

Shepherd

MEDICAL TREATMENT • RESEARCH • REHABILITATION

Center Spinal Column®

THE PATIENT WHO CHANGED ME

Shepherd Center employees
talk about the bonds
they form with patients
and their families.

ALSO INSIDE

GETTING OUT AND ABOUT WITH REC THERAPY +
SEX: LET'S TALK ABOUT IT + DERBY DAY 2019

Shepherd Center Magazine: Spinal Column® Summer 2019

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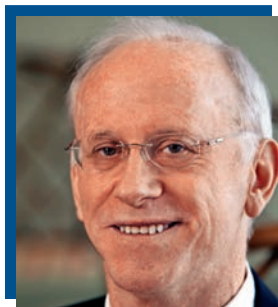
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ABOUT THE COVER:

*JoTandria Brown-Leary, a patient in the Eula C. and
Andrew C. Carlos Multiple Sclerosis Rehabilitation
and Wellness Program, and Lorelei Benham,
MS-SLP, have developed a family-like bond.*

Photo by Louie Favorite



Spinal Column® A LETTER FROM JAMES SHEPHERD

Dear Friends,

When my parents and I founded Shepherd Center, it changed our lives for the better. Former patients often tell me the same.

The truth is that a positive feeling permeates this hospital even in spite of the difficult circumstances that might have led us here. Challenges take place here, no doubt. Yet so do wonderful things – like the warm community we have formed and continue to grow. We work hard together, rely on one another and look out for each other – staff, patients and loved ones alike.

We are so grateful to our hardworking staff. Their expertise and dedication to providing world-class care is unparalleled – and the world outside of Shepherd Center has recognized this once again. I'm proud to say that Shepherd Center has been recognized for the 11th consecutive year as one of the top 10 rehabilitation hospitals in the nation by *U.S. News & World Report*.

We wouldn't be this community without our patients, who are at the heart of what we do. Having the privilege to serve you during what may be one of the most challenging times of your life is humbling, but it is the greatest honor. We learn from you, and your grit, resolve, determination and feedback. That's why we thought that in this issue's cover story, it'd be powerful to share stories of the profound effect our former patients have had on some of our staff members. It's our way of saying thank you to you. Thank you for entrusting us with your care – and thank you for staying in touch afterward to let us know where life takes you.

At Shepherd Center, we are dedicated to helping people define their new normal after injury or illness. As you'll read in this issue, that can be anything from getting back to work or enjoying the outdoors like patients who participate in our donor-funded Recreation Therapy Program or alumni who come to Adventure Skills Workshop. We know working with the whole person is so important because we are far more than our injuries.

In closing, with fall on its way, there always seems to be a certain hustle and bustle to this time of year. Vacation time is over. Students and teachers are back to school. As we rush to find our new daily rhythms, let's remember to pause and take things more slowly. Being present, rather than distracted, can help keep us safe. As our staff and patients tell us, taking the time to be present to savor the small moments in life feels pretty good, too.

Warm regards,

James H. Shepherd, Jr.
Chairman of the Board

Summer 2019 • Shepherd Center

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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.

New Leadership Roles for Three Members of Senior Management Team



Chet Bhasin, MBA, MS, FACHE

After a successful tenure as chief operating officer, **Chet Bhasin, MBA, MS, FACHE**, was promoted to the newly created role of chief strategy officer on April 1, 2019.

"In this role, he is focused on maintaining, creating and implementing Shepherd Center's short-term and long-range goals that convert the organizational strategy to day-to-day operations," says Shepherd Center CEO and President Sarah Morrison, PT, MBA, MHA.

Bhasin is also working with the Marketing and Public Relations Department to continue to increase patient referrals, improve patient experience and increase hospital revenue. His other duties will include oversight of the hospital's programs for injury prevention, government relations and advocacy, professional education and payor relations.

Bhasin is working closely with **Mitch Fillhaber, MS**, senior vice president of corporate development and managed care. Fillhaber, who joined Shepherd Center's staff 25 years ago, is now bringing his breadth of experience to focus exclusively on one of the hospital's key initiatives – creating and sustaining core



Mitch Fillhaber, MS

partnerships, Morrison says. In addition, Fillhaber continues to contribute to efforts to increase patient referrals, improve payor reimbursement and enhance the hospital's continuum of care for patients.

Also on April 1, **Jamie Shepherd, MBA, MHA**, assumed the role of chief operating officer. Shepherd, who is the son of hospital co-founder James Shepherd, now has the responsibility and authority for the administrative direction, evaluation and coordination of clinical operations.

"He provides the leadership, management and strategic

vision necessary to ensure Shepherd Center has the proper processes and resources in place to effectively optimize the clinical operations of the organization, ensuring financial strength and operating efficiency," Morrison says.

Jamie Shepherd, who joined the Shepherd Center staff in 2015, is also continuing his leadership and oversight of the hospital's community services and risk management functions.

Shepherd received his bachelor's degree in business administration from the University of Georgia. He earned master's degrees in business administration and health administration from Georgia State University. *



Jamie Shepherd, MBA, MHA

U.S. News & World Report Once Again Ranks Shepherd Center Among the Top 10 Hospitals for Rehabilitation

Shepherd Center has been recognized as one of the top 10 rehabilitation hospitals in the nation for the 11th consecutive year by *U.S. News and World Report* in the magazine's 2019-20 Best Hospitals rankings.

The annual rankings, now in its 30th year, are designed to assist patients and their doctors in making informed decisions about where to receive care for challenging health conditions or for common elective procedures. Shepherd Center was ranked No. 9.

"Recognition by *U.S. News and World Report* as one of the top 10 rehabilitation hospitals in the country, along with our superior clinical outcomes and patient satisfaction, helps

validate our work in providing highly specialized care for people with spinal cord and brain injury, multiple sclerosis, spine and chronic pain, and other neuromuscular conditions," says Sarah Morrison, PT, MBA, MHA, president and CEO of Shepherd Center. "We work hard every day to provide the highest level of medical care while also creating a culture of hope and providing a vision for life beyond injury and illness."

Shepherd Center first appeared on the magazine's list of the best U.S. rehabilitation hospitals in 2000 and has been consistently ranked in the top 10 since 2008. Shepherd Center is one of only two specialized rehabilitation facilities in the top 10 list. Others on the list are general rehabilitation hospitals. *

Shepherd Center Welcomes Two New Physicians to Medical Staff

JACQUELINE FAULKNER ROSENTHAL, M.D.

Before joining Shepherd Center on July 1, 2019, Dr. Rosenthal gained broad experience in both the military and private sectors. At Shepherd Center, she is treating patients in the Andrew C. Carlos Multiple Sclerosis (MS) Institute.

"Dr. Rosenthal's commendable experience treating veterans and her service to her country, along with her medical expertise, makes her a wonderful fit for Shepherd Center," says Michael Yochelson, M.D., MBA, chief medical officer at Shepherd Center. "Our patients



Jacqueline Faulkner Rosenthal, M.D.

with multiple sclerosis will benefit greatly from her care and background."

Dr. Rosenthal was a fellow in neuroimmunology at the Emory University School of Medicine and the Atlanta VA Medical Center. She has served in both the U.S. Army Reserves and U.S. Army.

After she completed her neurology training at Madigan Army Medical Center in Tacoma, Washington, she served as a staff neurologist in the Army. Most recently she served as chief of neurology service at Martin Army Community Hospital at Fort Benning, Georgia.

Dr. Rosenthal graduated from Xavier University in New Orleans and received her doctor of medicine degree from Morehouse School of Medicine in Atlanta.

AIWANE A. IBOAYA, D.O.

Dr. Iboaya joined Shepherd Center as an outpatient physician in early August 2019. She comes to Shepherd Center following a fellowship in brain injury medicine at the University of Texas Southwestern Medical Center in Dallas.

She received her bachelor of science in biology from North Carolina State



Aiwane A. Iboaya, D.O.

University, where she also earned a volleyball scholarship. Dr. Iboaya received her doctor of osteopathy degree at Ohio University Heritage College of Osteopathic Medicine in Athens, Ohio.

She went on to complete her residency in Physical Medicine and Rehabilitation (PM&R) at Kansas University Medical Center in Kansas City, Kansas.

"We're excited to welcome Dr. Iboaya to the Shepherd team," says Dr. Yochelson. "We feel fortunate that she will be here to help treat patients as they continue on their healing journey." *

Katie Metzger Named New Director of Brain Injury Services

Katie Metzger, OTR, MBA, has been named director of brain injury services at Shepherd Center. She began providing leadership for Shepherd Center's inpatient brain injury and stroke units, as well as Shepherd Pathways, Shepherd Center's comprehensive outpatient rehabilitation program for people recovering from brain injury on May 6, 2019.

In her new role, she is also responsible for Shepherd Center's SHARE Military Initiative and the recently launched Complex Concussion Clinic. Shepherd Center's Brain Injury Rehabilitation Program offers a full continuum of services to treat people who have experienced a traumatic or non-traumatic brain injury.

Metzger joins Shepherd Center from Northwell Health in Bay Shore, New York, where she most recently served as director of patient and customer experience. In that role, she collaborated with all levels of leadership to drive change in the emergency department,

ambulatory surgery and inpatient areas. She also served as manager of acute inpatient rehabilitation services in the brain injury unit at Northwell Health.

"Katie has extensive expertise and experience in brain injury rehabilitation, and we are eager to have her join our team," says Jamie Shepherd, MBA, MHA, chief operating officer at

Shepherd Center. "We are confident that Shepherd Center's Brain Injury Rehabilitation Program will continue to thrive and grow with her leadership."

Metzger earned a bachelor's degree in science in occupational therapy from The Ohio State University and a master's degree of business administration in healthcare management from St. Joseph's College.

"I am honored to have joined Shepherd Center and its esteemed Brain Injury Rehabilitation Program," Metzger says.

Metzger assumed the role as Susan Johnson, MA, CCC-SLP, current director of brain injury services, retired in June 2019 after 21 years at Shepherd Center. *



Katie Metzger, OTR, MBA

Sex: Let's Talk About it

Survey uncovers need for sexuality and intimacy training for providers treating people with traumatic brain injury.

BY ROBIN YAMAKAWA

The human need for intimacy does not end when a brain injury (BI) occurs, says Kathryn Farris, OTR/L, the education coordinator for Shepherd Center's Acquired Brain Injury Rehabilitation Program.

"Sexuality and intimacy are integral parts of being human, but BI can make sexuality and intimacy more challenging for people and their partners," Farris says.

So is sexuality a topic patients and healthcare providers are talking about? Farris and a group from several other brain injury rehabilitation facilities surveyed healthcare providers to find out. The researchers found that although 96% of survey respondents believe sexuality is important to the patients and families they work with, chances are, that it doesn't get addressed.

SURVEY SAYS

According to survey results, 64% of healthcare providers had not engaged in conversations or provided education regarding sexuality and intimacy within the past year with any of their ABI patients, families and/or caregivers. Survey respondents included physicians, case managers, nurses, occupational, physical, and recreational therapists, psychologists, neuropsychologists, social workers and speech language pathologists. Farris presented these results at the annual conference for American Congress of Rehabilitation Medicine in November 2018, and most recently at the TBIMS Clinical Leadership Forum in April 2019.

Healthcare professionals listed many reasons as to why sexuality and intimacy might be a difficult topic to broach, including their own discomfort with the subject and their personal biases.

Researchers identified three areas of discomfort: initiating the conversation, listening to questions and responding to concerns. Among the respondents, 45% of providers were either uncomfortable or very uncomfortable initiating the conversation. While 25% were uncomfortable or very uncomfortable responding to questions and 10% of providers were uncomfortable listening to questions regarding intimacy.

Why the discomfort? Overwhelmingly, providers identified their current knowledge level and the tools and resources in place as the primary barriers. A majority of providers – 68% of them – said they had not had any training or education regarding sexuality and intimacy for persons with acquired brain injury. An overwhelming number – 92% – of the providers who responded agreed that there is a need and desire for more formal training on how to talk about it. Other challenges with raising the topic included discomfort with cultural, gender and marital status differences.

A DESIRE FOR DISCUSSION

With the results of the survey, Farris says the need is clear. Sexual dysfunction is a problem for 20 to 50% of people with traumatic brain injury (TBI) at one or more years post-injury, according to literature on the topic. Anecdotally, Farris says it is a common topic that gets raised at peer support meetings, confirming people with TBI would feel comfortable discussing changes in sexual function after TBI with their healthcare providers.

"Rehabilitation professionals have the opportunity to promote sexual wellness throughout the lifespan regardless of illness, injury or disability, and should recognize that sexuality can exist under all circumstances through a variety of expressions," reports Farris in the research paper summarizing survey results.

Using the information gathered in the survey, a training curriculum for rehabilitation professionals has been created to help combat some of the myths and biases surrounding intimacy. The curriculum is set for rollout at Shepherd Center in the fall of 2019. *



Kathryn Farris, OTR/L, is the brain injury program education coordinator at Shepherd Center.

PHOTO BY LOUIE FAVORITE

AMY WAITE, CCC-SLP

Speech Language Pathologist | Acquired Brain Injury Rehabilitation Program

BY DREW JUBERA

Amy Waite, CCC-SLP, a speech language pathologist at Shepherd Center for 17 years, grew up wanting to be a teacher. And though she's never taught in a classroom, the Carthage, New York, native regularly employs expertise, patience, adaptability and humor – trademarks of great teachers – in her work.

As a speech language pathologist, Waite works with people who have cognitive, communication and swallowing disorders. Her work is both wide-ranging and part of a larger, patient-focused team that includes physiatrists, therapists and neuropsychologists.

Before talking with her about her job, we watched while Amy played cards with a patient. She often uses games to work on cognitive skills such as memory and reasoning.

Q: Watching you work, it's clear being a speech language pathologist at Shepherd Center entails more than helping patients talk.

A: Of course, it includes voice work and working on swallowing. But working on cognition is a huge thing here. We'll work on paying attention, the foundation for thinking. Memory is next: You have to remember what I tell you for me to help you with anything. After that, we'll work on judgment, reasoning, problem-solving, thought organization and executive functioning.

Q: What drew you to working with patients with brain injury?

A: I find the brain-behavior relationship fascinating. I've been doing this for almost 27 years, and I still get patients in situations where I say, "I've never seen that before." I like the challenge of that.

Q: Working with patients at all levels of cognition, how do you talk with families about progress?

A: I try to be positive, but honest. You can't kill hope. But it's cruel to give false hope. Truth is, I don't know how things will turn out. Families and patients need to know this isn't the end of the road. It's going to get better. The hardest part is not knowing whether it's going to be a little better or a lot.

Q: What's the most fulfilling part of your work?

A: When a patient comes back after they've been away for a while and they are animated and happy, that makes it worth it. When a



Amy Waite, CCC-SLP, a speech language pathologist, often uses card games in her work with patients.

person calls and says, "We're having a baby." – they're well enough to get married and have a baby – that makes it all worthwhile. When a person graduates from high school or college or goes back to work, that makes it worth it. I don't need a 'thank you.' I'm humbled by the chance to play whatever small role I played to get them back to the way of life they had.

Q: What is it like to work at Shepherd Center?

A: From the top down, Shepherd Center puts people first. It's why we become therapists – to help people. I love the mission and vision of Shepherd Center, to put people first and do what's best for them. We're allowed to do everything we can to get people as far as we can. It's more like family in that sense. *

INTERESTING FACTS

EDUCATION

State University of New York, Plattsburgh

- B.A., Speech and Hearing Handicapped Education
- M.A., Speech and Hearing Science

OUTSIDE OF WORK

Amy loves to travel. She's visited six continents (Australia still awaits) and 46 states. "If I'm not on a trip, I'm planning a trip."

Amy calls herself "one cat short of being a full cat lady." She has four.



More online at
news.shepherd.org



"I've gotten something from every patient I've ever worked with. You learn that things in life can change so quickly. I try to take advantage of opportunities that may present themselves and not procrastinate. If you let opportunities go by and don't act on them, you might regret it."

– JEREMY BINGHAM, RN, INPATIENT REGISTERED NURSE



THE PATIENT WHO CHANGED ME

Shepherd Center employees talk
about the bonds they form with
patients and their families.

BY DREW JUBERA

THE PATIENT WHO CHANGED ME

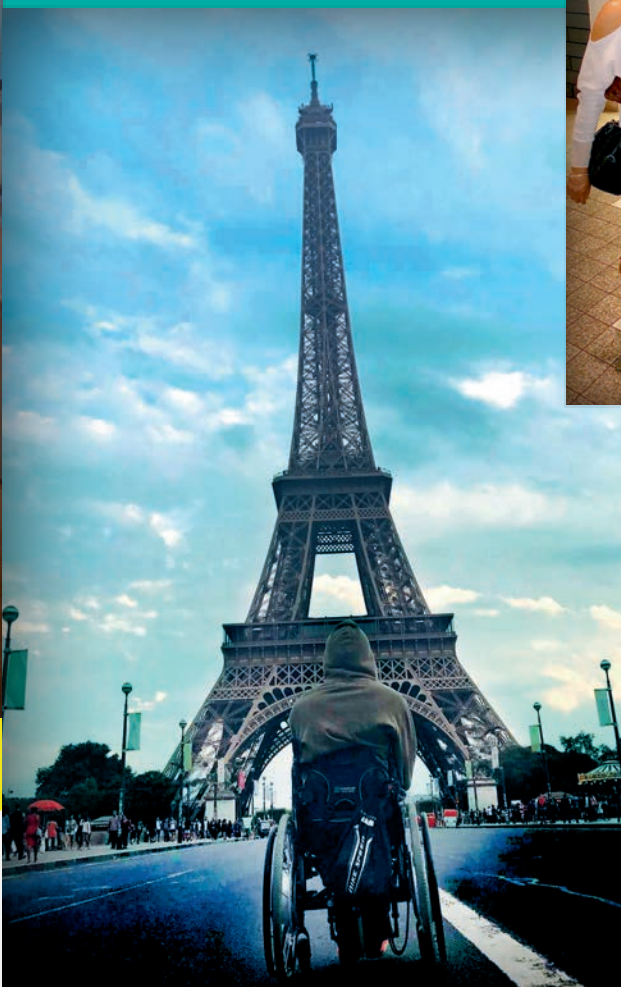
People who work at Shepherd Center say it again and again. Every patient has a story – a traumatic story, a survival story, a redemption story.

Yet while Shepherd Center has a national reputation for the profound effect it has on the people who come through its doors, those same patients and clients often have a lasting, even life-changing impact on the doctors, nurses, therapists, case managers and others who work with them.

“I’ve gotten something from every patient I’ve ever worked with,” says Jeremy Bingham, RN, of the hundreds of patients he’s worked with in the past 17 years as a nurse in the hospital’s Spinal Cord Injury (SCI) Rehabilitation Program.

Shari McDowell, PT, DPT, who served as a physical therapist at Shepherd Center before becoming program director for the hospital’s Spinal Cord Injury Rehabilitation Program, says, “They just teach you things that make you a better therapist – that make you a better person.”

Here are some of the many stories of how patients and clients have made a difference in the lives of the people who work throughout Shepherd Center – and how they make Shepherd Center a better place.



Fletcher Cleaves, former Shepherd Center patient, keeps in touch with Shannon Ali, CTRS, who was his recreational therapist. She incorporates his tips for navigating the world into her work with current patients.





**SHANNON
ALI &
FLETCHER
CLEAVES**

From Reluctant Patient to World Traveler

Recreational therapist Shannon Ali, CTRS, had worked at Shepherd Center for about a year when an 18-year-old college freshman from Tennessee transferred from the inpatient Spinal Cord Injury Rehabilitation Program to the SCI Day Program team designated for adolescents.

Ten years later, that patient still influences Ali's work.

"Those times when I think to myself, 'Am I even making a difference? Is this really benefiting them?' I think of those stories with Fletcher," Ali says.

Fletcher Cleaves was a scholarship football player when he was paralyzed from the chest down after a car crash caused by a distracted driver. Believing the injury and subsequent disability would forever diminish his life, Fletcher resisted recreational therapy because he thought it was useless.

When Ali escorted him to a restaurant, he paused in his wheelchair for someone to open the door - until Ali insisted he do it himself. When she coaxed him into a store, he said someone else would always have to shop for him - until Ali convinced him otherwise. He reluctantly went to Atlanta's airport to learn to navigate security and boarding, through

a Shepherd Center program sponsored by Delta Air Lines, saying he'd never travel by plane.

Now 28 and a college graduate, Fletcher lives in Memphis, Tennessee, on his own, where he drives, works in IT and is a motivational speaker.

He has also traveled to five continents, trekking up the Eiffel Tower and riding a personal watercraft in Barbados.

"A therapist can make or break a patient at a critical time," Fletcher says. "They're going to get you to live your life. That's the mentality Ali had. Who knows where I'd be if she didn't?"

Ali, mother of a 12-year-old daughter, still talks regularly with Fletcher and says Fletcher's influenced Ali as a therapist. Things he's learned, he passes on to Ali. She incorporates what he tells her about his post-crash life into sessions with current patients. He is also someone her daughter admires.

Fletcher and other former patients send Ali photos or videos of themselves back at home opening doors, skirting sidewalk obstacles, shopping. It's their way of saying thanks.

"Those melt my heart," Ali says. "They're real life." And to Ali, they are also reminder to keep pushing. "I'm part of making a difference."

Shari McDowell, PT, DPT, director of Shepherd Center's Spinal Cord Injury Rehabilitation Program, says Scott Renner, inset, always found a way to make things work better.

SHARI
MCDOWELL
& SCOTT
RENNER

Persevering Through Pain to Professor

Now director of Shepherd Center's Spinal Cord Injury Rehabilitation Program, Shari McDowell, PT, DPT, began working at Shepherd Center in 1992 as a physical therapist in the SCI Rehabilitation Program and Intensive Care Unit (ICU).

Not long after she began, a 28-year-old patient named Scott Renner arrived. He had sustained a C-3 to -4 spinal cord injury in a diving accident.

"He came in using a ventilator and couldn't move anything," McDowell says. "He struggled with severe spasticity to the point that it was terribly difficult to breathe and wean off the ventilator in the early days."

Despite his pain and many challenges, it soon became clear that Scott was someone special.

"He was one of those guys who wasn't going to say, 'No, I can't do something,'" McDowell recalls.

"Each patient has a different impact. With Scott, it was his perseverance through the pain every day. He shared that with me, allowed me to experience that. He taught me patience. He made me a better listener. He taught me to have more empathy for what people are going through."

McDowell adds, "He shared everything he knew with somebody else to benefit them."

Scott continued to have a profound effect on others after leaving Shepherd Center in 1993.

Using mouth sticks to write, type, turn pages and work remotes, he became an accomplished educator, disability advocate and motivational speaker. He devised homemade methods to drive a boat and play golf.

Scott also earned a master's degree in social work and a doctorate in special education and rehabilitation. He became an assistant research professor at Auburn University, and he collaborated with departments that designed and developed affordable assistive technology while working as the assistant director of accessible electronic and information technology.

Scott died on Oct. 7, 2018. He was 54.

"He just fought so hard and was successful," McDowell says. "It's such a privilege being part of these people's journeys. That's why we do it. Each one of them teaches you something different."



SHANNON STROPPSEL & LUKE PUTNEY

Harnessing the Power of Positivity

Shannon Stroppel, MSW, a case manager in Shepherd Center's Acquired Brain Injury (ABI) Rehabilitation Program, remembers the day she met Luke Putney's mother and heard her son's story.

"I told her my life would be different from that day on," Stroppel says. "And it was."

Luke was born blind in one eye, and at age 12, he began losing sight in the other. He had brain surgery for an aneurysm compressing on an optic nerve and was completely blind by 16.

Yet Luke remained a top student, musician and wrestler in high school, while also raising money to distribute musical instruments to children recovering in hospitals.

After graduating summa cum laude from Belmont University in 2017, Luke founded Instrumental Horizons, a charitable organization that distributes instruments internationally. He traveled for a month that summer to South America.

When he returned with a massive headache, doctors discovered a brain tumor. Shortly after surgery, he had a stroke. Following 48 days at Vanderbilt University Medical Center, he transferred to Shepherd Center's Acquired Brain Injury Rehabilitation Program.

Luke arrived in excruciating pain. Yet he was resolutely uncomplaining. His rehabilitation goal was to return to his charity work.

Today, Luke is raising money for marginalized communities in Cape Town, South Africa.

"I don't hold everyone to the Luke Putney bar - that is so high," Stroppel says. "He's such a powerful, humble, beautiful soul."

While everyone's healing journey is unique, Stroppel says she does think of Luke whenever she encounters patients in severe pain.

"It gives me hope that, though they may not see it, the end is in sight here," she says. "It can get better. Don't give up."

Her experience with Luke and his mother, Nancy Hoddinott, has also altered the way Stroppel, 46, approaches daily stresses in her own life.

"I look at life differently as a parent and as a human being," she says. "I know the power of keeping your mind in a positive state, like Luke and his mother did. I never sweat small stuff. *At all.*"

Shannon Stroppel, MSW, a case manager in Shepherd Center's Acquired Brain Injury (ABI) Rehabilitation Program, says Luke Putney changed her approach to life.



RUSSELL
GORE &
CHRIS
JOHNSON

Small Goals to SHARE Military Initiative Graduate

Russell Gore, M.D., medical director of Shepherd Center's SHARE Military Initiative, often finds what he calls "invisible injuries" among the U.S. military service members and veterans he treats.

His patients sustained their injuries while serving, following September 11, 2001. Their injuries are mild to moderate brain injury and/or concussions with co-occurring psychological or behavioral health concerns, including post-traumatic stress (PTS).

"Most are super fit and look like they could command a room," says Dr. Gore, who is also director of vestibular neurology and the Complex Concussion Clinic at Shepherd Center. "But they have deficits and injuries they're struggling with day to day. That juxtaposition makes it difficult to get treatment. It's even hard to have family members appreciate what they're dealing with."

That point was brought home most profoundly by a patient Dr. Gore met in 2016.

Chris Johnson was a 38-year-old Army veteran from Loganville, Georgia. He'd sustained a traumatic brain injury and had PTS from a roadside bomb detonation during his second tour of duty in Afghanistan.

When Chris started a 12-week program at SHARE, Dr. Gore asked for his rehabilitation goals. Chris' reply was heartbreakingly simple: He wanted to be able to have lunch at school with his daughter and her third grade class.

"I had a daughter the same age," Dr. Gore says, "and the idea that somebody was so impaired that he avoided interacting with his child - couldn't be in an elementary school environment without experiencing symptoms of PTS - really resonated with me."

Eight weeks into the program, Chris returned home for a week. He had lunch at school with his daughter.

"When he came back, he was like a kid in a candy store. He was so excited to have been able to do that," says Dr. Gore, who served eight years as an Air Force flight surgeon, deployed in Afghanistan and Iraq.

"He showed up and said, 'Now I have to set a new goal!'"

"That story really resonates in terms of what we do at SHARE," Dr. Gore adds, "and the importance of trying to reintegrate folks into the community in meaningful ways."

Dr. Gore says working with SHARE clients like Chris has been therapeutic for him in dealing with the effects from his own service experience.

"It's changed me," he says. "It's made me more self-aware about how I interact with my own children and family. I've taken care of people who survived battles I was involved in."

Dedication Despite Multiple Diagnoses

**LORELEI
BENHAM &
JOTANDRIA
BROWN-
LEARY**

Lorelei Benham, MS-SLP, often sees patients who, she says, “see multiple sclerosis as a death sentence. They feel like the odds are stacked against them. And that’s just not the case.”

So when Benham, a speech language pathologist, sees JoTandria Brown-Leary walk each week through the doors of the Eula C. and Andrew C. Carlos Multiple Sclerosis (MS) Rehabilitation and Wellness Program, she instantly brightens.

Like many patients in the Wellness Program, JoTandria, 34, arrives with challenges beyond her relapsing-remitting MS. She’s also working to heal from her depression, anxiety and post-traumatic stress (PTS), all while raising a family as a single mom.

“But she still shows up every week with a smile on her face,” says Benham, who began working fulltime at Shepherd Center five years ago. “Every time I see her, I try to brighten

her day. She sure brightens ours. It gives me more drive.”

Benham says her relationship with JoTandria makes her feel she’s in the right career and providing people with the care they deserve.

“All of us here are doing this job because we want to help people. And the work we do must be meaningful because she shows up every day. She feels this is a safe place for her to come.”

JoTandria says she views Benham “more like family now – like the sister I never had. I’m not the type that’s easy to open up, but she makes it easy.”

Benham’s bond with JoTandria helps her as a clinician and person, as well, by keeping her grounded.

“It puts life in perspective,” Benham says. “It reminds me to give back to others and keep my family as humble as possible without letting problems get in the way.” *

2

1. Russell Gore, M.D., medical director of Shepherd Center’s SHARE Military Initiative, often works with clients with “invisible injuries.”

2. Lorelei Benham, MS-SLP, speech language pathologist with the Eula C. and Andrew C. Carlos Multiple Sclerosis (MS) Rehabilitation and Wellness Program, makes it a priority to stay positive.

P

patient
profile

1

FAMILY PERSEVERANCE

One family experiences Shepherd Center – twice.

BY DREW JUBERA

She first got the call no one wants to get on October 23, 2001.

That's when Cindy Crosslin, from Fayetteville, Tennessee, was told that her husband, Mike, had been in a motorcycle wreck. An assembler at an auto plant, Mike was in a coma when he arrived at Huntsville Hospital in Alabama. A doctor told Cindy that the father of their 13- and 7-year-old sons likely wouldn't survive.

Cindy refused to believe it.

"I told him, 'No!'" she recalls. "You just have to fight!"

Mike was transferred six weeks later to Shepherd Center, where he completed the inpatient Acquired Brain Injury Rehabilitation Program. He then progressed to Shepherd Pathways, the hospital's comprehensive outpatient program for patients with brain injuries.

During those four months, Mike relearned to dress himself, feed himself, read.

"Shepherd Center started Mike out on the right track," Cindy says. "He was literally reborn at age 35, and he's gotten better every day."

Nine years later, the seemingly impossible happened: Cindy again received the call no one wants to get.

Her oldest son, Robby, then a junior at the University of Tennessee at Chattanooga, was in a car wreck while home from school on a holiday break.

The wreck resulted in a T-4 spinal cord injury (SCI) that paralyzed Robby from the chest down. Five days later, on December 23, Robby was transferred from Huntsville Hospital, in Huntsville, Alabama to Shepherd Center, and the Crosslins made the familiar trek back to Atlanta.

Cindy, 55, sighs at the memory.

"My heart sunk," she says. "We got to spend two Christmases at Shepherd."

For Robby, who as a teenager from Tennessee visited Shepherd Center every weekend while his father participated in rehabilitation, the return was at once familiar and surreal.

"It all hit me," he says. "My father was at Shepherd Center during the same time of year I was. I had a lot of memories of being there. How Shepherd helped my father is the reason I went there."

"The physical brick and mortar didn't make it seem like home," he adds, "but the staff members did. They were loving and caring and understanding."

"The physical brick and mortar didn't make it seem like home," he adds, "but the staff members did. They were loving and caring and understanding."
— Robby Crosslin

Robby spent about two months in the inpatient Spinal Cord Injury Rehabilitation Program and another two months in the Spinal Cord Injury Day Program. As part of Shepherd's extensive, donor-funded recreational therapy program, Robby also went on frequent outings including trap shooting, a hockey game and meals at nearby restaurants.

"It helps you get more acclimated to what life will be like outside of Shepherd," he says.

During his rehabilitation, Robby also kept up with his full-time college coursework. A professor visited the hospital several times during his stay, as did some of Robby's fraternity brothers.

"It was hard, but we were a little more prepared the second time," Cindy says. "You know what to look for, what to accept, what not to accept. It was a journey."

Applying lessons he learned at Shepherd, along with his own gritty determination, Robby barely slowed down after his injury.

A competitive bass fisherman since he was a child, he started a competitive fishing program at UT-Chattanooga and continued in the sport after his injury.

"At the time, I believe I was the only person to fish collegiately out of a wheelchair," says Robby, now 30. "Fishing was my saving grace. It kept my mind in the right place, kept me motivated."

Robby graduated with a marketing degree the year after his time at Shepherd and works as a market analyst for a Chattanooga transportation company. Two years ago, he married his wife Jessi.

"One of the issues I had [after the injury] was I didn't think anyone would want to spend their life with someone who had paraplegia," he adds. "But that wasn't the case at all. I've lived as good a life, if not better than, as I did prior to being in a wheelchair."

Cindy, a bank teller in Fayetteville, calls Robby "my hero," adding that she's "proud of all my guys." Mike, now 53, is a caregiver for his mother-in-law, who has Alzheimer's disease.

Robby's wife, Jessi Crosslin, works as a case manager for patients with brain injuries at Siskin Hospital for Physical Rehabilitation, in Chattanooga, Tennessee. She sometimes shares the Crosslins' story with her own patients' families, as an example of what's possible under even the most challenging circumstances.

"I think Miss Cindy is just a saint," Jessi says. "To have to go through all that, it shows what kind of family they are to keep going, to keep pursuing everything they had before."

Robby says the lessons of his family's unlikely journey might sound like clichés, but that doesn't make them any less true.

"Take nothing for granted," he says. "Tomorrow's not promised. You have to live each day to the fullest." *



1. Robby Crosslin is an avid bass fisherman. 2. Robby Crosslin and his father Mike Crosslin were both treated at Shepherd Center, years apart. 3. The Crosslin Family celebrates Robby and Jessi's marriage. 4. Robby continued to fish competitively post-injury.



Shepherd Alums:

Where Are They Now?

BY DREW JUBERA

Phyllis Sandler

BOCA RATON, FLORIDA

In 2016, **Phyllis Sandler, 78**, from Boca Raton, Florida, was playing her weekly card game with friends when she suddenly felt horrible.

She had a splitting headache. She was sweating and shaking. Her ears rang. An ambulance soon rushed her to Boca Raton Regional Hospital, where she was admitted into the ICU.

A busy, vibrant wife, mother, and grandmother and an active member of the community, Phyllis started convulsing during a CT scan. She was immediately taken into surgery for a subarachnoid hemorrhage caused by a ruptured aneurysm – a life-threatening type of stroke.

“She went from peaking in her life to being in a coma,” recalls her oldest daughter, Robin Rubin.

Phyllis remained in a coma for the next 39 days. One neurologist suggested the family call hospice. As her family discussed that option – they even discussed her funeral – another neurologist told them to take a longer view of recovery. “This isn’t a sprint, it’s a marathon,” he said.

A short time later, Phyllis opened her eyes, though she remained largely unresponsive. The family transferred her by medical plane to Shepherd Center, where she entered the Disorders of Consciousness (DOC) Program for patients who are minimally conscious. Phyllis emerged from her coma the next day and immediately began therapy.

“We were shocked,” Robin says. “They were getting her dressed, sitting her up. The vibe at Shepherd Center is completely positive. It’s, ‘What do we have to do to make this person better?’ There’s no room for negative thought. It’s, ‘Let’s go! Up and at ‘em!’”

Phyllis continued her rehabilitation in Shepherd Center’s Stroke Rehabilitation Program, steadily making progress. She discharged after three months to undergo a medical procedure back home in Boca Raton. She’s active again in the community, where she and her husband, Harvey Sandler, are generous philanthropists.

Since leaving Shepherd Center in the summer of 2016, Phyllis has accompanied three grandchildren down the aisle at their weddings and has twice become a great-grandmother, for a total of three great-grandchildren.

“I still want to be the best person I can be,” Phyllis says. “I want to be the best mommy I can be, the best grandma I can be, and the best great-grandmother I can be. I love my life.”

Phyllis Sandler has had wonderful family support throughout her rehabilitation.



Seth Napel

NIPOMO, CALIFORNIA

Nine days after 9/11, **Seth Napel, 48**, enlisted in the California Army National Guard.

“When I saw the planes hit on TV, my priorities just changed,” says Seth, who at the time was a 32-year-old landscape contractor from Nipomo, California. “I mowed lawns the next couple days and those planes stayed in the back of my mind. I thought there was a bigger purpose.”

In 2009, Seth voluntarily deployed to Afghanistan with the 2nd Battalion of the 121st Infantry Regiment of the Georgia Army National Guard. Two weeks into the 13-month deployment, eight soldiers from his unit were killed.

“We felt like sitting ducks,” he says.

By the time he left the Army in 2011, Seth says he was drinking heavily and addicted to pills.

“The hardest part of being in the military was leaving,” he says. “It was a such a high-paced tempo. It’s hard to slow down once you get off deployment.”

Seth says he got sober after an arrest led to a stint in a post-traumatic stress (PTS) treatment facility. He focused on his health and entered endurance competitions, such as day-long obstacle course races.

But a motorcycle accident in 2017 resulted in multiple broken bones and a traumatic brain injury. Issues related to PTS – panic attacks, severe depression – returned. Seth reached out to a veteran who had talked glowingly about the comprehensive rehabilitation program at Shepherd Center’s SHARE Military Initiative. The donor-funded rehabilitation program focuses on treatment for active duty or separated service members who have served in the U.S. military since September 11, 2001, and who are experiencing symptoms of or have a diagnosis of mild to moderate brain injury or concussions and any co-occurring psychological or behavioral health concerns, including post-traumatic stress.

Seth entered the program in the summer of 2018. He was instantly struck by its support and structure.

“I was impressed with all the staff,” he says. “Everyone went above and beyond the call. Everyone had something to bring to the table.”

He loved the recreational therapy opportunities that took him out of his comfort zone, including indoor rock climbing, drumming in an all-vet band and swimming with sharks at the Georgia Aquarium.

“This was, for me, an epic voyage in self-discovery,” Seth wrote to Shepherd Center after discharging from SHARE in December 2018.

Seth has since enrolled in college. He plans to get a psychology degree and help veterans as a peer counselor or therapist.



Seth Napel says the SHARE Military Initiative was an epic journey of self-discovery.

2

Adam Albaugh

WARREN, PENNSYLVANIA

On June 26, 2017, **Adam Albaugh, 25**, from Warren, Pennsylvania, was near the end of a month-long work assignment in Carson City, Nevada.

A quality engineer for a defense contractor, Adam went to dinner in nearby South Lake Tahoe, California, to celebrate with co-workers. He later had drinks and got separated from the group. He called his girlfriend, whom he had started dating that month, to pick him up nearby.

But two strangers assaulted Adam before she arrived. They dragged him down a road, and believing he was dead, hid his body. The assailants were never caught.

When EMTs arrived, Adam was non-responsive and given little chance of survival. Airlifted to Renown Regional Medical Center, in Reno, Nevada, he remained in a coma for more than a week. He had sustained a severe brain injury and six skull fractures.

Adam transferred to Shepherd Center a month later. While memories of those early days remain foggy, Adam vividly recalls the empathy of Shepherd staff members.

"They didn't see me as just another customer, they saw me as a friend, as family," he says. "They looked out for me."

Adam spent about two months in Shepherd's Inpatient Brain Injury Rehabilitation Program and almost five months at Shepherd Pathways, the comprehensive outpatient program for people recovering from brain injury.

Then, in February 2018, less than eight months after his brutal attack, Adam returned to work. The woman he'd met in Nevada, now his fiancé, soon gave birth to their son, Ryland. They now live in a house Adam bought recently in York, Pennsylvania, where he works.

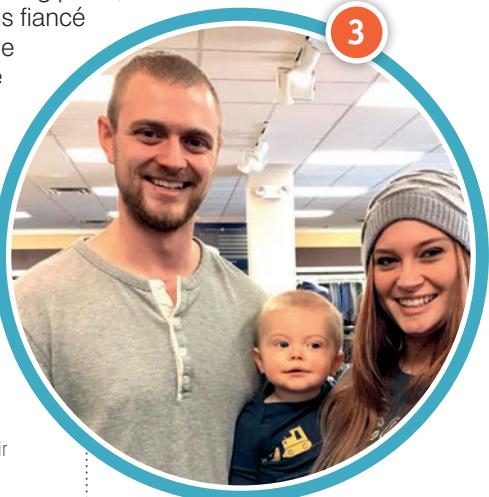
Adam credits Shepherd Center for much of what he's accomplished in so short a time.

"Shepherd Center helped prepare me for life after a brain injury, and essentially restarted my life," he says.

As for future wedding plans, while Adam and his fiancé haven't finalized the year yet, they have picked a date – June 26. It's the anniversary of Adam's injury.

"I want to take a tragic day and make some good out of it," he says.

Adam Albaugh and Angie Marie Van Felden with their son, Ryland.



Maggie Gettys

HICKORY, NORTH CAROLINA

Maggie Gettys, 22, from Hickory, North Carolina, lived in a cabin with her co-workers while working a summer job for a whitewater rafting company in 2016.

Maggie slept in the loft. The crude wall ladder she climbed to enter and leave it could be daunting, but the recreation management major at Appalachian State University thought it was kind of fun – until she fell.

Paralyzed from her waist down, Maggie was taken to Mission Hospital in Asheville, North Carolina. She transferred two weeks later to Shepherd Center's Spinal Cord Injury Rehabilitation Program.

She quickly knew she'd come to the right place.

"Everyone was so knowledgeable," she says. "And it made me feel so comfortable being with people going through the same thing I was."

Maggie made such rapid progress she soon became "terrified to leave."

"I thought, 'I better slow down,'" she says. "I knew Shepherd Center was where I could get the best physical therapy for my legs."

After three weeks in the inpatient program, Maggie moved to the Spinal Cord Injury Day Program. She lived with her family at the donor-funded Irene and George Woodruff Family Residence Center on Shepherd Center's campus.

"I'd have a full day of therapy, go back to the apartment, go to bed, wake up and do it again," she says. "I loved the day program."

When Maggie went home three weeks later, she could walk with the assistance of a walker. She returned to college in Boone, North Carolina, the following spring, living in her own apartment and using lessons she learned at Shepherd Center to navigate the old mountain town.

"Shepherd Center prepared me for the non-accessible world," she says.

The challenges weren't all physical.

"Coming back to school and watching friends run and hike when I couldn't was hard emotionally," she says. "It still is. But I slowly found ways to do what I liked again."

Maggie interned this winter with an adaptive ski lesson program at a nearby resort while she skied for fun a couple times a week. "I'm finally off the bunny slope," she says.

Maggie earned her degree in the spring of 2019 and next she plans to enroll in the recreational therapy master's program at the University of Utah.

"I'm not going to change my path just because of my disability," Maggie says. "I'm going to figure out a way to make it work." ✨

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Maggie Gettys is back in the groove; participating in outdoor sports and training to be a recreation therapist.

More online at
news.shepherd.org

Out And About

Patients test new skills and find new passions through Recreation Therapy Program outings.

BY DREW JUBERA | PHOTOS BY LOUIE FAVORITE

Holding a club in one hand, seated in a wheelchair angled beside a raised tee, Amber Bruce takes her first swing on the driving range at Bobby Jones Golf Course in Atlanta.

She whiffs.

Amber, 31, smiles gamely as her sister Anna Bruce sets up another ball. She swings again. This time the ball hops about five yards.

Amber looks up and grins: "Contact!"

She and her sister laugh aloud together, as they will often during this golf outing for a half dozen Shepherd Center patients. After several dozen more swings, the addition of some adaptive equipment and tips from a pro who works with people who have disabilities, Amber starts sending balls 50 yards out into the grass. A bright sun burns overhead in the clear blue sky.

"It was just good to get out of the hospital," says Amber, who became paralyzed from the chest down after sustaining a C-5, C-6 incomplete spinal cord injury.



Golf is one of many outings she's been on as part of the Recreation Therapy Program at Shepherd Center. Other outings include trips to Atlanta Botanical Garden, Target, Shake Shack and a nail salon.

"It's a step back into normalcy for a second," Amber adds, "It was a blast. It's not about being the best golfer. It's about being in position to master something again. We're already talking about coming back on our own."

Funded entirely by donors, Shepherd Center's Recreation Therapy Program is the largest in the U.S. It's staffed by 35 therapists, including specialists in areas such as the outdoors (fishing, hiking, hunting), horticulture, music, visual arts and aquatic sports.

Patients also travel with therapists outside of the hospital to replicate life back in their communities back home. They shop at a grocery store, try on shoes at the mall, eat out at a restaurant and get a haircut.

"We do as much as we can in the inpatient and day patient programs so that they've been there, done that," says Kelly Edens, CTRS, therapeutic recreation manager. "They've problem-solved. We teach them how to feel comfortable and advocate for their needs so when they go home, they're not just sitting in their house. Anything's possible."

The golf outing is held once a month at nearby Bobby Jones Golf Course. It's for patients who've played golf before their injury and for patients who've never swung a club.



1. Lexiang Andy Zhang, Shepherd Center patient, shares a laugh with Heidi Mitchell, a United States Golf Association (USGA) adaptive golf instructor. 2. Brian Moss takes a swing at Bobby Jones Golf Course, which has features that were designed with accessibility in mind. 3. Michael Artlett makes a drive as recreation therapist Shannon Ali, CTRS has his back. 4. Amber Bruce prepares her club before teeing off.



Adaptive equipment is available, including carts that allow players to stand and gain mobility.

As with other sports, golf aids a variety of rehabilitative goals: core strength, dynamic balance, grip. Yet the primary goal is simply to get outside amid the grass and trees and socialize.

"We've had people who've never played golf get into it," says David Windsor, director for the Georgia State Golf Association's Adaptive Golf Program. "They say, 'Hey, I can be competitive again.' They're outside with all this green space and nature and the highs and lows of a sport – it gets downright addicting to them. They hit that good shot and they say that's the shot that keeps them coming back."

Brian Moss, 66, played golf at least once a week as a board member at the Bentwater Golf Club, in Acworth, Georgia, before a surgical issue caused a T-5, T-6 spinal cord injury.

Hitting from his wheelchair with one hand, Brian soon sailed balls 50 and 75 yards. Then he sent one past a pin 100 yards away – the kind of shot that keeps golfers coming back.

Moss smiled.

"I got a rush from that one." ✨

"We teach them how to feel comfortable and advocate for their needs so when they go home, they're not just sitting in their house. Anything's possible."

— KELLY EDENS, CTRS, THERAPEUTIC RECREATION MANAGER





Liz Thrush, CTRS Lead Recreational Therapist

INTERVIEWED BY DREW JUBERA

Liz Thrush, CTRS, lead recreational therapist, didn't know what she wanted to be. Then she flipped through a course catalog at the University of Tennessee and saw recreational therapy.

"I discovered a job where I help people, which I love, and I play all day long," she says. "Perfect."

Liz, 34, came to Shepherd four years ago. Her days run the gamut: teaching patients woodworking, how to operate a hand cycle, how to play cards with a mouth stick and how to board an airplane, among many other things.

We caught up with Liz after she'd returned from bowling with patients.

Q: How do patients respond to going out to do things they did before their injuries?

A: A lot has to do with where people are emotionally. Some are in the denial stage, they say, "I don't need any of this." Others have that *ah-ha!* moment of thinking, "I thought I was just going to go home and sit in the house all day, and now I can do these things again!" I meet patients where they are and help them through the process.

Q: What's the role of recreational therapy at Shepherd?

A: We're very much an equal player at the table, which you don't find everywhere else. We're one of the only hospitals in the U.S. where every patient who comes through the door gets recreational therapy.

Q: How does recreational therapy fit in with Shepherd's interdisciplinary approach?

A: We take all the things patients are working on with other therapists in the hospital, take their goals – feeding themselves, pushing their wheelchair – and translate them to a real-world scenario. We'll take them to a restaurant where maybe they don't have all the equipment they use to eat, or tables that raise up and down, and say, "Now what?"

Q: Is teaching patients to advocate for themselves part of that?

A: It's huge. In a lot of ways, it's through advocacy that people get what they need. What we find is that when patients get out into the community, people are happy to help but they don't know what to do. A lot of education is needed.

Q: What's the most satisfying part of your work?

A: I love seeing patients make progress, even with the small things that lead them in the right direction. And I love getting updates — they'll send pictures from vacation or ASW (Adventure Skills Workshop). There are patients who first said, "No, no, no," and then you see them at camp water skiing. That's really exciting.

Q: What role do donors play in recreational therapy at Shepherd?

A: Honestly, it's why we can do everything we do. Donations are critical to our program. Without them we wouldn't exist. *



Liz Thrush, CTRS, loves helping people learn to play again in her role as lead recreation therapist.

FUN FACTS

EDUCATION

University of Tennessee, B.S. in therapeutic recreation
Certified Therapeutic Recreation Specialist

OUTSIDE OF WORK

Thrush enjoys running (she won a half marathon in 2016), hiking, working in her vegetable garden and hanging out with family and friends.

WHAT MOST PEOPLE DON'T KNOW ABOUT HER

Thrush moved frequently growing up but calls Decatur, Illinois, her hometown. Its claim to fame: The soybean capital of the world.

Generosity Abounds

William Hoyt and family have a long-standing history of giving back.

BY DREW JUBERA

William Hoyt is a familiar face to many at Shepherd Center. Sometimes jokingly referred to as “ticket man,”

he’s known for donating seats to staff, patients and their families for Atlanta Braves, Falcons and Hawks games from his own season ticket packages. The tickets offer patients and their families an opportunity for a break away from the hospital. When there aren’t patients or families available to use the tickets, they are given to Shepherd staff as a thank you for a job well done.

“He finds it easy just to walk in here among the patients and talk with people,” Alana Shepherd, Shepherd Center co-founder, says.

Behind the scenes, William is also active in recruiting others in the community to give time or donate to Shepherd Center. For Hoyt, the origins of his generosity are never far from his mind.

“I had a brother who was in a motorcycle accident when he was 15 and I was nine,” explains William, a retired SunTrust bank executive and member of Shepherd Center’s Board of Trustees. “People helped us back when we were in need. This is my chance to pay it back.”

“People helped us back when we were in need. This is my chance to pay it back.”

— WILLIAM HOYT



William Hoyt, longtime donor and Shepherd family friend, may be best known for donating tickets to Atlanta sporting events to patients, their families and staff as a morale boosters.

LONGTIME FAMILY FRIENDS

William and his family’s connection with Shepherd Center pre-dates the hospital’s founding, in 1975.

After the motorcycle crash resulting in a brain injury for William’s brother Gus in 1964, rehabilitation included home therapy known as “patterning.” It required five adults at a time to move and flex Gus’ limbs for several minutes, four times a day. William’s mother Sara organized more than 300 volunteers for the task over the next four years.

One friend took over organizing the care for a week every year to give his mother a needed break: Shepherd Center co-founder Alana Shepherd.

“It was a labor of love,” Alana says. “Gus was a character, a funny, engaging guy.”

Hoyt says it was selfless kind gestures from friends like the Shepherds and Gus’ best friend Abner Simonton that meant so much and saw his family through a tough time. Simonton used to take Gus out all day every Thanksgiving and Christmas for 18 years. Gus eventually walked with the aid of half-crutches. Sadly, he died at 34 from a grand mal seizure.

After William graduated from Mercer University in 1978, his first job was as an orderly at Shepherd Center, then a much

smaller hospital and in a different location. He worked there for a year before pursuing his banking career.

Through the years, William and his family, including his mother and father and two aunts, have been generous donors. Plaques commemorate their gifts to fund the tunnel that connects Shepherd Center with Piedmont Atlanta Hospital, as well as Shepherd Center patient rooms.

PAYING IT FORWARD

William, 63, serves on a number of other nonprofit boards, including Good Samaritan Health Center, Global Health Action and Friends of Refugees. He has visited Haiti almost a dozen times to provide needed services.

William sees his work at Shepherd Center and in the Atlanta community at-large as a way to take the kindness people showed his family and pay it forward.

“If I did one nice thing each and every day for someone else for the rest of my life, that would be a good start towards doing that,” he says. ✨

Venturing Toward a New Normal

Shepherd Center's Adventure Skills Workshop attendees leave with new interests, skills, friends and memories.

BY KERRY LUDLAM

"I didn't know if I'd ever be able to get back in the water again," says Sydney Fowler, 14, of Charleston, S.C., about life after she became paralyzed from the chest down.

An avid athlete who grew up on the water, Sydney became paralyzed from a staph infection in her spinal cord in December 2018. Not being able to get back to sports and life on the water that she loved was a big fear – until she went to Shepherd Center's Adventure Skills Workshop (ASW).

Held annually on the third weekend in May, ASW is a three-day sports and adventure camp hosted by Shepherd Center's Recreation Therapy Program. It takes place at Lake Martin at Camp ASCCA, a wheelchair-accessible facility in Jackson's Gap, Alabama. ASW attendees get hands-on practice in activities they might have been pros at before their injury or illness, as well as activities they would like to try for the first time.

"ASW is like a buffet of sports and activities," Christi Fowler, Sydney's mom says. "Sydney went until the sun went down!"

Sydney completed her inpatient and day rehabilitation at Children's Healthcare of Atlanta and is now in Beyond Therapy®, Shepherd Center's rigorous, activity-based rehabilitation program. Just five months after her infection, Sydney was full throttle at ASW.

"I water skied, went tubing, went scuba diving, swimming – all of it," Sydney says. "I was so newly injured that I didn't know all of the things I could do. It was my first time back in the water or on a boat since my injury, and it was so much fun."

Sydney also tried the confidence course, kayaking, skeet shooting, wheelchair basketball, tennis and rugby.

Shepherd Center Board Member and volunteer, Juli Owens, leads a volunteer effort at ASW every year. She says it's an experience that stays with her all year long.

"This was my fourth year in a row going to ASW, and it never gets old," Juli says. "The smiles and the laughter from a camper when you

see him or her try something like water skiing for the first time after their injury fill your heart and soul, not to mention the tears of joy and gratefulness flowing down your face!"

This year, 50 people attended the workshop, along with caregivers, family members, Shepherd Center staff, donors and volunteers, and the Shepherd family. More than 200 people were onsite altogether.

Every activity was planned especially for those with disabilities in mind. ASW is designed for current and former patients and community members with spinal cord injury or disease, acquired brain injury, multiple sclerosis, cerebral palsy and transverse myelitis.

Each night at ASW included social activities, which helped fulfill one of the other purposes of the weekend.

"It was fun to meet other people my age who are in similar situations," Sydney says. "We made so many connections."

For those who attend ASW, the lessons they learn last well beyond the three-day event.

"People leave here with the skills and passion they need to pursue activities at home that they once thought were impossible," says Kelly Edens, CTRS, Shepherd Center's recreation therapy manager. "ASW changes lives."

Sydney and Christi agree.

"ASW gave us the courage to get back out on our own boat," Christi says. "On our very next trip home after ASW, we used the tips we learned at ASW. It eased our fears and completely changed our perspective of what is possible."

ASW 2020 is scheduled for May 15 – 17. Registration will open February 14. To make a gift to ASW or recreation therapy, contact Courtney Harris at 404-350-3717 or courtney.harris@shepherd.org.



The Recreation Therapy Program's annual Adventure Skills Workshop was held May 17 - 19, 2019 on Lake Martin at Camp ASCCA, a wheelchair-accessible facility in Jackson's Gap, Alabama. This three-day donor-funded workshop includes water sports such as adaptive water-skiing, fishing, canoeing, swimming and more.

For more information, visit shepherd.org/ASW.



3



4

1. Sydney Fowler and her instructor practice scuba diving in the pool. 2. Sydney Fowler, middle, prepares to enjoy the speed aboard a personal watercraft with Shepherd Center therapists. 3. ASW attendees, Shepherd Center staff and volunteers cool off in the pool with water polo. It's one of the favorite activities at camp.



5



PHOTOS BY BRENT WOLFE, KAITLYN LONG AND COURTESY OF THE FOWLER FAMILY

4. Sydney Fowler gets ready to paddle with her parents. 5. ASW attendee Daniel Smith, gets on board a personal watercraft. 6. Sydney Fowler, left, Darian Romeo and Andrew Lasher had a blast tubing. 7. Shepherd Center Co-Founder James Shepherd, center, is flanked by Julie Shepherd, a case manager at Shepherd Center and his daughter; as well as Sarah Batts, executive director of Shepherd Center Foundation; as they take a turn tubing.



6



7

SHEPHERD CENTER DERBY DAY 2019

A Day at the Races

Junior Committee hosts annual Derby Day fundraiser benefiting recreation therapy.

By Lolly Venair and Robin Yamakawa
Hannah Graham Photography and William Twitty Photography

On Saturday, May 4, 2019, Shepherd Center hosted its 37th Annual Derby Day, a Kentucky Derby watch party planned by Shepherd Center's Junior Committee.

The committee is made up of young professionals who raise money for Shepherd Center, specifically the donor-funded Recreational Therapy Program through Derby Day, Atlanta's largest Derby viewing party.

The afternoon was filled with casino and lawn games, live music, a silent auction as well as a live broadcast of the Kentucky Derby on big screens at Atlanta's Chastain Horse Park.

"It was awesome," says Taylor Watson, Derby Day co-chair. "Everything went pretty seamlessly and the rain held off. Our team, the volunteers that helped us,

"If I got in an accident, what would keep me moving and what would keep me going forward would be rec therapy."

- TAYLOR WATSON, DERBY DAY CO-CHAIR

was a huge highlight." More than \$200,000 was raised in sponsorship of Derby Day alone. In all, the Junior Committee raised more than \$310,000 for the Recreation Therapy Program over the course of their fundraising year.

Derby Day Co-Chair Marissa Ellin says she is proud of the important role rec therapy can play in people's lives.

"It benefits their emotional health, well-being and happiness."

Shepherd Center's Recreation Therapy Program is the largest and most comprehensive program of its kind in



Canine Companions for Independence enter the party with their human friends.

the country. Recreation therapists organize outings for patients so they can gain confidence practicing life skills they may be relearning. These trips often include shopping outings, attending sporting events and learning how to travel by plane. Another goal of recreation therapy is to help patients resume or learn how to participate in leisure activities such as sports, gardening and arts.

For more information, visit **DerbyDay.com**. *

1. Hats are the must-have fashion accessory for Derby Day. 2. Derby Day attendees try their luck at the casino tables. 3. Shepherd Center co-founder Alana Shepherd speaks with former patient Cougar Clifford and his family at the party. 4. The crowd, in their Derby best, reacts to the races.





Junior Committee members make Derby Day a success by volunteering their time and talents.

Presenting Sponsor



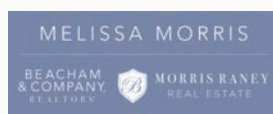
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Junior Committee Executive Board members lead the charge throughout the year to fundraise for Shepherd Center and plan Derby Day, their main event.

From left to right, top row: Jimmy Hubbard; Taylor Watson, Derby Day co-chair; John Kiser; Stuart Huston; Ben Rickles. Front row: Marissa Ellin, Derby Day co-chair; Victoria Kopser; Caroline Heys; Lolly Venair, Shepherd Center Foundation; Christina Gualtieri; Ali Mathis. Not pictured: Amanda Jackson



Derby lawn games were part of the festivities at Atlanta's largest Derby watch party.

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Remembering Shepherd Center's First Chief Physical Therapist

Carol Coogler trained, mentored and treated many throughout the years.

A physical therapy legend passed away on June 3, 2019. Carol Coogler was hired at Shepherd Center as its first chief physical therapist in 1975.

She helped other therapists improve the care of individuals with spinal cord injury and other neurological disorders by being an incredible mentor, teacher and researcher, says Shepherd Center President and CEO Sarah Morrison, PT, MBA, MHA.

"Carol loved to laugh," Morrison says. "She had an incredible sense of humor and she, along with Cathy Shepherd, OTR, and Joanie Ventresca, PT, made sure humor was one of Shepherd Center's core values."

The group performed vaudeville-type skits as the "Dixie Cups" for special occasions throughout the years, recalls David F. Apple, Jr., M.D., Shepherd Center's medical director emeritus.

"She was very well trained, fun to be around, outspoken and she did a great job," Dr. Apple says. "She was very good with our newer therapists as they came on. She was a wonderful person."



1. Carol Coogler, PT, was one of Shepherd Center's first hires and went on to mentor generations of physical therapists. 2. Carol Coogler, PT, second from left, often performed skits with the Dixie Cups.

Shepherd Center Foundation Welcomes New Advisory Board Members

The Foundation extends a warm welcome to the following new members to the Advisory Board:

Laura Barnard
Benny Brunson
Tina Brunson
Charlie Burton

Tina Burton
Catherine Churchill
Bill Furbish
Cathy Furbish

James Gates
Rebecca Gray
Jennifer Heffron
Keith Heffron

The Legendary Party Kickoff

Event Provides Preview of November Party

BY SUSAN TUCKER AND LAURIE COLEMAN



1. From left: Consul General of Japan, The Honorable Takashi Shinozuka; Legendary Party Chair Janie Fickling Skinner; Carolyn Crayton, founder of the Macon International Cherry Blossom Festival; Shepherd Center Co-Founder Alana Shepherd and Mrs. Shinozuka. 2. Alana Shepherd, Shepherd Center co-founder, presents Consul General Shinozuka with a collectible Moulthrop cherry tree wood bowl as a token of appreciation for hosting the event in his home.

Consul General of Japan, The Honorable Takashi Shinozuka, and his wife Mrs. Shinozuka graciously welcomed Shepherd Center guests

to the Consul General's residence in Buckhead, calling it "a huge honor for us to host the 2019 Kick-Off of Shepherd Center's Legendary Party." The March event, themed "Sakura – Blossoms of Renewal," was the first in a series of events leading to the 2019 Legendary Party, scheduled for November 2, 2019. The party will be held at Flourish, the Buckhead venue of Legendary Events.

Legendary Party Chair Janie Fickling Skinner joined Consul General Shinozuka in thanking guests for their enthusiasm for the upcoming Legendary Party. She added that funds raised will support Shepherd Center's Recreation Therapy program.

The "Blossoms of Renewal" theme was inspired by Janie Fickling Skinner's grandfather, William Arthur Fickling, Sr., who gave hundreds of thousands of the original cherry trees to Macon, Georgia, that led to the annual Cherry Blossom Festival in that city. Special guest Carolyn Crayton of Macon founded the city's annual Cherry Blossom Festival. She has been to Japan six times and was awarded Japan's Order of the Rising

Sun with Silver and Gold Rays, the country's highest award, from the Emperor and Empress of Japan. Consul General Shinozuka explained, "For us, the cherry blossom represents peace and renewal."

Alana Shepherd, co-founder of Shepherd Center, thanked Consul General Shinozuka for hosting the beautiful party in his residence and presented him with a fine collectible Moulthrop bowl fashioned of Yoshino cherry tree wood. Guests mingled at the Kickoff party as they enjoyed the splendid buffet and table decorated with cherry blossoms and roses by Legendary Events. Midtown Restaurant Nakato served sushi to complete the cuisine.

Peter A. Dames will serve as honorary chairman for this year's Legendary Party and Melinda Dabbieri has been selected as chair-elect. *



For more information on The Legendary Party, please contact **Erin Schuster** at erin.schuster@shepherd.org or call **404-350-7304**.

Shepherd Center Adolescent Program is Beneficiary of Atlanta Charity Clays

BY KAITLYN LONG

Atlanta Charity Clays is a clay shooting tournament that has raised more than \$4.6 million for various Atlanta area children's causes over the last 25 years. At this year's tournament, held March 14-16, Shepherd Center's Adolescent Rehabilitation Program was one of 16 local Atlanta children's charities to benefit from the event. This year's tournament raised more than \$72,000 for Shepherd Center's Adolescent Rehabilitation Program.

Atlanta Charity Clays is comprised of three days of events – a kickoff party, a sponsor shooting day and the shooting tournament. It also offers a selection of exciting silent auction items throughout the entire tournament weekend.

Clair Lauderdale, one of the tournament co-chairs, is a dedicated supporter of Shepherd Center and advocated for the Adolescent Program to be on the list of beneficiaries.

We are so grateful for everyone who sponsored and participated in this event for helping to spread awareness and raise funds for our crucial patient programs! ❄️



Tournament Co-Chair Clair Lauderdale, a dedicated Shepherd Center donor and volunteer, along with Co-Chair Buddy Hendrick at the event.



Longtime Shepherd Center volunteer and Advisory Board Chairman Albie Whitaker enjoys the event with his daughter.

Masters Tournament Viewing Party Held to Benefit Shepherd Center's Adolescent Rehabilitation Program

For those who couldn't make it to Augusta, Georgia, for the final day of The Masters Golf Tournament, a group of Shepherd Center supporters held a viewing party on April 14 at the American Legion Post 140 in Chastain Park in Atlanta. The event, called Augusta Bash 2019, was held to benefit Shepherd Center's Adolescent Rehabilitation Program.

The Adolescent Rehabilitation Program focuses on patients age 12 to 21 who have sustained spinal cord and/or brain injuries. The program offers an opportunity for patients to heal with people their own age with the guidance of a specialized staff. The program also provides resources to help patients keep up with classwork and stay on track for graduation, when cognitively and medically appropriate. Weekly events and outings offer opportunities to get out into the community and prepare for life after Shepherd Center.

This was the first Augusta Bash and the event was family-friendly; featuring bounce houses, face painting and live streaming of the final day of the golf tournament. The host committee would like to thank sponsors Bryan Baer, Kathryn Cyphers of Academics Plus, Lee Haverstock, David Hutchison of The Beck Group and Albie Whitaker.

The host committee included Duvall Brumby, Katie Cyphers, Anna Gilbert, Lee and Kimbrough Haverstock, Alex & Amy Panos, Mary Richardson, Albie and Kristy Whitaker.❄️



Strokes for Love Tennis Event a Success in Inaugural Year

BY KAITLYN LONG

The inaugural Strokes for Love Tennis Event was held March 7, 2019, at the Cherokee Tennis Center in Woodstock, Georgia. Strokes for Love raised awareness of Shepherd Center, as well as more than \$6,000 to support patient programs throughout the hospital.

Mariellen Jacobs, a Shepherd Advisory Board Member and mother of a former patient, organized this fun day of tennis and fundraising.

Players were able to prepare for their upcoming spring season with a beautiful morning of rotating drills with local tennis pros, exciting raffle prizes and a demonstration of wheelchair tennis.

Thank you to all of our sponsors and participants who supported this new and exciting event.

Be on the lookout for the second year of Strokes for Love in March 2020. *



1. Strokes for Love participants sharpened their tennis skills while supporting Shepherd Center. The event was organized by Mariellen Jacobs, center front.

2. Members of Shepherd Center's tennis team gave a wheelchair tennis demo to the event participants.



Shepherd Center President and CEO Sarah Morrison, PT, MBA, MHA, accepts a check on behalf of the hospital from Baker Audio Visual CEO Keith Hicks and Kasie Grant, marketing manager for Baker Audio Visual.

Hackers and Slackers Golf Tournament Benefits Patient Programs

BY KAITLYN LONG

The 2019 Hackers and Slackers Golf Tournament, hosted by Baker Audio Visual, was held Tuesday, May 21 in Alpharetta, Georgia. The \$37,500 raised at the tournament will benefit patient programs at Shepherd Center.

Participants enjoyed a number of games at the tournament including a hole-in-one-contest, closest to the pin and longest drives contests. Following the tournament, everyone enjoyed a delicious barbecue lunch and raffle drawings.

Thank you to everyone who came out to support this fun day of golf and fundraising! *

Shepherd's Men Completes Sixth Annual Run to Raise Funds, Awareness for SHARE Military Initiative

Shepherd's Men, a team of active and former service men and civilians, finished their epic, seven-day run on Monday, May 27, Memorial Day — a day chosen for its significance in honoring fallen U.S. service members.

Since 2014, Shepherd's Men has completed a run every spring to raise awareness about suicide among veterans and to support the life-saving work of Shepherd Center's SHARE Military Initiative. SHARE is a comprehensive program that focuses on assessment and treatment for service men and women who have sustained mild to moderate traumatic brain injury, along with co-occurring post-traumatic stress (PTS) or other mental health concerns (such as depression or anxiety), from military service post-9/11. SHARE Military Initiative provides hope, assistance, support and education to service members and their families during their recovery treatment and beyond.

Shepherd's Men started their run this year on May 19 in New York City as they climbed the 80 stories of Three World Trade Center with New York Fire Department members. From there, they ran a series of half-marathons through seven cities — finishing in Atlanta. Along their route, they met with corporate donors and supporters, firefighters and other veteran resource groups and individual donors to speak about SHARE.

On Monday, May 27, a crowd of supporters, friends and family members gathered along Peachtree Road to welcome Shepherd's Men and a number of current and former SHARE clients with cheers and applause as a police escort led the way into a celebration outside the Woodruff Family Residence Center at Shepherd Center.

Shepherd Center CEO and President Sarah Morrison, PT, MBA, MHA, welcomed the runners and guests and introduced Shepherd's Men co-founder Travis Ellis. Now in its sixth year, Shepherd's Men has raised more than \$4 million in total to provide care through SHARE, he said.

"Our goal is to identify people in need, those service members who are suffering in silence, find them and bring them to SHARE," Ellis explained. "We want them to see there is hope and recovery here... SHARE is the model for care, and it needs to be replicated across this country."

Also showing his support at the event was Joe DeAngelo, CEO of HD Supply, which has supported SHARE as an ongoing sponsor of Shepherd's Men. DeAngelo ran the last leg of the Shepherd's Men run with the group.

The crowd also heard a heartfelt testimonial from Jessica Rodriguez, the wife of former SHARE client Jorge Rodriguez, who ran with Shepherd's Men this year to support the group who helped support him for three months in 2015 when he participated in SHARE. Jessica described SHARE as a miracle

Shepherd's Men
moves toward

\$1.2M

fundraising goal for 2019 to
support care for service
members and veterans.



Shepherd's Men are joined on Peachtree Road in Atlanta by supporters as they finish their seven-city run at Shepherd Center.

in Jorge's life. He doubted that the program would help him, he told Jessica the night before he came to Atlanta with his family. But Jessica said they quickly discovered how different SHARE was than any other treatment Jorge had received in the VA system for a traumatic brain injury he sustained in Iraq during combat.

"My husband made it because of SHARE," Jessica said. "These guys, Shepherd's Men, are my heroes."

Shepherd's Men will continue to raise funds for the SHARE Military Initiative throughout the year. You also can support Shepherd's Men through special events, including its upcoming Dinner, Bourbon Tasting and Auction evening on October 24, 2019 at Indian Hills Country Club in metro Atlanta. ✨

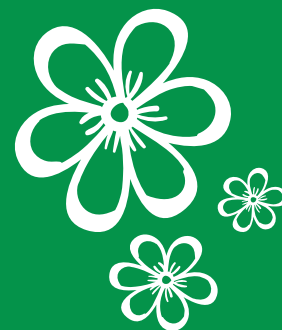


For more information, visit ShepherdsMen.com or follow Shepherd's Men on Facebook.

UPCOMING EVENTS

SHEPHERD CENTER FOUNDATION

Fill your 2019 calendar
with Shepherd Center
Foundation events!



RPM 9/11

8 SEPT.

American Legion Post 140
1 p.m. Festivities Begin
2 p.m. Race Start



rpm911race.org

Shepherd Center Cup

9 SEPT.

36th Annual Golf Tournament

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

shepherd.org/giving/special-events

Shepherd's Men

24 OCT.

Auction and Bourbon
Tasting Dinner

Follow @shepherdsmen on Facebook

The Legendary Party

2 NOV.

Flourish, the Buckhead venue
of Legendary Events | 7 p.m.

shepherd.org/giving/legendary-party

16th Annie Oakley Tournament

8 NOV.

Burge Plantation

annieoakleyshooters.com

FOR MORE INFORMATION ON FOUNDATION SPECIAL EVENTS, PLEASE CONTACT:

Mary Beth Hellmann
Special Events Associate

404-603-5168
marybeth.hellmann@shepherd.org

Derby Day
Shepherd Center Cup

Kaitlyn Long
Donor & Community
Relations Associate

404-350-7302
kaitlyn.long@shepherd.org

RPM 9/11
Annie Oakley Tournament
*Shepherd's Men Auction &
Bourbon Tasting Dinner*

Erin Schuster
Special Events Associate

404-350-7304
erin.schuster@shepherd.org

Summer in the City
The Legendary Party

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 January 1, 2019 and April 30, 2019.

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H. Lane Young
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Honorees are listed first in bold print followed by the names of those making gifts in their honor. This list reflects gifts made to Shepherd Center between January 1, 2019 and April 30, 2019.

Alex Adeghenga — Great Epic job
Dr. David F. Apple, Jr.

Pat Ahlers
Mr. and Mrs. David Bennett

Dr. Alex Alverson — Welcome to Shepherd
Dr. David F. Apple, Jr.

Dr. Dave Apple's Birthday
Clare Hartigan
Mr. and Mrs. Dean Melcher
Sarah Morrison
Mr. and Mrs. Dell B. Sikes
Ms. Jessica Williams

Dr. David Apple, Jr.
Mr. and Mrs. Martin B. Freedland
Mrs. Meredith Lambe

Cyndae Arrendale's Birthday
Mr. and Mrs. Steve A. Williams

Cyndae Arrendale
Dr. and Mrs. Thomas H. Callahan

Alex Bach
Anonymous

Wendy Battaglia
Dr. David F. Apple, Jr.

John Beasley's Retirement
Mr. and Mrs. Steven J. Labovitz

Dr. Angela Beninga — Thanks for Epic Coaching
Dr. David F. Apple, Jr.

Dr. Bilsky and the 5th floor rehab team
Mr. and Mrs. Larry M. Cowman

Jeremy Bingham — Attitude Award Finalist
Dr. David F. Apple, Jr.

Donna Boldt
Mr. and Mrs. Donald L. Deeks

Adina Bradshaw — Great Presentation at Women Shaping Shepherd
Dr. David F. Apple, Jr.

Susan Brookman
Mr. and Mrs. James D. Schloss

Bob Brouman — For being a great friend!
Mr. and Mrs. Steven J. Labovitz

Amber Bruce
The Benefit Company

Mr. and Mrs. Frank Buce
Mrs. Patricia Buce

Bert and Joy Burns
Ms. Ann R. Howell

Emily and Beth's Marriage
Dr. and Mrs. Erik T. Shaw

Jim Calise
Mr. and Mrs. William J. Calise

Elizabeth Carey
Aiken Horse Park Foundation

Clare Carmody
Anonymous

Kyle "KP" Cassidy
Ms. Darlene Cantey

Donnie Chapman — Compassion at pool table
Dr. David F. Apple, Jr.

Ashley Cleary's Birthday
Ms. Morgan A. Moravec

Jill Cothron
Mr. and Mrs. Donald L. Richardson

Mandy Cowan — Congratulations on your Occupational Therapy graduation
Ms. Kristen Cowan

Gerald and Nancy Crider — With gratitude
Mr. Grant M. Crider

James Curtis and his volunteer service and spirit
Mr. William S. Murphy, Jr.

David and Melinda Dabbierre
Mr. and Mrs. Robert Gerdes

Joe Daniels
Mr. and Mrs. Corbitt Woods

Thomas Daniels — Thanks for your Epic help
Dr. David F. Apple, Jr.

Scot Davis
Illinois Chapter National Electrical Contractors Association

Marlaine Day's Marriage
Dr. and Mrs. Erik T. Shaw

Karen Devault — Great Presentation at Women Shaping Shepherd
Dr. David F. Apple, Jr.

Mac Dunbar
Mr. and Mrs. David F. Haddow

Michael Duncan
Mr. and Mrs. William W. King

Raymond Ellis
Mr. and Mrs. Roger Boyd

Travis Ellis
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Verdelle Elston — In honor of your retirement!
Mr. Jonathan Habif

Diane Festa
Iris Garden Club

Eli Flint — Brawl for a Cause
Mr. and Mrs. William Clyde Shepherd III

Josh Fugate and his continued progress
The Olexa Family Foundation

Sharon Gay — In recognition of your many awards and accomplishments
Mr. and Mrs. Steven J. Labovitz

John W. Gayle III's Birthday
Mr. and Mrs. Woody Gayle

David Goldstein
Mr. and Mrs. Arnold Goldstein

Jim Greenhill
Mr. and Mrs. Bob Watersone

Randy Hall's anniversary
Ms. Lauren Whiteside

Rob Harris
Ms. Joyce Dixon
Mr. Todd McLure

Tia Harris — Attitude Award Finalist
Dr. David F. Apple, Jr.

Fred Henritz
Mr. David Levine

Philip Henry — Achievement of Super Lawyer 2019
Veritext

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

Susan Holt — Attitude Award Finalist
Dr. David F. Apple, Jr.

Wanda Hopkins
Dr. and Mrs. Carter Smith, Jr.

Karen Scheibly Hull's Birthday
Mr. and Mrs. David L. Wilson

Lisa Huthmacher — Attitude Award Finalist
Dr. David F. Apple, Jr.

Noah Bryant Jackson's Birth
Mr. and Mrs. J. Hays Mershon

Maurice Jackson — Belated Happy Birthday
Dr. David F. Apple, Jr.

Mark Johnson — Happy Retirement
Dr. David F. Apple, Jr.
Mrs. Robert J. Howard

Taylor Jones — Attitude Award Finalist
Dr. David F. Apple, Jr.

Jerry Jordan
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Taylor Keating
Mr. and Mrs. Patrick Keating

Katie Kimball
Mr. and Mrs. Stephen G. Waite

Winnie Klein — Happy Retirement
Dr. David F. Apple, Jr.

Amy Kolavora — Thanks for Epic Help
Dr. David F. Apple, Jr.

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

Melvin Krueger's Birthday
Mr. and Mrs. Steven L. Zweigel

Mr. and Mrs. Edward Ladd — Merry Christmas and Happy New Year
Dr. E. Barney March

Jessica Lane
Karla Riker

Eric Lebsack
Dale and Mary Lesback

Donald Peck Leslie, MD
Mr. and Mrs. Thomas H. Lanier II
Mr. and Mrs. Chris E. Matheison
Mr. and Mrs. Robert A. Yellowlees

Dr. Don Leslie's Retirement
China Grove Plantation

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Mrs. Cheryl Price

Cheryl Linden — Attitude Award Finalist
Dr. David F. Apple, Jr.

Dr. Michael Link
Mr. and Mrs. Richard Krewinghaus

Steve and Kay Lore
Mr. and Mrs. Lawrence J. Myers

Shanna Lyons
Mr. and Mrs. Patrick Lyons

Cedric Maddox — Attitude Award Finalist
Dr. David F. Apple, Jr.

Brian Maloney
Mr. and Mrs. Stephen G. Waite

Billi and Bernie Marcus' Birthdays
Mr. and Mrs. Marvin C. Shrager

Dr. Allen McDonald
Mr. and Mrs. Kelly F. Caudle

Shari McDowell — GHA Graduation
Dr. David F. Apple, Jr.

Margaret McGlynn
Mr. and Mrs. James D. Schloss

Carla Monnier
Ms. Chelsea Bartlett

Caroline Moore
Mr. and Mrs. Charles Moore
Mr. and Mrs. Michael P. Plant

Greg Morris' Birthday
Ms. Elaine Griswold

Casie Morrison — Congratulations on your Psychometrists Presidency
Dr. David F. Apple, Jr.

Michael Morrison's Birthday
Ms. Suzanne McCoy
Mr. James Morrison, Jr.

Sarah Morrison
The Benefit Company

Duane Morrow
Mr. and Mrs. Jeffrey E. Wherry



Courtney Clark, a Shepherd Center former patient, and his family served a delicious barbecue dinner to patients and families on June 6, 2019.

Suzanne Mott Dansby's Birthday
Dr. and Mrs. David S. Owens
Mr. and Mrs. Ramon Tomé

Ryan Narramore
Anonymous

Laurie Nash — Congratulations on promotion to Director of Neuropsychology Department
Dr. David F. Apple, Jr.

Kristin Ndiaye — Attitude Award Finalist
Dr. David F. Apple, Jr.

Laura O'Pry — Great Presentation at Women Shaping Shepherd
Dr. David F. Apple, Jr.

Pat Orgain
Mr. and Mrs. James D. Schloss

Elizabeth Ouligian
Mr. and Mrs. Michael E. Ouligian

Trey Pence's Birthday
Mr. and Mrs. Terry C. Pence

Brittany Perdue
Three Dollar Cafe

Edward Pinckard's Birthday
Mr. and Mrs. Mark R. Fricks

Tom and Kathy Port
Mr. Christopher Port

All Shepherd Employees
Mr. Fred Flanagan

Brain Injury Awareness Month
Anonymous

Those in The Armed Forces who were injured defending our Country
Mr. and Mrs. John Bangert

Toby Regal
Mr. and Mrs. Michael P. Plant

Joey Roman
Mr. and Mrs. R. P. Rogers

Alan Roof — Great Presentation at Women Shaping Shepherd
Dr. David F. Apple, Jr.

Bill and Colleen Roop
Mr. and Mrs. Mike Dill

Ben Rose — Great Presentation at Women Shaping Shepherd
Dr. and Mrs. David F. Apple, Jr.

Hamano Ross
Mr. and Mrs. Darren Ross

Jennifer Royce
Mrs. Barbara D. Hoffman

Brad Ruger — Thanks for 25 years at Shepherd Center
Dr. and Mrs. David F. Apple, Jr.

Shannon Schneider
Anonymous

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BT Wealth Management LLC

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Mrs. Deborah M. Krupp and Mr. Armin Krupp

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All Saints Episcopal Church
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Ms. Betsy Primm

Shepherd Center Staff
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Mr. and Mrs. Richard W. Becker

Jamie Shepherd — GHA Graduation
Dr. David F. Apple, Jr.

Heddi Silon — Attitude Award Finalist
Dr. David F. Apple, Jr.

Joe Singer
Mr. James Singer

Janie Fickling Skinner
Mr. and Mrs. Alonzo B. Neese

Mr. and Mrs. Mark Slonaker's Anniversary
Mr. and Mrs. Edward Boyne

Shawn Smith
Mr. and Mrs. Kevin M. Gaffney

Jeannie Stewart
Mr. and Mrs. Lewis Redd

Mitch Taplitz's Birthday
Mr. and Mrs. Craig Robson

Dr. Rhonda Taubin
Mr. Bruce Stiftel

Corley and Corbin Thomas' Anniversary
Mrs. John E. Duggan

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

Darnell Tremble — Welcome to Shepherd
Dr. David F. Apple, Jr.

Lauren Tucker — Attitude Award Finalist
Dr. David F. Apple, Jr.

Pat and Joe Wall
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Mr. and Mrs. David F. Haddow

Emerson Williams — Attitude Award Finalist
Dr. David F. Apple, Jr.

Lawson Williams
Ms. Mary Williams

Chip and Krissy Williams
Anonymous

Zedra Williams — Great Epic Session
Dr. David F. Apple, Jr.

Anne Worrell's 40th Birthday
Dr. and Mrs. David S. Owens

Lee Zell's new hairdo
Mr. Gordon R. Murray

Elizabeth Zweigel's Birthday
Mr. and Mrs. Steven L. Zweigel



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Racers break records in Shepherd Center
AJC Peachtree Road Race Wheelchair Division.

THE 38TH ANNUAL SHEPHERD CENTER AJC PEACHTREE ROAD RACE WHEELCHAIR DIVISION 10K RACE drew 59 wheelchair athletes from eight countries to Atlanta.

This year, Manuela Schär, 33, of Switzerland, won the women's open division with a first-place finishing time of 21:28.00. This is Schar's first win. In the men's open, Daniel Romanchuk, 20, of Champaign, Illinois, took the crown to win with a finishing time of 18:11:00. It was his third win.



Manuela Schär, 33 of Switzerland, crosses the finish line first, ahead of a tight field.



Daniel Romanchuk, 20, of Champaign, Illinois, wins the men's open division.

Both Schär and Romanchuk broke course records, triggering a \$50,000 bonus for each in addition to prize money. It is the first time that wheelchair athletes and runners earned the same amount – and one of adaptive sports' most powerful statements for equality.

"This is a historic year for the AJC Peachtree Road Race," says Rebecca Washburn, MS, manager of Shepherd Center's Beyond Therapy® and wellness programs. "The \$50,000 in bonus prizes is the highest amount for a single event in wheelchair racing, and it sets a precedent for equality among the elite runners and wheelchair athletes." *

PHOTOS BY PHIL SKINNER