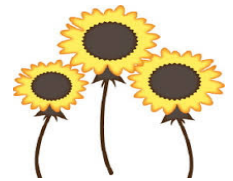


VOLUNTEER

news



August
2018

A Newsletter for the Shepherd Auxiliary & Volunteers

Five Questions about the AJC Peachtree Road Race with Wheelchair Racer Talbot Kennedy

By: Drew Jubera

This was Talbot Kennedy's sixth year participating in the AJC Peachtree Road Race, a 10K run whose route passes right in front of Shepherd Center. A former patient who sustained a spinal cord injury during a high school trampoline accident in Memphis, Tennessee, Talbot, 33, is now a peer support liaison at Shepherd Center. We talked with him a week before the big race.

Q: How tough a race is the Peachtree?

Talbot: I do a lot of 10K wheelchair races and this is one of the harder ones. The first half is pretty easy, it's mainly downhill, until right about when you get to Shepherd Center. That's where it becomes what they call Cardiac Hill. But passing Shepherd is my favorite part even though it's the hardest part. You see all the patients and therapists and friends and families out there supporting you. It's tough not to stop and start talking with them. It's definitely the best part of the race.

Q: Do you have a training routine?

Talbot: Because I'm on the USA Wheelchair Rugby team and we're in the middle of our season, I do a lot of training in my rugby chair. But I'll go out to the Silver Comet Trail and push in my racing chair for about seven miles. I also get on rollers (a kind of treadmill for chairs) at Shepherd and train for 35 to 40 minutes. The Sunday before the race some of us go out and do the actual course. That's when we notice if there's any potholes we have to watch out for on race day.

Q: Any pre-race rituals?

Talbot: The night before I like to have pasta – I'm a pasta guy anyway but I load up on carbs. I also make sure my equipment is ready to go, there's nothing worse than being ready on race day and finding you have a flat tire. So I make sure my tires are aired up and look over my wheelchair -- make sure the compensator and handle bars are all good. In the morning, I usually have a fruit smoothie I bought the night before, and bananas and apples and muffins. I definitely like to eat. I know some racers just drink a cup of coffee and go do it but that's not me.

Q: What's your race strategy?

Talbot: There are a few people who are definitely faster than me in the T52 division (one of two divisions for racers with quadriplegia), so I do have a strategy. At the start of the race, it's flat or slightly uphill for about a mile, and I'm thinking in my head if I can just hang with those guys until we go downhill, the rest of the race will go pretty well. Then when we go downhill I'm usually with a teammate, and I just let it go as fast as possible. We may or may not draft on each other, but there's not too much of an advantage because everyone's pretty much going to stop when we get to the bottom of Cardiac Hill. Once you get up the steepest part, that's when you know you're going to be tired, so the hardest part of the race for me is to keep going until 10th St. – I just push through it. Then it's pretty much downhill from there. Usually by then there's somebody who's trying to catch you, or who you're trying to catch, and that's pretty good motivation. But at that point I just want to get to the end quickly, get to brunch and celebrate.

Q: How does it feel to finish the Peachtree?

Talbot: It's definitely an accomplishment every year. Last year was my fastest, 32 minutes, and I'd love to beat that this year. But one of the biggest things for me when it comes to wheelchair racing or rugby or whatever sport, is we're all out there competing to win and beat each other, but when it's all over the best feeling is that we've all done it together.



Above: Shepherd Center Resource Specialist and Peer Liaison, Talbot Kennedy, crosses the finish line during the wheelchair division of the AJC Peachtree Road Race.

from the AUXILIARY PRESIDENT

Dear Shepherd Auxiliary and Peach Corps Members,

During the summer months, our Shepherd Auxiliary and Peach Corps has been busy "touching lives, making a difference." Some members volunteered at Shepherd Center, while others donated requested items or introduced their family and friends to our meaningful work. Committee meetings, activities and events were thoughtfully planned and well attended. Through fundraising efforts and kind donations, the Emory Schwall Patient Aid Fund fulfilled special needs for patients and families. There are many ways our dedicated members serve the Shepherd community, each worthwhile and fulfilling. It is a privilege to work alongside you as you give your time, talents and treasure to help patients as they seek to "reclaim their lives with dignity, independence and hope."

We look forward to two wonderful Auxiliary sponsored events in August.

- The Summer Soiree, our annual membership social, is only days away! We hope to see you August 11, 7 - 10 p.m., at the home of Elaine and John Carlos. A fabulous evening of great food, wine and dancing by the pool to the music of "Lilac Wine" has been planned to kick off our year as we introduce guests to the events and activities of the Auxiliary and Peach Corps.

- BINGO, Saturday, August 18, 2 - 4 p.m., in the Callaway Auditorium is always an afternoon of great fun for patients, families and volunteers. The Sunshine Committee needs prizes and snacks. For details, contact Karen Martin, kjmartin80@bellsouth.net or Jeannie Worlock, wsingingj@aol.com.

The 2018-2019 Shepherd Center Auxiliary and Peach Corps directories have been mailed. Please review your information and verify it is correct. If you did not receive your directory, or if your information needs to be updated, contact Alex Seblatnigg at alex.seblatnigg@shepherd.org.

On behalf of the patients and families, I would like to thank each of you who donated DVDs to the Family Lounge. Throughout the year, new or used DVDs rated G, PG and PG13 can be dropped off with Alex Seblatnigg, Volunteer Services or with Gale Eckstein, Family Support Services. This is a great way to provide entertainment for patients and families.

Thank you for your kindness, caring and participation in Auxiliary, Peach Corps and Shepherd Center activities. Your involvement truly makes a positive difference for our patients and families. I hope to see you at our special, fun-filled August events.

With love and gratitude,

Ruth

Ruth Langsfeld

RLangsfeld@gmail.com



Above: Auxiliary members gathered in June to mail membership directories and invitations to the Summer Soiree. Front row (l-r): Linda Morris, Kathy Swinford, Kaye Jones. Back row (l-r): Phyllis Smith, Kathy Rickert, Andrea Howells, Dianne Key.



Upcoming Auxiliary Events

2nd Annual Summer Soiree
Saturday, August 11
7 to 10 p.m.
Home of Elaine and John Carlos

Bingo
Saturday, August 18
2 to 4 p.m.
Shepherd Center
Callaway Auditorium

Volunteer Spotlight: Stanis McKinney

Stanis McKinney's life history includes catastrophic injury, and he is glad to have survived so he can help others. Born and raised in Arkansas, Stanis was the second of four children and witnessed his mother doing different types of volunteer work over the years. Stanis has always liked music, and he enjoyed playing trumpet in the high school marching and symphonic bands. He also participated in various volunteer projects through his Boy Scout troop and later helped his uncle on projects as he served in the Jaycees. After graduating from high school, he went to college at Arkansas State where he discovered he had a talent for putting together costumes, singing and acting. This led him to perform in theatrical productions. He later went to travel and hospitality school in Memphis, Tennessee and after graduating from that program, he came to Atlanta to work in the hospitality industry during the 1996 Olympics. Moving in a new career direction, he landed an apprenticeship at Saks Fifth Avenue's hair salon, and he enjoyed being in the beauty industry for several years.

In 2007, Stanis was standing behind a car when it rolled backwards, pinning him to a loading dock. The impact caused multiple injuries, including cutting his femoral artery, causing him to lose 60 percent of his blood. Having sustained a brain injury, he spent many weeks in a coma at Grady Hospital. During his long rehabilitation, both his therapists and case manager suggested he volunteer at Shepherd Center, and the idea took hold. When he came for his volunteer interview it was easy for Stanis to choose what area he would serve in. He had worked at a gym years before, so he was familiar with some of the exercise equipment used here and knew how to keep everything orderly and clean. For over two years, Stanis has served as a gym runner in our outpatient program gym, restocking all the essentials for the therapists and disinfecting the equipment. The therapists also like to use him to assist in engaging the clients, such as helping them play games in the fine motor skills room or joining in on Friday morning volleyball games.

Kelly White, exercise physiologist, shared that she never has to ask Stanis to do anything and he always has a smile on his face. "Before we even have the chance to clean up after ourselves, he's already grabbed everything and put it away!" Samantha Comfort, a therapy aide in the gym, comments that he is smart, funny and she loves having him around. Stanis admits that he continues to struggle with leg pain from his injury years ago, but nevertheless, he gets great joy out of helping in the outpatient program gym two days a week. "There's such positive energy here. The people I work with are always friendly and nice, and I love the graduation ceremonies when the patients are being discharged. I feel happy when I'm here." We are glad to report that through his continuing faithful service, Stanis is spreading that same happiness to clients and staff alike!



Above: Stanis McKinney helps therapists and patients by keeping equipment clean in his role as an outpatient gym runner.

MONTHLY TOURS OF SHEPHERD CENTER

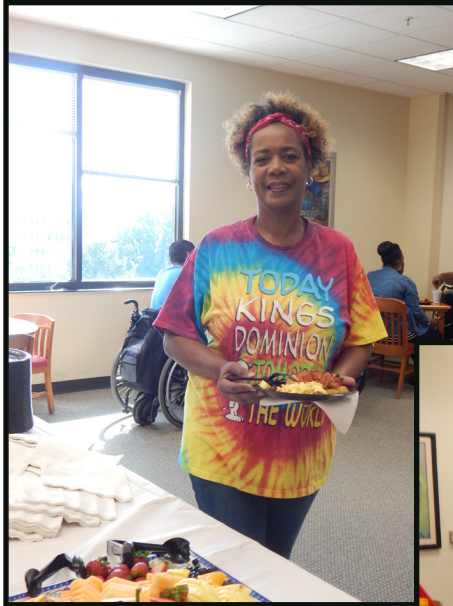
To sign up, contact Gale Eckstein at

gale.eckstein@shepherd.org or 404-367-1351.

Upcoming tour dates: September 13, October 4, November 1



spotlight



Above: Family member Joyce McBride enjoys a brunch sponsored by A.R. National Short Term Housing.

Right: Buckhead Wright’s Florist delivered cheery arrangements to each patient as part of Teleflora’s annual Make Someone Smile week.



Left (l-r): Assured & Associates employees Susan Monroe and Ruby Brown visit with Marie Bagnon and her parents, Richard Frank and Maria Campo, during a brunch sponsored by the company.



Shepherd Center

2020 Peachtree Road, NW
 Atlanta, GA 30309-1465
 404-352-2020 shepherd.org

VOLUNTEER news

Sarah Batts, Executive Director, Shepherd Center Foundation
 Alex Seblatnigg, Director, Volunteer Services
 Alaina Case, Volunteer Services Coordinator
 Gale Eckstein, Family Support Services Coordinator
 Newsletter Co-editors: Alaina Case and Gale Eckstein

Membership in the Shepherd Center Auxiliary, Peach Corps, SCS, and Junior Committee is open to all volunteers. Members provide ongoing fundraising and volunteer support to Shepherd Center. For more information on becoming a member of one of these groups, contact Alex Seblatnigg at (404) 350-7315 or visit www.shepherd.org.

Shepherd Center’s mission is to help people with a temporary or permanent disability caused by injury or disease rebuild their lives with hope, independence, and dignity, advocating for their full inclusion in all aspects of community life while promoting safety and injury prevention.