Shepherd Center Spinal Column®

MEDICAL TREATMENT • RESEARCH • REHABILITATION

GETTING BACK *to* LIFE

Patients talk about returning to life and what they love after injury.

ALSO INSIDE

VOLUNTEER WARMS HEARTS & HEADS + BACK TO WORK WITH VOCATIONAL REHAB + ADOLESCENTS SHINE ON THE RUNWAY

news.shepherd.org | Fall 2019

Shepherd Center Magazine:
Spinal Column®
Fall 2019

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ABOUT THE COVER:
A lifelong equestrian, Marie Vonderheyden set a goal to ride horses again after sustaining a brain injury in 2016.
Photo by Louie Favorite

Spinal Column®
A LETTER FROM JAMES SHEPHERD

Dear Friends,

As Thanksgiving's cornucopias have given way to the lights of the holiday season and resolutions for the year ahead, I often stop to reflect on the many things we have to celebrate – this time of the year and always.

2019 has been an incredible year for Shepherd Center. As you'll read in a few pages, Shepherd Center was once again named one of Atlanta's best places to work by the *Atlanta Business Chronicle*. This is an honor we hold in high esteem as it means that the family culture – the one of hard work, humor and hope – remains, even as we head into our 45th year.

We also have celebrated the growth of our medical staff, welcomed the addition of various technologies and refreshed areas throughout the hospital – all to enhance the patient and family experience and provide a home away from home. These are the celebrations that fill our calendars – but there are others that fill our hearts and remind us why what we do at Shepherd Center is so important.

For example, in our cover story, you'll read about Enzo. After he sustained a spinal cord injury, he could have focused on loss, but instead, he focused on the wins – returning to a rewarding career and travel, playing ball with his son, dancing with his wife and driving on his own. You'll also meet Marie. After she sustained a brain injury in a horse riding accident, she had a long list of goals, on the top of which was a wish to get back on the horse – literally.

Seeing our patients get back to their lives and return to doing things they loved before their injuries is the ultimate reward for us at Shepherd Center. They might be doing those things a little differently or with some new tools – but they're doing them – and that's always worth celebrating.

As 2019 draws to a close, I want to express my gratitude to you, whether you are a patient, caregiver, staff member, volunteer, donor or a casual reader of this magazine. Thank you for your support of Shepherd Center throughout the year, and best wishes for a 2020 full of the very best kind of celebrations.

Warm regards,

James H. Shepherd, Jr.
Chairman of the Board

Christion Abercrombie, who completed Shepherd Center's Brain Injury Rehabilitation Program and is currently in Beyond Therapy®, wows an excited crowd at Project Rollway.

PHOTO BY LIFESHINE PHOTOGRAPHY

Fall 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**.

Shepherd Center staff members report high satisfaction with their jobs at the hospital.

Shepherd Center Again Recognized as One of Atlanta's Best Places to Work

Shepherd Center was named one of Atlanta's "Best Places to Work" in the *Atlanta Business Chronicle*'s 16th annual ranking of 103 metro area companies. Shepherd Center was recognized as the *Atlanta Business Chronicle*'s #4 Best Place to Work in the extra-large company (500-plus employees) category. The newspaper also ranked Shepherd Center among the Best Places to Work in its 2017 and 2018 listings.

This exclusive list recognizes organizations for having created an exceptional workplace and culture that their employees' value highly. Winners of the prestigious award were honored by *Atlanta Business Chronicle* at an event held on September 5, 2019.

"This recognition validates all of our employees' hard work to sustain Shepherd Center's unique organizational culture, which promotes excellence in every aspect of the rehabilitation care we deliver to patients," says Sarah Morrison, PT, MBA, MHA, president and CEO of Shepherd Center.

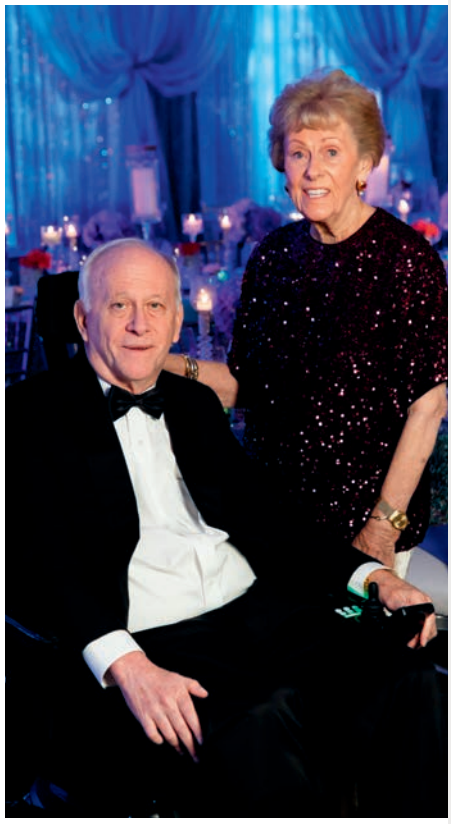
Totaling more than 600 entries, award applicants were evaluated and ranked across four categories according to the number of Atlanta area employees. This year's results highlight Shepherd Center's employee satisfaction in six key engagement areas including: team dynamics, trust in leadership, communication and resources, manager effectiveness and personal engagement.

Shepherd Center has been ranked by *U.S. News & World Report* among the top 10 rehabilitation hospitals in the nation for more than a decade. The hospital employs more than 1,700 employees, a number of whom have worked for 10 years or more at the hospital.

The hospital was also recognized earlier this year in *Forbes*' inaugural list of America's Best-in-State Employers for 2019. The hospital ranked No. 10 among the 56 employers included in the list for Georgia. ❋

Shepherd Center Co-Founders Recognized at Most Admired CEOs Event Lifetime Achievement Awards

Shepherd Center co-founders Alana and James Shepherd were recognized on August 22, 2019, with Lifetime Achievement Awards at the *Atlanta Business Chronicle's* Most Admired CEOs Awards dinner. They were among 44 leaders in 22 categories and industries, from accounting to utilities and energy, who were honored. ❋



Shepherd Center Co-Founders James and Alana Shepherd were recognized for their leadership.

Top Designers Donate Talent to Refresh Common Areas

A refresh of the common areas at Shepherd Center's main campus is under way with the help of some of Atlanta's top interior designers. They are donating their time and talents to provide elegant and calming spaces for patients and families.

Barry Hutner

Fifteen years ago, in the midst of new construction at the hospital, Shepherd Center co-founder Alana Shepherd tapped Barry Hutner, owner of Parc Monceau Antiques and a longtime Shepherd Center supporter, to assemble a team of designers to decorate the new spaces. While these spaces have endured, wear and tear necessitated a refresh this year. So once again, Shepherd asked Hutner to gather a team of designers willing to tackle the project.

"This is a wonderful opportunity to give back to a place that offers healing and new beginnings for so many amazing people," Hutner says.

Fifteen designers were charged with planning spaces that inspire hope and positivity.

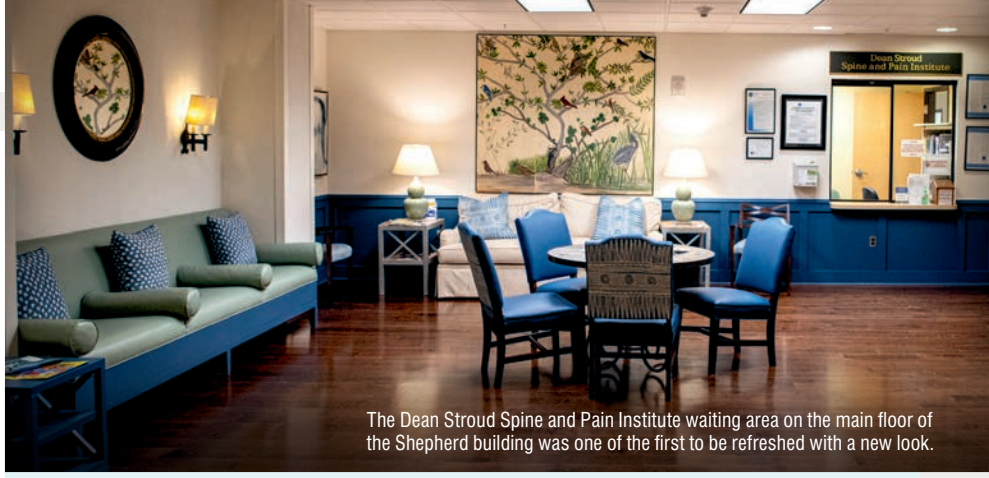
"Everyone's attitude and willingness to participate has been overwhelmingly humbling," Hutner says. "It's especially fun to see some of the designers who worked on the original project breathe new life into the spaces."

This team of designers is working on waiting rooms, entrances, outdoor areas, event spaces and family areas. In addition to working pro-bono, they have been finding resources willing to heavily discount or donate materials.

"We are lucky for many reasons to be in Atlanta, but this is a reminder of the pool of talent in design right around the corner," Shepherd says. "Their eyes for design are instrumental in helping us provide the right tone in each room."

Their schemes are unbelievable, and implementation is under way, Shepherd adds. Installation is expected to be completed this fall. ❋

PHOTOS BY LOUIE FAVORITE



The Dean Stroud Spine and Pain Institute waiting area on the main floor of the Shepherd building was one of the first to be refreshed with a new look.

DESIGNERS INCLUDE:

Barry Hutner
Parc Monceau Antiques

Betty Burgess
Betty Burgess Design
Main Floor Marcus Radiology Waiting Area, Third Floor Post-Acute Waiting Room

Bob Brown
Robert Brown Interior Design
Main Floor MS Waiting Area

Carole Weaks
C. Weaks Interiors
7th Floor Atrium

Carter Kay
Carter Kay Interiors
Family Residence Plaza Level

Clary Bosbyshell Welsh
Clary Bosbyshell Design
Main Floor Admission Waiting Room

Courtney Giles
Courtney Giles Interiors
7th Floor Marcus Lobby

Greg Morgan
Kolo Collection
Outdoor: 7th Floor Deck, Patio 2 outside Cafeteria, Secret Garden

Jackye Lanham
Jacquelynne P. Lanham Designs, Inc.
Main Floor Multi-Specialty Waiting Area

Linda Beth Martin
Linda Beth Martin Interiors
Main Floor Shepherd Spine and Pain Institute Waiting Area

Liza Bryan
Liza Bryan Interiors
6th Floor Family Lounge with Susan Bozeman

Margaret Kirkland
Margaret Kirkland Interiors
Main Entrance with Sara Alias

Sara Alias
Sara Alias Interiors
Main Entrance with Margaret Kirkland

Susan Bozeman
Susan Bozeman Designs, Inc.
6th Floor Family Lounge with Liza Bryan

Cheryl Womack & Alison Womack Jowers
Womack Interiors
4th Floor ICU Family Conference Room and ICU Waiting Room

The updated 6th Floor Family Lounge has new seating areas, workspaces (above) and a bright and cozy children's nook.

SPOTLIGHT

Making Connections

ShepherdConnect helps employers expand healthcare choice for employees and healthcare systems achieve better outcomes for patients.

BY CHRISTY ROSELL AND ROBIN YAMAKAWA

Shepherd Center recently launched a new partnership program called ShepherdConnect. It's designed so that employers, hospitals and health systems can connect their employees, families and patients to the world-class rehabilitation care that Shepherd Center provides when patients and families need it most.

ShepherdConnect is a resource for both health plan participants and workers compensation-related cases. By partnering with Shepherd Center, people will have access to specialized medical treatment all in one place – including physical, occupational, speech and recreational therapy, as well as vocational rehabilitation when appropriate.

"Very few places like Shepherd exist," explains Shepherd Center Chief Strategy Officer Chet Bhasin, FACHE, MBA, MS. "We aim to help people get back to their communities."

A partnership with Shepherd Center offers a host of benefits to both employers and healthcare organizations.

"As healthcare gets more complex, more patients are seeking care outside of their metro area, and Shepherd Center is trying to be accessible for as many patients as possible," Bhasin explains. "This program will assist thousands of employers increase the access and quality of care for their covered lives. Our goal is to continually be a progressive source for care."

How Does it Work for Employers?

When an employee (or their dependent) of a corporation or organization that has partnered with Shepherd Center sustains a spinal cord injury or brain injury, has a stroke or experiences complications from multiple sclerosis, a Shepherd Center access case manager will provide a timely, on-site evaluation in the patient's acute care hospital anywhere in the United States. The access case manager will help arrange cost-effective and appropriate medical transportation to Shepherd Center. In some cases, Shepherd-provided housing is available for families of patients where both the patient and family live more than 60 miles from Shepherd Center.

EMPLOYERS ALSO CAN LOWER LONG-TERM HEALTH-CARE COSTS BECAUSE SHEPHERD CENTER:

- Helps patients return to their communities nearly 90% of the time.
- Helps reduce hospital readmission rates and costly transfers by using our on-site ICU specialized therapy in the same facility without the cost of a transfer.
- Helps patients be more independent when they return home.
- Continues to follow high-risk patients post-discharge.
- Helps patients return to work after rehabilitation.

Employees who complete rehabilitation and are able to return to work sooner may not need an extended leave covered by disability insurance or workers' compensation benefits, saving employers money. Expanding healthcare choice and offering additional value to existing healthcare programs can also help employers recruit and retain great employees.

"Shepherd was built from the ground up to serve patients who are typically working-age who have complex injuries and illnesses," says Shepherd Center's Senior Vice President of Corporate Development and Managed Care Mitch Fillhaber, "When they are injured, there are significant costs and lifestyle disruptions."

How Does it Work for Hospitals and Health Systems?

Hospitals and health systems who partner with Shepherd Center through ShepherdConnect will be able to provide specialized and experienced, post-acute rehabilitation care to patients with complex brain injuries, spinal cord injury, stroke and multiple sclerosis.

"The program offers an easy path to Shepherd Center for their patients' post-acute care," Fillhaber says.

HEALTHCARE LEADERS CAN PARTNER WITH SHEPHERD TO:

- Achieve optimal patient outcomes, including for those with the most complex cases.
- Help reduce costly hospital transfers and/or hospital readmissions.
- Give patients access to cutting-edge research and services.
- Support patients' quality of life once they return to your community.

Shepherd CONNECT

Patients treated at Shepherd Center are much less likely to be readmitted than patients treated in similar hospitals. Shepherd Center's data on discharges of patients covered by all payor types reveals a 5% readmission rate within 30 days after discharge. That figure is significantly lower than the 24.6% industry average readmission rate for facilities with similar licensure, based on publicly available data.

Corporations, organizations, hospitals or health systems that are interested in entering a partnership agreement with Shepherd through ShepherdConnect can call **404-350-7313** or email **connect@shepherd.org** to learn more. ✲

staff profile

GREGORY S. BROWN, PSY.D.

Clinical Neuropsychologist, SHARE Military Initiative and Complex Concussion Clinic

BY SARA BAXTER

Greg Brown, Psy.D., has had several different jobs throughout his career, but they've all had one thing in common: helping people. He started in his hometown of Alto, Georgia, working as a paramedic. Feeling he needed a change, he moved to Atlanta and became a research coordinator, before ultimately returning to school to study neuropsychology.

Since 2018, he's been working at Shepherd Center as a neuropsychologist with the SHARE Military Initiative, as well as the Complex Concussion Clinic.

Q: What exactly is a neuropsychologist?

A: At the core, we are clinical psychologists but as neuropsychologists, we specialize in understanding brain-behavior relationships. Our training goes further in understanding how the brain works, and what it means cognitively, emotionally and behaviorally in the presence of neurological illness and injury. Our primary role is assessment and testing of cognitive function. We can evaluate patients post injury/illness, look at their function – such as memory, problem solving skills, attention and language – and identify deficits and form a plan to address those deficits.

Q: How did you get interested in the field of neuropsychology?

A: This is really a second career for me. After spending 11 years as a paramedic, I relocated to Atlanta and worked with a psychiatrist as a research coordinator. That's when I became interested in brain health. I realized I wanted to be part of the patient's care team. Given my medical background, neuropsychology seemed to be a good fit.

Q: What is it like to work with SHARE clients?

A: It is an amazing experience. There is a challenge with the complexity of their history and injuries, but I like that challenge. I follow them from the beginning of their treatment at SHARE through discharge, and I love seeing them at their graduation ceremony – celebrating the progress they've made and all they've accomplished. I always feel as though they leave with a new sense of hope, and in the end, I receive hope as well. It's infectious and it motivates me every day.

Q: What is your favorite part of the job?

A: I wake up every morning and look forward to coming to work. I am surrounded by a great group of people in this area of expertise. I learn something new every day. I think it is the collective group of us that make a difference in our patients' lives. I get to be part of something bigger that is life changing for those we serve.

PHOTO BY LOUIE FAVORITE

Gregory S. Brown, Psy.D, is a neuropsychologist who works in the Complex Concussion Clinic and with the SHARE Military Initiative.

Q: Can you tell us about some of the exciting new things happening in your department?

A: The Department of Psychology and Neuropsychology has been growing to keep up with the service demands in all of the programs at Shepherd Center. We recently welcomed new staff on the ABI and SCI units, SHARE, and we are looking for more talent to join our team at Pathways. A number of our staff have been here a long time – Dr. Jill Koval celebrates her 30th anniversary this year, and Dr. Gary James just celebrated his 15th anniversary. Our goal is to meet the patient and family needs across all of our clinics and programs.

As for me, I have been seeing patients in both SHARE and the Complex Concussion Clinic. Each program is growing rapidly and it has been great to be a part of both. With the addition of our new rehabilitation psychologist in SHARE, I will be shifting more of my attention to the Concussion Clinic. However, I get to remain a part of SHARE in a consulting role.

INTERESTING FACTS

EDUCATION

Gainesville College and Argosy University

- B.S. in Psychology

Georgia School of Psychology

- M.S. and Psy.D.

Clinical Neuropsychology Internship at the Central Arkansas VA

Post-Doctoral Fellowship in Clinical Neuropsychology at Shepherd Center

OUTSIDE OF WORK

Dr. Brown enjoys spending time with his family – including his husband and two grown sons – and traveling and socializing with friends. He also serves as the consulting neuropsychologist for the Atlanta United soccer team.

WHAT MOST PEOPLE DON'T KNOW ABOUT HIM

Dr. Brown is actually quite handy and routinely takes on projects from "the small to the complex." He grew up in the North Georgia mountains surrounded by a large extended family, many of whom were in the construction business. He learned a lot from them and built his first house from the ground up at age 23. He also built a garden shed for his house in Atlanta.

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

Marie Vonderheyden and her mother, Cécile, are dedicated to training for Marie's Paralympic goals. *Right:* Vincenzo Piscopo is back at work at Coca-Cola.

GETTING BACK TO LIFE

Patients talk about returning to life and what they love after injury.

PHOTO BY LOUIE FAVORITE

Immediately following a major injury, picturing life afterwards – a joyful one that you can build for yourself – can seem so far away or unreachable. But it is possible. Two former Shepherd Center patients – Marie Vonderheyden and Vincenzo Piscopo – share their stories about how they designed their new normal and got back to what they love.

PHOTO PROVIDED COURTESY OF COCA-COLA.

FINDING THE WAY BACK

Vincenzo Piscopo relearned the basics in new ways to widen his world and help others on their journeys.

BY CHRISTY ROSELL

Vincenzo Piscopo, 52, has a warm personality with a matching grin, a combination that instantly turns strangers into friends. And once you're friends, call him Enzo.

A family man, he travels the world for his job and lives in Milton, Georgia, with his wife, Gabriela, and their four children. In addition to his day job, he and his wife Gabriela have gone from overcoming his own injury, sustained in 2010, to helping people around the world overcome their own obstacles. He and Gabriela founded Wheels of Happiness, a nonprofit organization that helps people with motor disabilities in underdeveloped countries. It all started in 2010.

THE FALL BEFORE HIS RISE

Like so many people with back pain, Enzo had a herniated disc.

"I would take medicine and do therapy, and it would go away," he says. "I was feeling great. My alarm went off, and I woke up to get ready for work. On the way to the bathroom, I had the most agonizing pain I could ever imagine, and it knocked me down. The pain was unbearable."

Emergency responders brought Enzo to his community hospital, where it was determined that his herniated disc had ruptured. He was transferred to Emory University Hospital in Atlanta for surgery to remove embedded shards from his spine. The surgeon said there was a 20 percent risk of paralysis.

"Optimistically, you never you think you'll be in that 20 percent," Enzo says.

Because of surgical complications, Enzo was paralyzed from the waist down. He transferred to Shepherd Center's Spinal Cord Injury Rehabilitation Unit, where he spent three months as a rehabilitation inpatient and continued outpatient therapy twice a week in Shepherd Center's Spinal Cord Injury Day Program.

"I ***will*** go back to work," he would say to himself repeatedly.

A RETURN TO WORK AND HOME

Enzo doesn't spend a lot of time focusing on what he can't do. He is quick to credit his family; the leadership team and colleagues at his employer, The Coca-Cola Company, as well as his Shepherd care team with helping him focus on what he can do.

To get back to work, Enzo and his therapists visited his workplace to retrace familiar territory in a wheelchair. He learned to drive with adaptive

For Vincenzo Piscopo, 52, relearning how to do things like dance post-injury were important to him and to his life with his family. From left, clockwise: Arianna, 14; Rafael, 22; Antonella, 19; Gabriela; Enzo; and Sabrina, 14.

FAMILY PHOTOS COURTESY OF VINCENZO PISCOPO AND TANNER FAMILY PORTRAITS

"They taught me how I could play baseball with my son," he says. "They taught me how to dance because dance was important for me and my wife. Shepherd is just an amazing place."

equipment with the support of Shepherd's Adaptive Driving Program. And, Enzo says an air travel tour and training session by Shepherd Center, in partnership with Delta Air Lines, was useful. Nine years after his injury, Enzo travels for both pleasure and business as often as he did before. He serves as the community and stakeholder relations director for The Coca-Cola Company.

He also learned to do things that may seem simple on the surface that would have a significant impact on his emotional state.

"They taught me how I could play baseball with my son," he says. "They taught me how to dance because dance was important for me and my wife. Shepherd is just an amazing place."

ASSISTING OTHERS ON THEIR JOURNEYS

While he was still in rehabilitation at Shepherd Center, Enzo met a priest from Uganda. Before his rehabilitation at Shepherd Center, the priest had been in bed for a year with little hope for the future. Fortunately, the priest was able to come to Shepherd for rehabilitation. With that encounter, Enzo decided he wanted to help meet others' medical needs.

Enzo and Gabriela founded Wheels of Happiness, a nonprofit that provides medical supplies and equipment, offers scholarships and funds mobility-related surgeries for people around the world, and Enzo says he is as happy as he's ever been.

"You don't have to measure your happiness based on how everybody measures their happiness," he says. "Happiness is that I can do things that make me happy, which may be different from friends who can walk."

To learn more about Wheels of Happiness, visit ***wheelsofhappiness.org***.

FIVE TIPS

Five Tips to Help You Get Back to Work

After his life-altering injury, Enzo Piscopo believed that "not going back to work was not an option." After nine years on the job since rehabilitation, he looks back to what helped him get back to work. Here, he shares his tips, which were partially physical, but mostly mental.

1 RESEARCH AND KNOW YOUR RIGHTS.

Enzo admits that he ignored some of what he considered the "boring" homework from his vocational therapist in his rush to return to his career a month earlier than he was supposed to. Because he hadn't taken time to review information about his Social Security benefits, there were some negative financial ramifications.

He also made some home modifications, but if he had taken the time to do some of that reading, he would have known that a vocational organization could have helped – and saved him money.

2 VISIT YOUR WORKPLACE AND MAKE ADJUSTMENTS.

While he was still in rehabilitation at Shepherd Center, Enzo visited his office at Coca-Cola's headquarters to retrace his routines in a wheelchair. "There was not that much that needed to be done," Enzo says.

His desk height needed to be repositioned so that his wheelchair could fit underneath. To allow easier navigation between his office, his boss' office and other important places, like the restroom, Enzo benefited from moving to a different cubicle. Also, some doors were difficult to open, so his therapist taught him techniques to open heavy doors.

3 KEEP TRYING.

"Driving was a very energizing change," Enzo says. "It was something that actually helped with my mental healing." But after his first driving lesson, he wasn't sure he wanted to continue.

"I thought, 'Oh My God, I don't think I'm going to be able to drive!' You're asking me to drive with my hands, but I'm programmed to drive with my feet. It was scary. The first time, I was very discouraged. I thought this is not going to be as easy as I thought it was. The second time was a little bit easier. The third time, the therapist from Shepherd says, 'You're ready to go!' I drove to work. That was the scariest thing I've ever done in my life."

4 CELEBRATE THE WINS.

Every challenge he conquered was a sign he was going to be OK. After he learned to drive, he gave his wife's friend a ride.

"It helped me continue fueling my energy to embrace this journey with a disability," he says. "I'm my driver, and I'm my kids' driver. It validated my belief and my family's belief that I could make it and do it and things were not only going to be OK, they were going to be great."

5 START WITH SMALL GOALS AND THEN WORK YOUR WAY UP.

"If you start thinking about the future – how are you going to do this and that – it becomes very overwhelming," he says. "Think about small goals and how those goals help you overcome."When he went back to work, it was about getting through the day.

"At the beginning, physically, it was a little bit tiring until my body got used to having to work long hours," Enzo says.

When he was ready, he began to travel. His wife accompanied him on a short trip to Miami and then to Ecuador. Later, a colleague asked if Enzo would travel to Dubai.

"I got a strange feeling," he says. "I got scared and nervous. My wife wouldn't be able to go. But the words that came out of my mouth were, 'Yes, of course.'"

Since then, he has traveled alone all over the world. It is as normal as taking his kids to school every day. "When I came back to work, I was ready," he says. "I wanted to get my life back."

"It's the thing I've done all my life. It's kind of cool not to feel different because I'm doing things I've done before."

— MARIE VONDERHEYDEN

A LOVE OF HORSES SPURS ON RECOVERY

Marie Vonderheyden trains for Paris 2024 Paralympic Games after rehabilitation for a brain injury she sustained in a fall.

BY DREW JUBERA AND CHRISTY ROSELL

A tall, striking figure in a black show jacket, Marie Vonderheyden navigates the arena with straight-backed confidence. Installed atop London Swing, a sturdy chestnut horse of Hanoverian breed, the 28-year-old looks like she was born to ride.

Marie, a former professional horseback riding champion, sustained a traumatic brain injury (TBI) on a bridle path. She has no memory of the accident, but it appears that she was riding the horse at a walking pace after a workout without a helmet. Something spooked the horse, who went down. So did Marie, but unlike the horse, she didn't get up.

EARLY RECOVERY

Trauma surgeons at St. Mary's Medical Center in West Palm Beach, Florida, performed several emergency surgeries, which saved Marie's life. After emerging from a minimally conscious state that lasted several months, she spent time in the intensive care unit. She could not speak, eat or stand, and she was paralyzed on the right side of her body. From there, she transferred to Shepherd Center to receive intensive therapy in the Brain Injury Rehabilitation Program.

"It's like another world that you suddenly belong to," says Cécile Vonderheyden, Marie's mom, on first coming to Shepherd. "You arrive the first day and say, 'That's not me.' But you see all the people around the patients, the pool, the gym, the therapeutic rooms, the track, the cafeteria, everybody saying, 'Hi.' I just fell apart upon arrival."

Marie had spent her whole life before the accident training to become a professional equestrian, and she approached her rehabilitation with the same intensity. She worked hard with her mother long after her daily therapy sessions were complete. She eventually regained enough strength to stand on her legs and put one foot in front of the other.

Marie shows Shepherd Center physician, Andrew Dennison, M.D., her progress since returning home.

PHOTOS BY LOUIE FAVORITE

OFFERING HOPE

How This Caregiver Offers Hope

Cécile Vonderheyden rushed from France to the United States when her 24-year-old daughter sustained a traumatic brain injury (TBI) in a horse-riding accident. Since the accident, she has focused fiercely on supporting her daughter, Marie Vonderheyden, as she works to regain independence. For others who find themselves supporting loved ones in rehabilitation, Cécile offers key points that have proved helpful during their journey.

1 REACH FOR YOUR GOAL.

Everyone's goals will look different. The mother-daughter team had one goal in mind for Marie from the outset – independence. Marie was paralyzed on the right side and had ataxia – tremors that affected her coordination – on the left side of her body.

"Be at their side as much as you can, trying to get them as independent as they can be," Cécile says. "It took me hours to clean her the way she used to clean herself. I would put something in her hand. I would do all those things for her, with her. It was her hand that was brushing her teeth or trying to eat."

2 GIVE POSTIVE CUES.

Cécile says talking, teaching and encouraging while helping with things like bathing, feeding, talking and walking helped Marie.

"I was always saying that she was going to be better, talking to her all day long, saying, 'It's going to work. You're going to be able to eat,'" she says. "I was stimulating her all day long with routine basic words and gestures. I was reproducing therapies, keeping her busy when she was awake."

Different forms of encouragement and communication work for different people, so check with your doctor and find what works for you and your loved one.

3 GET IN THE SADDLE.

Cécile says to focus on what makes someone happy. As soon as Marie regained strength to stand on her legs and put one foot in front of the other, she started hippotherapy and therapeutic riding at Chastain Horse Park, an Atlanta recreational therapy program recommended by Shepherd Center.

"She keeps going because she is happy around horses," Cécile says.

4 WALK, THEN TROT.

Marie spent four years focusing on intensive rehabilitation. Now, Marie's goals are different. She recently got classification to ride as a member of the U.S. equestrian team and trains to compete in the para-dressage event in the Paris 2024 Paralympic Games.

Her physician is Andrew Dennison, M.D., medical director of Acquired Brain Injury Program at Shepherd Center. At a checkup in spring 2019, he compliments Marie on how far she's come since being in Shepherd's inpatient program.

"You're so strong, pound for pound," Dr. Dennison notes. "You keep making progress. It shows what can happen when you work hard."

"Marie's spirit and determination and the amazing support she has received from her family have led to ongoing improvements far beyond those usually seen in similar cases of traumatic brain injury," Dr. Dennison says. "I and the rest of the team at Shepherd Center are very proud and blessed to be part of Marie's journey."

To Cecile, who's been by her daughter's side throughout and keeps asking Dr. Dennison relevant questions to try and further Marie's recovery, Dr. Dennison says, "You get the Mom of the Year Award."

A RETURN TO WHAT SHE LOVES

A huge piece of Marie's recovery for her and her mother was infusing Marie's therapy with something she loved – horses. Through Shepherd's Recreation Therapy Program, Cécile and Marie learned about Chastain Horse Park, which is a short drive from Shepherd Center. The accredited center offers therapeutic horseback riding to help people with disabilities improve cognitive, physical, emotional and social wellbeing.

The center also offers hippotherapy, a physical, occupational and speech-language therapy treatment that achieves functional outcomes or improvements in movement and speech. In hippotherapy, the horse provides a dynamic base of support, making it an excellent tool for increasing trunk strength and control, balance, building overall postural strength and endurance, addressing weight bearing and motor planning.

And hippotherapy and therapeutic riding is what helped Marie get her life back, Marie says.

"It's good," she says. "It's the thing I've done all my life. It's kind of cool not to feel different because I'm doing things I've done before."

To learn more about recreation therapy and hippotherapy at Chastain Horse Park, visit chastainhorsepark.org.

GETTING COMPETITIVE

After a lot of hard work and determination, Marie has regained function in her legs and is independent at home. While cognitive impairment creates challenges, she has her sights set on competing in equestrian sports once more.

With her mom's support, Marie moved back to Wellington, Florida, in spring 2019 to train at a higher level.

"We had to go on, find another way of life, so she started competition," Cécile says. "We started competing in January 2019 to give it a try here in Wellington, and Marie said, 'This is what I want to do.'"

Marie recently qualified to be part of the U.S. Para-Equestrian Dressage Team and is focusing on preparing for the Paris 2024 Paralympic Games. She currently is assessed as a Grade I, the grade reserved for riders with the

most severe disabilities, which means she must walk her horse in competition.

"Of course, she is frustrated to test at walking and not trotting and cantering," Cécile says. "Marie said to me, 'I don't want to stay in Grade I. My challenge is to go in Grade II; I don't want to stop.'"

At Grade II, Marie would qualify to trot and go faster in competition. With that goal in mind, she pushes herself to make progress with her recovery and continues to show signs of improvement even four years later.

Cécile says, "There's no limit. Everything is possible." ✲

To see Marie's progress toward the Paris 2024 Paralympic Games, visit marievdhparadressage.com or follow her on Facebook, Instagram and LinkedIn for updates.

Above: Shepherd Center physician, Andrew Dennison, M.D., examines one of Marie Vonderheyden's legs during a checkup. *Below:* Marie worked with horses at Chastain Horse Park during her recovery while living in Atlanta.

RECREATION THERAPY

Waterskiing, gardening, outings and more…

Research shows that productive and positive use of recreation time for someone with a disability increases overall wellbeing due to decreased medical complications, increased self-confidence and more social interaction.

Shepherd Center's Recreation Therapy department helps people living with a temporary or permanent disability lead healthy and active lifestyles through the use of recreation activities. Shepherd also refers patients to therapeutic recreation programs such as the one at Chastain Horse Park. Other examples of activities Shepherd Center teaches and hosts are scuba, paratriathlon, birdwatching, camping, golfing, tennis and waterskiing – just to name a few!

For more information, visit: shepherd.org/recreation-therapy

TENACITY AND FOCUS

From body builder to pageant queen, Marsha Schmid keeps moving forward.

BY MIA TAYLOR

PHOTOS BY PHIL SKINNER AND COURTESY OF MARSHA SCHMID

On March 30, 2011, Marsha Schmid headed to the chiropractor's office for what was to be a simple, routine adjustment. It was a visit like she had made at least 50 times before.

The 33-year-old Peachtree City, Georgia, resident was at the top of her game. She was the number one salesperson in the entire nation for her company, where she sold diabetic testing supplies.

Marsha was also a nationally ranked figure body building competitor, a sport that she had only recently taken up and quickly risen through the ranks. In addition to all of that, Marsha was a young newlywed and the proud mom of a 5-year-old son. By any measure, life was good.

"I was on top of the world," Marsha recalls. "Everything was just wonderful."

But on March 30, the trajectory of Marsha's life changed.

"I went into the chiropractor's office, and they did the typical thing they do – a neck twist," Marsha recalls. "But it didn't feel right. Afterwards my vision was blurry. And then, when I went out to my car, I called my husband and said 'I just don't feel good. I can't drive home.'"

A second neck manipulation was done, which dissected an artery to her brain and triggered a seizure.

The series of events that followed included Marsha being rushed to the emergency room of a small, regional hospital where she spent 12 hours. During that time, Marsha was still able to speak, but her speech was slurred.

"Unfortunately, the doctor on call did not diagnose what was going on," Marsha says. "And my mom had a feeling something wasn't right. After about 12 hours and lots of phone calls, she had me moved to Piedmont Atlanta Hospital."

There, in the Intensive Care Unit (ICU), Marsha's condition continued its decline. Soon, she could no longer speak and was slipping in and out of consciousness. She had had a stroke.

Marsha was paralyzed from the neck down and placed on a ventilator. She was no longer able to speak, open her eyes or breathe on her own.

Eventually, Marsha was stabilized enough to be transferred to Shepherd Center's ICU and later to an inpatient room, beginning what would be a determined journey to recover as much of her speech and movement as possible.

For the first year after her stroke, Marsha couldn't speak at all, nor could she move.

Slowly, however, she regained function on her left side. She eventually regained some function on her right side, as well, though it remains weak.

There were other important and memorable milestones during her time at Shepherd Center. For the mother of a young son, perhaps the most meaningful accomplishment early on was learning to bathe her child again.

"You take so much for granted in life, and that's one of those bonding activities for a mother and child," Marsha says.

Learning to swallow again was another hard-fought victory that involved a great deal of therapy. The first thing she was able to swallow on her own was pudding.

"I remember being so proud of myself, I took the container with me to save it," Marsha recalls.

After about six weeks, Marsha was discharged and returned to Shepherd Center in September 2011 for outpatient therapy.

Throughout all her treatment and rehabilitation, Marsha remained driven and determined.

"I have always been driven," Marsha says. "I was focused on doing the best I could and regaining as much function as possible. I wanted to defy the odds."

When it comes to stroke and recovery, Marsha notes, often the gains come and then there's a plateau. And that's when many people give up – after hitting the first plateau, she says.

"But you can't give up. You have to keep on and keep on," says Marsha, who's done exactly that.

These days, Marsha's life is busy, filled with a peaceful, happy rhythm that involves spending time with her son, volunteering, continued physical therapy and working out at a gym with a trainer.

Marsha also recently competed in the Ms. Wheelchair USA pageant, a competition that requires giving two different, three-minute speeches onstage in front of a panel of 12 judges, a live television audience of more than 100,000 viewers and a packed theatre audience. There were also several on-stage interview sessions throughout the competition for each contestant.

"I have always been driven," Marsha recalls. "I was focused on doing the best I could and regaining as much function as possible. I wanted to defy the odds."

For someone who spent one year unable to speak at all because her vocal cords would not close, delivering a speech was nothing short of remarkable – a major milestone in her determined journey.

"Even the most able-bodied people are afraid of giving speeches," Marsha says proudly. "It was a huge sense of accomplishment. I was able to ride onstage and give my platform speech in front of the whole audience and judging panel."

The speech she delivered that day was titled, appropriately enough, "Never Give Up," and Marsha was ultimately named first runner-up in the competition and was selected as Ms. Congeniality by her peers.

Less than 60 days later, when the winner resigned, Marsha was awarded the Ms. Wheelchair USA crown in September 2019. She now fills a role that will allow her to represent women with disabilities and serve as a spokesperson and representative for Ms. Wheelchair USA and The Dane Foundation.

"As I lay almost lifeless in that hospital bed, I never envisioned eight years later, I would have such an important role. I'm honored to represent the "differently-abled" community," Marsha says. "I wish to bridge the gap that often divides the able-bodied and disabled communities." ❋

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1. Shepherd Center Co-Founder Alana Shepherd and Marsha Schmid, Ms. Wheelchair USA. 2. Being an active participant around her son Troy's school has helped educate the next generation about inclusiveness. 3. Marsha's parents Carolyn and Don Bass were instrumental at the beginning of her recovery. 4. Marsha was awarded the Ms. Wheelchair USA crown in September 2019.

Shepherd Alums:

Where Are They Now?

BY PHILLIP JORDAN

Hannah Boulware

KENT, OHIO

As fall 2019 began, **Hannah Boulware, 23**, was getting to know the town of Kent, Ohio, where she's pursuing a master's degree at Kent State University.

"Yeah, it took about a day," she says jokingly of exploring Kent, population 29,662.

Talk with Hannah for a while, and you'll quickly realize she can deliver a good quip. "Yeah, sarcasm is my calling card," she says with a laugh. "Some might call it snarky."

There's more than snark, though, to this Shepherd Center alumna. There's also a lot of resilience. At 16, Hannah had a grand mal seizure at her high school and fell down three flights of concrete stairs, sustaining a traumatic brain injury.

From Children's Hospital at Erlanger, in her hometown of Chattanooga, Tennessee, she was transferred to Shepherd Center's inpatient Brain Injury Rehabilitation Program. She also did a longer outpatient stint at Shepherd Pathways, Shepherd Center's post-acute brain rehabilitation program. Hannah's greatest challenge was reclaiming her speech.

"I had word salad, hardcore," Hannah says of her initial time at Shepherd Center. "I couldn't string words together or find the right words I wanted to use. But that's why I loved my time there so much. They understood where I was coming from. They were patient. They had a plan, and we got work done, but they also went with the flow. It always felt like we were just hanging out. It didn't feel like I was in therapy."

One of her speech therapists, Jean-Marie Walters, M.Ed., CCC-SLP, even took her shopping to buy a wedding gift. "Of course, she made me talk to customer service to practice my conversation skills," Hannah says. "They never stop! But that's why they're so good at what they do."

And it's why Hannah is on her current path. After graduating with a bachelor's degree in psychology from the University of Tennessee at Chattanooga, she earned a fellowship to study rehabilitation counseling at Kent State. Her goal is to be a speech therapist. She hopes one day that will happen at Shepherd Center. "They changed my whole outlook on life," she says. "They helped me get to where I should be, so I want to help other people get to where they should be."

Hannah Boulware's goal is to become a speech therapist.

Nick Coltman

ANCHORAGE, ALASKA

World travel is in **Nick Coltman**'s bones. The **55-year-old** was born in England, then grew up in Australia and New Hampshire. While his family later settled in Atlanta, Nick ventured on to Alaska.

In 1992, he founded the alternative weekly newspaper *Anchorage Press* with his then-girlfriend and now-wife Maggie. When they weren't working on the paper, the couple was most likely traveling abroad. Or, Nick – an avid skier, rock climber and mountaineer – was seeking adventure outdoors.

Nick Coltman is a world traveler.

On a cold but sunny November day in 2000, Nick set out for a quick hike up Flattop Mountain, terrain just seven miles from his home. Near the summit, an avalanche wiped out the thin layer of icy snow below his feet, propelling him 600 feet down a steep, rocky gully. Rescuers airlifted him off the mountain. He was alive but hypothermic, with broken ribs, collapsed lungs and a T-8 to -9 spinal cord injury.

He arrived at Shepherd Center from Providence Alaska Hospital a few weeks later. In low spirits, Nick says he was quickly inspired by the progress he saw in others around him in the Spinal Cord Injury Rehabilitation Program.

"I've got this big turtle shell brace on and I don't know how to do anything," Nick recalls. "But you see people a few weeks down the road from you making progress. That makes a big difference. It gives you something to strive for."

Nick embraced his recreational therapy. He swam in the pool, played wheelchair basketball, and learned how to handcycle and shoot 8-ball pool. He credits his time at Shepherd Center for his return to Alaska – where snow seven months a year makes life difficult for people who use wheelchairs.

Since selling their newspaper, Nick and Maggie have run a furniture business and a tea shop, as well as invested in commercial real estate. And they're still traveling the world. Since 2000, Nick has visited 14 countries, several more than once. He even swam Australia's Great Barrier Reef.

"It's all thanks to the confidence I gained at Shepherd Center," he says. "I realized you can still do things you love. You just learn how to do them a bit differently."

Will Cotter

TALLAHASSEE, FLORIDA

Early in high school, **Will Cotter, 19,** became intrigued with the idea of pursuing a medical career. A longtime soccer player, he was plagued by knee and ankle injuries. At 14, he had already undergone his first knee surgery. He started thinking about becoming an orthopedic surgeon because he knew firsthand the impact they have on young athletes.

Then, on June 24, 2018, Will sustained a C-6 to -7 spinal cord injury diving off a dock into a Florida lake. The injury changed the course of his life in many ways, but it also gave him another chance to see a new field of medicine firsthand.

Transferred from Tampa General Hospital, Will arrived at Shepherd Center with no movement below the chest or in his hands. With the support of his family and care team in the Spinal Cord Injury Rehabilitation Program, he went to work. The progress was incremental. Twitches in one finger, then another. Then came the ability to pinch, squeeze and push.

As an athlete, he was frustrated by his body's new limitations. But his athlete's attitude proved vital.

"You're not given a lot of choice in this scenario," Will says. "So I thought about what I could control. And that was my mindset and how I responded to things. I tried to be positive and celebrate every little victory. You just have to focus on the things that fuel you. Because if you sit back and sulk, you're definitely not going to make any progress."

Six months after his injury, he started his first year at Florida State University (FSU), where he's studying neuroscience – a field he's become quite familiar with since his injury. This past summer, Will returned to Atlanta for additional physical therapy in Shepherd Center's Spinal Cord Inury Day Program.

Today, he's back out on the water as much as possible – whitewater rafting, fishing and boating. He and his girlfriend Victoria often play tennis. And, Will's trying to start a quad rugby team at FSU; it's a sport he fell in love with at Shepherd Center.

"It's all about pushing the limits of my injury and fueling that competitive spirit," he says.

Will Cotter is working to start a quad rugby team at Florida State University.

Mark Dixon

DOTHAN, ALABAMA

If you ever find yourself in "Lower" Alabama trying to track down **Mark Dixon, 71,** make sure you give yourself plenty of time. He and his fiancée Charlotte are as likely to be across the Chattahoochee River tending to Charlotte's horses, baling hay or harvesting pecans. Or they could be out planting new rows of Brussels sprouts, onions or broccoli in their garden. Or Mark might be on one of his mile-and-a-half walks, or chopping through his daily karate routine.

Mark Dixon loves living a life full of outdoor activities.

If you do track him down, look twice to make sure you've got the right guy. Mark's passion is colonial-era and Native American history, and you'll often find him taking part in historical reenactments. Ask for Mark at one of those events and someone might point you to a colonial townsperson shearing sheep or to a Muscogee Creek elder throwing a spear.

It's a full life that didn't seem likely in the weeks after his stroke in 2008, when doctors worked to save his life at Archbold Medical Center in Thomasville, Georgia. But his family held to the biblical promise that, "with God, all things are possible."

Eventually, Mark improved enough to enter Shepherd Center's Brain Injury Rehabilitation Program. While he worked on his long-term physical and mental rehabilitation, Charlotte regularly attended caregiver meetings at Shepherd Center.

"She'd come back from those with so many ideas," Mark says. "And she made sure I took them all back home – how to keep exercising, eating well, keeping my mind sharp."

Today, Mark stimulates his brain by trying his hand at writing short stories and historical fiction. One of his first works was an essay about how he and Charlotte met at the Georgia Museum of Agriculture – where he was the assistant curator when she first visited.

A year after their initial meeting, Mark writes: *"We were working the Folklife Festival [at the Museum]. I was shearing sheep, and she was dying wool. At lunch we had a meal cooked over a wood stove…. I had finally found my pioneer woman."*

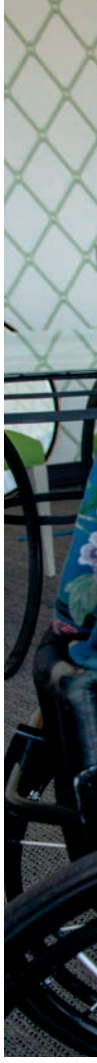
"I love the story, but I don't know about that title," Charlotte says teasingly. "I think he's just saying I walk around with stringy hair and dirt on my face!" ❋

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

Off to Work They Go

Shepherd Center's Vocational Services Department helps current and former patients return to work post-injury.

BY SARA BAXTER



It's a Wednesday morning at Shepherd Pathways, Shepherd Center's post-acute brain injury rehabilitation program, and vocational case manager Shelby King, MS, CRC, is overseeing a group of clients heading off to volunteer at MedShare — a non-profit organization in Decatur, Georgia that distributes surplus medical supplies to healthcare facilities in developing countries.

There they will spend the next two hours sorting and packaging hundreds of different kinds of medical supplies, all while practicing endurance, problem solving, decision making, finger dexterity and a host of other skills that may have been compromised due to their brain injury.

They are also practicing valuable skills they may need when they return to work.

This is just one of the ways Shepherd Center helps patients get back to work. Vocational Services — which along with King also includes Debbie Page, MS, LPC, CCM, vocational case manager at Shepherd Center's main campus — helps patients identify the challenges they may have in returning to work, practice problem solving and connect them to available resources in their communities.

"My mission is to let them know they have a future," says Page, who works with patients with spinal cord injuries, brain injuries and multiple sclerosis. "A lot of times they think they can't return to their jobs. But in many cases, they can."

Doctors must first refer patients to vocational services. Once they get a referral, King and Page get to work. They meet with patients to identify their goals, as well as a plan to reach them. They also look at job descriptions and discuss the challenges they may face — physical, cognitive or both — in doing those jobs and if possible, help identify strategies to work around any deficits.

For those with brain injuries, working at MedShare can be very helpful.

"It's a good way to see how they do in a functional environment," King says. "I observe them when they are working to identify any issues they are struggling with, and then we work with them when they return to Pathways."

She remembers one client who wanted to return to her job as a receptionist. King helped her practice taking calls and setting up appointments in the computer. For another client with word recall challenges, King visited her workplace, and identified a place where she could hang a list of words near her computer to help her with her word recall. She also set the client up with word recognition software.

"So much depends upon their injury, what they can do and what their goals are," King says. "Usually, no one client is the same."

One resource Page relies on heavily is the vocational rehabilitation services office in the patient's home state. These government organizations help people with disabilities find and/or maintain a job by providing adaptive equipment, job training and other assistance. Page connects her clients with the local office as soon as she can.

"Most people don't know these organizations exist," she says. "And every state has one."

When former patients are ready to return to work, the key is to get them back gradually to help build endurance, starting one day a week for a few hours, then a few days a week, and so on. Most employers require a doctor's sign off before they will allow the employee back on the job, and Page coordinates those items.

King and Page also role-played to help clients practice interviewing or talking to an employer about returning to work and asking for any necessary accommodations.

Page had one client with a spinal cord injury who she helped negotiate a gradual return, starting by working from home.

"We role-played how to speak to her employer to get them to understand what that meant." Page says she checked in every week, and they gradually increased her hours. Then she had a setback.

"She developed nerve pain which is generally an indication that you need to slow down," Page says. "So we pulled back her hours. She got back on track and she's now returned to her job fulltime."

> **"A lot of times they think they can't return to their jobs. But in many cases, they can."**
>
> **— DEBBIE PAGE, MS, LPC, CCM, VOCATIONAL CASE MANAGER**

There is always the possibility that some clients will not be able to return to the same job they held before their injury, and King and Page are ready for that reality as well.

"If they can't return to their jobs, we help them find alternatives," King says. "We explore other options, including retraining for a different job."

Shepherd Center's vocational services are available to patients even after they return home from Shepherd Center.

"People call me years after they were discharged if problems arise," Page says. "We are always here to help."

To contact Shepherd Center's Vocational Services Department, call Debbie Page at **404-350-7588** or email **deborah.page@shepherd.org**.

To make a gift to support vocation services, visit **give.shepherd.org**.

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1. Debbie Page, MS, LPC, CCM, vocational case manager at Shepherd Center, and Curran Brown, Shepherd Center peer support liaison, discuss how getting connected to her state vocational rehabilitation services office while in college led to her receiving tuition assistance, as well as equipment to modify her wheelchair so that she was able to participate more easily in her recreational therapy internship. 2. James Terry of Stockbridge, Georgia, and James Brennan of Charlotte, N.C., work a table at MedShare sorting medical supplies with Shepherd occupational therapist Megan Llyod, OT. Sorting and packing offer a chance to strengthen fine motor skills and executive functioning. 3. Shelby King, certified rehabilitation counselor and vocational specialist at Shepherd Center, (front left) leads a group each week in preparing materials that will be donated across the world. Clockwise: James Brennan of Charlotte, N.C.; Eric Ward, of Taylorsville, Georgia; Bryan Fountain of Conyers, Georgia; and Gigi Obregon of Atlanta say they enjoy the camaraderie and helping others.

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PHOTOS BY PHIL SKINNER

It's Like a Second Home

Beryl Waters has become a fixture at Shepherd Center, logging nearly 5,000 volunteer hours – so far.

BY SARA BAXTER

Dedicated volunteer Beryl Waters uses her knitting skills to spred smiles and warmth.

WHEN BERYL WATERS WAS GROWING UP in Hayes Middlesex, England, during World War II, she spent a lot of her early years in air raid shelters.

"To keep me quiet, my two older sisters taught me to knit when I was just four years old," she says.

As it turns out, that skill would prove valuable in putting smiles on hundreds of faces.

If asked, she'll proudly scroll through her phone to display picture after picture of Shepherd Center patients wearing hats she has knitted for them.

This started when she was spotted at the Shepherd Center Welcome Desk knitting a baby sweater. One of the Shepherd Center chaplains asked her if she could knit prayer shawls. She certainly could, she replied, as she had done it for her former church in Florida. She soon made a stack of shawls — all about five feet long each — and gave them to the chaplain. But she didn't like the idea of not knowing who was on the receiving end of her handiwork.

"If I didn't know who was getting them, I couldn't pray for them," Beryl says. "So I started delivering them myself."

Soon, she was fulfilling requests for hats to go along with the shawls. When it became too time consuming to make the shawls, she focused on just knitting hats. In the last two years, she estimates she has probably made 400 of them.

Knitting hats is just one of the jobs she has performed since she became a Shepherd Center volunteer four years ago, logging in nearly 5,000 volunteer hours since then. She does everything from clerical tasks to tending the Anna and Hays Mershon Secret Garden to serving as an ABI (acquired brain injury) Peer Visitor to filling in at the Welcome Desk, as needed.

"Beryl is an amazing volunteer," says Alaina Case, Shepherd Center's volunteer services coordinator. "She's such a positive person and gives so much, and she has really impacted the lives of others through her work here."

She became a volunteer at Shepherd Center almost by accident. After moving to Atlanta in 2014 from Palm Beach, Florida, to live with her son, she wanted something to do with her time. Living just two blocks from Shepherd Center, one day she was walking by and decided to stop in and see what it was all about.

"Right away I felt this ambience of hope when I walked through the doors," Beryl says. "I knew it was a place I wanted to be."

Beryl, 82, is no stranger to overcoming adversity herself. After divorcing from her husband — with whom she has twin sons — Beryl returned to school, earning an undergraduate degree, as well as an MBA, at East Carolina University. She started a career as a grant writer at the university, working in the department of biology.

While at work one day in 1993, she collapsed with a ruptured brain aneurysm. She quickly underwent surgery to repair it and had another one several weeks later. Despite not having rehabilitation or any caregiving help, Beryl recovered fully and returned to work. She retired in 1994.

Because of her experience surviving two brain aneurysms, she was asked to become an ABI Peer Visitor – part of a group of people who are brain injury survivors and serve as a resource for newly brain injured patients. She now visits regularly with brain injury patients at both Shepherd Center and nearby Piedmont Hospital, in addition to her other volunteer duties.

> **"Right away I felt this ambience of hope when I walked through the doors. I knew it was a place I wanted to be."**
>
> **— BERYL WATERS**

Beryl can be seen at Shepherd Center — somewhere — nearly every day. She gives tirelessly of her time, but does not see it as a job.

"Volunteering at Shepherd Center gives me a purpose," Beryl says. "It is like a second home to me, and I couldn't think of a better way to spend my time." ✻

PHOTO BY LOUIE FAVORITE

The Power of People

Georgia Power and Southern Company's longstanding dedication benefits Shepherd Center.

BY MIA TAYLOR

Longtime friends are some of the best friends. Fortunately, for Shepherd Center, the relationship between Georgia Power and Shepherd Center is one that stretches back several decades.

Over the years, the utility company and its parent company, Southern Company, have supported Shepherd Center and its mission, says Alana Shepherd, Shepherd Center's co-founder.

"Georgia Power has been supporting us for 40 years," Shepherd says. "They are an important part of our community support."

The utility provider, its employees and its nonprofit foundation have all been very generous.

Their support has come not only from the power provider on an institutional level, but also from its individual employees through Georgia Power's workplace employee-giving program, Club of Hearts.

Founded in 1953, Club of Hearts allows current and former Georgia Power employees to support organizations in Georgia communities. Employee giving is then matched by Georgia Power's foundation. Between 2014 and 2019, individual employee giving to Shepherd Center through Georgia Power's employee giving program has reached nearly $45,000.

"But then they go beyond that," continues Alana, who says one of the nicest things the company does for Shepherd Center and its patients is much more personal than money.

Georgia Power employees host a popular SEC championship watching party for Shepherd Center patients each winter.

The event was started by the utility company's employee resource group ADAPPT, which stands for Alliance of Differently-Abled People in Power (working) Together. The festive event has all the trimmings — catered food and a fully decorated auditorium at Shepherd Center.

"We have a phenomenal turnout," says Sunnie Hudson, head of Georgia Power's ADAPPT. "It's good to be able to treat families to a free hot meal."

Approximately 300 people attended the 2018 SEC Party where they enjoyed the delicious food and socialized with other patients and families. The fellowship experienced by patients and families is a highlight of the party.

"It's a great way for patients to be able to watch a game on a big screen together with other patients," Alana says. "Everyone is dressed in hats and t-shirts and it's a lot of fun."

Last year's SEC party was supported by about 20 volunteers from Georgia Power and was so successful that ADAPPT is committed to continuing it as an annual tradition, Hudson says.

"The services Shepherd Center provides not only to Atlanta but also to Georgia and beyond are extremely beneficial," Hudson adds. "We want to make sure that the organizations providing such important services to the community are thriving."

The SEC party is just one example of the level of dedication Georgia Power employees have shown Shepherd Center through the years.

"Georgia Power has a longstanding tradition with Shepherd Center," says Georgia Power's Chris D'Andrea, manager of volunteer services. "It's been part of our Club of Hearts program for as long as I can remember and I've been here 37 years."

According to Lindsey Vicente, philanthropy officer in the Shepherd Center Foundation, the example of giving has been set from the top of the organization. Former Southern Company CEO, David Ratcliffe, was a charter member of Shepherd Center Foundation's Board of Trustees. He also served as a co-chair for Shepherd Center's 25th Anniversary Campaign in 2000, which raised more than $65 million to expand the hospital's campus and grow its endowment fund. Georgia Power established the Georgia Power Vocational Services Fund during this campaign to support Shepherd's Vocational Services Program which helps Shepherd patients successfully return to the workplace post-injury or illness.

Georgia Power's employee resource group ADAPPT hosted an SEC championship game watching party for about 300 people at Shepherd Center in 2018.

PHOTO COURTESY OF GEORGIA POWER

> "Georgia Power believes in building strong communities. We support organizations like Shepherd Center to touch thousands of lives across Georgia."
>
> — MIKE ANDERSON, SENIOR VICE PRESIDENT OF CHARITABLE GIVING FOR GEORGIA POWER

And the support only continues to grow. The team provided financial and volunteer support for Shepherd Center's Therapy in the Park event. Held annually in Atlanta's Piedmont Park, the event presents patients with opportunities to learn and practice adaptive outdoor activities, and other important skills they need to stay active and engaged in their communities when they return home.

Mike Anderson, senior vice president of charitable giving for Georgia Power, says giving back in so many ways is part of fulfilling a longtime promise of Georgia Power.

"Georgia Power believes in building strong communities. Since 1883, Georgia Power has remained steadfast in its mission to improve the same communities it calls home for its customers, employees, neighbors and friends," Anderson says. "We support organizations like Shepherd Center to touch thousands of lives across Georgia by addressing a variety of community, family and individual needs. Our employees devote themselves to not only providing the best electric service but also enriching the lives of their neighbors and communities."

Read more about Shepherd Center's Vocational Services Department on page 18. To learn about how your organization can be involved in corporate giving to benefit Shepherd Center, contact Ellen Perry at **ellen.perry@shepherd.org** or **404-603-5172.**

SUMMER IN THE CITY Atlanta 2019

CELEBRATES 10TH ANNIVERSARY

BY ERIN SCHUSTER AND ROBIN YAMAKAWA | PHOTOS BY WILLIAM TWITTY PHOTOGRAPHY

SUMMER IN THE CITY, held July 24, was the can't-miss event of summer 2019 in Atlanta. This year, the annual food and wine pairing event celebrated its 10th year and raised more than $165,000.

The event was held at one of West Midtown's newest event venues, The Fairmont, with more than 700 guests. Summer in the City's Host Committee, and Presenting Partner National Distributing Company, Inc., provided a night filled with fine wines, cocktails and tasty bites from the best restaurants in Atlanta.

"Everyone seemed to genuinely be having a great time," says Marisa Howell, event chair of Summer in the City 2019. "Having such positive feedback onsite about the event was one of the highlights."

With 18 chefs, more than 45 wine selections and four of Atlanta's best mixologists, there was something for everyone. Sponsors also had the opportunity to sample gourmet dishes from Chef Philippe Haddad of Cape Dutch. Guests sampled delicious cuisine while being entertained by DJ Geoff Pettit. In addition to the delicious fare, attendees tried their luck at ring-around-the-rosé and snagged some remarkable raffle items, such as a Road Atlanta Experience, a private dinner for six catered by Legendary Events, and a Big Green Egg.

Shepherd Center Foundation is grateful to the sponsors, volunteers, vendors and guests for being a part of Summer in the City 2019. Their support helps improve the quality of life for patients and families. The Shepherd Center Foundation also expresses its gratitude to Marisa Howell for making the event a huge success.

"The committee deserves all the credit," Marisa says. "They work so hard and all of the members truly care about Shepherd Center."

Proceeds from the event will benefit Shepherd Center's Andrew C. Carlos MS Institute. The MS Institute also includes the Eula C. and Andrew C. Carlos MS Rehabilitation and Wellness Program that provides treatment, education and wellness interventions to individuals with MS and other related diagnoses. ❋

For information about Summer in the City 2020, contact Erin Schuster at 404-350-7304 or erin.schuster@shepherd.org.

Chef Philippe Haddad of True Story Brands' South African-inspired steakhouse Cape Dutch Braai + Bar was one of the featured chefs who created delicious bites for the event.

Featured CHEFS

ADALINA
JOSH HOPKINS

AIX/TIN TIN
NICK LEAHY

ARNETTE'S CHOP SHOP
STEPHEN HERMAN, JOE MACY, MATT SWICKERATH

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CAPE DUTCH
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TIN TIN
NICK LEAHY

TRUE STORY BRANDS
JUSTIN ANTHONY

VINO VENUE
PATRIC GOOD & TRAY HERREN

THIS YEAR, *the annual event raised more than* **$165,000**

1. Laura Garrison; Louis and Lizona Jones; Henry Skoog; Kathie Neyman; and Sarah Batts, MBA, executive director of Shepherd Center Foundation enjoy the evening. 2. Sarah Morrison, PT, MBA, MHA, Shepherd Center president and CEO and Ben Thrower, M.D., medical director of the Andrew C. Carlos Multiple Sclerosis Institute at Shepherd Center support Summer in the City. 3. Guests tried their luck at ring-around-the-rosé to win a bottle to take home. 4. Summer in the City host committee members Virginia Porter, Meredith Kingsley and Matt Kingsley, along with event chair Marisa Howell.

SUMMER IN THE CITY Atlanta 2019

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PROJECT ROLLWAY

Features Shepherd Center's Youngest Patients

In its seventh year, Project Rollway continues to support the hospital's Adolescent Rehabilitation Program.

BY DREW JUBERA

When Jami Bassett, 17, from Springfield, Georgia, participated in Project Rollway three years ago, she was still in the inpatient stage of Shepherd Center's Adolescent Spinal Cord Injury Rehabilitation Program.

A rising high school sophomore, she was in a car crash where she sustained a spinal cord injury and paralysis from the waist down. She wasn't sure what the future held. But when she saw former patients from the adolescent spinal cord and brain injury rehabilitation programs roll and walk down the runway, she said it took all that away and made her believe that anything was possible.

Jami's goal after that was to step across the stage to accept her degree from Effingham County High School.

She did that on May 25, 2019. She now plans to attend Ogeechee Technical College, in Statesboro, Georgia, to study radiology.

On Friday night, June 21, 2019, as lights flashed and music blared inside a transformed Livingston Gym, Jami returned to Shepherd Center to model again. This time, she walked down the runway — aided by forearm crutches and with a hand from event co-chair Ashley Kim, MPT, ATC — before a sold-out crowd.

"I just don't want to trip," she said jokingly before the show. "If I do that, it's game over."

Project Rollway, an annual event hosted every June by the adolescent rehabilitation team, is at once reunion, celebration of milestones and affirmation of all the hard work put in by patients and staff. Proceeds help support fun outings and special events for Shepherd Center's youngest patients, as well as programs that keep patients' education on track and ensure a smooth transition back to their communities.

Fashions are provided by local and national retailers, including Banana Republic, Dapper Attire, Elk Head Clothing, The London Trading Company, Megan Huntz, Patagonia and Reboundwear®.

Models for Project Rollway's seventh edition included 20 adolescents who are currently in or have previously participated in rehabilitation for spinal cord or brain injuries — or both — at Shepherd Center. Models represented a half-dozen states and updated the audience on their plans for the future, including enrollment at colleges such as the University of Texas, University of Tennessee, University of Georgia and Elon University, among others.

For many of Shepherd Center's therapists, catching up with former patients is a yearly highlight.

"This is why I do what I do," says Sarah Leonard, PT, DPT. "This is what Shepherd is — the after."

Former patients caught up with each other backstage, and others visited current patients to provide support and encouragement.

Before the show, while visiting the fourth-floor room he lived in during his inpatient stay at Shepherd Center, Camden Lang, 15, from St. Mary's, Georgia, spoke to a young patient recently admitted to the adolescent spinal cord injury rehabilitation program.

"I told him when I first came here, I didn't think this day would come," says Camden, who sustained a spinal cord injury when a car hit a disabled golf cart he was pushing by the side of a road. "I told him to keep his head up, that it was OK to be upset, but don't stay upset."

Camden says the adolescent rehabilitation program "helped all of us emotionally, as well as physically. We all supported each other."

Project Rollway was also an emotional night for parents.

"This is our family," says Mark Lang, Camden's father, of Shepherd Center. "Everybody here was so loving and caring and aggressive in helping Camden."

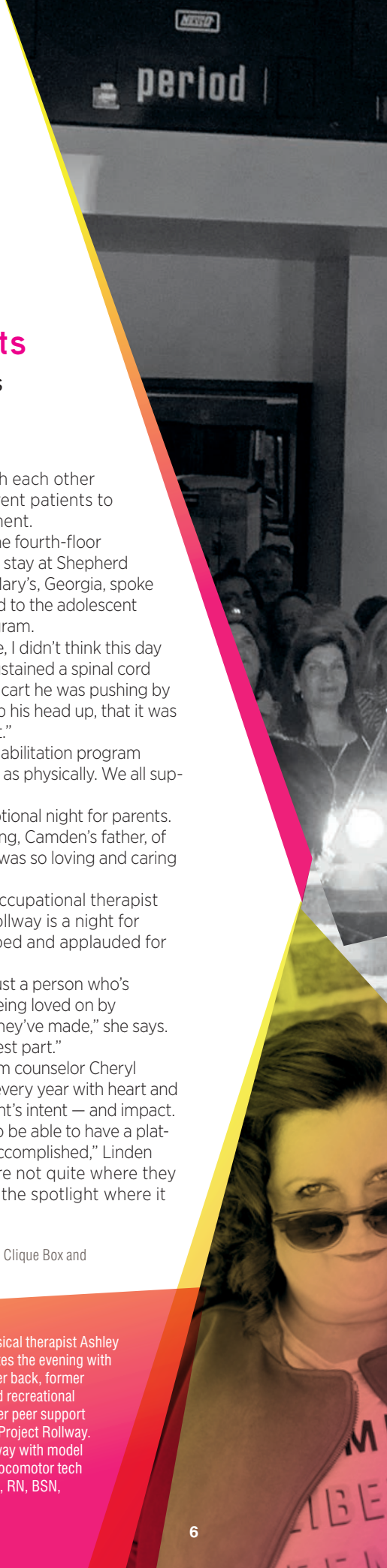
Katie Kimball, MS-OT, OTR/L, occupational therapist and event co-chair, says Project Rollway is a night for the models to be pampered, primped and applauded for simply being themselves.

"They get up there and they're just a person who's dressed up, looking beautiful and being loved on by 400 people who see the progress they've made," she says. "It's an extension of my job — the best part."

Adolescent rehabilitation program counselor Cheryl Linden, LPC, OT, emcees the event every year with heart and humor. And, she knows well the event's intent — and impact.

"We want these young people to be able to have a platform to show you what they have accomplished," Linden says. "To give hope to those who are not quite where they are, and for a brief moment, be in the spotlight where it is all about them." ✻

Photos courtesy of LifeShine Photography, The Clique Box and Drew Oswald Photography.



1. Jami Bassett rocks the rollway with physical therapist Ashley Kim, PT, ATC. 2. Mak Yost, center, celebrates the evening with Project Rollway model Joseph Hooper, center back, former Project Rollway model Amelia Holley, left, and recreational therapist Katie Ferrell, right. 3. Shepherd Center peer support liaison Curran Brown strikes a pose at her first Project Rollway. 4. Megan Canale, PT, shares a laugh on the rollway with model Boston Smith. 5. Jami Bassett catches up with locomotor tech Kevin Borgella before the show. 6. Tammy Camm, RN, BSN, models the latest styles at Project Rollway.

"They get up there and they're just a person who's dressed up, looking beautiful and being loved on by 400 people who see the progress they've made."

— CHERYL LINDEN, LPC, OT, ADOLESCENT REHABILITATION PROGRAM COUNSELOR

Birthday Gift Benefits SHARE Military Initiative

Bernie Marcus' milestone birthday bolsters Shepherd Center's SHARE Military Initiative.

BY ROBIN YAMAKAWA

In June 2019, hundreds of family members, friends and colleagues gathered to celebrate the 90th birthday of The Home Depot Co-Founder and philanthropist Bernie Marcus. Together, they pledged more than $117 million to Atlanta organizations in his honor.

Marcus designated four organizations close to his heart to be beneficiaries of his birthday celebration. Fortunately, Shepherd Center's SHARE Military Initiative was among them. SHARE has since received several gifts from the community dedicated to SHARE – a comprehensive rehabilitation program that focuses on assessment and treatment for active duty or separated service members who have served in the U.S. military since September 11, 2001. The program helps service members 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.

"If we properly heal and transition our Veterans, we will heal our nation," Marcus says. "I want better lives for those who have sacrificed themselves for us in our nation's great military. There can't be too many places, or too much care, for those heroes to find better mental and physical health."

GIFTS FOR GROWTH

Those making a gift in Marcus' honor could spread their gift among the designated organizations – Grady Health System's Marcus Stroke & Neuroscience Center, Georgia Aquarium, Shepherd Center's SHARE Military Initiative and the Marcus Autism Center, which is now part of Children's Healthcare of Atlanta. Or, donors could earmark it for the cause that resonated the most with them, says Jon Roxland, MBA, director of philanthropy for the Shepherd Center Foundation.

"There has been a wonderful amount of commitments coming to SHARE, and that's going to allow the program to not only sustain for many years, but also to grow," Roxland says. "We plan to grow in terms of the numbers of people we serve and also in services offered. That's what we're most excited about."

SHARE currently meets veterans and active duty service members' needs in several ways with access to specialized medical treatment and services. Most clients participate in the full 10- to 12-week day program, while others utilize single-service outpatient programs.

Prior to this year, the program has been able to serve about 50 clients per year. Now, SHARE hopes to double its reach, Roxland says.

Program expansion plans include developing a program for service members who have substance abuse issues, as well as developing an even more comprehensive family and caregiver support program. According to Roxland, family involvement is often a big part of clients' treatment plans.

WHY SHEPHERD?

"Bernie Marcus and The Marcus Foundation have been some of Shepherd Center's largest benefactors since our beginning," Roxland says. "We are able to do so much and help so many patients because of Bernie Marcus, his family and The Marcus Foundation."

Part of the support from the Marcus family can be seen in the Billi Marcus Building on Shepherd Center's campus. It opened in 1992 and doubled the hospital's size, allowing Shepherd to expand its outpatient services.

Billi and Bernie Marcus are long-time supporters of Shepherd Center.

According to Marcus A. Ruzek, senior program director of The Marcus Foundation, Bernie Marcus and the Shepherd family have been close for years, and Shepherd Center has always held a really special place in Bernie Marcus' heart.

"What Bernie has done with Shepherd Center over the years and what the Shepherd Center has been to the Atlanta community and the southeast region is unmatched," Ruzek says of the decision to make Shepherd Center a beneficiary of Marcus' celebration.

Ruzek says going on a Shepherd Center tour in the 2000s – and meeting a veteran who received treatment at the hospital and whose life changed for the better because of it – left a big impression on Marcus.

"In 2008 it became better known that the signature injuries of the global war on terrorism are these invisible wounds – traumatic brain injury, post-traumatic stress and mental health conditions – he and the Shepherds spoke and they said, 'We've got to do something.' They got together and created the SHARE Military Initiative. Ever since, it's been very successful."

TO BETTER SERVE THOSE WHO SACRIFICE

SHARE's impact also has created ripples beyond Shepherd Center. According to Ruzek, SHARE's growth has laid the groundwork for Marcus to invest on a larger scale.

In January 2019, Bernie Marcus launched the Avalon Fund, which is a national movement to start a clinical network of 10 or more traumatic brain injury centers like the SHARE Military Initiative across the country.

"Shepherd Center is where it all started," Ruzek says. "It's really exciting that about a decade ago, Bernie really learned about this issue and together, he and Shepherd Center created the SHARE Military Initiative, and started the solution. Going forward, The Marcus Foundation is invested in replicating and scaling that solution."

To learn more about the services and treatment program options provided through SHARE, visit **shepherd.org/share.** ✲

Shepherd Center Cup golfers enjoy the day at Cherokee Country Club.

PHOTO BY WILLIAM TWITTY PHOTOGRAPHY

Shepherd Center Cup is a Hole in One for Patient Family Housing

BY MARY BETH HELLMAN

On September 9, 2019, more than 260 sponsors, golfers and volunteers gathered at Cherokee Country Club for the 36th Annual Shepherd Center Cup. This year's tournament was planned by the Shepherd Center Cup Committee, led by Andy Vance of the Novare Group. The event brought out many familiar faces, as well as new participants, bringing the total number of golfers to a record-breaking 240.

Thanks to Presenting Sponsors Amerisure Insurance and Choate Construction, along with the other tournament sponsors, more than $280,000 was raised in support of the Delores Ann and Goodloe Yancey Patient Family Housing Program, which provides up to 30 days of housing to families of newly injured rehabilitation patients, if both the family and patient live more than 60 miles from the hospital. Families may use one apartment for up to 30 days. This time period can be used all at once or occasionally, as needed, during the inpatient stay.

On the day of the golf tournament, Shepherd Center Cup players and guests had the opportunity to hear from Eddie Richardson, father of a Shepherd patient, about what Shepherd Center Family Housing has meant to his family. Being from Alabama, Richardson says that the on-site housing was crucial. It allowed his family to be nearby to support their loved one through rehabilitation at Shepherd Center. Families who stayed in the Irene and George Woodruff Family Residence Center also wrote testimonials that were given to Shepherd Cup golfers to show them the difference their support makes.

After a sunny day of lunch and golf, all gathered to enjoy a reception with a silent auction, a raffle, and plenty to eat and drink. Winners were announced and the evening concluded with remarks from tournament chairman Andy Vance as well as Shepherd Center President and CEO Sarah Morrison, PT, MBA, MHA.

The 2020 Shepherd Center Cup will be held on September 21, 2020. ❋

For more information on supporting the Shepherd Center's Family Housing Program, please contact Mary Beth Hellmann at **marybeth.hellmann@shepherd.org** or **404-603-5168**.

Shepherd Center Cup Chairman Andy Vance, far right, poses with his winning group.

Shepherd Center Cup Sponsors

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JCC Maccabi Games

BY KAITLYN LONG

The 2019 JCC Maccabi Games hosted more than 1,200 youth athletes from across the globe competing in Olympic-style sporting events in Atlanta! This year, the Maccabi Games, held from July 28–August 2, partnered with Shepherd Center.

The teenage athletes who competed in the games decorated beautifully painted ceiling tiles to hang in Shepherd's therapy gyms so patients have artwork to enjoy as they work hard with their therapists. They also created care packages for families staying in the Irene and George Woodruff Family Residence Center at Shepherd Center.

Attendees had a chance to see a demonstration of wheelchair basketball from members of the Shepherd Stealers team. Thank you to all of the participants and volunteers that made this event possible! ✻

1. JCC Maccabi athletes, who were visiting Atlanta from around the world this summer, got the chance to see the Shepherd Stealers basketball team in action during a demonstration wheelchair basketball game.
2. Shepherd Stealer Rafael Rodriguez and an athlete from Israel played in the demonstration game.

RPM 9/11 Race

BY KAITLYN LONG

On Sunday, September 8, 2019, hundreds of runners, walkers and spectators gathered at the Ryan P. Means American Legion House at Chastain Park for the RPM 9/11 Memorial 5k Race. The race is held each year in honor and memory of Ryan P. Means, a member of the U.S. Army's Special Forces Unit who passed away due to illness during a deployment in Iraq in 2009.

The 5K race is hosted by Ryan's family and all proceeds will benefit Shepherd Center's SHARE Military Initiative, a comprehensive rehabilitation program that focuses on the assessment and 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. This year's race raised more than $125,000. ✻

Juli Owens, Shepherd Center Board of Directors member; Shepherd Center supporter Gardiner Thompson; Cougar Clifford, a former patient; and Colleen Clifford, Cougar's mother, stop for a photo at the race event.

PHOTOS COURTESY OF JCC MACCABI GAMES AND STAFF

Gratitude for Patrons

2019 Patron Party celebrates generosity of sponsors of The Legendary Party.

BY KAITLYN LONG

The 2019 Patron Party was held at the home of Neda Barqawi and Khalid Hamied on Thursday, September 26. The annual event is held to thank all sponsors of The Legendary Party, which this year was chaired by Janie Fickling Skinner, and took place Saturday, November 2, 2019. The Patron Party had more than 150 guests who enjoyed specialty cocktails and a Japanese-inspired menu from Legendary Events. This year, all funds raised from The Legendary Party will support Shepherd Center's Recreation Therapy Program.

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

1. Dan Skinner; Janie Fickling Skinner, 2019 Legendary Party Chair; and James Shepherd with Patron Party hosts Khalid Hamied and Neda Barqawi celebrate at the 2019 Patron Party. 2. Legendary Party Chair-Elect Melinda Dabbiere and David Dabbiere enjoy the Patron Party. 3. Cathy Tucker, Mary Beth Gibson, Janie Fickling Skinner, Paula Murray and Lisa Martin pause for a photo together at the Patron Party.

PHOTOS BY BEN ROSE

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SHEPHERD CENTER FOUNDATION

Fill your 2020 calendar with Shepherd Center Foundation events!

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24 APRIL

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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 May 1, 2019 and August 31, 2019.

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Helen Aderhold
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Shepherd Center staff and patients visited Gas South at the end of September 2019 to proudly accept a $50,000 Impact Investment in support of our Adolescent Patient Program. In addition to this gift, Gas South has been supporting Shepherd through a partnership with the Buckhead Coalition since 2013, with the company's total giving growing to more than $125,000 in funding and numerous volunteer hours in support of our adolescent patients and families.

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Kusum Desai—my loving Grandmother
Ms. Ushma Desai

Floy Rogers Dunham
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Ellen Fleming
Mrs. Gloria Dobbs Cowart

Thanks to our friends at Andee's Army, patients in the Adolescent Rehabilitation Program celebrated homecoming at Shepherd Center with a week full of activities that spread school spirit throughout Shepherd Center. The week began with a t-shirt tie-dying session, continued with a fall festival and ended with a dance under the stars in the Anna and Hays Mershon Secret Garden.

Marc Friedenthal
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Clayton and Gwen Limmer — Life and Passing of both. In addition to Clayton's military service
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James Jenkins — For his previous army service
Ms. Florenda Sylvester

Tessa — The goodest girl
Ms. Janet Abercrombie

Truman and Deanne and Danny Marwitz — Life and memories of their friendship
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PHOTO BY HEATHER HERCHER

Atlanta Falcons Luke Stocker, Matt Bosher and Matt Schaub stopped by Shepherd Center during their #ATLHometownHuddle! The NFL/United Way "Hometown Huddle" is an NFL-wide day of service.

HONORARIUMS

Honorees are listed first in bold print followed by the names of those making gifts in their honor. This list reflects gifts made to Shepherd Center between May 1, 2019 and August 31, 2019.

Vanessa Angulo's new baby
Ms. Stacey Yancey

Pfc William Ankenbrand, USMC, WWII — 95th Birthday
Jean Ryan

John Anschutz's Retirement
Mr. Dean Melcher

Dr. David Apple — Thank you for 44 years of incredible service to Shepherd Center
Mrs. Sarah Morrison

Jane Apple's Birthday
Mr. William S. Murphy, Jr.

Cyndae Arrendale's Birthday
Mr. and Mrs. Peter J. Morelli
Mr. and Mrs. Steve A. Williams
Mr. and Mrs. Jeff Willis

Alex Bach
Anonymous

Erica Haselton Baggett
Anonymous

Cindy Pryles and Mark Bainbridge's marriage
Ms. Jan Young

Marla Bennett's Birthday
Mr. and Mrs. Thomas J. Bennett

Anna Berry
Ms. Ilene Engel

Dr. Brock Bowman and his team
Dr. David F. Apple, Jr.

Steve Brooks
Mr. Stephen Lore

Jessica K. Burrell
Mr. and Mrs. Steven M. Burrell

Cole Burton
Dr. David F. Apple, Jr.
Mr. Ricky Bryant

Emily and Beth's marriage
Dr. David F. Apple, Jr.

John and Elaine Carlos
Mr. and Mrs. Ken Rickert

Tom Carr — Congratulations on Award
Dr. David F. Apple, Jr.

KP Cassidy
Ms. Darlene Cantey

Sara Chapman
Mr. and Mrs. James J. Bynum III

Tim and Shirley Condrey's Birthday
Mrs. Elizabeth A. Condrey

Sallee Coss' Birthday
Mr. Reed Coss

Jill Cothron
Mr. and Mrs. Wayland K. Cothron

Jeremy Cronin
Mr. and Mrs. Saul S. Kimmel

James Curtis
Mrs. Cecile M. Jones

David and Melinda Debbiere
Mr. and Mrs. Robert Gerdes
Mr. and Mrs. Jim McDonald

Tony De Vita — Shepherd's Men Run 2019
Jay Allen
Ms. Gena Barbato
Mr. Daniel Boland
Mr. Michael Borchers
Mr. Matthew Brown
Mr. Andrew Cundiff
Mr. Ragan E. DeFreese
Mr. Travis Doyle
Ms. Leah Dubberly
Ms. Charlene Dunaway
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Mr. Timothy Wilschetz
Ms. M. Elizabeth Woodward
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Ms. Felicia Voloschin

Disabled Veterans
Mr. Seth Napel

Jennifer Douglas — Great care for Harold
Dr. David F. Apple, Jr.

Emily Fletcher Driver
Dr. John D. Fletcher

Michael Dunham
Mr. and Mrs. Gerald Driver

Brian Dupree
Mr. Patrick Redfern

Kyle Duran
Mr. and Mrs. Gary Elg

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

Travis Ellis — Shepherd's Men 2019
Mr. Andy Santi

Heather Fleming
Mr. and Mrs. Gilbert S. Firth

Kacey Floyd
Mr. and Mrs. Travis N. Fulk

Troy Foster
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Rhalda and Harvey Friedman's Anniversary
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Laura Gillespie and Terry Hunt's Marriage
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Ms. Mary J. Myers

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Eric Hauser — Shepherd's Men Run 2019
Mr. Benjamin Duell

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Chris Hutton — Shepherd's Men 2019
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Susan Johnson – Shepherd Cares Excellence
Dr. David F. Apple, Jr.

Emily and Richard Jordan's Marriage
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Susan and John Kendall
Ms. Victoria Hood

Susan Kendall
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Augusta University College of Nursing

Dr. Amy Kolavora and Team
Dr. Michael Link

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Mr. and Mrs. Ben Arogeti

David Kreutz — Educating SC Therapists regarding seating
Dr. David F. Apple, Jr.

Deborah Krotenberg
Ms. Miriam F. Beckerman

Steve Kuranoff's Birthday
Mr. and Mrs. Steven J. Labovitz

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Pathfinders Christian Church

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Dr. Michael Link
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Kaitlyn Long — Good job on Shepherd dedication
Dr. David F. Apple, Jr.

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1st Sgt Walter Marques — In recognition of your service to our Country and in honor of your retirement
Anonymous

Matthew
Mr. Brian Roberts

Staff from Shepherd Center's Spinal Cord Injury Rehabilitation Program recognized Spinal Cord Injury Awareness Month in September.

Victoria Middleton
Ms. Nancy W. Sutton

Dr. Dorothy Mitchell-Leef's Birthday
Mr. and Mrs. Carleton F. Allen
Mrs. J. Harold Shepherd
Marilyn and Josh Shubin

Col. J. Harry Mobley, USA Retired
The Roderick S., Flossie R. and Helen M. Galloway Foundation

Caroline Moore
MSN-CLN class of 2019 nursing students at Augusta University College of Nursing

George Mori
Mr. and Mrs. Martin M. Pollock

Kelly Moore Williams
Mr. and Mrs. Frank F. Moore

Penny Morrison-Ross
Dr. David F. Apple, Jr.

Ryan Narramore
Anonymous

Kristin Ndiaye
Dr. David F. Apple, Jr.

Kim Pearson
The Lawler and Nicholeris Families

Melissa Pierce — Thanks for your help
Dr. David F. Apple, Jr.

Zachary Poss
Mr. and Mrs. E.T. Laird

Brian — Thank you
Ms. Tori Beattie

Alex Rosenberg's Birthday
Ms. Laurie Botstein

Hamano Ross
Ms. Wanda H. Ross

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Mickey Shepherd's Birthday
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Rebecca Shaw Shepherd's Birthday
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Stephen Shepherd's Birthday
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Elyse and Gabe Shivers
Mr. and Mrs. Randy Cobb

Janie Skinner
John and Melissa Merlino

Gary Smith and Gaile Toro's Marriage
Mr. and Mrs. Rusty Aubrey

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Ms. Anita Lewis

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Ms. Ann Starnes

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Al and Joanne Burgess

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Ms. Karin Colozza

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Ms. Luanne Smith

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

Stephan Tobias
Koda-Trescot Fund

Rev. Scott Tucker
Spina Bifida Association of GA

Wesley Allen Varda
Mr. and Mrs. James W. Varda

Lolly Venair — Great job on Derby Day
Dr. David F. Apple, Jr.

Lindsey Vicente — Great Dobbs event!
Dr. David F. Apple, Jr.

Becky Washburn — Good job on the pool renovation
Dr. David F. Apple, Jr.

Lawson Williams
Ms. Mary Williams

Chip Williams' Birthday
Anonymous

Chip and Krissy Williams for all their work with Shepherd's Men
Anonymous

Price Woodward
Mr. Matthew McBride

Robin Yamakawa — 40 for 40
Ms. Kathleen Gosden
Mr. Sreejayanth Kidambi
Ms. Anna Wanandi
Mr. Joseph Wanandi

PHOTO BY PHIL SKINNER

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THINK BIG
BRAIN INJURY IN GEORGIA
2020 CONFERENCE

A FORWARD VISION FOR UNMASKING BRAIN INJURY CARE

THINK BIG IS A CONFERENCE FOR HEALTHCARE PROFESSIONALS. It is presented by Shepherd Center and the Brain Injury Association of Georgia (BIAG). This conference will provide clinical tools that rehabilitation professionals can use to improve their care of individuals with brain injury — from acute care through the transition back to the community. The day will conclude with a panel of providers discussing long-term care topics, such as family/caregiver considerations and how to plan for long-term special needs and financial resources.

OBJECTIVE
Attendees will leave with new ideas and resources to understand the needs of people with brain injury and ways to support long-term success.

JANUARY 31–FEBRUARY 1, 2020
Shepherd Center, Callaway Auditorium
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