

MEDICAL TREATMENT • RESEARCH • REHABILITATION

Shepherd

Center Spinal Column®

A man and a woman are sitting on chairs in a clinical setting, playing acoustic guitars. The woman is on the left, wearing a light blue shirt and glasses, and the man is on the right, wearing a white shirt and red pants. They are both smiling and looking at each other. The background shows a clinical room with a blue examination table and a computer monitor.

DREAMING BIG AFTER A STROKE

When a stroke strikes a person in the prime of their life, Shepherd Center provides specialized rehabilitation to help patients make a comeback.

ALSO INSIDE

KEEPING PEOPLE WITH MS IN THE WORKFORCE + CELEBRATING
MILESTONES THROUGH REHABILITATION + GETTING BACK TO NATURE

Shepherd Center Magazine: Spinal Column®

Fall 2016

Shepherd Center
2020 Peachtree Road, NW
Atlanta, Georgia 30309
404-352-2020
magazine@shepherd.org
news.shepherd.org

Editor

Kerry Ludlam

Design

Soloflight, Inc.

Contributing Writers

Sara Baxter, Natalie Beard, Amanda Crowe,
Leslie Jackson, Phillip Jordan, Kerry Ludlam,
Dean Melcher, Jane Sanders, Mia Taylor,
David Terraso

Contributing Photographers

Minh Doan, Christina Edwards, Louie
Favorite, Teresa Foy, Ross Henderson,
Drew Oswald, Phil Skinner

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Gary Ulicny, Ph.D., President and CEO
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Rooker, Clyde Shepherd III, J. Harold
Shepherd, James H. Shepherd III, James E.
Stephenson, James D. Thompson, Goodloe
H. Yancey III^{*}

^{*} Ex Officio

[†] Emeritus

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*About the cover: Shepherd Center helps
patients, such as Amelia Holley, get back
to pursuing their dreams after stroke.*

Photo by Louie Favorite



Spinal Column® A LETTER FROM JAMES SHEPHERD

Dear Friends,

As the weather turns colder, leaves transform and holiday celebrations fill the calendar, I am reminded that things are always in flux. Here at Shepherd Center, we, too, are in a season of change.

Shepherd Center's long-time president and CEO, Gary Ulicny, Ph.D., is retiring this spring after 22 years. Gary's influence on Shepherd Center is indelible. He has led us through several expansions, the addition of life-changing programs and our climb up the rankings as one of the country's top hospitals for spinal cord and brain injury rehabilitation. What means the most to me, though – and likely all of you – is the culture that Gary has helped foster every day, all day long. The warmth and pervasiveness of Shepherd Center's culture is no accident, and I am grateful Gary has never wavered in his commitment to sustain an organization that is known for its passion and dedication and for putting patients and their families first.

As we approached our search for a new president and CEO, we were fortunate that we did not have to look any further than our own Sarah Morrison, PT, MBA, MHA, our vice president of clinical services, who has been a vital part of Shepherd Center's team since 1984. Our future is bright with Sarah, and she has the experience and skill to lead us as we continue to exceed national standards and navigate a changing healthcare environment. She is well-poised to help us deepen the culture already so embedded at Shepherd Center.

Also changing is the healthcare landscape – the business aspects of our organization we have to plan for and address wisely. The amount we are reimbursed for the services we provide is likely not going to increase, so we have to be creative and ask for help in being able to fund hallmarks of Shepherd Center like recreation therapy, technology, research, housing and transportation. We hope that as this year ends and the new year begins, you'll think of Shepherd Center as you give financially and of your time and talent so we can assure our continued success and superior care.

In this issue, you'll meet patients, staff members and donors who have weathered beautifully the changes that life has given them. They have come out on the other side stronger, more determined and grateful for the road that lies ahead. Best wishes for a hopeful, healthy 2017.

Warm regards,

James H. Shepherd, Jr.
Chairman of the Board

Fall 2016 • Shepherd Center

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PHOTO BY LOUIE FAVORITE

Patients such as Roger Brathwaite are able to continue pursuing their dreams after stroke rehabilitation at Shepherd Center.



See news.shepherd.org
for additional online content.

Gifts of Generosity

If you would like to make a gift to support the work you have read about, please contact Jon Roxland at the Shepherd Center Foundation at 404-350-7314 or visit shepherd.org.

Shepherd Center CEO Announces Retirement, Hospital Names Successor

After 22 years as president and CEO of Shepherd Center, Gary Ulicny, Ph.D., has announced his forthcoming retirement on March 31, 2017.

Also, James Shepherd, co-founder and chairman of the board of Shepherd Center, announced that the hospital's vice president of clinical services, Sarah Morrison, PT, MBA, MHA, will assume the role of president and CEO on April 1, 2017.

"Gary Ulicny has led Shepherd Center through a period of tremendous growth and success," Shepherd says "He has fostered a culture of excellence that Sarah Morrison will carry on. She has the experience and skill to help us continue to exceed national standards as we navigate through a changing healthcare environment."



Gary Ulicny, Ph.D.

During Dr. Ulicny's tenure, Shepherd Center has:

- for 16 years been ranked by *U.S. News & World Report* as one of the best rehabilitation hospitals in the nation;
- been presented with the Edward Loveland Award for Distinguished Contributions in Healthcare by the American College of Physicians;
- selected as the Hospital of the Year by the Georgia Alliance of Hospitals;
- been named one of Atlanta's Best Employers by the *Atlanta Business Chronicle* and *Atlanta* magazine;
- enjoyed a Spinal Cord Injury Model Systems designation by the National Institute on Disability, Independent Living and Rehabilitation Research.

As vice president of clinical services since 2012, Morrison has worked closely with Dr. Ulicny as she's directed operational and financial management of patient care. Now, to ensure a smooth transition in leadership, Morrison will spend the next several months working alongside Dr. Ulicny, preparing to assume her new role.

"For the past 22 years I have had the pleasure and honor of leading Shepherd Center," Dr. Ulicny says. "None of our success could have been possible without the dedication and commitment of our board, senior managers, physicians and staff. I will leave with my head held high knowing that Shepherd Center has had a significant impact on so many lives and comforted by knowing that it will now be in Sarah Morrison's capable hands."

Before assuming the role of vice president of clinical services, Morrison served as director of the Shepherd Center Spinal Cord Injury Program, which serves nearly 600 inpatients from across the



Sarah Morrison, PT, MBA, MHA

nation each year. Before that, she worked at Shepherd Center as a director of the medical surgical and ICU program, spinal cord injury day program manager, physical therapy supervisor and physical therapist.

"I am honored to have the opportunity to lead Shepherd Center into the future," Morrison says. "In my 32 years at Shepherd Center, I have witnessed significant growth while Shepherd continues to raise the bar for improving quality. My tenure at Shepherd Center gives me a historical foundation of the organization, but more importantly, it gives me the ability to maintain our unique culture that drives our exceptional outcomes and ability to achieve our mission."

Morrison earned her bachelor's degree in physical therapy from the University of Miami, where she graduated summa cum laude. She received master's degrees in healthcare and business administration from Georgia State University, where she received the Max G. Holland scholarship for the highest grade point average in the graduate business program. *

Injury Prevention Launches Public Service Announcements

Some famous friends and supporters of Shepherd Center feel so strongly about injury prevention that they have assisted our mission by recording public service announcements (PSAs). They want everyone to stay safe on the road and in the water.

In the first series of PSAs, University of Alabama football Coach Nick Saban, who has visited Shepherd Center patients on a number of occasions, urges viewers to drive alert and sober, and he asks you to enter the water feet first, rather than diving head first. He is committed to preventing spinal cord and brain injuries, just as Shepherd Center is.

In the second series, University of Georgia coaches will be delivering similar injury prevention messages. This series begins with a PSA from UGA basketball Coach Mark Fox urging drivers to drive distraction free.

To view the PSAs, visit shepherd.org/resources/injuryprevention/psa *



University of Alabama football coach Nick Saban has recorded a series of injury prevention PSAs on the dangers of diving and distracted driving.

Shepherd Center to Expand SHARE Military Initiative with Funding from Marcus Foundation

Shepherd Center plans to double the capacity of its SHARE Military Initiative when the program moves into Shepherd Center's new building at 80 Peachtree Park Drive – a move expected to occur in the first half of 2017. Shepherd Center's purchase of the 15,000-square-foot building was made possible by a \$3.8 million gift from the Marcus Foundation.

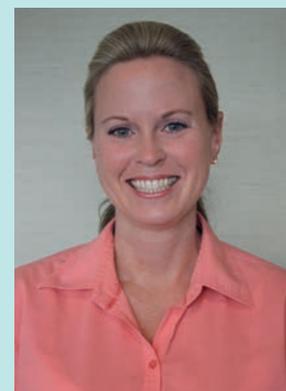


SHARE, which launched in 2008 with funding from the Marcus Foundation, is a comprehensive rehabilitation program that focuses on assessment and treatment for service men and women who have sustained a mild to moderate traumatic brain injury and PTSD while serving in post-9/11 conflicts. With the expansion, the goal is to be able to treat up to 100 SHARE clients annually – doubling the program's reach.

The Peachtree Park Drive facility also will house a complex concussion clinic, which is a new initiative for Shepherd Center. Led by Russell Gore, M.D., SHARE medical director, the clinic will focus on patients who have sustained concussions, but have not recovered fully within a typical timeframe and/or those who have experienced complications. *

Shepherd's Laurie Nash, Ph.D., Receives APA Division 22 Early Career Practice Award

The American Psychological Association, Division 22, Rehabilitation Psychology, has awarded director of psychology Laurie Nash, Ph.D., ABPP, with the 2016 Early



Career Practice Award. This annual, national award is given to individuals in their first 10 years since licensure who have made a significant contribution to practice in the area of rehabilitation psychology. *

New Research at Shepherd Center Seeks to Help People with Multiple Sclerosis Stay Active in the Workforce

BY AMANDA CROWE, MA, MPH

FINDINGS AIM TO YIELD NEW INTERVENTIONS AND IMPROVE WORKPLACE CONDITIONS.

For many of us, working is a major part of our identity and sense of purpose. But for the estimated 400,000 Americans with multiple sclerosis (MS), staying in the workforce can be challenging.

To help people with MS maintain or regain employment, Shepherd Center has been selected to help conduct a new study to identify the factors that either support or hinder someone's ability to work after diagnosis. The ultimate goal is to design useful interventions and programs, tailor vocational counseling and educate policymakers and employers to help people with MS stay employed.

"It is one of the most comprehensive studies of MS and employment to date," says James Krause, Ph.D., principal investigator for this study and long time Shepherd Center research collaborator who is a professor and associate dean for research at the College of Health Professions at the Medical University of South Carolina (MUSC). "We are not just focusing on whether someone is employed. Rather, we're investigating all aspects of employment – things like earnings, promotions, job satisfaction – and we're trying to see what circumstances lead to the best employment outcomes throughout the lifetime, not just a single point in time."

Researchers will examine detailed demographic and employment information, as well as symptoms, how they may play a role, if patients disclose they have MS, acceptance in the workplace, if accommodations have been made and other factors. The survey was developed based on feedback from 74 patients with MS who took part in focus groups conducted at Shepherd Center, MUSC, and in four Ohio cities and towns through the MS Society in 2015.

This study is part of a larger effort called Successful Employment and Quality Work Life after Severe Disability. It is an extension of Dr. Krause's ongoing research in spinal cord injury (SCI), which Deborah Backus, PT, Ph.D., director of MS research at Shepherd Center, says has already led to meaningful changes for patients – something she hopes can be replicated for the MS community, too. The research is being funded by the National Institute for Disability, Independent Living, and Rehabilitation Research; the MS project is part of a larger grant to Virginia Commonwealth University.

MS symptoms can be unpredictable and invisible, especially when someone is in remission or does not have physical disability.



James Krause, Ph.D., (left) is a Shepherd Center research collaborator and professor and associate dean for research at the College of Health Professions at the Medical University of South Carolina (MUSC). Deborah Backus, PT, Ph.D., (right) is the director of MS research at Shepherd Center.

"It makes it difficult for people to understand what people with MS are up against," Dr. Backus says.

People with MS often struggle over whether to tell their employer about their diagnosis. On one hand, they worry they will be demoted or lose their job entirely if they choose to disclose their diagnosis. On the other hand, if they do not disclose it, they risk not getting the accommodations they need to successfully perform their job and, as Dr. Krause explains, their symptoms may be misconstrued as lack of interest or motivation.

"It can be a vicious cycle. For example, a person may lose some mobility, limiting their access to the areas in which they work; or they experience fatigue, but they don't have planned rest periods at work that may allow them to be more productive. Then they can't perform their job and may lose it," Dr. Backus says.

The decision about whether to continue working or to go back to work is often made too soon, experts say.

"With any disability, employment can be pushed aside in the short-term," Dr. Krause says. "But over the long term, employment is fundamental to adult life, and if you can't engage in it, there's going to be a void. We want to give people every chance possible to maintain that employment for as long as possible."

Researchers are optimistic the results of this study will help people with MS to thrive in the workplace by pinpointing the drivers of success. Results will be reported in 2017 and will include a comparison with SCI.

For more information, visit: <http://bit.ly/2bqyMA3> *

Q+A

LEANNE DENNIS, CTRS, CCM DIRECTOR, ABI POST-ACUTE PROGRAM SHEPHERD PATHWAYS

INTERVIEWED BY PHILLIP JORDAN

P
staff
profile

In her 26 years at Shepherd Center, Leanne Dennis has worked in recreational therapy, case management and administration. As manager of the brain injury post-acute program, she oversees the Shepherd Pathways outpatient rehabilitation program, Spring Creek House's 24-hour residential program and the SHARE Military Initiative for service members and veterans who have sustained brain injuries and PTSD.

Q: What inspired you to pursue a career in healthcare?

A: My mother was a nurse, and hearing her experiences convinced me that I wanted to do something in healthcare that would allow me to help people, too. My other big love is athletics. I played volleyball at the University of West Georgia, where I was probably the shortest recipient of a volleyball scholarship! I think those two desires combined and led me to study recreational therapy.

Q: What are the greatest lessons you learn from patients?

A: More than anything else, it's to never give up hope for recovery. People can continue to recover for a long time after brain injuries. I see patients progressing five, 10, 20 years after their injuries. Not giving up hope is what keeps them going. Their determination is amazing.

Q: Shepherd Pathways' facilities recently underwent a \$1.8 million upgrade. How have renovations enhanced your team's work there?

A: The best thing is that the renovations opened up more room in our therapy areas for families to be more engaged in treatment. We want family members to be hands-on and ask questions, and this renovation allows us to do that. We also expanded our gym and lobby waiting area, and added an automatic-open door and canopy at the entrance to make it easier for families to enter and exit. And next year we'll double the capacity of our SHARE Military Initiative when we move into a new building on Peachtree Park Drive in Atlanta.



Leanne Dennis, CTRS, CCM, right, is the director of the brain injury post-acute program.

The 15,000-square-foot building was made possible by a \$3.8 million gift from the Marcus Foundation. It's an exciting time for us!

Q: You were recently honored for 20 years of service as a leader of Camp BIAG (through the Brain Injury Association of Georgia). What has that experience meant to you?

A: Camp BIAG, in Winder, Georgia, is another special place. It's an overnight camp designed for adults with brain injuries. At the same time, we put on a camp for their caregivers. The point is to offer a break for everyone, where campers can be themselves and where caregivers can get some pampering, too. I'm the former camp co-director and I'm still involved every year – and every year, many Shepherd Pathways staffers volunteer as camp counselors. *

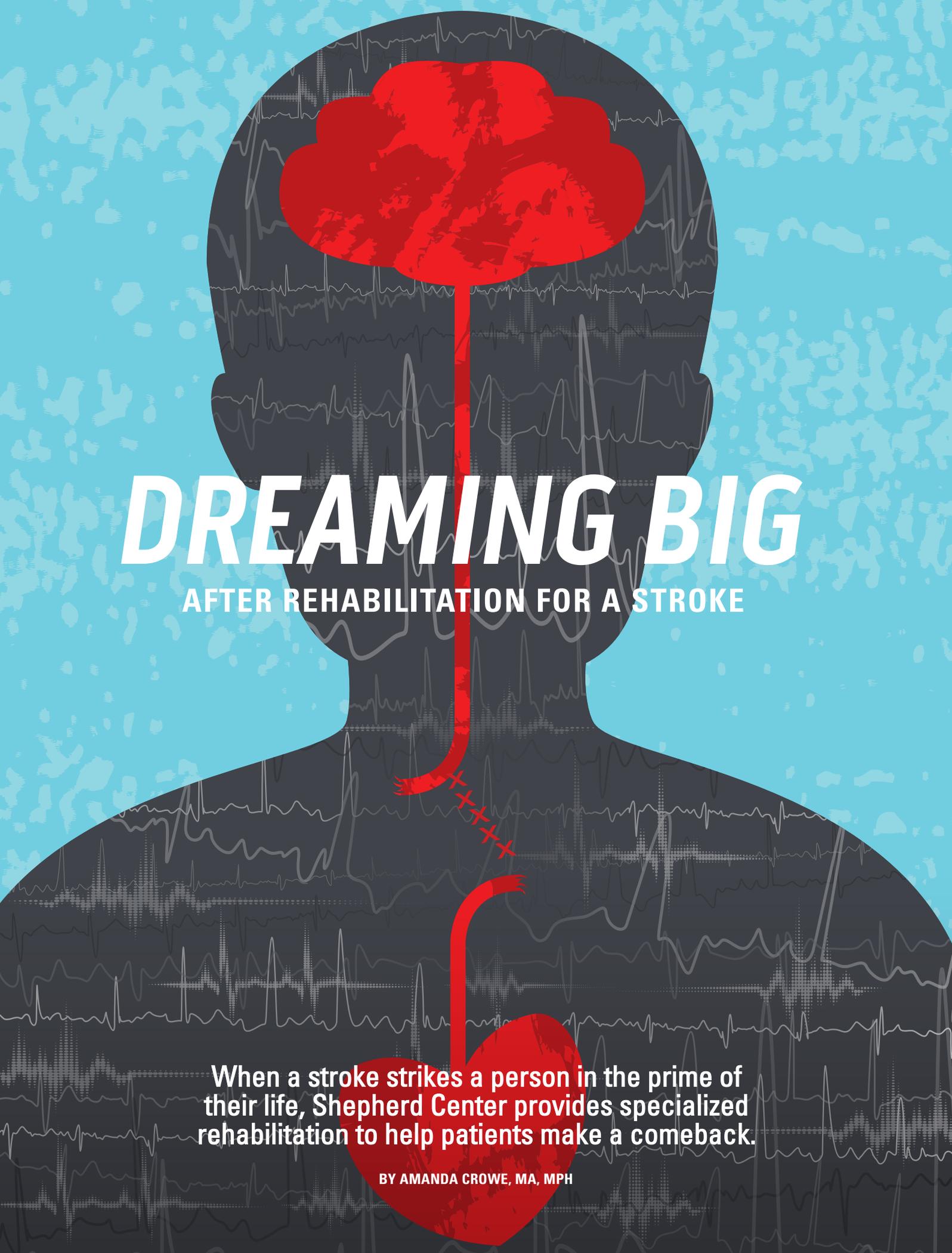
INTERESTING FACTS

EDUCATION:

University of West Georgia
B.S. in Recreational Therapy
Certifications in therapy recreation (CTRS) and case management (CCM)

FUN FACTS:

- Tennis is Leanne's sports passion now. Her team won the 2015 ALTA (Atlanta Lawn Tennis Association) City Finals. This September, Leanne was in New York City to watch the U.S. Open.
- She and her husband, Randy, have two daughters who share their mother's passions. Older daughter Rachel earned a sports scholarship, playing softball at Kennesaw State University. Younger daughter Amanda is a sophomore at the University of North Georgia, eyeing a career in healthcare.
- Ideal weekend: With family at Alabama's Lake Wedowee
- Dream vacation: Alaskan cruise



DREAMING BIG

AFTER REHABILITATION FOR A STROKE

When a stroke strikes a person in the prime of their life, Shepherd Center provides specialized rehabilitation to help patients make a comeback.

BY AMANDA CROWE, MA, MPH



Amelia Holley had walked this road plenty of times. At just 18, she was undergoing her 51st surgery to remove the extra fluid pressing on her brain. But this time was different. She was unresponsive after the procedure, and doctors soon discovered she'd had a stroke at some point either during or immediately after the procedure.

"I remember calling my husband and saying: 'Start praying. Something is very wrong,'" recalls Amelia's mom, Claire.

Amelia, an Atlanta native, was born with hydrocephalus and Dandy Walker syndrome. While stroke was always in the back of their minds as a possible complication, it wasn't probable.

Shepherd Center is uniquely equipped to help patients recover and get back to productive life through its comprehensive and integrated rehabilitation program, use of cutting-edge technologies, activity-based therapies, education, peer-to-peer support, community re-entry programs and post-acute care.

Her mom, a former nurse at Piedmont Hospital, knew her guitar-playing, fun-loving high school senior needed to get to Shepherd Center. It was here that she believed Amelia would have the best chance of a full recovery.

"I couldn't move or swallow, I wasn't able to speak very well and I was extremely confused," Amelia recalls. "But the minute I got to Shepherd Center, I came back into focus, and I felt I could live life and get back to my old self again."

When she arrived at Shepherd Center, her treatment team put her in a reclining wheelchair, helped her take a shower and gave her time with one of Shepherd Center's facility dogs – things her mom said other hospitals are often not equipped to do. What's more, Amelia had a highly specialized team behind her – doctors, nurses, neuropsychologists and therapists of all disciplines to provide tailored therapies – even music therapy to help her return to playing the guitar.

That day, Amelia began her road to recovery, which would include six weeks of inpatient care at Shepherd Center. She then transitioned to Shepherd Pathways, Shepherd Center's post-acute rehabilitation program for people recovering from brain injury.

STROKE AT ANY AGE

Shepherd Center treats about 140 people post-stroke a year. Their average age is just 47. Of these, many have had a stroke due to a previously undetected brain, heart or vascular malformation.

"Early and intensive rehabilitation is critical because we see the greatest rate of recovery in the first year, and these are people who have a lifetime ahead of them," says Payal Fadia, M.D., medical director of Post-Acute Brain Injury Services at Shepherd Pathways.

The concern that often weighs most heavily on the minds of these patients is fear of the unknown. They wonder what will come next.

"Anxiety related to the future and adjustment issues can be a major barrier to rehabilitation and recovery, and therefore counseling for

patients and their families to address coping strategies, in addition to stroke education, is a very important piece of the holistic and comprehensive approach we take at Shepherd Center," Dr Fadia says.

HONING IN ON WHAT MATTERS MOST IN SETTING GOALS

One thing that stands out about Shepherd Center is the time and care the rehabilitation teams take in getting to know patients.

"We center what we do around the patient and what they most want to get back to doing," says Susan Johnson, program director of the Shepherd Center Brain Injury Program. "It gives them so much hope, and they can see how the things we are doing in rehabilitation are affecting those goals."

When things get hard, she explained, they can remind themselves: "'I'm doing this because I'm going to be able to care for my child again, get dressed by myself or return to work or school.' It makes sense and draws upon what's important to them," Johnson says.

More than just restoring him physically, Seth Dickinson of Mantachie, Mississippi, credits the therapists and staff at Shepherd Center for restoring his hope.

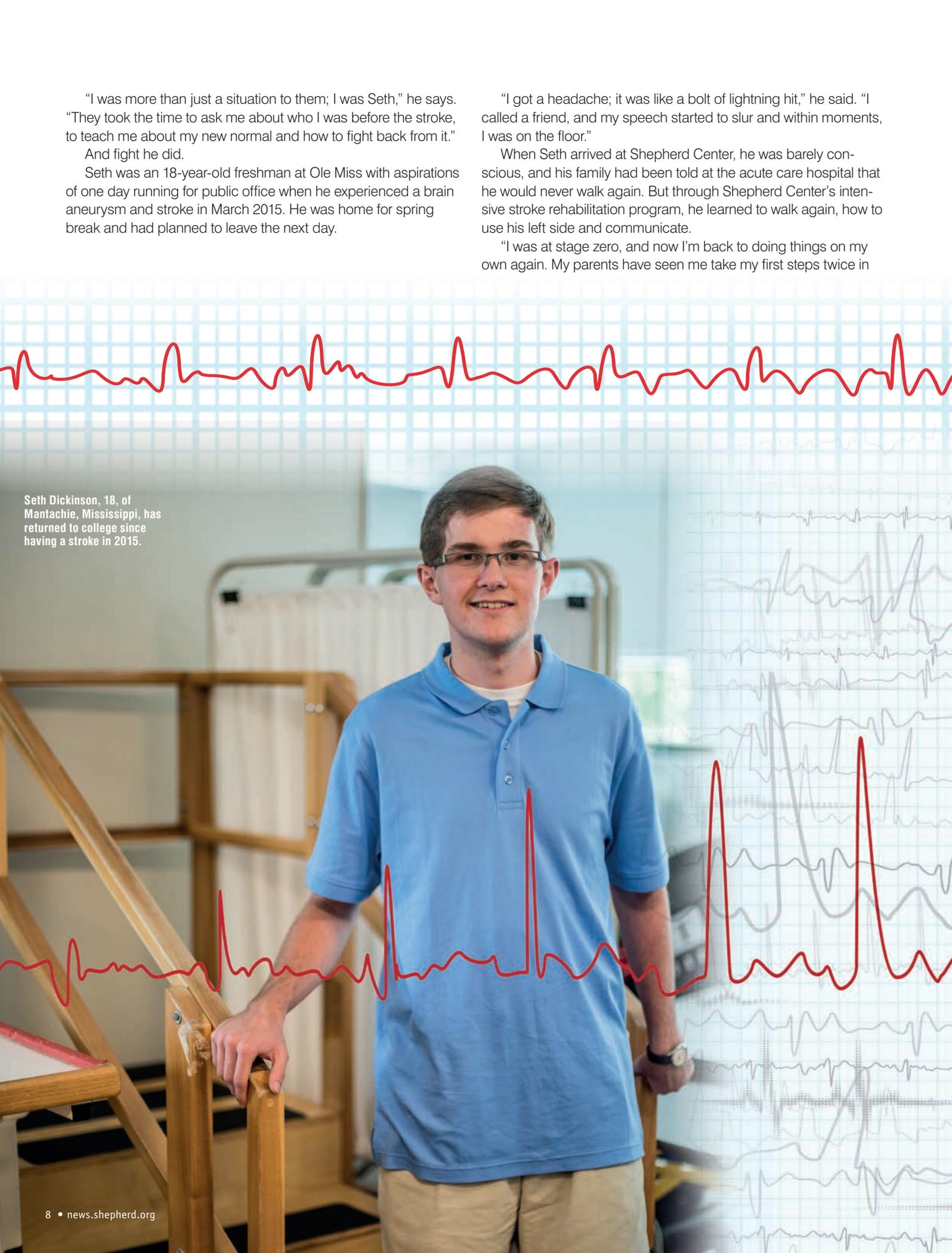
"I was more than just a situation to them; I was Seth," he says. "They took the time to ask me about who I was before the stroke, to teach me about my new normal and how to fight back from it." And fight he did.

Seth was an 18-year-old freshman at Ole Miss with aspirations of one day running for public office when he experienced a brain aneurysm and stroke in March 2015. He was home for spring break and had planned to leave the next day.

"I got a headache; it was like a bolt of lightning hit," he said. "I called a friend, and my speech started to slur and within moments, I was on the floor."

When Seth arrived at Shepherd Center, he was barely conscious, and his family had been told at the acute care hospital that he would never walk again. But through Shepherd Center's intensive stroke rehabilitation program, he learned to walk again, how to use his left side and communicate.

"I was at stage zero, and now I'm back to doing things on my own again. My parents have seen me take my first steps twice in



Seth Dickinson, 18, of Mantachie, Mississippi, has returned to college since having a stroke in 2015.



Amelia Holley, 19, of Atlanta, Georgia, practices driving skills on a driving simulator at Shepherd Pathways.

life,” says Seth, who recently returned to Shepherd Center for a reunion with friends he made while in therapy.

Less than six months after experiencing a catastrophic stroke, Seth was able to take a full load of online classes in the fall of 2015. He is now back on campus, where he is writing public policy and advocating for people with disabilities. He still has plans for a political career.

RETURNING TO A PRODUCTIVE LIFE

For Roger Brathwaite, a 46-year-old father of four boys from Atlanta, Georgia, not being able to return to his job continues to be a personal struggle.

“For people in the prime of their lives, getting back into the workforce is really important. It gives a sense of purpose and fulfillment,”

says Roger, who worked as an IT computer architect.

Discovered unconscious by his sons, Roger experienced a hemorrhagic stroke in December 2014. It left him unable to use his right side or even speak for a while.

Despite the tremendous strides he has made in his recovery – walking, being independent and learning to communicate again – Roger hasn’t been able to return to work.

“People say, ‘Relax, you’re on disability,’ but I think ‘What am I going to do for the next 40 to 50 years, something that is

meaningful and challenging?’” Roger says. “I still have some weaknesses in my brain, and I have to start thinking about my post-stroke life. I’m hopeful I will continue to make strides.”

Always a go-getter, Roger recently earned an MBA at the University of Georgia and is taking classes at Emory University to pursue a career in healthcare information technology. He also advises the Technology Association of Georgia and Georgia Tech.

Having an identity and being able to contribute to society is an important part of the recovery process, but it’s not always easy, Johnson says. Other people often don’t understand the challenges involved in recovering from stroke. Circles of support may

get smaller, which means work becomes even more important.

“Returning to work or school may

not look the same as before the stroke,” she says. “For any catastrophic event, you often need to learn strategies to support ongoing recovery. But there is life after stroke.”

Seth says when he finally got his bearings, he appreciated that the team educated him and his family about what had happened.

His team taught him skills for adapting. He soon progressed and took part in Shepherd Center’s return-to-school program, a model classroom that prepared him to return to college.

Stroke is the fifth leading cause of death in the United States and is a major cause of adult disability, according to the Centers for Disease Control and Prevention.



“For a long while, I was trapped in my body, but I had a mind that was as free as ever,” Seth says.

THE PEOPLE MAKE ALL THE DIFFERENCE

“They were always so positive and never let on that I wouldn’t be able to do things,” Amelia says of her rehabilitation team and experience. “The staff members are accepting of who you are. They take into account who you were before your stroke and get you back to the best you can be.”

Seth says in addition to the staff, group therapy and going through the experience with others who are in the same situation counts for a lot.

“I was able to relate and rely on them, and there was a real feeling that we are in this together,” he says.

KEEPING FAITH ALIVE

“I tell patients to take it one day at a time, but never give up. You have to keep fighting and stay true to your goals,” Dr.

Fadia says.

It’s a sentiment not lost on Seth, Roger or Amelia.

“They are all so positive and motivated and have wonderful support systems in place, which can be half the battle,” Dr. Fadia adds.

Amelia and her treatment team worked tirelessly to help retrain her left arm and leg until one day she was able to take a few steps on her own. She soon progressed to using a walker and now only needs a cane for safety and balance.

“It was amazing,” she says.

Amelia is back to playing guitar and is only 1.5 credits away from graduating high school after getting an A in her online math course. As she continues to make progress, her hope is to soon realize her dream of attending Belmont University in Nashville.

For Seth, while back at Shepherd Pathways to visit with friends, he noticed the Shepherd Center busses parked in a row. He commented on the words on the bus, which he’d never noticed before.

“Restoring hope and rebuilding lives,” Seth says, “I like that because it’s exactly what Shepherd Center does.”

For more information on Shepherd Center’s stroke rehabilitation programs, visit shepherd.org/stroke. *



Roger Brathwaite, 46, of Atlanta, Georgia, recently earned his MBA.

PHOTO BY LOUIE FAVORITE



More online at news.shepherd.org

STRIKING BACK AT STROKE

The average age of Shepherd Center patients treated following a stroke is just 47 years old – an age that makes it likely that the patient has had access to modern technology almost their entire lives.

That is one reason Shepherd Center uses a variety of high-tech therapeutic technologies as an important part of its rehabilitation program for people who have experienced a stroke.

“Shepherd Center treats patients of all ages, but often sees people who are on the earlier side of the spectrum for stroke, so technology is more comfortable for them,” says Lauren Greenfeld, PT, DPT, NCS, physical therapy manager in Shepherd Center’s inpatient Acquired Brain Injury (ABI) Program. “People tend to accept concrete feedback from a machine, and for today’s patients, technology can be really engaging because it has the ‘cool’ factor.”

Here’s a look at some of the technology Shepherd Center uses to help patients recover during rehabilitation for stroke.



1 WAVE

The WAVE machine offers full-body vibration and allows for improved strength, balance and flexibility, all of which can be affected by stroke. It also enhances blood circulation and can help restore muscle fibers that might have been damaged by stroke.

2 FES BIKE

Functional electrical stimulation (FES) bikes are in most gyms at Shepherd Center and Shepherd Pathways, the hospital’s post-acute program for people with brain injury. The bike uses FES to activate muscles for neuromuscular education, which is essential after stroke. The FES bike initially moves the patient’s legs for them as they build strength.

3 LOKOMAT®

A favorite of many Shepherd Center patients, the Lokomat is a body-weight supported treadmill training system with robotic legs. It is used with patients who have limited strength in their lower extremities. The Lokomat increases the intensity and volume of therapy that a therapist can provide to a patient on his or her own.

4 ARMEO®

The Armeo, found in gyms throughout Shepherd Center and Shepherd Pathways, is an exoskeleton for the arms. The Armeo assists hand and wrist exercises and active movement across a 3-D workspace that often resembles a video game. The Armeo also assesses the motor ability and coordination of a patient.

“Technology is useful in rehabilitation because it can integrate multiple systems at once, including vision, sensation, motor control, so it maximizes the time the patient is in therapy,” Greenfeld says.

Beyond the machines that you see in Shepherd Center gyms, patients who have had a stroke often use their phones, tablets and computers as part of their rehabilitation.

“Many times, the first functional use we see in patients is using their cell phone or iPad to communicate,” says Nicole Prevost, OTR/L,

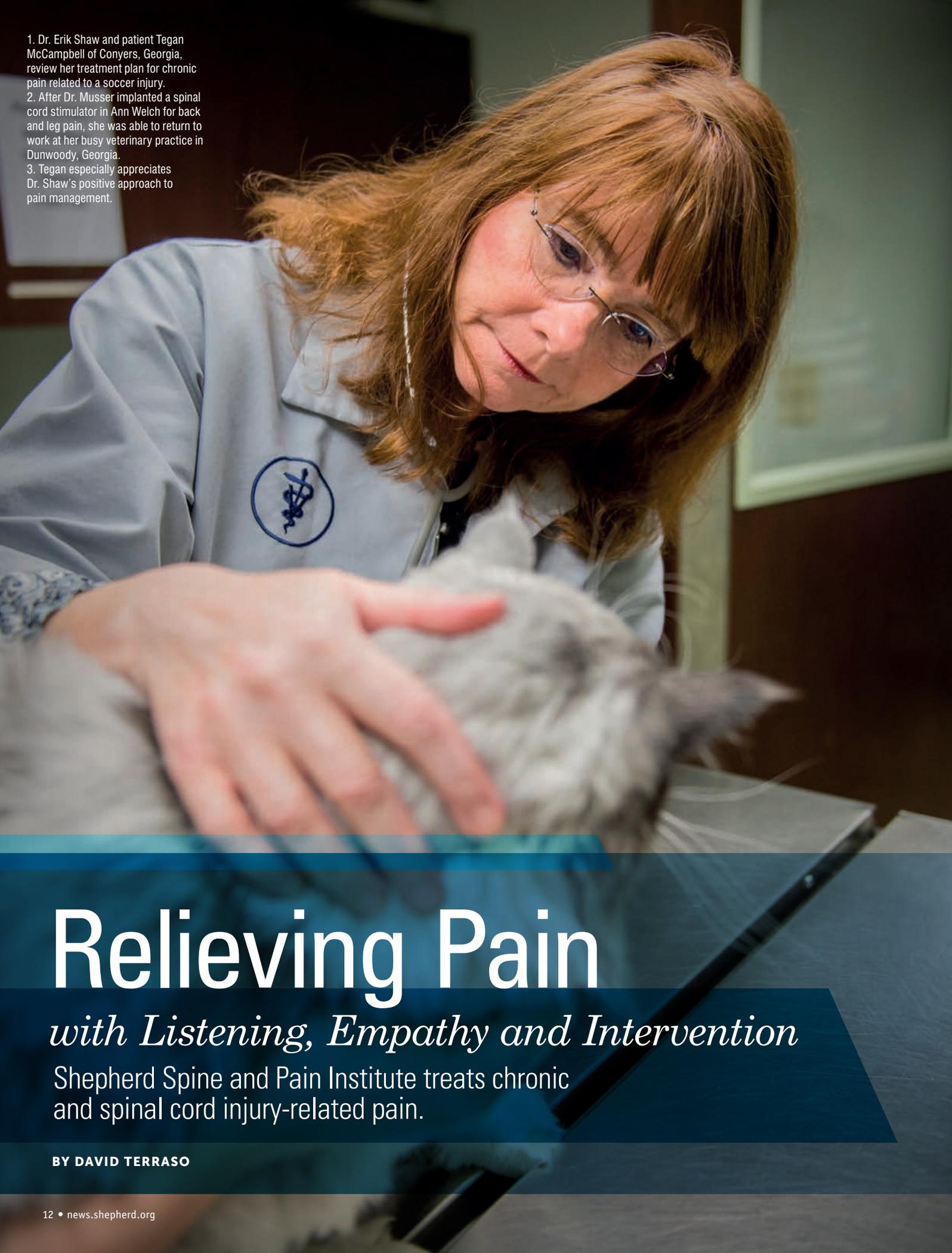
5 BALANCE MASTER

The Balance Master provides assessment and retraining of the sensory and voluntary motor control of balance with visual bio-feedback on either a stable or unstable surface and in a stable or dynamic visual environment, depending on the patient’s needs. It can mimic various environments found in a patient’s natural environment to measure the patient’s use of visual information to maintain balance.

occupational therapy manager in Shepherd Center’s ABI Program. “Beyond just communication, we use different apps and games to work on memory, scheduling and movement.”

Karen Patterson, M.S., CCC-SLP, inpatient speech therapy manager adds that many patients use individualized computer programs to track their progress in rehabilitation.

To read an extended version of this article, visit news.shepherd.org/dreaming-big-after-stroke.

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1. Dr. Erik Shaw and patient Tegan McCampbell of Conyers, Georgia, review her treatment plan for chronic pain related to a soccer injury.
 2. After Dr. Musser implanted a spinal cord stimulator in Ann Welch for back and leg pain, she was able to return to work at her busy veterinary practice in Dunwoody, Georgia.
 3. Tegan especially appreciates Dr. Shaw's positive approach to pain management.

Relieving Pain

with Listening, Empathy and Intervention

Shepherd Spine and Pain Institute treats chronic and spinal cord injury-related pain.

BY DAVID TERRASO



Pain can be one of the most difficult symptoms for a medical professional to treat.

"Different people perceive pain differently. There are no lab tests for it. You can't technically see it with medical imaging, yet the experience of pain can dramatically alter someone's entire quality of life," says Tobias Musser, M.D., of Shepherd Spine and Pain Institute, which offers comprehensive treatment for individuals experiencing chronic pain.

One patient who understands that all too well is 23-year-old Tegan McCampbell of Conyers, Georgia. She was playing soccer six years ago when she was cleated in her knee. When two surgeries didn't ease her immense pain, her doctors told her parents it was all in her head.

"It's a burning, throbbing, like somebody is stabbing you," Tegan says. "It feels like my knee is in a vise grip and somebody is making it tighter and tighter."

Her parents knew it wasn't a figment of her imagination, so they took her to the Mayo Clinic in Jacksonville, Florida, where they diagnosed it as Reflex Sympathetic Dystrophy or Complex Regional Pain Syndrome. After many treatments at other doctors closer to home, she began to see Erik Shaw, D.O., at Shepherd Spine and Pain Institute. Trying nerve blocks at first, he later implanted a pain pump that reduced her pain dramatically.

"You have to have empathy," Dr. Shaw says. "You have to find out the duration of the pain, their family support and all the things that make up a human being's life. Understanding these things helps you to be a better doctor."

The Shepherd Spine and Pain Institute takes a multi-disciplinary approach to the practice of medicine and specializes in the evaluation, diagnosis and application of interventional treatment for the management of pain. Providers see patients who have chronic pain, whether it be from a spinal cord injury, spine degeneration, neurologic disease, arthritic joints or simply lower back pain, which is what brought veterinarian Ann Welch to the Shepherd Spine and Pain Institute.

Five years ago, Ann began experiencing pain shooting from her back down her left leg. She underwent surgery for a herniated disk at an Atlanta hospital.

"Prior to the surgery, I'd say my pain was a four or a five on a 10-point scale," Ann says. "Afterward, it was an eight."

Ann found she sometimes had to ask a colleague to take over the surgeries she performs because the pain was too intense. Many times, a half-day was the most work she could manage, but after seeing Dr. Musser, she's now back to a full schedule.

"We give patients space and time for them to be listened to when we do a comprehensive evaluation," Dr. Musser says. "By the

end of that first visit, patients are very thankful that we've spent so much time with them and were able to develop an actual plan of care. In this way we focus on high quality of care rather than quantity of care. We are not like some pain clinics that shuttle patients through like a mill."

At Shepherd Spine and Pain Institute, treating each patient like the individual they are is key.

"I evaluate their medical records to see if I agree with the patient's current diagnosis," Dr. Shaw says. "I do that because if you assume someone else was correct, then why wasn't their treatment correct and why didn't their treatment help?"

The fact that Dr. Shaw believed Tegan and wouldn't give up meant a lot to her, she says.

"He kept everything really upbeat," Tegan says. "He said we're going to try this, and if it doesn't work, we have another step we can go to. Dr. Shaw and the whole Pain Institute treats you like one of their family."

Dr. Musser follows a simple routine when a patient comes to see him for the first time.

"My first step is to read the medical records in great detail," he says. "Then, before I meet them, I take a deep breath and erase any picture I created of them when I reviewed their records. I start with a fresh slate."

Because so many pain patients have had difficulty being taken seriously by their physicians, Dr. Musser says it's important to go into the examination room without any preconceived notions.

"When I meet them, I have to get them to feel comfortable," Dr. Musser says. "A lot of them have been mistreated for so long, they don't feel like they want to open up to you. This is important because I am trying to figure out a puzzle, which is their pain, and it is up to the patient to give me many of the clues it takes to piece the puzzle together."

A medical detective herself, Ann was very quiet when Dr. Musser came to meet her for the first time. She wanted to see how he behaved, whether he thought he knew the answer right away. She was impressed by how he had studied her case before her appointment.

"This is a mystery to everyone," she told him. "They don't know why I have this pain, and they've all given up. Will you take this journey?"

"Absolutely," Dr. Musser told her.

After a round of investigations and a trial, Dr. Musser implanted a spinal cord stimulator in Ann to block pain signals from reaching her brain. And now her pain is down to just a two on the 10-point pain scale.

"They really care about you," Ann says. "You're not a number. They take their time with you to solve the problem, and that's a comforting thing." *



CELEBRATING MILESTONES

HELPS ATTORNEY COPE
THROUGH REHABILITATION



April Ross of Atlanta, Georgia, continues to cross off milestones after sustaining a spinal cord injury.

APRIL ROSS HEADS BACK TO THE COURTROOM AFTER SURVIVING AN ATTACK.

When April Ross, 34, of Atlanta, Georgia, transferred to Shepherd Center, her mother walked in with a bucket of stones. The stones represented milestones in her recovery – her movement from the intensive care unit (ICU) to the Spinal Cord Injury Rehabilitation Program and then to the Spinal Cord Injury Day Program. There's a rock marking when April began eating on her own, a rock for when April started holding a cup on her own, a rock for when she started moving one arm and then both arms. Each new stone in the bucket a symbol of her hard work and perseverance, and a step in her journey.

The first few hours and days after the shooting are hazy. April, an up and coming Fulton County Assistant District Attorney in Atlanta, remembers asking in the ambulance if she was going to die. She vaguely recalls wondering aloud if she was paralyzed.

The image and moment that does remain clear in her mind to this day, is of sitting in her car with friend Levon Hailey.

April, who was in the driver's seat, turned to say something to her friend and out of the corner of her eye, she saw her soon-to-be ex-husband, Tranard McConnell. He was standing outside the passenger side window.

Next, April saw her husband raising his arm, and she heard a loud pop. After that, all sounds and images descended into a blur.

"Even at the moment it was happening, it took me a while to process that it was happening, that I was being shot – and being shot by him no less," April recalls.

The 31-year-old Emory University School of Law graduate, who had just been assigned to one of the Fulton County District Attorney's biggest cases of the year – the Atlanta Public Schools cheating scandal – was shot three times before it was over. She sustained gunshot wounds to her jaw, arm and back and was in critical condition as the ambulance rushed her to the hospital. The shooting had left the bright young legal star paralyzed from the chest down.

After about one week at Atlanta's Grady Memorial Hospital, April transferred to Shepherd Center's ICU. She arrived on a ventilator with her mouth wired shut, and with the exception of being able to turn her head slightly, April could not move much of her body.

The next six months were spent working with therapists in Shepherd Center's Spinal Cord Injury Rehabilitation Program and Day Program to regain movement and independence.

Physical therapist Kati Vines was among the first to work with April. She recalls a patient who arrived with many challenges including not being able to speak or use her right arm. April was also experiencing intense pain from all of her injuries.

"Even with all of that, April always wanted to do whatever she could, as far as getting up and pushing hard every day," Vines says. "She was always a fighter, from day one."

Initial therapy focused on helping April to get out of bed with minimal assistance, stretching and upper-body strengthening. Later, she began engaging in sports conditioning to improve balance and core strength.

Occupational therapist Shannon Schneider was also part of April's recovery team, spending five days a week, 90 minutes a day, with her. During that time, Schneider saw firsthand April's remarkable motivation and perseverance. During her time at Shepherd Center, April went from being totally dependent on others for self care to feeding herself, using her phone, doing her own grooming and writing.



April Ross recently returned to work at the Fulton County District Attorney's Office.

"She never gave up, even when she faced so many challenges," Schneider says. "It would have been very easy to shut down and quit, and she never did."

April recovered quickly considering everything she had been through physically and emotionally.

"Shepherd created such a safe haven for me," April explains. "It was such a comfortable environment because everyone around you is doing the same thing – fighting for their lives. I loved the camaraderie, the family feeling, the encouragement."

After leaving Shepherd Center, April lived with her parents. But life has been changing rapidly since then.

In November 2015, April returned to the Fulton County District Attorney's office, where she works part-time on the appeal of the Atlanta Public Schools case. In addition, the ambitious young attorney has been writing a book, one she hopes to finish this fall. She's also establishing a foundation and developing a curriculum for young people to help them deal with the end of a relationship.

"It's important for kids to learn early how to deal with rejection and your emotions when it's time to walk away," April explains.

April has now moved into her own place, a few miles from her parent's home. She has a caregiver who assists her, but April is able to be alone for much longer stretches of time.

And in between all of these milestones, April has also managed to complete driving training and have her van modified so that she can drive independently.

"I am one week into this driving thing," she says. "It's been very exciting and scary, but mostly exciting." ✨

Shepherd Alums:

Where Are They Now?

BY PHILLIP JORDAN

Courtney Young

MCCRORY, ARKANSAS

In 2011, six months after leaving Shepherd Center and returning home, **Courtney Young, now 24**, looked out over a crowd of high school students and delivered a warning wrapped in a blanket of hope.

Courtney first explained what happened to her on October 23, 2010. Back then, she was an 18-year-old college freshman, driving to her part-time job, when she looked down to text a message on her phone. The next sound Courtney heard was gravel grinding as she veered off road. The resulting one-car accident left Courtney with a T-3-to-T-4 spinal cord injury, as well as a minor traumatic brain injury and an assortment of broken bones.

"As I shared my story that first time, I realized that I really had two messages to share," she says. "One, of course, is that texting and driving is always a really bad idea. But, two, just as important, is that you can always come back from anything you've done, you can always overcome what seems most difficult."

Courtney has now spoken at more than a dozen schools and churches in northeast Arkansas. She says her own comeback began at Shepherd Center.

"Growing up in a small town, I didn't know anybody like me, anybody who'd been paralyzed," Courtney says. "I figured I'd have to go sit in a nursing home."

The relentless positivity and encouragement she received from her physical and occupational therapists transformed Courtney's assumptions. By the end of her six-month stay at Shepherd Center – she completed both inpatient and day program rehabilitation – Courtney had largely regained her independence.

Back home, Courtney earned an associate's degree in education, and a certificate in coding and billing. Today, she is a patient accounts representative at a local hospital. She also spends time outdoors, having fallen in love with kayaking during one of Shepherd

Center's annual Adventure Skills Workshops. She'd like to try skydiving and open-mic comedy next.

"Before my accident, my mom would tell people who asked about me that she had no idea how I was doing because I was never home," Courtney says with a laugh. "Now, she can say that again!"

Courtney Young, who sustained a spinal cord injury in a car crash, speaks to students about distracted driving.



William Stiles

SMYRNA, GEORGIA

William Stiles, 37, married his wife, Amber, in September 2014. By October, the couple was expecting their first child, Blake Elizabeth. The following February, William won the first court case he tried at his new law firm. Then came March.

"March came around, and I woke up in the hospital," William says. "I remembered my wife, her name and that she was pregnant, but I didn't recognize her standing in front of me."

MRIs revealed countless lesions on the left side of his brain. The nagging vision troubles and leg pain he'd been experiencing were the results of multiple sclerosis (MS). An infusion of Rituxan helped stabilize William's condition and restore his memory. A series of appointments with Guy Buckle, M.D., director of neuroimaging research at Shepherd Center's Andrew C. Carlos MS Institute, provided William with a plan to better manage his MS moving forward.

"I feel like I have a second shot at life, and Dr. Buckle and the staff at Shepherd Center have been essential in making that possible," he says.

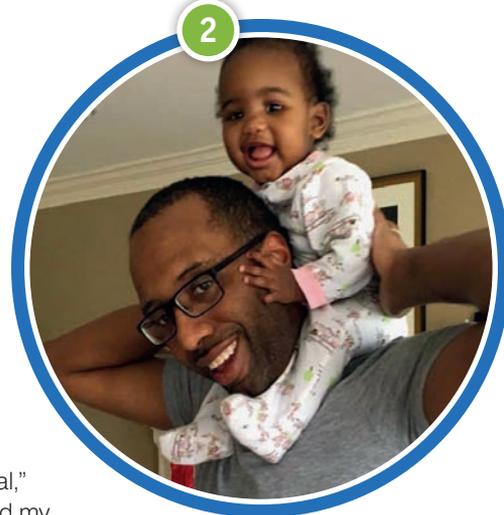
William's new life began with a job hunt. While in the hospital, William had received a termination letter from his law firm. Thankfully, it didn't take long for William to receive a job offer from an Atlanta-based plaintiff's litigation firm. Today, William is an associate focusing on complex wrongful death and trucking accident cases in state and federal courts. This past year, he was sworn into the U.S. Supreme Court's bar association, making him eligible to argue cases before the highest court in the land.

Law isn't William's only passion. A writer and visual artist, he has both published a book, *Basketball Hero*, and sold his paintings to art collectors. During his recovery last year, he had more time to indulge his creative side, even selling 15 copies of his *American Presidents* painting that illustrates the significance of America's first African-American president.

"Art has always been one of my escapes," William says. "This time, it helped me reconnect with the world."

He'll have more connecting to do soon. William and Amber are expecting their second child in February 2017.

William Stiles, who has MS, is a busy attorney, husband and father.



Allan Bense

PANAMA CITY, FLORIDA

Allan Bense, 65, is a businessman, community leader and former Speaker of the House in the Florida House of Representatives. He has faced a challenge or two. Perhaps Allan's most intimidating test, however, came in 2013, when he was diagnosed with Guillain-Barré syndrome – a rare and painful disorder in which the body's immune system attacks its peripheral nervous system, sometimes leading to paralysis.

"The pain was excruciating," Allan recalls. "You are paralyzed. You don't know what's wrong with you, and you're just wondering, 'Am I going to be like this for the rest of my life?'"

After a plasma exchange at a Florida hospital helped stabilize his condition, Allan was transferred to Shepherd Center. There, Anna Elmers, M.D., and a team of physical, occupational and speech therapists helped him transition from wheelchair to walker to cane. Allan remembers meeting occupational therapist Rebecca Thomason on the mats one morning, and she told him to take off his shoes and socks.

"I said, 'You have to be kidding me!'" Allan recalls. "My arms were still like wood at that point, my fingers felt like claws. But she made me keep trying."

Two and a half hours later, he had them off.

"Those are the things that make you improve," Allan says. "That's why I got better – because Shepherd Center challenged me. Half the challenge is getting to the point where you know you can do it."

Today, he has a "graveyard" where his wheelchair, walker and cane have been laid to rest. He's scaled back to what Allan jokingly refers to as "half-days" – 12-hour workdays – overseeing his various businesses under Bense Enterprises and the charities that he and his wife, Tonie, support. The couple of 40 years constantly push each other. Tonie was Allan's primary caregiver during his recovery. She also runs two dance studios with 450 students, personally teaching 15 classes per week.

"Shepherd Center allowed me to return to my work and to work harder in service to my community and fellow man," Allan says. "I have been blessed God gave me a second chance. I'm taking full advantage of it!"

Allan Bense recovered from Guillain-Barré syndrome at Shepherd Center and is happy to have another chance to engage in community service.



3

Adam Bacon has stayed active and has continued to travel since sustaining a spinal cord injury.

Adam Bacon

LEXINGTON, SOUTH CAROLINA

Adam Bacon, 35, was a real-life action hero: a former soldier, a fireman and amateur mixed martial arts (MMA) fighter. So when he was paralyzed with a C-4-to-C-5 incomplete spinal cord injury in a Brazilian Jiu-jitsu training accident, the physical adjustments were a shock.

"I was a purely physical human being," Adam says. "I was 250 pounds, 9 percent body fat. Being a fireman was my identity. So coming to grips with reality was a little difficult at first."

But Adam realized that his primary identities – soldier, fireman, athletic competitor – also shared another major trait: problem-solving. He applied that part of his nature to his rehabilitation in the Spinal Cord Injury Rehabilitation Program at Shepherd Center.

"At Shepherd Center, the level of expertise is bar none, of course," Adam says. "But there's also never a moment where they're satisfied with your progress. There's always a next level to reach. There's always a next step to take."

He credits much of his improvement to the peer support system at Shepherd Center, which he experienced from both sides. In the course of mentoring new patients, Adam found a new calling.

"I realized there are other paths to helping people," he says.

Now, Adam wants to use his experience to assist those he knows best – first-responders, veterans and others with life-altering injuries or post-traumatic stress disorder. That's why he's now pursuing a bachelor's degree in psychology with an emphasis in behavioral science.

He stays on the move, too. Between pleasure trips and ongoing rehabilitation visits to Shepherd Center's Beyond Therapy® Program, Adam and his family joke "they live everywhere else and visit home." Adam says his wife, Maureen, has been his guiding light, and their 11-year-old son, Matthew, his most powerful wellness motivator.

Shepherd Center and his family have helped him see life beyond injury, Adam says. "That helped me move forward and realize life's not over," he explains. "And that's the key. You can have the greatest support in the world, but you have to have an inner drive of your own. You have to take an active role in reclaiming your life."

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More online at
news.shepherd.org

DONOR PROFILE

A World Traveler Gives Back Right at Home

BY SARA BAXTER



PETER DAMES GIVES new meaning to the term “road trip.”

He has driven his specially equipped Land Rover SUV to the northernmost point of North America – Prudhoe Bay, Alaska – to Tierra del Fuego, Argentina, at the southern tip of South America, and he has also driven the rugged terrain of Central America and Mexico – a total of about 22,000 miles.

“In college, I read a line from Henry David Thoreau’s *Walden* that has stayed with me: ‘The mass of men lead lives of quiet desperation,’” Peter says. “I decided that I would not live that kind of life.”

Peter, who is originally from Queens, New York, met Ted Turner during their freshman year at Brown University. They made an unceremonious departure together three years later. After working for Ted’s father in Charleston, South Carolina, Peter served in the U.S. Army. Upon his discharge, Peter was recruited by his old friend to work at Turner Advertising Company where he eventually became president and managing partner. He also served on the board of directors of Turner Broadcasting System until the late 1980s. In 1983, Peter, upon the sale of Turner Advertising, decided to take a break from the fast-paced corporate world and began to explore the world. It was during one of those road adventures when his life took an unexpected turn.

In July 1995, on his way from Lake Tahoe, California, to Banff in Alberta, Canada, Peter fell asleep at the wheel and his Land Rover somersaulted in the Nevada desert. He broke a vertebra in his neck at the C-1/C-2 level.

After being airlifted to a Reno hospital, Peter was fitted with a metal halo to keep his head and neck immobile. Though

doctors in Nevada wanted to perform surgery, friends urged him to return to Atlanta and receive treatment at Shepherd Center.

“Even though I lived in Atlanta, I had never heard of Shepherd Center,” Peter recalls, “But on the advice of good friends, I decided to fly home, and Ted sent his plane to bring me to Atlanta.”

Remarkably, Peter was not paralyzed. He was placed into traction at Shepherd Center and remained under the care of then-medical director David Apple, M.D. He was a patient at Shepherd for two weeks, but had to wear the halo for two more months after discharge.

“It was a great day when I got that thing off,” Peter recalls. “Two weeks later, I was back on the golf course. I was very fortunate, and they took good care of me at Shepherd.”

Peter’s injury did not curb his appetite for adventure, but it did make him want to do one thing: Give back.

“Giving was not a natural thing for me,” he admits. “I am slowly trying to evolve into a more generous person.”

Because of his experience as a patient at Shepherd Center, he began contributing to the hospital’s two big fundraisers – the Legendary Party and the Shepherd Center Cup golf tournament – something he’s continued to do for nearly 20 years. His gifts have increased through the years. He made a donation to build a koi pond in the Shepherd garden for patients to have something to enjoy outdoors. His latest donation is helping to give a facelift to the recreation room in the main Shepherd building. The renovated room will include a 75” flat screen TV, updated lighting and décor, and new furniture. “I’d like to make life there a little brighter,” he says. “When they are able to leave their rooms, I want patients to have a pleasant place to go.”

Peter plans to continue to find ways to give to Shepherd Center and is a member of the Bridge Builders Society, which means he has included the hospital in his estate plans.

“Everyone should find a charity that they feel good about to support financially or with their time, or both,” Peter says. “Shepherd Center is my charity. I experienced being a patient there and am thankful for the good care I received. You can’t help but travel through the corridors and facilities and see the good work they are doing and be inspired to help those efforts.” *



Learn more about giving to Shepherd Center – including membership in the Bridge Builders Society – at give.shepherd.org

Outdoor Therapy

Outdoor specialist Chris Ravotti makes a career out of helping patients return to activities in the great outdoors.

BY SARA BAXTER

WHEN CHRIS RAVOTTI SAT DOWN WITH HIS ACADEMIC ADVISOR during his sophomore year at the University of Georgia to determine a major, he gave her these requirements: He wanted a hands-on career that would allow him to stay on his feet, and he wanted to work with people. He definitely didn't want to sit in front of a computer all day.

The advisor came up with a major that would turn out to be the perfect profession – recreation therapy. Recreation therapists work to restore a level of function and independence to people with disabilities by helping them return to activities or discover new interests.

After his 2006 graduation, Ravotti began looking for a job online and immediately saw a posting for a sports specialist in Shepherd Center's recreation therapy program.

"It was almost like it was meant to be," Ravotti says of finding the perfect job right out of college. "I knew the good work Shepherd Center did, and my internship was with an adaptive sports agency, so it was a good fit."

As a sports specialist, he worked with patients who were athletes and sports enthusiasts to help them return to their sport or find a comparable one that played to their strengths. In 2010, there was an opening for outdoor specialist, and he jumped at the chance to take it.

"It was a job I thought was so interesting," Ravotti says. "I also like outdoor activities, so I decided to make the switch."

Ravotti works with inpatient and day program patients in the Acquired Brain Injury and Spinal Cord Injury Rehabilitation Programs, as well as those in the community who have a disability other than a spinal cord or brain injury. He evaluates each client and helps them set goals for what they want to achieve in terms of outdoor activities. It could be anything from fishing to hunting to riding an all-terrain vehicle (ATV).

"I provide education and skill development, as well as resources, for any person at any level of function to anyone who wants to re-engage in outdoor activities," Ravotti says.



“ I tell them, *‘Look at this: If they can do it, you can do it.’* ”

CHRIS RAVOTTI, OUTDOOR SPECIALIST

Chris Ravotti is Shepherd Center's outdoor specialist.

"Although I do provide education on adaptive equipment that will compensate for their loss of function, the patients are the ones who make the final solutions. They take the knowledge gained from our sessions and create their own adaptations when they return home."

Ravotti enjoys watching clients grow stronger and more confident as they go through the process.

"I like seeing them progress from a person who thinks that they may never recreate outdoors again to someone who sees a barrier to their recreation and immediately starts to think of solutions to overcome the issue," he says.

He also motivates his patients by showing videos of past clients who have conquered obstacles in outdoor therapy.

"I tell them, 'Look at this: If they can do it, you can do it,'" Ravotti says, "'You are new to this, but you will gain the strength, confidence and ability to do it one day.'"

While he provides support and encouragement to patients, he says he gets just as much out of the experience as they do.

"The patients I work with make my day," Ravotti says. "They are the most resilient group of people I have ever met. After 10 years, I am still amazed at the atmosphere of positive energy at the hospital. I am happy to be a part of that." *

BACK TO THE GREAT *Outdoors*

WHETHER IT'S HUNTING, FISHING OR KAYAKING, SHEPHERD CENTER'S OUTDOOR THERAPY PROGRAM PROVES NO ACTIVITY IS BEYOND REACH.

BY SARA BAXTER



1. Outdoor specialist Chris Ravotti helps patient Ann Nelson try kayaking in Shepherd Center's pool.
2. Shepherd Center offers a host of adaptive equipment for patients and community members to use during their favorite activities.



ON HIS 26TH BIRTHDAY LAST FEBRUARY, RYAN GIBSON met his friends at an off-highway vehicle park near Union Point, Georgia, to ride all-terrain vehicles (ATVs). It is a birthday tradition he has followed for the past five years.

And it's one Ryan never imagined he'd be able to do again.

On August 8, 2015, Ryan was spending the day with friends on Lake Hartwell when he dove off the back of a boat and hit the bottom of the lake, causing an incomplete spinal cord injury at the C-7 level. He is paralyzed from the neck down and has limited use of his hands. He spent four months in Shepherd Center's Spinal Cord Injury Rehabilitation Program, both as an inpatient and in the day program.

"Riding an ATV was something I never thought I would be able to do again," Ryan says. "It was a huge triumph for me."

He also has relearned how to hunt and drive a Jet Ski.

The self-professed outdoorsy person was able to accomplish his goals with the help of Chris Ravotti, the outdoor specialist in Shepherd's recreation therapy program. Ravotti's job is to help clients learn or relearn how to do outdoor activities such as hunting, fishing, camping, kayaking, boating and ATV riding – post injury.

After an initial evaluation, Ravotti sets goals with his clients, and they work on strategies to meet those goals. They often begin practicing inside to learn the skills for outdoor activities – for example, kayaking in Shepherd Center's pool.

"There are no rules in outdoor recreation," Ravotti says. "If someone wants to kayak, we look at what challenges he or she needs to overcome – such as a balance or grip deficit – and we develop a way to make it work. I do whatever I can to help them accomplish their goals."

Ravotti works with his clients in the hospital to troubleshoot, figuring out what adaptive equipment is needed and what does and doesn't work.

"Most of my interventions focus on helping patients problem solve and adapt their environment to compensate for the loss of function," he says. "By practicing the skills here, they are able to re-create the experience when they go home."

For example, Ravotti showed Ryan how to hunt by mounting a stand on the footplate of his wheelchair to hold a rifle steady. At first, Ryan needed an adaptive device to pull the trigger, but his fingers have gotten stronger. Now, he can do it himself. Last fall, he went on a Shepherd-sponsored hunting trip and shot his first deer.

"Until I talked to Chris, I didn't think I would be able to do any of the activities I had done before," Ryan says. "He gave me the tools to go out in the real world and actually do it. I

could see how the adaptations worked, understand the operation behind it and have an idea what I needed to do when I was on my own."

Ravotti takes groups on outings about once a month and works with charter and equipment companies, community agencies and private landowners who donate or discount their equipment and services. Past trips have included salt-water fishing in Panama City Beach, hog hunting in middle Georgia, white water rafting and multiple hunting trips.

Ravotti also acts as the logistics coordinator for Adventure Skills Workshop, the recreation therapy program's largest annual event bringing people together for a spring weekend of water recreation and other outdoor sports.

When clients want to venture out on their own, Shepherd Center allows people to check out adaptive equipment from the department, including rifle rests and trigger adapters for hunting, gripping aids for fishing and steering aids for ATVs.

Ravotti says it's very rewarding when he gets messages from former patients with a picture of them on an ATV or on a boat fishing or with their first deer or turkey from a hunting trip.

"I provided opportunities for them to learn the skills, but they had to put in the effort back home for a truly successful intervention," Ravotti says. "Knowing I played a small part in their success means so much to me." *



Learn more about outdoor recreation opportunities at: shepherd.org/resources/sports-recreation.

PROJECT ROLLWAY

RAISES FUNDS, SPIRITS FOR ADOLESCENT PROGRAM AT SHEPHERD CENTER



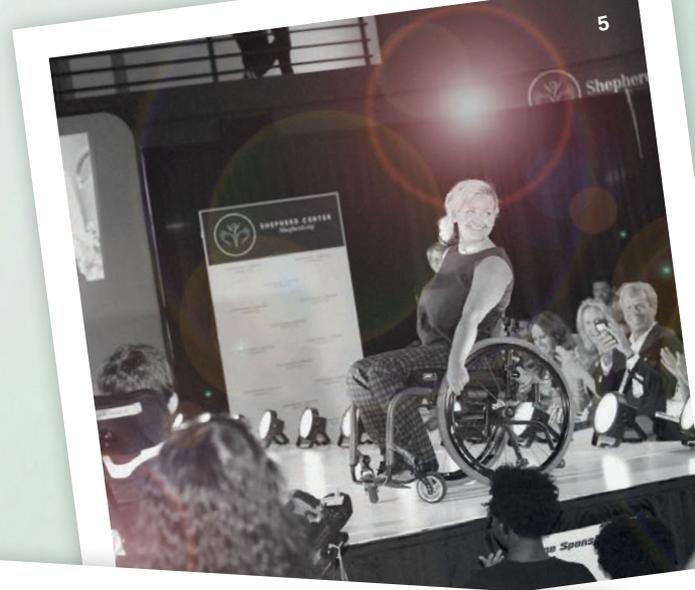
WITH LIGHTS FLASHING AND MUSIC PUMPING, a sold-out crowd poured into Shepherd Center's Livingston Gym on June 24 to support Project Rollway, an annual fashion show featuring fashion modeling by current and former teenage patients and Shepherd Center staff members. Funds raised through Project Rollway benefit Shepherd Center's adolescent spinal cord and brain injury rehabilitation programs, including recreation therapy, teen-focused outings and the return-to-school program.

"The event has grown every year, and now it's something that people mark on their calendars," says Patty Antcliff, MOTR/L, an occupational therapist on the adolescent spinal cord injury rehabilitation team. "We like to get the whole hospital and community involved. This year, we raised close to \$13,000 thanks to our families, friends and amazing sponsors."

The evening began with a cocktail hour and food provided by local eateries. For the main event, 17 current and former patients of Shepherd Center's Adolescent Brain Injury and Spinal Cord Injury Rehabilitation programs, along with 13 staff members worked the runway in fashions from local designers and retailers, including Southern Tradition, London Trading Company, Commonwealth

1. The adolescent rehabilitation program team at Shepherd Center plans and produces Project Rollway.
2. Shepherd Center co-founder James Shepherd works the runway with one of his granddaughters.

PHOTOS BY CHRISTINA EDWARDS, TERESA FOY AND DREW OSWALD



Proper, AG Apparel, Banana Republic and IZ Adaptive. Models also had their hair and makeup styled by local artists. Adolescent counselor Cheryl Linden emceed the event with humor, introducing each model with photos of their progress. According to Antcliff, Project Rollway does more than just raise funds – it also raises spirits.

“Project Rollway goes a long way in diminishing some of the stigma issues that go along with having a catastrophic injury or being in a wheelchair,” Antcliff says. “It’s about the models feeling special and getting to show off how far they have come in their rehabilitation.”

Sponsors for the 2016 event included LoFric, Atlanta Sound and Lighting, NuMotion, Bella by Alethea, Harry Norman and Voya Investment Management, along with many other businesses and individuals. Project Rollway 2017 is scheduled for June 23 at Shepherd Center. *

“PROJECT ROLLWAY goes a long way in diminishing some of the stigma issues that go along with having a catastrophic injury or being in a wheelchair.”

PATTY ANTCLIFF, MOTR/L, OCCUPATIONAL THERAPIST

3. DaQuarius “Q” Greene of Stockbridge, Georgia, fist pumps to the cheers of the sold out crowd at Project Rollway.

4. Jami Bassett of Savannah, Georgia, models the latest fashions at Project Rollway.

5. Ashley Payne of Bradshaw, West Virginia, smiles at the crowd during Project Rollway.

6. Austin Bonebrake of Portland, Tennessee, strikes a pose on the Project Rollway runway.

 To get involved, contact:
patty_antcliff@shepherd.org.

SUMMER IN THE CITY

Atlanta **2016**

SIZZLES ONCE AGAIN



Summer in the City, held July 16, was the party of the summer. This year's event was held at a new location – The Foundry at Puritan Mill – and the venue change was a big hit among guests.

Shepherd Center once again partnered with National Distributing Company, Inc., to provide a night filled with fine wines, cocktails and delicious eats from the best restaurants in Atlanta.

With 14 chefs, more than 45 beer and wine selections, and two of Atlanta's best mixologists, there was something for everyone. We welcomed back some familiar faces like restaurateur Thaddeus Keefe of 1Kept and Chef Terry Koval Wrecking Bar Brewpub. We are so grateful for their continued support of this event and of Shepherd Center.

In addition to the amazing fare, guests were able to snag some unique items in our silent auction. The most coveted items were a trip to Antigua and an aesthetics package from Tailor Made Looks courtesy of ChiChi Berhane, M.D.

Thank you to our co-chairs Ashley French and Kris O'Hare for making this event a huge success. Proceeds from the event will benefit Shepherd Center's SHARE Military Initiative, a comprehensive rehabilitation program that focuses on assessment and treatment for service men and women who have sustained a mild to moderate traumatic brain injury (TBI) and post-traumatic stress disorder (PTSD) from combat in post-9/11 conflicts. *



For information about Summer in the City 2017, contact Natalie Beard at 404-350-7304 or natalie_beard@shepherd.org.



Shepherd Center Society members (top, left to right) Patrick McShane, Kris O'Hare (co-chair of Summer in the City), Chris Forenza, Taylor Weitz, Todd Stone and (bottom, left to right) Meredith Kingsley, Ashley French (co-chair of Summer in the City), Natalie Beard and Marisa Howell did an excellent job of planning Summer in the City which benefited Shepherd Center's SHARE Military Initiative.

This year's event was held at
The Foundry at Puritan Mill.



ATL TALENTED CHEFS

ENJOY TASTES FROM
AROUND THE CITY

1 KEPT

Chef Thaddeus Keefe

BUCKHEAD BREAD COMPANY & CORNER CAFÉ

Chef Crystal

CANDLER PARK MARKET

CANOE

Chef Matthew Basford

DANTANNA'S

Chef Tim Williams

DAVIO'S

Chef Timothy Magee

EMPIRE STATE SOUTH

Chef Josh Hopkins

LOCAL 3/COMMON QUARTER/ MUSS & TURNER'S

Chef Chris Hall

ONE MIDTOWN KITCHEN

Chef Nick Oltarsh

PARISH

Chef Stuart Tracy

THE PIG & THE PEARL

Chef Todd Martin

THE SHED AT GLENWOOD

Chef Justin Dixon

TABLA

Chef Sandeep Kothary

WRECKING BAR BREWPUB

Chef Terry Koval



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KIM & DUANE MORROW
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CAROL & JIM THOMPSON
BRITTANY & ZACH WILSON
LEAH & NICK HUMPHRIES
LORIE HUTCHESON
DR. RUSTY GORE



Lauren Farmer of Resource Branding, left, and Adrienne Bollinger savored fine wines and foods from Atlanta's top eateries.

Thrills and Skills Event

Presented by The 2016 Legendary Party, Showcases Shepherd Center's Recreation Therapy Program

BY LAURIE COLEMAN AND LESLIE JACKSON

THRILLS AND SKILLS, HELD AUGUST 3 in Shepherd Center's Livingston Gym, gave attendees a special glimpse of Shepherd Center's recreation therapy program. The program is the beneficiary of this year's Legendary Party, "Gracious Goodness: A Celebration of Generations," was held Saturday, November 5, at Tony Conway's event venue, Flourish on Piedmont Road in Atlanta.

Attendees of Thrills and Skills observed demonstrations of lively wheelchair rugby and basketball games in Shepherd Center's Livingston Gym, a slalom water ski demonstration and scuba diving in the pool, and a music performance led by Shepherd music specialist Thomas Miller. Guests enjoyed Southern fare catered by The Varsity and Chick-fil-A.

Guests also added their fingerprints to an art canvas featuring a tree. Shepherd Center recreation therapy manager Kelly Edens and arts specialist Alexandra Chukabarah explained how the tree painting symbolizes how donor support helps Shepherd's recreation therapy program flourish. The finished painting will be displayed at The 2016 Legendary Party.

Legendary Party Chairman Cynthia Widner Wall and Honorary Chairman Fred V. Alias, an Atlanta business leader, Shepherd Center Board member and major supporter, greeted guests. Patrons included Shepherd Center co-founders Alana, Harold and James Shepherd, as well as Medical Director Donald P. Leslie and his wife, Betty Leslie.

Supporters included Ruth Anthony, Juli Owens, Price, Tammy and Della Woodward, Melinda and David Dabbieri, and Lauren Farmer, designer, and Cate Shafer, account manager, of Legendary Party Sponsor Resource Branding and Design. Brit Eames and Will Thies, co-chairs of the 2017 Derby



James Wall and Cindy Winder Wall, a member of the Foundation Board of Trustees and chair of this year's Legendary Party join board member and honoree of this year's Legendary Party Fred Alias, Susan Brandon, Shepherd Center Medical Director Donald Leslie, M.D., and Betty Leslie at the Thrills and Skills event.

Day also attended. Like The Legendary Party, Derby Day also will benefit the recreation therapy program.

Recreation therapy program activities include paragolfing, wheelchair rugby, hand cycling, water skiing, scuba diving, riflery, art therapy, mono snow skiing and fencing, among others. Patients learn to pursue both prior and new interests through modification and adaptive equipment. The annual fundraising requirement for the program, which served more than 4,500 patients in 2015, is \$1.8 million.*

@ For more information about The Legendary Party, contact Leslie Jackson at 404-350-7778 or leslie_jackson@shepherd.org

PHOTO BY ROSS HENDERSON

Shepherd Center Reaches Thousands at Peachtree Health and Fitness Expo

Shepherd Center has been sponsoring the Wheelchair Division of the AJC Peachtree Road Race for 35 years, but until this year, has never had a presence at the annual Peachtree Health and Fitness Expo. The event is a two-day health, fitness and running expo held on the days before the AJC Peachtree Road Race. At the expo, runners pick up their race numbers and visit booths with the latest in running gear, fitness styles and active living products.

At this year's event, Shepherd Center had a large booth – staffed by Shepherd employees, volunteers, former patients and athletes – featuring wheelchair athletes, therapy dogs, games and videos. Visitors learned about the Wheelchair Division of the AJC Peachtree Road Race, Shepherd Center's sports programs and recreation therapy. Visitors also had the option to purchase the official Wheelchair Division T-shirt.

Shepherd's booth was the brainchild of Shepherd Center Foundation Vice Chair Juli Owens. An avid runner, Juli saw the



expo as a great chance to educate the 44,000-plus attendees about Shepherd Center's programs. Many participants come from out of state and all over the world for the expo and race.

"With so many miles apart, yet so many common connections, the foot racers and wheelchair racers are able share so many stories," Juli says. *

Shepherd's Men Run to the Hill

Shepherd's Men, a group comprised of military service members, veterans and a civilian, recently completed its Run to the Hill event in Washington, D.C., to raise awareness and funds for Shepherd Center's SHARE Military Initiative. SHARE is a comprehensive program providing treatment to U.S. military service members who have sustained mild to moderate traumatic brain injury (TBI) and/or PTSD in post-9/11 conflicts.

Run to the Hill was a 22-hour run around Capitol Hill, a timeline that represents the 22 veterans who take their own lives each day – in some cases, as a result of TBI and PTSD. The event began on September 22 with a short introductory program in front of the Supreme Court on the northeast lawn of the U.S. Capitol. At 2:22 p.m., a member of Shepherd's Men led the first group of runners along the designated 2.2-mile route.

For 22 consecutive hours, Shepherd's Men led groups of runners – comprised of members of Congress – including U.S. Congressmen Tom Graves and Barry Loudermilk – veterans and the general public along the loop to engage lawmakers and influence change for military veterans adjusting to civilian life. As the event concluded, U.S. House Speaker Paul Ryan met with Shepherd's Men to learn more about their mission.

In addition to Run to the Hill, Shepherd's Men organizes an annual run every spring, during which they run wearing a 22-pound weighted vest to raise awareness for the SHARE Military Initiative. *



For more information on the Shepherd's Men, visit shepherdsmen.com. To learn more about SHARE, visit shepherd.org/SHARE.



1. Members of Shepherd's Men met with U.S. House Speaker Paul Ryan in front of the U.S. Capitol.

2. Tim Otis and Troy Campbell, both members of Shepherd's Men, led groups of runners to raise awareness of Shepherd Center's SHARE Military Initiative.

3. (Left to right) Andrew Blaisdell, Congressman Tom Graves, Shepherd's Men founder Travis Ellis, Congressman Barry Loudermilk, Shepherd Center Advisory Board member Ali Blaisdell, Congressman Loudermilk's staff member Colin Carr and Jon Roxland of Shepherd Center Foundation catch up after they run to the hill.

Honorary Commanders Class of 2016 Hosts Benefit for SHARE Military Initiative

ON SEPTEMBER 16, THE ATLANTA-AREA Cobb County Chamber of Commerce's Honorary Commanders Class of 2016 hosted the fourth annual Barbecue for the Red, White, and Blue event to raise funds and awareness for Shepherd Center's SHARE Military Initiative.

The event was held at Adventure Outdoors in Smyrna and featured live bluegrass music, barbecue and a silent auction. Co-chairmen Corey Rieck and Leslie O'Neal, along with committee members Marnite Calder and Cecilia Patellis and class volunteers, worked hard to plan the event, solicit sponsorships and auction items, and sell tickets to the stellar event.

Shepherd Center Vice President of Clinical Services and incoming CEO and President Sarah Morrison welcomed and thanked the guests for their support. SHARE Program Manager Jackie Breitenstein introduced the SHARE Military Initiative and described its impact on our clients and families. Emcee Roy Acree introduced SHARE alumnus Mike Reynolds, who talked about his military experiences and struggles with his injuries, as well as his accomplishments since graduating from SHARE.

The Honorary Commanders Association is a cooperative effort of the Cobb Chamber, Dobbins Air Reserve Base (ARB), General Lucius D. Clay National Guard Center and the U.S. Navy and Marine Corps. It annually selects community and business leaders and pairs them with military commanders in a yearlong program, giving those leaders the opportunity to learn more about local military activities, their impact on our economy and various aspects of the national defense system. *

@ For more information visit facebook.com/BBQfortheredwhiteandblue/ or contact Dean Melcher at 404-350-7306 or dean_melcher@shepherd.org.

2016 SPONSORS:

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- » LGE Credit Union
- » S.A. White Oil Company
- » Marnite B. Calder



Shepherd Center Vice President of Clinical Services and incoming CEO and President Sarah Morrison with Mike Reynolds, retired MGST U.S. Army and Jackie Breitenstein, SHARE program manager.



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Honorees are listed first in bold print followed by the names of those making gifts in their honor.
This list reflects gifts made to Shepherd Center between May 1, 2016 and July 31, 2016.

Timothy and Sarah Adams' Recovery
The Adams Family

Hunter Amos
Mr. Dennis L. Mitchell

Dwan Anderson – Congratulations on the Daisy Award!
Dr. David F. Apple, Jr.

Dr. Dave Apple's Birthday
Mrs. Meredith Lambe
Mr. and Mrs. John W. Stephenson, Jr.

Natalie Arceneaux
Essential Ingredients

Cyndae Arrendale's Birthday
Mrs. Lawson S. Yow

Cyndae Arrendale
Victoria Sweeny Charitable Fund

Duncan Beard
Headmaster and
Mrs. William S. Peebles IV

Natalie Beard
Dr. David F. Apple, Jr.

Natalie Beard – Great Derby Day!
Dr. David F. Apple, Jr.

Natalie Beard – Great Summer in the City!
Dr. David F. Apple, Jr.

Stephen Bircher, Ph.D. – Indego – Great team!
Dr. David F. Apple, Jr.

Bill S. Boyce – Thank you!
Mr. James A. Curtis

Tommy Brooks' Birthday
Ms. Kari S. Fields

Terry Camden
Mr. and Mrs. Victor J. Robertson

Gloria Clark's Recovery
Mr. Stephen Prather

Isdari M. Clesson – Great Shepherd effort – Indego
Dr. David F. Apple, Jr.

James A. Curtis
Mrs. Janette O. Wells

Jarrett L. Davis
Mr. Robert B. Davis

Darryl Dickerson's Recovery
Ms. Darlene Shutler

Achilleas A. Dorotheou – Indego – Great team!
Dr. David F. Apple, Jr.

Gustavo Duran-Monge
Mr. and Mrs. Frank Bell

Kelly L. Edens – Great 25th Adventure Skills Workshop!
Dr. David F. Apple, Jr.

Matt Edens – Congratulations on the Wheelchair Hall of Fame!
Dr. David F. Apple, Jr.

Lynne E. Elander
Ms. Susan B. Jefferson

Ronald S. Elliott's Birthday
Mr. and Mrs. Ronald H. Elliott

Sabrina M. Evans – Great 25th Adventure Skills Workshop!
Dr. David F. Apple, Jr.

Ruth Falkenstein's Recovery
Mrs. Sam Arogeti

Ryan Farris, Ph.D. – Indego – Great team!
Dr. David F. Apple, Jr.

Barbara Feinberg's Birthday
Mr. Joseph G. Balaban
Tom Daniel and Susan Brooks
Ms. Debra L. Elovich
Ms. Elizabeth Kessler
David and Edna Kleinbaum
Mrs. Janet Kupshik
Ms. Susan Muntzing
Debbie and Bruce Nelson
Mrs. Donna Newman
Mr. and Mrs. Alan Schwartz
David A. Webster and Carol Brantley

Alec Fraser – Thanks for SHARE work
Dr. David F. Apple, Jr.

Rex and Duvall Fuqua
Mr. and Mrs. C. Scott Akers, Jr.

Pam L. Glustrom's Birthday
Dr. and Mrs. Charles M. Epstein

Kevin and Kelsey Gnehm's marriage
Mr. Scott P. Trucking

Michael Goldfarb, Ph.D. – Indego – Great team!
Dr. David F. Apple, Jr.

Judy Hall
Melissa LoSasso

Clare T. Hartigan – Great Shepherd effort – Indego
Dr. David F. Apple, Jr.

Caroline G. Hazel's Birthday
Miss Jordan E. McDaniel
Ms. Karen A. Moschetto

William and Angie Hoyt
Mr. and Mrs. Tally Dapore

Leslie B. Jackson – Great Derby Day!
Dr. David F. Apple, Jr.

George H. Johnson – Congratulations on the Communities Award!
Dr. David F. Apple, Jr.

Casey Kandilakis – Great Shepherd effort – Indego
Dr. David F. Apple, Jr.

Agnes Kim
Mrs. Karen J. Hastings

Catherine Kramer – cutting-edge therapy
Dr. David F. Apple, Jr.

Tommy Lanier's Recovery
Ms. Margaret M. Motley

Dr. and Mrs. Donald Leslie
Mrs. Elizabeth Walker

Roland L'Heureux's Recovery
Mrs. Cheryl Price

Chelsea Libitski
Ms. Ellen M. Powell

Naava Lichtenstein's Birthday
Ms. Susan Kolevsohn

Cele Locke – Thank you!
Mr. James A. Curtis

Mr. and Mrs. Larry Mead
Mr. and Mrs. Edward J. Wegener

Duane M. Morrow
Mr. Bradley J. Shepard

Sally and McKee Nunnally
Mr. and Mrs. Charles W. Cary, Jr.

Juli J. Owens – Paralympic Celebrations
Dr. David F. Apple, Jr.

Michelle Dillard and Mark Pfeiffer's Marriage
Ms. Marie A. Cantrell
Ms. Margaret P. Elder
Ms. Demetria B. Hendrix
Ms. Lauren Hyatt
Jeter Hrubala Wealth Strategies
Mr. Robert M. Laird
Miss Katharine Martin
Mr. and Mrs. Calvin Pennington
Mr. Gordon Pfeiffer
Ms. Molly Pfeiffer
Mr. and Mrs. Neal Powell
Ms. Jane H. Ryan
Mr. Robert M. Taylor

Angela Pihera – Great 25th Adventure Skills Workshop!
Dr. David F. Apple, Jr.

Mr. and Mrs. Christopher Port's Anniversary
Mr. and Mrs. Thomas C. Port

Chris M. Ravotti – Great 25th Adventure Skills Workshop!
Dr. David F. Apple, Jr.

North Georgia Vets
Mrs. Richard A. Wight

Our Marines
Marine Corps League Dept.
of Massachusetts

Our Military Veterans
Marine Corp League Det. 1339

Toby Regal's Recovery
Ms. Sharon Regal

Derek Register – Thank you!
Mr. James A. Curtis

Tamara Riadi's Birthday
Mr. Johannes Zwick

Norma I. Rivera – Congratulations on a successful retirement!
Dr. David F. Apple, Jr.

John W. Rooker
Mr. Mason L. Cardwell
Mr. Dennis L. Mitchell

Darren Ross
Mr. Mason L. Cardwell
Mr. Dennis L. Mitchell

Hamano Ross' Recovery
Ms. Wanda H. Ross

Cara Roxland – Great Derby Day!
Dr. David F. Apple, Jr.

Elizabeth Sasso – Great Shepherd Effort – Indego
Dr. David F. Apple, Jr.

Shannon Schneider
Mrs. Deborah K. Schneider

Shepherd Center Volunteers
Mr. Dennis L. Mitchell

Eloise F. Shepherd's Birthday
Mrs. Mary B. Bickers

Rebecca Shaw Shepherd's Birthday
Mrs. Mary B. Bickers

Elizabeth K. Shortridge – Great Derby Day!
Dr. David F. Apple, Jr.

Scott H. Sikes – Enjoy your "retirement" and thanks!
Dr. David F. Apple, Jr.

Scott H. Sikes – Great Joint Board Meeting!
Dr. David F. Apple, Jr.

Heddi Silon – New Bridge Builder
Dr. David F. Apple, Jr.

Linda Smith – Great help!
Dr. David F. Apple, Jr.

Philip E. Smith
Mr. and Mrs. Russell Smith

Shepherd Center Marks Passing of Longtime Board Member Stephen Goot

LONGTIME FRIEND OF SHEPHERD CENTER, board member, volunteer and advocate Stephen Goot passed away September 13, 2016. Stephen was injured in a snow-mobiling accident in 1992 and underwent rehabilitation at Shepherd Center. He was known for his kind, charming and gregarious nature, as well as his signature dapper attire.

Stephen was an advocate and resource for universal design, and he was enthusiastically helpful with patients who were looking for advice and suggestions for making their homes wheelchair accessible. Stephen volunteered many years at Shepherd Center, both as a member of the Board of Directors, on which he served as corporate secretary, as well as volunteering twice a week with Shepherd Center's Family Support Services. In 2012, Stephen received an 11Alive Community Service Award for his volunteerism and generous support of Shepherd Center.

Stephen and his wife, Debbie, touched many lives at Shepherd Center. Stephen was a role model for seeing beyond injury and for living life to the fullest. He will be greatly missed. ✨



Stephen and Debbie Goot

David Snell
Ms. Gloria Johnson

Donna and Jim Stephenson
Mr. and Mrs. C. Scott Akers, Jr.

Todd Stone – Great Summer in the City!
Dr. David F. Apple, Jr.

Mr. and Mrs. Keith Stoneman – Thanks for a great weekend!
Dr. David F. Apple, Jr.

Harvey Sugerman's Recovery
Mr. and Mrs. Robert Freed

Alan S. Sunshine's Birthday
Mr. and Mrs. Steven J. Labovitz

Erica Sutton – Great Shepherd Effort – Indego
Dr. David F. Apple, Jr.

Hayes Swann
Mr. and Mrs. Michael D. Golden
Mr. Dennis L. Mitchell

T. Wayne Swezey's Recovery
Anthony Cecil Insurance, Inc.

Taplitz
Mr. and Mrs. Craig Robson

Faye Webb
Ms. Suzanne Rozar

Julie S. White – Clinical Excellence
Dr. David F. Apple, Jr.

William Wolf
Steve Zoeller

William Wolf's Recovery
Ms. Carol H. Orr

Eugene Pearce Worrell's 1st Birthday
Mr. and Mrs. John Hinson
Ms. Virginia M. Jackson
Haygood, Virginia, Paterson,
and Mary Pearce Seawell
Mr. and Mrs. Travis E. Weatherly
Mr. and Mrs. Jonathan P. Worrell
Mr. and Mrs. Stephen F. Worrell



Shepherd Center employees serve their colleagues BBQ and lemonade at the kickoff for the Shepherd Cares Employee Giving campaign.



Leanne Dennis, CTRS, CCM, director of the ABI post-acute program, Payal Fadia, M.D., medical director of post-acute brain injury services, Rebecca Harrell, Rudy Harrell and Susan Johnson, director of brain injury services, celebrate the renovation of Shepherd Pathways at a ribbon-cutting ceremony.

Deceased friends of Shepherd Center are listed first in bold print followed by the names of those making gifts in their memory. This list reflects gifts made to Shepherd Center between May 1, 2016 and July 31, 2016.

Helen G. Alperin

Mr. and Mrs. Max Diamond

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Ms. Hope Abisamra**Boyce L. Ansley**Mrs. Lindsey Hopkins III
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Ken, Sue, Kelly, and Andrew Scaff
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Mr. and Mrs. Ronald D. Stubbs
Mr. Ben C. Sutton, Jr.**Reuben M. Berry**

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Andrea Constantino
Mr. Ronald Graham
Joel Holtry
Mr. and Mrs. Hugh Irwin
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Ashlee Murphy**Pat and Cecil Betenbaugh**Martin Management Investments LP
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Mrs. Morgan R. Edge
The Fischers and Bournes
The Hillgrave High School
Coaching Staff & Dugout Club
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Mr. and Mrs. Jerry Terrell**Lauren E. Burtz**

Ms. Luella M. Burtz

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J D Greene

Norma Grosswald

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Mr. and Mrs. J. Harold Shepherd**W. Barrett Howell**Mrs. Lindsey Hopkins III
Mrs. James O. Patterson
Mrs. Charles H. Peterson
Mr. and Mrs. J. Harold Shepherd
Mrs. Charles Woodall, Jr.**Eva Iteld**

Mr. and Mrs. Joel K. Isenberg

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Mr. and Mrs. Norman Schimelman

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Anita LeyMs. Arthurlene J. Eaton
Mr. Keith Ley
Ms. Ann Mason
Ms. Gail Mason**Jeff W. Littleton**Mr. and Mrs. John Beeskow
Ms. Ann Littleton**Pen Lynbrook**

Ms. Phyllis Brooks

Matthew R. MarcusAngel Companions, LLC
Mr. David Marcus
LaToya, Wubet, Tricia, Roxy,
Suzanne, George, Anita,
Sarah, and Elmora Parker**Our beloved sons, Matt
and Larry Marcus**

Mr. and Mrs. Robert I. Marcus

Olivia Martin

Mr. and Mrs. James M. Flournoy

Sgt. 1st Class Shawn McCloskey

Mr. and Mrs. Matthew K. Jones

Nona McDuffieMrs. James M. Caswell, Jr.
Mrs. Charles H. Peterson
Mr. and Mrs. J. Harold Shepherd
Mrs. Charles Woodall, Jr.**Kathryn Thompson McKenzie**

Mr. and Mrs. Dale H. Tucker

George Menzel

Ms. Kate Malone

Dina MizeMs. Sylvia Baker
Mr. Eric S. Bendfeldt
Mr. and Mrs. Charles W. Blessed



Shepherd Center took a stand to prevent falls during its third annual Fall Prevention Awareness Day, which featured activity demonstrations and health screenings.



Shepherd Center Seating Clinic therapists, who assess and meet the mobility needs of Shepherd Center patients and community members, celebrate Spinal Cord Injury Awareness Month with a team photo.



Shepherd Center patients enjoyed an outing to Piedmont Park to enjoy Atlanta's warm, early fall weather.

Blue Ridge Cattlemen's Association
Mr. and Mrs. Charles A. Briggs
Mr. and Mrs. Edmond Deberry
Mr. and Mrs. Roland Dowdy
Ms. Naomi Farmer
Fauquier County Master Gardener Association
Mr. and Mrs. Frank Ferdinand
Mr. and Mrs. David Fox
Mrs. Marianne Godin
Mr. and Mrs. William W. Gulick
Ms. Susan R. Hylton
Mr. Keith Jones
Mrs. Marsha Kirk
Ms. Edel Kunkel
Mr. and Mrs. L. W. Lunceford
Mr. and Mrs. Gordon Maham
Ms. Margaret Mardyniak
Dr. Kimberly Niewolny and the VA Beginning Farmer and Rancher Coalition
Mr. and Mrs. Dave Pasierb
Mr. Daniel R. Pearce
Mr. James Pinsky
Mr. and Mrs. John C. Rollings
Virginia Cattlemen's Association
Virginia Cooperative Extension – Loudon office staff and friends
Ms. Kathleen Weghorst

Bernard N. Neal
Mr. and Mrs. M. Lamar Oglesby

Kenneth Neimann
Mrs. Lois Nicholson Beauchamp

Dickey D. Netherland
Mr. and Mrs. Edwin E. Cowart

Phyllis R. Nygaard
Mr. and Mrs. Bonneau Ansley

Dick Perkins
Mr. and Mrs. Edwin E. Cowart

Katie Preuss
Anonymous

Charlotte G. Ramage
Ms. Martha Callaway
Mr. and Mrs. Ronald J. Frankiewicz
Grace Presbyterian Church
Mr. and Mrs. J. Harold Shepherd
Mrs. Mary Belle Wilkins

Frances W. Ramsey
Mr. and Mrs. Edwin E. Cowart

Gus Raney
Mr. John W. Weber

Robby Redding
Mr. and Mrs. Charles R. Redding III

Michael Reed
Mr. and Mrs. Don Cargile
J W R Jewelers, Inc.

Donnie Rodgers
Mr. and Mrs. Bob Reeves

Marc J. Rothmel
Mr. and Mrs. Barry Blacey
Mr. and Mrs. Scott Johnson
Star Pipe Products
The Szerdi Family
Trinley Tambor
Underground Contractors
Association of South Florida
Ms. Joan H. Williamson
Mr. and Mrs. Scott Wilson

William D. Rowell
Ms. Amber C. Grubbs

Norman Schimelman
Ms. Suzanne Brenner

Christina Semeria
Anonymous

Stephanie Sharp
Ms. Patricia P. Bennett
Madison Church of Christ

Dana J. Shepherd
Mrs. Tammie I. Dunlap

Julia M. Shivers
Dr. and Mrs. Carter Smith, Jr.

Sam S. Singer
Mrs. Ann Singer

Jean Smith
Mr. and Mrs. Edwin E. Cowart

Sharon Stringfellow Stewart
Mr. Stephen Lapidus

Paul M. Korb, DMD, PC
Mrs. Patricia Poole

Dodie B. Stockton
Mr. and Mrs. William Lippincott
Mr. and Mrs. J. Harold Shepherd
Mrs. Charles Woodall, Jr.

Chris Stone
Mr. and Mrs. Robert E. Pitts III

Adele A. Syracuse
Mr. and Mrs. Joel K. Isenberg

Eadie Tant
Dr. David F. Apple, Jr.
Mr. and Mrs. Rush S. Barrett
Mr. and Mrs. C. Duncan Beard
Mr. James A. Curtis
Ms. Sabrina M. Evans
Mr. and Mrs. Christopher Jackson
Mr. and Mrs. John J. Martin
Mr. and Mrs. Dean Melcher
Mr. and Mrs. J. Harold Shepherd
Mr. and Mrs. Dell B. Sikes
Mr. and Mrs. Scott H. Sikes
Ms. Heddi Silon
Ms. Jennifer K. Swindall
Mr. and Mrs. Scott L. Tucker
Dr. and Mrs. Gary R. Ulicny
Ms. Sandra J. Unruh
Mr. and Mrs. Mark M. Whitney
Ms. Jessica Ayres Williams
Mr. Charles Willingham
Mr. and Mrs. Zachary M. Wilson
Mr. and Mrs. Andrew P. Worrell

William Thomas Towles
Mr. and Mrs. Edwin E. Cowart

John P. Turman
Dr. David F. Apple, Jr.

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Mr. William Archer
Atlantic Grill, LLC
Pati, Debbie and Families
Ms. Pamela Cleghorn
Ms. Rebekah R. Downing
Will and Caryn Evangelista
Dale and Lydia
The Hayter Family
Mr. Mark E. Jensen

Ms. Callie Lathangue
Mr. Darwin Lesh
Mr. and Mrs. Dennis M. Patterson
The Reilly Family
Mr. J. Tyler Tippet
Ms. Gayle E. Turner
Mr. Philip Van Duyne
Mr. Joseph G. Whitaker
and Christina Stallings
and all the Genworth Family
Ms. Judy Wittenberg

Michael C. Waters
Mr. and Mrs. Mario J. DeLaguardia

David C. Watkins
Dr. and Mrs. Carter Smith, Jr.

E. Juanita Watkins
Ms. Kristi J. Bomar

Robert D. Weathers
Mr. and Mrs. Edwin E. Cowart

Mickey McQueen Webb
Mr. and Mrs. William Anderson
Mr. and Mrs. J. Harold Shepherd
Mr. Mark West

Sandra Weigandt
Mr. and Mrs. James C. Babcock
Mr. and Mrs. David J. Bretzlauf
Mrs. Therese M. Philipp
Mr. Carl F. Wegner

Richard D. West
Men's Group of the Church of Atonement

Loraine P. Williams
Mr. and Mrs. M. Lamar Oglesby
Mrs. Charles Woodall, Jr.

Jay Woodruff
Elizabeth Owens
Katherine Williams

Davis Zinsenheim
Mr. Robert Rickles



Shepherd Center

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

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Georgia Governor's Office of Highway Safety and Shepherd Center to Develop **A SAFE DRIVING APP FOR PARENTS AND TEEN DRIVERS**

TEACHING A CHILD HOW TO DRIVE is often an anxious time for both parents and teens. The anxiety is justified. While teens are singularly the most vulnerable population when it comes to motor vehicle safety, rarely are parents trained to teach their teens to safely operate and maintain an automobile.

Fortunately, studies have shown that one of the most protective factors against teenage morbidity and mortality due to car crashes are parents who model, monitor and enforce safe driving practices. With that in mind, the Governor's Office of Highway Safety (GOHS) and Shepherd Center's Injury Prevention Program have teamed up to create an innovative drivers education mobile app targeting parents. GOHS has given a grant to Shepherd Center – to be implemented from October 1, 2016 to September 30, 2017 – of \$175,000 to write a driving curriculum that will be transformed into an easy-to-use app available on both iPhone and Android platforms. The app will include step-by-step lessons that start with basics – checking tire pressure, positioning mirrors – to more complicated maneuvers, such as driving around big trucks and merging onto highways. The app will track the number of hours spent driving together and the weather conditions present, to ensure that teens are completing their required 40 hours of supervised instruction.



The main objective for the grant is to increase compliance with graduated drivers licensing (GDLs) laws by educating parents. The app will review and quiz both parties on GDLs and have a customizable driving agreement to set limitations and expectations from the start. Additionally, the app will include lessons on inattention blindness and distracted driving.

"Our goal is to meet young drivers and parents where they are, and an app does exactly that," says Emma Harrington, Shepherd Center's director of injury prevention and education. "Using a technology they're already familiar with, we can ensure our youth are learning the skills required to be safe on the road." *



For more information, contact Emma Harrington at emma_harrington@shepherd.org or visit shepherd.org/injuryprevention.