Skaggs showed signs of future stardom at an early age, playing mandolin on stage with bluegrass pioneer Bill Monroe at 6 and appearing on TV with Lester Flatt & Earl Scruggs at 7. He emerged as a professional bluegrass musician in 1971, when he and his friend Keith Whitley were invited to join the legendary Ralph

Stanley's band the Clinch Mountain Boys. Skaggs then went on to record and perform with progressive bluegrass acts like the Country Gentlemen and J.D. Crowe & the New South, whose self-titled 1975 Rounder Records debut album was instantly recognized as a landmark bluegrass achievement. He then led Boone Creek, which also featured Dobro ace and fellow New South alumnus Jerry Douglas.

But Skaggs turned to the more mainstream country music genre in the late 70s when he joined Emmylou Harris's Hot Band, replacing Rodney Crowell. He became a recording artist in his own right in 1981 when his Epic label debut album "Waitin' for the Sun to Shine" topped the country charts and yielded a pair of #1 hits. Overall, his productive stay at Epic Records would result in a total of 12 #1 hits. Additionally, he garnered eight Country Music Association Awards including the coveted Entertainer of the Year trophy in 1985.



Skaggs, of course, fit right in with young "new traditionalist" 80s artists like Randy Travis, and helped rejuvenate the country music genre after the worn out "Urban Cowboy" period. But, Skaggs put his own stamp on the country format by infusing his bluegrass and traditional country music roots into the contemporary Nashville sound.

Skaggs' 1997 album Bluegrass Rules!, released on his newly formed Skaggs Family Records label, marked a triumphant return to bluegrass which he's solidified ever since with a series of GRAMMY® Award winning albums, recorded with his amazing bluegrass band, Kentucky Thunder (8 time winners of the IBMA Instrumental Group of the Year). Skaggs' label has also served as a home for similar bluegrass and roots music oriented artists including The Whites.

In the past decade, he has been honored with inductions into the Gospel Music Association's Gospel Music Hall of Fame, the Musicians Hall of Fame and most recently has been named as a member elect to the Country Music Hall of Fame Class of 2018, with the medallion ceremony to take place in the fall.

Ricky struck his first chords on a mandolin over 50 years ago, and he continues to do his part to lead the recent roots revival in music. Clearly his passion for it puts him in the position to bring his lively,

REHAB 2019 TELETHON

distinctively American form of music out of isolation and into the ears and hearts of audiences across the country and around the world. Ricky Skaggs is always forging ahead with cross cultural, genre bending musical ideas and inspirations.



There's a sound that hasn't been heard on country radio in quite some time – the sound of organic, three-part female harmonies, ringing strings and stories that speak the language of modern women everywhere. It's a sound that was the backbone of a little group known as The Dixie Chicks, and now it's making a comeback through a vocal trio named Runaway June.

Rootsy, brightly colored and mixing bluegrass tradition with dusty desert cool, Runaway June is comprised of three very different women who fuse their own influences to create a style country fans have been craving.

With their debut single, "Lipstick," Runaway June became the first all-female trio in over a DECADE to score a Top 25 hit. With the help of the trio's follow-up Top 40 single "Wild West" the breakout trio earned a 2018 ACM nomination for "New Vocal Duo or Group of the Year".

With their current single "Buy My Own Drinks," co-written by Runaway June and Hillary Lindsey and Josh Kear, the trio is primed to cement their identity as one of the best new groups in the genre. The song is an instant singalong that neither laments, caters to, bashes or attacks the loss of a relationship but rather celebrates the freedom, spirit and independence of a female having a night out on her own.

Lead singer and guitarist Naomi Cooke recalls the thrill and immediate connection that came with introducing the new song to the world, "The first time we played 'Buy My Own Drinks' was at Stagecoach. We had just gotten the final mixes back on the recording and we had been rehearsing it with the band and we were so excited to try it out and let everyone hear what we had been working on. By the second chorus everyone was singing it back. It was beyond wild for us to see that happening. It was one of the most exciting moments in our group history...we really felt something different happening."

Their forthcoming EP, produced by acclaimed producer Dan Huff (Keith Urban, Rascal Flatts, Steven Tyler Thomas Rhett, Brett Young), is a

collection of songs that highlight different sides of the group while leaving the listener understanding exactly what kind of ride they are in for with Runaway June. With eclectic personalities, a listen through of their songs makes seemingly disparate images such as gypsy bohemian chic, sunsets over sand and ocean, and roots in bluegrass and classic western all blend into one timeless vibe.

Naomi Cooke grew up in Florida enchanted with the other-worldly vocals of Alison Krauss, then made her way to a stage in Nashville's world-famous Tootsie's Orchid Lounge.



Singer and mandolin picker Hannah Mulholland was raised in Malibu, Calif., a nature-loving hippie chick who latched on to the liberating messages of Sheryl Crow and began writing her own music at 6 years old.

And singer/guitarist Jennifer Wayne – another California native – is a Garth Brooks lover so dedicated to country



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49TH ANNUAL TELETHON & AUCTION

music she gave up a pro tennis career to write songs in Nashville (“She Don’t Love You” by Eric Paslay), and happens to be the granddaughter of Hollywood legend John Wayne.

Each of these talented young ladies were unsurprisingly Dixie Chicks fans, and each could have been a solo artist in her own right. But after forming a friendship and discovering their shared love for acoustic soul, soaring vocals and do-it-yourself positivity, Runaway June was born.

Their name is an ode to their separate histories and their mutual bonds. They each felt pulled to “run away” from their homes and toward

their dreams to find themselves part of something bigger. As for “June,” both Jennifer’s grandmother and one of Naomi’s sisters are named June, a strong symbol of the family the trio has become. Hannah’s life changed in the month of June when she moved to Nashville. It also served as the cathartic month in her life another time when she completed a 25-day, 220-mile life-changing hike. Not to mention, as fate would have it, the trio signed their



record deal in the month of June.

Signed to Wheelhouse Records an imprint of BBR Music Group, the first thing listeners will notice is the trio’s obvious musical connection, and their stunning three-part harmonies – natural and effortless in feel.

“I grew up in choirs singing low harmony, Jen naturally sings high harmony and Naomi has this perfect mid-range voice,” Hannah explains, surrounded by her bandmates in a Music Row conference room. “If we all switched positions, it wouldn’t be the same.”

Just as impressive is their musicianship, a modern twist on a way-back sound that sets Runaway June apart from the pack as a true, self-contained band. “Our brand of music is tied to country’s roots in that it’s all real instruments and real sounds,”



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Hannah adds. “But I feel like we have a modern take on it lyrically.” Indeed, as strong women who are not afraid to take risks in achieving their goals, empowerment is a recurring theme for Runaway June – and not just female empowerment. “We want to be inclusive,” says Naomi. “We want to sing to everybody, so we steer away from being super negative to either gender.”

In a time when female voices have been squeezed into a few narrow categories at country radio – the bad girls, the good girls, the crusaders – Runaway June want to break the mold. They know women’s lives are far more diverse, and even though their sound is rooted in the

timeless, their stories are very much of the here and now.

Says Naomi, “We are modern women living in a modern world, so what we say and what we want to write and sound like is modern, without even trying.” Continues Jennifer, “Everything we write is what we know – it’s from the heart.”

“It’s like ‘Here we are! We’re a vocal trio. It’s gonna be harmonies,’” says Jennifer. “For some reason, whatever we have together really works. I feel like what I’m lacking they have and what they’re lacking I have. We’re great individually, but we’re the best together.”

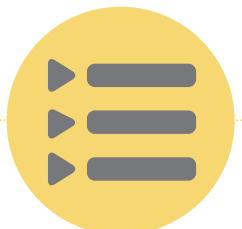
“Without planning it, we all have the

same taste in music and the same feel for it, and the same things we want to say,” Naomi agrees. “You can’t really design that.”

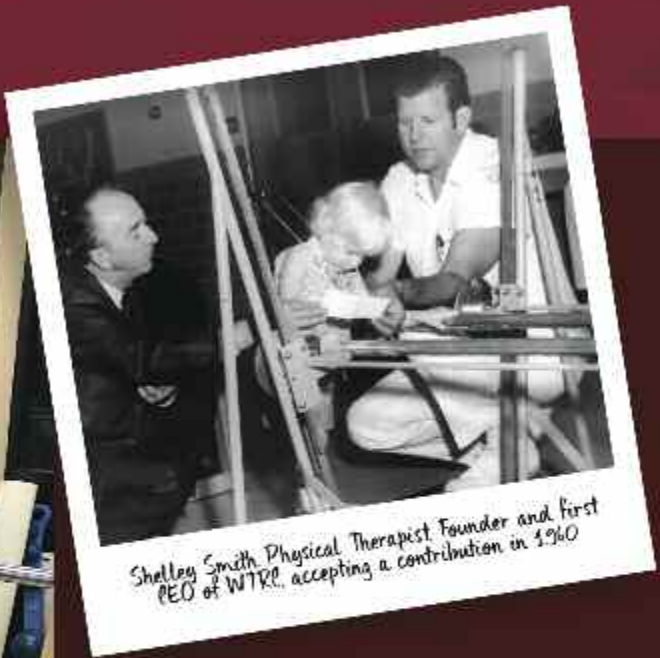
--With that, the new trio lock eyes and smile, sharing a silent moment of realization before Jennifer sums up their happiness: “I think we all know we have something special.”

CALENDAR of EVENTS ABILENE DATES, KARLA @ 325.793.3507 / SAN ANGELO DATES, JENIFER AT 325.223.6313

1 January 19th:	Rehab 2019 Telethon/Auction - Abilene Convention Center, 6pm
2 February 1st-28th 16th	Hearts Remembered: Hospice of the Big Country - Mall of Abilene Round Up of the Heart - Breckenridge, 6pm
3 March 21st 22nd-24th	Stribling Art Extravaganza Preview Party, 6pm Fort Concho Stribling Art Extravaganza, Fort Concho
4 April 5th-6th 6th-7th 13th 14th 25th	Snooker Under the Lights & Crawfish Boil - 3-11pm - Abilene Clay Sports Top Gun Sporting Clay Shoot by Capital Farm Credit - Abilene Clay Sports Spring Chicken Run 5k - Behind First Financial Bank on Knickerbocker - Registration 4pm, Run/Walk 5pm Spring Chicken Affair, First Financial Bank Knickerbocker, 11am Inagural Dancing with the Stars - San Angelo
5 May 7th TBD	Abilene/San Angelo Gives C.A.S.T. - Fort Phantom Lake - Abilene
6 June 4th-6th 11th-13th 15th 18th	Abilene Camp Rehab San Angelo Day Camp HOBC Butterfly Release @ 11:00am - Nelson Festival Garden Lamb & Goat Sale: Wylie Ag Barn
7 July 2nd	Stamford Art Show Preview Party, Stamford
8 August TBD 17th 22nd or 29th 24th	Remembering When Dinner Show, Brownwood, 7pm Sonora Sensation, Sutton County Civic Center, 6pm REHAB Summer Dinner Show, Abilene Civic Center, 6:45pm Round-Up Kick-off BBQ - Fort Chadbourne, 6pm
9 September 5th 10th 13th 19th 27th	Round-Up Supper Christoval/Eldorado, Bar H Ranch (Helmers), 6pm Round-Up Sale - Abilene Auction Round-Up Lunch Ballinger, First National Bank of Ballinger, 11:30am Round-Up Sale - San Angelo, Producers Rehab's HOBC Golf Tournament - Fairway Oaks Golf course Abilene
10 October 1st, 2019-1/20/2020 2nd 12th TBD 7th 19th TBD TBD TBD	Round Up Cotton Project Round-Up Coleman Sale Round-up Stephenville Round-Up Dudley Brother Pig Sale - Wylie Ag Barn Round-Up - Ozona / Goat Roper's Gala - Community Center Round-Up Powell Bull Sale R.A. Brown Bull Sale - Throckmorton Fall Rehab Dinner Show - San Angelo
11 November 5th 7th TBD TBD	Round-Up Sweetwater Shrimp Peel - Nolan County Annex Hospice of the Big Country Candlelight Memorial Service, Logsdon Chapel HSU, 6:30pm Frank Caraway Sporting Clays Classic, San Angelo, Claybird Association, 9am Quilt & Afghan Brunch, San Angelo - WTRC
12 December 7th 7th 14th TBD TBD	Round-Up Danny Isbell Memorial Rehab Jackpot Show, Wylie Ag Barn Round-Up Big Country Christmas Ball, The Coliseum Snyder Quilt Brunch, Abilene - WTRC HOSA Candlelight HOSA Light Up a Life



TBD: To Be Decided All dates subject to change. Please check WestTexasRehab.org throughout the year for updates.



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- Pacesetters Fitness Program
- Retired & Senior Volunteer Program



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BROADCAST LIVE: Abilene (KTAB), San Angelo (KLST), Corpus Christi, Midland/Odessa, Lubbock, Amarillo, Waco/Temple/Bryan, & Lawton, OK

The annual internet auction has more than 500 items, in over 19 categories, with merchandise and services provided by friends and businesses, with a retail value of over half a million dollars. The auction is open now and taking bids, which will be accepted until midnight on January 19th. Auction items will be on display at the Abilene Convention Center beginning at 6 pm on the 19th. Be sure to check the auction often as new items are added daily.

Corporate Partners: *Capital Farm Credit, Black Plumbing, and Maverick Saw Cutting and Core Drilling.*
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In addition to *Ricky Skaggs* and *Runaway June*, Charlie Chase, longtime co-host of the popular “*Crook and Chase*” talk show on the Nashville Network will return to anchor the ‘Rehab 2019’ host desk. Texas legend and cowboy poet, Red Steagall, will be back along with The Boys in the Bunkhouse. Rion Paige, of *X-Factor* Fame will be joining us again this year to sing. ESPN Rodeo reporter and Wrangler representative Jennifer Douglas Smith and Abilene native Braid Blanks will be live with our patient stories and interviews from stage. Brad Maule (General Hospital) and Twyla Foreman will also perform.

Special activities will be set up for kids in the foyer area of the Abilene Convention Center.

Our friends at *Red Chain Feed* will be selling BBQ sandwiches in the exhibit hall.

LIVE STREAMING: WestTexasRehab.org **INTERNET AUCTION:** WestTexasRehab.org -or- **HANDBID App** (search “Rehab 2019 Telethon”)

The 2019 REHAB Telethon & Auction raises more than one-million-dollars making it possible for the *West Texas Rehabilitation Center* to serve more than 650 patients each day regardless of their financial circumstance

2019 Board of Director Officers

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Vice-Chairman, San Angelo: Carol Ann Bonds, PhD
Secretary: Tiffany Wagstaff
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Medical Director: Dr. Jay Capra

CAPITAL WISHLIST

SITE	DEPARTMENT	DESCRIPTION	QUOTE
SA	Audiology	Pneumatic Exam Chair	3,100.00
SA	O & P	New solid counter tops, 2 solid surface sinks and faucets (plaster room) Replace sink and faucet and counter top (Cast Room)	4,000.00
AB	Hospice	Scoop Mattress (Quantity 15)	2,506.65
SA	IR	Drug Screen Chain of Custody Cabinet	2,210.00
OZ	PT/OT	N-K Delux Electric Hi-Lo Table	2,395.00
AB	Pedi OT	Social Group Room Kitchen Play Set, Switch Music Box, Treatment Card Sets	2,883.32
AB	Pedi PT	Pathway SEMG System	2,505.00
SA	Adult PT	SportsArt Upright Cycle w/20 Resistance Levels	1,770.00
AB	Adult PT/OT	Blood Flow Restriction Therapy System	4,995.00
SA	Adult OT/PT	Blood Flow Restriction Therapy System	4,995.00
AB	Pedi PT	High Low Treatment Table	2,021.68
SA	Adult OT	Lightforce Laser Therapy System	33,500.00
SA	Adult OT	New Mindray M1 Portable /include linear & convex probes, trolley cart	19,750.00
AB	Pedi PT	Therapy/Nesting Bench	2,584.32
SA	O & P	Powered Parallel Bars	4,850.00
SA	Adult ST	Iowa Oral Performance Instrument (IOPI)	2,120.75
SA	Audiology	Vivosonic ABR - Infant hearing evaluation system	19,400.00
AB	Pedi OT	Sensory Quite Room Equipment- Light Wall Pannels	7,117.75
OZ	PT	Triton DTS Advance Traction Table (Vonco)	9,258.00
AB	Pedi PT	Vital Signs Monitoring System	2,429.68
AB	Pedi OT	Treatment Chairs for food school program	2,421.00
AB	Pedi ST	Green house and supplies for Horticulture Therapy Program	2,357.00
SA	Audiology	Micromedical Air FX Caloric Irrigator	7,375.00
SA	Pacesetter	Elliptical Trainer	2,520.00
SA	Audiology	High HZ Option-HF Tinitus Evaluation System	1,775.00
AB	Adult PT/OT	OCCUPRO FCE Software	13,225.00
AB	Pacesetter	Fitness Equipment for Pacesetters Program	17,500.00
SA	Adult OT	Stero Optical Vision Screener	7,225.00
SA	Pedi	Cabinets (13) for Speech Rooms and Hallways	2,599.87
SA	Adult PT	Natus Balance Master	109,436.25
		Total to Fund	300,826.27

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