# Shepherd Center Spinal Column®

MEDICAL TREATMENT • RESEARCH • REHABILITATION

# EMERGING HOPE

Disorders of Consciousness Program aims to bring healing – and hope – for patients with low-level consciousness due to brain injury.

ALSO INSIDE

STUDY RE-EXAMINES SPASTICITY + THE LEGENDARY PARTY SETS NEW RECORD + MEET MICHAEL YOCHELSON, M.D., MBA

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*About the cover: Shepherd Center's Disorders of Consciousness Program maximizes recovery for patients like Drew Forsey, who was in a low-level state of consciousness following brain injury.*

*Photo by Louie Favorite*

# Spinal Column®
## A LETTER FROM JAMES SHEPHERD

**Dear Friends,**

When a loved one sustains a traumatic injury like the ones we treat at Shepherd Center, time and answers can seem scarce. On the other hand, questions are plentiful. Of all the questions we receive, the one I like answering most is, "Why Shepherd Center?"

Our patient volume and focus on traumatic injuries mean that you or your loved one are truly being treated by experts. Shepherd Center treats close to 1,000 inpatients a year, including acquired brain injury (ABI) and spinal cord injury (SCI) rehabilitation patients, as well as medical and surgical patients with complications related to these types of injuries.

Patients at Shepherd Center are more likely to experience better functional gains and return to their community than patients at other facilities. In fact, more Shepherd Center patients of all injury types have discharged to their community – up to 27 or more percentage points higher than the national average.

We are not afraid to take on new challenges to better serve our complex patient population. For example, our Disorders of Consciousness Program, which you will read about starting on page six, remains one of only a few dedicated programs nationwide providing specialized services for people in low-level states of consciousness caused by brain injury. And we're not done yet. Our SHARE Military Initiative is poised for growth, and we're always looking at ways to refresh our facilities, technology and programs. Under the excellent leadership of Sarah Morrison, PT, MHA, MBA, who is a year into her tenure as president and CEO, and Michael Yochelson, M.D., MBA, our chief medical officer (see page 12), Shepherd Center is on the cusp of growth and rejuvenation.

Of course, we can't mention success without also recognizing the community of people and organizations who support Shepherd Center. Just recently, the Alias family made a gift to sponsor our nationally renowned adaptive sports teams, which will now be called the Fred, Shaler and Andrew Alias Sports Teams. Gifts like these bolster programs that are hallmarks of Shepherd Center. We're also grateful that a new generation of donors and volunteers are starting to emerge, simultaneously solidifying a bright future and bringing fresh ideas.

While statistics and outcomes are important, it's always the people at Shepherd Center who truly make it special. Thank you to our patients and their families, our donors and volunteers and, of course, our outstanding staff, for always being the answer to, "Why Shepherd Center?"

**Warm regards,**

**James H. Shepherd, Jr.**
**Chairman of the Board and Chief Strategy Officer**

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## 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**.

# *Shepherd Center Launches Online Training for Clinicians Across the Country*

To improve access to clinicians with expert knowledge in treating brain and spinal cord injuries, Shepherd Center's NeuroRehabilitation Learning Institute launched an online training program for healthcare professionals in January 2018 to provide ongoing continuing education at reasonable costs. Interdisciplinary teams of experts from Shepherd Center will teach courses via a web-based learning management system (LMS) to clinicians who enroll.

"In the United States alone, there are more than 4.5 million people with some form of disability from brain injury and 450,000 with spinal cord injury, but only a relatively small number of these individuals have medical providers with substantial knowledge to provide the quality of care that allows them to live life to the fullest," says Diane Johnston, MSPT, director of professional education at Shepherd Center in Atlanta.

Diane Johnston, MSPT, is the director of professional education at Shepherd Center.

**In the United States alone, there are more than 4.5 million people with some form of disability from brain injury 450,000 and with spinal cord injury.**

The goal of the LMS programming is to help hospitals and other healthcare organizations by improving the knowledge and skills of their staff, which can reduce patients' medical complications, result in shorter hospital stays and lower rates of hospital readmission.

Shepherd Center's LMS hosts an online interdisciplinary professional education program providing continuing education credits to healthcare professionals. The LMS will feature a host of courses spanning brain and spinal cord injury. These include a review course of 21 learning modules to support nurses who seek certification in rehabilitation and a Provider's Guide to Spinal Cord Injury geared to home health providers. A Provider's Guide to Brain Injury will be available in Spring 2018.

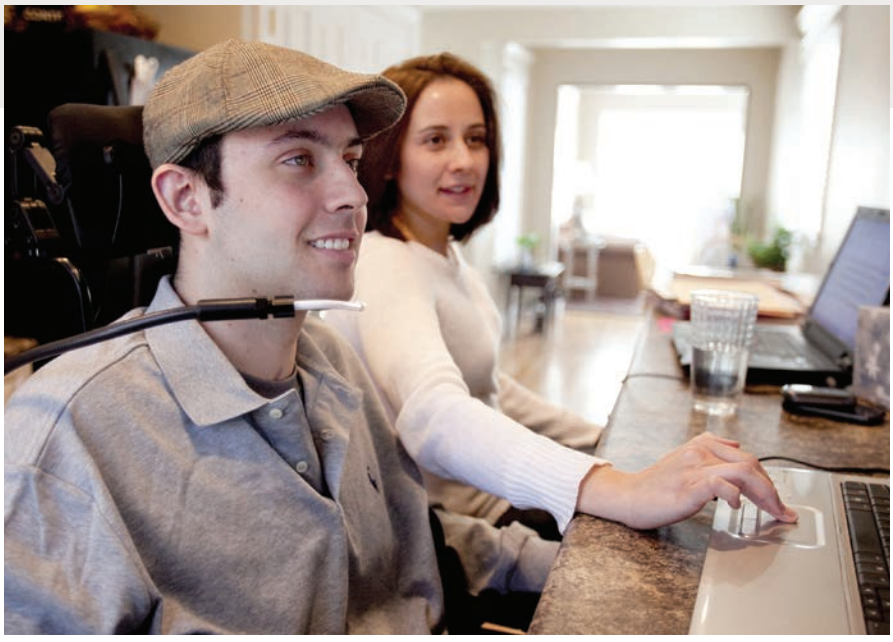
The LMS features both live webinars and webcasts, and it will add resources, such as problem-solving tools, to help providers apply their lessons when they are working with a patient who has returned home to their care. Providers who access the courses will be learning from physicians, occupational therapists, physical therapists, speech therapists, recreational therapists, dietitians, nurses and nurse practitioners.

The NeuroRehabilitation Learning Institute provides online continuing education for healthcare professionals.

Learn more and enroll in continuing education classes at **education.shepherd.org**. ✻

PHOTO BY CHRISTINA EDWARDS

## *Shepherd Center and Microsoft Team to Help Ensure Accessible Technology for All*



Shepherd Center is collaborating with Microsoft to collect user feedback from people with disabilities on the accessibility and usability of its products and services. The Accessibility User Research Collective (AURC) now connects Shepherd Center's nationwide database of 1,300-plus volunteer users with various types of disabilities to Microsoft employees.

Users can participate by filling out a brief survey either online, via email or by phone. Once in the collective, Microsoft researchers will be able to connect with users from the disability community. Then, Shepherd Center's research coordinator will contact potential participants to check their availability, determine their level of interest and help get them connected to designers, developers and researchers at Microsoft.

Participants will be able to take part in usability studies, focus groups, interviews and feedback sessions with product teams for Microsoft (Office, Xbox, Skype, OneDrive, etc.) They'll be conducted remotely with technologies like Skype, remote desktop/laptop monitoring, surveys and the telephone.

For more information, visit **http://ow.ly/u5fR30ij60R**. ✲

## *Mobile App Update Includes Home-Based Exercise Program*

PHOTO BY KELVIN MA

Shepherd Center, in collaboration with MobileSmith, has added a home-based exercise program to its free mobile app SCI-Ex, which promotes fitness for people with spinal cord injury (SCI). The update includes video demonstrations of adaptive exercise techniques designed to be used at home and the gym.

MobileSmith, the Raleigh, N.C.-based company that developed SCI-Ex in early 2017 in collaboration with Shepherd Center, says the app is the first of its kind in terms of targeting the fitness needs of people with SCI. The latest updates were developed based on user feedback from the initial version of the app. More than 20 new exercise videos have been added, targeting a variety of muscle groups. Users can access videos either by injury level, fitness goals or the body part they wish to target.

"We have created what we believe to be a more intuitive decision tree to guide users through the exercise selection process," says Nick Evans, a lead exercise specialist at Shepherd Center. "Selecting any of these categories will automatically direct individuals to a series of appropriate exercise videos."

The Exercise Tracker function has also been modified to be more user-friendly and to allow greater flexibility in information users can track. The app also includes an updated version of the Exercise Recommendations section, including a Rating of Perceived Exertion (RPE) Scale to assist users in selecting the training intensities that are appropriate for their individual fitness goals.

**The SCI-Ex app is available as a free download in the Apple iTunes and Google Play stores (search "Shepherd Center")**. It was developed with funding from the Craig H. Neilsen Foundation and Shepherd Center Foundation with videos produced by Brothers Young Productions. ✲

R research

# Study Finds that Stiffness, Ineffectiveness of Medication are Challenges for People with Spinal Cord Injury Who Experience Spasticity

Shepherd Center spearheads comprehensive survey of people with spinal cord injury, a majority of whom face daily episodes of spasticity.

BY AMANDA CROWE, MA, MPH

**MANY PEOPLE WITH SPINAL CORD INJURY (SCI) REPORT THAT SPASTICITY** – specifically stiffness – has a significant negative impact on daily activities and quality of life, according to a recent study by the spinal cord injury research team at Shepherd Center.

The study, published in the January 2018 issue of *Spinal Cord* (Nature publications), explores which specific characteristics of spasticity – for example, muscle spasms, jerking muscles (clonus) or stiffness – are most troublesome for people with SCI. Ninety-five percent of respondents reported having at least one spasm each day. Of these, 44 percent had 10 or more spasms a day. While conventional wisdom has pointed to spasms as a main spasticity-related challenge in people with SCI, this study suggests that stiffness may be the more troublesome issue.

"Spasticity is a highly common experience after SCI," says Edelle Field-Fote, PT, Ph.D., director of spinal cord injury research and the Hulse Spinal Cord Injury Laboratory at Shepherd Center. "What was particularly striking is that stiffness appears to be the most problematic aspect of spasticity – over and above muscle spasms or jerking muscle movements, which are what we typically think of as spasticity."

Stiffness was also found to have the greatest negative impact on daily activities and patients' overall wellbeing.

"It can keep someone from being able to use the remaining muscle power they might have," Dr. Field-Fote explains. "While they may have some muscle function, if on top of being weak they are also stiff, it really limits their ability to function. Even rolling over in bed is very difficult."

To conduct the study, researchers at Shepherd Center developed and fielded a comprehensive survey of people with SCI. The study involved 145 people with SCI – the majority of whom were more than two years post-injury. They completed a 75-item questionnaire, which included questions from a validated tool called the Patient Reported Impact of Spasticity Measure (PRISM). They also answered questions derived from neurophysiological research that were intended to give a more complete picture of when and how spasticity happens, as well as how it interferes with certain activities such as exercise, feeding oneself, hygiene and getting dressed. Researchers say it's the largest survey to date to assess the characteristics of spasticity that most affect daily life.

Edelle Field-Fote, PT, Ph.D., is the director of spinal cord injury research and the Hulse Spinal Cord Injury Lab at Shepherd Center.

Another key finding is that among those who take medication for spasticity, more than half – 58 percent – reported they don't get relief from them. Not only does this underscore the need for more non-pharmacologic ways of managing spasticity, it may also suggest that current medications have limited effects on stiffness.

"People experience spasticity in very different ways, so there can't be a one-size-fits-all approach to how it is treated," Dr. Field-Fote says.

Shepherd Center researchers are hopeful that these findings will encourage clinicians to adopt a broader understanding of how spasticity affects people with SCI, including applying a more expansive definition of spasticity proposed by the European SPASM Consortium, which includes both the intermittent muscle activity associated with spasms, as well as the more sustained muscle activity that gives rise to stiffness.

Researchers stress that larger studies are needed to more fully understand the dynamic nature of spasticity in people with SCI so that clinicians can help patients manage their condition more effectively.

For more information about research at Shepherd Center, visit **shepherd.org/research**. ✻

PHOTO BY GARY MEEK

*More online at* ***news.shepherd.org***

staff profile

# MARY ELLEN CLEAR, M.ED.

## Speech Language Pathologist

INTERVIEWED BY PHILLIP JORDAN

Mary Ellen Clear, M.Ed., a 12-year veteran at Shepherd Center, is a speech language pathologist at Shepherd Pathways.

Mary Ellen Clear, M.Ed., works with Jerome Wallace, a patient at Shepherd Pathways, a comprehensive outpatient rehabilitation program for people recovering from brain injury.

**Q: What kind of patients do you see at Shepherd Pathways?**

**A:** We see patients who have sustained brain injuries, including traumatic brain injuries, stroke, dual diagnosis (brain injury and spinal cord injury), and non-traumatic brain injuries such as cancer and anoxia (oxygen deficiency in the brain). The therapy approach at Pathways is all about individualized treatment planning with a focus on community re-entry while achieving as much independence as possible. We focus on cognition, language, speech and swallowing, with a priority on increasing safety, independence and overall quality of life.

**Q: When you first meet with a new patient, what are your first steps with them?**

**A:** My first goal is always to get to know them as a person, not a patient. Establishing rapport is vital in gaining someone's trust and respect. It is very important that we – me, the client and any family/caregivers – identify client-centered goals that guide the evaluation and treatment process in an effort to provide care that is individualized and meaningful to the person's life.

**Q: How does speech therapy complement the work of other therapies, such as physical and occupational therapy?**

**A:** One of the best parts of my job is being part of an interdisciplinary team. The therapists at Pathways have an excellent understanding of the importance of incorporating elements of all disciplines into each therapy session. For instance, in a speech therapy session, I may be having a patient complete a planning task (speech therapy), while incorporating visual scanning strategies (occupational therapy) and ensuring they complete an adequate weight shift in a timely manner (physical therapy). The overlap of therapies is crucial, especially for our clients experiencing memory impairment.

**Q: What brings you the most satisfaction in your work?**

**A:** I love when former clients come back to visit and are excited to share their accomplishments about going back to work, school or back to their role as a parent. It's humbling to see their hope and strength, as many of them are going through the most traumatic event of their life. I'm grateful to be a part of their recovery. ✻

PHOTO BY LOUIE FAVORITE

### INTERESTING FACTS

**EDUCATION/PROFESSIONAL EXPERIENCE**

University of Georgia – B.S. in Education in Communications Sciences and Disorders

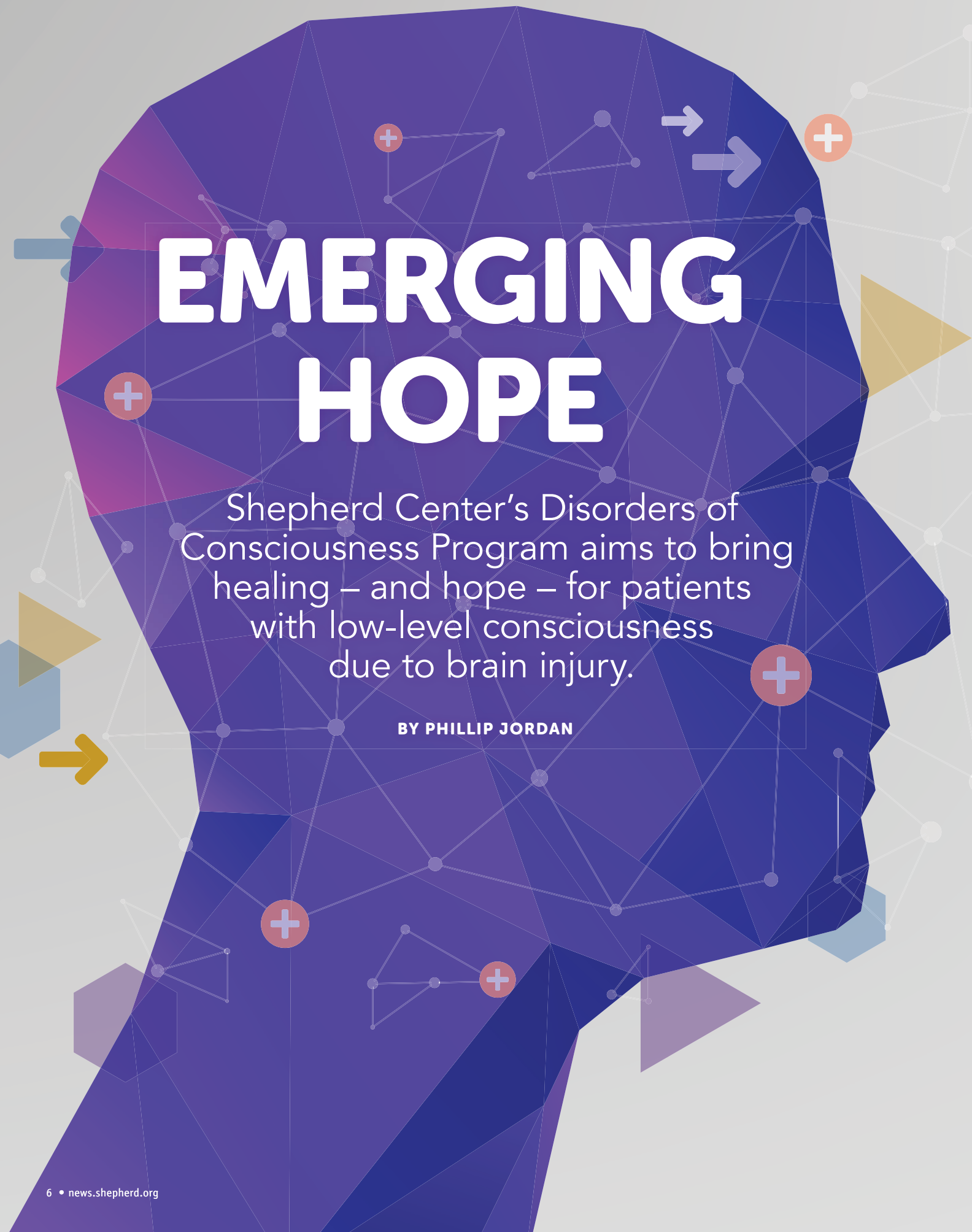
Master of Education

Member, American and Georgia Speech-Language-Hearing Associations (ASLHA & GSLHA)

**FUN FACTS**

- Mary Ellen is married to her high school sweetheart, Marc, who is an architect. They have two children, Ada, 5, and Andrew, 2.
- Unwinding after work means a dance party with the kids, a trip to the park or a new mindfulness-based stress-reduction class.
- Secret talent: Many people at Shepherd Center know that Mary Ellen can zoom around a ballroom dance floor, but she also knows how to whip around a Frisbee. In college, her UGA Ultimate Frisbee club team won the 2001 national championship.
- Parenting philosophy: "I try to raise my children to live their lives with a priority on kindness and compassion. Kindness makes a lasting impact too powerful not to teach."

*More online at* ***news.shepherd.org***



# EMERGING HOPE

Shepherd Center's Disorders of Consciousness Program aims to bring healing – and hope – for patients with low-level consciousness due to brain injury.

BY PHILLIP JORDAN

**AT SIX-FOOT, FIVE-INCHES TALL, 27-YEAR-OLD DREW FORSEY TOWERS OVER MOST AROUND HIM.** In 2014, his team of physical therapists at Shepherd Center stood at the opposite end of the spectrum – the tallest among them nearly a foot shorter. When they worked in tandem to lift Drew out of bed and get him vertical, it was no small accomplishment – especially considering that Drew could not yet help. He was still in a state of unresponsive wakefulness after sustaining a traumatic brain injury in a cycling accident.

At first, the sight was somewhat surreal for his family – to see therapists daily raise an unresponsive Drew and secure him in a standing position against a padded support. Gradually, however, the scene provided Drew's family and friends with a different sensation.

"It gave us hope," says Emily (Taylor) Forsey, Drew's then-fiancée. "It showed that the staff had hope. It showed they thought it was possible for him to get better, even at such an early stage. I can't convey how encouraging that was."

Drew, who lives in Chattanooga, Tennessee, spent more than a month in Shepherd Center's Disorders of Consciousness (DOC) Program, which began in 2000 and is one of only a few dedicated programs nationwide providing specialized services for people in low-level states of consciousness caused by brain injury. The program's proactive philosophy is based on research and experience, says Susan Johnson, MA, CCC-SLP, director of Shepherd Center's Brain Injury Rehabilitation Program and founder of the DOC Program.

"Early mobility, even with someone in a state of minimal consciousness, enhances the likelihood of recovery," Johnson says. "Our aim is to provide an environment that supports recovery. We try to make things feel as normal as possible, so people aren't just hearing the beeping of hospital instruments while they lie in bed. That's not what happens in people's lives."

In real life, people get up in the morning, shower, get dressed, move around, go to the gym and on family outings. So, that's what patients in the DOC Program do, too, thanks to the efforts of nurses, therapists and other treatment team members. Patients receive tube feedings at normal meal times, so they can feel both hungry and full, and they alternate rest and activity times to both expend energy and recuperate.

Shepherd Center admits about 50 patients annually to the program. Drew is among the 55 to 65 percent of patients who eventually emerge to full consciousness.

"It was fascinating to see how the brain could start to heal and awaken," says Drew's mother, La Ronda. "It was slow, but each day brought changes in what Drew could comprehend. That Drew was able to recover and become independent – that Drew and Emily's story has a happy ending – much of that is due to the care given to Drew at Shepherd Center."

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1. Even patients in a state of low-level consciousness undergo therapy in Shepherd Center's Disorders of Consciousness Program. 2. Drew was nearly a foot taller than even his tallest therapists, sometimes making lifts and adjustments a challenge.

PHOTOS PROVIDED BY PATIENT'S FAMILY

## DISORDERS OF CONSCIOUSNESS

One of the first things that Shepherd Center's medical team does is assess each DOC patient's level of emergence and response to their environment.

"The experience with Drew was such an education in learning how emergence works," Emily says. "You see depictions of it on TV, and it's 'bada bing, bada boom,' he's awake all of a sudden! But it's not like that in real life. Waking up is a process, and different people reach different stages at different paces."

Once a baseline for the patient has been established, an interdisciplinary medical team crafts an individualized plan of care that balances medication management, therapies, environmental stimulation and rest. Each patient in the DOC Program is treated by a doctor, nurses, neuropsychologist, speech pathologist, dietician, family counselor, case manager, and physical, occupational and recreational therapists.

In Drew's case, it took more than two months to regain complete consciousness. During that time, his family participated fully in his care and treatment, doing everything from learning how to stretch and re-position Drew to administering his medications and helping to assess his progress.

Shepherd Center physiatrist Andrew Dennison, M.D., emphasizes that family involvement isn't only for morale or caretaker training purposes, either.

"There is evidence that suggests patients with a DOC respond in a different way to loved ones than strangers," Dr. Dennison says. "We can see proof of that in neuroimaging. The brain responds to a voice it knows differently than to one it doesn't. Family members being part of the process is one more tool we can use to help maximize recovery."

After graduating from the DOC Program, Drew continued through Shepherd Center's inpatient Brain Injury Rehabilitation Program, as well as Shepherd Pathways, the hospital's outpatient rehabilitation program for people recovering from brain injury.

Today, Drew is fully independent. The longtime cyclist is riding again, now on his recumbent Cattrike. Two years to the day of his accident, Drew even went for a ride on the bike he was injured on, which his dad had repaired for him.

"I wanted to make that day special for a better reason," Drew says. "It was a way to conquer my fear and reclaim that day for myself."

A longtime filmmaker, Drew is also documenting how others conquer their fears. In January, the Chattanooga Area Brain Injury Association commissioned Drew to create a video of the group's "Unmasking Brain Injury" project, which enables brain injury survivors to create masks based on their own journeys. Drew will interview each patient about what their masks represent, and enable fellow survivors to use their voices and share what it's like to live a full life after a brain injury.

Drew, a chemistry degree graduate, is also taking some classes at his alma mater, Southern Adventist University, with one eye on improving his short-term memory and knowledge retention – and another eye on a possible career shift.

"I'm in a pathophysiology class now, and that is directly because of the staff at Shepherd Center and how inspiring they were," Drew says. "I'm thinking I might like to help people how they helped me, maybe even as a recreational or occupational therapy assistant."

1. Drew and Emily, who were engaged at the time of his accident, were married in 2016.
2. Drew's dog, Kylie, has been a big part of his rehabilitation since Drew returned home.

PHOTOS BY LOUIE FAVORITE

Drew is also back to documenting weddings, special events and travels through his Drew Forsey Films company – though he was all too happy to pass on photographing one wedding last year. On October 10, 2016, seven years to the day of their first date, Drew and Emily married.

## RISING TO THE CHALLENGE

For Ruth Batchelor, the date that now means most to her is September 15, 2016. That was the day she brought her daughter Jordyn Engleberg home to Decatur, Georgia.

Eighteen-year-old Jordyn sustained a traumatic brain injury in a car wreck in May 2016 – the morning of her Jefferson High School graduation.

At Shepherd Center, Jordyn received the same level of care given to all patients in the DOC Program. Her body healed. Her brain, however, did not progress beyond a state of unresponsive wakefulness.

"Some people have a child who recovers to a fully conscious level," Ruth says. "My blessing is that her body is ready if her brain ever comes back. She's healthy."

At Shepherd Center, Ruth dedicated herself to one thing – learning everything possible about how to take care of her daughter and improve her quality of life.

"I framed my mind around that pretty early," Ruth says. "Some folks rely on God, others on science. I don't have much control over either of those realms. But what I do have some control over is doing everything in my power to keep her healthy."

Empowering family members like Ruth to care for their loved ones, no matter what stage they reach, is part of Shepherd Center's mission.

"This is one of the most challenging situations possible for caregivers," Dr. Dennison says. "But I have learned how tough and resilient families can be when they need to be. Our goal is to equip these highly engaged families to take their loved one home."

Ruth's training was tested quickly. Within a week of returning home, Jordyn developed a series of infections, and there were aspiration concerns with Jordyn vomiting. Ruth and her husband, Keith, took turns sleeping to keep a constant eye on Jordyn.

"It was tough, but we could handle it because of how Shepherd Center prepared me," Ruth says.

> "It was tough, but we could handle it because of how Shepherd Center prepared me."
>
> – RUTH BATCHELOR

Thankfully, they also had an ally. When a patient is discharged from Shepherd Center's DOC Program, they are assigned a transition support coordinator to serve as a resource for families during their first two months at home. Jordyn's transition support coordinator was Caitlin Tolcher LaCour, a nurse case manager.

LaCour and Ruth met the week before Jordyn left Shepherd Center, and LaCour helped Ruth with paperwork and applications related to government assistance programs, nonprofits and other community

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1. Ruth Batchelor, Jordyn's mother, has dedicated herself to learning everything possible about caring for Jordyn.
2. Ruth and Jordyn's home is stocked with equipment and tools to help Ruth and her husband care for Jordyn.

PHOTOS BY LOUIE FAVORITE

## "Our aim is to provide an environment that supports recovery."

– SUSAN JOHNSON, MA, CCC-SLP, DIRECTOR OF SHEPHERD CENTER'S BRAIN INJURY REHABILITATION PROGRAM

groups that could offer support. When Jordyn began getting sick that first week at home, LaCour was the first person Ruth called.

Thanks to Ruth's persistence and LaCour's advice, Jordyn's infections were properly treated.

"Honestly, Ruth's success started when they were still in the inpatient program at Shepherd Center, with her commitment to training and learning all she could from Jordyn's team," LaCour says. "She was confident when she left, which made the challenges after discharge a little more bearable. Ruth's commitment to Jordyn has never wavered."

### A REWARDING LIFE

Being in a state of persistent unresponsive wakefulness doesn't prevent Jordyn from living full days.

On a typical day, Ruth gets Jordyn up around 10 a.m. and puts on a mixed CD of upbeat music that seems to pep up Jordyn. Ruth also plays music, movies and TV shows that Jordyn loved before her injury. Most days, Jordyn goes outside for at least an hour. Ruth still does exercises and stretches with Jordyn that she learned at Shepherd Center. Jordyn doesn't return to bed until it's time for her overnight feedings.

1. Ruth shapes her days around Jordyn's needs, making sure to incorporate activities such as reading to Jordyn, going outside, stretching and listening to music. 2. Drew has returned to his career as a photographer and often shoots weddings and special occasions.

Jordyn's stepfather, Keith, has learned everything from Ruth so that he can take care of Jordyn when he's not working and give Ruth a break. Jordyn's father, Brian, calls twice a week to talk to Jordyn, and he comes over every Sunday.

Though there have been many adjustments, Ruth says she never could have imagined how comforting and healing it would be to share so deeply in Jordyn's new life.

"The change was as large as having a child for the first time," she says. "It changes how you do things, how you schedule things, how you make decisions. Everything."

Today, Ruth shares her message with newcomers to Shepherd Center's DOC Program as a peer mentor and member of Shepherd Center's Caregiver Advisory Council.

"Life after Jordyn's brain injury has been full of blessings, and I'm glad to share that," Ruth says. "It's heartening to hear the stories of those who fully recover from injuries like these, but stories like Jordyn's and mine, those stories are rewarding and loving and positive, too.

"I recognize that I'm never going to have the girl back that I had before, but that doesn't mean that life isn't enjoyable," Ruth says. "Life with her is still rewarding and full. And if normal people like me are capable of doing this at home and having a positive experience, that's a powerful thing to share with others." ✲

Learn more about Shepherd Center's Disorders of Consciousness program at **shepherd.org/DOC**

PHOTOS BY LOUIE FAVORITE

# What are Disorders of Consciousness?

Shepherd Center uses the Coma Recovery Scale-Revised to track patients' progress. This serial assessment looks at 23 key behavioral indicators, including auditory and visual responses, motor skills, oromotor skills (such as the ability to control the mouth, lips, tongue and throat in swallowing), communication capabilities and response to stimulation. These assessments – along with factors such as age, severity of injury and the area of the brain damaged – help medical staff create individualized treatment and therapy plans for patients, and to educate and train family members on long-term expectations and care.

## THE PRIMARY DISORDERS OF CONSCIOUSNESS ARE:

### 1 COMA

A coma is characterized by complete unresponsiveness and lack of a sleep-wake cycle. Most patients do not stay in this state very long. They either do not survive the injury or condition that caused the coma, or they transition to the next state of consciousness.

### 2 UNRESPONSIVE WAKEFULNESS

Commonly described as a vegetative state, this disorder of consciousness is characterized by patients having normal sleep-wake cycles and an ability to open their eyes, but not the ability to communicate, follow commands or express emotion. In this state, patients might be able to respond reflexively in some ways, including in response to movement or noise, but there is no ability to consistently track those objects or sounds. Some patients may stay in this state indefinitely, in what is described as a persistent state of unresponsive wakefulness.

### 3 MINIMALLY CONSCIOUS

Minimally conscious individuals are capable of some sort of purposeful activity beyond reflexive movements. They can track objects and sounds, and they are inconsistently able to follow commands, communicate and express emotion. When a patient attains this level of consciousness, the odds of full emergence improve significantly.

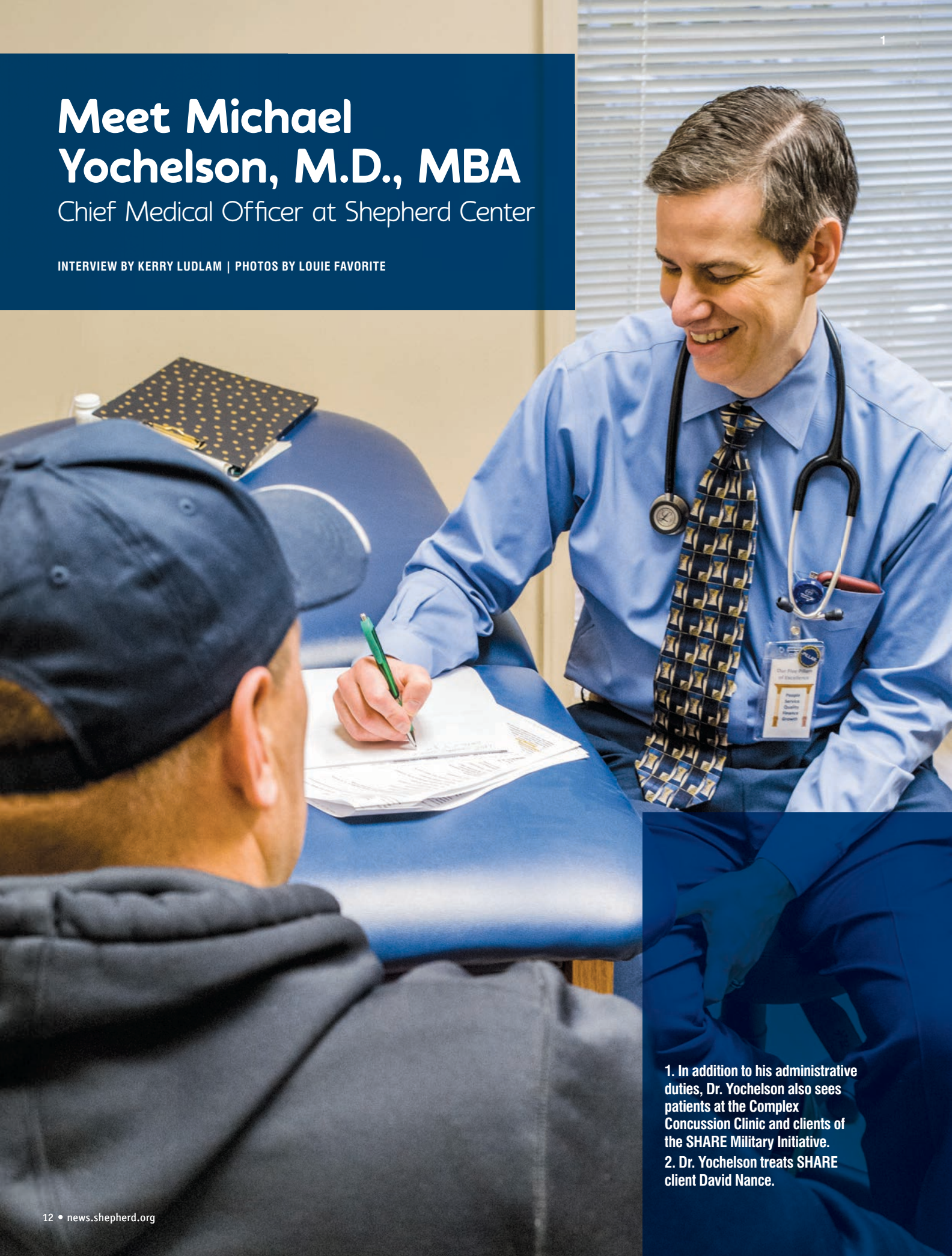
### 4 FULL EMERGENCE TO A POST-CONFUSIONAL STATE

Reaching this state means a patient no longer has a disorder of consciousness. Medical staff use two primary factors to determine whether a person has fully emerged – the ability to communicate consistently and accurately, and the ability to purposefully use objects. "Those actions require the use of neural networks and different parts of the brain, so it shows their brain is able to make those connections," says Andrew Dennison, M.D., medical director of Shepherd Center's Acquired Brain Injury Program.

# Meet Michael Yochelson, M.D., MBA

## Chief Medical Officer at Shepherd Center

**INTERVIEW BY KERRY LUDLAM | PHOTOS BY LOUIE FAVORITE**



1. In addition to his administrative duties, Dr. Yochelson also sees patients at the Complex Concussion Clinic and clients of the SHARE Military Initiative.
2. Dr. Yochelson treats SHARE client David Nance.

**Michael Yochelson, M.D., MBA,** joined Shepherd Center as chief medical officer in August 2017, bringing with him both a depth of knowledge and passion for neurorehabilitation. Dr. Yochelson came to Shepherd Center from MedStar National Rehabilitation Network in Washington, D.C., where he served as vice president of medical affairs and chief medical officer. In addition to being a board-certified neurologist and physiatrist, Dr. Yochelson also has served in an academic capacity as a professor and vice chair of clinical affairs in the department of rehabilitation medicine and professor of clinical neurology at Georgetown University. Dr. Yochelson began his medical career in the United States Navy, where he served from 1995 to 2006.

### Q: How did your career get started?

**A:** Since I was 10 years old, I had thought I wanted to be an ophthalmologist. In my fourth year of medical school, I'd signed up for the ophthalmology rotation, and at the last minute, it was cancelled. I had to quickly choose from what was available, so I chose physical medicine and rehabilitation (PM&R). I began working with inpatients who'd had strokes and were still inpatients and then with patients who had neuromuscular diseases on an outpatient basis. It was during my neurology rotation that I became really interested in the cognitive effects of strokes. I saw that we weren't doing patients justice as far as rehabilitation for strokes, so I decided to go into neurology and PM&R to try to change that.

### Q: What does a chief medical officer do?

**A:** Simply put, I oversee all of Shepherd Center's physician practices, both inpatient and outpatient. Engaging with departments all over the hospital, I work to ensure quality, patient safety, reliability and risk mitigation from a medical perspective. I serve as a liaison between our medical staff and our administration on strategic planning, budgeting and clinical efficiencies, and I can bring the perspective of a physician when making those decisions. I also work to build a cohesive medical staff and to improve physician engagement.

### Q: That sounds like a big job. Do you still see patients?

**A:** Yes. I still really enjoy working with patients. I spend a half day seeing patients at our Complex Concussion Clinic and another half day seeing clients of the SHARE Military Initiative. Having served in the military, I am really passionate about working with patients who have sustained concussions or other brain injuries. There are severe cognitive and behavioral issues that can be particularly challenging for patients and their families, and as a result, families can feel really lost. It's very rewarding to address these issues and help patients get back into their communities, whether that involves school, work, parenting, etc.

### Q: What would you like to see happen in the next five years at Shepherd Center?

**A:** Shepherd Center is an ideal environment to train upcoming physicians. I would love to see us start a fellowship programs and expand graduate medical education for those interested in treating brain and spinal cord injuries. I would also like to build relationships with consulting physicians, as well as look at our clinic operations for growth opportunities. That said, I believe that growth needs to be thoughtful and aligned with Shepherd Center's mission.

> ***"The culture is a really unique part of Shepherd Center, and as we move forward, it remains a really important value to nurture and maintain."***
>
> – MICHAEL YOCHELSON, M.D., MBA

### Q: What makes Shepherd Center unique?

**A:** From the minute you walk in the door at Shepherd Center, it's obvious that the mission is at the center of the organization. The staff here is incredibly passionate about their work, and from all of the interactions I have had, it's clear that our team is genuinely caring. The culture is a really unique part of Shepherd Center, and as we move forward, it remains a really important value to nurture and maintain. ✻

## INTERESTING FACTS

#### EDUCATION

- Duke University – Bachelor of Science
- George Washington University – Medical Degree
- University of Maryland R.H. Smith School of Business – Master of Business Administration

#### FUN FACTS

- Dr. Yochelson began his medical career in the United States Navy, where he served from 1995 to 2006.
- His first assignment after residency was in Japan at the U.S. Naval Hospital Yokosuka.
- Dr. Yochelson enjoys cooking, traveling and theater.
- Having lived most of his life in large cities, from Washington, D.C., to Tokyo, Dr. Yochelson loves the cultural opportunities cities provide. He's excited to explore Atlanta with his partner and daughter.

More online at news.shepherd.org

# A President's Doctor Becomes the Patient

Larry Mohr, M.D., former White House physician, returns to his home and work after undergoing spinal cord injury rehabilitation at Shepherd Center.

BY MIA TAYLOR

1

**WHEN THE CALL CAME FROM THE WHITE HOUSE, LARRY MOHR, M.D., INITIALLY TURNED DOWN THE OFFER.**

A young field artillery officer in the U.S. Army, Dr. Mohr had just returned from a deployment and was looking forward to spending time with his family. He was also in the midst of establishing a research program at Walter Reed National Military Medical Center in Bethesda, Maryland.

But President Ronald Reagan's chief of staff wasn't about to take no for an answer.

"The chief of staff told me, 'What you want is not important. What we want you to do is what's important,'" Dr. Mohr recalled. "He said President Reagan wants to talk to you tomorrow at 10 a.m. And when I got there, President Reagan said, 'So I guess you're going to come down and join us.'"

With that, the then-40-year-old's life took a fascinating and unexpected turn. Overnight, Dr. Mohr became White House physician, charged with providing daily care for the most powerful man in the world – the president of the United States.

2

It was a job Dr. Mohr held for more than six years, working for both Presidents Reagan and George H.W. Bush. He also served President Bill Clinton during his transition into office.

During those years, Dr. Mohr had a front row seat to history. He traveled on Air Force One, attended dinners with Queen Elizabeth and met the Pope.

"It was a fascinating and remarkable experience," Dr. Mohr recalls. "During the time I was there, a lot was going on in the world with respect to the Soviet Union dissolving and the democracies in central and eastern Europe and the Berlin Wall coming down…. I got to see a lot of things firsthand."

After leaving his role as White House physician, Dr. Mohr embarked on an equally illustrious career at the Medical University of South Carolina in Charleston, where he served as a professor of medicine, ran a research program and also treated patients.

However, in 2016, Dr. Mohr's life took yet another unexpected turn.

It was a summer evening in mid-June. Dr. Mohr had just returned home from a busy day at work and walked out onto the back deck of his home to relax. As he leaned against the deck's railing, the structure collapsed, and Dr. Mohr plunged 16 feet to the ground, landing on his back.

When he tried to get up, Dr. Mohr could not move his legs. Instinctively, he started scratching his thighs. There was no sensation.

"I couldn't feel anything below my lower waist, so I knew at that point that I was paralyzed," he says.

It's the type of life-changing moment few people can comprehend. Dr. Mohr lay on the ground thinking about his various commitments and how he would keep them while being paralyzed.

PHOTO BY HEATHER THOMPSON. ARCHIVAL PHOTOS COURTESY OF LARRY MOHR, M.D.

Help arrived, and Dr. Mohr was transported to the Medical University of South Carolina. The 70-year-old physician spent nearly a month in the intensive care unit. Once his condition stabilized, Dr. Mohr was flown to Shepherd Center to begin rehabilitation.

As a physician, Dr. Mohr knew the difficult work a patient must do in the weeks and months after sustaining a spinal cord injury. At 70 years old, it can be even more challenging for the body.

"At his age, it's difficult to sustain a spinal cord injury," says Anna Elmers, M.D., a staff physiatrist at Shepherd Center and member of Dr. Mohr's care team. "It's always harder to bounce back when you're older. He has made a tremendous amount of progress. I'm so proud of how far he has come."

Dr. Mohr's rehabilitation focused on strengthening his upper body, which grew weak during the time he spent in the ICU. The progress was slow going at first, but eventually Dr. Mohr excelled.

He learned to dress and bathe himself, transfer from a bed to a wheelchair and many other tasks that are part of daily life.

Through it all, Dr. Mohr maintained a remarkably positive attitude, Dr. Elmers recalls. He was never upset. He was never angry. Dr. Mohr even took the time to treat Shepherd Center staff to a fascinating lecture on his incredible role in history and on presidential health through the years.

"Everyone enjoyed taking care of him and working with him," Dr. Elmers says. "He is just a lovely person and so down to earth. And this is a man who has contributed so much, not to just to his field of pulmonary medicine, but in general."

Dr. Mohr has been recognized with such honors as a listing in Who's Who in the World; Who's Who in America; Who's Who in Science and Engineering; and Outstanding People of the Twentieth Century. His military career is equally impressive. By the time he left the Army, Dr. Mohr had received a long list of medals, among them a decoration for valor on the battlefield and a medal for distinguished service. He is also the recipient of the Defense Distinguished Service Medal, the Silver Star for gallantry in action and two awards of the Bronze Star for heroism in ground combat. He also received the the Purple Heart for wounds received in action.

Having completed his rehabilitation at Shepherd Center, Dr. Mohr is now back home in Charleston, South Carolina. He has resumed working a few days each week, including driving himself back and forth to his office. He also continues to help students with research, volunteers and serves on various boards. And on occasion, he flies to medical conferences.

Dr. Mohr says his goal is to be as active as he can be, for as long as it is possible.

"Never give up. Just never give up," he says, reflecting back on his injury and recovery. "Some days, predictably, are better than others. But just focus on having goals, and staying active as long as you can. Focus on enjoying the life you have. There are many good days ahead." ✻

**"Some days, predictably, are better than others. But just focus on having goals, and staying active as long as you can. Focus on enjoying the life you have. There are many good days ahead."**

LARRY MOHR, M.D.

1. Dr. Mohr enjoys reading at his home in Charleston, South Carolina.
2. Dr. Mohr was named White House physician by President Ronald Regan in 1980.
3. Dr. Mohr also served as White House physician for President George H.W. Bush.
4. Dr. Mohr traveled all over the world during his tenure.

Shepherd Alums:

# Where Are They Now?

BY PHILLIP JORDAN

## Anna Adams

MARIETTA, GEORGIA

As vice president of government relations for the Georgia Hospital Association, **Anna Adams, 32,** works to educate elected state and federal officials on legislation that affects hospitals, as well as the patients and communities those medical centers serve.

"This is my dream job," she says. "Healthcare is my career background, and I was always most interested in healthcare policy."

That interest became personal starting six years ago when Anna began experiencing extreme fatigue, headaches, vision disturbances and numbness in her legs.

"People told me, 'Of course, you're tired,'" Anna remembers. "'You've got kids!'"

True, she and her husband Chase have two high-energy boys – Anderson, 6, and Davis, 3. But when Anna's legs collapsed on a hot Fourth of July in 2015, she started doing her own research.

Anna went to her doctor and said she was concerned that she might have multiple sclerosis (MS). An MRI confirmed her suspicion. Diagnosis in hand, Anna soon began looking for a new doctor because she felt her treatment plan was being dictated to her.

"I'm an educated patient, but I wasn't being listened to," she recalls. "I've realized that we all need to take our health into our own hands. Each patient needs to be their own advocate."

So, Anna once again did her research, scouring health sites and reaching out to contacts. One name kept coming up: Ben Thrower, M.D., medical director of the Andrew C. Carlos Multiple Sclerosis Institute at Shepherd Center.

"Coming to Shepherd Center was a complete 180," Anna says. "There, I was heard. It was a partnership."

Today, she returns to Shepherd Center not only for a monthly infusion that manages her symptoms, but also to share her professional expertise – speaking to senior staffers about potential bills in the Georgia General Assembly that could affect programs, patients and advocacy efforts at Shepherd Center.

"When I was first diagnosed, I worried how well I could do my job," Anna says. "But thanks to my journey with MS, I'm now weighing in on things that I've experienced personally. If anything, I think this has all made me better at what I do."

Anna Adams, who has MS, is vice president of government relations for the Georgia Hospital Association.

## Sara Beth Gerard-Summers

JACKSONVILLE, FLORIDA

School teacher. Theatre actress, singer, director. Wife. Graduate student. **Sara Beth Gerard-Summers, 32,** might have even more going on now than she did before October 1, 2013 – the day she sustained a traumatic brain injury (TBI) in a car crash.

Her long path to recovery began when she was transferred from Shands Jacksonville Medical Center to Shepherd Center's Brain Injury Rehabilitation Program. Here, staff members tapped into Sara Beth's love for music as part of her recreational therapy. The strategy helped stimulate her brain. The only difficulty proved to be finding songs that Sara Beth's brain hadn't already memorized.

Sara Beth Gerard-Summers was able to return to teaching high school English and drama, as well as perform in her local theater.

A larger challenge proved to be her recall. As a result of her TBI, Sara Beth lost about five years' worth of memories leading up to the accident. Among others, that meant she had to meet – for the second time – her husband Aaron. They had married six months before her injury. "We had to relearn each other completely," Sara Beth says. "He had to re-introduce himself and date his wife all over again."

Sara Beth's earlier memories of Aaron have still not returned, but the love has. This April, the couple will go on a five-year anniversary/honeymoon trip to Italy.

When they return home, Sara Beth will resume working as an English and drama teacher in her hometown high school – a place where her mother taught for 38 years and her father is still the librarian. She'll continue acting and directing in the Jacksonville theater scene, too. Sara Beth's recent credits include a star turn in *Steel Magnolias* and directing *High School Musical*. She also has her high school students perform regularly for an elementary school.

In her sparse spare time, Sara Beth is also taking online graduate classes with an eye on a potential second career – as a recreational therapist.

"It sounds crazy to say I'm grateful for the accident, but I am," she says. "It opened my eyes to the kindness around me, and also reminded me to be kind. Life is always going to hand you whatever it wants to hand you, but it's still up to you if it's going to be a bad day or a good day."

## Mackenzie Johnson

GREENVILLE, SOUTH CAROLINA

**Mackenzie "Mack" Johnson, 20,** laughs now when he remembers it. When he first transferred from University of Tennessee Medical Center to Shepherd Center – a few weeks after sustaining an incomplete T-12 spinal cord injury in a 35-foot fall from a cabin balcony on November 5, 2016 – the first task physical therapists gave him was to put on his own shorts.

"They didn't give me much assistance, either," Mack says. "They'd just come by every few minutes and say, 'Hey, your shorts still aren't on.' I remember thinking, 'This is the place that's supposed to be so great? Don't they know I'm paralyzed?'"

"But they knew what they were doing and they knew what I was capable of," he adds. "That's what I grew to love about Shepherd Center. They prepare you. They challenge you. They support you, but they don't pity you."

Another challenge he received at Shepherd Center was to try some new sports. A former high school football player, Mack had never played basketball competitively. But during his six-month stay at Shepherd Center, he started falling for the game, enamored with its competitiveness, physicality and camaraderie. He began practicing with the Shepherd Stealers basketball team, and when he left, the coaches gave him information on a summer hoops camp at Auburn University.

Today, Mack, an accounting major, is a member of Auburn's wheelchair basketball team, where he attends thanks to a scholarship from the Swim With Mike Foundation. Mack has also struck up an unlikely friendship with NBA legend Bill Walton. A chance encounter at a Dateland sandwich shop in Arizona turned into an ongoing bond between the two athletes. Thanks to Walton's encouragement, Mack has spread his sporting focus to cycling and swimming, too, and has become active with the Challenged Athletes Foundation. At Walton's invitation, Mack even participated in the Million Dollar Challenge – handcycling with Walton's team down portions of the 620-mile route along the California coastline.

Mack still visits patients and staff at Shepherd Center whenever he passes through Atlanta, too.

"This is where I learned the importance of going forward and staying active," Mack says. "Now, I'm the one telling new patients to try doing more than they think they're ready to!"

3

After sustaining a spinal cord injury in a fall, Mack Johnson discovered wheelchair basketball, along with cycling and swimming.

## Randall "Randy" Laird

LAKE CHARLES, LOUISIANA

**Randall "Randy" Laird, 37,** served six years in the U.S. Army, including a hellacious tour of duty in Iraq during the battle of Fallujah. A platoon sergeant, Randy served as a fire support specialist attached to a mechanized infantry unit fighting in close-quarters urban combat. It was here that Randy's traumatic brain injury occurred amidst the use of C4 explosives and enemy attacks using rocket-propelled grenades and improvised explosive devices.

4

At his graduation from the SHARE Military Initiative, Randy Laird received a quilt made for him by Quilts of Valor.

"Plain and simple," Randy says, "my bell got rung too many times."

Today, as the founder of the Molly Frank Foundation, a nonprofit that trains service dogs for disabled veterans, Randy does things he never imagined. The training is easy. But media interviews, fundraising, interacting with lots of people all day? Randy says he can handle those stress-inducing tasks thanks to his time in Shepherd Center's SHARE Military Initiative, a comprehensive rehabilitation program for service members with traumatic brain injuries and post-traumatic stress.

It also helps that whenever Randy would prefer to lay low, his buddy Cole convinces him otherwise, with some slobbery licks to the face. Cole is Randy's service dog, a Corgi-Collie mix that Randy describes as a corgi with long legs and a tail.

Five years ago, Cole was a gift from Randy's former fiancée, Molly, a longtime trainer of service dogs. In 2015, the couple was in a car wreck together, and Molly passed away. By the time Randy entered SHARE in 2016 – on the recommendation of a fellow platoon member who graduated from the program – he couldn't tell which post-traumatic stress was worse.

"You think you can't go through anything worse than you did in the military," Randy says, "and then sometimes you do. It was survivor's guilt on both ends."

At Shepherd Center, Randy received treatment for his brain injury, learned to recognize and handle his symptoms and went on outings that taught him to formulate plans to better handle high-stress, public situations.

"I'm not perfect," Randy says. "This isn't going to magically heal you of everything. But I understand what I'm dealing with now. I have my confidence back. It's all about learning how to deal with the things going on in your life, accept them and manage them."

*More online at* ***news.shepherd.org***

# Five Things People Should Know About the Andrew C. Carlos Multiple Sclerosis Institute at Shepherd Center

Shepherd Center takes a team-centered, comprehensive approach to treat MS.

BY SARA BAXTER

**SINCE 1991, THE ANDREW C. CARLOS MULTIPLE SCLEROSIS (MS) INSTITUTE** at Shepherd Center has set itself apart from others in the country. With Medical Director Ben Thrower, M.D., at the helm, a dedicated team of physicians, advance practice providers, nurses, therapists, exercise specialists, case managers, and researchers work to deliver cutting edge treatments to their patients, with the following goals in mind:

- **DIAGNOSE THE DISEASE** as quickly and accurately as possible.
- **EDUCATE THE PATIENT** and their family on disease management and resources.
- **PARTNER WITH THE PATIENT AND FAMILY** in making treatment decisions that will have the best chance to minimize the impact of MS on their lives.
- **PROVIDE A COMPREHENSIVE AND INTEGRATIVE TREATMENT** environment for the person with MS and their family.
- **PARTNER WITH OTHER ORGANIZATIONS** that work with MS to share knowledge and resources.

The staff in the MS Institute strives to reach those goals in a multitude of ways.

Every year, the MS Institute hosts a Halloween Open House for patients, staff and friends.

**HERE ARE FIVE THINGS PEOPLE SHOULD KNOW ABOUT THE ANDREW C. CARLOS MS INSTITUTE.**

## 1 We offer a holistic approach to MS care.

The MS Institute offers a sort of "one-stop shopping" for those with MS. Aside from clinical care, patients at the MS Institute can receive occupational, physical and speech therapy, get seated for the proper wheelchair, take an exercise class designed just for them and participate in support groups and field trips.

"Many MS Centers do something really well, like bench research or medical management," Dr. Thrower says. "Our center offers one of the widest array of services available, from wellness to research."

The Institute also offers state-of-the-art imaging, which helps doctors detect and track the disease – and it's all offered in one place. Patients can schedule all of their appointments – imaging, a visit with the doctor, physical or occupational therapy – all in one day. This is especially convenient for those who travel long distances to receive care.

In 2012, Shepherd Center opened the Eula C. and Andrew C. Carlos MS Rehabilitation and Wellness Program. The program was the first in the nation to integrate all aspects of wellness – fitness, nutrition and education – into a single approach tailored specifically for people with MS. The program also has a research component with the goal of improving the function, health, wellness and quality of life in people with MS.

## 2 We work as a team.

No person – or staff member – is an island at the MS Institute. The staff communicates and coordinates care for each patient as a team. They are a dedicated group of specialists who only work with patients with MS. Each week, the staff of the MS Institute gets together for a team meeting to discuss any challenges they may be having with certain cases, as well as to share success stories.

"It's a good sounding board," says Shane White, MBA, director of medical imaging at Shepherd Center. "It keeps everyone on the team informed of what's happening in the Institute."

PHOTO BY CHRISTINA EDWARDS

> "Our center offers one of the widest arrays of services available, from wellness to research."
>
> **Ben Thrower, M.D., medical director of the Andrew C. Carlos Multiple Sclerosis Institute at Shepherd Center**

Ben Thrower, M.D., is the medical director of the MS Institute at Shepherd Center.

PHOTO BY LOUIE FAVORITE

## 3 We provide individualized care.

While the staff works as a team, they also work to provide each patient with a customized plan that fits him or her. As with many diseases, an approach that works with one patient may not work for the next.

"We identify what each patient needs and help them reach their goals," Shane says. "And those goals vary from patient to patient. We try to meet them where they are."

## 4 We depend on the generosity of others.

One of the reasons that the MS Institute can offer the full range of services it does is because of contributions from individuals, foundations and businesses. From funding wellness positions to making sure that patients have access to the resources they need, donor support enables the Institute to provide valuable patient care and support that extends outside the clinic.

"Without our Shepherd donors, much of what we do for the MS community would come to a halt," Dr. Thrower says. "From the facility to the personnel that we have, donor support has allowed us to become one of the most comprehensive MS programs in the country. On behalf of our entire team, we are grateful."

Dr. Thrower says the need for donor support will continue as the patient population and the need for space and staff continues to grow.

## 5 We are optimistic about the future.

In what Dr. Thrower calls "an explosion of interest and research in MS," in the last 20 years, things are looking up in terms of MS treatment.

"We have gone from having no FDA-approved treatment options in 1992 to having 16 options in 2018," Dr. Thrower says. "Though we still do not have a cure, in the future, I expect to see more effective treatment options so that every newly diagnosed person with MS is assured that MS will not lead to future disability. We are getting closer to the lofty goal of neural repair. This would mean reversing disability for many with MS." ✻

For more information about the Andrew C. Carlos MS Institute at Shepherd Center or to schedule an appointment, visit **shepherd.org/ms.** To make a gift to the MS Institute, contact Erin Schuster at **404-350-7304** or **erin.schuster@shepherd.org**.

# Q+A

## BEN THROWER, M.D. & SHANE WHITE, MBA

MEDICAL DIRECTOR OF THE ANDREW C. CARLOS MULTIPLE SCLEROSIS INSTITUTE AT SHEPHERD CENTER

DIRECTOR OF MEDICAL IMAGING AT SHEPHERD CENTER

INTERVIEWED BY SARA BAXTER

### BEN THROWER

**Q. As a neurologist, how did you come to choose multiple sclerosis (MS) as a specialty?**

**A:** My road to being a neurologist working with MS wasn't a direct one. Once I finished neurology training at the University of Texas, I joined my wife in Spokane, Washington, where she was fulfilling her Air Force obligation as a pediatrician. Eastern Washington has a high prevalence of MS, and I quickly became drawn to working with these patients. No two cases were alike. I also realized that the appropriate management of MS required a team. I was fortunate to spend time at various MS centers and came away with a clear vision of what excellent MS care could look like.

**Q. What is something people may not know about the MS Institute?**

**A:** We stop clinic operations on the Friday before Halloween each year for the MS Institute Halloween Open House. Exam rooms are decorated in a fierce competition between teams. It seems to get a bit bigger each year.

**Q. What is the best part of your job?**

**A:** The best part of my job is twofold. First, I work with some of best healthcare professionals in the world. Second, I am privileged to be a long-term part of the patients' lives, hopefully, helping them make the path with MS an easier one.

### SHANE WHITE

**Q. How did you come into your current job?**

**A:** I came to Shepherd 11 years ago as the chief MRI technologist. I then became the radiology manager. When I was working as the medical imaging manager, I was doing a lot of work with MS patients, so it became a natural fit for me to become the director of the MS Institute. I did both jobs for three years and have recently been named the director of medical imaging for Shepherd Center.

**Q. What is something people may not know about the MS Institute?**

**A:** I don't think people realize all the services we offer beyond the clinic, especially the rehabilitation, wellness and research components. The breadth of everything we provide our patients sometimes still surprises me.

**Q. What is the best part of your job?**

**A:** The best part of my job is watching the progression and improvements in the patients. For example, I love seeing when someone becomes more ambulatory and can give up a walker, or watching a newly diagnosed patient who was timid and afraid at first become more confident.

Shane White, director of medical imaging, and Ben Thrower, M.D., often work together because the majority of Shepherd Center's MS patients also require medical imaging.

PHOTO BY LOUIE FAVORITE

### BEN THROWER

**EDUCATION**

Board Certification – Neurology

Residency – University of Texas Health Sciences Center at San Antonio

Medical School – University of Florida College of Medicine

- Dr. Thrower came to Shepherd in 2001.
- Dr. Thrower's wife, Karen, is a pediatrician. They have three children.
- He loves Harley-Davidson motorcycles and Caribbean pirates, such as the movie character, Captain Jack Sparrow.
- He and his wife participate in the Pirates of the Chilibean Stone Mountain Chili Cook-Off.

### SHANE WHITE

**EDUCATION**

B.S. – Medical Science, Emory University

MBA – College of Business, University of Georgia

- Originally from Raleigh, North Carolina, Shane moved to Atlanta to attend Emory University, and never left.
- He and his parents are restoring their family farm outside of Raleigh, which has been in the family for 110 years. This includes stripping the house down to the logs and putting it all back together. They also restored his grandfather's tractor from the 1950s.
- He enjoys traveling internationally.

# From Idea to Summer's Must-Attend Event

National Distributing Company lives out its corporate philosophy through its support of Shepherd Center's Summer in the City.

**SEVERAL YEARS AGO, THE CARLOS FAMILY,** longtime supporters of the Shepherd Center, had an idea for a fund-raiser: gather chefs from the city's top restaurants to provide tastes of their specialties, pair the food with the best wines and mixed drinks and call it Summer in the City. The Carlos family's company, National Distributing Company (NDC), signed on as the event's host and presenting sponsor.

That was in 2010, and for eight years, NDC has been behind the event. Deemed "A Night of Epicurean Delights," Summer in the City has grown into a premiere food and wine tasting event, all while raising hundreds of thousands of dollars for Shepherd Center's programs.

Philanthropy and serving the community are at the foundation of NDC, a family-owned company founded in 1942 by Chris Carlos and Al Davis. Members of the Carlos and Davis families still run the company 76 years later, and they have grown it into the second largest distributor of wine and spirits in the country.

PHOTO BY BEN ROSE

Elaine and John Carlos, founders of the National Distributing Company, came up with the idea for Summer in the City, one of Shepherd Center's most buzzed about events.

"Helping to put on this event goes right along with our corporate philosophy, which is all about family values and serving the community," says Rebecca Carey, special events manager at NDC, who helps plan the event with Shepherd Center Foundation staff. "We're proud to be a part of it."

The event features 15 to 18 chefs from the city's best restaurants, as well as wines from top wineries. NDC helps coordinate restaurant and wine vendors, pulling from their vast client list. The restaurants donate their time and food, and Rebecca estimates that nearly 200 bottles of wine are donated by wineries.

"The event is so well-established and popular that it is easy to secure vendors," Rebecca says. "They love to support Shepherd Center. And, it's a fun event and great exposure for them."

Summer in the City has grown in size and popularity over the years – both in the number of attendees, as well as in the number of well-known chefs it secures to present food. The event started at the Greystone Conservancy in Piedmont Park, but in 2016, it was moved to The Foundry at Puritan Mill in downtown Atlanta to accommodate more guests. In 2017, the event attracted a record 575 guests, and it featured 18 chefs, 45 wine pairings and two mixologists preparing cocktails.

**"Helping to put on this event goes right along with our corporate philosophy, which is all about family values and serving the community."**

**— REBECCA CAREY, SPECIAL EVENTS MANAGER AT NDC**

"We invite restaurants that have participated in the past," Rebecca says, "and we also reach out to new people. As the event continues to grow, we will probably expand the number of restaurants we include."

Each year, the proceeds go toward a specific program at Shepherd Center. In past years, it supported Shepherd Center's SHARE Military Initiative. This year, funds raised will benefit the Andrew C. Carlos Multiple Sclerosis Institute. Summer in the City 2018 is on July 18 from 6:30 to 10 p.m. at the Foundry at Puritan Mill.

For more information about Summer in the City, contact Erin Schuster at **404-350-7304** or **erin.schuster@shepherd.org** or visit **shepherd.org/giving/special-events**.

# SHEPHERD CENTER'S LEGENDARY PARTY RAISES $5 MILLION

## Funds Benefit Shepherd Center's SHARE Military Initiative and the Andrew C. Carlos Multiple Sclerosis Institute

**WRITTEN BY SUSAN TUCKER AND LESLIE JACKSON**
**PHOTOS BY BEN ROSE AND ROSS HENDERSON**

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**NOVEMBER 4TH MARKED ONE OF SHEPHERD CENTER'S FINEST HOURS** – a triumph of great philanthropy, showing the high esteem in which the nationally recognized spinal cord, brain injury and related conditions treatment center is held by Atlantans. Jenny Pruitt, one of the most admired stars in Atlanta's pantheon of community leaders and philanthropists, chaired this year's Legendary Party. The applause was uproarious when Jenny Pruitt announced that The Legendary Party had reached her personal goal of raising $5 million for Shepherd Center. Jenny acknowledged that there were three million-dollar donors, including restaurateur and city leader Danté Stephenson, a legend in his own time.

Funds benefited Shepherd Center's SHARE Military Initiative and the Andrew C. Carlos Multiple Sclerosis Institute. Presenting sponsors were the Jenny and Bob Pruitt Family, Elaine and John Carlos, Thalia N. and Chris M. Carlos Foundation, Helen A. Carlos and Ron Hilliard, Peter A. Dames and Family, Judy and Lester Miller, Lee and Sandy Sanford,

1. "Marilyn Monroe," posed with honorary chairs John and Elaine Carlos, event chair Jenny Pruitt and her husband Bob Pruitt.

2. Honorary Chairman Elaine Carlos shares a special moment with Shepherd Center co-founder Alana Shepherd and Elizabeth Allen.

3. Duane Morrow takes the stage for live band karaoke with Rock Mayhem at Legendary Late Night.

The Home Depot Foundation and Danté Stephenson. Joining as Platinum Sponsors were Atlanta Fine Homes Sotheby's International Real Estate, Cox Enterprises, Ed Voyles Automotive and Genuine Parts Company.

Themed "Legends of the Silver Screen," The Legendary Party was held in Tony Conway's incomparable event venue, Flourish, where he and his Legendary Events team created the décor and delicious cuisine. Klieg spot lights beamed over Flourish reminiscent of a Hollywood premiere night.

Jenny Pruitt, founder and CEO of Atlanta Fine Homes Sotheby's International Realty, and her husband Bob greeted guests. At the entrance, actors portraying paparazzi captured photographs of guests, while hot-pink-satin clad Marilyn Monroe as she appeared in the film *Gentlemen Prefer Blondes*, *Gone With the Wind*'s Rhett Butler and comedians Charlie Chaplin and Lucille Ball made surprise appearances. Champagne in traditional *coupes*, cocktails and hors d'oeuvres were passed during the reception.

Flourish's ballroom glowed with the sparkle of white sequined and shimmering silver cloths, mirrored table tops, glorious towers of white roses and delphinium, and silver vases of white feathers encircled by white roses, gold-and-crystal votives and brilliant candlelight from magnificent candelabras.

Sophisticated dinner music allowed everyone to enjoy talking with table partners and relish the gourmet dinner of the beef with Cabernet jus and seared black cod, poached pear salad and the classic American dessert Baked Alaska.

When the fabulous Swinging Medallions, famous since the early 1960s as the "Party Band of the South" for their blend of beach, frat rock and R&B music, came on stage, guests raced to the dance floor to "Hey, Hey Baby". When they played their multi-million seller and signature song, "Double Shot of My Baby's Love," dancers wouldn't let them stop playing.

Topping off the evening was Legendary Late Night a *La La Land*-themed after party complete with a live Karaoke band, a menu of beef, turkey and crab sliders, chicken and waffles and mini-bites, while football fans caught big-screen broadcasts of major games.

The 2017 Legendary Party was truly an award-winning evening for Shepherd Center. ❋

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Judy and Dolph Orthwein
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Karen and John Spiegel
Tammy and Price Woodward

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**1.** Legendary Party chair Jenny Pruitt with 2018 chairs elect Leslie Bryant Jackson, her mother Ruth Dobbs Anthony and her sister Gena Bryant Chalfa. **2.** Jenny Pruitt thanked Danté Stephensen for his $1 million donation to Shepherd Center. **3.** Legendary Events CEO Tony Conway shares a moment with honorary chairs Elaine and John Carlos. **4.** In keeping with the Legends of the Silver Screen theme, Legendary Party chair Jenny Pruitt is greeted by autograph seekers and paparazzi.

PHOTOS BY ROSS HENDERSON AND BEN ROSE

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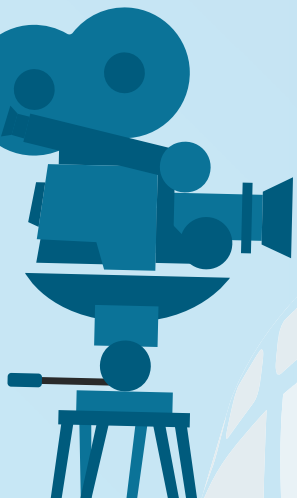
PHOTOS BY ROSS HENDERSON AND BEN ROSE



## ANNIE OAKLEY TOURNAMENT

# RAISES RECORD AMOUNT FOR SHARE MILITARY INITIATIVE

PHOTOS BY LOUIE FAVORITE

With the leadership of the 14th Annie Oakley Tournament planning committee, the tournament raised $61,300 for Shepherd Center's SHARE Military Initiative.

**THE ANNIE OAKLEY SHOOTERS** held their 14th Annual Annie Oakley Tournament on Nov. 10 at the historic Burge Plantation in Mansfield, Georgia. Chaired by Lucy Heagy, the sporting clays tournament raised a record $61,300 to benefit Shepherd Center's SHARE Military Initiative. Held on a beautiful, crisp autumn day, the clays tournament attracted shooters of all skill levels – thanks to their unique format that counted individual versus squad scores – for a fun day of shooting, followed by fabulous cocktail buffet, awards and raffle drawing.

"We are so grateful for the compassionate generosity of the Annie Oakleys," says Dean Melcher, director of development operations at Shepherd Center. "In addition to the wonderful donation they make, they do an incredible job of raising awareness for our veterans, as well as the SHARE Military Initiative, all while engaging the members and shooters in our mission."

The Annie Oakleys are a diverse group of women shooters whose mission is to enhance awareness and enjoyment of women's clay shooting sports by offering fellowship, quality instruction and opportunity for the sport. The Annies meet the second Monday of each month for a day of shooting and camaraderie. Each fall, the Annies host an open clays tournament. Shepherd Center has been the fortunate beneficiary for the past two and upcoming tournaments.

**For more information about the Annie Oakleys and to view a photo gallery of the tournament, please visit annieoakleyshooters.com.**

Greg Cooper, Carl Bachmann and Suzanne Sullivan enjoy the gorgeous fall weather at the Annie Oakley Tournament.

DuVall Brumby and Drew Goldman share a laugh with Mary Huntz, executive director of the Annie Oakley Shooters, at the party after the tournament.

Members of the 14th Annie Oakley Tournament planning committee present a check for $61,300 to James Shepherd, Sarah Batts, Alana Shepherd and Donald Peck Leslie, M.D.

"The Annie Oakley Shooters are proud to partner with Shepherd Center's SHARE Military Initiative to help patients and families overcome the struggles that come with re-entering our community following combat."

**- MARY HUNTZ, EXECUTIVE DIRECTOR OF THE ANNIE OAKLEY SHOOTERS**

## Special Thanks

### TO THE VOLUNTEER LEADERSHIP

**EXECUTIVE DIRECTOR**

Mary Huntz* 2004

**EXECUTIVE COMMITTEE**

Margaret Bosbyshell
Martha Curtis* (2012)
Vicki Gillespie* (2010)
Jennifer Cosgray* (2016)
Beverly Gregory
Lucy Heagy* (2017)
Jane Keller
Linda Kruger* (2014)
Clair Lauderdale* (2015)
Lucy Millar* (2007)
Cheryl Miller* (2009)
Betsy Morehouse* (2006)
Christy Roberts* (2011)
Penny Saunders* (2005)
Johanna Tate* (2013)

** Past Tournament Chairs*

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PHOTOS BY LOUIE FAVORITE

# Shepherd Center Cup a Hole in One for Golfers, Sponsors and Recreation Therapy

BY CARA ROXLAND

**THE 34TH ANNUAL SHEPHERD CENTER CUP** raised more than $230,000 for Shepherd Center's Recreation Therapy Program. The golf tournament was held September 25 at the Cherokee Country Club in Atlanta, and the Shepherd Center Foundation was pleased to have Amerisure Insurance as the event's presenting sponsor.

Before teeing off, players enjoyed lunch followed by remarks from Boynton Smith, former Foundation Board Chair, and Toby Regal, event sponsor and former Shepherd Center patient. A silent auction followed the tournament, where participants had the opportunity to bid on items such as rounds of golf at great clubs around town, a trip to Sun Valley and a chance to be on the field with the SEC Champion Georgia Bulldogs as they took the field against South Carolina in November.

The event also featured a drawing where two winners received their choice between a Big Green Egg or a stocked Yeti cooler. Players and sponsors took home a Peter Millar vest, duffle bag or loafers as their tee gift. The event wrapped up with an awards ceremony and dinner at the clubhouse. This year's event was a great success, and the Foundation is looking forward to the 35th annual Shepherd Center Cup on September 24, 2018! ❋

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1. Jordan Kiel warms up on the putting green.
2. Golfers gather at the carts for announcements just before the shotgun start.
3. Bill Brantley, Ryan Ready, Valery Voyles and Steve Goins of the Ed Voyles Honda team prepare to tee off.

## 2017 SHEPHERD CENTER CUP

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### CART SPONSOR
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### CLUBHOUSE SPONSOR
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**PRESENTED BY**
**AMERISURE INSURANCE**

PHOTOS BY CARA ROXLAND

# Shepherd Center's Annual Angel Luncheon

## Recognizes Compassion and Vision of Foundation's Special Donors

**ON FEBRUARY 21, THE SHEPHERD CENTER FOUNDATION** recognized and celebrated the philanthropy and compassion of its major donors, special events chairs and legacy donors of 2017. A tradition since 1985, the Angel Luncheon gives the hospital the opportunity to publicly thank the individuals, foundations, companies and special groups who had made significant gifts to the Foundation.

The Angel Luncheon was held in Shepherd Center's Callaway Auditorium. This year's Angels, hospital leaders, doctors, board members, trustees and past Angels of the Year attended the luncheon.

Board of Directors members Sally and McKee Nunnally received the 2018 Angel of the Year award. This distinguished award is given to recognize the many years of dedication service and compassionate support of a lifetime of giving. Sally's involvement began as a patient in 1979, when she sustained a spinal cord injury in a car accident. Sally became an advocate for Shepherd Center in the community and joined the hospital's Board of Directors in 1991. Sally is a life member of the Shepherd Center Auxiliary, and she is a charter member of Shepherd Center's philanthropic group, Women Shaping Shepherd.

McKee served on the Foundation Board of Trustees and served as chairman before joining the hospital's Board of Directors in 2015. McKee also served as chairman of the Keeping Hope Real Capital Campaign, which raised $5.6M to renovate and remodel the third floor of the original Shepherd Building.

In addition to engaging their friends and family to support Shepherd Center, Sally and McKee have given generously themselves, establishing the endowed Sally and McKee Nunnally, Jr. Research Fund in Memory of Charles E. Day and H. McKee Nunnally. They also have made numerous capital, research and patient programmatic support gifts as well as and faithfully supported for The Legendary Party. In fact, Sally and McKee were recognized as the honorary chairs of the 2013 Legendary Party: The Future is Now.

"Having the opportunity to recognize and celebrate the leadership and philanthropy of our most special donors at the Angel Luncheon is a unique part of our patient and donor-centered culture," says Foundation Executive Director Sarah Batts, who served as emcee of the event. "Sally and McKee are cherished friends of Shepherd Center and the Foundation. It is truly special to thank them publicly for a lifetime of compassionate giving and advocacy." ✻

1. Angel of the Year honoree Sally Nunnally, along with her children Day and McKee, visit with family friend Nancy Lynn. 2. Angel of the Year honoree McKee Nunnally visits with long-time friends Carol Curtis and Harriet Warren.

PHOTOS BY SHELBY LIGHT

## WOMEN SHAPING SHEPHERD

# Donates Funds to Beyond Therapy®

**THE MEMBERSHIP OF WOMEN SHAPING SHEPHERD** enjoyed another successful year in 2017. Founded in 2015, the giving circle's collective fundraising is directed by member vote to one of the hospital's programs of great need. Membership dues are $1,000, and members attend social and educational events throughout the year.

In its three years, Women Shaping Shepherd has made an incredible impact. In 2017, the Women Shaping Shepherd membership presented $108,000 to Beyond Therapy®, a rigorous, activity-based program designed by Shepherd Center to help people with a variety of neurological disorders. Women Shaping Shepherd is poised for continued success with a new membership year now under way. ❋

For more information on Women Shaping Shepherd, contact Lauren Tucker at **lauren.tucker@shepherd.org** or Cara Roxland at **cara.roxland@shepherd.org.**

## OUR GIFTS AT WORK

**2015**
**35** Members Raised
**$41,000** for SHARE Military Initiative

**2016**
**65** Members Raised
**$70,500** for Recreation Therapy Program

**2017**
**92** Members Raised
**$108,000** for Beyond Therapy®

Women Shaping Shepherd presented $108,000 to Beyond Therapy®.

PHOTO BY STAFF

### 2017 MEMBERSHIP

**Executive Committee**
Betty Leslie, Chair
Karen DeRuyter
Vivian DuBose
Susan Hawkins
Kyle Hinson
Karen Mathews
Elizabeth Pearce
Tammy Woodward
Caroline Yost

**Members**
Caroline Abney
Kathy Adams
Patty Alias
Elizabeth Allen
Britt Amos
Jane Apple
Blythe Argenbright
Kathy Argenbright
Cyndae Arrendale
Linda Balkcom
Lulu Billian
Susan Bishop
Susan Brandon
Ginny Brewer
Sara Jean Burke
Lynn Caldwell-Shearer
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Kari Carlos
Elaine Carlos
Maria Chandler
Lauren Core
Carrie Crozer
Beth Cunningham
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Heather Ewing
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Edee Field-Fote
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Jessica Jones
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Molly Lanier
Gina Lanigan
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Alexandra Lucie
Ginny Magher
Faye Manderson
Darla McBurney
Nancy Montgomery
Linda Morris
Sarah Morrison
Tricia Mulcare
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Ginny Orthwein
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Libby Pearce
Molly Pirrung
Patty Reid
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Alana Shepherd
Lu Steed
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Sara Tackett
Terry Thomas
Melody Thomas
Holly Tuchman
Caroline Tucker
Adair White
Jane Woodruff
Anne Worrell

PHOTO BY PHIL SKINNER

## SHEPHERD CENTER FOUNDATION LAUNCHES

# Guardian Angel Program

BY CARA ROXLAND

**IF YOU OR A LOVED ONE** has ever been a patient at Shepherd Center, you probably have encountered a physician, nurse, therapist, social worker or other provider who brought you comfort and reassurance in your time of need. Many patients express gratitude for their care through kind words, smiles and notes. A simple thank you from a patient is incredibly meaningful to our staff members – more than any type of award or accolade they could receive.

With that in mind, the Shepherd Center Foundation has created the Guardian Angel Program, a new initiative that provides patients and families with another way to say thank you to a caregiver at Shepherd Center who has made a difference in a patient's life. By making a gift in the name of a staff member through the Guardian Angel Program, patients and families can show their gratitude while also celebrating the extraordinary care they received while at Shepherd Center.

Gifts – large or small – are powerful and will help fulfill Shepherd Center's mission to help patients rebuild their lives with hope, independence and dignity. These gifts may be directed to a specific fund or program or may be unrestricted to be used in the area of greatest need at Shepherd Center. Your guardian angel will receive a special card informing him or her of your thoughtful gift and expression of gratitude.

GUARDIAN ANGEL
SHEPHERD CENTER

**To make a donation in honor of your guardian angel – the Shepherd Center doctor, nurse, therapist, social worker or other caregiver who made a difference in your rehabilitation at Shepherd Center – please visit shepherd.org/giving or contact the Shepherd Center Foundation at 404-350-7308.**

# UPCOMING EVENTS

## SHEPHERD CENTER FOUNDATION

Fill your 2018 calendar with Shepherd Center Foundation events!

## Derby Day

**5 MAY**

**Chastain Horse Park**
**2 to 8 p.m.**

derbyday.com

## Project Rollway

**22 JUNE**

**Livingston Gym at Shepherd Center**

**Cocktails: 6 to 7 p.m.**
**Fashion Show: 7 to 8 p.m.**

projectrollway2018.eventbrite.com

**For more information on Foundation Special Events, please contact:**

LOLLY HOLLAND, Special Events Associate
404-350-7511 – **lolly.holland@shepherd.org**
Derby Day, Shepherd Center Cup

ERIN SCHUSTER, Special Events Associate
404-350-7304 **– erin.schuster@shepherd.org**
Summer in the City, The Legendary Party

## Shepherd's Men's Run Homecoming

**28 MAY**

**Shepherd Center**
**Time TBD**

Check their Facebook page the week of the run: facebook.com/shepherdsmen

## Summer in the City

**18 JULY**

**The Foundry at Puritan Mill**
**6:30 to 10 p.m.**

sitc-atl.com

## Shepherd Center Cup

**24 SEPT.**

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

shepherd.org/giving/special-events

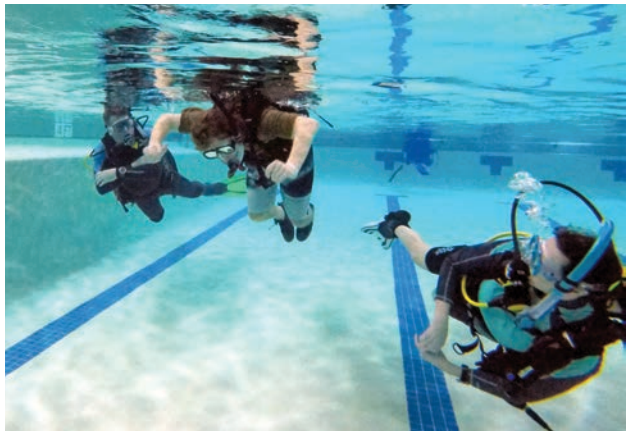
# Volunteers Make Underwater Adventure Possible for Patients and Community Members

BY DEAN MELCHER

Through Shepherd Center's nationally renowned Recreation Therapy Program, patients and community members have opportunities to explore activities ranging from golf and tennis to art, gardening and music. But that's not all!

Discover Scuba classes, offered almost every month in Shepherd Center's newly renovated heated indoor pool, are taught by Bert and Dawn Quist, owners of Divers@Sea, a full-service SCUBA diving center located just a few blocks from Shepherd Center. Bert and Dawn, who volunteer their time at Shepherd Center, teach patients and community members all aspects of scuba, from mask and snorkel swimming to deep end diving in full gear.

For information on Discover Scuba and other recreation therapy activities, visit **shepherd.org/recreation** or call **404-350-7375**.



1. Discover Scuba classes are taught by volunteers Bert and Dawn Quist, who own Divers@Sea.
2. Participants learn all aspects of scuba in Shepherd Center's newly renovated pool.

PHOTOS BY SHELBY LIGHT

2018
Hackers & Slackers Tournament

THE MANOR GOLF AND COUNTRY CLUB

This is not your average golf tournament. It is a great opportunity for you to share a few laughs, possibly win a few contests and network with industry partners while benefiting the Shepherd Center!

Cost per foursome: $1,000
Cost per single player: $300

SPONSORSHIPS ALSO AVAILABLE

Register Now
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770.441.2000 x314

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 Aug. 1, 2017 and Dec. 31, 2017.

**Ben Abercrombie and his Family**
Mr. and Mrs. Kevin Casey

**Nurses and Staff on the ABI Unit**
Mr. Wesley A. Varda

**Patricia Ahlers's Birthday**
Ms. Janet E. Dawson

**Chris Akridge**
Mr. and Mrs. David McMahon

**Eleanor Audrey Alias**
Alana and Harold Shepherd

**All U.S. Military Servicemembers**
Ms. Mary Ann Leventhal

**All Veterans**
Mr. Leroy Peterson

**Happy Holidays to Mrs. Gregory Anderson**
Billy and Clara Wellons

**Kenneth Anderson**
Ms. Natasha Vorspel Rueter

**Tom Anthony's Birthday**
Mr. and Mrs. William T. Baker
Dr. and Mrs. Ross F. Grumet
Mr. and Mrs. John R. Miller
Mr. and Mrs. Jonathan G. Roxland
Mr. and Mrs. Karlo Vicente

**Pete and Melissa Anziano**
Mr. and Mrs. William A. Furbish

**Pete Anziano – great job with "Family Feud!"**
Dr. David F. Apple, Jr.

**Dr. David F. Apple, Jr. – 42nd anniversary at Shepherd**
Mr. and Mrs. Mark P. Hartigan
Mr. and Ms. Jeffrey E. Morrison

**Dr. David Apple, Jr.**
Martin and Judith Freedland

**Happy Holidays to Dr. David Apple Jr.**
Mary Ann and Dell Sikes

**Jane and David Apple**
Mr. and Mrs. C. Duncan Beard

**James G. Apple – Happy 80th Birthday!**
Jane and David Apple

**Cyndae Arrendale**
Mr. and Mrs. Donald C. Chapman, Jr.
Mr. Simon Hong Tsun
Mr. and Mrs. William E. Ransom

**Sally Atwell's Birthday**
Ms. Rebecca Atwell

**Happy Holidays to Alex Bach**
Ms. Susan L. Kaiser

**Alex Bach**
Ms. Meredith M. Colbert

**Debbie Backus – Congratulations on the new research grant!**
Dr. David F. Apple, Jr.

**Mr. and Mrs. Steve Baldwin**
Mr. and Mrs. George W. Atkins, Jr.

**Steve Ball**
Ms. Coleen Ball

**Julia Barrett**
Mr. and Mrs. Edward J. Barrett

**Ashley Bateman**
Ms. Ellen A. McVeigh

**Wendy Battaglia**
Boxwood Garden Club

**Sarah Batts**
Mr. and Mrs. Frank D. Brown III
Mr. Charles Hall
Juli and David Owens

**Happy Holidays to Mr. and Mrs. Harve Bauguess**
Mr. and Mrs. Dale H. Tucker

**Julie and Billy Bauman**
Sheri and Steven Labovitz

**Ellen and Duncan Beard**
Mr. and Mrs. Thomas O. Powell

**Anneke Bender, PT-MS**
Mr. and Mrs. Frank H. Briggs, Jr.

**Merry Christmas to Marla Bennett**
Mr. and Mrs. Stuart Donovan

**Jeriann Benton's 50th Birthday**
Ms. Susan E. Hadden

**Carrie and Andy Beskin**
Frederick R. Herbert

**Dr. Gerald Bilsky**
Mr. and Mrs. Tom Frith

**Cathy Biondi – Great patient service**
Dr. David F. Apple, Jr.

**Happy Holidays to Ken Bishop**
Conyers Truck Bodies

**John Blair**
Mr. Raymond Sorrell

**Jane and David Bockel, Sr. wish Happy Holidays to:**
Ms. Helen Blasé
Mr. and Mrs. Hugh Goodwin
Mr. and Mrs. Joseph L. Kehoe
Mr. and Mrs. Neal Pope
Mr. and Mrs. Ronel Poppell

**Marvin Z. Botnick**
Joel and Nancy Isenberg

**Merry Christmas to Edward and Ellen Boyne**
Mr. and Mrs. Mark W. Slonaker

**Anita Brewer and her physical therapy team**
Mr. Wilburn Lindsey

**Bob Brourman – for being a great friend!**
Sheri and Steven Labovitz

**My extraordinary daughter, Clara Brown!**
Ms. Debra L. Brown

**Joyce Bryant Williams – Thanks for your help!**
Dr. David F. Apple, Jr.

**Tricia Buce – Happy Holidays!**
Frank and Gloria Buce

**Wilma Bunch – Good job on ACRM!**
Dr. David F. Apple, Jr.

**Wilma Bunch – Great job on the snow weekend!**
Dr. David F. Apple, Jr.

**Candice Cain**
Mr. Bryant Curtis

**Happy Holidays to Torie Cambra**
Mrs. Melinda M. Corna

**Dee Camerio**
Mr. and Mrs. Jimmy Cadd

**Mr. and Mrs. Charles Campbell**
Mr. and Mrs. George W. Atkins, Jr.

**The Marriage of Stephanie Cobb and Dustin Campbell**
Ms. Robin Boesch

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

**Happy New Year to Dean Sam Candler**
Dr. and Mrs. David F. Apple, Jr.

**Denise Carleton**
Mr. Robert DeBatto

**John and Elaine Carlos**
Ms. Theodora Campbell
Mr. and Mrs. Herbert J. Rosenberg

**John and Elaine Carlos – as honorary chairs of the 2017 Legendary Party**
Mr. and Mrs. Zachary M. Wilson

**John Carlos**
Dr. Dorothy E. Mitchell-Leef and Mr. Forrest I. Leef

**Happy Holidays to Jesse and Cheryl Carson**
Mr. Gary Greenwood

**Carol Cetrino's Birthday**
Ms. Cynthia Messer Carey

**Carol Cetrino**
MS Bright Spots of Hope

**Sara Chapman**
Helen and Jeff Herbert

**William Millard Choate**
Anonymous

**Brett Clark – Veterans Day 2017**
Blue Sky Exhibits LLC

**Happy Holidays to Jeanette Clarke**
Ms. Ann W. Clarke

**Happy Holidays to Henley and Jerry Cleary**
Ms. Kirk Bidgood

**Happy Holidays to Fran Clowney**
Mr. and Mrs. Sherman A. Cohen

**Marian Comento, Etta Phillips, Ada Holley**
Mr. James Comento

**Happy Holidays to Shirley and Tim Condrey**
Dion Condrey
Ms. Barbara McClintock
Mr. and Mrs. Peter J. West

**Tim Condrey**
Ms. Tiffany LaBelle

**John Cook**
Dr. Juliet R. Asher and Mr. Michael D. Golden
Mr. and Mrs. Charles G. Cooper
Mr. and Mrs. Ronald J. Kessner

**Sarah A. Craig**
Mr. and Mrs. Michael Gordon

**Ellen Crowe**
Ms. Carroll Shipley

**Carrie and Page Crozer's Birthday**
Dr. and Mrs. James T. Duncan

**Carol Curtis wishes Happy Holidays to:**
Mr. and Mrs. Mel Adler
Mr. and Mrs. John Alston
Mr. and Mrs. William Dixon
Mr. and Mrs. Rudy Harrell
Mrs. Wanda Hopkins
Mr. and Mrs. W. Donald Knight
Dr. and Mrs. Jerome Lynn
Mr. and Mrs. McKee Nunnally
Mrs. Lula Post
Mrs. Laura Spearman
Mrs. Edus Warren
Mr. and Mrs. James Wells
Mr. and Mrs. Robert Yellowlees

**James Curtis wishes Happy Holidays to:**
Mr. and Mrs. Michael J. Brucato
Ms. Jean F. Caldwell
Mr. and Mrs. Brad Courts
Mr. and Mrs. Richard W. Courts II
Ms. Carol MacDougal Curtis and Dr. W. Knox Kinlaw
Ms. Laureen E. Dame
Mr. and Mrs. Tread Davis
Mr. and Mrs. Blake Dexter
Mr. and Mrs. David Glass
Drs. Matt and Kiery Graboski
Mr. and Mrs. Ryan Hardage
Ms. Sharon L. Hollis
Dr. and Mrs. Knox Kinlaw
Mr. Greg Logan
Mr. and Mrs. Tom Lofthouse
Mr. and Mrs. Jerome Lynn
Mr. and Mrs. Brian Maloney
Mr. and Mrs. John Martin
Mr. and Mrs. Todd Norwood
Mr. and Mrs. McKee Nunnally
Mr. and Mrs. Gary Pahler
Mr. and Mrs. Heber Pampillon
Ms. Kimberly Poole
Ms. Marsha Schmidt
Mr. and Mrs. Dell Sikes
Mr. and Mrs. Ian Smith
Dr. and Mrs. Richard L. Sturm
Ms. Elizabeth Swanson and Alaris Riverton
Mr. and Mrs. Nathan Utz
Mr. and Mrs. Zachary Wilson
Mr. and Mrs. David Withers

**James Curtis**
Dr. Kiery B. Grabowski and Dr. Matthew L. Grabowski
Mrs. Janette O. Wells
Mr. and Mrs. David Withers

**Happy Holidays to James Curtis**
Mr. and Mrs. Dell B. Sikes

**Timo Daly's Birthday**
Ms. Georgina Hall

**Timo's Birthday honoring Timo's Uncle, Chris**
Ms. Kristen Pearson

**Happy Holidays to Jerry and Jackie D'Andrea**
Ms. Jessica Vinces

**Happy Holidays to Betsy Daniels**
Mr. and Mrs. George K. Wolfes, Jr.

**Allan DaPore and Kaitlin Fitzgerald's marriage**
Mr. Juan-Carlos Foust

**Ann Day**
Aderhold Family Foundation

Mac Brackenrich, with help from his team of therapists, physicians and family, proposed to his girlfriend Devon Rodgers in the atrium at Shepherd Center with pumpkins he painted himself.

PHOTO BY KERRY LUDLAM

**Victoria Denson – great customer service!**
Dr. David F. Apple, Jr.

**Mary Dent's Birthday**
Dr. David F. Apple, Jr.

**Happy Holidays to Mike and Debbie Dill**
Mr. and Mrs. Bill Roop

**Alexandra Dixon**
Ms. Joyce B. Fletcher

**Sally Dorsey**
Mr. and Mrs. William E. Ransom

**Rebecca Doty**
Mr. Daniel Doty

**Catherine W. Dukehart wishes Happy Holidays to:**
Mr. and Mrs. Edward Addison
Margie Avery
Mrs. William Benton
Mr. and Mrs. William Bridges
Dr. and Mrs. Arman Hendee
Ms. Lulu Hiles
Mrs. Barrett Howell
Mrs. Jane Kerr
Kathryn McGrew
Rebecca Moon
Lee Moran
Nancy Nutter
Mrs. Charles Peterson
Mrs. George Piecy
Mrs. George Potter
Mrs. Robert Sterling
Mrs. Charles Woodall

**Mac Dunbar**
Mr. and Mrs. David F. Haddow

**Happy Holidays to Maggie and Jim Eanes**
Mr. and Mrs. John S. Wallace

**Gale Eckstein and the members of Family Support Services and Volunteer Services**
Ms. Barbara Linden

**Kelly Edens – Great Casino Night!**
Dr. David F. Apple, Jr.

**Ron Edmondson**
Jessica Chen

**Happy Holidays to Carole Ellender**
Ms. Claire Ellender

**General Larry Ellis**
Mr. and Mrs. Galen L. Oelkers

**Anna Elmers – Thanks for the team holiday party!**
Dr. David F. Apple, Jr.

**Anna Elmers – Thanks for your estate gifts!**
Dr. David F. Apple, Jr.

**Happy Holidays to Barry Elswick**
Mr. Joel Elswick

**Happy Holidays to Mr. and Mrs. David Erskine**
Anonymous

**Rand Faulkner**
Ms. Lee L. Boutwell

**Brandon Ferrari**
Ms. Colleen Dillon

**John D. Fletcher, Jr.**
Dr. John D. Fletcher

**Kacey Floyd**
Mr. and Mrs. Travis N. Fulk

**Steve Franke**
Mr. Franklin Farland

**Will Fricks**
Martha and Mark Fricks

**Happy Holidays to Dr. and Mrs. Bob Fryer**
Mr. and Mrs. Dale H. Tucker

**Joe Gadd**
Lenore and Victor Maslia Foundation

**Ann and Jim Gandy Wish Merry Christmas to:**
Andrew Cuppia
Mr. and Mrs. James Cuppia
Mr. and Mrs. Jerome C. Cuppia III
Mrs. Margaret Naugle

**Jeré Garde**
Anonymous

**Jeff Garrison**
Cushman and Wakefield of Georgia

**Sharon Gay – Congratulations on being recognized as Women Who Mean Business!**
Sheri and Steven Labovitz

**Gip Gayle**
Mr. and Mrs. Franklin D. Cancel

**Nancy and Lewis Glenn**
Mr. and Mrs. Thomas O. Powell

**Nancy Goldstucker's Birthday**
Anonymous

**Scott Gordon, Sr.**
Mr. and Mrs. Scott D. Gordon

**Mrs. Henry Grady**
Mr. and Mrs. George W. Atkins, Jr.

**R. Hayden Grant**
Mr. and Mrs. Bob Grant

**Luke Griffin**
Camellia Garden Club

**Thomas Guest**
Mr. Gerald White

**Happy Holidays to Thomas Guest**
Ms. Mary Alice Cafiero

**Happy Holidays to Laura and Will Gurley**
Mr. and Mrs. Robert M. Balentine, Jr.

**Ben Hadsock**
Kevin Kelly

**Kay Hagan**
Mr. and Mrs. Rufus T. Dorsey

**Mr. and Mrs. Harry Haisten**
Mr. and Mrs. George W. Atkins, Jr.

**Mr. and Mrs. Thomas H. Hall III**
Peggy and Michael Balliet

**Happy Holidays to Mr. and Mrs. Steve Hamburger**
Mr. and Mrs. Steven S. Gershberg

**John C. Hamilton wishes Happy Holidays to:**
Mr. and Mrs. Bryant Coats
Mrs. Robert B. Coats
Mr. and Mrs. Robin Loudermilk

**Happy Holidays to Greg and Ann Hampton**
Mrs. Kathryn H. Kapnek

**Marsha Hanson – pleasant help always!**
Dr. David F. Apple, Jr.

**Bryan Adkins Hart**
Mr. Robert DeBatto

**Happy Holidays to Reneé Hart**
Shepherd Center Foundation Staff

**Clare Hartigan – Congratulations on the Indego upgrade!**
Dr. David F. Apple, Jr.

**Mrs. William C. Hatcher wishes Merry Christmas to:**
Ms. Peggy Craig
Mr. and Mrs. Bruce Dick
Ms. Peggy Hatcher
Miss Lucy Hatcher
Mr. Wilton Looney
Mr. and Mrs. Jim Mills

**Happy Holidays to Bill and Robin Hawks**
Mr. and Mrs. Thomas A. Hawks

**Daniel Headlee**
Mr. Jon Headlee

**Ryan Hedgeth**
Richard and Bentley Brown

**Gary Herber**
Mr. Cullen McClure

**Kemp Heumann**
Mrs. Marylee K. Schmidt

**Bryan Hewins**
Buddy and Nancy Maertens

**Michael Hilliard**
Mr. Jason Lee

**The Honorable Patsy Hilliard's Birthday**
Sheri and Steven Labovitz

**Much Love and a Very Merry Christmas to Robert H. Hogg**
Dr. and Mrs. Jimmy C. Nash

**Mr. and Mrs. Keith Holland**
Mr. and Mrs. Jimmy Kilpatrick

**Steve Holleman – Great job with the financials!**
Dr. David F. Apple, Jr.

**Alexander Holthus**
Ms. Nancy Eisele

**Happy Holidays to Mrs. Lindsey Hopkins III**
Dr. and Mrs. Carter Smith, Jr.

**Ryley Hopper**
Mr. Tim Hopper

**Lauren McDevitt Howard**
Mrs. Susie C. Lewis

**Mary Kay Howard and Maggie Knoblauch wish Merry Christmas and Happy New Year to:**
Mr. and Mrs. Carroll Benson
Mr. John Caldwell
Mr. and Mrs. Philip Dater
Mrs. Elaine Etheridge
The Knoblauch Family
Dr. Edward Eanes and Mr. Dennis Loubiere
Miss Carol Olsen

Shepherd Center Foundation's Advisory Board, including members (left-right) Cecilia Wright, Lois Puckett, Evelyn Mims, MJ Jacobs, Alex Panos, Hayes Swann and Chairman Albie Whitaker, hosted a tailgate party for patients and their families for the AFC Championship game in Shepherd Center's Livingston Gym.

The Paulus Family
Mr. and Mrs. Alan Stensland
Miss Julie Whitehead

**David Hudgik**
Paul and Barbara Hudgik

**Happy Holidays to Porter Hutto**
Ms. Kidder C. Williams

**Gina Inhelder**
Mr. and Mrs. Robert T. Fitzgerald

**Martin Isenberg's Birthday**
Julie and Mitch Paull

**Leslie Jackson – Good job on the Christmas brunch!**
Dr. David F. Apple, Jr.

**Leslie Jackson – outstanding event organization!**
Dr. David F. Apple, Jr.

**Pem and Patti Jenkins**
Ms. Katherine Mann
Headmaster and Mrs. William S. Peebles IV
Mr. and Mrs. Norman Perry
Mr. and Mrs. Kevin Schimelfenig

**Donavan Jervis**
Ms. Carla Prater

**Lauren and Tyler Johnson's Wedding**
Mr. and Mrs. Christopher B. Calhoun

**Merry Christmas and Happy New Year to Elaine Julian**
Sibby and Sans Russell

**Beaufort "Nips" Justice**
Mr. Daniel Huggins
Mr. Kevin Syverson

**Casey Kandilakis – Congratulations on the Indego upgrade!**
Dr. David F. Apple, Jr.

**Taylor Keating**
Mrs. Beverly Keating
Mr. and Mrs. Patrick Keating

**Christopher Kelly**
Mr. Eugene B. Kelly and Ms. Barbara T. West

**Larry Kelly**
Coro Realty Advisors, LLC
Mr. and Mrs. John W. Lundeen III
Mr. and Mrs. Michael W. Thompson

**Terry Kelly – always a help!**
Dr. David F. Apple, Jr.

**Scott Kendis's Birthday**
Sheri and Steven Labovitz

**William D. (DK) Kennedy**
Mr. Greg Kennedy

**Robert and Mary Kesterton's anniversary**
Mr. and Mrs. David R. Kesterton

**Agnes Kim**
Scott and Karen Anderson

**Stella Kimbell's Birthday**
Ms. Bailey Kimbell

**Tammy King – Congratulations on CNO of the year!**
Dr. David F. Apple, Jr.

**Patrick Kirwan**
Mr. Bruce Kirwan

**Amy Kisber – Happy Birthday and Happy Hanukah**
Anonymous

**Jacob Klebar**
Mr. and Mrs. Jason J. Klebar

**The marriage of Nathan Klein and Goldie Summers**
Mr. William Larter
Ms. Julia McDonald

**Cathy Kramer – 17 years full time PT**
Dr. David F. Apple, Jr.

**Deborah Krotenberg**
Ms. Miriam F. Beckerman
Mr. and Mrs. David F. Haddow

**Happy Holidays to Our Mermaid and Lake Caroline Friends**
Sibby and Sans Russell

**Kiera Lally**
Mr. and Mrs. Robert V. Fulton

**Harry Lamon – Thanks for Cathedral breakfast!**
Dr. David F. Apple, Jr.

**Tiffany LeCroy – great Nurse Skills Day!**
Dr. David F. Apple, Jr.

**Betty Leslie**
Dr. and Mrs. David O. Ellis

**Dr. Donald P. Leslie's Birthday**
Ms. Brenda F. Jones

**Dr. Donald Peck Leslie, MD**
Mr. and Mrs. Shaler Alias
Mr. and Mrs. Charles C. Anderson, Sr.
Chase and Ashley Anderson Foundation
Mrs. Tazwell L. Anderson, Jr.
Dr. and Mrs. David F. Apple, Jr.
Ms. Cynthia A. Arrendale
Atlanta Pulmonary Associates
Ms. Susan Bain
Mr. and Mrs. C. Duncan Beard
Dr. Angela Beninga
Dr. ChiChi Berhane
Mr. Chet Bhasin and Dr. Arpita K. Bhasin
Dr. Gerald S. Bilsky
Mr. and Mrs. Melvin Bowen
Dr. and Mrs. Brock K. Bowman
Mr. and Mrs. Mike Brooks
Mr. Brent Cates
Mrs. Carol J. Cetrino and Mr. Mark C. Piccirillo
Mr. and Mrs. Donald C. Chapman, Jr.
Mr. and Mrs. Jeff Cimbalo
Mr. and Mrs. David K. Dabbiere
Dr. and Mrs. Andrew Dennison
Ms. Sally Dorsey and Mr. Herb Miller
Mr. and Mrs. John S. Dryman
Mr. and Mrs. Samuel I. DuBose
Dr. and Mrs. David O. Ellis
Mr. and Mrs. William C. Fowler
Mr. and Mrs. Tom Frith
Mr. and Mrs. Troy Garrison
Dr. and Mrs. Russell Gore
The Home Depot, Inc.
Mr. and Mrs. Mark L. Johnson
Ms. Brenda F. Jones
Mrs. Tamara King
Lanier Goodman Foundation
Mr. and Mrs. Thomas H. Lanier II
Dr. and Mrs. Willis E. Lanier
Dr. and Mrs. John L. Lin, M.D.
Dr. and Mrs. John Crawford Lipman
Ms. Sally Luck
The Marcus Foundation, Inc.
Mr. and Mrs. John J. Martin
Ms. Shari L. McDowell
Mr. and Mrs. Dean Melcher
Mr. and Mrs. J. Hays Mershon
Dr. Dorothy E. Mitchell-Leef and Mr. Forrest I. Leef
Mr. and Mrs. Duane M. Morrow
Dr. and Mrs. H. Herndon Murray
Dr. Tobias Musser
Mr. and Mrs. McKee Nunnally
Mr. and Mrs. Adolphus B. Orthwein, Jr.
Mr.* and Mrs. Stephen A. Orthwein
Ms. Sherry G. Popwell
Mr. and Mrs. James E. Prickett
Mr. and Mrs. William M. Puckett
Mr. and Mrs. Toby Regal
Mr. and Mrs. Jonathan G. Roxland
Mr. and Mrs. Gary K. Schumacher
Dr. and Mrs. Erik T. Shaw
Mr. and Mrs. J. Harold Shepherd
Mr. James H. Shepherd, Jr.
Shepherd Foundation, Inc.
Mr. and Mrs. John B. Sneed
Dr. Rhonda G. Taubin and Mr. Scott J. Schulman
Mrs. Mary R. Taylor
Mr. and Mrs. Scott L. Tucker
Mr. and Mrs. Karlo Vicente
Ms. Ruthie Watts
Mr. James A. Wall and Mrs. Cynthia Widner Wall
Mr. and Mrs. Andrew P. Worrell
Mr. and Mrs. Goodloe H. Yancey III
Mr. and Mrs. Robert A. Yellowlees
Dr. Michael Yochelson and Mr. Kevin Clift

**David Lewis**
Mr. and Mrs. Tom Frith

**Happy Holidays to Roland and Shirley L'Heureux**
Mrs. Cheryl Price

**Mark Lichtenstein's Birthday**
Sheri and Steven Labovitz

**Happy Holidays to Ben Lippincott**
Ms. Kate Lippincott

**Cele Locke – retiring after 30 years – Congratulations!**
Dr. David F. Apple, Jr.

**Chelsea Lovelady – Happy Holidays!**
Mammy and Tom

**Kerry Ludlam – Congratulations on the Gold Award!**
Dr. David F. Apple, Jr.

**Shirley MacFarlane and Tim Condrey wish Happy Holidays to:**
Becky and Van Aggelakos
Barbara Barton
Joyce and Ron Bernie
Cherise and Tiez Caradine
Dion and Liz Condrey
Barbara Condrey McClintock
Cathy and Joe Frank
Mont and Laurie Hartman
Tom Hartman and William Landeros
Tiffany and Don LaBelle
Jim and Karen Vournakis
Kelley and Peter West

**Justin Maddox**
Ms. Kim Maddox

**Billi and Bernie Marcus**
Mr. and Mrs. Joel C. Lobel

**Mike Marshall – Thanks for your estate gift!**
Dr. David F. Apple, Jr.

**Christopher Mast**
Mr. and Mrs. David Mast

**Cathleen Matheson**
Mrs. Theresa S. Cantarella

**Cameron McBride – Thanks for your help!**
Dr. David F. Apple, Jr.

**Happy Holidays to Darla and Willard McBurney**
Mr. and Mrs. Arthur Richert, Jr.

**Maggie McClellan**
Mr. and Mrs. Bill Dale

**Tim McGraw – Welcome to Shepherd!**
Dr. David F. Apple, Jr.

**Dean Melcher – Legendary Party – good job!**
Dr. David F. Apple, Jr.

**Jennifer Marie Miller**
Ms. Meghan Kanzler

**Mary Miller's engagement**
Mr. Bryan Miller

**Daniel Mitnick**
The Home Depot, Inc.
Mr. Justin Schnell

**Mr. and Mrs. John B. Mobley wish Merry Christmas to:**
Mr. and Mrs. Bonneau Ansley, Jr.
Mrs. Don Barkley
Mr. and Mrs. Brad Burnette
Mr. and Mrs. Peter Candler
Mr. and Mrs. James Christians
Mrs. Clisby Clarke
Mr. and Mrs. Robert Cruikshank
Mr. and Mrs. Cantey Davis
Ms. Carol Dean Davis
Mrs. Joe Delaney
Mr. and Mrs. Willis Dobbs
Mr. and Mrs. Carl Ferris
Mr. Joe Guy
Mr. and Mrs. William Hughes
Mr. and Mrs. John P. Illges III
Mr. and Mrs. William Maner
Mr. and Mrs. Mike Marshall
Mr. and Mrs. Berry Mobley

**Deceased*

PHOTO BY STAFF

Mr. and Mrs. Thomas Mobley
Ms. Martha Ann Mobley
Mr. and Mrs. C.V. Nalley
Dr. and Mrs. Felton Norwood
Mr. and Mrs. James Peters
Mr. and Mrs. John Pietri
Mrs. English Robinson
Mr. and Mrs. Gary Sams
Mr. and Mrs. George Sherwood
Mr. and Mrs. William Tanner
Mr. and Mrs. Don Tomberlin
Mr. Wilbur Warner
Mr. and Mrs. William Whitaker
Mr. Tom Willingham
Mr. and Mrs. Leonard Wood

**Michael Moderow**
Mr. and Mrs. Joseph R. Moderow

**Raul Monterrosso's Birthday**
Ms. Catherine Mancusi

**Derek Morris's graduation**
Mr. and Mrs. M. Judson Savelle

**Happy Holidays to Sarah Morrison**
Ms. Anne Marie Carlisi

**Duane Morrow**
Juli and David Owens

**David and Julie Mucher**
Mr. and Mrs. Gil C. Mucher

**Joel Murphy**
Cushman and Wakefield of Georgia

**Laurie Nash – Excellent board report!**
Dr. David F. Apple, Jr.

**Happy Holidays to Debbie Neese**
Mr. and Mrs. Robert M. Balentine, Jr.

**Mr. and Mrs. John Newton**
Mr. and Mrs. Thomas O. Powell

**Robert Newman**
Ms. Jane Herlong

**Happy Holidays to Lauren Nieves**
Dr. Mark Loveland

**Happy Birthday, Niv!**
Rajendra Sukhdeo

**Sally and McKee Nunnally**
Mary Ann and Dell Sikes

**Happy Holidays to Lawton O'Brien**
Ms. Diane Jones

**Steve Orthwein and the Orthwein Family**
Robert and Mimi McCallum

**Steve Orthwein**
Mr. and Mrs. Michael R. Thomas

**Jenn Ortiz's husband**
Mrs. Kelly Cohen

**The engagement of Forrest Ozbolt and Joy Drew**
Tamra Ozbolt

**Joy Paradise's Birthday**
Ms. Susan Rowe

**Marcia J. Pauly volunteering her time at Shepherd Center Peer Support**
Mr. Bruce D. Burton and Mrs. Marcia J. Pauly

**Peak Pediatric Dentistry wishes Happy Holidays to:**
Dr. Michael Bens
Dr. Nancy Doelling
Dr. Enright
Dr. Dina Giesler
Dr. Jeffrey Hopkins
Dr. Gary Loventhal
Dr. Sally Marcus
Dr. Natalie Metzig
Allison Mueller
Paige Perkins
Dr. Stacy Piedad
Jill Ratner
SAGE Speech Therapy
Tiffany Smith
Dr. Pip Spandorfer

**Thanks for the great care given to our son.**
Mr. and Mrs. Dale Pepper

**Juan Perez**
Mr. Walter Martin
Mr. and Mrs. John Norris
Ms. Rachel Smith

**Jacquelin and Norman Perry Wish Happy Holidays to:**
Mr. Horace Beasley
Mr. and Mrs. Wood Beasley, Jr.
Mr. and Mrs. Wood Beasley III
Mr. and Mrs. Ted Bratton
Mr. and Mrs. Charles Creighton
Mr. and Mrs. Samuel Dixon
Mr. and Mrs. Rex Fuqua
Mr. and Mrs. John Hallett
Dr. and Mrs. Joe Jenkins
Martha M. Jenkins
Mr. and Mrs. Pembroke Jenkins
Mr. Sam Jenkins
Mr. and Mrs. Charlie Lane
Dr. and Mrs. Donald Peck Leslie
Mr. and Mrs. Coy Monk
Mr. and Mrs. Dudley Moore
Mr. and Mrs. Brent Nash
Mr. and Mrs. John Nash
Mr. and Mrs. Colin Perry
Mr. and Mrs. Freeman Perry
Mrs. Norman F. Perry
Mrs. Travette Perry
Verna G. Perry
Mr. and Mrs. Warner Perry
Mr. and Mrs. Stuart Pierce
Mr. and Mrs. Dawson Rascoe
Mr. and Mrs. William Richardson
Mrs. Nancy G. Spruill
Mr. Walt Spruill
Mr. and Mrs. Jay Sullivan
Mr. and Mrs. John Tyler

**Happy Holidays to Tom and Babette Perry**
Mr. and Mrs. Bill Roop

**Christopher Port**
Dr. and Mrs. Thomas C. Port

**Craig Powell's Birthday**
Mrs. Janet Powell

**Kristy Prox – Congratulations on your promotion!**
Dr. David F. Apple, Jr.

**Jenny Pruitt**
Mrs. Jan W. Collins
Ms. Lisa B. Fuller
Mr. and Mrs. F. Sheffield Hale

**Happy Holidays to Victoria Pylant**
Ms. Denise Hilsman

**Leslie Ransom**
Iris Garden Club

**Brenda Raymon**
Joel and Nancy Isenberg

**Cody Reyes**
Mr. Ronald R. Reyes

**Jamie Reynolds III**
Mr. and Mrs. Gentry R. Strickland

**Trenia and Bruce Reynolds**
Mr. and Mrs. John R. Julian
Mr. and Mrs. Jerry Kellum

**Ben Rickles for the work he does with the REC Therapy group**
Ms. Sheryl Sellaway

**Gail Robertson**
Ms. Beverly Casto

**Tara Robertson**
Ms. Mary Diana Robertson

**Teresa Rondone**
Mr. Steve Rondone

**Happy Holidays to William and Colleen Roop**
Mr. and Mrs. Tom Perry

**Hamano Ross**
Ms. Wanda H. Ross

**Tom Rushworth**
Ms. Anne H. Rushworth

**Matthew Sanchez**
Ms. Cynthia Sokolic

**Jane Sanders – always a help!**
Dr. David F. Apple, Jr.

**Happy Holidays to Vickie Scaljon**
Mr. Nicholas J. Carroll

**Sarah and Jimmy Schloss**
Ms. Teri Ashe
Ms. Brooke Burnette
Ms. Allison Dize
Mr. Jack Grimes
Mrs. Sydney Grimes
Ms. Claudia S. Hawks
Mr. James C. Hawks
Mrs. Sarah Julien
Mrs. Katherine Kretz
Ms. Mary Mazur
Ms. Judy Perry
Mrs. Deborah L. Powell
Mrs. Marcia A. Sanders
Ms. Lisa Sinclair
Ms. Elizabeth A. Taraski
Ms. Marilyn Tonkin
Mrs. Cynthia K. Tymoff
Mrs. Cathy B. Whittington

**Shannon Schneider**
Mrs. Deborah K. Schneider

**Happy Holidays to Cameron Schwabenton**
Mr. and Mrs. John S. Wallace

**Happy Holidays to Ken and Nina Schwabenton**
Mr. and Mrs. John S. Wallace

**Happy Holidays to Emory Schwall**
Mr. and Mrs. Stephen R. Long

**Hiram Scott's engagement**
Ms. Fern Terrell Scott

**Alex Seblatnigg**
Mr. Charles Hall

**Ron Seel – Congratulations on the new job!**
Dr. David F. Apple, Jr.

**Emily Seymour**
Mrs. Katherine A. Ramsey

**Dr. Erik Shaw – With Special Thanks**
Ms. Susan Rodgers

**Steven T. Shaw**
Mrs. Barbara B. Martin

**Alana Shepherd**
Mrs. Betty Ann Inman
Ms. Glenda G. Simcox

**Merry Christmas to Alana and Harold Shepherd**
Mr. and Mrs. Dell B. Sikes

**Mrs. Shepherd and her staff**
Mr. and Mrs. Dean T. Lavender

**The Shepherd Family**
Ms. Jan Young

**The Shepherd Family – Thanks for 42 years!**
Dr. and Mrs. David F. Apple, Jr.

**James H. Shepherd, Jr., Chairman of the Board**
Mr. and Mrs. G. Lemuel Hewes

**James Shepherd – as the Honoree of Andee's Army Evening of Hope**
Mr. and Mrs. Zachary M. Wilson

**Stephen Shepherd's Birthday**
Bickers Consulting Group, LLC

**Shepherd Center ABI Staff**
Wes Varda

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**Happy Chanukah to Sydney Simon**
Anonymous

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**Irene Stein's 90th Birthday**
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Mr. and Mrs. Thomas O. Powell

**Wynne Stevenson wishes Merry Christmas to:**
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**Sarah Beth Gerard Summers**
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**Dr. Alan Sunshine's many years of service to the Atlanta medical community**
Sheri and Steven Labovitz

**Jennifer Swindall – Great Advancement Efforts!**
Dr. David F. Apple, Jr.

**The Marriage of William Thies and Brit Eames-Thies**
Ms. Stephanie Coffaney
Mr. and Mrs. Tom Fielder

Shepherd Center patient Ben Abercrombie attended an Alabama football team practice with his family where he met Coach Nick Saban and some Alabama football players.

**Joe and Melody Thomas – Thank you for graciously hosting our reunion!**
Dykes High School Class of 1966

**Brenda Threat – Congratulations on the Sunshine Award!**
Dr. David F. Apple, Jr.

**Dr. Ben Thrower**
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**Michelle Tidwell – Great work on research!**
Dr. David F. Apple, Jr.

**Carol Tomé**
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Mary and John Huntz

**Becky Washburn – Good job on the pool renovation!**
Dr. David F. Apple, Jr.

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**Joe Watkins**
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**Phillip Waters**
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**Susan Weber – Congratulations on the Daisy Award!**
Dr. David F. Apple, Jr.

**Happy Holidays to Anne and George Wellington**
Mr. and Mrs. Hugh J. Wellington

**Dr. Robert Wells – Happy 90th Birthday!**
Jane and David Apple

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Mr. and Mrs. Marc Werner

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**Tracy Womack – Good job on the Christmas brunch!**
Dr. David F. Apple, Jr.

**The Marriage of Mr. and Mrs. Alex Wood**
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**Michael Yochelson – Thanks for the medical staff party!**
Dr. David F. Apple, Jr.

**Gail and Turk Yordy**
Mr. and Mrs. John Hook

**Suzanne Nugent Zimmer**
Mr. and Mrs. Brian Ruff

**The Marriage of Keri and Jim Zumpano**
Mr. David Kopach

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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 Aug. 1, 2017 and Dec. 31, 2017.

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Hicham Azhari of the Salt Factory Pub presented a check to Jon Roxland, director of major and planned gifts at Shepherd Center, to support the SHARE Military Initiative at Shepherd Center.

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Volunteer Christy Hooper (not pictured), her son Brooks, left, and his friends Alex Wicliffe and Henry Izler, helped Shepherd Center patients like Tony Benito get into the St. Patrick's Day spirit with a wreath-making workshop.

Patient Jonathan Wherry gets a visit from Bentley, one of Shepherd Center's therapy dogs and physical therapist Lauren McCollough.

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# ARTISTS EMERGE THANKS TO PARTNERSHIP

## A collaboration with Atlanta's Museum of Contemporary Art helps SHARE Military Initiative clients learn about and create art.

**CLIENTS IN SHEPHERD CENTER'S SHARE MILITARY INITIATIVE** recently learned about various forms of art through a unique partnership with Atlanta's Museum of Contemporary Art of Georgia (MOCA GA). MOCA GA received a grant from The Home Depot Foundation to fund the workshops.

SHARE clients were given the opportunity to channel their inner artist through workshops hosted at MOCA GA. Artist Craig Drennen led the first workshop which focused on silver point, a traditional drawing technique first used by medieval scribes. Drennen taught the participants how to make their own silverpoint drawing tool, as well as prepare a special surface for drawing. Artist Maria Artemis led the second session which included a paper sculpture activity. Each session was two hours long and given a week apart. The sessions were repeated later a different group of participants.

The benefits to SHARE clients, who have experienced traumatic brain injuries and post-traumatic stress during and after their military service, go well beyond art.

"These activities allow clients to use the skills they're learning in therapy in a real world environment," says Laura Humphrey, Shepherd Center's recreational therapist for the SHARE Military Initiative. "Some everyday activities can be overwhelming for this population, and outings like these help them develop and implement coping skills."

The staff at MOCA GA was happy to help.

"This was a rewarding opportunity for all of us," says Ivy Kroncke, events and program manager at MOCA GA, who helped coordinate the program. "We walked away with a broader understanding of what these clients are going through."

MOCA GA was recently awarded more funding from The Home Depot Foundation to continue the program into 2018, which is good news for the SHARE Military Initiative and its clients.

"This was a really successful program," Humphrey says. "We appreciate MOCA GA's receptiveness to working with us, and helping this population. They opened their doors to us and were so willing to work around the needs of our clients." ✻