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Shepherd

Center Spinal Column®

EXTENDING A LIFELINE

Expansion allows Shepherd Center's SHARE Military Initiative to cast a wider net in treating service men and women.

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+ 35 YEARS OF DERBY DAY

Shepherd Center Magazine: Spinal Column® Summer 2017

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About the cover: With the expansion of
the SHARE Military Initiative, more clients
like Gary Herber will be able to return to
activities that bring them joy.
Photo by Louie Favorite



Spinal Column® A LETTER FROM JAMES SHEPHERD

Dear Friends,

This summer has brought with it a busy time at Shepherd Center. Not only have we seen an influx of patients who have sustained summer-related injuries, but many of our long-term projects also have come to fruition just in the past few months, leading to a flurry of activity both inside and outside Shepherd Center.

Our new president and CEO, Sarah Morrison, PT, MBA, MHA, is settling in and has made recent additions to the Shepherd Center team. Just last month, Wesley Chay, M.D., joined Shepherd Center and is leading two new clinical teams in our Comprehensive Rehabilitation Unit. In late August, we will welcome our new chief medical officer, Michael Yochelson, M.D., MBA. As you'll read in this issue, Dr. Yochelson is a highly qualified clinician and passionate leader who will be stepping into this role as long-time medical director Donald Peck Leslie, M.D., retires after a storied 31-year career at Shepherd Center. I'm so grateful for Dr. Leslie's friendship and leadership over the past three decades, and I excitedly welcome Drs. Yochelson and Chay to our family.

As our cover story mentions, the SHARE Military Initiative has recently moved to our new facility at 80 Peachtree Park Drive, just down the street from our main campus. With this move, our goal is to eventually double the number of military service members we can serve through SHARE. Additionally, our new MRI suite, laboratory and pharmacy spaces have opened, much to the delight of our staff and families, who have been incredibly patient as we grow. All of these things – the addition and promotion of staff and the investment in new technology and space – will allow us to operate at full capacity and better yet, care for you or your loved one even better than we could before.

Of course, none of this is possible without the hard work of our dedicated staff and the generosity of people like you. Investments of time, talent and money into events and initiatives, such as Derby Day, the Shepherd's Men run, Project Rollway and the spring golf tournament hosted by the Brookhaven Rotary, help us make expansion possible. As always, thank you for your support of Shepherd Center. Also, please remember to drive and dive safely.

Warm regards,

James H. Shepherd, Jr.
Chairman/Chief Strategy Officer

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PHOTO BY GARY MEEK

Since her graduation from the SHARE Military Initiative, Rojean Sanders has earned her associate's degree, is pursuing her bachelor's degree and is president of her college's honor society.

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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 Sarah L. Batts at the Shepherd Center Foundation at 404-350-7305 or visit shepherd.org.

People with Spasticity Related to Spinal Cord Injury Invited to Participate in Survey

Researchers in the Crawford Research Institute at Shepherd Center are recruiting people who have spasticity, spasms, muscle stiffness, tone or clonus related to spinal cord injury (SCI) to participate in an online survey. The questionnaire, which takes 15 to 20 minutes to complete, asks about the participants' spinal cord injury, the qualities of their spasticity and what things make their spasticity better or worse.

The purpose of this study is to assess how spasticity is experienced by individuals with SCI, which characteristics of spasticity have the greatest impact on activities of daily living and the perceived value of current treatment strategies. The results are anonymous and will be used to set research priorities in the design of new studies of the treatment of spasticity. Researchers hope the study will guide future research to look at very individualized spasticity management.

To participate in the survey, visit https://is.gd/SCIMS_Spasticity_Survey. For more information, contact Cathy Furbish at 404-350-7591 or cathy_furbish@shepherd.org *



Advanced Wheelchair Skills Clinic Set for October 14 at Shepherd Center

Shepherd Center's Advanced Wheelchair Skills Clinic aims to provide persons who are using manual wheelchairs with continued education to learn, review and practice wheelchair skills under the guidance of Shepherd Center therapists. Practicing these skills may translate into increased confidence, safety and independence when performing manual wheelchair skills during daily activities and in the community. Skills covered in this clinic may include propulsion technique, wheelies, curbs, falling safely, uprighting the wheelchair, and negotiating elements such as grass, stones, sand and stairs. *

DATE: October 14, 2017

TIME: 9 a.m. - 1 p.m.

LOCATION: Mike Utley Terrain Training Course (outside the plaza level of Woodruff Family Residence Center adjacent to Shepherd Center)

COST: Free

TO REGISTER: Contact Brian Maloney, PT, DPT, NCS, at 404-603-4634 or brian_maloney@shepherd.org



PHOTO BY GARY MEEK

Shepherd Center Names New Chief Medical Officer

MICHAEL YOCHELSON, M.D., MBA, TO JOIN SHEPHERD CENTER AUG. 28

Michael Yochelson, M.D., MBA, has been named chief medical officer of Shepherd Center, a 152-bed private, not-for-profit hospital specializing in medical treatment, research and rehabilitation for people with spinal cord injury, brain injury, multiple sclerosis, spine and chronic pain, and other neuromuscular conditions. Dr. Yochelson's tenure begins Aug. 28.

"Dr. Yochelson brings to Shepherd Center vast clinical and educational leadership experience," says Sarah Morrison, PT, MBA, MHA, Shepherd Center's president and CEO. "We believe his unique combination of skills, as well as his reputation as a leader, clinician and researcher make him an ideal fit for Shepherd Center."

Since 2011, Dr. Yochelson has served as the vice president of medical affairs and chief medical officer at MedStar National Rehabilitation Network in Washington, D.C. In addition to being a board-certified neurologist and physiatrist, he also has served in an academic capacity as a professor and vice chair of clinical affairs in the department of rehabilitation medicine and professor of clinical neurology at Georgetown University. Additionally, he is the founding program director of the Brain



Michael Yochelson, M.D., MBA

"Dr. Yochelson is a tremendous addition to Shepherd Center's clinical staff and leadership team."

**DONALD PECK LESLIE, M.D.
LONG-TIME SHEPHERD CENTER MEDICAL DIRECTOR**

Injury Medicine Fellowship, which he started at MedStar National Rehabilitation Hospital in 2009. Dr. Yochelson began his medical career in the United States Navy, where he served from 1995 to 2006.

Dr. Yochelson earned a bachelor's degree in science from Duke University and his medical degree from George Washington University. He completed his residency training

at the National Capital Consortium. Dr. Yochelson also holds a master's in business administration from the R. H. Smith School of Business from the University of Maryland.

"Dr. Yochelson is a tremendous addition to Shepherd Center's clinical staff and leadership team," says Donald Peck Leslie, M.D., long-time Shepherd Center medical director. "His depth of knowledge, experience and passion for the patients we treat will be extremely beneficial for both Shepherd Center patients and staff."

Dr. Yochelson assumes the role as Dr. Leslie retires after 34 years at Shepherd Center.

"I am honored to be joining the incredible team at Shepherd Center, which is leading rehabilitative care in spinal cord and brain injury and changing the lives of those they serve every day," Dr. Yochelson says. *

New Studies Aim to Provide Non-Invasive, Accessible Therapies for People with Spinal Cord Injury

Jennifer Iddings, Ph.D., and Stephen Estes, Ph.D., post-doctoral fellows at Shepherd Center's Hulse Spinal Cord Injury Lab, are leading studies that aim to refine and enhance current therapies used for people who have sustained a spinal cord injury.

Enhancing Corticospinal Excitability to Improve Functional Recovery

With funding through a grant from the Craig H. Nielsen Foundation, Dr. Iddings is leading a study that will compare two types of non-invasive brain stimulation – transcranial direct current stimulation (tDCS) and transcranial pulsed current stimulation (tPCS). The study will determine which type of stimulation has a greater influence on the brain's response to arm and hand training, with the goal of improving upper-extremity function in people with a spinal cord injury.

“We want to determine whether one type of stimulation more robustly enhances the excitability of the motor cortex – the region of the brain that controls voluntary movements – to increase communication between the brain and spinal cord. Our goal is to begin optimizing non-invasive brain stimulation for use as a neurorehabilitation tool in persons with SCI,” Dr. Iddings says.

Participants will receive individual sessions of each type of stimulation – tDCS, tPCS and a sham control, while participating in arm and hand training. During stimulation, two sponge electrodes placed on the participant's head will apply low-level electrical stimulation to the scalp for 30 minutes to increase excitability in the regions of the brain that control arm and hand function. These brain changes are aimed at improving the effectiveness of arm and hand training, which involves tasks such as grasping, moving and releasing objects. For each session, the type of stimulation or the location of the stimulation electrodes will be modified to determine the effect on brain excitability and upper-extremity function.

For more information or to express interest in participating, contact Dr. Iddings at 404-367-1239 or jennifer_iddings@shepherd.org.

Combined Influence of Transcutaneous Spinal Cord Stimulation and Locomotor Training on Spasticity and Walking Outcomes after Spinal Cord Injury

Dr. Estes is leading a study – funded by the Wings for Life Spinal Cord Research Foundation – that tests a novel way to increase the effectiveness of locomotor training for improving walking function. Locomotor training sessions can be conducted using specialized body-weight-supported harness systems, treadmills or walking over-ground.

By adding transcutaneous spinal cord stimulation to locomotor training, Dr. Estes' research aims to improve walking function in persons with motor incomplete SCI. He also hopes to reduce involuntary muscle activity, called spasticity, which affects 70 to 80 percent of people with SCI.

“Following a cervical spinal cord injury, the loss of input from the brain to the spinal cord can lead to an imbalance in the spinal cord circuitry that is important for motor control – both voluntary and involuntary,” Dr. Estes explains. “Our thought is that by stimulating nerve fibers leading into the spinal cord using transcutaneous spinal cord stimulation, we can rebalance the circuitry, resulting in reduced spasticity and improved walking function.”

During the study, participants will undergo clinical assessments, as well as analyses of muscle activity for four weeks while participating in standard locomotor training with their physical therapist three days a week. For the first two weeks, all participants will receive standard locomotor training only. The last two weeks of locomotor training will include the addition of spinal cord stimulation provided through a transcutaneous electrical nerve stimulation (TENS) unit. Some participants will receive sham stimulation as part of a randomly preassigned control group.

“If the addition of transcutaneous spinal cord stimulation reduces spasticity and improves walking function, the combination of the therapies can be more quickly integrated into the clinical setting,” Dr. Estes notes.

For more information or to express interest in participating, please contact Dr. Estes at 404-603-4967 or stephen_estes@shepherd.org. *

QA

LAURIE NASH, PH.D., ABPP

Director of Psychology

INTERVIEWED BY PHILLIP JORDAN

P
staff
profile

Laurie Nash, Ph.D., ABPP, is a board-certified rehabilitation psychologist and clinical neuropsychologist who joined Shepherd Center in 2009. She became director of Shepherd Center's Psychology Department in 2016.

Q: HOW SOON DO PATIENTS AND THEIR FAMILIES BEGIN WORKING WITH YOU AND YOUR TEAM?

A: We start working with each patient from day one. We're here to meet them and help them get settled in. Transferring from another hospital, it's scary to start over. It's about building trust because this is a whole new adventure they're starting here.

Q: WHAT'S YOUR STRATEGY IN HELPING TO ALLEVIATE THOSE FEARS FOR NEW PATIENTS SO THEY CAN FOCUS ON GETTING TO WORK?

A: The most important thing is remembering that every patient is different. Some patients want to know everything going on, and everything that's coming down the line. Others want to just go day by day, one thing at a time. It's more about getting to know each patient rather than following rigid protocols. I love that Shepherd Center treats patients on an individual, case-by-case basis rather than providing the same care to all. That's a big part of why I'm here!



Laurie Nash, Ph.D., ABPP, is the director of Shepherd Center's Psychology Department.

Q: WHAT'S A SERVICE YOUR TEAM PROVIDES THAT CAN GET OVERLOOKED?

A: Something that surprises patients and families is how many educational group classes we offer, in addition to individual and family care. We address practical issues like returning to work, taking care of children, or returning to driving. But we also offer male and female sexuality and intimacy classes. We provide group counseling classes, group family therapy and discussions on changing family roles. There are pain management education classes that cover medicinal and non-medicinal interventions, and substance use education classes. We recommend them all. Research shows people have difficulty with a lot of these areas after their

physical rehabilitation, and if they don't start getting the education and support here, they may not get it when they return home.

Q: WHAT STANDS OUT TO YOU ABOUT SHEPHERD CENTER'S PSYCHOLOGY DEPARTMENT?

A: We are unique in the nation in providing mental health services to every single patient on a routine basis. A lot of other places only do consultations as prescribed, or in case of emergencies. I appreciate that it's a standard here – and not just for patients, but for families, too. Patients tend to have better outcomes when families or loved ones are involved. We're all in it together. *

INTERESTING FACTS

EDUCATION/PROFESSIONAL EXPERIENCE

Bemidji State University
(Bemidji, Minnesota)
Bachelor of Arts

Marist College
(Poughkeepsie, New York)
Master of Arts

Yeshiva University and the
Albert Einstein College of
Medicine (New York City)
Ph.D.

Postdoctoral Fellowship:
Clinical Neuropsychology at
Shepherd Center

Member, American
Psychological Association
Chair, APA's Practice
Committee (advocacy and
public policy)

Past chair, APA's Mentorship
Committee (peer mentorship)

FUN FACTS:

- A native of Farmington, Minnesota, Laurie's favorite family tradition is going to Minnesota Vikings football games around Thanksgiving and Christmas.
- Laurie won the 2016 Early Career Practice Award from the American Psychological Association, Division 22. This annual, national award is given to individuals in their first 10 years since licensure who have made a significant contribution to practice in rehabilitation psychology.
- She maintains her own health and wellness by getting outside often. Her favorite Atlanta hike is Whitewater Creek Trail.
- Laurie is also a writer and a published poet.
- She and her husband just moved to a new house in the Atlanta area. Good thing, too. They are expecting their first child soon, a boy!

More online at
news.shepherd.org

EXTENDING A LIFELINE

**EXPANSION ALLOWS SHEPHERD CENTER'S
SHARE MILITARY INITIATIVE TO CAST A WIDER
NET IN TREATING SERVICE MEN AND WOMEN.**

BY PHILLIP JORDAN



SHARE graduate Gary Herber often fishes on the Chattahoochee River.



SHARE graduate Rojean Sanders works and attends classes on the campus of Middle Georgia State University.



Rojean Sanders, a graduate of the SHARE program, assists veterans at her Veterans Administration work-study job while also working toward her bachelor's degree at Middle Georgia State University.

life-changing, comprehensive program in Atlanta.

"They saw how withdrawn I was, the anger and frustration on my face," Rojean says. "They knew something was wrong. When they saw me, they saw who they used to be."

Rojean finally relented, but she still had her doubts during the SHARE admissions application process.

"The staff was so nice," she says, laughing now. "They were so positive, just unrelenting, you know? I thought, 'Oh, no, this isn't going to work with me.'"

"But I came to realize their enthusiasm and dedication wasn't a front. It was sincere," Rojean recalls. "I'm here to tell you, they saved my life."

Migraines, hearing loss and a popping jaw were Rojean Sanders' obvious reminders of the M-16 rifle butt that fractured her eye, skull and jaw during a U.S. Army training exercise gone wrong. Those symptoms alone, however, weren't why Rojean often hid in her darkened Macon, Georgia, home. The traumatic brain injury she had sustained left her depressed, and the onset of post-traumatic stress trapped her in mental quicksand.

Thankfully, her mentors and fellow military veterans, Jarrad Turner and Paul VanDrie, had both completed brain injury rehabilitation in Shepherd Center's SHARE (Shaping Hope and Recovery Excellence) Military Initiative. The two of them gently, but persistently, told Rojean about the

BUILDING ON A STRONG FOUNDATION

Shepherd Center's SHARE Military Initiative launched in 2008, thanks to a gift from Atlanta philanthropist and Home Depot co-founder Bernie Marcus, through The Marcus Foundation. Since its inception, the program has treated more than 550 military service members and veterans who have been diagnosed with mild-to-moderate traumatic brain injury (TBI), along with co-occurring post-traumatic stress (PTS) or other mental health concerns – both hallmark wounds of the post-9/11 conflicts.

In its first decade, SHARE has experienced significant success in reintegrating service members into their communities, workplaces and homes. Crucial to those transformations is the comprehensive nature of the rehabilitation program, which fosters team-like camaraderie, but also provides personal assessments and individually tailored, goal-focused treatment for each client.

Services include physical, occupational and recreational therapy, mental health services, behavioral health training, PTS treatment, pain management, individual and family therapy, cognitive rehabilitation, vision and vestibular evaluation and treatment, life skills training, and client and family education. One of the most unique and powerful aspects of SHARE is the

support it provides even after clients graduate from the program. Each graduate is assigned a life coach, who works with them for another year after they return home. The life coach visits clients at home, goes with them to appointments at the Department of Veterans Affairs, keeps them accountable and helps them reconnect with their local community. The life coach also serves a vital function in educating a client's support system at home, including family, friends and, if appropriate, school or employer.

"Nobody else does that," says Jackie Breitenstein, MS CTRS, CCM, SHARE program manager. "Most places, you get a business card when you walk out the door. We know life doesn't happen here. Life happens at home."

All of these services are provided for free to service members and their families. SHARE is almost entirely sustained by private donations. This means Shepherd Center must raise \$150,000 a month – \$1.8 million annually – to keep the program thriving.

"We remove barriers to care for our clients," says Russell Gore, M.D., SHARE's medical director. "We're not going to say, 'We don't do that,' or 'You need to go somewhere else,' or 'You don't qualify for that service or technology.' That's not in our lexicon at Shepherd Center. Thanks to our donors, we can take care of the whole person and what they need."

SHARE: THE NEXT GENERATION

More than 361,000 U.S. service members have been diagnosed with mild or moderate TBI since the war in Afghanistan began in 2001, according to the Department of Defense. Statistics like that are why, in 2016, The Marcus Foundation awarded Shepherd Center a \$3.8 million grant to purchase and renovate a 15,000-square-foot building at 80 Peachtree Park Drive, just north of the hospital's main campus in Atlanta. As of June 2017, 80 Peachtree Park Drive became the new home of the SHARE Military Initiative with the goal of eventually doubling the program's capacity to serve at least 100 service members and veterans each year.

"We're bringing everything under one roof, expanding our services and technology, and increasing opportunities for collaborative, innovative rehabilitation," Dr. Gore says. "This move also allows us to better track clients during the program, to research why it works and make it easier for others to replicate what we're doing, successfully."

Clients usually stay in the program for 10 to 12 weeks. Thanks to the expanded space and additional clinical staff, the program will eventually offer shorter-term, single-service support for graduates who need a "tune-up." Ideally, shorter stays will focus more extensively on specific areas of need,



Through SHARE, graduate Gary Herber was introduced to a veterans group called Project Healing Waters Fly Fishing, a nonprofit that uses fly-fishing to build relationships with and between veterans.

such as pain management, behavioral health, vocational training and more.

"Many of these ideas come from our clients themselves," says Susan Johnson, MA, CCC-SLP, CCM, director of Brain Injury Services at Shepherd Center. "We listen to their needs and goals rather than what we think they should be. This is truly a patient-focused program, and that speaks to our great outcomes."

READY FOR HELP

Sgt. Gary S. Herber, U.S. Army (ret.), joined the Army in 2007. Deployed to Afghanistan with the 10th Mountain Division, he served nearly a year as a .50-caliber machine gunner on a quick-reaction force. Whenever his division's forward-operating base was hit by incoming mortar fire, as others took cover, his team would pile into MRAP trucks and try to find where the rounds originated.



Gary considers himself lucky. Many of his platoon members took several hits in their vehicles. Gary was only hit once, but it was a big one. Around midnight on September 4, 2009, a 500-pound ammonium nitrate bomb exploded under his MRAP, creating a crater in the earth big enough to swallow the whole vehicle.

Gary sustained a concussion and TBI in the blast exposure. Since then, he says, he hasn't functioned the same again.

"Since 2009, I've basically had to relearn the things you learn as a kid, down to the ABCs, arithmetic, all of it," he says. "And that doesn't even touch the psychological effects."

Gary says the Army gave him a "fair shake" in providing healthcare services after he retired in 2012, but seeing a therapist, a counselor or a physician on separate visits a few times a year wasn't enough.

"There's only so much progress you can expect out of visits spaced out that much," Gary explains. "You just end up on more meds, rehashing the same problems over and over again."

Dr. Gore knows precisely what Gary has experienced. Veterans Affairs medical facilities are overwhelmed by thousands of patients, being seen by different clinicians for different symptoms. Dr. Gore says it's not abnormal for veterans to begin the SHARE program on 15 to 20 different medications.

Frustrated, separated from the structure of the Army and missing the support of his platoon, Gary recoiled from his family, friends and society at large. By 2016, he found himself dialing the Veterans Suicide Prevention Lifeline. Connected with a counselor, Gary started talking about Shepherd Center. He knew SHARE. Back in 2012, he had considered

entering the program. Gary started it, but abandoned it after a few weeks.

"I wasn't ready to admit I needed as much back then," he says. "I wasn't ready for the intensity of the program. Going back this past year was better than I could have ever dreamed. What had changed in that time was me. Once I gave in and embraced the work, and admitted that I couldn't conquer this mountain alone, Shepherd Center was waiting with open arms."

In addition to the rigor of SHARE, clients benefit from the relationships they form while in the program.

"I know there's a science behind what they do, but I tell everyone, there's a certain level of magic to it, too," Gary says. "Being surrounded all day, every day, by people you know without a doubt love you, it's magical."

MEASURES OF SUCCESS

Every measure of success at SHARE starts with a goal – one established by the client themselves. That pioneering, goal-based approach to outcomes has worked so well, in fact, that it's been integrated across all of Shepherd Center's inpatient and outpatient programs.

"My favorite goal is, 'I want to be able to go to lunch with my daughter at her elementary school,'" Dr. Gore says, quoting one of his patients. "That's a perfect example of why we exist."

"Data is invaluable, and we use it every day to improve," Johnson adds. "But when you hear from a child who says, 'Thank you for bringing my dad back,' or from a spouse who says, 'Now, I have my loved one back,' that's a powerful testament. Families pulling back together and veterans believing there's life after deployment, that's when we know we're making a real difference."

Now in a larger space at 80 Peachtree Park Drive, the SHARE Military Initiative hopes to eventually double its capacity.

For Rojean, success is measured in before and after comparisons.

"Before, I was an angry person," she says. "I didn't have a purpose in life anymore. Because of my brain injury, I was told I wouldn't be able to finish school. I was only told the things I wouldn't be able to do, and I allowed that to become my outlook on life."

"After SHARE, I'm a more determined, humble, appreciative person," she explains. "Thanks to what I learned at Shepherd Center, if I can't get to a destination one way, I come up with four, five, six other ways to get there. I'm more social and don't keep so much to myself. I don't use my disability as a crutch anymore. I left my old self there at Shepherd Center and came out a new person."

That new person now has a college degree, is president of her school's honor society and speaks to large groups about her journey. She even spoke to staff and students at the University of Georgia's School of Business last Veterans Day. Rojean balances her days with wellness activities she learned at Shepherd Center – playing guitar, swimming, practicing yoga and even horseback riding when she can.

For Gary, his goal was simple – to look forward to tomorrow.

"It may sound like a small thing, but I never looked forward to anything," he says. "Everything in the future was scary. Now, I look forward to the next day. That's big for me."

Through SHARE, Gary was introduced to a veterans group called Project Healing Waters Fly Fishing, a nonprofit that uses fly-fishing to build relationships with and between veterans. Today, Gary works with the group, traveling all over the Southeast and beyond.

Gary now reaches out to fellow veterans who are in the same dark places he has known all too well. With each interaction he, like Rojean, becomes an advocate for the SHARE program, recruiting those who need its help.

"There's nobody here to judge you. It's all about compassion, love and healing the wounds," Gary says. "Get those feelings and emotions out there in open air where they can be tackled. The deeper you try to shove those things down, the bigger they become. When you let 'em out, in a place like this, they're not as big as you think. That's when the healing begins."

To make a gift in support of the SHARE Military Initiative, contact Jon Roxland at 404-350-7314 or jon_roxland@shepherd.org, or visit shepherd.org/share. *



A NATIONAL NETWORK INSPIRED BY SHARE

When Shepherd Center launched the SHARE Military Initiative in 2008, it did so with the hope that SHARE could serve as a model for other organizations to emulate. However, the comprehensive nature of the program, as well as the cost, long proved too ambitious for others to match.

That is finally changing. In May 2017, Russell Gore, M.D., SHARE's medical

director, and Susan Johnson, director of Shepherd Center's Brain Injury Services, attended the announcement of the new Marcus Institute for Brain Health at the University of Colorado's Anschutz Medical Campus. It will model some of SHARE's services in the western United States and serve as a data repository for centers of excellence to collaborate on successes and outcomes.

The UC center is starting with support from The Marcus Foundation, the philanthropic nonprofit founded by Atlanta businessman and Home Depot co-founder Bernie Marcus. Marcus is responsible for funding the launch of SHARE at Shepherd Center in 2008, as well as the program's brand-new, dedicated facility in Atlanta.

"This is an exciting development for us and for everybody who is passionate about treating all of our veterans who need this level of care," Dr. Gore says. "We're starting to build new collaborations with our Colorado colleagues, and this opens up a whole new world of research, communication and sharing that will aid us here, as well."

The big-picture vision is to create a network of programs that treat veterans in different ways. This may include hospitals and rehabilitation facilities that provide intensive outpatient programs, academic institutions, PTS and mental health facilities, and other community support-based programs that have been successful in assisting service members and veterans in civilian environments.

"We're already seeing tangible benefits of this collaboration," Dr. Gore says, "and that means new resources and information at our fingertips. The strength of our program at Shepherd Center is the people, the innovation and the internal knowledge that we have from doing this for 10 years. Together, our strength in the future will grow thanks to collaboration with other groups."

And the medical expertise goes a long way.

"Very few places specialize in traumatic brain injuries with the expertise we have at Shepherd Center," Dr. Gore says. "So, we have an amazing opportunity to help guide other programs as they develop programming to address the TBI component. Then, we can discover what others have learned on the behavioral health front. It's all about sharing data and best practices. Nobody is ignoring half the problem anymore. Now, we can play off each other's strengths."

A CAREER IN COMPASSION

As he retires, Donald Peck Leslie, M.D., reflects on his 34-year career at Shepherd Center.



1. Dr. Leslie served on the board of directors for the Paralympics, which were held in Atlanta in 1996. 2. Dr. Leslie looks on as patient Josh Roy participates in Shepherd Center's Step Program. 3. Dr. Leslie's career at Shepherd Center has spanned 34 years. 4. Dr. Leslie's patients, such as Pat Cociolone, left, benefit from his compassionate, expert medical care. 5. Dr. Leslie has been a leader in both clinical care and research at Shepherd Center.



DONALD PECK LESLIE, M.D., HAS A LIST OF CAREER ACCOMPLISHMENTS THAT IS EXTRAORDINARY.

He's served as Shepherd Center's medical director for the past 13 years, before which he served for 10 years as associate medical director and medical director for Shepherd Center's Acquired Brain Injury Program, which he founded and co-developed. In addition to his clinical and administrative roles at Shepherd Center, he also serves on the hospital's Board of Directors and the Shepherd Center Foundation Board of Trustees. Dr. Leslie is a diplomat of the American Academy of Physical Medicine and Rehabilitation and was elected a Fellow in the Academy, where he also serves as board examiner. He's been listed on the *U.S. News & World Report* Top Doctors list.

He has served on the Board of Directors for the Brain Injury Association of Georgia, as well as the co-medical director of the Georgia Model Brain Injury System (GAMBIS) for the TBI Model Systems grant. Dr. Leslie even served on the Board of Directors for the Paralympics. By all accounts, Shepherd Center has been lucky to have Dr. Leslie at the helm.

But, when you talk to him, he insists he's the lucky one.

"For many years, I have ridden the crest of a wave that started in 1975 when the Shepherd family founded Shepherd Center," Dr. Leslie says. "The culture that was established right then and there is a beautiful thing. As I retire, I feel great about the future, and I just feel so fortunate to have been a part of it all."

Throughout his career, Dr. Leslie has overseen hundreds of staff and consulting doctors across various medical and surgical specialties. He has also cared for thousands of patients, an important part of his career that he says he'll miss.

"I have gotten to see the evolution of so many patients' rehabilitation and to watch them bloom before my eyes," Dr. Leslie says. "They didn't ask to be here, but they begin to see that they want to continue living and that Shepherd Center can make a real difference in their lives."

Patients and families will miss him, too

"He's so smart, and very compassionate," says Tammy King, RN, MSN, ET, CRRN, CCM, chief nursing officer at Shepherd Center. "He's a holistic doctor in that he cares for the mind, body and spirit of his patients. Throughout his career, he has demonstrated that type of deep caring that you hope to get from your doctors."

Another thing he'll miss about being at Shepherd Center daily? The culture.

"In medical school, we are taught that the doctor is the top of the pyramid, but at Shepherd, there is no pyramid," he says. "We are all on the same level playing field, and you have to be a team player. That's just the culture here."



Throughout his time at Shepherd, Dr. Leslie has embodied and promoted this team environment, according to multiple colleagues.

"I have always respected that he seeks the help and advice of his fellow physicians, nurses and other disciplines across the team, yet on the other hand, he serves as a wonderful resource to patients and staff," King says. "He knows the strength rests in the team."

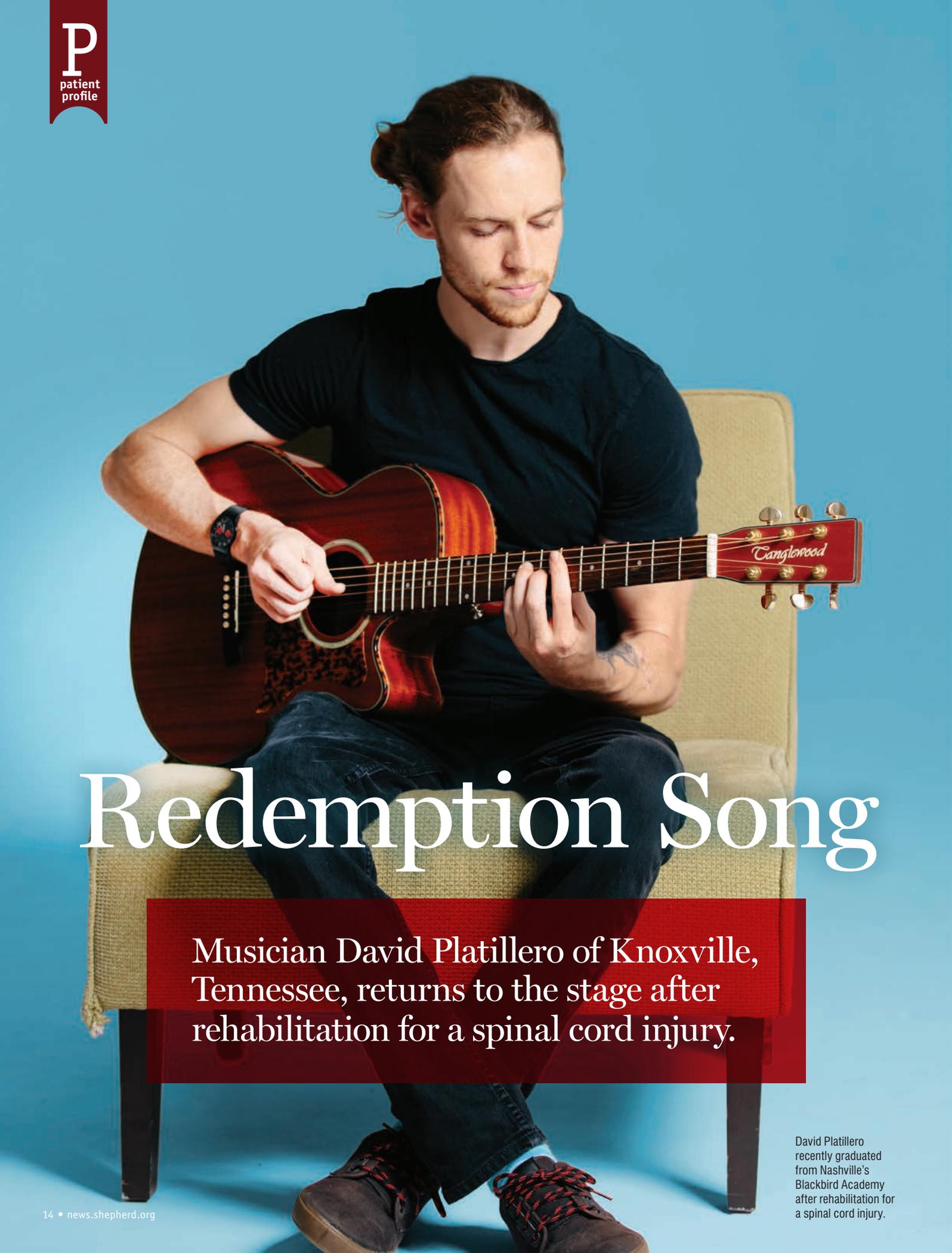
In addition to his clinical duties, Dr. Leslie also has bolstered Shepherd Center's research program, helping to shape technologies and therapies to advance the rehabilitation field, including the use of stem cells in spinal cord injury patients and the incorporation of robotic exoskeletons into the clinical setting. Although he leaves his clinical duties, he will stay on board as the principal investigator of two clinical trials. He also will take on a development position in the Shepherd Center Foundation, a role he is uniquely suited for thanks to his strong commitment to Shepherd Center and his depth of institutional knowledge.

Over the past three decades, Dr. Leslie has seen the hospital grow from a spinal cord injury rehabilitation center to a fully integrated care facility that now treats people with spinal cord and brain injury, multiple sclerosis (MS), stroke, spine and chronic pain, and other neuromuscular disorders. The mission of Shepherd Center – to help people with a disability caused by injury or disease, rebuild their lives with hope, independence and dignity – has stayed central to his leadership.

"Dr. Leslie has lived out our mission here every day," says James Shepherd, co-founder and chairman of the board of Shepherd Center. "He has an incredible ability to connect with patients, families and staff, and his influence on our culture is readily apparent. I'm incredibly grateful for his dedication to Shepherd Center."

Through growth and change, Dr. Leslie's commitment to Shepherd Center has not wavered.

"I've worked in virtually every division of this hospital from inpatient to outpatient," Dr. Leslie says. "It's not just a job – it's a life. I love this place, and I love what happens here. I feel like the luckiest man alive to have spent my career here." *

A man with long hair tied back, wearing a black t-shirt and dark jeans, is sitting on a light-colored armchair. He is playing a dark wood acoustic guitar with a red headstock that has the brand name 'Canglorwood' written on it. He is looking down at the guitar with a focused expression. The background is a solid light blue color.

Redemption Song

Musician David Platillero of Knoxville, Tennessee, returns to the stage after rehabilitation for a spinal cord injury.

David Platillero recently graduated from Nashville's Blackbird Academy after rehabilitation for a spinal cord injury.



1. David sustained a spinal cord injury while riding his bike when he was hit by a motorist.
2. David spent two months in Shepherd Center's inpatient Spinal Cord Injury Rehabilitation program before transitioning to Beyond Therapy®.

On April 27, 2016, 24-year-old music student David Francisco Platillero was riding his bicycle in Nashville, Tennessee, when a motorist ran a red light and hit him. His L-1 fracture was initially thought to be a complete spinal cord injury.

"I thought I would be in a wheelchair forever," David says.

But one year and eight days after his accident – and following eight months of rehabilitation in the Spinal Cord Injury Rehabilitation Program and Beyond Therapy® at Shepherd Center, David was introduced on stage by country music star Martina McBride at a concert in his hometown of Knoxville, Tennessee. Showing the poise and stage presence of a seasoned professional, David walked across the stage using forearm crutches, sat on a stool, picked up his guitar and joked with the audience for giving him a standing ovation.

"You don't even know if I'm any good yet," he said.

Then he and Martina sang "Just Around the Corner," a song that includes these lyrics:

<i>You find a little grace</i>	<i>And the strength to take</i>
<i>When you lose your faith</i>	<i>another step.</i>
<i>And you set your sights once more</i>	<i>And keep walking, baby,</i>
<i>On a slow-down, deep breath,</i>	<i>Keep on walking.</i>

That David was walking and had just met Martina earlier that day were just two of the remarkable developments that have taken place since David's injury.

They began with the accident itself, when an alert medical student, who was delivering sandwiches nearby, stopped at David's accident site, put a tourniquet on his bleeding arm and stabilized his head.

Then, a police officer noticed David's name tag and called the Blackbird Academy where David was studying music recording and production. Martina McBride and her husband, John, own the academy, and John is the director. Although he scarcely knew David, John went to the hospital and stayed with him until his parents, who were making a three-hour drive from Knoxville, arrived.

A few weeks later, the Academy held a benefit for David and raised \$30,000. The hosts of Pensado's Place, a weekly TV series about audio engineering, not only mentioned David, but also invited him to their awards show last August in Los Angeles and presented him with a check for \$10,000. MusiCares, the charity arm of The

Recording Academy – the presenters of the Grammy Awards – announced it would pay his rent.

David and his family found that same uplifting spirit at Shepherd Center.

"Everything was so welcoming," says his father, John. "There were a lot of people in wheelchairs and forearm crutches, and everyone was smiling. I thought 'This is where we need to be.' The occupational therapist, Patti, was so direct, matter of fact and kind at the same time. She talked to him like a big sister. She said, 'It's time for you to take this on.'"

To this day, Patti and David are in touch.

"It was inspirational. No pity, no 'Poor you,'" John recalls. "She said, 'I'm going to teach you how to get out of bed.'"

"The minute I got there, everything was better," David says. "The nurses were incredible. They really cared. And the therapists were unforgettable across the board. I remember thinking 'They're incredible!'"

David spent two months in Shepherd Center's inpatient Spinal Cord Injury Rehabilitation program before transitioning to Beyond Therapy®, Shepherd Center's rigorous, activity-based program designed to help people with a variety of neurological disorders improve lifelong health, minimize secondary complications and get the most from any new neural links to their muscles.

"They taught me I can't use the word 'can't,'" David says. "Even if something seems impossible, it's not impossible."

David's injury was classified as an incomplete one after he underwent surgery, and he approached rehabilitation with a "push the boundaries" attitude.

"He was in a lot of pain one day," John says, "and he said to me, 'I can always find something to complain about, but I can also always find something to be grateful for.'"

Five months into his rehabilitation, David began using a rolling walker. In December, he switched to crutches.

"I'm still getting stronger," David says. "I keep going to the gym and working out, and now I can walk around the house without assistance. I'm going to keep going until I do a marathon. I say that and laugh. It's ridiculous, but I may as well try."

Although he has an electrical engineering degree, his passion is music. After performing and recording other musicians for two years, he enrolled at Blackbird three weeks before the accident because he saw potential for a career in recording and producing. After meeting singer Jason Mraz and other musicians in Los Angeles last summer, David revived his dreams of performing. A month after singing with McBride, he performed a concert of his own called "Celebrate Overcoming" in Knoxville that included a video about his accident and rehabilitation.

"It's all about redemption," he says. "My goal is to share my story. It's really rewarding to inspire people to do more than they thought they could."

"David learned that at Shepherd Center," John says. "He calls it his place of healing." *

 More online at news.shepherd.org

PHOTO ON LEFT BY SAM STREET

Shepherd Alums:

Where Are They Now?

BY PHILLIP JORDAN

Chase Treadway

MANDEVILLE, LOUISIANA

For **Chase Treadway, now 32**, a jump into the shallow end of a pool on the fourth of July in 2009 resulted in a C-6-to-7 complete spinal cord injury – an injury that Chase assumed meant his life would be limited. A few years later, though, another jump turned that assumption on its head – a skydiving leap that Chase calls the most liberating experience of his life.

“I had learned at Shepherd Center that life goes on. You’ve just got to reignite the fire somehow,” Chase says. “For me, it was skydiving. Sometimes you’ve got to scare yourself silly to realize you’re still alive. That was pivotal for me.”

He didn’t slow down from there. At Shepherd Center, Chase was introduced to adaptive sports, especially handcycling. The return to action re-energized him. Handcycling and swimming led to skydiving. Skydiving led to auto racing. Together, all of it led to something else – the realization that he needed to share his newfound life philosophy with others.

Chase credits Shepherd Center’s emphasis on peer mentoring with giving him the desire to mentor others in his home community. In 2013, that desire culminated in the creation of the Chase Your Dreams Foundation.

“The idea was that sometimes all it takes to really live again, to create a new start for yourself, is a positive, inspiring experience,” Chase says. “So, let’s focus on that and declutter the rest. It’s about simplifying things and embracing what life has to offer.”

Recently, his foundation work has slowed, but there’s a good reason for that. Chase, who lives independently with help from his service dog Delta, just started his first full-time job since being injured. A self-professed “tech geek,” he’s now a web developer with a commercial marketing company.

“The one universal thing I tell everybody who’s going through something similar is that it’s going to be OK,” Chase says. “It’s just going to be a different version of OK. That’s true for everyone. We all face different ordeals in life. You just find what helps you reach the other side.”

Chase Treadway, who sustained a spinal cord injury in a diving accident, recently returned to work as a web developer.



1

Joel Jackson

JOHNS CREEK, GEORGIA

Joel Jackson, Ph.D., 49,

is an engineer specializing in computer and electrical engineering. A researcher, he also knows how it feels to be the research subject.

Joel was diagnosed with multiple sclerosis (MS) in 2001. Two days after his diagnosis, he met with Ben Thrower, M.D., medical director of the Andrew C. Carlos Multiple Sclerosis Institute at Shepherd Center. A regimen of the drug Rebif®, along with physical therapy, helped keep Joel on the move, though daily injection symptoms were tough on him. Around 2012, Joel joined a clinical trial for a new MS medication called *ocrelizumab* (Ocrevus), which took a different approach than most MS drugs, targeting certain immune system B-cells, as well as T-cells. The new drug also required only a single infusion every six months.

Thanks in part to the clinical trial, the U.S. Food and Drug Administration approved the drug in March 2017.

“My dad saw a commercial for it right after it came out,” Joel says. “He’s telling me I should try this thing called ‘Ocra-something.’ I teased him, ‘Dad, I’ve been on that for the past five years. Didn’t you hear? I’m the reason it’s out there and on TV now!’”

In his own varied career, Joel’s research and teaching has taken him from Georgia Tech, where he was an original faculty member of the electrical engineering program at Georgia Tech-Savannah, to slaughterhouses in Covington, Georgia, where he gathered pig arteries to use in ultrasonic medical imaging research. Today, he’s an instructor in the U.S. Army’s Fort Gordon Cyber Center of Excellence, and he hopes to keep pursuing his interests in earth remote sensing and autonomous driving cars.

“With MS, I’ve learned that a lot of it is what you make of it,” he says. “No matter how your body changes, it doesn’t change who you are.” Joel pauses and laughs. “For instance, my wife keeps telling me to stop holding doors open for people because she thinks it makes them uncomfortable that this plodding guy with the cane is holding the door for them. I told her, ‘Well, now you’re just making me want to do it more!’”



Joel Jackson, who has MS, was a participant in a clinical trial for a new MS drug at Shepherd Center.

2

Caleb Faulkner

CHESAPEAKE, VIRGINIA

Caleb Faulkner, 33, works a job that takes him to shipyards on the Chesapeake-Norfolk-Virginia Beach coastline. As a field engineer for Scientific Research Corporation, Caleb works on intricate, classified systems for ships going out to sea. He was on his way to a ship one September morning in 2013 when he lost control of his motorcycle and was hit by a car. The crash left Caleb with eight broken ribs and a decimated right knee, but the biggest blow was the traumatic brain injury he acquired. He was in a coma for six weeks, woke up on Halloween and then transferred to Shepherd Center from Sentara Norfolk General Hospital in Norfolk, Virginia.

“For the longest time, I didn’t understand what I was doing there and why I was in groups with patients talking about their brain injuries,” Caleb says. “I knew I was in a wheelchair and my knee was messed up, but it took me a while to understand what was going on in my head.”

Mental exercises and activities got his brain firing again. Speech and vocational therapy tested his recall and deductive reasoning skills. His long-term memory proved to be fine, but his short-term memory was a work in progress. By January 2014, he was back up to processing speed and plotting a return to life.

It took another year and a half, including ongoing vocational therapy, major surgery on his right knee and additional physical therapy, but by August 2015, Caleb was back at work, same job as before. He was also back to scuba diving and being a foodie, alongside his wife Danielle. He also earned his bachelor’s degree from Charleston Southern University in May 2016.

“It’s taken a lot of adjusting to the way I do things now,” Caleb says, “and to the way I remember and communicate, but it’s all working.”

He takes extensive longhand notes to keep his short-term memory sharp, and he has calendars that surround him everywhere. Of course, he might need those calendars even if

he didn’t have a brain injury. Caleb and his wife Danielle just had their first child, Eli, in March 2017. “I’m adjusting again,” Caleb says with a laugh, “this time to *his* schedule!”



3

Caleb Faulkner has returned to work and welcomed a son since sustaining a traumatic brain injury in a motorcycle crash.

Wesley Biddy

POWDER SPRINGS, GEORGIA

On May 21, **Wesley Biddy, 38**, earned his Ph.D. in religious studies from Marquette University. The doctoral degree follows a bachelor’s degree in English and history and a master of arts degree in theological studies from Lee University, as well as a second master’s degree from Duke University Divinity School.

All of these accomplishments have come in the years since 1999, when Wesley sustained a C-6 complete spinal cord injury as a passenger in a car crash. He is paralyzed from the chest down with limited use of his back, arms and hands. As Wesley sees it, though, the injury spurred him to heights he would not have achieved otherwise.

“I spent the year I missed of college reading every book I could get my hands on,” Wesley says. “It made me hungry. When I went back to school, I was a considerably better student. The habits I learned at Shepherd Center helped, too – keeping a schedule, being diligent about time management, planning my day.”

Wesley took it from there. In addition to his degrees, he’s completed a prestigious Iowa Writers Workshop and published a number of poems. Wesley’s been busy presenting papers at academic conferences and submitting articles to academic journals. Soon, he hopes to land a job on the other side of the college experience – as a professor.

None of this would have been possible, Wesley says, without the support of his parents Dana and Judy, or without the self-belief that Shepherd Center helped instill. During his initial stay at Shepherd Center, the 20-year-old soccer player was introduced to power soccer. Wesley later played with the Shepherd Strikers soccer team, even competing in national and international tournaments.

He still comes back to Shepherd Center twice a year for check-ups.

“Going back kind of feels like going home now,” Wesley says. “That’s because everyone there gave me hope. They made me believe I could do almost anything one way or another. It didn’t seem like life as I had known it had to be over. Shepherd Center is where I really began to live again.”



Wesley Biddy has earned a doctoral degree, two master’s degrees and a bachelor’s degree since sustaining a spinal cord injury in a car crash in 1999.

 More online at news.shepherd.org

Back to Life

Shepherd Center's SHARE Military Initiative helps clients reintegrate into the community.

BY SARA BAXTER

IT'S SOMETHING MOST OF US TAKE FOR GRANTED –

the ability to walk into a restaurant, interact with a cashier, place an order and maneuver around a crowded environment to find a seat.

But for people recovering from a traumatic brain injury (TBI) and/or post-traumatic stress (PTS), ordering a sandwich in a crowded restaurant can be a daunting task.

That's where community reintegration efforts come in. In Shepherd Center's SHARE Military Initiative, recreational therapist Laura Humphrey, MS, LRT/CTRS, addresses these issues.

Humphrey does everything from taking small groups out to breakfast so they can get comfortable in a restaurant setting to taking large groups to a bowling alley to practice dealing with noise and crowds. Group activities also have included golfing at a local park, learning to frame photos at a framing store, visiting a glass-blowing studio, swimming sessions at the Georgia Aquarium and touring museums. She also often works with clients individually who want to meet a goal of learning or relearning an activity, such as riding a bike. By attending outings in a Shepherd Center setting, clients have the opportunity to practice the skills they are learning in SHARE, so they feel more comfortable when they return home.

"We are trying to create new and old leisure experiences or social opportunities where they can practice the skills they

are learning in therapy," Humphrey says. "Most clients in the SHARE program have been coping with their brain injury or PTSD by isolating themselves. Isolation just increases the symptoms."

SHARE clients are dealing with the effects of a brain injury and PTSD, while they are also having to make the transition from military to civilian life, Humphrey notes. That makes reintegrating into the community even more important – and some times more difficult.



SHARE client Tyler Fox attaches a hook to the back of his framed photograph at The Framing Studio on a community reintegration outing.



SHARE clients recently went on an outing to The Framing Studio to learn how to frame their own photos with professional tools.

James Smith, a former U.S. Army infantryman who is a SHARE client for the second time, served in Iraq and sustained a brain injury when he drove his vehicle over an improvised explosive device (IED). Aside from physical symptoms, James had trouble interacting with people. He began reintegration efforts with a SHARE outing to a CVS pharmacy store.

"It made me a little nervous, being out in public again," James says.

After that trip, he slowly worked up to bigger outings, like going to a restaurant, and then to a bowling alley.

"The outings push you outside your comfort zone, but you're still in a safe environment," James explains. "Once you realize you can do it, it makes it easier when you go home."

"The number one goal is to teach them independence and give them the skills to cope outside of SHARE."

Laura Humphrey, MS, LRT/CTRS

Humphrey looks at everything needed to make an event a success, including any adaptive equipment, compensatory strategies and coping skills. After clients go on an outing or complete an activity, they sit down and discuss what went well, where there were challenges and what could be done to improve the activity.

"The number one goal is to teach them independence and give them the skills to cope outside of SHARE," she says. "We expose them to new or old interests, and get them used to being out in the community again. It's very rewarding when you see them realize they can do these things on their own." ✨



LAURA HUMPHREY, MS, LRT/CTRS

Recreational Therapist, SHARE Military Initiative

INTERVIEWED BY SARA BAXTER

There's no such thing as a typical day in Laura Humphrey's life. She might start out by taking a group of SHARE Military Initiative clients to breakfast, then return to Shepherd Center to play ping pong or go biking, and next work on an art project. As the recreational therapist dedicated to Shepherd Center's SHARE Military Initiative, Humphrey does whatever it takes to help her clients reintegrate into the community. She joined Shepherd in 2014 in the inpatient Acquired Brain Injury Unit and then moved to Shepherd Pathways, Shepherd Center's post-acute brain injury program. Humphrey joined SHARE in May 2017.

Q. WHAT MADE YOU DECIDE TO BECOME A RECREATIONAL THERAPIST?

A. I've had many odd jobs, including managing a bakery, restoring old homes and selling insurance. I was never sure what I wanted to do, so I kept trying new things. One day I looked at the opportunities available and decided recreational therapy was best suited to my skill set, so I went back to school. I've been working as a recreational therapist for the past five years.

Q. WHAT DOES YOUR JOB INVOLVE?

A. As a recreational therapist, I use recreation and leisure activities to increase physical, cognitive, and/or psychosocial functioning and to promote independence and overall wellbeing in our clients. In the case of SHARE clients, we want to use recreational and leisure activities to help balance their lives, increase their socialization and help them return to the activities they enjoy. This could involve taking them on large and small group activities or working with them one on one. I facilitate these activities in a way that promotes success and gives clients an opportunity to see that they can enjoy things again, while also helping them cope with the things they have been avoiding.

Q. IN YOUR EXPERIENCE, WHAT ARE YOUR CLIENTS' MAIN NEEDS?

A. No two clients' needs are the same, so you really have to look at each client's unique needs and cater to those needs individually. My main goal is to teach them how to carry over the skills they learn in the SHARE program to the community.



Laura Humphrey, MS, LRT/CTRS, recreational therapist in the SHARE Military Initiative, helps SHARE clients reintegrate into their communities.

Q. WHAT IS THE BEST PART OF YOUR JOB?

A. I love that I get to do something different every day, based on what my clients need. And, I get to do fun things. The best part is when I see that spark come back to a client, when something triggers a happy memory or when they can see past the barriers they've put in place to get back to doing the things they like to do. *

INTERESTING FACTS

EDUCATION:

East Carolina University
B.F.A., Textiles Surface and Woven Design
M.S., Recreation Therapy Administration

FUN FACTS:

- Humphrey is originally from Greenville, North Carolina. She moved to Atlanta in 2014 to work at Shepherd Center.
- Her father owned an insurance agency, so she became licensed to sell insurance at 18. She did that on and off for 10 years.
- Her favorite activities are going to the beach, listening to live music and fishing in salt water. She loves to try new things – especially if they tap into her creativity and love for the outdoors!





SHARE Graduates Complete Run to Give Back

Shepherd's Men completes epic eight-day run to raise funds, awareness for the SHARE Military Initiative.

BY KERRY LUDLAM





When Shepherd's Men members completed their trek on Memorial Day, they had run 22 miles a day for eight days. But for runners James Peterson and Jarrad Turner, both U.S. Army veterans, the path through those eight cities was not the longest – or toughest – road they had traveled.

Both men are graduates of Shepherd Center's SHARE Military Initiative, a comprehensive program that focuses on treatment for service men and women who have sustained a mild to moderate traumatic brain injury, along with co-occurring PTSD or other mental health concerns – such as depression or anxiety – from service in post-9/11 conflicts.

Depressed and struggling, James came to SHARE in early 2015. He had intense pain in his legs, was a heavy smoker and was steadily gaining weight, he says, from emotion-driven eating.

"I look back and I think I must have been trying to slowly kill myself," James says. "SHARE gave me my life back."

Jarrad, a former Army medic who sustained multiple injuries during deployment, graduated from SHARE in 2010.

"SHARE is a life-saving program," Jarrad says.

Their appreciation of SHARE led them both to join Shepherd's Men, a 17-member team of active and former servicemen and civilians. Founded in 2014 by civilian Travis Ellis and U.S. Marine Gunnery Sgt. Troy Campbell, Shepherd's Men has completed a run every spring since 2014 to support SHARE. This year, Shepherd's Men aims to raise \$2.2 million for SHARE, which is nearly completely donor-funded and provided at no cost to SHARE clients and their families.

This year's run began May 22 at the Flight 93 National Memorial in Shanksville, Pennsylvania. From there, Shepherd's

Men ran a half marathon (22 kilometers) for eight consecutive days, wearing 22-pound flak jackets, symbolizing the number of deaths by suicide of U.S. veterans every day. Along their route to Georgia, they met with Rotary clubs, VFWs, American Legion posts, Marine Corps League detachments, government officials and civilians to speak about SHARE.

"I am fortunate to have had Shepherd Center and SHARE be there for me," Jarrad says. "I am hoping that now I can inspire other veterans and let them know that it's OK to talk about this stuff and to get in contact with the available resources, such as SHARE."

James says being part of Shepherd's Men allows him to reflect on his journey, while hopefully helping others on theirs.

"Being part of Shepherd's Men and completing the run is symbolic of how far I've come," James says. "If sharing the struggle of my past to where I am now can save one person, it's all worth it. We don't have to lose 22 veterans a day to suicide."

Shepherd's Men is also helpful in James' continued rehabilitation.

"Many veterans miss the brotherhood we had when we were serving," James says. "Through SHARE and Shepherd's Men, I have found the camaraderie and comfort of knowing I have a support system that's just a phone call away. It keeps me engaged."

That camaraderie was evident on Memorial Day as friends and family gathered along Peachtree Road to welcome Shepherd's Men runners to the finish line at Shepherd Center. Once at Shepherd Center, a celebration got under way, featuring messages from James Shepherd, co-founder and chairman of the board of Shepherd Center, Sarah Morrison, PT, MBA, MHA, president and CEO of Shepherd Center, Travis Ellis, Jessica Rodriguez, wife of SHARE graduate Jorge Rodriguez and Patti Reed, a Gold Star mother from Athens, Georgia.

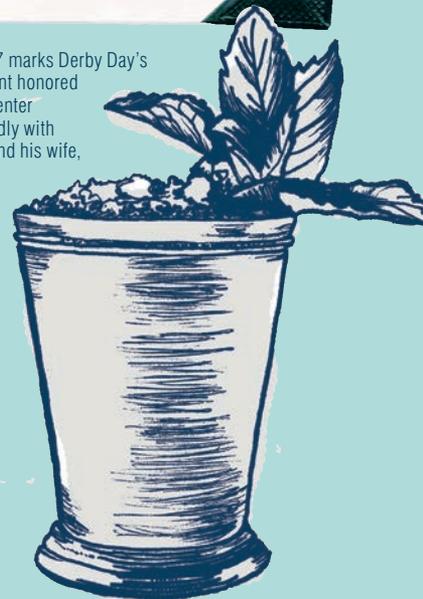
"There's no limitation on the oath we take when we enlist," Jarrad says. "We vowed to take care of our nation and each other, and that doesn't change. Running with Shepherd's Men is how I continue to fulfill my oath." *

1. Shepherd's Men finished their trek at Shepherd Center on Memorial Day.
2. Jarrad Turner, a former Army medic, has participated in three Shepherd's Men runs.
3. This year's run began May 22 at the Flight 93 National Memorial in Shanksville, Pennsylvania.
4. Rammon Macon, Jarrad Turner and James Peterson gather at the U.S. Capitol during the Shepherd's Men run.
5. Jarrad Turner celebrates with his son, Jarrad Turner, Jr., after completing the run at Shepherd Center.
6. Jarrad Turner and James Peterson are both graduates of the SHARE Military Initiative.
7. Shepherd's Men visited the Marine Corps War Memorial.

35 YEARS OF DERBY DAY 2017



1. Derby Day isn't complete without big hats. **2.** 2017 marks Derby Day's 35th anniversary. To celebrate this milestone, the event honored its former co-chairs and founders. Shepherd Center Co-Founder, Alana Shepherd, stands proudly with Derby Day 2009 Co-Chair Ryan Hoyt and his wife, Kadee Hoyt. **3.** Derby Day 2017 guests prepare for the fastest two minutes in sports.



35TH ANNUAL DERBY DAY AT CHASTAIN HORSE PARK

Raises \$325,000 FOR RECREATION THERAPY AT SHEPHERD CENTER

BY LESLIE JACKSON | PHOTOS BY DEAN TARRELL PHOTOGRAPHY, MTECH PRO MEDIA AND WILLIAM TWITTY PHOTOGRAPHY

It was a party replete with fancy hats, seersucker suits, mint juleps and lots of fun. Shepherd Center's annual Derby Day – the largest attended and longest-running fundraising event in Shepherd Center history – celebrated its 35th year on May 6 with a record-breaking crowd of more than 1,300 guests.

For 35 years, the Shepherd Center Junior Committee has hosted Derby Day. To honor this legacy, many past co-chairs and Junior Committee founders reunited at Derby Day to celebrate this special milestone. As soon as the gates opened at 2 p.m., guests flowed in to the horse rink dressed in their race-day best seersucker suits, spring dresses and hats. Each guest enjoyed a big-screen broadcast of the 143rd running of the Kentucky Derby while sipping on mint juleps. Attendees loved the live music by Glow the Show Band, lawn games, including corn hole and a wine toss, as well as posing at the Derby-themed photo booth.

Sponsors were treated to their own VIP experience with exclusive access to Chastain Horse Park's Clubhouse. Patrons and guests enjoyed the culinary delights of tenderloin, pulled pork barbecue, pasta salad and decadent desserts provided by Avenue Catering. Just after 6:30 p.m., the crowd gathered near the stage and big screens to cheer for their favorite horses.



Just before Almost Dreaming won the race, Derby Day Co-Chairs Brit Eames and Will Thies announced the winners of the Derby Day women's hat contest and Derby Day men's outfit contest. The live auctioneers, Robert Ahlers and Jason

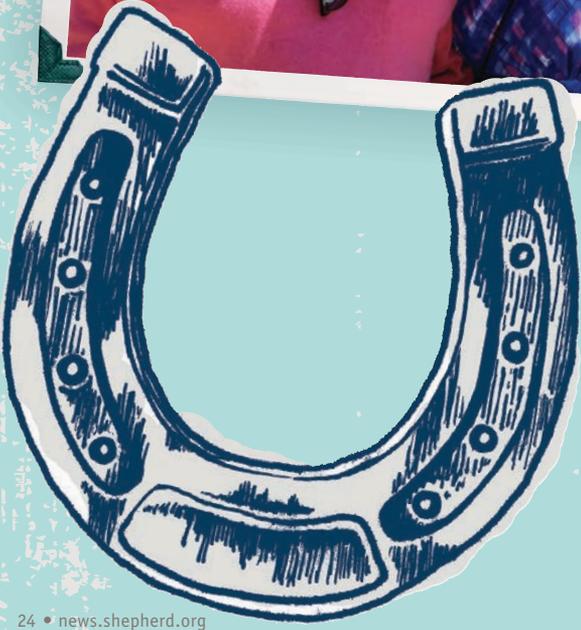
Brooks, mastered the mic as the emcees for the live auction.

The silent and live auctions offered something for everyone with college football-themed corn hole boards, dazzling jewels, and getaways near and far, which raised a record-breaking \$70,000! The day was truly filled with food, fun and fast horses!

The 35th annual Derby Day, combined with the outstanding fundraising efforts of the 2016–2017 Shepherd Center Junior Committee, raised \$325,000 for Shepherd Center's Recreation Therapy program, which helps people with a temporary or permanent disability caused by injury or disease to lead healthy and active lifestyles as independently as possible through the use of recreation activities, providing education, skill development and community reintegration opportunities. *



For more information, visit DerbyDay.com.



1. Derby Day guests watch the Kentucky Derby in hopes their horse will win! 2. Glow the Show Band rocks the day away at Derby Day 2017. 3. Guests enjoy the event's festivities from within the sponsor house. 4. Shepherd Center Junior Committee members pose at the Derby Day photo booth. 5. Shepherd Center Medical Director Emeritus David Apple, M.D., and Libba Shortridge celebrate at Derby Day 2017. 6. Derby Day Co-Chairs Brit Eames and Will Thies celebrate a record-breaking event with Leslie Jackson, event manger for Derby Day.

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Cason Photography
Chasing Meditation
Cinnabon
Diana & Adam Diamond
Dr. Anna Elmers & Mr. Mike Elmers
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Woo Skincare & Cosmetics



CURRENT AND FORMER PATIENTS

ROCK THE RUNWAY

AT PROJECT ROLLWAY

Annual event raises funds for Shepherd Center's adolescent rehabilitation programs.





1. Mack Johnson of Spartanburg, South Carolina, closes out the show at Project Rollway. 2. Agnes Kim of Atlanta, Georgia, walks down the runway with the support of her father and physical therapist Meg Canale. 3. Will Bucher of Holly Springs, North Carolina, models fashions from Patagonia. 4. Mitchell Mason of Willow Spring, North Carolina, draws cheers from the sold-out crowd. 5. Bryana Bryant of Atlanta, Georgia, strolls the runway in athleisure wear. 6. Gilbert Ibarra of Gainesville, Georgia, accessorizes with a stick from his favorite sport -- lacrosse. 7. Emily Bowman of Woodstock, Georgia, blows kisses to the crowd. 8. Jaden Naylor of Boaz, Alabama, shows off some dance moves on the runway.

FLASHING LIGHTS AND PUMPING MUSIC greeted the sold-out crowd at Project Rollway on June 23 in Shepherd Center's Livingston Gym. The event features fashion modeling by staff members and former patients while providing a fun experience for patients, staff and attendees.

Now in its fifth year, Project Rollway supports Shepherd Center's adolescent rehabilitation programs, which follow Shepherd Center's philosophy of returning patients to the highest level of functioning and independence possible while addressing teenagers' needs for autonomy, privacy and control.

"We're so grateful that support for Project Rollway continues to grow," says Patty Antcliff, MOTR/L, an occupational therapist on the adolescent spinal cord injury rehabilitation team. "This year's event raised \$33,000, which will be used to fund fun outings, return-to-school efforts, holiday celebrations and other special programming designed to help Shepherd Center's youngest patients discover there is no limit to where they can go and what they can do."

The evening began with a cocktail hour and food provided by Atlanta-area eateries. For the main event, 19 current and

former patients of Shepherd Center's Adolescent Brain Injury and Spinal Cord Injury Rehabilitation programs, along with 15 staff members and volunteers, took the runway in fashions from Atlanta designers and retailers, including London Trading Company, Elk Head, Banana Republic and Patagonia.

Models also had their hair and makeup styled by Atlanta artists. Adolescent patient counselor Cheryl Linden emceed the event with humor, introducing each model with photos of their progress.

Project Rollway does more than just raise funds: It also provides a confidence boost for patients, Antcliff notes.

"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 – in front of family, friends and their medical teams – show off how far they have come in their rehabilitation."

Sponsors for the 2017 event included Action Glass & Mirror, Inc., Andee's Army, Atlanta Sound & Lighting, Atlanta Wine Festivals, the Brooks Family, California Pizza Kitchen, Care Master Medical Services, East Tennessee Iron & Metal, Ernst

& Young, Jeremy Maddox, Lofric, Mamone Home+Garden, Modo Modo Agency, Mr. and Mrs. C. Edward Grogan, National Distributing Company, the Dabbiere Family, Uline and Van Michael Salon, along with many other businesses and individuals. *



Project Rollway 2018 is scheduled for June 23. To get involved, contact patty_antcliff@shepherd.org.



An album of photos from Project Rollway 2017 is available on Shepherd Center's Facebook page at facebook.com/shepherdcenter.

SHEPHERD CENTER'S ADVENTURE SKILLS WORKSHOP:

Making “*What If*” Possible

By Sarah Batts, MBA, Executive Director, Shepherd Center Foundation

WHAT IF: There was a place where former Shepherd Center patients from across the country who have sustained spinal cord and/or brain injuries could come with their families to support each other and learn new adventure skills?

WHAT IF: Shepherd Center had the country's leading recreational therapists to ensure every patient and family member could experience life to the fullest and open new doors of opportunity?

WHAT IF: A family's world opened up because they learned they could find true joy by playing tennis together?

WHAT IF: A newer-patient alumnus could learn how to waterski from a long-time alumnus who also has won multiple world championships?

WHAT IF: A mom sees how the experience ensured that both she and her son feel a sense of community beyond the walls and safety of Shepherd Center?

WHAT IF: Those Shepherd Center alumni have a safe space where they don't have to explain their feelings because everyone else there just gets it?

WHAT IF: This place facilitated a long-time alumnus teaching a young man to play basketball for the first time? What if that young man then got a scholarship to play wheelchair basketball at Auburn University?

WHAT IF: Young men and women learned that their injury does not mean that they can't dance?

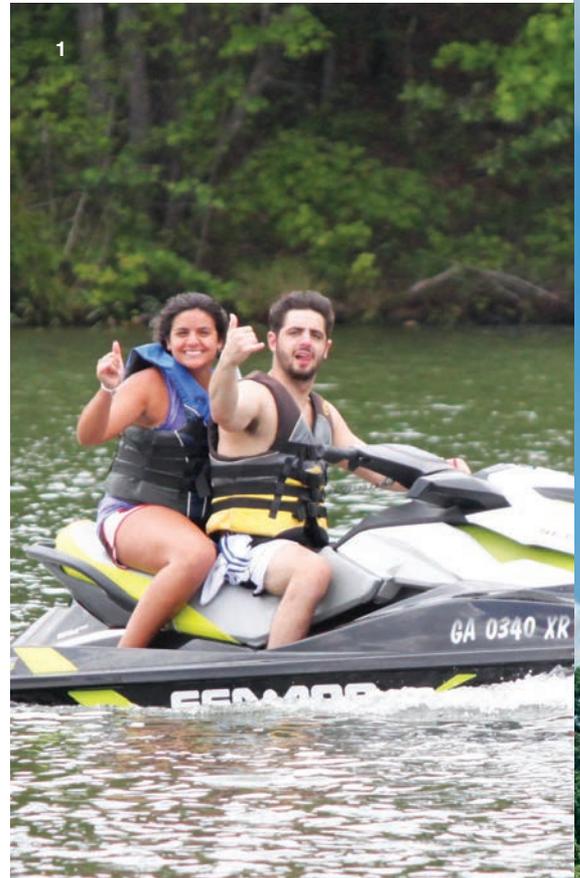
WHAT IF: This program was made possible in large part thanks to donations and volunteers?

These experiences and more happen at Shepherd Center's Adventure Skills Workshop (ASW) each May on Lake Martin at Camp ASCCA, a wheelchair-accessible facility in Jackson's Gap, Alabama. This three-day, nationally recognized outdoor workshop includes adaptive waterskiing, scuba diving, fishing, canoeing, kayaking, four-wheeling, swimming, target shooting, wall climbing and more. This fun-filled weekend is designed for people with spinal cord injury or disease, acquired brain injury, multiple sclerosis, spina bifida, post-polio syndrome, Guillain-Barré syndrome, transverse myelitis or amyotrophic lateral sclerosis (ALS). Attendees get hands-on practice in activities they've always loved, as well as those they have always wanted to try.

This year, Juli Owens, Shepherd Center Foundation Board of Trustees Chair and Melinda Dabbieri, Shepherd Center Foundation Trustee, led an effort for the Board of Directors, Foundation Board of Trustees and Advisory Board members to experience ASW. Together, they saw the impact of this vital program and emerged committed to ensuring its future.

“While Shepherd Center offers a higher return home and return to productivity than any other facility in the country, it also offers so much more,” says Juli Owens, chair of the Shepherd Center Foundation Board of Trustees. “Shepherd Center outcomes are more than statistics. It is about independence, hope, dignity and community. It is about making the dreams of ‘what if’ possible.”

Learn more at shepherd.org/ASW. *



“Shepherd Center outcomes are more than statistics. It is about independence, hope, dignity and community. It is about making the dreams of ‘what if’ possible.”

JULI OWENS, CHAIR OF THE SHEPHERD CENTER FOUNDATION BOARD OF TRUSTEES

PHOTOS BY STAFF



1. Christopher Murad and his sister Jessica ride a personal watercraft on Lake Martin. 2. Scuba instructor Bert Quist, left, teaches participant Brian Edmonds some scuba skills in the pool at the Adventure Skills Workshop. 3. Exercise specialist Gabe Shivers and participant Tim Boyd take a ride in a dune buggy. 4. Scuba instructor Simon Briceno plays water polo with ASW participant John Petty. 5. Lillian John, rec therapy intern, goes tubing on Lake Martin with Sarah and Ryan Gibson.

BOARDS WELCOME NEW MEMBERS

2017 Joint Board Meeting Sees New Members Join the Board of Directors, Board of Trustees and Advisory Board

BY JON ROXLAND

On May 22, Shepherd Center hosted its annual Joint Board Meeting, which included members of the hospital's Board of Directors, Foundation Board of Trustees and the Foundation Advisory Board. The group welcomed a fantastic class of new board members, including seven new Foundation Trustees, 16 new Advisory Board members and three additions to the Board of Directors. New members to Shepherd Center's Board of Directors are Bryant Coats, General Larry Ellis and Boynton Smith.



BRYANT G. COATS

Bryant G. Coats is the founder and chief executive officer of several not-for-profit corporations, including Resource Healthcare of America Inc., Resource Housing Group Inc. and other various affiliates (collectively "RHG"). Since its formation in 1987, the principal activities of RHG have been the acquisition or development, ownership and operation of housing and health care facilities. RHG healthcare divisions have operated in nine states and have owned hospitals, facilities for people with developmental disabilities, a home health care company, nursing homes and provided community-based behavioral health services. In November 2015, RHG sold its healthcare operations to a private equity firm. At that time, the company was providing services to more than 10,000 people per day. Bryant is a graduate of the University of Alabama.

K. BOYNTON SMITH

K. Boynton Smith is a senior vice president with McGriff, Seibels & Williams, one of the largest insurance brokerage and risk management firms in the country. Boynton has been affiliated with Shepherd Center since serving on the Junior Committee in 1995. He went on to serve on the Shepherd Center Cup golf tournament committee and the Shepherd Center Foundation Advisory Board before most recently serving on and chairing the Foundation Board of Trustees. Boynton also is involved in the Atlanta community and has served on the boards of Peachtree Presbyterian Church, Buckhead Christian Ministries and the Fernbank Corporate Council. Boynton and his wife Elizabeth have two daughters and enjoy family time, golf, skiing and beach trips.





GEN. LARRY R. ELLIS, USA (RET.)

Gen. Larry R. Ellis, USA (Ret.) is the chief executive officer of Atlanta-based Ellis Services & Solutions Enterprises, providing consulting services, facilities management services and electronic security and surveillance system services. After retiring from the United States Army, Larry joined the Point Blank Solutions Board of Directors, where he served as its president and CEO. Larry now serves as a director on the board of the Armed Forces Benefit Association and is on the Board of Regents for Morgan State University in Baltimore, Maryland, and the Board of Regents for the University System of Georgia. During an Army career that spanned more than 35 years, Larry spent nearly half his service assigned overseas, where he commanded maneuver units at every echelon. Before retiring as the Commanding General of U.S. Army Forces Command, he served in senior staff positions across the Department of Defense. Larry earned an undergraduate degree from Morgan State University and a graduate degree from Indiana University.



THIS YEAR, THE SHEPHERD CENTER FOUNDATION BOARD OF TRUSTEES HAD EIGHT OUTSTANDING MEMBERS ROLL OFF THE BOARD AT THE CONCLUSION OF THEIR TERMS.

Shepherd Center remains grateful for the dedicated service of Elizabeth Allen, Frank Bishop, Rives Cary, Chip Davidson, Tom Gallagher, Gene Pearce, Larry Prince and Buck Rogers.

A new class of Trustees joined the Board of Trustees at the May 22 meeting.

Ruth Anthony	Laura Garrison	Justin Jones	Karen Spiegel
Jim Balkcom	Lauren Hooks	Elizabeth Pearce	

The Shepherd Center Foundation Advisory Board continues to make a tremendous impact at Shepherd Center and welcomed a new class of members.

Evan Carter	Hank Gurley	Mariellen Jacobs	Jack Minson
James Curtis	Debbie Howard	Stanton Jacobs	Alden Potts
Rudy Fears	Lauren Imber	Billy Kennedy	Buck Rogers
Kim Gresh	Michael Imber	Karen Kropp	Doug Smith

Spring Meeting and Luncheon Celebrates Auxiliary's 34th Year

BY ALEX SEBLATNIGG, CAVS

The annual Spring Meeting and Luncheon on April 25 marked the finale of the Auxiliary's 34th year – a productive and successful year for the Auxiliary. Hospitality Committee Chairs, Linda Morris and Ruth Langsfeld, planned a beautiful and memorable event for Auxiliary members at the Cherokee Town Club.

Guest speaker, Jessica Claar spoke powerfully and from the heart about her son Trevor who sustained a spinal cord injury in 2015. Her remarks served as a reminder of the important mission of Shepherd Center. 2016 Auxiliary President Amy Trujillo, who has demonstrated amazing leadership throughout the year, presented a \$124,353 check to Sarah Batts, executive director of Shepherd Center Foundation, to benefit Transition Support Services. Transition support is an invaluable resource to Shepherd Center patients and their families who are making the adjustment back into the community after discharge.

Among those recognized at the luncheon for their dedicated service and volunteer hours were James Curtis, 13,000 hours; Lois Puckett, 7,000 hours; Bart Marks, 4,500 hours; Carol Olsen, 2,500 hours; Mary Kay Howard, 1,500 hours; Pat Ahlers



2016 Auxiliary President Amy Trujillo presents a check to Sarah Batts, MBA, executive director of Shepherd Center Foundation, to benefit Transition Support Services.

and Beryl Waters, 1,000 hours. Lynne Elander was awarded the Peggy Schwall Award for her dedication in spending countless hours preparing financial reports, as well as giving insightful analysis of the Pecans on Peachtree™ sales and the other fundraising events for the Auxiliary.

The highlight of the luncheon was the election and installation of the Auxiliary and Peach Corps officers for 2017–2018. The Auxiliary officers are Elaine Carlos, president; Ruth Langsfeld, president-elect; Lynne Elander, treasurer; Lisa Frooman, corresponding secretary; and Carol Olsen, recording secretary. The Peach Corps co-chairs are Donna Pottorff and Lori Ewing. ✨

Appreciation Dinner Honors Shepherd Center Volunteers

BY MINDY MOORE

The 2017 Volunteer Appreciation Dinner was held on April 26 in Shepherd Center's Callaway Auditorium. This annual event offers a chance to honor the in-hospital volunteers who make a difference with our patients and families every single day while enjoying the company of fellow volunteers old and new. Soiree Catering provided the delicious meal, and each volunteer received a bag with the words "Shepherd Center Volunteer" as a small token of appreciation.

Sarah Morrison, president and CEO of Shepherd Center, welcomed guests and thanked volunteers for the gifts of their time and talent. Following dinner, guest speaker Joann Dickson-Smith inspired guests with the story of her life following her multiple sclerosis diagnosis. As a ProMotion gym member, Joann not only works with a volunteer Fitness Buddy, but she also recognizes the many volunteers she encounters on a daily basis at Shepherd Center who make a positive impact on her life.

Stephen Goot was honored posthumously with the Spirit of Shepherd Award. This award recognizes a volunteer who demonstrates outstanding passion and commitment and is instrumental to Shepherd Center's activities, programs and mission. Stephen's dedication to Shepherd Center made him a vital part of our successes. The award was presented to Stephen's wife, Debbie Goot, and sons, Michael Goot and Brian Bible. ✨



Director of Volunteer Services, Alex Seblatnigg, CAVS, with Brian Bible, Michael Goot and Debbie Goot, who accepted the Spirit of Shepherd Award on behalf of Stephen Goot.

Volunteer Milestone Hour Awards

100 HOURS: David Colgan, Bruce Conover, Helen Dang, Shari Gorman, Karyn Harris, Scott Hunt, Molly Lane, Stanis McKinney, Elizabeth McMullen, Frances O'Brien, Jack O'Neill, Nick Protentis, Stan Sands, Jamie Shepherd and Peter van den Bosch

250 HOURS: Laura Barnard, Duncan Beard, Lisa Carrig, Tabitha Jenkins, Patty McGill, Jim Podojil and Josh Turner

500 HOURS: Kelly Holder and Martin Isenberg

1500 HOURS: Joel Feldstein

3500 HOURS: Barry Phillips

4000 HOURS: Doyle Mote

UPCOMING EVENTS

SHEPHERD CENTER FOUNDATION

Fill your 2017 calendar
with Shepherd Center
Foundation events!



SEPT.

10

RPM 9/11 Race

American Legion Post 140
at Chastain Park
Benefitting SHARE Military Initiative

rpm911race.com



The Shepherd Center Cup

SEPT.

25

Cherokee
Country Club
Shotgun start
at 12:30 p.m.



shepherd.org/shepherd-center-cup

The Legendary Party

4
NOV.

Flourish
Cocktails at 7 p.m.
Dinner at 8 p.m.



shepherd.org/legendary-party

CONTACT

For Shepherd
Center events:

DEAN MELCHER

Director of
Development Operations

404-350-7306

Dean_Melcher@shepherd.org

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 Feb. 1, 2017 and April 30, 2017.

Janet Abercrombie – Excellent Foundation board meeting!
Dr. David F. Apple, Jr.

Pat Alford – Congratulations on a record setting collections month!
Dr. David F. Apple, Jr.

Alexis Antonioli – Great service recovery!
Dr. David F. Apple, Jr.

Dr. David Apple's Birthday
Mr. Dean Melcher

Dr. Apple passing CITI Certification!
Dr. Michael L. Jones

Margaret S. Apple's Birthday
Mrs. Mary Katherine Stout

Lainey Barfield
Mr. and Mrs. James Corley, Jr.

Sarah L. Batts – Good start with the Foundation!
Dr. David F. Apple, Jr.

Chet Bhasin – Welcome to Shepherd Center!
Dr. David F. Apple, Jr.

Perry Brickman
Dr. and Mr. Joseph A. Arnold

Mark Brooks, RT – Great life-saving weekend coverage!
Dr. David F. Apple, Jr.

Terry Campen
Mr. Rick E. Campen

Dedra Casey
Ms. Christine Witzel

Dwayne Casteel, paramedic – Great life-saving weekend coverage!

Dr. David F. Apple, Jr.

Scott Crawford and Zhaina Kennes Wedding
Ms. Sandy Cole

Ellen S. Crowe
Ms. Carroll Shipley

James Curtis
Mrs. Cecile M. Jones

Jarrett & Mary Virginia Davis – Thanks for your support!
Dr. David F. Apple, Jr.

Jennifer Dennard – Congratulations on record setting month!

Dr. David F. Apple, Jr.

Dr. Elmers and her team
Lee and Tonya Harbison

Dr. Stephen Estes – Congratulations on grant award!
Dr. David F. Apple, Jr.

Wendy Fritz, RT – Great life-saving weekend coverage!
Dr. David F. Apple, Jr.

Angela Furlong
Ms. Joyce R. Gibson

Devon Gales
Ms. Anna M. Hood

Rocco Gandolfo
Ms. Colleen H. Parker

Jane L. Gibson's Birthday
Mrs. Marianne M. Harrison

The Glory of God
Mr. Rick E. Campen

Peggy F. Goldberg's Birthday
Mrs. Mildred Heltzer

Dr. Gary Gropper – Great customer service!
Dr. David F. Apple, Jr.

Ben Hadsock
Mr. Kevin Kelly

Jaycee Harding – Happy retirement!
Mr. and Mrs. James H. Shepherd III

Clare Hartigan
Dr. and Mrs. Donald P. Leslie

Michal W. Hoge
Alpha Gamma Delta
Chi Omega Sorority
Mr. James Dylan Jeremiah III
Kappa Delta Sorority
Phi Mu Sorority
USC Theta Chi Colony

Keith Holland
Ms. Stephanie A. Purser

Susan S. Holt – Great job for Gary!
Dr. David F. Apple, Jr.

Susan S. Holt – Welcome to Shepherd Center!
Dr. David F. Apple, Jr.

Ryley Hopper
Alpha Chi Omega at the University of South Carolina

Lorie Hutcheson
Dr. and Mrs. Donald P. Leslie

Jennifer Iddings – Welcome!
Dr. David F. Apple, Jr.

Leslie B. Jackson – Good job on Gary's dinner!
Dr. David F. Apple, Jr.

Maurice Jackson – Always great help!
Dr. David F. Apple, Jr.

Brenda Jones – Always great help!
Dr. David F. Apple, Jr.

Joan D. Keller
Anonymous

Alan Kolodkin's 81st Birthday
Mrs. Sam Arogeti

Deborah Krotenberg's 50th Birthday
Mr. and Mrs. Neal G. Ehrenberg
Joan M. Krotenberg
Mr. and Mrs. Gerald Z. Pollak

Deborah Krotenberg
Ms. Miriam F. Beckerman

Andrew Labovitz's Birthday
Mr. and Mrs. Steven J. Labovitz

Rita Levine's Birthday
Mr. and Mrs. Steven J. Labovitz

Mary Catherine Mackey
Mr. Thomas G. Stokes, Jr.

Justin Maddox
Mr. Michael E. Donahue

Cathleen M. Matheson
Mrs. Theresa S. Cantarella



Daniel Romanchuk, 18, of Urbana, Illinois, won the men's open division of the Wheelchair Division of the AJC Peachtree Road Race 2017, sponsored by Shepherd Center. Tatyana McFadden of Clarksville, Maryland, won the women's open division.



In May, BB&T employees hosted an outing with patients and former patients from the Spinal Cord Injury Day Program. Activities included a cookout, art, yoga, fishing and various sports.

**Dean Melcher –
Cupcake Race Success!**
Dr. David F. Apple, Jr.

Sarah A. Morrison
Dr. and Mrs. Donald P. Leslie

**Sarah A. Morrison –
Congratulations on the promotion!**
Mr. and Mrs. James H. Shepherd III

**Sarah A. Morrison –
Great Foundation presentation!**
Dr. David F. Apple, Jr.

Allison Nolen
St. James United Methodist
Church Circle of Hope

Colleen Nunn
Ms. Cyndae Arrendale

Juli Owens
Mr. and Mrs. Duane M. Morrow

Jalpa Patel, RT – Great life-saving weekend coverage!
Dr. David F. Apple, Jr.

**Parvez Patel –
Congratulations on a record-setting collections month!**
Dr. David F. Apple, Jr.

Tom and Kathy Port
Christopher Port

Volunteer Nick Protentis
Bright Funds Foundation

Linda Putnam, RN – Great life-saving weekend coverage!
Dr. David F. Apple, Jr.

Al Resler
Mr. and Mrs. David Scheinerman

Cody Reyes
Mr. Ronald R. Reyes

Charity Roseberry, RN – Great life-saving weekend coverage!
Dr. David F. Apple, Jr.

Jon Roxland – Good donor relationships!
Dr. David F. Apple, Jr.

Neil Schemm and Sharon Guy
Mr. and Mrs. Steven J. Labovitz

Emory A. Schwall
Albert and Nancy Fenstermacher
Steve and Ardyce Long
John and Janet Watkins

Elliott Scott, RN – Great life-saving weekend coverage!
Dr. David F. Apple, Jr.

Alex Seblatnigg – Great Field Day organization!
Dr. David F. Apple, Jr.

Harold Shepherd's Birthday
Dr. David F. Apple, Jr.
Mrs. Mary B. Bickers
Mr. Dean Melcher

Shepherd's Men
Mr. and Mrs. Thomas G. Reigle

Heddi Silon
Georgia Workers' Comp
Association, Inc.

Laura Maddox Smith
Anonymous
Mrs. Laura Smith Spearman

**Antoinette Stewart –
Congratulations on a record-setting collections month!**
Dr. David F. Apple, Jr.

**Helga Stewart, RN –
Great service recovery!**
Dr. David F. Apple, Jr.

Amy Trujillo – Thank you for being a fabulous president for our Auxiliary!
Sara and Donnie Chapman

Lauren Tucker – Great job with Women Shaping Shepherd!
Dr. David F. Apple, Jr.

Gary R. Ulicny – Congratulations on your retirement!
Dr. David F. Apple, Jr.
Mrs. Jane Barrett
Mr. and Mrs. John J. Martin
Mr. Dean Melcher
Mr. and Mrs. James H. Shepherd III
Mr. and Mrs. Zachary M. Wilson

**Lindsey Vicente –
Cupcake Race Success!**
Dr. David F. Apple, Jr.

Cleveland R. Willcoxon III
Mr. and Mrs. C. Calhoun Peterson

Chip Williams Running for Shepherd's Men
Mr. R. Gilbert Buckman

Brittany Wilson – Great work, and good luck!
Dr. David F. Apple, Jr.

Andrew Winfrey
Mrs. Sylvia Myers

William Wolf
Ms. Lara Bancroft

Price Woodward
Ms. Elizabeth H. Baldwin
Mr. Patrick Desamours
Ms. Betty A. Dyer
Mr. Ragan Gootee
Ms. Jennifer Heal
Mr. and Mrs. Charles Rea
Mr. Olen J. Suire

Andrew Worrell, Jr.'s Birthday
Mr. and Mrs. Travis Kirkland
Mr. and Mrs. Scott L. Tucker
Ms. Sarah Warren

Dan Yates
Mrs. Catherine T. Porter

Joan Ziegler
Mrs. Angie M. Garrard

Elizabeth Zweigel's Birthday
Reneé and Steve Zweigel

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 Feb. 1, 2017 and April 30, 2017.

LaVerne Achenbach
Ms. Diane Mical

Lindsey Addamo
Ms. Darlene F. Greer

Deborah "Debbie" Andrews
Mr. and Mrs. Ben B. Benfield

Laura and Karl Anschutz
Ms. Esther L. Abisamra
Ms. Hope Abisamra
Mr. Werner Anschutz
Greg and Maryann Gersch

**In memory of Laura Anschutz
and in honor of her birthday**
Mr. Werner Anschutz

Dr. Donald Bass
Mr. and Mrs. Ed Moor, Jr.

Jason Benchimol, USA
Dr. and Mrs. Thomas S. Upshaw

Jon Benson
Mr. and Mrs. Joel K. Isenberg

Morris "Joe" Berman
Mr. and Mrs. Milton Jacobson

Leslie L. Blackwell
Assessment & Resource Center
Mrs. Nancy R. Buchan
Mr. and Mrs. Michael Fitzgerald
Mrs. Tracy Goldenberg
Mrs. Julianne Stokes

Rebecca Bowers
Mr. Mark A. Estrop

Betty Mitchell Bowring
Mrs. Charles Woodall, Jr.

Sandra Brake
Gail Barnett
Miles E. Barnett
Mrs. Barbara Crumbacher
Dora-Lynn Thomas

Beverly H. Bremer
Mrs. James M. Caswell, Jr.
Mrs. Lindsey Hopkins III

Mary Jean Carroll
Renée and Steve Zweigel

Hector Cassinelli
Ms. Tonika L. Todorovich

David Chandler
Mrs. Jeane J. Chandler

Michael Craig Chisholm
Mr. and Mrs. Alan Allman

Beverly Circle
Ms. Lillian B. Troop

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Andy Nelson
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Patient Cody Carr shoots pool in the newly renovated recreation therapy lounge. The renovation, which includes new flooring, furniture and a large screen television, was made by possible by former patient and generous donor Peter Dames.



The Donald D. Lassen Atlanta All-Airborne Chapter of the 82nd Airborne Division Association honored the SHARE Military Initiative at their annual reunion and presented a check to Shepherd Center in support of SHARE.

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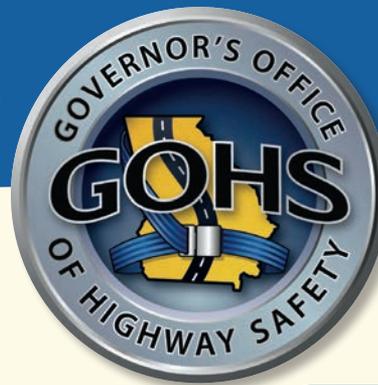
SHEPHERD CENTER, IN PARTNERSHIP WITH THE GEORGIA GOVERNOR'S OFFICE OF HIGHWAY SAFETY, has created a unique teen driver training and injury prevention app called AutoCoach. It aims to combat motor vehicle crashes, particularly in new or young drivers.

The target audience for AutoCoach is parents. Parents can use the app as a tool to learn how to effectively and safely teach their teens how to drive.

"AutoCoach aims to improve parental supervisory behaviors and involvement while increasing teen driver performance," says Emma Harrington, director of injury prevention and education at Shepherd Center.

Developed and powered by CapTech, the app also aims to increase knowledge and compliance on graduated drivers licensing (GDLs) laws, which is a three-stage approach to granting full license privileges to new drivers. The stages include the supervised learning period, the intermediate license and lastly, the full privilege license.

Some of the features of the app include a customizable parent-teen agreement, a GDL quiz by state, distraction notifications, a driving log and a 10-chapter curriculum based on best practices. *



AutoCoach is available now on both iPhone and Android platforms and can be downloaded in the Apple App and Google Play stores free of charge.



Learn more at shepherd.org/auto-coach.