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Shepherd

Center Spinal Column®

A DAY IN

THE LIFE OF

COLE BURTON

The Journey Back from
Traumatic Brain Injury

ALSO INSIDE

REMEMBERING HAROLD SHEPHERD + COUPLE GROWS CLOSER IN
SICKNESS AND IN HEALTH + SUMMER IN THE CITY SUPPORTS MS INSTITUTE

news.shepherd.org | Fall 2018

Shepherd Center Magazine: Spinal Column® Fall 2018

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ABOUT THE COVER:
When Cole Burton, who sustained a brain injury, mentioned his love of swimming, occupational therapist Elise Kirby, MSOT, OTR/L, CLT-LANA, added aquatic therapy to his rehabilitation program.
Photo by Louie Favorite



Spinal Column® A LETTER FROM JAMES SHEPHERD

Dear Friends,

On December 10, 2018, our family did one of the hardest things it's ever had to do. We said goodbye to my father, J. Harold Shepherd. He was more than my namesake – he was my friend, my hero and my partner in founding Shepherd Center along with my mother. He was funny and warm, and he was the world's best storyteller. Like many of you, I miss him, but I know his legacy of generosity and kindness lives on at Shepherd Center and beyond.

Through the years, I have learned that even in the midst of grieving, I can still experience gratitude – sometimes even more so than when things are humming along perfectly. I hear this from patients and their families often. Even while experiencing one of the most intense and traumatic times in their lives, patients and families openly express their gratitude for those who care for and support them. They tell me how thankful they are for Shepherd Center, our staff and for the exceptional care our staff provides. We experienced this firsthand as the wonderfully skillful and kind team at Shepherd Center cared for my father.

I am grateful for the day-in and-day-out, all-year-long dedication, support and love shown by Shepherd Center's staff, donors, volunteers and partners. I am also grateful for the trust placed in us by the families whose lives we become a part of during some of the most trying times in their lives. It's a responsibility we are honored to have. Thank you for your faith in us.

At Shepherd Center, we believe everyone deserves to find their way back to living to the fullest after a life-changing health event. In this issue's cover story, you'll learn about Cole Burton. He sustained a brain injury this past summer, but he is taking advantage of every opportunity to defy the odds and reclaim his life with hope, independence and dignity. The patients – current and former – in this issue's pages, and thousands more we have the privilege of caring for each year, are living proof that it's possible.

Every year, as the Shepherd Center family pulls together toward our common vision, I am so proud of the progress we make. This year and the years to come are no exception. In the next few pages, you'll learn how we plan to better serve our patients and families by providing more family housing in the coming years. We know from decades of experience that having loved ones nearby while you recover can make a world of difference. Having my family near as I completed rehabilitation after sustaining a spinal cord injury made all the difference. In turn, our family wanted to provide that benefit for others.

As we look back on 2018, surely there has been some sadness for all of us. But, inspired by our patients and families, I choose to believe that the best is yet to be. Thank you to everyone in the Shepherd Center family for making that possible.

Warm wishes for a happy and healthy 2019 for you and yours,

James H. Shepherd, Jr.
Chairman of the Board

Fall 2018 • Shepherd Center

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PHOTO BY LOUIE FAVORITE

Cole Burton, who sustained a brain injury, participates in treadmill training at Shepherd Center.



See news.shepherd.org for additional online content.

Gifts of Generosity

If you would like to make a gift to support the work you have read about, please contact Sarah L. Batts at the Shepherd Center Foundation at 404-350-7305 or visit shepherd.org.

REMEMBERING SHEPHERD CENTER CO-FOUNDER

HAROLD SHEPHERD

Friends and family remember
him as kind and generous.

BY KERRY LUDLAM

When Shepherd Center co-founder Harold Shepherd passed away on December 10, 2018, he did so just as he lived – surrounded by beloved family and friends.

“Family and friends meant everything to my grandfather,” said Harold’s grandson, Jamie Shepherd, in his eulogy for his grandfather. “He was one of the most loyal men I have ever known. He loved my grandmother so very much, along with his children, grandchildren and great grandchildren. He would constantly brag about the wonderful things we were doing. It made you want to be as good as he told everyone you were.”

Family was always central to Harold – in business and life. A native of Atlanta, Harold grew up as the youngest of six siblings. As young men, Harold and his brothers started Shepherd Construction Company. In the past six decades, Harold and his family members have overseen construction of hundreds of miles of interstate highways in Georgia and several surrounding states, as well as thousands of miles of city and county streets. The companies have provided and improved transportation access for millions of Georgians and travelers.

Construction wasn’t Harold’s only family endeavor. Along with his wife, Alana Shepherd, their son, James, and David F. Apple, Jr., M.D., Harold founded Shepherd Center in 1975. The idea for Shepherd Center formed after James sustained a spinal cord injury in a bodysurfing accident in 1973. For James’ initial recovery, the family had to seek treatment far from Atlanta because there was a lack of rehabilitation care options in the Southeast. The Shepherds devoted themselves to creating a rehabilitation center for people with spinal cord injuries closer to home and to help others in the



In July 2018, the portion of Peachtree Road from Peachtree Battle to Brookwood Station was honorarily designated J. Harold Shepherd Parkway.

region. Harold’s work in the business world proved to be quite instrumental in Shepherd Center’s launch.

“His family and business connections played a huge role in starting Shepherd Center and in saving my dad’s life,” said Jamie, who serves as director of community services and risk management at Shepherd Center. “Without those connections and his relationships, Shepherd Center might not be here.”

Remembered as a natural storyteller and somewhat of an unofficial Shepherd Center historian, Harold was a founding board member at Shepherd Center and still came to Shepherd almost every day before his passing.

“He truly was one of the best storytellers I know – detailed stories that were peppered with humor,” said Sarah Morrison, PT, MBA, MHA, president and CEO of Shepherd Center. “He was also one of the nicest men I know. He would always come into my office and ask what he could do for the staff. He wanted to make sure that all his efforts and donations were going to make an impact on the staff. He continually recognized the great work the staff does on a daily basis.”



Just before Harold's 90th birthday in April 2018, the Georgia General Assembly unanimously approved a resolution to designate a section of Peachtree Road in Buckhead in his honor. In July, the portion of Peachtree Road from Peachtree Battle Avenue to Brookwood Station – the very same slice of road that is home to Shepherd Center – was honorarily designated J. Harold Shepherd Parkway.

"He was a man who didn't like the limelight, and he preferred others to be recognized," Jamie said. "For his 90th birthday, we were able to dedicate a portion of Peachtree Road as the J. Harold Shepherd Parkway. I am so thankful that we were able to do that while he was still with us to give back to a man who has done so much for us. He was like a little kid in a candy shop that day and had the biggest grin on his face."

Shepherd Center staff and friends memorialized Harold at a casual gathering at Shepherd Center on December 12, while his celebration of life was held the following day at Peachtree Presbyterian Church in Atlanta. Both services were full of family members and friends sharing their memories and expressing their admiration for Harold.

"Our two families have remained close friends through the years," said Jane Woodruff, Shepherd Center Board of Trustee Member Emeriti. "We all feel as though we are all family together. We loved him deeply, admiring his motivation and real determination. He will always be in our hearts."



Left to right: Jamie, Sarah, Harold, Julie, Alana and James Shepherd celebrated Harold's 90th birthday in April 2018.

For all of his accomplishments, he considered building Shepherd Center with his family to be his finest.

"He often talked about how proud he was of Shepherd Center," said Julie Shepherd, Harold's granddaughter, who is a case manager at Shepherd Center. "His construction career had been rewarding in one way, but he was even prouder of what they'd done here (at the hospital) and the lives they'd changed."

Sara Chapman, long-time friend of the Shepherd family and corporate secretary of the Shepherd Center Board of Directors, began volunteering at Shepherd Center in 1980.

"He was such a kind and generous man who always gave everyone else credit for the success of Shepherd Center," she said. "He cared so deeply about sharing the passion he had for Shepherd Center, and he always had a great story to tell. I will always remember him at Derby Day, which he absolutely loved – and when the Paralympics were in Atlanta, how proud he was to lift that torch and bring hope to this community."

In Harold's passing, he leaves a legacy that is rooted deep in Shepherd Center's culture.

"It is difficult to describe a man who lived more than 90 years and accomplished as much as my grandfather did," Jamie said. "When I reflect on his life, I will remember him as fair, fiercely loyal, a storyteller, a tireless worker and as a servant dedicated to helping others – all values he has helped instill in his family, friends and at Shepherd Center."

To make a gift in memory of Harold Shepherd, please visit shepherd.org/give. *

Dr. Liadis Joins Shepherd Spine and Pain Institute



The Shepherd Spine and Pain Institute welcomes James G. Liadis, M.D.

James G. Liadis, M.D., joined the hospital's medical staff on July 16, 2018. He is treating patients in the Shepherd Spine and Pain Institute.

"Dr. Liadis is a great addition to the Shepherd Spine and Pain Institute and to Shepherd Center's team overall," says Michael Yochelson, M.D., MBA, chief medical officer at Shepherd Center. "He is an incredibly talented physician, and I know he is committed to helping

patients of the Shepherd Spine and Pain Institute find a solution for their pain so that they can live healthy and active lives."

After earning a bachelor of science degree in neuroscience from the University of Michigan, Dr. Liadis earned his medical degree from The Ohio State University College of Medicine. Dr. Liadis completed his training in physical medicine and rehabilitation at MedStar National Rehabilitation Hospital in

Washington, D.C., and he is fellowship-trained in pain management through the University of Virginia in Charlottesville.

"Chronic pain is a complex medical issue that affects all aspects of daily life," Dr. Liadis says. "I am working with the skilled team of clinicians at the Shepherd Spine and Pain Institute to provide our patients with the excellent and personalized care they have come to expect from our program."

The Shepherd Spine and Pain Institute takes a multi-disciplinary approach to the practice of medicine and specializes in the evaluation, diagnosis and application of interventional treatment for the management of pain and related disorders. Its practice model is geared toward treating both the physical and emotional components of pain to restore and maintain function and improve quality of life. The Shepherd Spine and Pain Institute uses the latest imaging technology to establish a precise diagnosis, treating pain at its source and providing a comprehensive rehabilitation plan to ensure the best possible opportunity for long-term improvement. The Shepherd Spine and Pain Institute offers acute and chronic pain management and rehabilitation for spine, joint and other pain-related conditions. For more information, visit shepherdpaininstitute.org. *

Shepherd Center Upgrading Electronic Health Record System

OUTPATIENTS MAY TEMPORARILY EXPERIENCE LIMITED APPOINTMENT CHOICES

Shepherd Center is in the process of implementing a new electronic health record system called Epic, which will become fully operational on April 1, 2019.

Estimates indicate that 200 million people in the United States (nearly two-thirds of the population) have an Epic health record, including more than half of all Georgians. Shepherd Center is implementing it as part of a Community Connect partnership with Atlanta-based Piedmont Healthcare, which operates Piedmont Atlanta Hospital adjacent to Shepherd. Epic will help improve the continuity and quality of care for Shepherd patients, as well as enhance organizational efficiencies.

As the new system comes on line, there will be a temporary reduction in some outpatient clinicians' availability for appointments. Schedulers and staff are working diligently to decrease the effects on our patients, but you may experience limited appointment choices or have to reschedule appointments scheduled between now and the go-live date. We expect this inconvenience to be minimal and we encourage you to reach out to our schedulers at **404-355-1144** with questions or concerns. *



Shepherd Center Purchases Property to Expand Family Housing Program

NEARBY FACILITY WILL ALSO INCLUDE SPACE FOR CLINICAL AND ADMINISTRATIVE SERVICES.

Shepherd Center announced that it has purchased land just south of the hospital on Peachtree Road in Atlanta and plans to build a facility to expand its housing program for patients' family members. The new building would provide additional space for Shepherd's clinical and/or administrative operations and perhaps some retail space for establishments that could meet the needs of family members.

"The multi-million dollar project, which will be several years in the making, is part of Shepherd Center's Vision 2025 plan to expand to meet the needs of patients and their families from across the nation," says CEO and President Sarah Morrison, PT, MBA, MHA. "Our goal is to improve access to the nationally ranked, specialized rehabilitation care and support we provide to patients, as well as the services we offer to meet the needs of their families."

The hospital's new 2.7-acre property at 1860 Peachtree Road sits near the corner of Peachtree and Collier roads in the Buckhead area of Atlanta – across from a 16-story Piedmont Healthcare facility that is under construction. Working with commercial real estate firm Cushman & Wakefield, Shepherd Center leaders negotiated a deal to purchase the property for nearly \$20 million.

Shepherd's plans for the site are still in development, but the additional housing units in the new facility would nearly double the hospital's current housing program, which includes an 84-unit family residence center adjacent to the hospital, Morrison says. Currently – through the support of generous donors – Shepherd Center provides up to 30 days of free housing to families of newly injured rehabilitation inpatients, if both the family and patient live more than 60 miles from the hospital. Many patients and families in the hospital's full-day outpatient programs also stay in Shepherd Center housing.

"Having family members close by to provide support and participate in training during their loved one's rehabilitation is vital to the recovery of our patients," Morrison says. "That's why expanding our family housing program is so important, and it's our reason for purchasing this nearby property, which is within walking distance of our main campus. The availability of more housing will help us reduce the financial and emotional burden on our patients' families so they can have a place to stay throughout their loved one's entire length of stay, which averages about 50 days, at Shepherd Center. The last thing needed by a family in the middle of a life-altering medical crisis is concern with where to lay their head down at night."

Learn more about Shepherd Center at shepherd.org. *



Crowdfunding for Experimental Care — A New Hope or Risky Business?

Study shows disadvantages of fundraising for unproven treatments.

BY ROBIN YAMAKAWA



Ford Vox, M.D., medical director of Shepherd Center's Disorders of Consciousness Program

You've likely seen them shared on social media or even donated to one yourself – crowdfunding campaigns. These are fundraisers individuals can set up to take donations directly through a page on various websites. GoFundMe and CrowdRise are some popular platforms.

Many people crowdfund to help defray the costs of medical bills and equipment that are not covered by insurance. Ford Vox, M.D., medical director of Shepherd Center's Disorders of Consciousness

Program and chair of the hospital's ethics committee, points out that such medical crowdfunding has become a common practice among Shepherd Center patients, and he's seen it do a lot of good. But there are potential risks involved.

"When people fundraise for treatments touted as clinical trials, or other experimental or low-evidence treatments, that's concerning," Dr. Vox says.

Vox designed a study to estimate how often this type of crowdfunding is occurring in the United States and Canada, and collaborated with New York University School of Medicine to complete the extensive work involved. The results of their study were published as a research letter in the *Journal of the American Medical Association (JAMA)* on Oct. 23. They also wrote a commentary about the work for the healthcare policy blog *Health Affairs*. Here are some highlights of that work:

WHAT IS THE STUDY ABOUT?

The researchers wanted to take a look the phenomenon of people raising money for "scientifically unsupported, ineffective or potentially dangerous treatments."

They focused on campaigns raising money for homeopathy or naturopathy for cancer; stem cell therapy for brain injury; stem cells for spinal cord injury; and long-term antibiotic therapy for "chronic Lyme disease."

Homeopathic treatments for cancer are ineffective, according to the researchers and results reported in scientific literature. And, stem cell therapy for central nervous system injury and long-term antibiotic therapy for chronic Lyme disease can result in serious side effects, including death.

While important research is happening in the field of stem cells – including work at Shepherd Center that hopefully will make its way into clinical care if proven safe and effective – Dr. Vox points out it's a red flag when someone needs to raise money online to participate in such "trials." Well-designed research studies don't require their subjects to pay for participation. Such fundraisers actually go to support experimental care that isn't FDA-approved.

WHY DO THIS STUDY?

Many millions of dollars are raised on these platforms for medical causes each year. There is concern that patients might be devoting time, as well as their and other people's money, to fund treatments that are not effective and could be harmful, Dr. Vox says.

Because crowdfunding is a new, unregulated funding source, disreputable clinics or providers may be able to use it to fund their operations.

"It has become a widespread phenomenon with clinics targeting people with a wide range of conditions from cancer to those recovering from strokes, spinal cord and traumatic brain injury," Dr. Vox says.

Even with the best of intentions, patients can unwittingly raise funds for treatments that are unproven – or even worse, harmful.

HOW DID THEY STUDY IT?

From mid-November to mid-December 2017, researchers searched five crowdfunding platforms that allow medical fundraising, retrieving all the campaigns they could find for the prior two-year period in the United States and Canada.

WHAT DID THEY FIND?

Of the campaigns they identified, 1,059 of them mentioned the intent to direct funds to one of the five aforementioned treatments, seeking a total of more than \$27 million.

THE BOTTOM LINE:

"Legitimate medical trials do not charge money," Dr. Vox says. "You do not have to pay for and raise money for a proper clinical trial where you may or may not receive the experimental treatment. They are claiming it is a trial to add a layer of legitimacy to it, while in reality, it is fake. It's sad to see."

While there may be potential for stem cells to help in the treatment of spinal cord injury or traumatic brain injury in the future, there are currently no stem cell treatments approved by the FDA for these types of injuries. Not only are these not approved, they also could possibly be dangerous or cause adverse effects. *

HOW TO SPOT A FAKE

- » Be wary of any "clinical trial" that requires you to pay to participate.
- » Check to see if a trial is affiliated with an established research university. You want that.
- » If it sounds too good to be true, it probably is. Always talk with your physician about trials or treatments you'd like to consider. Get a second or third opinion.

SAFE PLACES TO LOOK FOR CLINICAL TRIALS

- » Shepherd.org/research
- » Brain Injury Association of America
- » American Spinal Injury Association
- » Other Professional Societies

Dr. Vox notes that, contrary to popular belief, finding trials on clinicaltrials.gov does not guarantee that they are legitimate, safe or effective as the listing is not vetted.

QA

ADINA BRADSHAW, MS, CCC-SLP, ATP Speech Pathologist and Assistive Technology Professional

INTERVIEWED BY ROBIN YAMAKAWA

Adina Bradshaw helps patients regain independence in the Assistive Technology Center at Shepherd Center.

Q: What are the Assistive Technology Center's goals?

A: Our goals are very patient-focused and individualized. Overall, we want to help patients get back to doing their daily activities. We want to increase independence, increase safety and lessen caregiver challenges.

For a lot of our patients with spinal cord injuries, the goals are to get them back to work, leisure activities, return to school or return to work. We help with computer, TV, cell phone and tablet access. We also help with environmental controls. Some people just want to be able to read or listen to music. Some people just want to be able to check Facebook or drink water on their own.

For our patients with acquired brain injuries, sometimes it's a communication system that can be low tech, like a letter board, which is a piece of paper with letters or pictures on it, or it could be a complex computer system that has a synthesized voice. We also set people up with call systems so they can call for help inside and outside of the house.

The Assistive Technology Center also includes the wheelchair seating clinic and adapted driving program. We often all work together to find solutions to meet the patient's needs.

Q: Can you share some of the best parts of your work?

A: This morning, I had a patient who came in, and he really just wanted to be able to read the news and send emails back to his friends. We tried several different styluses and cell phone mounts. By the end of the session, he wasn't paying attention to me anymore because he's just scrolling through a cell phone and reading his emails. And his wife said, "You can't tell, but this is the happiest he's been since his injury because he's independently doing it and he's not having to ask somebody to read those emails. It gives him a sense of control and independence, and he's doing something that he was doing in the mornings while he had his coffee."



Adina Bradshaw, MS, CCC-SLP, ATP, shows various assistive devices to Debra Smith.

Q: When do you see patients?

A: Every inpatient with a cervical-level spinal cord injury receives assistive technology services. Physicians and therapists will also refer patients to us if they feel the patient would benefit from assistive technology. We want all patients and family members to be educated consumers. We want them to know what's out there, how it can help them meet their goals, the cost of it and where to purchase it. We want to help them achieve their goals in the most cost-efficient way possible. Unfortunately, most of the equipment in our lab is not funded by insurance. So we try to find ways to help them raise money for the equipment or apply for grants.

Q: Is there a way people can help get technology to patients?

A: We have some phenomenal donors who have done that in the past. People can contact the Shepherd Center Foundation, and they can say that they want this gift to go towards patient assistive technology equipment. It's been amazing when they do that, because then the patient doesn't have to worry about it! We can just send them home with what they need. *

INTERESTING FACTS

EDUCATION/PROFESSIONAL EXPERIENCE

Miami University, Oxford, Ohio:

- Bachelor's Degree in Speech Pathology and Audiology
- Master's Degree in Speech Pathology
- Bradshaw also has a teaching certificate, state speech therapy certification, ASHA certification and RESNA assistive technology certification.

FUN FACTS

- A self-professed and proud nerd at work, she says she and her husband are nerds outside of work, too. They, along with Leah Barid, OT, developed an app called Tetra Alarm for Android that helps people set multiple alarms with ease.
- She loves travel. Their young son, Evan, has been to more than 10 countries with them.
- She's an animal lover and in an alternate universe would want to be a veterinarian. If it was up to her, she'd have a menagerie at home. As it stands, she has a pug/beagle mix and a lizard.

To make a gift to assistive technology, please contact **Cara Roxland** at **404-350-7308** or **cara.roxland@shepherd.org**. Give online at **shepherd.org/giving**.

 More online at news.shepherd.org

Cole Burton works on his coordination skills with program tech Isha Smith, left, and physical therapist Belinda Richardson, PT, DPT, NCS.



A DAY IN

THE LIFE OF

COLE BURTON

One young man's journey back from traumatic brain injury

BY DREW JUBERA

Cole Burton takes a determined, if slightly, unsteady step.

Then he takes another.

Two physical therapists gently guide him. His destination: the Lokomat®, a robotics-assisted, treadmill training system.

Total distance: Six yards.

Cole's parents stand nearby. Their eyes never leave their son: It's the first time in Cole's two months in Shepherd Center's Brain Injury Rehabilitation Program that he's made this short trip without a walker.

"Most parents only have the privilege to see their child walk for the first time once," says Charlie Burton, Cole's father, eyes still riveted. "Now, we've seen it a second time."

Three months earlier, it seemed unlikely Cole would ever walk or talk again.

On May 24, 2018, Cole and 18 other geology students from Auburn University were studying rock formations off U.S. Highway 431, near Glencoe, Alabama. An oncoming pickup truck went out of control and hit Cole and another student. Both were airlifted to the University of Alabama at Birmingham Hospital.

Cole, 21, from Decatur, Alabama, sustained a diffuse axonal injury, along with broken bones and abdominal injuries. He remained in a minimally conscious state for three weeks. The other student later died.

A week after the incident, a doctor advised Cole's parents of the option to withdraw treatment. After painful family discussions, Cole's parents declined.

On June 22, Cole was transferred to Shepherd's intensive care unit (ICU), still largely unresponsive. A team of physiatrists, neuropsychologists, physical therapists, speech-language pathologists, occupational therapists, respiratory therapists and others met to address his needs.

"The way Cole showed up (given the severity of his impairments), he wouldn't have been considered ready for admission by a lot of rehabilitation hospitals," says Andrew Dennison, M.D., Cole's primary physiatrist. "However, we feel an earlier admission is helpful so we can get control of medical issues that are limiting progress and start rehabilitation interventions that will help patients progress more quickly."

As Cole became more aware of his situation, the team implemented Shepherd Center's family- and patient-centered approach to help guide treatment.

"The team approach is important, as is having a patient's desires and goals used to push therapy," Dr. Dennison explains. "It only happens when you take a mindful approach tailored to the individual."

A look at Cole's daily care, near the end of his eight-week inpatient stay, illustrates Shepherd's interdisciplinary approach to helping people on their road to recovery from traumatic brain injury. It focuses on individualized therapy, outside-the-box thinking, and a top-to-bottom culture of empathy, hope and real-world preparedness.

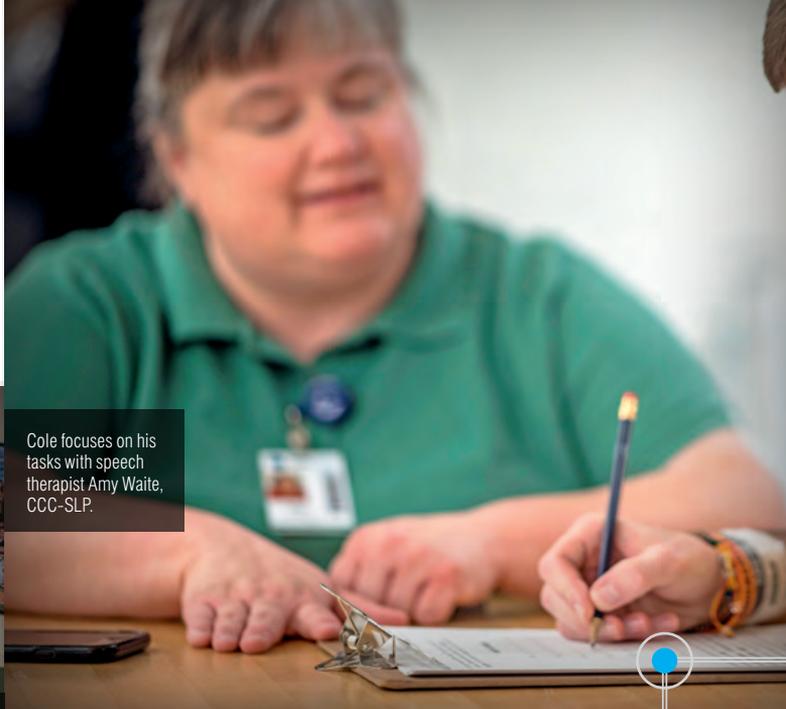
"Cole is such a reflection of the culture here," says Chelsea Day, Psy.D., Cole's neuropsychologist. "He's a reflection of outlook and giving back and humor. At the end of the day, Cole is Shepherd."

Cole puts it another way: "I never feel like a patient here. I feel like a person."

A DAY IN THE LIFE OF COLE BURTON



Being able to stay next door to the hospital in Shepherd Center's Woodruff Family Residence Center means Cole's parents are able to be by his side for his recovery.



Cole focuses on his tasks with speech therapist Amy Waite, CCC-SLP.

10:00

SPEECH THERAPY: WINNING!

8:30

BREAKFAST AS COMMUNITY

Cole exits his Auburn-bedecked second floor room in Shepherd's Acquired Brain Injury (ABI) Unit at 8:30 a.m. and heads to breakfast down the hall, in the therapy gym. He's dressed in what's become his daily uniform: a yellow Navy t-shirt from the ROTC

program he belongs to at school and gym shorts.

Other patients and families greet Cole and his parents as he settles at a table with a patient near his own age. They exchange progress updates and talk football. Dr. Dennison drops by to check on Cole's status.

Cole overhears a therapist at the next table reciting a schedule with another patient, an older woman who's having trouble comprehending. When she answers one of the therapist's questions correctly, Cole leans over and encourages her with a, "Good job!"

"Some people come in and see other patients and say, 'I want to be where they are,'" says Tina Burton, Cole's mom. "We did that. Now, some look at Cole for inspiration."

Cole's parents take turns circulating among other families. Breakfast becomes a kind of unofficial support group, as do other meals in the cafeteria or outside in the Secret Garden. Shepherd also provides families with more formal counseling and peer support – services unique to Shepherd Center.

"You get to know the families," Charlie says. "Everybody here has suffered loss one way or another. We encourage each other. We ask questions of people who've been there. Everybody celebrates every victory."

"A sense of family takes place," Charlie adds, as Tina helps Cole cut through a pancake. "You build relationships that continue in the hallway and beyond. We're in the 'Shepherd Club.'"

Breakfast is cleared, and Amy Waite, CCC-SLP, Cole's good-humored speech therapist, has him read a story and answer questions about the sequence of events. Later, they'll play Yahtzee. It's one of many games, puzzles and mental exercises Waite employs to strengthen and evaluate the cognitive skills, such as memory, problem-solving and speech processing of patients with brain injuries.

"It's therapy in the context of a game," Waite says.

Cole rolls dice, strategizes, totals scores. He ditches his calculator at one point to add the figures in his head.

"163," he says of his score.

Waite asks if he's sure. He tries again: 168.

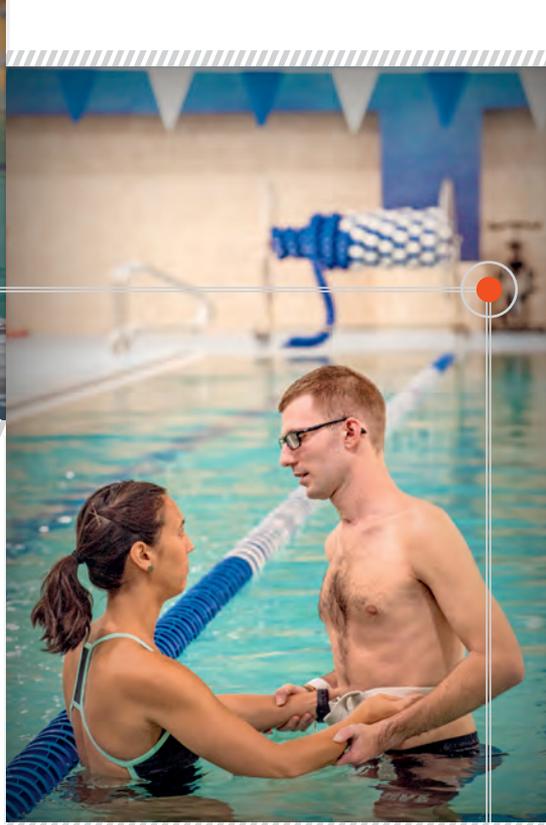
"Cole is good at giving an evaluation of what was difficult for him," Waite says. "That self-awareness is important for a patient with a brain injury. His sense of humor is intact, as well."

To illustrate the latter point, she asks Cole to repeat what he said the first time he beat her at Yahtzee.

Cole: "You just lost to a brain injury patient!"



Cole often eats lunch with his parents, Charlie and Tina, in Shepherd Center's picturesque Anna and Hays Mershon Secret Garden.



Cole's team of doctors and therapists who meets weekly to assess his progress and adjust his treatment plan.

Cole's therapy schedule soon incorporated Shepherd's 100,000-gallon indoor pool.

"It's a great example of a therapist listening to a patient and his interests," Charlie says.

Cole's parents also completed a Shepherd program that allows them to take Cole into the pool on their own, which they've started doing on weekends.

Cole does leg stretches, arm rotations and other movements in the water that extend his range of motion.

"We try to incorporate activities patients did before," Kirkby says. For patients who can't verbalize, she uses a picture book with activities they can point to. "It keeps them motivated,

and they already have muscle memory we can tap into."

After Cole dries off and changes, he ties his shoes on the deck. His left arm couldn't move when he arrived at Shepherd. Now, Kirkby emphasizes it as often as possible. It takes him a while, but he finally knots the laces.

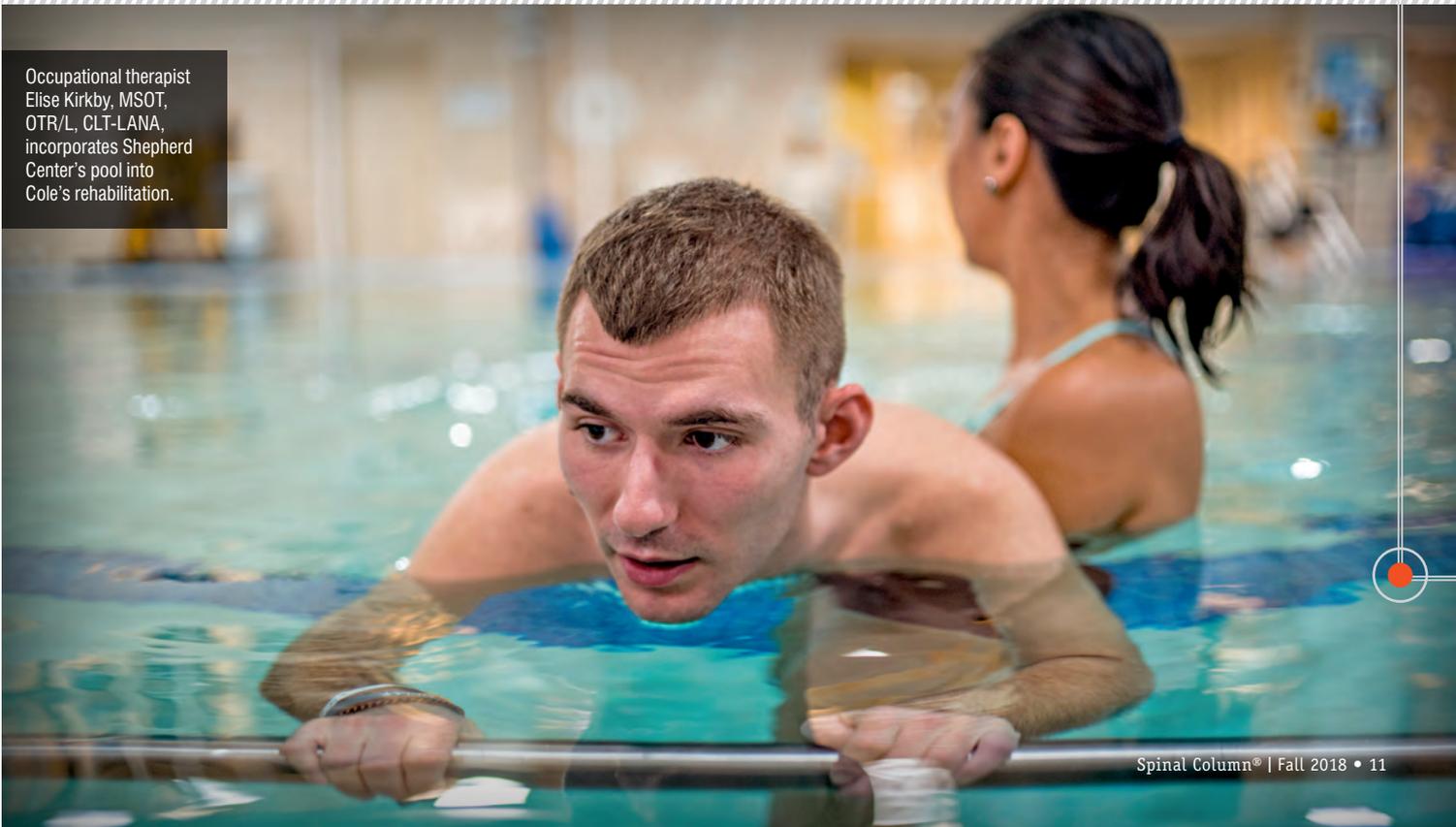
"Cole is the type who's going to keep working until he gets full functionality," she says.

11:15

OCCUPATIONAL THERAPY: THE POOL

When occupational therapist Elise Kirkby, MSOT, OTR/L, CLT-LANA, first asked Cole about his favorite activities, he mentioned swimming as part of his ROTC training. Elise relayed this to

Occupational therapist Elise Kirkby, MSOT, OTR/L, CLT-LANA, incorporates Shepherd Center's pool into Cole's rehabilitation.



A DAY IN THE LIFE OF COLE BURTON

1:00

INDIVIDUAL
PHYSICAL THERAPY:
ONE STEP AT A TIME

Cole steps carefully down a hall while Isha Smith, a program tech, bounces a large plastic ball toward him for him to catch. Belinda Richardson, PT, DPT, NCS, his primary physical therapist, holds him by a gait belt to make sure he stays steady.

The routine emphasizes balance, coordination and depth perception.

"It's something simple that incorporates a lot of different things," Richardson says. "You get a lot of bang for the buck."

Cole moves to a stairwell. He climbed it for the first time the day before. "I was just holding my breath," says Tina, his mother, who watched from the bottom of the stairs.

Now Cole takes to the stairs again, with Richardson and Smith keeping him steady. When he comes down two flights, Richardson asks, "You tired?" Cole says no. He wants to try to climb.

"I'd rather do stairs again than sit down," he says.

This time instead of painstakingly having one foot lead and the other meet it on each stair before taking the next step, going one step at a time – he's more confident. He alternates feet, lifting one up and past the other to take the next step upward. When he finishes, Smith exclaims, "Beautiful!"

Cole and Tina exchange high fives.

Cole Burton practices climbing stairs with physical therapist Belinda Richardson, PT, DPT, NCS, as part of his physical therapy.



2:00

GROUP PHYSICAL THERAPY: GOALS

Cole seats himself on a NuStep™ machine, a recumbent cross trainer that builds strength and cardio endurance. Today's goal: 500 steps, an accomplishment that seemed impossible a month ago. An older patient pedaling a stationary bike beside him urges him on.

Cole has no recollection of the first month following his accident, but he's seen videos his family made. He mostly laid in bed, maybe lifted an arm and scanned his surroundings blankly. A breakthrough came when he performed a secret handshake with his younger sister, Libba, a freshman at Troy University in Alabama. Charlie says Libba really stepped up when he and Tina were consumed by decisions and details.

"Maybe we were still too broken," he says. Family support is invaluable to patients with a brain injury, say medical team members.

"When I see those videos from early on, it's kind of surreal," Cole says, keeping pace on the machine. "I know it's me, but I had no consciousness at all."

Time's up: 503 steps.

3:30

PHYSICAL THERAPY MEETS RECREATIONAL THERAPY: YOGA

It looks like any other mid-sized meeting room, except for the electric candles flickering on the window sill, the wall tapestry, and the mats and pillows scattered on the carpeted floor. Meditative music drifts from a cell phone.

For Cole and the other patients here for adaptive yoga therapy, the room is literally a take-a-deep-breath respite from their intensive therapy schedules. In addition to therapy, their days can include regular neuropsychological testing and counseling, plus classes that teach patients and family members about their injury and how to manage day-to-day care after leaving the hospital. Yoga, like music therapy and animal-assisted therapy, is a distinctive tool in Shepherd's broad, holistic approach to rehabilitation that is made possible because of donor support.

Yoga helps with balance, core strength and coordination. It also helps anxious patients who may need to relearn coping skills. It reacquaints them with their bodies as they recover and rebuild neurological connections with their minds.

"Our goal is to teach each patient how to relax and be aware of their bodies," says Mary Ashlyn Thiede, an exercise physiologist and one of six registered yoga instructors at Shepherd.

After a dozen standing movements and poses, Cole lowers himself to the mat with a bit of help. He executes a half dozen more moves before finishing on his back – eyes closed, body still.

"It's almost like there's no objective," a refreshed-looking Cole says afterward. "I guess the objective is to... relax."

Cole Burton practices yoga and relaxation with the help of Mary Ashlyn Thiede, an exercise physiologist and yoga instructor.





Cole shoots pool with others he's met in the Brain Injury Rehabilitation Program.

6:40

SHOOTING POOL AS RECREATIONAL THERAPY

Cole greets recreational therapist Maddy Weber, MS, CTRS, at a pool table in the first-floor rec room, where another patient joins them.

Rec games like pool require patients to adapt motor skills, eye sight, critical thinking and other aspects previously taken for granted – all through a game they can play after leaving Shepherd.

Weber scrolls through her phone in another teachable moment. "What do you want for music?" she asks. "You can't shoot pool without music."

Cole watches as the young woman playing

with him knocks the cue ball at the 10 ball. It nearly drops in.

"Nice!" Cole tells her. "Close."

He has a clear shot at the 1 ball. But he steers his chair farther down the table to take a crack at the 5, even though it's behind two other balls. He remembers a previous shot and calculated the odds.

"I don't want to shoot at the 1 again. I missed it before," Cole explains. "This way I have a better shot at hitting *something*."

His shot scatters both balls. One of them nicks the 5.

Cole looks pleased.

"I think it was good practice," he says.

7:30

NEUROPSYCHOLOGY GROUP

A dozen patients crowd into a cozy room. When a latecomer arrives, everyone shifts their wheelchairs to make room.

Led by Lisa Hoyman, Ph.D., a neuropsychology postdoctoral fellow, these group sessions are a chance for patients who have sustained brain injuries to share stories, fears and advice. They're all ages, all income levels, from all over the country. They've been in car wrecks, diving accidents, had strokes.

"It's absolutely level ground," Charlie says of Shepherd. "It doesn't matter what neighborhood you're from, if you're rich or poor. Everyone is overcoming something and trying to get better."

Dr. Day, Cole's neuropsychologists, who has private sessions with Cole and his family, says recovery for patients with brain injuries usually continues long after they leave Shepherd. She calls the process, with its mix of hope and realism, "a journey."

For Cole and others in this room, Shepherd Center is where that journey begins.

"The goals Cole and his family had when he came in here are not the goals they'll leave with," Dr. Day says. "Their hope for Cole was just to make it through whatever it was. Now, they're having conversations about returning to school."

"Cole has defied many of the odds the family was given," she adds. "He's not alone in that."

As he leaves today's session, Cole has his own take. "We've all beaten the odds," he says, "just by being here." ❄️

TRAUMATIC BRAIN INJURY

facts



MORE THAN
1.5 M PEOPLE
A YEAR
in the U.S. experience
a traumatic brain injury

THE MOST
COMMON
CAUSES OF
**BRAIN
INJURY**



- » motor vehicle accidents
- » falls
- » violence
- » gunshot wounds

Peer Support

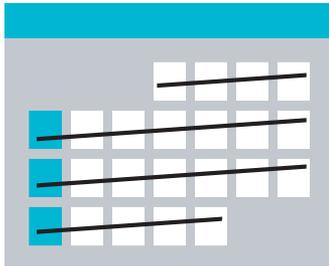


Shepherd Center offers opportunities for brain injury patients, their loved ones and those further along on their recovery journey to connect.

shepherd.org/support-groups

Inpatient treatment for brain injury usually lasts between

**4-8
WEEKS**



PATIENTS WORK ON REGAINING
**COGNITIVE,
BEHAVIORAL
& PERSONAL
MANAGEMENT
SKILLS**

WHAT'S NEXT?

Rehabilitation doesn't end when a patient is discharged from the inpatient program at Shepherd Center. As part of bridging the gap between the hospital and the real world, Shepherd Center offers a continuum of care through various programs.

SHEPHERD'S ASSISTIVE TECHNOLOGY CENTER

Patients can be fitted with everything from wheelchairs to specialized mounts or voice-activated devices to help them become more independent and engage in preinjury activities like tending to email and sometimes driving. Thanks to donor support, occupational therapists evaluate each user's lifestyle requirements and functional abilities. They can then provide recommendations for custom modifications to hardware, software, electronics and other appliances.

shepherd.org/adaptive-tech

SHEPHERD PATHWAYS DAY PROGRAM

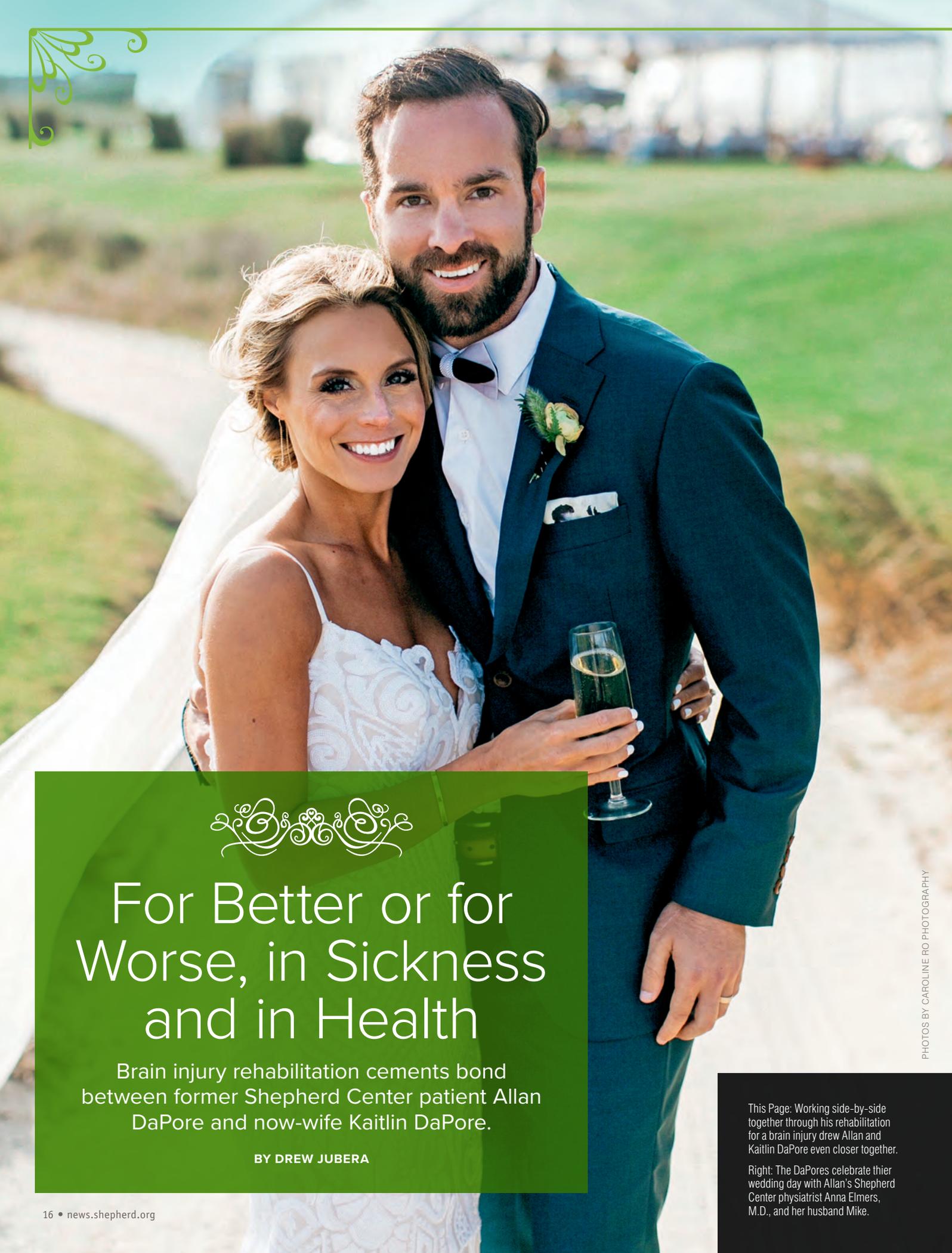
Patients with brain injury who no longer need 24-hour nursing care may be eligible to continue their recover and rehabilitation with this program. Located in nearby Decatur, Georgia, Pathways offers treatment rooms, two large therapy gyms, a computer lab, outdoor sports equipment and a putting green. Activities include practice with grocery shopping, accessing transportation, dining out and pre-vocational and vocational assessment and counseling.

shepherdpathways.org

TRANSITION SUPPORT PROGRAM

Clients may be referred to receive an average of eight weeks of follow-up support from this donor-funded program. The primary goal of the program is to prevent rehospitalization, improve health and safety outcomes, and promote patient and family autonomy once the patient is discharged from Shepherd Center. Case managers also work to locate therapy and medical facilities close to home for out of town patients and can provide referrals to help them find adaptive sports or other opportunities.

shepherd.org/TSP



For Better or for Worse, in Sickness and in Health

Brain injury rehabilitation cements bond between former Shepherd Center patient Allan DaPore and now-wife Kaitlin DaPore.

BY DREW JUBERA

PHOTOS BY CAROLINE RO PHOTOGRAPHY

This Page: Working side-by-side together through his rehabilitation for a brain injury drew Allan and Kaitlin DaPore even closer together.

Right: The DaPores celebrate their wedding day with Allan's Shepherd Center physiatrist Anna Elmers, M.D., and her husband Mike.

THIS IS A LOVE STORY.

It's a Shepherd Center love story, so it's several other kinds of stories, as well – a lousy-luck story, a survival story, a redemption story. And like many love stories that emerge from Shepherd – there have been a few – it starts, most dramatically, in the middle.

That's when Allan DaPore fell down a flight of stairs while leaving a second-floor restaurant in Charleston, South Carolina.

One minute, he's a fun-loving, athletic (he ran the Boston Marathon) 24-year-old with a bright, fitness-driven girlfriend he met when both were freshmen at the College of Charleston.

Next minute, he's in a coma, rushed to the Medical University of South Carolina (MUSC) with a traumatic brain injury. A CT scan taken before a craniotomy for a subdural hematoma showed so little activity one doctor suggested surgery might leave him brain dead.

Three weeks later, in February 2015, Allan was transferred to Shepherd Center – still largely unresponsive, with his girlfriend, Kaitlin Fitzgerald, still by his side. She, along with Allan's family, wasn't going anywhere.

"His injury was very severe, but there was never any hesitation on Kaitlin's part," recalls Anna Elmers, M.D., the physiatrist who led Allan's inpatient medical team. "This will sound cheesy, but every time I hear the song 'Cheerleader,' I think of her."

Kaitlin credits Shepherd Center's aggressive style of rehabilitation and empathetic culture with keeping her grounded during the initial upheaval in the couple's lives.

"Going into something like that, no one knows what to expect," Kaitlin says. "It involves a lot of trust. Dr. Elmers and I gelled immediately. She was good about being pragmatic – not giving false hope, but willing to explore every avenue."

By the end of his first week, Allan started to perform many of the baseline tasks Kaitlin says "had been erased" after his fall – talking, eating, breathing.

As Allan grew stronger and more cognizant, he became more relentless in working to get better. His humor seeped through: Allan and the staff named each of his arms after a character in the Will Ferrell comedy "Anchorman," to help him identify which one he needed to move.

Kaitlin supplemented Allan's rehabilitation by continuing exercises after therapy sessions. She worked with him on his transfers. She helped him in the shower and bathroom. When he couldn't determine when to swallow on his own, she set a timer while he ate so she'd know when to prompt him.

"I'm sure she had some of the hardest days you can imagine," says Jessica Berman, MA, CCC-SLP, Allan's

speech-language pathologist. "But when she was in front of Allan, it was all about him. By the time he left Shepherd, Kaitlin had taken on the role of speech therapist, occupational therapist, physical therapist – everything."

John Morawski, MSN, a Shepherd Center nurse practitioner, says: "Their story was in place. Most folks do the 'for better or worse' thing after they've made that promise. It was really inspiring."

Still, Kaitlin confronted hard truths. She was only 24. They weren't married. It was uncertain whether Allan would recover enough to resemble the Allan she fell in love with years earlier.

With characteristic candor and humor, Kaitlin says: "Plenty of times I thought, 'Should I just run away to Florida and be a bartender?' I'd ask myself, especially since we weren't married, 'Is this what I want?'"

"But our lives were so entwined," she says. "As much as he needed me, I needed him. It might mean reinventing what we look like. We were a young, athletic couple, but we were also much more than those things. Bottom line: I was meant to be with Allan."

Allan graduated from inpatient therapy after three months and moved to Shepherd Pathways, Shepherd Center's comprehensive outpatient program for brain injury patients. The couple finally looked ahead to new lives back in Charleston.

To mark the milestone, Kaitlin got a tattoo of a bee – the only tattoo she's ever gotten. Allan accompanied Kaitlin to the tattoo parlor in his wheelchair.

The tattoo was inspired in part by a birthday card she bought him early on at Shepherd Center with an inscription from her that read, "The best is yet to be."

Allan taped it to his wall and told Kaitlin every night before she left his room, "The best is yet to be, for Allan and his honeybee."

"During my dark times at Shepherd, I'd look at that card and think about our lives and futures and better things," Allan says. "The words became our mantra. I still say them every night before I go to sleep."

Allan walked out of outpatient therapy at Shepherd Pathways on his own. The couple devoted their first year back home to Allan's continued rehabilitation. Then they reassessed their lives beyond that.

Allan asked Kaitlin to marry him.

"Before my injury, I took everything for granted," he says. "My injury changed all of that. I stopped taking the simple things for granted and realized just how lucky I was to have Kaitlin in my life. It took losing nearly everything for me to wake up to the blessings in my life, but there hasn't been a day since that I don't recognize how lucky I am, especially to have her with me through it all."

The couple married in April 2018 on a beach at Kiawah Island, south of Charleston. They asked guests to make a donation to Shepherd Center in lieu of gifts.

Allan is now pursuing a job as a rehabilitation therapy technician. Kaitlin is a wellness coordinator at MUSC.

"This whole experience is nothing we would've planned," Kaitlin says. "We joke that the brain injury club is one no one wants to be a part of. But we actively choose every day to see the silver linings. We appreciate everything we have."

"I don't want to tie it all up in a pretty package," she adds. "We're human and we still want more. But our wedding day and being able to share our story, those are things we literally only dreamed about two years before."

Among their wedding guests was Dr. Elmers.

"The whole thing defined their relationship," Dr. Elmers says. "Most people don't get put through a trial like this prior to getting married, let alone after. The wedding was just so... fulfilling. Everything came full circle." * * *

"Before, I took everything for granted," he says.

"My injury changed all of that." – ALLAN DAPORE



Shepherd Alums:

Where Are They Now?

BY DREW JUBERA

Sarah Cutler Benzing

ASHEVILLE, NORTH CAROLINA

Sarah Cutler Benzing, 25, from Asheville, North Carolina, has wanted to be an occupational therapist since the eighth grade. That's when she came down with a rare autoimmune disease that left her, she says, "not being able to get off the floor." Sarah was treated for a week at Duke University Children's Hospital & Health Center, in Durham, North Carolina, and had follow-up appointments for several years afterwards. During this time, she became close with her therapists.

"It was neat to see the relationship you could build with someone and how that impacted my life," Sarah says. "It helped me get stronger and back to the things I enjoyed."

Fast forward to Thanksgiving Day 2014. Sarah was a senior in college majoring in psychology and applying to graduate school to study occupational therapy. She'd gotten engaged to her then-boyfriend, Ben Benzing, three days earlier. But while taking a family photo after dinner with her fiancé and more than two dozen family members, the deck they stood on collapsed. In the 15-foot fall, Sarah sustained an L-1 incomplete spinal cord injury, resulting in paralysis in her legs.

Sarah spent a week at Greenville Memorial Hospital in South Carolina, before transferring to Shepherd Center. At the time, she couldn't even sit up in bed.

"It was scary," she recalls. But soon staff used a lift to get her into a wheelchair and whisked her to therapy. Sarah's response: "Let's do it!"

Sarah left seven weeks later, more determined than ever to pursue occupational therapy. "I was really emotional," she says of leaving Shepherd. "I progressed so much there. They motivated me, they pushed me. I was thankful for that."

Sarah got married in the spring of 2015, finished her undergraduate degree that summer, and then participated in further outpatient therapy. In spring of 2016, she spent a month back at Shepherd Center in the rigorous, activity-based Beyond Therapy® program to build strength and endurance for graduate school.

Two years later, she walked across the stage at Lenoir-Rhyne University, in Hickory, North Carolina, to receive her master's degree in occupational therapy.

Sarah believes her years of rehabilitation – and all the moments of doubt, frustration, exhilaration and reward – gives her work a rare perspective.

"I think I really can be used in a greater way," she says. "I've been in their shoes. I know what it feels like. I feel I'll be able to understand them in a way some people can't."

"I've already had great conversations with patients," Sarah adds. "I'm able to say I've been in those dark places, that it sucks right now, but it's going to get better. Look where I am now. Never give up."

Sarah Cutler Benzing sustained a spinal cord injury in 2014 and recently received her master's degree in occupational therapy.



Will Bucher

SANFORD, NORTH CAROLINA

Two years ago, **Will Bucher, now 19**, was doing what he loved most – riding his motorcycle. Then, a car suddenly pulled in front of him. Before Will could react, he ran right into it.

Will, who is from Sanford, North Carolina, spent 22 days in the ICU at WakeMed's Raleigh Campus in North Carolina, with multiple injuries,

including a T-3 and T-4 spinal cord injury. His response was

characteristically wry: "I was

bumped out I couldn't ride motorcycles anymore. I'd

been riding my whole life and here I

was chillin' in the ICU."

Will transferred to Shepherd Center in October of 2016,

paralyzed from the chest down. His humor and positive

"let's-do-this" embrace of rehabilitation made him a favorite among staff and fellow patients.

To keep up with school, Will, then a

junior in high school, took classes offered through Shepherd Center's adolescent rehabilitation program. The hospital's No Obstacles program further eased his transition. Through the program, a therapist visited his school to ensure accessibility and assure teachers and students the injury hadn't changed Will, just his circumstances. Will graduated on schedule with his high school class in the spring of 2018.

Will is now a freshman at the University of North Carolina at Chapel Hill, living on his own in a dorm and planning to major in computer science.

He credits Shepherd Center's programs and positive, take-charge culture with his post-injury transition.

"Shepherd pushes you," he says. "They know you can do it – you just have to tell yourself you can. And it works. I'm fully independent today."

"The big thing they help you do is find something you can do for fun," adds Will, who doesn't ride motorcycles anymore, but does drive a hot-red Mini Cooper S at home. "They don't just teach you how to live, but how to live well. They show you your opportunities. You're not limited to sitting in a room all day. They show you how to live in a chair and still have fun."

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Will Bucher, who sustained a spinal cord injury in 2016, is now a student at UNC.

Matthew Hoogstraat

BELLINGHAM, WASHINGTON

Matthew Hoogstraat, 33, from Bellingham, Washington, has what he calls “a classic ‘How did you end up at Shepherd?’ story.”

He was 16, a passenger in a car full of friends, when it rolled over and the roof crushed in “just where I was.” He broke his C-5 vertebra and was paralyzed from the chest down.

Matt transferred three weeks later from a local hospital in Washington to Shepherd Center. He was completely immobilized, with no idea what was to come.

“What I appreciated about Shepherd is that it was like an everyday thing,” Matt says. “Everybody knew what to do. It was comforting. There were no gray areas. Everybody had seen this a thousand times.”

Matt stayed in the adolescent rehabilitation program for almost three months. He took classes to keep up with schoolwork. He then spent another couple months in outpatient therapy.

Matt returned home to Washington and graduated on time. He then got an associate’s degree in mechanical engineering and worked for a company that made custom machinery. He took night classes whenever he could.

When his company moved out of state eight years later, Matt thought, “This is my moment to go back to school.”

He returned to Western Washington University and in the spring of 2018, he earned a bachelor’s degree in industrial design. Projects that he and his class worked on won a number of prestigious design awards.

Matt now runs Granular Design, an independent firm that primarily helps entrepreneurs bring projects to market, and he teaches a computer-aided design class at Western Washington.

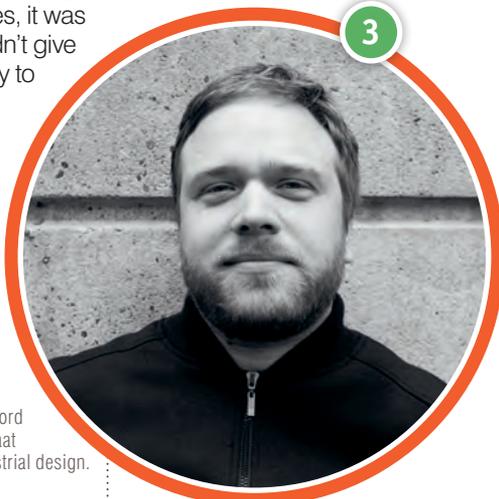
Beyond that: “I have adventures with my wife, hang out with my dog, work around the house, travel – just living life.”

He says lessons he absorbed at Shepherd Center still motivate him.

“They gave me the attitude that you have responsibilities and have to keep moving,” he says. “They’d come in and get you up to do therapy every day, go on outings. Sometimes, it was tough. But they didn’t give you the opportunity to cop out. They expected you to make the most of your time there.”

“I’ve kept that attitude. I don’t want to waste time. I want to make the most of it.”

After sustaining a spinal cord injury, Matthew Hoogstraat became an expert in industrial design.



Glenn Wells

WOODSTOCK, GEORGIA

The road from high school dropout to Marine special forces to law school student has been long and rugged for **Glenn Wells, 42**.

It’s a journey Glenn says he wouldn’t still be on without the SHARE Military Initiative at Shepherd Center, a comprehensive rehabilitation program that focuses on treatment for active duty or separated service members who have served in the U.S. military since September 11, 2001 and who are experiencing symptoms of or have a diagnosis of mild to moderate brain injury, or concussions and any co-occurring psychological or behavioral health concerns, including post-traumatic stress.

“They really saved my future,” says Glenn, who came to SHARE after his first semester at the Georgia State University College of Law. “If I didn’t have the Shepherd program I would’ve dropped out. Or I would’ve failed.”

Glenn grew up in Chicago poor enough that “I didn’t eat every day.” He dropped out of high school and left home at 16, enlisting in the Marines in 1995.

He deployed to Iraq after 9/11 and joined a special operations force. Part of its mission: capturing high value targets.

“I wanted to go above and beyond,” he says.

Serving in Iraq from 2003 to 2008, the physical and emotional demands took a toll. Exploding bombs twice knocked him unconscious. His body started breaking down. Twenty-two of his fellow Marines and Sailors were killed in his presence during his many deployments.

With two daughters at home and his marriage near divorce, Glenn transferred to an instructional position back home in the United States. Diagnosed with a traumatic brain injury, he became suicidal. Treatment hardly helped.

In 2016, Glenn retired after 21 years of service. He’d earned bachelor’s and master’s degrees online, then enrolled in law school.

He started at Georgia State University in Atlanta in 2017. But problems from his TBI turned debilitating. He passed out twice in elevators. He did poorly on exams, not recognizing answers he’d written.

“My cognitive endurance dwindled to the point where I was processing information then writing something different,” Glenn says.

He soon had a hard time doing anything. A fellow student who’d been a patient at Shepherd Center told him about SHARE. He arrived in February 2018. It was unlike any other treatment he’d received.

“The number one difference is that the people with the SHARE program care,” Glenn says. “They taught me I’m important. I’m 42, and I didn’t think I was important until I came to Shepherd.”

He stayed four months. Now Glenn is thriving in law school.

“I’d tell people in the same situation that the two or four months seeking treatment is worth it for the rest of your life,” he says.



Glenn Wells is a SHARE Military Initiative graduate and law school student.

 More online at news.shepherd.org

STAFF PROFILE

Gavin McClintock, CTRS

OUTDOOR RECREATION SPECIALIST

INTERVIEWED BY DREW JUBERA

GAVIN MCCLINTOCK UNDERSTANDS THE ELEMENTAL PULL OF THE OUTDOORS.

"I love hunting, hiking, fishing and being outside, and I have the ability to talk about those things in a way that patients trust what I'm talking about," says McClintock, outdoor specialist in Shepherd Center's recreation therapy program. A Wisconsin native who moved to Georgia from Colorado, Gavin, 27, started working at Shepherd in 2017. The outdoor therapy program, a donor-funded benefit at Shepherd Center, engages patients in camping, boating, hunting, target shooting, fishing, ATV, canoeing and kayaking skills. With McClintock's support, patients can practice at the hospital and also go on outings beyond Shepherd to fish, hunt and hike.

We caught up with him a few days after he returned from a dove hunt with some patients and talked about his job and the rehabilitative effects of the outdoors.

Q: What's at the heart of your work?

It's about restoring independence and hope that there's more to life than just the injury. I primarily get referrals from other therapists who'll say this guy was huge into hiking or hunting or backpacking or rock climbing. They feel like it's something that's been taken away, and my job is to instill that hope and independence that there is a new way of doing it, a new normal.

Q: How do you help people overcome fears that they won't be able to?

First thing I do is have an evaluation and see what their goals are. You'll have people say, "But I love to be 30 feet in a tree." Well, there's an adaptive tree stand that'll put you up there. They'll ask how they'll get in the woods, that they can't push their wheelchairs out there. Well, there's terrain chairs, and ATVs and UTVs they can use – we have them at Shepherd to practice with. I have to be prepared for anything they think they're not able to do because of their injury. My job is to show them it will be a challenge, but with training, it's easier than they thought.

Q: What are some of the challenges for, say, hunters?

You have to think about self-care. With hunting, you're in the woods for a prolonged period of time, so you have to think about bowel and bladder management, or heat management if you're deer hunting in the middle of January and not able to feel your legs – how do you know when you're overly cold when you don't have those sensations?



Gavin McClintock, CTRS, works with Shepherd Center patients to build the skills they need to be active in the great outdoors.

EDUCATION

- University of Wisconsin-La Crosse
- Bachelor of Science in Therapeutic Recreation
- Certified Therapeutic Recreation Specialist (CTRS)

FUN FACTS

- The West Salem, Wisconsin, native has a chocolate Lab named Hank, after Braves baseball great Hank Aaron, who played in both Milwaukee and Atlanta.
- Gavin unwinds after work by hanging out with his girlfriend and Hank, hiking, checking out local breweries, and avidly watching football.
- Falcons or Packers? "Packers. I went to the Packers-Falcons game here last year and I never felt more excluded in my life."
- Secret talent: Plays the drums, like his father and twin brother. Favorite song to play is *Fool in the Rain* by Led Zeppelin. "I love any Led Zeppelin."
- Gavin caught his first fish at age three, at his grandfather's Wisconsin lake house. "I caught a little sunfish and, no pun intended, I've been hooked ever since."

Q: What reactions do you get from patients who go through the program?

I had a gentleman recently, 19 years old; the first thing we talked about is why he liked to ride dirt bikes and competing. I asked him if he'd ever seen people race ATVs. Then I let him drive one at Shepherd, and he was smiling the whole time. He got off and thanked me and was so emotional. He said he never thought he'd be able to experience that feeling of freedom and driving, and he was just so happy to feel wind through his hair again. ✨

UPCOMING EVENTS

Adventure Skills Workshop

Registration opens in February
shepherd.org/ASW



Don't forget to
make your
year-end gift

shepherd.org/giving

Derby Day

MAY

4



DerbyDay.com



MAY

27

Shepherd's Men
Run & Homecoming
at Shepherd Center

ShepherdsMen.com



Georgia
Grown
GIFT IDEAS

PECANSONPEACHTREE.ORG

Start the Year
Off Right



CHEESE STRAWS



PECAN PIE



MILK CHOCOLATE
TURTLES



SYNOVUS®

SUMMER IN THE CITY

*A Night of
Epicurean Delight*

ATLANTA 2018

THIS YEAR, SHEPHERD CENTER PARTNERED WITH SYNOVUS®, THE BANK OF HERE. FOR MORE THAN 125 YEARS, SYNOVUS® HAS BEEN A PART OF LOCAL COMMUNITIES THROUGHOUT THE SOUTHEAST.

SYNOVUS® SUMMER IN THE CITY, held July 18, was the can't-miss affair of Summer 2018 in Atlanta. The annual food and wine pairing event was held at The Foundry at Puritan Mill with over 630 guests.

This year, Synovus®, *the bank of here*, was the title sponsor of the annual fundraiser. For more than 125 years Synovus has been a part of local communities throughout the Southeast.

Synovus®, along with the Summer in the City Host Committee, and the Presenting Partner National Distributing Company, Inc., provided a night filled with fine wines, cocktails and delicious bites from the best restaurants in Atlanta.

Sponsors were treated to an exclusive live cooking demonstration by Kyma Chef, Eric Cutillo. With 16 chefs, more than 45 wine selections and two of Atlanta's best mixologists, there was something for everyone. Guests sampled inventive cuisine while being entertained by DJ Jewels Beats, a former patient of Shepherd Center.

In addition to the delicious fare, guests competed for some remarkable raffle items, such as an Atlanta Sports Package, which included tickets to an Atlanta Braves game, an Atlanta Falcons game and an Atlanta United game! A special thank you to the event co-chairs Nick Hendricks and Virginia Porter for making this event a huge success.

Proceeds from the event will benefit Shepherd Center's Andrew C. Carlos MS Institute. The Institute provides education and wellness interventions for individuals with MS and other related diagnoses. One of the integral offerings is the Eula C. and Andrew C. Carlos MS Rehabilitation and Wellness program. It focuses on providing rehabilitation and wellness tools patients need to take control of their MS, whether through restoring lost function, learning to adapt to their current physical level, or continuing to remain fit and healthy. *



Synovus Summer in the City 2018 Co-Chairs Virginia Porter and Nick Hendricks celebrate an outstanding evening for Shepherd Center.



Eric Cutillo, Chef de Cuisine of Kyma, impressed VIPs with two cooking demonstrations that included seared scallops over fava Santorini.



DJ Jewels Beats kept the crowd entertained throughout the evening.

Featured CHEFS

1 KEPT
COLLECTIVE KITCHEN

AMERICAN CUT
JOHN ADAMSON

ARNETTE'S CHOP SHOP
STEPHEN HERMAN

BISTRO NIKO
GARY DONLICK

CANOE
MATTHEW BASFORD

DANTANNA'S
MONIQUE BARROW-SKINNER

DAVIO'S NORTH ITALIAN STEAKHOUSE
MATTHEW ROSEKRANS

HIGH ROAD CRAFT ICE CREAM
KADE MARTIN

KR STEAKBAR
JESSICA GAMBLE

KYMA
ERIC CUTILLO

LA GROTTA
ANTONIO ABIZANDA

LEGENDARY EVENTS
AMI DAND

PALM
CHRIS CANNIZZARO

PIG & THE PEARL
TYRONE LEE

THE SHED
JUSTIN DIXON

VINO VENUE
PATRIC GOOD



Behind the Scenes

BUILDING COMMUNITY

FOR SYNOVUS®, TITLE SPONSORSHIP IS ANOTHER WAY TO STRENGTHEN COMMUNITY.

Spinal Column caught up with Cory Jackson, commercial banker and vice president with Synovus®, as well as an Advisory Board member at Shepherd Center. Here, he talks about the efforts behind Summer in the City, one of the Shepherd Center's most sophisticated nights out.

INTERVIEWED BY ROBIN YAMAKAWA

HOW WAS SUMMER IN THE CITY?

It was a great event. We were pleased to have the opportunity to be title sponsor. I think anytime you get people in the community together with Shepherd Center and the opportunity to taste food, cocktails, fine wines – it is well received.

We had 50 tickets we shared with clients and prospects and we received rave reviews. For Synovus, it is a no brainer for us to get involved.

PLEASE TELL US A LITTLE ABOUT SYNOVUS.

Headquartered in Columbus, Georgia, Synovus is a full-service financial institution with \$32 billion in assets and approximately 250 locations across Alabama, Florida, Georgia, South Carolina and Tennessee. We operated under 26 different community bank names until earlier this year, when we unified under the Synovus name.

HOW DID SYNOVUS GET INVOLVED WITH SUMMER IN THE CITY?

Our relationship with Shepherd started back in 2012 with Casino Night. Twice a year, we bring 20-25 bankers out to Casino Night from noon to 4 p.m. Patients come to the auditorium and we have black jack, poker, you name it. We really enjoy doing that because it allows patients to have something to do outside of their daily routines.



1. Cory Jackson and Christie Neuman were among the 50 Synovus guests who enjoyed the event to benefit the Andrew C. Carlos MS Institute.

2. Marissa Ellin and John Kaiser enjoyed sampling the wine and handcrafted cocktails.

WHY THE EMPHASIS ON COMMUNITY INVOLVEMENT?

This is something we pride ourselves on. Year after year, we log thousands of community service hours, with a focus on education, health and wellness. This is what we do to help the lives of others to build a stronger community.

I also think the culture at Shepherd Center is similar to that of Synovus from the top down. It's not unusual at all to see James, Harold or Alana Shepherd in the halls talking to patients and Shepherd team members. Our senior management takes that same approach with the customers and communities we serve. I think that's one more thing that makes Shepherd Center and Synovus a great partnership. *



For information about Summer in the City 2019, contact Erin Schuster at **404-350-7304** or erin.schuster@shepherd.org.

THANK YOU
to our Sponsors!

SYNOVUS[®]
the bank of here



Guests enjoyed connecting with friends at Synovus Summer in the City.

PRESENTING PARTNER



Helen S. & Jimmy Carlos
Kalka & Bear, LLC
Merrill Lynch GCIAS

Atlanta Fine Homes
Sotheby's International Realty
Angela Beninga, D.O.
Big Green Egg
Celebrated Experiences
David & Melinda Dabbieri

Active Production & Design, Inc.
Dr. & Mrs. David F. Apple, Jr.
Black & Black Surgical
DuVall Brumby
Emily Cade
Mike & Beth Capogrossi
Nina Cheney
From Sir With Love
Laura & Troy Garrison
Goode Van Slyke Architecture
Elizabeth & Hank Gurley
Mrs. Geoffrey Hall

VINTNER

**ELAINE & JOHN
CARLOS**



SOMMELIER



CONNOISSEUR

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Anne Feyereisen



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Sun Life Financial
Dr. Karen & Dr. Ben Thrower

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MERCHANT

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Goodman Decorating Co., Inc.
Lauren & Nick Hendricks
High Road Craft Ice Cream
Mr. & Mrs. William D. Hoyt

Carolyn & Louie Pittman
Retirement Fund Management
Strategic Benefit Resources, Inc.
Willow Construction, Inc.
Woodstock Furniture Outlet

DISTILLER

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Lorie Hutcheson
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Meredith & Dan Kingsley
Kay & Steve Lore
Metlife
Sarah Morrison
Doyle & Pat Mote
Mr. & Mrs. McKee Nunnally
OneAmerica
Amy & Alex Panos
Virginia Porter

PPG
Recycled Materials, Inc.
Edward Jones-Ron Seib, CFP, AAMS
Wesley & Meredith Snapp
Sunny In Georgia
Carol V. & James D. Thompson
Toggolf
Voya Financial
Mr. & Mrs. Zachary M. Wilson III
Dr. Michael Yochelson & Mr. Kevin Clift
Steve & Dede Young

Furry Friends with a Purpose

THREE DONOR-FUNDED FACILITY DOGS
HELP WITH THERAPY AND BRING
SMILES TO PATIENTS.

BY SARA BAXTER





Shepherd Center exercise physiologist Mary Ashlyn Thiede remembers a Shepherd Pathways client who was experiencing left-side neglect – a lack of awareness of visual spaces to the left. Despite the efforts of therapists at Pathways – Shepherd Center’s outpatient acquired brain injury (ABI) rehabilitation program – the client wasn’t making much progress.

In addition to therapeutic exercises they were working on, the therapists decided to also try a more creative approach and see if Barboza, Pathways’ facility dog, could help.

“We brought him into the session and laid him on her right side so she could see him,” Thiede recalls. “We had him put his head in her lap and helped her pet the top of his head, which helped her engage with him and become more invested.”

Then they stationed Barboza in front of the wheelchair on the right side and slowly had him move to the left – the therapists hoped the client would track with her eyes to see where he was going.

“After a few trials, she started to follow him,” Thiede says. “If we lost her tracking, we would start over. With time and repetition,

“Dogs have this innate ability to provide unconditional love. They give love, support and companionship and don’t require anything in return.”

- MARY ASHLYN THIEDE, EXERCISE PHYSIOLOGIST

she was able to increase her ability to look to the left side. Barboza created the motivation for her.”

This is just one example of how Shepherd Center is using trained facility dogs – three to be exact – to help clients and patients reach their therapy goals. Clients may play fetch to work on balance and weight shifting; learn verbal and nonverbal commands to communicate; comb the dogs’ fur and brush their teeth to work on fine motor skills. Sometimes, it’s just having a furry friend around to brighten their days that makes all the difference.

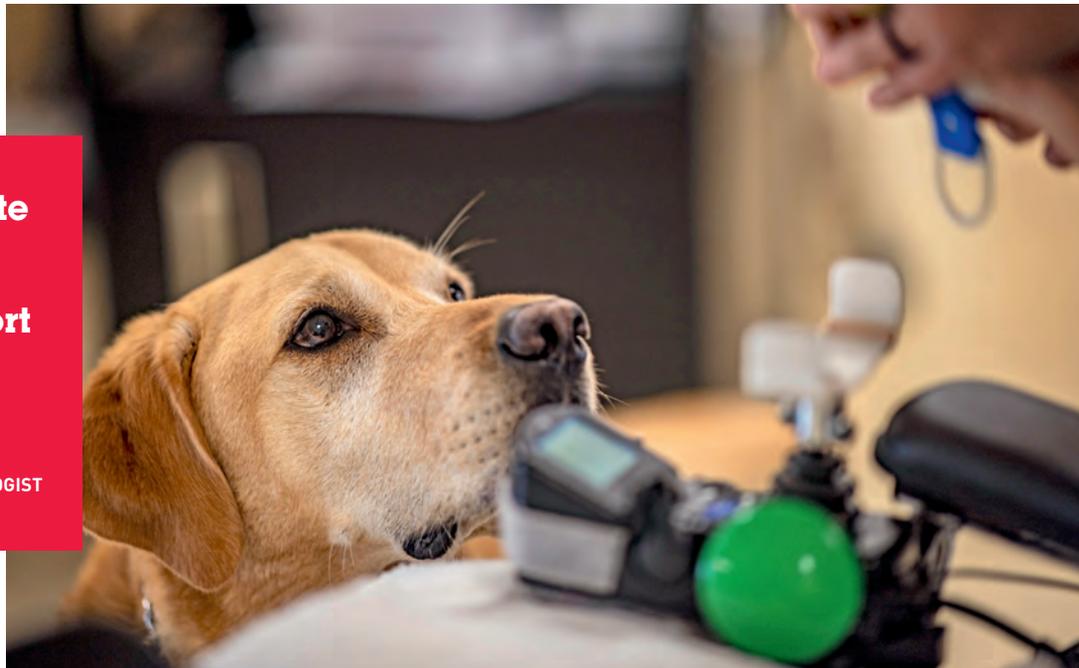
Shepherd Center’s therapy dogs, made possible through donor support, know up to 40 commands – such as getting things out of a refrigerator, opening a door and pushing the button on the elevator – all activities that help facilitate the

independence of the clients and patients they work with. They help with all aspects of therapy – physical, occupational, speech and even recreational therapy.

Barboza and his counterparts – Bentley and Galion – were given to Shepherd Center by Canine Companions for Independence, a nonprofit organization that trains the dogs and provides them to individuals, facilities and organizations at no cost.

Bentley, who is nine years old, works with the physical therapists in the spinal cord injury (SCI) program. Galion, eight years old, works in speech therapy in the ABI inpatient program. All three dogs are LGX, or Labrador/Golden Retriever cross-breeds.

Thiede, who has been at Shepherd Center since 2011, worked with Bentley in the SCI inpatient program. When she transferred to Pathways, she spearheaded efforts to get a facility dog there as well. In 2014, she traveled to Orlando for an intensive two-week training program, learning about the



history, emotions and reactions of dogs and how to communicate with them. At the end, she was paired with Barboza, who was two years old at the time. She is his official “handler” – he lives with her and comes to work with her every day.

“We are here for a purpose, to help motivate the patients to reach all of their goals,” Thiede says. But, she says, there’s more. “Dogs have this innate ability to provide unconditional love. They give love, support and companionship and don’t require anything in return.”

To support animal-assisted therapy at Shepherd Center, please reach out to **Dean Melcher** at **404-350-7306** or **dean.melcher@shepherd.org**. *



Athletes &

Volunteers &

Puppies,

Oh My!

AJC Peachtree Road Race Expo

AS THOUSANDS OF RUNNERS visited the 2018 AJC Peachtree Road Race Expo to pick up their race packets, Shepherd Center’s booth was easy to spot. Shepherd’s incredible volunteers dedicated their time and energy for two eventful days at the Expo to help raise awareness and excitement about Shepherd Center!

“Energy and smiles make the best miles!” says Juli Owens, Shepherd Center Board of Directors member. Owens not only coordinated Shepherd Center’s presence at the Expo, but her vision created both the experience and genesis of Shepherd’s involvement at the Expo.

Visitors to the booth had the chance to try their hand shooting hoops from an adaptive basketball wheelchair to win prizes, as well as practice using a race chair just like the

athletes that compete in the Wheelchair Division of the AJC Peachtree Road Race. They also met the cutest volunteers around – the puppies in training from Canine Companions for Independence! There was never a shortage of fun or smiles and, of course, lots of Shepherd swag was handed out.

People stopped by the booth to tell us how much they love Shepherd, recounting memories from a time that a loved one was a patient or to say that running past Shepherd Center during the race is their favorite part every year. It was so inspiring to see how many lives are touched by Shepherd Center.

The event also helps Shepherd’s reach grow even further into the community. Many people were inspired to ask about how they can get involved at Shepherd. That is what each year’s expo is all about – expanding our beautiful, diverse and dedicated Shepherd family! ✨

Car Show Revs Up Support for Shepherd

The Atlanta Concours d’Elegance car show, held Sept. 29 and 30, hosted thousands of car fans who gathered at Chateau Elan to experience rare, exotic and museum-quality cars. This is the first year that Shepherd Center was the beneficiary of the car show. The goal – to spread awareness about mobility, adaptive driving and technology and all of the other wonderful support that Shepherd Center has to offer. ✨



SHARE Military Initiative benefits from More Than \$100K Raised by RPM 9/11 Victory Race

Although the weather at this year's RPM 9/11 Victory Race was a little rainy, it did not stop hundreds of supporters from coming out to Chastain Park on Sept. 9. The 5K run raises funds for the SHARE Military Initiative, a comprehensive rehabilitation program that focuses on treatment for active duty or separated service members who have served in the U.S. military since September 11, 2001 and who are experiencing symptoms of or have a diagnosis of mild to moderate brain injury, or concussions and any co-occurring psychological or behavioral health concerns, including post-traumatic stress.

The race is held each year in honor and memory of Ryan P. Means, a member of the U.S. Army's Special Forces Unit who passed away due to illness during a deployment in Iraq in 2009. The 5K race is hosted by Ryan's family.

Sponsors and participants of the eighth Annual RPM 9/11 Race raised more than \$111,000 for SHARE. *



To learn more, visit rpm911race.com.

Share A Laugh Comedy Night Creates Laughs, Raises Funds for SHARE

The 2018 Share a Laugh Comedy Show, held on Sept. 26, featured ventriloquist John Pizzi and comedians Jamie Bendall and Mitch Burrow. The Punchline Comedy Club was not only filled with laughter, but also with lots of love for Shepherd Center. With the support of sponsors and attendees of the show, this year's show raised more than \$20,000 for the SHARE Military Initiative. Thanks to Charlie Fisher, who created the event and leads a tireless Volunteer Committee. *



Baker Audio Visual Golf Tournament Garners \$30K for Shepherd Center

On May 22, 2018, Baker Audio Visual held its third annual Hackers & Slackers Charity Golf Tournament, benefitting Shepherd Center. More than 50 players came out and battled the rain as they hit the links at The Manor Golf & Country Club in Milton, Georgia to support the hospital. There were 18 generous event sponsors and \$30,000 was raised for Shepherd Center.

Left to right: Kasie Grant, marketing coordinator for Baker Audio Visual; Sarah Morrison, president and CEO of Shepherd Center; Keith Hicks III, CEO of Baker Audio Visual; and Jacob Dylan, project manager for Baker Audio Visual. *



Honorees are listed first in bold print followed by the names of those making gifts in their honor. This list reflects gifts made to Shepherd Center between May 1, 2018 and August 31, 2018.

Janet Abercrombie - Good luck
Dr. David F. Apple, Jr.

Suzanne Elaine Adams, daughter of Sam and Leigh Adams
Mr. and Mrs. Robert W. Hughes

Adam Agee
Ms. Sandy Agee

Ruth Dobbs Anthony
Dr. and Mrs. Ross F. Grumet
Mr. and Mrs. Steve McHugh

Dr. David Apple, Jr.
Mr. and Mrs. Jeffrey E. Morrison

Carol Ardanowski
Mr. Timothy Butler

Mariah and Kyle's engagement
Ms. Saramae Teich

Alex Bach
Anonymous

Abby Baker
Mr. Randy Frazer

Tate Barrett
Lois and Bill Puckett

Claire Bartlett
Claire & Darryl Bartlett
Lawson Brown
Sahar Guyton
Gary Herber

Cassandra Kirk
Dean Melcher
Sally McKenzie
Bernadette Menser
Amy Nation
Felicia Voloschin
Krissey Williams
Pam Yonker

Debbi Benator's Birthday
Mr. and Mrs. Alan Pomerance

Anneke Bender, PT-MS
Ms. Julia Anne Nieves

Therapists and Staff of Beyond Therapy
Mr. and Mrs. Arthur Nash

Dr. Gerald Bilsky
Mr. and Mrs. Larry M. Cowman
Mr. and Mrs. Kenneth D. Hester

Kristin Boggs - Good luck in new job
Dr. David F. Apple, Jr.

Donna Boldt
Mr. and Mrs. Donald L. Deeks

Justin Boling - Welcome
Dr. David F. Apple, Jr.

Susan Bowen - Great CARF result, thanks
Dr. David F. Apple, Jr.

Nathan and Kathleen Bowser
Dr. Anna & Mr. Mike Elmers

Jackie Breitenstein
Ms. Amanda L. Stone

Camille Leatherman Breland's Birthday
Ms. Isobel Cartwright
Mr. and Mrs. John Harvey
Ms. Dorothea Murray
Mr. and Mrs. Greg Pittman
Mr. and Mrs. Jim Ward
Ms. Sharon William

In honor of Bobby Leatherman for Camille Breland's 60th Birthday
Mrs. Cheryl A. Bourne
Mr. and Mrs. Fred Dunlap
Mr. Mark E. Fite
Mrs. Cynthia Harrison
Mrs. Gail B. Hutto
Ms. Kay Newsom
Mr. James M. Seymour

Sara Brockman
Mr. and Mrs. Larry M. Cowman

JT Brooks
Dr. Anna & Mr. Mike Elmers

Nakuma Brown - Congratulations on a successful ASW!
Dr. David F. Apple, Jr.

Wykeelah Brown
Ms. Janice K. Barton

Lee Bryan
Ms. Amanda L. Stone

Dr. Guy Buckle
Ms. Corlissa Clark
Mr. Karl D. Harris
Novartis Corporation

Andy Burch
Andy Burch

Sheila Burson
Mr. Gary L. Crozier

Emily Cade
Mr. Joe B. Bailey
Dr. David F. Apple, Jr.

Brad Campbell
Mr. Jon Dobbs

The Lord our God and Terri Campen
Mr. Rick E. Campen

Elaine Carlos
Mrs. John E. Duggan

Elaine Carlos - Auxiliary Leadership
Mr. and Mrs. Scott H. Sikes

Maggie Carpenter's Engagement
Mr. and Mrs. Larry M. Cowman

Kyle "KP" Cassidy
Ms. Darlene Cantey

Christopher Castellaw
Buckhead Lions Club

Gena Chalfa
Mr. and Mrs. Steve McHugh

Ismari Clesson
Dr. David F. Apple, Jr.

The Coats Family
Ms. Katherine Holmes

Terran "Terry" Cooper
Mr. Lefferts L. Mabie and Mrs. Rita Evanoff

Clarissa Cruz - Great patient recovery
Dr. David F. Apple, Jr.

Allan DaPore and Kaitlin Fitzgerald's marriage
Dr. Anna Elmers and Mr. Mike Elmers
Mr. and Mrs. William D. Hoyt

Mr. Chris McGayhey
Ms. Liz McGayhey
Ms. Claire Petroskey & Jay

Dr. Chelsea Day - Congratulations on the promotion!
Dr. David F. Apple, Jr.

Nymia Deluna
Ms. Aasha Brooks

Diana Diamond's Birthday
Mr. and Mrs. Jonathan G. Roxland

Colby Doepel
Mrs. Deb Painter

Cathi Dugger - Great Rollway event!
Dr. David F. Apple, Jr.

Michael Duncan
Mr. and Mrs. William W. King

Angela Ebben - Congratulations on a successful ASW
Dr. David F. Apple, Jr.

Kelly Edens - Congratulations on a successful ASW
Dr. David F. Apple, Jr.

Travis Ellis and Shepherd's Men
Ms. Stayce Harris

Dr. Anna Elmers
Dalton & Shannon Herald
Mr. and Mrs. Brett Rhodes
Mr. Timothy Tuft

Dr. Elmers and her team
Mr. and Mrs. William E. Gregory

Evan Elrod
Mr. and Mrs. James M. Boring III

Dr. Payal Fadia
Mr. Bill J. Martin

Shannon Ferguson
Mr. and Mrs. Larry M. Cowman

Kacey Floyd
Mr. and Mrs. Travis N. Fulk

Kim Forsythe
Mr. Bill J. Martin

Rachael Frank
Mr. and Mrs. Larry M. Cowman

Josh Fugate
The Olexa Family Foundation

Cathy and Bill Furbish
Mrs. Barbara K. Furbish

Julie Gassaway - Thanks and Happy Retirement
Dr. David F. Apple, Jr.

Barb Curry Gelsomino and Fran "Cissy" Ryan
Pat Allen Realty Group

Lisa Gerdes
Ms. Amanda L. Stone

Dr. Robert Godsall
Buckhead Lions Club

Shellie Golivesky
Mr. Phillip Rosing

Jim Grien's Birthday
Mr. and Mrs. Steven J. Labovitz

Ben Hadsock
Mr. Kevin Kelly

Mr. and Mrs. Benjamin Halpern
Mr. and Mrs. Steven J. Labovitz

Jeff Hamilton - for Father's Day
Kyle Hamilton

Lee Harbison Family
Mr. and Mrs. Keith Hinton

Sabrina Evans - Congratulations on a successful ASW
Dr. David F. Apple, Jr.

Clare Hartigan - Great job on Indego
Dr. David F. Apple, Jr.

Trey Hemphill
Mr. Randolph Davis
Salesforce.com

David and Melanie Herzfeld's anniversary
Dr. Judy D. Wolman and Mr. Kevin B. Wolman

Kemp Heumann
Mrs. Marylee K. Schmidt

Blair Holliday
Mr. Jason Adams

Barbara Holt
Ms. Amanda L. Stone

Minna Hong - Enjoy retirement
Dr. David F. Apple, Jr.

Jimmy Houze
Mr. and Mrs. William W. King

Sara Hoyt
Julie and Bryan Jones

Joel and Pat Irvan
Mr. and Mrs. Eddie W. Hoyal

Grandchildren
Mr. and Mrs. Martin C. Isenberg

Leslie Jackson
Mr. and Mrs. Steve McHugh

Donavan and Lisa Jervis
Ms. Betty C. Brown
Ms. Patricia Clason

Frankie G. Clements
Mr. Samuel J. Crowe
Ms. Vyvyan Hughes
Laughing Coyote
Mr. and Mrs. Kevin J. Littell
Ms. Betty A. O'Donnell
Mr. and Mrs. Robert Richer
Ms. Juanita Rowe

Darlene Johnson
Ms. Amanda L. Stone

Brenda Jones - Thanks for your devotion to Shepherd!
Dr. David F. Apple, Jr.

Carol I. Kalafut
Mr. and Mrs. John Niemeyer

Casey Kandilakis - Great job on Indego
Dr. David F. Apple, Jr.

Taylor Keating
Mrs. Beverly Keating

Stella Kimbell's birthday
Ms. Linda Eady

Marta Kirchman - Thanks for the "gift"
Dr. David F. Apple, Jr.

Simran Krishnaswami
The Hodge Family

Deborah Krotenberg
Ms. Miriam F. Beckerman

Ali Labovitz's birthday
Mr. and Mrs. Steven J. Labovitz

Eric Lebsack
Mr. and Mrs. Dale E. Lebsack

Victoria Lee
Mr. Larry Stallings

Betty Leslie - Happy Birthday
She's Wired

Donald Peck Leslie, MD
Mr. and Mrs. Arthur Nash

Dr. Don Leslie's Retirement
Ms. Emily S. Cade

Ronald L'Heureux
Mrs. Cheryl Price

Cheryl Linden
Dr. David F. Apple, Jr.

Patty Lingefelt
Ms. Aasha Brooks

Kaitlyn Long
Dr. David F. Apple, Jr.

Kathryn Elaine Hodges Long's birthday
Ms. Holly L. Long

Steve and Kay Lore
Mr. and Mrs. Larry Myers

Sherrill Loring
Mrs. Angela Young

Sherrill Loring and the MS team
Ms. Jane P. Prince

Charlie Loudermilk's birthday
Mr. and Mrs. J. Harold Shepherd

Curtis Lovejoy - Congratulations on your book!

Dr. David F. Apple, Jr.

Kerry Ludlam - Congrats on Target Award

Dr. David F. Apple, Jr.

Kerry Ludlam - Thanks for help

Dr. David F. Apple, Jr.

Cathy Lynn

Mr. and Mrs. Mike Lawson

Anita Marino

The George Stern & Sara Stern Foundation

Jill Martin

Mr. and Mrs. David S. Martin

Linda Beth Martin's birthday

Dr. David F. Apple, Jr.

Gavin McClintock - Congratulations on a successful ASW!

Dr. David F. Apple, Jr.

A.P. McDaniel - for his kindness and generosity

Mr. and Mrs. Arthur Tillem

Dr. Allen McDonald

Ms. Gloria G. Godwin

Eric McGhee - Military Veteran serving the US

Ms. Grace Lee

Dean Melcher - Great job for Shepherd's Men

Dr. David F. Apple, Jr.

Marsha Mendel - Happy Mother's Day

Mr. Phillip Rosing

Jonathan Meyer

Mr. and Mrs. S. Frank Meyer

Col. J. Harry Mobley, USA Retired

The Roderick S., Flossie R. and Helen M. Galloway Foundation

Karen Moore

Mr. and Mrs. Joel K. Isenberg

Armando Morales - Go Gunny!

Mr. Layrent Kramer

Sarah Morrison

Ms. Marie Cameron

Suzanne Dansby

Mr. and Mrs. S. Zachry Young

Tobias Musser - Thanks and good luck!

Dr. David F. Apple, Jr.

Ryan Narramore

Ms. Pam Narramore

Michelle Nemeth - CARF survey help

Dr. David F. Apple, Jr.

Chris Nesbitt - Thanks for the excellent therapy

Dr. David F. Apple, Jr.

Tom Norwood's birthday

Mrs. Betty B. Hall

Sally and McKee Nunnally

Mr. and Mrs. Eugene L. Pearce III

The Orthwein Family

Mr. and Mrs. Robert D. McCallum, Jr.

Juan Perez

Lady + Bull

James Petersen

Ms. Betty Dowdy

Shayna Petersen

Mr. Jason Abel

Ms. Cherrie Daigneault

Ms. Sana Joseph

Ms. Jacqueline Randolph

Carol Picirillo

Melissa Horsley

Angie Pihera - Congratulations on a successful ASW!

Dr. David F. Apple, Jr.

Craig Powell's Birthday

Mrs. Janet Powell

Doug Prince - Welcome

Dr. David F. Apple, Jr.

Project Rollway

Mr. and Mrs. William M. Puckett

My MS Soliders

Macon Moves LLC

Steve Brown

Ms. Sabrina Serafin

Those in The Armed Forces who were injured defending our Country

Mr. and Mrs. John Bangert

Tony DeVita

Mr. Bob Gerker

William, Respiratory Specialist

Mr. and Mrs. Danny Twilley

Roy Thompson's new twins

Mr. and Mrs. Ernest L. Wetzler II

Toby Regal

Mr. and Mrs. Michael P. Plant

Col. Robert Renfro

Ms. Richalyn Renfro

Cody Reyes

Mr. Ronald R. Reyes

Jesse Rhea, RN

Dr. David F. Apple, Jr.

Brett Rhodes

Alamo First Baptist Church Sunday School Class

Ben Rose

Mr. and Mrs. Stephen M. Lore

Barbra Rosing - Happy Mother's Day

Mr. Phillip Rosing

Carolyn Rosing - Happy Mother's Day

Mr. Phillip Rosing

Marsha Rosing - Happy Mother's Day

Mr. Phillip Rosing

Nanci Rosing - Happy Mother's Day

Mr. Phillip Rosing

Toby Rosing - Happy Mother's Day

Mr. Phillip Rosing

Cara Roxland - Great job for Shepherd's Men

Dr. David F. Apple, Jr.

Laura Royster

Mr. Larry Stallings

Megan and Brad Ruger - Happy Nuptials and Best Wishes

Dr. David F. Apple, Jr.

Elizabeth Sasso - Great job on Indego

Dr. David F. Apple, Jr.

Emory Schwall's 90th Birthday

Mrs. Matt Friedlander

Mr. and Mrs. J. Harold Shepherd

Mr. J. Tyler Tippet

Dr. Susan Schwartz

Ms. Anieta Rule

Lateia Scott

Mr. Jerry L. Thomas

Erik Shaw

Mr. Timothy Tuft

Wishing Alana a Happy Birthday

Dr. and Mrs. David F. Apple, Jr.

Bickers Consulting Group, LLC

Alana Shepherd

Mr. and Mrs. William W. Dixon

Mrs. Betty Ann Inman

Tate Bliss Barrett on her christening

Mr. and Mrs. William M. Puckett

Tina Turner's birthday

Ms. Nancy S. Burch

Jacob Eason

Ms. Suzanne S. Ingraio

Jennifer Miller

Anonymous

Kati - Physical Therapist

Mr. and Mrs. Dennis Mayberry

Shepherd Center

Mr. and Mrs. Stanley E. Kreimer, Jr.

Mr. Everard Paul Nelson

Mr. and Mrs. Chris Ryan

Shepherd Center Staff

Ms. Carolyn M. Lukrallye

Mr. Robert A. Purkett

Mrs. Margaret Stark

Thank You and God Bless

Ms. Camille F. Leatherman

5th Floor Rehab Team

Mr. James M. Fowler

Nurses and Staff on the ABI Unit

Mr. Joe Rasper

MS Clinic IV Unit - for their compassion and care

Mr. William H. Pillow

MS Team

Ms. Anne D. Butts

Mr. Gregory Geis

Ms. Catherine B. Kleiner

Ms. Lois K. Millsap

Mrs. Loretta Spear

Shepherd Center's Andrew C. Carlos MS Institute

Ms. Julia B. Vinson

Eloise Shepherd's birthday

Bickers Consulting Group, LLC

Harold Shepherd's 90th Birthday

Mr. and Mrs. John F. Akers, Jr.

Mrs. Helen A. Carlos and Mr. Ronald L. Hilliard

Mr. and Mrs. Dennis C. Coole, Jr.

Mrs. John E. Duggan

Mr. and Mrs. Wesley D. Snapp

Harold Shepherd Road

Mr. and Mrs. Danny R. Shepherd

Shepherd Pathways

Mr. Bill J. Martin

Rebecca Shaw Shepherd's Birthday

Bickers Consulting Group, LLC

Stephen Shepherd's Birthday

Bickers Consulting Group, LLC

Buddy Sledge

Ms. Aasha Brooks

Boston Smith

Seymour Advalue Pharmacy, Inc.

Mr. and Mrs. David Taylor

Kofi Smith - Congratulations on your award from the Atlanta Business League!

Mr. and Mrs. Steven J. Labovitz

Noah Smith

Burnt Hickory Lakes Swim Team

Erica Sutton - Great job on Indego

Dr. David F. Apple, Jr.

Neil Swenson

Ms. Anne H. Swenson

Kathleen & Dabo Swinney - Thank you for the tile business!

Ms. Susanne E. Shepherd

Your daughter's Bat Mitzvah

Dr. and Mrs. Steven J. Labovitz

Dr. Rhonda Taubin

Mr. Jerry L. Thomas

Dr. Ben Thrower

Mrs. Jacquelyn Hogan

Mr. Frank S. Lambert, P.C.

Mr. and Mrs. Stephen M. Lore

Ms. Lois K. Millsap

Mr. Jerry M. Newbold

Mrs. Deb Painter

Brett Rhodes

Dr. Thrower and his Team

Mr. Joe B. Bailey

Mrs. Linda P. Bledsoe

Ms. Donna Davis-Nunes

Ms. Jackie Llewellyn

Donna Timmers - Thanks for equipment donation

Dr. David F. Apple, Jr.

Maria Tolcher's birthday

Dr. David F. Apple, Jr.

Laura Trammell's birthday

Mr. and Mrs. Trammell D. Summers

Rita Tuvin

Mr. and Mrs. Ronald T. Urken

Melissa Underwood's graduation

Dr. Anna Elmers and Mr. Mike Elmers

Wesley Allen Varda - and your continued move forward in life

Mr. and Mrs. James W. Varda

Lolly Venair - Awesome first Derby Day

Mr. and Mrs. Andrew P. Worrell

Kati Vines

Ms. Linda D. Corva

Tracy Walker

Mrs. Deb Painter

Jenn Welch - Great Patient Care

Dr. David F. Apple, Jr.

Steve White

Mr. and Mrs. Joseph F. Farrell

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Chip and Krissy Williams

Mr. and Mrs. Hoyt Williams, Jr.

Chip Williams Running for Shepherd's Men

Mr. and Mrs. Jeremy Wohlberg

Robin Wilson-Beattie and Benson Manica's marriage

Mr. John Lange

Anne Worrell's 40th Birthday

Dr. and Mrs. Charles L. Abney

Mrs. Jane P. Bernhard

Ms. Reagan Cannon

Mr. and Mrs. John A. Carlos

Mr. and Mrs. David Z. Cauble III

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Mr. and Mrs. Zachary M. Wilson

Mr. and Mrs. Jonathan P. Worrell

Mr. and Mrs. J. Blake Young, Jr.

Deceased friends of Shepherd Center are listed first in bold print followed by the names of those making gifts in their memory. This list reflects gifts made to Shepherd Center between May 1, 2018 and Aug. 31, 2018.

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Mr. and Mrs. John V. Zalewski

Lee Patterson Allen

Ms. Helen Hirsch

Ken Andrews - His service

Mr. John Desmarais

In Remembrance of Anneliese's Birthday

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Gerald Clay and in honor of Chad Baxter

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Board of Trustees members Melinda Dabbieri, left, and Cindy Widner, right, help to prepare and serve a fall-themed cookout to Shepherd Center patients and family members.

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Martin Arthur Zschocher
Archoma US, Inc.

1. Members of Shepherd Center's rugby team visited with patients in the Spinal Cord Adolescent Rehabilitation Program.

2. Members of Team Shepherd Swimmers 4 MS presented a check to the Multiple Sclerosis Association of America (MSAA) during the Multiple Sclerosis Institute's Halloween open house. Members participated in a swim challenge over several months to raise funds and in honor of the MS community.



Shepherd Center

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BEST PLACE TO WORK

Shepherd Center Ranked Among the Best, Celebrates 43rd Anniversary and Long-Serving Employees

SHEPHERD CENTER HAS BEEN NAMED ONE OF ATLANTA'S "BEST PLACES TO WORK" in the *Atlanta Business Chronicle's* 15th annual ranking of 100 metro area companies. Shepherd Center was recognized as the *Atlanta Business Chronicle's* #3 Best Place to Work in the extra-large company (500-plus employees) category. This exclusive list recognizes organizations for having created an exceptional workplace and culture that their employees' value highly.

Shepherd employs more than 1,600 employees – two who have been with the hospital more than 40 years and there are five with 35-plus years of service.

Founded in 1975, Shepherd Center has grown from a six-bed rehabilitation unit to a world-renowned, 152-bed hospital that treats more than 900 inpatients, 575 day program patients and more than 7,100 outpatients each year.

In celebrating the hospital's 43rd year, Shepherd Center wishes to recognize the hard work of the hospital's employees, especially our longest serving:

DAVID APPLE, M.D., Medical Director Emeritus and Founding Medical Director – August 1975



TAMMY KING, RN, MSN, Chief Nursing Officer – September 1975

MYRTICE ATRICE, DPT, Therapy Manager, Spinal Cord Injury Rehabilitation Program – November 1979

KATHY SLONAKER, RN, BSN, Triage Access Case Manager, Admissions – June 1982

DEEDEE BOONE, RN, Intensive Care – September 1982

NELL KLEIN, RN, Research Nurse, Clinical Research Administration – October 1982

AMANDA WILCOXSON, Assistant Manager, Supply Chain, Materials Management – August 1983 *

