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MEDICAL TREATMENT • RESEARCH • REHABILITATION

Center Spinal Column®



ALL HEART

When athletes combine their drive and determination with Shepherd Center's rehabilitation expertise and intensive approach, great things happen.

ALSO INSIDE

**PATIENT PORTAL KEEPS PATIENTS ORGANIZED +
DRIVE FOR HEALING SPANS A DECADE +
MOTHER/SON DUO RAIL AGAINST THE DANGER**

Shepherd Center Magazine: Spinal Column® Summer 2016

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*About the cover: With a lot of heart and
grit, athletes, such as Devon Gales, thrive
with Shepherd Center's intensive approach
to rehabilitation.*

Photo by Louie Favorite



Spinal Column® A LETTER FROM JAMES SHEPHERD

Dear Friends,

As we wrap up this anniversary year and look toward the days and years ahead, I can confidently say that this – our 40th year – has been one of many blessings. Those blessings, both big and small, are chronicled in this issue of *Spinal Column*, as well as the other issues of the magazine that have debuted this year.

When I think of the blessings of this year, my mind immediately goes to the renovated and newly named Alana and Harold Shepherd Chapel, which opened in October 2015. Because of the generous support of Andrew, Shaler and Fred Alias, our patients and their families not only have access to two wonderful chaplains, but they also have a beautiful place to anchor their faith in what is a very challenging time in their lives.

This year, we also were blessed by the renovation and re-dedication of Shepherd Pathways. The new space is open and inviting to both patients and their families as they continue rehabilitation for brain injury. Again, the generosity of donors – including hundreds of our employees – made this renovation possible. We're also nearing completion on a \$12.7 million project that will add 13,000 square feet for an expanded and updated lab, pharmacy and MRI suite, which will house a state-of-the art 3.0 Tesla MRI machine. We are blessed indeed.

We also recently celebrated the FDA's approval of the Indego® robotics-assisted walking device with a joint event held at Shepherd Center for Parker Hannifin Corp., Shepherd and Vanderbilt University, where the device was originally designed. We were blessed to honor this milestone with 25 former Shepherd Center patients who participated in the clinical trial of Indego at Shepherd Center.

When I ask patients how they're doing, it strikes me that even in the face of tragedy, the word they often use is blessed – blessed to be alive, blessed to have hope and blessed to be at Shepherd Center. This issue features patients and friends who not only count their blessings, but who make their blessings count. Whether they find sanctuary in the chapel, on the field or in the garden, they're wonderful examples of both living life beyond injury and giving so that others can.

Warm regards,

A handwritten signature in black ink, appearing to read 'James H. Shepherd, Jr.'.

James H. Shepherd, Jr.
Chairman of the Board

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Athletes, such as Chayse Wolf, put their determination and discipline to work during rehabilitation at Shepherd Center.

PHOTO BY DIANNA WILLIAMS



See news.shepherd.org
for additional online content.

Gifts of Generosity

If you would like to make a gift to support the work you have read about, please contact Jon Roxland at the Shepherd Center Foundation at 404-350-7314 or visit shepherd.org.

Shepherd Center Ranks Among Top 10 in U.S. News & World Report's Best Hospitals for Rehabilitation

U.S. News & World Report has recognized Shepherd Center as one of the best hospitals for 2016-17 in rehabilitation. Shepherd Center ranked No. 8 on the list of top rehabilitation hospitals in the nation.

"U.S. News evaluates nearly 5,000 hospitals nationwide," said Ben Harder, chief of health analysis at U.S. News. "A hospital that emerged from our analysis as one of the best has much to be proud of."

The U.S. News Best Hospitals rankings, now in their 27th year, help guide patients to hospitals that deliver outstanding care across 25 specialties, procedures and conditions. The Best Hospitals methodologies include objective measures such as patient survival, the number of times a given procedure is performed, infection rates, adequacy of nurse staffing and more.

For 2016-17, 153 hospitals were ranked in at least one specialty, while 1,628 received a high-performing rating in one or more specialties, procedures or conditions. In rankings by state and metro area, U.S. News recognized hospitals that were high-performing across multiple areas of care.

The rankings were published in the U.S. News "Best Hospitals 2017" guidebook and online at usnews.com/besthospitals. For more information on Shepherd Center's rehabilitation care, visit shepherd.org. *



Matt Edens Named to Dixie Wheelchair Athletic Association Hall of Fame

Matt Edens, sports teams coordinator at Shepherd Center, was recently inducted into the Dixie Wheelchair Athletic Association Hall of Fame for his contributions to organizing wheelchair sports. The Dixie Wheelchair Athletic Association recognizes individuals who are dedicated to supporting competitive sports opportunities for athletes with physical or visual disabilities within the Dixie Region, which includes Alabama, Florida, Georgia, Mississippi and Tennessee.

Edens has worked at Shepherd Center for 15 years – five years as

an inpatient/day program recreation therapist and 10 years as sports teams coordinator. Edens coordinates Shepherd Center's 11 sports teams with more than 100 athletes participating in Shepherd's team practices. Shepherd Center athletes have won national and international competitions, with several athletes holding world records. More than 20 athletes from Shepherd Center have qualified to represent the United States in their sports during the past several Paralympic games. *



PHOTOS BY CHRISTINA EDWARDS



Erik Shaw, D.O., is an interventional pain management specialist at Shepherd Spine and Pain Institute.

Shepherd Pain Institute Rebrands as Shepherd Spine and Pain Institute

Earlier this year, the Shepherd Pain Institute underwent a rebranding to become the Shepherd Spine and Pain Institute. Shepherd Spine and Pain Institute offers pain management and rehabilitation for spine, joint and other pain conditions.

The new name encompasses the institute's mission to help people with pain, including those with catastrophic injuries, neurologic and degenerative disease, with a focus on restoring function, improving quality of life and reducing dependence on medications, while enhancing psychological well-being and independence.

"The Shepherd Spine and Pain Institute takes a multi-disciplinary approach to the practice of medicine," says Barbara Butkus, nurse manager, Shepherd Spine and Pain Institute. "We specialize in the evaluation, diagnosis and application of interventional treatment for the management of pain and related disorders."

To learn more and make a referral, visit shepherdpaininstitute.org. *

Shepherd Center's Webinar Series Aims to Reach and Educate

Shepherd Center's webinar series was developed in fall 2015 to offer education and resources for nurses, social workers and case managers at Shepherd Center's referring trauma centers. The inaugural webinar focused on Shepherd's Center Disorders of Consciousness Program for patients who are semi-comatose or minimally conscious.

"These webinars are an excellent educational opportunity for many of Shepherd Center's referring trauma hospitals to better understand the patients they may treat with a brain or spinal cord injury," says Angella Clemons, RN, CRRN, CCM, provider relations coordinator at Shepherd Center.

Topics from past webinars have ranged from how to manage a spinal cord injury in an ICU setting to how to manage rehabilitation care for severe brain injuries to managing spinal cord injuries in adolescent patients. Continuing education credit may be available for those who attend.

"The feedback in regards to the webinars from nurses, case managers and social workers at hospitals that refer to Shepherd Center has been tremendous." Clemons says. * **Angela Driver**

FIND INFORMATION ON UPCOMING WEBINARS
AND RECORDINGS OF PAST WEBINARS AT
SHEPHERD.ORG/WEBINARS.



Shepherd Center Launches New, User-Driven Patient Engagement Portal

Online program gives people with spinal cord injury easy access to essential injury-related information.

BY AMANDA CROWE, MPH



SHEPHERD CENTER RECENTLY LAUNCHED its new Patient Engagement Portal. This virtual resource allows patients with spinal cord injury (SCI) to conveniently view, manage and download certain medical records and other critical information related to their injury – something clinicians hope will help patients feel more confident in managing their care post-discharge and facilitate a more seamless transition to their community-based providers.

Accessible through a secured link on Shepherd Center's homepage (shepherd.org/myportal), the portal can be customized to include a patient's medical/surgical history – baseline blood pressure, allergies, and current and past medications – to facilitate efficient medication management. It also houses detailed information about equipment and supplies, including prompts to flag when it's time to reorder something, as well as a list of suppliers and other useful resources.

"The portal gives patients a central repository to manage important injury-related medical information," says Julie Gassaway, RN, MS, director of health and wellness research at Shepherd Center. "While it seems like a simple concept, it's not something they've had before. Instead, patients often find themselves juggling multiple files and papers."

Because spinal cord injuries are complex, having a central place to keep this information is key to helping patients stay organized and take an active role in care. The portal also includes important education, guidance and tips for managing medical issues common to SCI, which helps to reinforce the hands-on learning they and their caregivers received at Shepherd Center.

"This effort is in response to patients' requests for greater use of technology, and it comes at a time when acute care hospitals have been mandated to have a patient portal," Gassaway says. "However, portals mandated by the Affordable Care Act have not been well adopted; uptake is only between 5 and 15 percent, so we wanted to take a different approach."

For this reason and because there was no off-the-shelf product available that would fully meet patients' needs, Gassaway and her team embarked on building a portal from the ground up. They wanted the portal to be practical, and "owned" and updated by the user to give individuals control over what is included and how they might use it. As a result, the types of information and resources housed on the portal – a joint initiative with Craig Hospital in Englewood, Colo. – was shaped, in part, by input from individuals with SCI, some newly injured and some more than 20 years post-injury.

Their feedback has been vital to the portal's development, Gassaway says. For example, it was patients who requested inclusion of information necessary for wheelchair repair such as serial numbers, repair history and

supplier contact information. They also suggested adding fields to plug in information such as last blood transfusions, blood type, implants and other information that is frequently requested on intake forms in doctor's offices.

J.D. Frazier of Marietta, Ga., who sustained a C-4 complete injury more than 30 years ago after falling 17 feet from a ladder, recalls the flurry of information that often comes at discharge.

"It can be overwhelming. It's nice to know such critical information will be in one place, readily accessible to patients," says Frazier, who operates The Specialty Nurse Company and holds a number of volunteer positions and a Master of Science in Conflict Management. "Shepherd Center has always been on the cutting edge of coordinating resources and making them available to patients. This portal will help ensure a smoother transition and ongoing effective management of the injury rehabilitation process."

To that end, a share feature integrated into the portal allows patients to invite medical providers and share their medical information with caregivers. They can give their doctors and therapists access to view – even edit and update – their health profile to help ensure continuity of care.

Patients are introduced to the portal during their inpatient stay, when they are ready. Demographic information flows to the portal from Shepherd Center's electronic medical record. Clinicians help patients register for the secure portal and add additional information, such as exercise plans, dietary guidelines, etc. Ultimately, each patient is responsible for maintaining their portal and keeping the information up to date.

Gassaway and her team are tracking how often patients log onto the portal and which sections are – or are not – being used, to continue to make improvements and determine future phases. Future plans may include adding two-way communications for scheduling appointments or medication refills and adapting the portal for use by people with traumatic brain injury.

"We don't want to make any assumptions, so we are rolling out a very basic version so we can collect and consider user feedback to further refine the portal," she says.

This program reflects Shepherd Center's ongoing commitment to be responsive to patient requests and leverage available technology to provide patients with enhanced access to, and ownership of, their personal healthcare information, Gassaway explained.

"Our patients now have a way to organize their injury information, which is what they've told us they desperately need," she says.

This project is part of the larger Patient Centered Outcomes Research Institute grant that has also helped Shepherd Center revamp its education and peer support programs.

For more information, contact Julie Gassaway at Julie_Gassaway@shepherd.org. *



PATTY ANTCLIFF, MOTR/L
SCI Occupational Therapist, Adolescent Team
INTERVIEWED BY PHILLIP JORDAN

P
staff
profile

Patty Antcliff joined the Shepherd Center staff in 2012 and works with adolescent patients. She also speaks to teachers and students when Shepherd Center patients return to school.

Q: What do you remember about your first day at Shepherd Center?

A: I remember thinking that I must have joined a secret society of knowledge! I had done a lot of research at my previous job. Then I get here, and it just seemed like everyone already knew the answers to everything! There's just an incredible level of knowledge and expertise here.

Q: What makes Shepherd Center's occupational therapy approach unique?

A: There's definitely a more holistic approach to care. It's not, "Come in to the gym, do your thing, go home." It's caring for the whole person. It's preparing patients for what comes after they return home. It's providing them with adaptive equipment. We involve the entire family throughout the process. The team-based approach is also something you don't see everywhere. You have a consistent nurse, doctor, PCT, OT, PT, TR, teacher, counselor and case manager all working together. You know your fellow patients. You're all in this together. That culture doesn't exist in every hospital.

Q: What do you talk about when you meet with a young patient for the first time?

A: Some kids are shy. Most of them are understandably anxious. So, it's all about building relationships and trust. Letting them know, "We're on your side. We're here for you." It's creating a culture where kids will feel comfortable. Part of that culture is definitely humor! There's a lot of pranking



Patty Antcliff, MOTR/L, is an occupational therapist on Shepherd Center's adolescent spinal cord injury team.

that happens on our floor – filling up someone's office with balloons, wrapping a car in plastic wrap. Nothing keeps spirits up like laughter.

Q: You also speak at schools as part of Shepherd Center's "No Obstacles" program. What are those talks about?

A: Those talks happen whenever a patient is returning for their first day back at school. The patient chooses whom I talk with: It might be just their teachers, it might be a classroom or it could be the entire school. The point is to help with their transition, but it's also a great opportunity to talk about injury prevention with young people. And it gives me a chance to see the school, make sure things are accessible, and answer any questions that teachers or administrators have about the student's re-entry to school. *

INTERESTING FACTS

EDUCATION:

James Madison University (Va.)
B.S. in Health Sciences,
Minor in Special Education
(non-teaching) and Master of
Occupational Therapy

FUN FACTS:

- Antcliff says she's best known at work for tough love. "I'm kind of like a mom to my patients. I love you, but I'm going to push you, too!"

- When she's not at work, Antcliff is most likely to be found outdoors. Boating, kayaking, tennis and golf are some of her favorites.

- Antcliff has a "distinctive" scream. At Shepherd Center's annual Haunted Gym, she is strategically placed to scare with an unseen screech.

- During summer breaks in college, she was an *au pair* in Italy for a family with four kids. "I can't believe my parents let me do that," she says with a laugh. "But it sparked my love for traveling!"



ALL HEART

When athletes combine their drive and determination with Shepherd Center's rehabilitation expertise and intensive approach, great things happen.

BY PHILLIP JORDAN

As a college softball player, Vicki Varner, 19, of Spotsylvania, Va., responded well to Shepherd Center's intensive approach to rehabilitation.





DEVON GALES

~ FOOTBALL ~

AGE 22

Boxing quickly became Devon Gales' favorite activity during his rehabilitation at Shepherd Center. He and his Spinal Cord Injury Day Program physical therapist, Dan Dale, PT, DPT, both remember their first boxing session together.

A 22-year-old from Baton Rouge, La., the former Southern University wide receiver had sustained a C-6 spinal cord injury (SCI) on Sept. 26, 2015 in a football game at the University of Georgia. The play – and the way both universities rallied around Devon's family – continues to receive national attention.

About halfway through his five-month inpatient and Day Program stay at Shepherd Center, Devon was itching to put his returning strength to the test. So, Dale challenged Devon to box for two and a half minutes straight, a way to work on his cardio, balance and upper-body strength all at once. Devon eagerly began delivering punch after punch in quick succession to the oversized mitts on Dale's hands.

"He came out of the gate way too strong, as most athletes do," Dale says. "After a minute, he was laboring, but I wasn't going to let him off the hook."

Devon wasn't going to ask for it, either. He never said a word and he never stopped punching. His pace slowed, but Devon sweated his way past the 2:30 mark.

"My goal is to get back to being myself, to being the best," Devon says. "It's the athlete's mentality. I wanted to be great as a football player; now I want to be great in here. I want to be better than I was yesterday, every day."

His mother, Tish Gales, knows this all too well.

"Devon's going to push himself harder than anyone," Tish says. "If you ask Devon to do 10 reps of something when he's working out, he's going to say, 'How about 15?'"

By the end of his inpatient stay, Devon had increased both his strength and stamina. And when he boxed, he could punch – hard – for five minutes straight.

"There is no *was*," Devon says. "*I am* an athlete. At Shepherd Center, they're helping me prove that."

Left: Devon Gales, 22, of Baton Rouge, La., who sustained a spinal cord injury in a football game last fall, participates in wheelchair propulsion and resistance exercises with Spinal Cord Injury Day Program physical therapist Dan Dale.

THE PERFECT MATCH

Athletes have long thrived at Shepherd Center. Over the past 41 years, Shepherd Center has treated countless patient-athletes from across the country who played high school, college or professional sports.

"Rehabilitation at this stage can be a full-time job, and it requires a full-time commitment," says Liz Pike, PT, DPT, a physical therapist in Shepherd Center's SCI Day Program. "Athletes are used to the rigor of the approach we have here, the level of dedication required. They're able to trust the process, they're coachable and they're often highly motivated."

After so many years of working with athletes, Shepherd Center has acquired a reputation as an expert facility in athlete rehabilitation for spinal cord and brain injuries.

In addition to occupational and physical therapy, patients at Shepherd Center have access to the largest team of recreation

therapy specialists in the nation, as well as to an adaptive sports program that includes competitive teams, sports and health clinics, and outdoor recreation workshops (see sidebar).

"Shepherd Center puts a lot of time, resources and energy – whatever it takes – into serving each individual patient," says Anna Choo Elmers, M.D., J.D., staff physiatrist in Shepherd Center's SCI and Brain Injury Rehabilitation programs. "Programs are activity-based, challenging and customized for each person. So if an athlete, for instance, thinks they're not getting enough in therapy, we can work as a team to create exactly what they need. There's no attitude here of: 'This is our program. Take it or leave it.'"

Devon has often compared his Shepherd Center physical therapists to his football coaches – with a laughing caveat that his therapists might be a little tougher on him.

"But they're mentors, too," he says. "They're always on me, making sure I'm on the right track."

Of course, keeping Devon on track isn't too difficult. He's always found motivation easy to come by, especially as an overlooked 5-foot, 6-inch, 130-pound prep athlete who topped out at 5 feet, 8 inches and 158 pounds in college. But Devon had watched his father play football as a fullback, and he adopted his dad's hard-nosed personality.

"Proving people wrong is what's always motivated me," Devon says. "It's the same now. The uphill battles are more of a challenge. And I like challenges."

The same could be said of Vicki Varner, 19, a former softball pitcher at Missouri Valley College who was recently a patient at Shepherd Center.

"It's that never-quit mentality," Vicki says. "As soon as my accident happened, the first thing I was upset about was losing my sport. Not even walking. Playing softball and being an athlete had become my identity."

A Christmas Eve car crash during Vicki's freshman-year holiday break resulted in her T-11 spinal cord injury. Liz Pike vividly remembers the first day that Vicki entered the SCI Day Program following her inpatient stay at Shepherd Center.

"She said, 'I'm only staying for two weeks, and here's what I want to achieve,'" Pike recalls. "So that's what we did. We customized a schedule that fit her, and she came in with a purpose every day. She was disciplined and driven, and once she'd learned something, we'd check it off the list and move straight on to the next item."

Most patients in the SCI Day Program do about three hours of work daily with their physical therapists. After her official sessions were over, Vicki would spend extra hours lifting weights in the gym, doing cardio on functional electrical stimulation (FES) bikes and trying new sports like wheelchair basketball and rifle shooting.

"I wanted to pick up every extra therapy and sports opportunity I could," Vicki says. "I wanted to feel like an athlete again. Becoming more consistent in my abilities and seeing myself improve was so important to me."

Vicki first discovered she'd be going to Shepherd Center while being treated at a local hospital near her Spotsylvania, Va., hometown. At first, she was scared – not of the grueling rehabilitation work that awaited her – but of the reputation of Shepherd Center and of other athletes who had gone there.

"I kept saying, 'What if the other patients are better than me?'" she says, laughing. "People had to keep telling me, 'Paralysis is not a competition!' I understood, but for me, everything is kind of a competition!"



Vicki Varner, 19, of Spotsylvania, Va., has discovered new ways, such as zip lining at Shepherd Center's Adventure Skills Workshop, to channel her athleticism.

A photograph of Chayse Wolf, a young man with short brown hair, wearing a white t-shirt and khaki shorts. He is standing outdoors on a paved path, holding two black crutches. A wheelchair is parked behind him to the right. The background shows a building with large windows and some greenery.

CHAYSE WOLF

~ FOOTBALL ~

~ WHEELCHAIR BASKETBALL ~

AGE 19



Chayse Wolfe, 19, of Clarksville, Ohio, sustained a spinal cord injury in an ATV accident. At Shepherd Center, he discovered wheelchair basketball.

In the SCI Day Program, Vicki focused on mastering high-level transfers in and out of her wheelchair without the support of a sliding board. Her greatest fear was learning to get on and off the floor independently. "It took some time, but she did it," Pike says. "Nothing rattles her. She had the mindset that this injury would not redefine her. Life doesn't stop with a chair; it just rolls a different way."

"I may not have been the best athlete on the field, but I was determined to always be the one who wanted it the most," Vicki says. "You fail a lot more often than you succeed in sports, but that's what made me want to get back out there and succeed. I attacked my work at Shepherd Center the same way."

Sports also offered a foundation for Chayse Wolf, 19, to approach his physical recovery. Back at Clinton-Massie High School in Clarksville, Ohio, Chayse had played running back and linebacker, and was good enough that he earned a football scholarship to play at Kentucky's Lindsey Wilson College last fall.

In July 2015, however, shortly after high school graduation, Chayse sustained a T-12 spinal cord injury in an ATV accident. After surgeries to repair his vertebrae and realign his spinal

column, Chayse entered Shepherd Center for two months of rehabilitation. Given his advanced fitness level, Shepherd Center clinical staff members were able to intensify Chayse's physical rehabilitation workouts. They also tried different techniques that he hadn't encountered before. Chayse welcomed it all.

"Athletes often have a willingness to try something different in their therapy," says Ashley Kim, MPT, ATC, a physical therapist in Shepherd Center's SCI Day Program who also has experience as an athletic trainer. "You can get creative. They understand their limitations, but they're also ready to try and figure out ways to push past them."

Dr. Elmers jokes that by the end of his first week at Shepherd Center, Chayse had used every weight in the building. Steadily, Chayse learned how to adapt, how to take care of himself, how to function independently. And in the Shepherd Center gym, he discovered wheelchair basketball.

"It was like a switch turned back on," Chayse says. "I played every chance I got. I could sit in that gym and shoot forever. It felt right. It was like finding my passion again."

He took to the sport quickly. After his daily 9 a.m. to 4 p.m. regimen of physical and occupational therapy, Chayse would head to the gym. Before long, he was joining in practices with the Shepherd Stealers basketball team, part of Shepherd Center's nationally known adaptive sports program.

"The great thing about Shepherd Center is that while we're in here working on mobility, balance and strength-training, the recreation therapy staff is working with him, testing his skill sets and having him try new things," Kim says. "Basketball grabbed him. It provided inspiration for moving forward. It changed his idea of what's possible."

Adaptive Sports at Shepherd Center

Provide Rewarding Athletic Opportunities for People with Physical Disabilities

Sustaining a spinal cord or brain injury doesn't have to spell the end of an athletic career. Need proof? Take a look at the gym, pool or fields or pool at Shepherd Center any day of the week.

Today, Shepherd Center sponsors one of the largest adaptive sports programs in North America. Eleven teams now don the Shepherd Center uniform in regional, national and international competitions. They are:

SHEPHERD CYCLERS (*handcycling*)
SHEPHERD SHARKS (*swimming*)
SHEPHERD SHOOTERS (*riflery*)
SHEPHERD SKIERS (*water skiing*)
SHEPHERD SLUGGERS (*softball*)
SHEPHERD SMASH (*quad rugby*)
SHEPHERD SPINNERS (*track*)
SHEPHERD STEALERS (*basketball*)
SHEPHERD STRIKERS (*power soccer*)
SHEPHERD STRINGERS (*bass fishing*)
SHEPHERD SWORDS (*fencing*)

TEAM

SHEPHERD

Teams are made up of former patients, metro Atlanta community members and athletes from around the Southeast – and they have captured championships and medals at competitions around the world, including at the Paralympic Games.

"Whether it's outdoor activities or joining a team, sports can play a huge role in a patient's recovery, and in getting them into the practice of enjoying an active lifestyle again," says Matt Edens, sports teams coordinator at Shepherd Center. "It's not just the sport, either. It's the peer support, the social interaction and what they can learn about themselves."

Shepherd Center introduces patients to recreational therapy and sports programs on campus as quickly as possible. Gustavo Duran-Monge, Shepherd Center's sports specialist, leads sports clinics that allow patients to meet athletes on different teams and try out new sports. Often, the experience of watching someone who has gone through a similarly life-changing injury or illness play a sport can be a breakthrough moment for a patient. For more information on Shepherd Center sports, visit shepherd.org/sports.

That's the whole point, really. To help patients of all backgrounds get back to living active, healthy, independent lives – and envisioning new possibilities for the future.

Devon returned to outpatient therapy at Shepherd Center earlier this summer, committed to further improving his upper-body strength and increasing the dexterity in his hands. Devon's mother, Tish, teases her son that he's already more independent than he ever was at college.

"For the first time," she says, "I'm not doing all his laundry, getting his groceries and filling out his paperwork!"

Next on the list: Returning to school at Southern University, where Devon's former team is ready to welcome him back in whatever role best suits him.

Vicki, too, will be heading back to her sport this coming school year. She transferred closer to home, where she'll be the student manager for Virginia's Randolph-Macon College softball team. She's also helping coach the traveling squad she played with in high school.

Vicki's picking up new passions, too. She plans to play competitive wheelchair basketball, swimming and shooting – activities she first tried at Shepherd Center. This past spring, she took on new outdoor sports at Shepherd Center's Adventure Skills Workshop.

"I was really excited to do the water skiing and everything on the water," Vicki says. "It's just exciting to do these kinds of things again. Anything that pushes me athletically keeps me going."

As for Chayse, his wheelchair basketball practices at Shepherd Center paid off. When he returned home to Ohio, he earned a spot on the Columbus Wheelers basketball team. This spring, Chayse met a familiar foe in the D-III National Wheelchair Basketball Tournament when his team faced off against the Shepherd Stealers.

"It was awesome to see all the guys again and to see the coaches who helped me get started in the sport," he says.

Best of all was the news he had to share. This fall, Chayse is going to college on a sports scholarship after all – as a power forward for the Edinboro University (Pa.) wheelchair basketball team.

"My goal has always been to play sports," Chayse says. "They've been my life because I love competition. After my injury, I didn't think that would be possible again, but through Shepherd Center I found a new sport to love and a new way to compete. So to have this opportunity now? I feel nothing but blessed." *



More online at
news.shepherd.org

Clark Jacobs and his mom, Mariellen Jacobs, are lobbying for better access to guard rails for bunk beds at Georgia colleges and universities.



BRAIN INJURY LEADS TO ADVOCACY

**EVEN AS HE CONTINUES TO RECOVER FROM A
BRAIN INJURY, CLARK JACOBS AND HIS MOTHER
RAIL AGAINST THE DANGER OF LOFT BEDS.**

BY DAVID TERRASO

AS CLARK JACOBS, 21, OF KENNESAW, GA., WENT TO SLEEP IN HIS LOFT BED AT GEORGIA TECH ON JAN. 9, 2015, HE HAD NO IDEA THE NEXT YEAR WOULD BE THE MOST DIFFICULT OF HIS LIFE.

He woke up that night with a headache, not remembering getting out of his bunk. Sick to his stomach, he thought he might be coming down with the flu. He called his parents that afternoon and his dad brought him home. He had a terrible headache and couldn't turn his neck. By Sunday morning, he was becoming sensitive to light and his headache was worsening. His parents took him to Wellstar Kennestone Hospital in Marietta, Ga.

When Clark's mother, Mariellen Jacobs, asked him if he could have fallen out of his bed, Clark responded that he thought he might have, pointing out a sore spot on the back of his head.

His dad looked at him. There was no broken skin, no blood, no bruising anywhere.

And then came the clincher.

"My bunk curtains were on the floor," Clark told them.

At the hospital, it was discovered that Clark's brain was bleeding, requiring emergency surgery. Even with the operation, there was a chance he would not survive. Clark spent the next two and a half months fighting for his life, minimally conscious, while also battling infections and blood clots.

Clark doesn't remember any of this. He doesn't remember falling. He doesn't remember waking up. He doesn't remember going to the hospital or doing inpatient therapy at the Shepherd

To educate students and parents about the need for rails, Mariellen and Clark started a nonprofit organization, Rail Against the Danger (RAD). They also are working with USG to provide free access to bed railings at all public colleges and universities in Georgia.

"Let's be honest," Mariellen says. "Kids that age are risk takers, so if a student doesn't want to have one, they'll just remove it. So we're approaching this as an awareness campaign, rather than as a requirement."

More than a year and a half after his injury, Clark wants college students to know that one small step can prevent a catastrophic injury.

"I would say I know it seems really silly, but rails on your lofted bed or bunk bed could save your life," Clark says. "It's not worth the risk."

Clark and Mariellen are busy printing posters and flyers to send to college campuses. They also created a public service announcement, a Facebook page, and a website.

"Our goal is to spread awareness on every college campus in Georgia, and hopefully beyond the state, to highlight the danger of sleeping in bunk and loft beds," Mariellen says. "Students need to protect themselves and not take the chance."

They continue to work with Neuse to further spread awareness and develop solutions. This past spring, Neuse suggested that students would be more willing to use the rails if they were perceived as less of a safety feature and more integrated into the design of the bed. With that in mind, Mariellen approached Georgia Tech President Bud Peterson. With his support, the university is now considering making it a Capstone project where students design a bed with a built-in rail and safe ladder, build a prototype and present their designs to manufacturers as part of a class.



Center. He only remembers being at home four months later, doing physical therapy and talking to his mom about how unbelievably common his type of accident is.

"I kept doing research online and seeing this number: 36,000," Mariellen recalls. "That's how many kids per year are injured in bunk and loft beds. These are largely preventable injuries that are bad enough for them to go to the ER, kids of all ages. But there's a big spike between the ages of 18 and 21 – the prime college years."

When Mariellen talked with the University System of Georgia (USG) about their policy on providing rails for bunk or loft beds, she was surprised to learn that there really was no universal policy regarding rails. She then talked with Sandra Neuse, associate vice chancellor for development and administration for USG. Neuse agreed to survey each campus' policy and found vastly different arrangements. Some provide rails free of charge, and some don't have them. The University of Georgia puts them on all beds, while Georgia Tech charges \$25 per semester for them.

More than a year after his injury, Clark continues his rehabilitation in Shepherd Center's Beyond Therapy® program.

"When I went to Beyond Therapy®, I was walking with a cane all the time, shaky, barely able to make it around," Clark says. "And now I'm walking for, literally, miles with nothing, and that's a humongous leap forward. They kicked my butt for three hours at a time. It's crazy, but the results are so real."

Clark is heading back to Georgia Tech this August to study for his mechanical engineering degree and has just re-entered Shepherd Pathways, Shepherd Center's outpatient brain injury program, three days a week to help him prepare to go back to school.

"Clark is very fortunate to be here," Mariellen says. "He's a miracle, and I can't say enough about how Shepherd Center helped. People say to me, 'Is it really as good as they say?' And I say 'No, it's way better than you can ever possibly imagine.'"

To learn more about Rail Against the Danger, visit railagainstthedanger.org. 🌟

Natalie Barnard of Buffalo, N.Y.,
continues to visit Shepherd Center
for training in Beyond Therapy®.

PHOENIX RISING

**Natalie Barnhard's relentless drive carries her
through more than a decade of healing.**

BY MIA TAYLOR

AT 24 YEARS OLD, NATALIE MARIE BARNHARD HAD THE WORLD BY THE TAIL. The bright, ambitious, New York resident, had just landed a job as a physical therapy assistant, obtained a massage therapy license, was on the hunt to buy a home and had a great boyfriend. For as long as she could remember, Natalie's passion had been helping others, and all of the hard work was paying off as she established a career in her chosen field.

But just three months after receiving her massage therapy license, while working at a local physical therapy practice, Natalie's life took a turn that put her on a very different path.

The day that changed everything began like any other.

It was about an hour and a half into her shift at work, and Natalie was helping a patient on a leg extension machine. The machine, which was not bolted down properly, came crashing down onto Natalie – all 600 pounds of it.

It took several people to free Natalie, who as she lay there, sensed that the damage to her body was catastrophic.

"Just from my background in physical therapy, I knew it was bad," she recalls. "I couldn't even feel the weight of my body on the ground."

Natalie was taken to the hospital where she was placed in intensive care. Her neck had been crushed so severely that Natalie sustained C-5 spinal cord injury. Doctors told her she had a less than 5 percent chance of walking again.

The days and years that followed were painstaking. It was a time filled with long periods of stillness, anger, and sadness, punctuated by hard-fought steps forward.

There were three months of not being able to speak because one of her vocal cords had been partially paralyzed. She spent one week on a ventilator, and it would be about three years before she would be able to perform even the simplest functions independently again.

Natalie began her recovery in Buffalo, New York, where she spent about two months before deciding to continue treatment at a facility that specialized in spinal cord injuries. She flew by medical jet to Shepherd Center.

"Coming to Shepherd Center was by far the best decision I ever made," Natalie says. "They get you up and get you moving whether you like it or not."

Looking back on this time, Natalie describes it as the most difficult journey of her life. But it took her to a place she never thought she'd be again – helping others to heal.

Natalie spent about a decade focused on rehabilitation. After her initial, three-month inpatient treatment at Shepherd Center ended, she moved into a local hotel and continued recovery in the hospital's Beyond Therapy® program.

"When she first got here, Natalie was significantly weak," says Shepherd Center occupational therapist Patti Pasch. "She couldn't move her arms very much, but over the course of time, her arms started getting stronger."

During the time they worked together, Pasch says, there were triumphs and dips, as happens with all patients. But Natalie persevered.

Pasch taught Natalie to be the captain of her own ship, showing her how to do as much as possible independently.

"I used to say: 'If I feed you a fish, I feed you for a day. If I teach you to fish, I feed you for a lifetime,'" Pasch recalls.

The message was received loud and clear. Natalie doggedly pursued recovery and over time began doing her own makeup again, brushing her teeth, feeding herself and washing her face.

She also improved her balance, strength and endurance, says exercise specialist Gustavo Duran-Monge.

Ultimately, through all of her efforts, Natalie improved the quality of her life and grew more knowledgeable and self-directed.

"Natalie was someone who had a lot of drive prior to injury, who slowly rose up like a phoenix, to go beyond her injury," Pasch says.

Today Natalie has mobility everywhere above her chest and some mobility in her trunk.

But her story doesn't end there.

At a juncture where some people might have recoiled from the world, focusing on the challenges before them, Natalie has chosen

to reach out further, viewing her experience and injury as a platform from which she can make a change.

"My heart and vision is to take my knowledge from being a therapist, a healer, and my experience as the patient with an injury to help other people in our community who need and deserve the best care possible," Natalie says. I want to use my unique perspective to truly change lives."

Her drive to help others has taken many forms. An active member of the United Spinal Association, Natalie established a local chapter of the organization in order to bring more national resources to Buffalo's spinal cord injury community. She is also the regional chapter coordinator.

Natalie regularly gives speeches and was recognized with a 2015 Women of Influence Award by Buffalo Business First. She also recently was given Distinguished Alumni awards at both Trocaire College and Villa Maria College, where she gave the commencement speech this past May.

Amid all of this, Natalie also started her own thriving foundation, Wheels With Wings, to encourage and advocate for people with spinal cord trauma, as well provide funding for the specialized medical care needed with such an injury.

"Knowing how difficult and costly it is to get the medical services you need after a spinal cord injury, I wanted to have an organization that could immediately help individuals who suffered this catastrophic injury by providing quality-of-life grants for things insurance would not pay for," she says.

To date, Wheels with Wings has raised more than \$200,000 and given away more than \$150,000 in grants.

And still Natalie's dreams have not been fully realized. Her sights are now set on creating a neurological recovery and wellness institute in western New York, a place where those with spinal cord injury can exercise and access various modalities to improve their health and wellness.

"I've had the privilege and the blessing of being able to go to numerous recovery centers," Natalie explains. "Unfortunately, Buffalo does not have anything state of the art. Shepherd Center has inspired me to help people in my community. I feel that's my purpose in life." *



Shepherd Alums:

Where Are They Now?

BY PHILLIP JORDAN

Joseph Lopez

JACKSONVILLE, FLA.

Joseph Lopez, 24, knows how to negotiate. At Shepherd Center in 2012 for speech, physical and occupational rehabilitation following an acquired brain injury, Joseph's medical team recommended he not return to school for one to two years. Joseph pushed to go back right away. The compromise: He would wait one semester.

"He's a very determined kid," says Joseph's mom, Gina Makris, laughing. "You might say he's a bad loser. But that trait came in handy in his recovery!"

Joseph set a goal for himself to graduate on time – despite missing a semester and having to work more slowly upon his return. In 2014, he received his diploma alongside his peers.

"That is what I'm proudest of," Joseph says. "You can say you're a determined person, but until you're in a situation that really tests you, you never know for sure."

His mother wasn't even thinking about graduation while Joseph remained in a coma for 18 days. He hit a curb while on his scooter, without a helmet. The first doctors to work on Joseph told Gina to prepare for the possibility of him never waking up. But Joseph did wake up, after which he spent 30 days in Shepherd Center and 30 days at Shepherd Pathways.

Today, Joseph uses the memory tools that he learned at Shepherd Center – to-do lists, calendar reminders, memory games – in his job as a commercial credit specialist at a major national bank in Jacksonville. He was even selected for the bank's eight-month leadership development training program.

"'New Joe' might be a little slower, but he's probably a lot smarter and more rational than 'Old Joe' was," Joseph says. "And that's good. I don't need to be in such a hurry."

While hard work and determination surely put Joseph on the road to recovery, Joseph thanks his mom for sticking by him and keeping him positive.

"My mom helped with that," Joseph says.

"She took a three-month leave from work and never left my side. It's a testament to her love that I'm here now. We had a joke back when my short-term memory was bad. I'd say that every day was the 'best day ever' because I didn't remember the days before!

Now, I remember the days before, but I still say that. It's true. Today is the best day ever."

Joseph Lopez of Jacksonville, Fla., sustained a brain injury during a scooter accident.



Haley Hammock

MOULTRIE, GA.

On Sept. 13, 2011, **Haley Hammock, now 35**, gave birth to her second daughter, Kate. The next day, Haley and her husband Jacob celebrated the fifth birthday of their older daughter, Gracie. Four days later, Haley experienced a stroke that caused severe brain bleeding.

"It was a roller coaster," says Haley's mother-in-law, Janet Hammock. "You're excited for this new baby, but all of a sudden, everyone's main concern becomes getting Haley well. It was a team effort from everyone in our families and in our town."

Janet and Haley's mom, Carolyn, stayed by Haley's side. Jacob was able to keep working thanks to his sister-in-law watching Gracie and his boss' family watching Kate. Meanwhile, after three weeks in Archbold Medical Center, including eight days in a coma, Haley came to Shepherd Center.

Janet kept a journal while Haley was at Shepherd Center. Haley arrived on Oct. 11. Four days later, she ate a cup of pudding, the first real food she'd eaten since her stroke. On Nov. 3, came Haley's first words, counting numbers in a whisper. On her last day at Shepherd Center as an inpatient, she took her first steps.

Today, Haley is almost completely independent. Retired teachers from the Hammocks' church in Moultrie helped the former second grade teacher, who has a master's degree in education, learn to read again. She overcame her aphasia with continuous speech therapy and speaks to others going through the process.

Haley is limited in the use of her right arm, but has learned to do everything left-handed – including bathing her children, tying their shoes and even painting, a new passion of Haley's. Her remaining goals include relearning to drive and going with Jacob and the kids to Disney World. She pursues those ambitions by returning to Shepherd Pathways two to three times a year, eight weeks at a time, for additional physical, occupational and speech therapy.

"It gives me a boost every time I go back to Shepherd," Haley says. "When the professionals tell you that you're still improving and they're bragging on you, that gives you the confidence to keep pushing."

Haley Hammock of Moultrie, Ga., experienced a stroke after the birth of her second daughter.



Jamila Kendall

MABLETON, GA.

Six years ago, **Capt. Jamila Kendall, now 32**, was serving as a U.S. Army nurse in Germany when a spinal tap confirmed she had multiple sclerosis (MS). Jamila had experienced sporadic symptoms for nearly five years, mostly gastrointestinal problems and occasional numbness, but doctors couldn't locate a root cause.

"I got backlash about being a woman who can't handle some pain," Jamila says. "The tests weren't showing anything."

In Germany, though, one of Jamila's legs began dragging, and half her body went numb for a time. She remembers washing her hands, and her left hand would feel lukewarm water while her right would feel the heat of pins and needles. For Jamila, the MS diagnosis was a relief and a new beginning.

After retiring from the Army with a medical discharge, she began seeing Sherrill Loring, M.D., at the Andrew C. Carlos Multiple Sclerosis Institute at Shepherd Center. The right medication helped to control Jamila's symptoms. She began working again and even spent a year seeing Shepherd Center from a different perspective – as a nurse at Shepherd Pathways, Shepherd Center's outpatient rehabilitation program for people recovering from brain injury. Now, Jamila is beginning her third year of medical school at Atlanta's Morehouse School of Medicine. She hopes to eventually specialize in physical medicine and rehabilitation.

"I think going through MS as a patient is going to make me a better doctor," Jamila says. "I can ask questions of my patients that they may not be thinking about and help fine-tune things for them that I know from personal experience."

For now, Jamila's husband, Leon, and her mother form her own support system. Jamila forces herself to exercise, gets as much sleep as possible and listens closely to what her body is telling her.

"MS is an ever-changing disease," Jamila says. "It's like a fingerprint. Everybody's is unique. As things in your life change, your MS changes, too. It's not going to look or feel the same all the time. That's important to know so that you can continue to adjust and adapt – and so that you don't feel like you're going crazy!"

Jamila Kendall of Mableton, Ga., who has MS, is training to be a doctor.

Bobby Ryals of Kathleen, Ga., sustained a spinal cord injury in a car crash in college.

4



Bobby Ryals

KATHLEEN, GA.

Two decades ago, **Bobby Ryals, 40**, was a competitive, athletic 19-year-old centerfielder for Georgia Southwestern State University's baseball team. Then, suddenly, he wasn't.

Bobby sustained a spinal cord injury in a car crash that paralyzed him from the waist down.

"At Shepherd Center, the biggest thing I learned was that I could still do just about anything I want to," Bobby says. "It's just about adapting and figuring out new ways to do certain things."

One of the first activities Bobby learned to do was water ski, something he's still passionate about 20 years later. Just last year, he added snow skiing to his sports resumé, thanks to an intense five-day training session in Breckenridge, Colo., by the Alpine Adaptive Scholarship Program, which was founded in cooperation with Shepherd Center. Halfway through the first day, Bobby was skiing independently. By day two, he was already seeking more difficult terrain higher up the slopes.

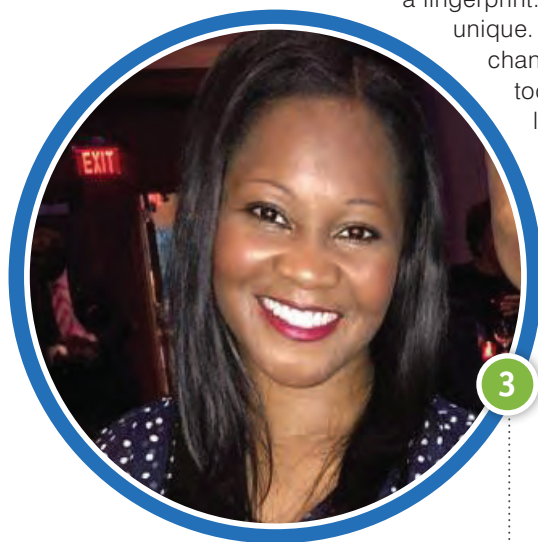
"Being an athlete is something that does not go away – the drive and the competitive spirit," he says. "So to find a new way to stoke that fire, that was great. I wanted to be the most successful guy in the program!"

Today, Bobby, a professional risk manager for State Farm Insurance, shares his story with schools and youth groups, focusing on choice and consequence. He also has found a way to stay involved in baseball through the years, both as a coach and mentor. On the first Saturday of August, Bobby hosts Bobby's Backyard Whiffle Ball Tournament in his hometown of Cordele, Ga., to raise funds for a program that sends low-income schoolchildren home with food for the weekend. Last year, 38 teams raised \$3,500.

If Bobby's life – sports, work, giving back – doesn't seem all that unique, well, he says, that's kind of the point.

"Walking isn't the only miracle that's performed at Shepherd Center," Bobby says. "I live such a normal life. I enjoy my family. I work 50 hours a week. I have fun on the weekends. I think that's the true testament to what happens at Shepherd Center. My life is really no different than anyone else's."

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More online at
news.shepherd.org

FOUNDATION features



NOTES FROM

scott h. sikes

Shepherd Center Foundation
Executive Director

I AM CONVINCED THAT TIME MOVES FASTER AND FASTER WITH EACH PASSING DAY.

I joined Shepherd Center nine years ago. In the blink of an eye, that time has passed, and here I am writing to you my last letter in *Spinal Column*. As I move on from Shepherd Center, I am confident there will always be great stories to tell, be them about Shepherd Center's inspiring patients, dedicated staff or incredibly generous donors and volunteers.

No matter how you spend your summer, it's clear that summer means something different to all of us. For some, summer is gardening time, which can be a great hobby, hard work or both. There is nothing better than your first tomato hot off the vine in your backyard on a July day. To others, summer is vacation time, and for many, summer is filled with sports activities.

This issue features profiles of interesting people – including our horticultural therapist Wendy Battaglia – who help our patients learn or relearn the joys of gardening as part of their therapies. You'll also meet some of our patient-athletes, as well as our Foundation Trustee Suzanne Dansby, who has a great appreciation of gardening, a love of equestrian sports and a heart for Shepherd Center.

We believe treating the whole patient, not just the illness or the injury, is the best way to help a patient and their loved ones have a successful return to work, school or home. Recreation therapy, including horticultural activities, is a powerful tool we have to do just that.

Shepherd Center Foundation – through your gifts large and small of checks and appreciated securities – helps to pay for many of the things you read about in each quarter's issue of *Spinal Column*. When you're reading about horticultural therapy, remember that is just one of many programs that is part of recreation therapy. While these programs vastly improve the lives of our patients, neither governmental programs nor private insurance pay for such activities. We expect to need \$1.8 million in gifts to fund recreation therapy this year. Your gifts support this work, which helps patients and their families get back to life.

This August will mark the 41st anniversary of the founding of Shepherd Center. Through your gifts over many years, we have been able to positively touch the lives of patients and family members from far and wide. Thank you for your many contributions. Every dollar has helped others.

If you would like to see your gifts in action here on the main campus, on our Shepherd Pathways campus in Decatur, or off campus at one of our many therapeutic recreation outings (like Adventure Skills Workshop, Waterski Workshop, Shepherd Shootout Wheelchair Basketball Tournament, Shepherd Classic Quad Rugby Tournament or many others), please call Jon Roxland at **404-350-7314** or email jon_roxland@shepherd.org. ✨

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Horticultural Specialist Uses Her Green Thumb for Good

Wendy Battaglia shares her passion for gardening with Shepherd Center patients.

BY SARA BAXTER



WHETHER IT'S STANDING ON A SHOVEL, pushing a lawnmower or steering a wheelbarrow, photos of Wendy Battaglia as a small child all show her in a special place – the garden.

"Gardening has always been a passion of mine," she says. "I love being outside and digging in the dirt."

Not everyone can turn a passion into a career, but that is just what Battaglia has done, becoming a master gardener, working as a landscape designer and then two years ago, joining Shepherd Center as a horticulture specialist.

Battaglia grew up in Liverpool, England, where, she says, "Everyone has a garden."

She worked alongside her grandparents and parents as they tended to their gardens.

"My grandfather had a vegetable garden, and my parents had the most beautiful flower gardens," she says. "I learned so much from them, and it was always a joyful family activity."

When Battaglia moved to the United States in 1982, she utilized her art and design education from John Moores University working as a fashion buyer. In 2002, she returned to England to care for her terminally ill mother and redesigned her entire garden, realizing that she could combine her love of art and gardening. Upon returning to the United States, she earned her master gardener certification and took a job as a landscape designer.

While volunteering at Skyland Trail, a mental health facility in Atlanta that embraces horticultural therapy as a treatment modality, Battaglia reconnected to the therapeutic benefits of gardening that she had experienced while caring for her mother. This led her to The Horticultural Therapy Institute to

gain her certificate in horticultural therapy. In 2014, she saw an opening for a horticultural specialist at Shepherd Center and jumped at the chance to take it.

Just as her clients at Shepherd Center find meaning in what they do in therapy, she finds meaning in working with them. Last year, she worked with a client in Shepherd Center's SHARE Military Initiative for three months, the first time she had worked with someone in this program for his or her entire treatment.

"He wasn't sure at first if he wanted to try gardening," she recalls. "But he was open to it."

During the course of his horticulture therapy, he worked on many different projects, including designing a stone patio. He measured and drew the dimensions to scale, and the rendering was used to get quotes for the project.

"It was so great to watch him connect more and more with what he was doing and feel a sense of accomplishment," she says. "He ended up developing a real interest and talent in gardening."

In May, that SHARE client returned to Shepherd Center with his family and took great pride in showing them the work he had done in the garden and the patio design that had been installed according to his design. His wife made it a point to tell Battaglia how meaningful gardening has been to him and what amazing improvements he had made – both physically and mentally.

"To see patients and clients grow and change from week to week is so rewarding," she says. "Every day is a good day at my job."

Battaglia, with the input of other therapists, created a scavenger hunt for patients who have been affected cognitively by their injuries to work on memory skills. The theme of the scavenger hunt is, "Who do we share the garden with?" In addition to flowers, herbs and vegetables, the garden contains upcycled steel art sculptures of butterflies, ants, praying mantises and other creatures that live in the garden. The sculptures were created and donated by Kathy Walton, Steel Art.

Though Battaglia is hard pressed to think of her favorite accomplishments – because she thinks her clients accomplish so much every day – she is proud of the team effort that makes the gardens grow and thrive.

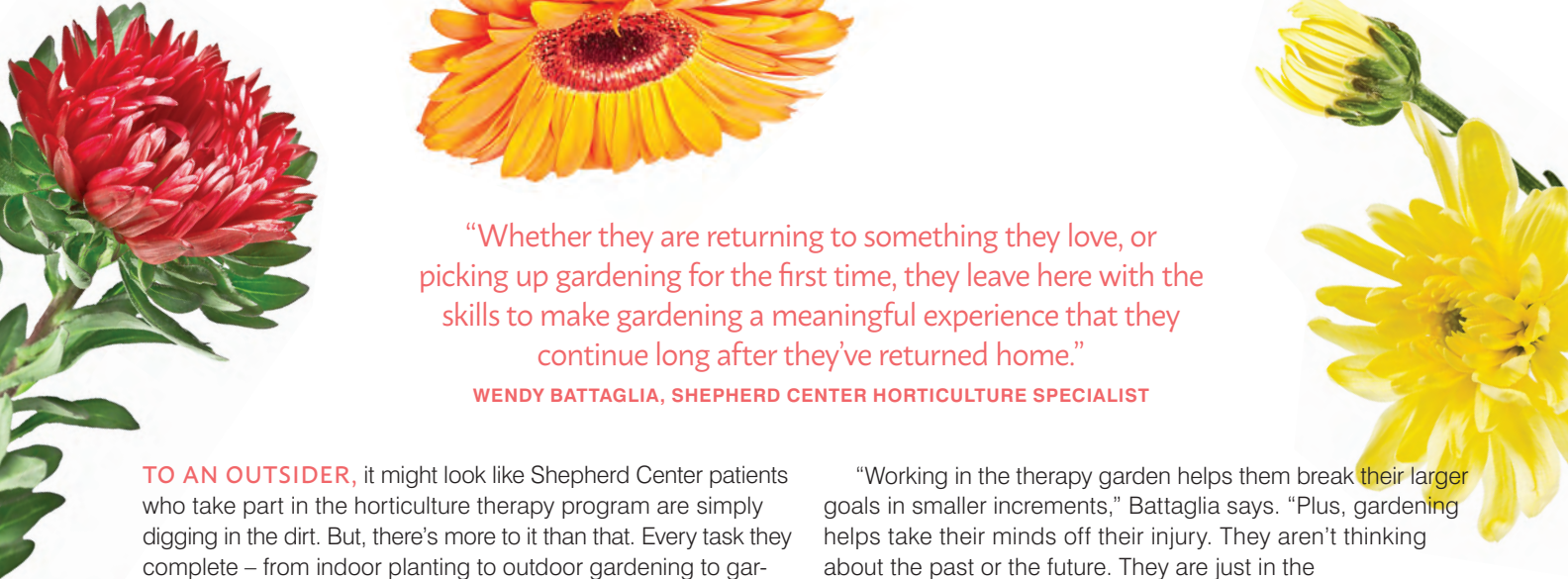
"As a horticultural therapist, my responsibility is to meet the needs of the patients and clients as well as running several programs each year," she says. "Part of that is forming meaningful relationships with the patients, therapists, staff, volunteers and community partners. It takes a village to make everything work, and that is reflected in how beautiful the garden looks." *



BY SARA BAXTER

Horticulture therapy program provides an opportunity for both first-time and experienced gardeners to help Shepherd Center's garden flourish.

HOPE GROWS
{WITH}
HORTICULTURE
THERAPY



“Whether they are returning to something they love, or picking up gardening for the first time, they leave here with the skills to make gardening a meaningful experience that they continue long after they’ve returned home.”

WENDY BATTAGLIA, SHEPHERD CENTER HORTICULTURE SPECIALIST

TO AN OUTSIDER, it might look like Shepherd Center patients who take part in the horticulture therapy program are simply digging in the dirt. But, there’s more to it than that. Every task they complete – from indoor planting to outdoor gardening to garden-related crafts such as floral arranging – is a carefully orchestrated part of their therapy, designed to improve cognition, strengthen muscles, increase mobility and give patients a sense of purpose.

When asked about the benefits of this type of therapy, Shepherd Center horticulture specialist Wendy Battaglia recalls one patient she interacted with who was recovering from a stroke. He attended one of her group sessions and seemed mildly interested. After a conversation with the recreation therapist, they decided to schedule him for several horticulture therapy sessions, including watering in Shepherd Center’s green house. The simple activity of watering plants completely transformed his attitude.

“He told me he’d been at Shepherd for couple of months, and he had become very depressed,” she recalls. “He said watering the plants was the first time he had felt useful since having his stroke, and he realized it was something he would be able to continue to do when he went home. He was excited that he could help his wife with the garden, and he felt like he still had value.”

To Battaglia, moments like this define the horticulture therapy program, which is part of Shepherd Center’s vast recreation therapy program.

“Gardening is meaningful and purposeful,” she says. “Not only do you get a sense of accomplishment, but a sense of purpose, as well. When you are dependent on others for care, it can be rewarding to care for something else.”

Battaglia works with patients in the spinal cord and acquired brain injury programs, as well as with clients in the SHARE Military Initiative. She leads two group sessions per week and also works individually with patients, demonstrating everything from the basics of gardening to how to perform gardening tasks with adaptive equipment.

“We explore every possibility,” Battaglia says. “Whether it’s edible gardening, flower or container gardening, we figure out how they can do it. If they can’t go back to tending a large garden, we talk about container plants or a patio garden. We figure out the best style for their situation.”

Clients hone their skills in the “Therapy Garden” located within the Anna and Hays Mershon Secret Garden, a dedicated outside space where they can plant, dig, water and tend to the garden. Gardening helps facilitate therapy goals, such as fine and gross motor skills, core strength, range of motion, as well as cognitive goals such as sequencing, problem solving and memory.

“Working in the therapy garden helps them break their larger goals in smaller increments,” Battaglia says. “Plus, gardening helps take their minds off their injury. They aren’t thinking about the past or the future. They are just in the moment and in a safe space where much physical and spiritual healing take place.”

Battaglia also takes clients on outings to the Atlanta Botanical Gardens and facilitates bird watching retreats in the spring and fall for former patients and their caregivers. She hosts a “Garden Club” each month, which is sponsored by community partners and includes education and a “make and take.”

When patients leave, they have information on everything they need to continue gardening when they get home. The resources provide links to adaptive and universal design equipment they can purchase, information on local community gardens and how-to instructions.

“Whether they are returning to something they love, or picking up gardening for the first time, they leave here with the skills to make gardening a meaningful experience that they continue long after they’ve returned home,” Battaglia says. ✨



Horticultural therapist Wendy Battaglia works with former patient Kelvin Williams in the Secret Garden.

Giving it Her All

Passionate about the causes she supports, Suzanne Mott Dansby supports Shepherd Center both financially and with her time.

BY SARA BAXTER



SUZANNE MOTT DANSBY has a policy she adheres to when considering giving to a charitable cause – she must first be personally involved with the organization.

“It is my desire to learn about causes and see the work they do before I write a check,” she says.

Over the years, Suzanne had heard about Shepherd Center. She also knew people who had received care at the hospital. Those things, coupled with the story of Shepherd Center’s founding, led Suzanne to believe that she might like to support the hospital.

“I knew the story of how the hospital started,” Suzanne says. “I was touched by how the Shepherd family had turned a personal tragedy into something meaningful that could help others. I also knew Gordon Bynum, a Derby Day committee member, who got me involved with attending Derby Day events.”

Suzanne’s more recent introduction to Shepherd Center began with a tour given by Shepherd Center co-founder Alana Shepherd. That tour immediately won her over.

“It was eye opening,” Suzanne recalls. “I saw firsthand the specialized care they provide, the dedication of the doctors and the staff, and demonstrations of the use of technology to improve patients’ lives. And, it is such a positive environment. The word ‘no’ isn’t even a part of the vocabulary at Shepherd.”

She began volunteering by bringing her dog, Tyler, to visit patients in the Brain Injury Rehabilitation Program

at Shepherd Center. It was there that she could see patient transformations up close.

“I recall one patient who was in his wheelchair and could barely lift his head, let alone speak,” she says.

“The word ‘no’ isn’t even a part of the vocabulary at Shepherd.”

– Suzanne Mott Dansby

Each week she could see his progress. About three weeks into their visits, while Tyler was sitting on a platform attached to the patient’s wheelchair, the patient began speaking to the dog in complete sentences, talking about his own dogs at home.

“No one could believe it,” she says. “The family was so excited. It was amazing to witness the progress he had made in such a short amount of time.”

Suzanne’s first donation, which she made in 2011, helped build two raised flower beds in the garden to improve access for those participating in the horticulture therapy program. She has hosted a fundraising event in her home to request funds to purchase a new tilt table used in physical therapy to help mobilization. She also supported Shepherd Center’s capital campaign to expand the hospital and add a new MRI machine. She served on a committee which raised funds for the recreation therapy program, and she is also a member of the Bridge Builders Society.

“I am happy that I can make a personal impact on the work that Shepherd Center does,” Suzanne says, “whether it’s a capital campaign or for something that improves quality of life and brings joy to the patients and their families.”

Suzanne continues to give her time to Shepherd Center, serving as a member of the Shepherd Center Advisory Board, and she now sits on the Foundation Board of Trustees.

“Suzanne is very passionate and extremely gracious,” says Ansley Martin, senior major and planned gifts officer for the Shepherd Center Foundation. “When she sets out to serve an organization, she gives it her all. We are grateful for her generosity.” ❀

Annual Appreciation Dinner Honors In-Hospital Volunteers

BY CARLA PHILLIPS, VOLUNTEER SERVICES MANAGER

ON APRIL 13, 2016, SHEPHERD CENTER HONORED the in-hospital volunteers who make a difference with our patients and families every single day. This annual event allows volunteers and staff members to come together for fellowship and to celebrate their contributions made throughout the year.

The guest speaker, Anthony Foster, was an inspiration. Shepherd Center was also honored to have Hunter Ramseur perform at the event. Accompanied by guitar, Hunter sang an original song written specifically for Shepherd Center.

Guests dined on a delicious buffet provided by Soiree Catering. As a token of appreciation and thanks, all volunteers received a set of notecards featuring the artwork of volunteer Allen London, whose work is displayed throughout the hospital. ✱

VOLUNTEER MILESTONE HOUR AWARDS

100 HOURS

Laura Barnard, Duncan Beard,
Liz Bell, Lynda Crum,
Gale Eckstein, Rudy Fears,
Bill Heidecker, Sandy Kring,
Patty McGill, Marcia Pauly

250 HOURS

Kevin Angle, Carole Ellender,
Scott Keithley, Carol Malia,
Dave Munford, Molly Welch

500 HOURS

Bryan Durio,
Pam Glustrom,
Margaret Hopkins,
Ken Hornbuckle,
RoseAnn Olson

1000 HOURS

Joel Feldstein,
Neal Irby,
Fred Roberts,
Wes Varda,
Eric Wischhusen

2500 HOURS

Fred Black,
Bill Pritchard

MOST HOURS IN A FISCAL YEAR – JAMES CURTIS

Shepherd Center Auxiliary Celebrates Success at Annual Meeting

BY ALEX SEBLATNIGG, CAVS, DIRECTOR OF VOLUNTEER SERVICES

THE SHEPHERD CENTER AUXILIARY CELEBRATED its 2015–2016 fundraising season with the presentation of a check for \$109,921 to Scott Sikes, former executive director of the Shepherd Center Foundation, at the Auxiliary's annual meeting and luncheon on April 26 at Cherokee Town Club.

Lisa Hardymon, president, presented long-time Auxiliary members Karen Martin and Jeannie Worlock with the Peggy Schwall Spirit of Excellence Award. Each month, these two members gather volunteers to create special gifts to deliver to patients. They are diligent in their planning so that meetings are not only productive but also fun for those who volunteer. They spread sunshine to everyone they meet.

Carol Adams, Pat Ahlers, Marla Bennett, Ann Boriskie, James Curtis, Lynne Elander, Pam Glustrom, Stephen Goot, Mary Kay Howard, Lisa McAdams, Karen Martin, Carol Morello,

Chuck Nicolaysen, Lois Puckett, Mitzi Richardson, Sandy Unruh and Jeannie Worlock received service hour awards. Also, Ashley Bateman, a Shepherd Center swim team member, shared her personal experience of re-engaging with sports to find fulfillment following a spinal cord injury.

The highlight of the luncheon was the election and installation of the Auxiliary and Peach Corps officers for 2016–2017. The Auxiliary officers are Amy Trujillo, president; Elaine Carlos, president-elect; Crystal Baker, treasurer; Lisa Frooman, corresponding secretary; and Kathie Neyman, recording secretary. The Peach Corps co-chairs are Donna Pottorff and Lori Ewing.

Ruth Langsfeld, Elaine Carlos and Linda Morris co-chaired the beautiful event. Springer Mountain Farms donated the delicious chicken for the meal, which was catered by Talk of the Town. ✱

SHEPHERD CENTER

DERBY DAY

2016

AT CHASTAIN HORSE PARK

BY LESLIE JACKSON | PHOTOS BY KIMBERLY EVANS



SHEPHERD CENTER'S ANNUAL DERBY DAY celebrated its third year at Chastain Horse Park in Atlanta on May 7. More than 1,100 guests enjoyed a big-screen broadcast of the 142nd running of the Kentucky Derby. As soon as the gates opened at 2 p.m., guests flowed in to the horse rink dressed in their race-day best seersucker suits, spring dresses and hats.

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

After Nyquist won the race, the live auctioneers, Robert Ahlers and Jason Brooks, drew the winning name for a luxurious staycation in Buckhead. They then mastered the mic as the emcees for the live auction.

The silent and live auctions offered something for everyone with a custom suit, a catered private dinner, and getaways near and far. The day was truly filled with food, fun and fast horses!

Derby Day raises money for Shepherd Center's recreation therapy program, which aims to help people with disabilities lead healthy, active lifestyles as independently as possible through the use of recreation activities, providing education, skill development and community reintegration opportunities. For more information, visit **DerbyDay.com**. *

-
1. Derby Day patrons wear festive hats just like they do at the Kentucky Derby.
 2. Guests try their hands at the blackjack table.
 3. Race fans enjoy watching the race on the big screen to see if their horse will win.







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Susan and Robert Humphreys
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Mainly Baskets
The Mercury Group at Morgan Stanley
Cheryl and Jerry Nix
Parramore & Quinn
Elizabeth R. Pearce
Sandra and Larry Prince
Rogers Bridge Company, Inc.
Alana and Harold Shepherd
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Anne and Andrew Worrell

Silver Cup Sponsor

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The Sherwin-Williams Company
Shops Around Lenox
Valerie and Scott Sikes
Elizabeth and Boynton Smith
Southern Proper
That Garrison Girl
Mr. Thom Thies
Carol and Jim Thompson
Annie Winkler, M.D.

1. The Junior Committee Executive Board plans year-round for Derby Day.

2. Guests enjoy perfect spring weather on Derby Day.

3. Steve and DeDe Young, Ron and Ellen Seib, both of presenting sponsor Edward Jones, celebrate Derby Day with Ansley and John Martin.

4. Shepherd Center Advisory Board member Pat Kelly and his service dog Marlay enjoy the festivities at Derby Day.

5. Members of the Junior Committee help the day run smoothly.

UPCOMING EVENTS TO BENEFIT SHARE MILITARY INITIATIVE

SEPT. 11

2016 RPM 9/11

Victory Race



The RPM 9/11 Victory Race raised funds for Shepherd Center's SHARE Military Initiative.

ON SEPT. 11, 2001, RYAN P. MEANS, a native of Atlanta and a graduate of the University of Georgia, lost his childhood best friend, Adam White, during the attack on the World Trade Center. Profoundly affected by Adam's death, Ryan enlisted in the U.S. Army, where he tried out for the Special Forces Unit at Fort Bragg. The training was physically and mentally grueling, but Ryan graduated to become a member of one of the most elite fighting forces in the world.

During a deployment in Iraq in May 2009 Ryan became jaundiced and was airlifted to Baghdad for further testing. Ryan was diagnosed with cholangiocarcinoma

and taken to Walter Reed National Military Medical Center for initial treatment, and then to Memorial Sloan Kettering Cancer Center in New York City. He was met in New York by his immediate family and his wife, Heather, who was nine months pregnant with their second child. Ryan passed away July 7, 2009.

"We were seeking a way to memorialize Ryan and his decision to serve our country, so we started with a small bronze image of him at the Chastain Park American Legion Post," says Alfie Means, one of Ryan's three brothers. "Then my mother, Mary Jo, suggested that we host a 5k run in memory of Ryan on Sept. 11, 2010.

That was the beginning of the RPM 9/11. In 2014, we first learned about the SHARE Military Initiative at Shepherd Center. Our family immediately saw SHARE as the perfect program to support, and we're honored to have raised over \$100,000 for this life-changing program over the past two years."

The 2016 RPM 9/11 Victory Race will take place on Sunday, Sept. 11, at Chastain Park. All proceeds will benefit the SHARE Military Initiative. For more information about this year's race and Ryan's story, please visit rpm911race.com. *

Hospitality Business Network (HBN) Foundation

The Hospitality Business Network Foundation, Inc., an organization composed of corporate business leaders and hospitality professionals is dedicated to giving back to non-profit charities that help rehabilitate injured service members, including clients in the SHARE Military Initiative and the Navy Safe Harbor Foundation. HBN has donated more than \$325,000 to the two charities through a variety of events, two of which are scheduled for metro Atlanta in September.

The Patriot's Reception, which will take place on the evening of Sept. 11 at the home of HBN members Bill and Sue Butler, will feature a drop-in cocktail reception catered by Proof of

the Pudding with a special invited guest, U.S. Senator Johnny Isakson, and a live music performance by Atlanta's own Banks & Shane.

HBN will then host its fall conference from Sept. 26-27 at Legacy Lodge on the Lake Lanier Islands. This two-day event includes golfing on the resort's lakeside course, networking opportunities and a program with guest speakers. The money raised from both events will, in part, benefit the SHARE Military Initiative and Navy Safe Harbor Foundation.

To learn more, register to attend, become a sponsor or member, visit hbnfoundation.org. *

**SEPT. 11
THE PATRIOT'S
RECEPTION**

**SEPT. 26-27
FALL CONFERENCE**

Honorees are listed first in bold print followed by the names of those making gifts in their honor.
This list reflects gifts made to Shepherd Center between Feb. 1, 2016 and April 30, 2016.

Austen Alexander's Recovery
Ms. Kathy V. Remkus

Elizabeth Allen
Ms. Cyndae Arrendale

Dr. Dave Apple's Birthday
Ms. Ismari M. Clesson
Mr. and Mrs. Frederick M. Halperin
Mr. and Mrs. Mark P. Hartigan
Ms. Brenda F. Jones
Dr. Jill M. Koval

Dr. David Apple, Jr.
Mrs. Brittany Wilson

Myrtice Atrice – Congratulations on the Lymphedema team's certification
Dr. David F. Apple, Jr.

Mary Pat Baldauf's Anniversary
Mrs. Julie O'Neal

Ashley Bateman
Ms. Ellen A. McVeigh

Angela Beninga and medical staff improvement
Dr. David F. Apple, Jr.

Dr. Bilsky's 5th Floor Rehab team at Shepherd Center
Mr. and Mrs. Tom Frith

Scooter Birmingham's Recovery
APi Group, Inc.

Wesley Breedlove
Mrs. M. Paige Schweizer

Clara Brown
Ms. Debra L. Brown

Ed Buckley's Birthday
Ms. Lynn K. Buckley

Alaina Case for being a great lifesaver
Dr. David F. Apple, Jr.

Jim Caswell III
Mr. and Mrs. James M. Caswell IV

Robbie Caswell
Mr. and Mrs. James M. Caswell IV

Emmy Conlon's Birthday
Ms. Lynn K. Buckley

Justin Connor's Military Service
Mr. Mark Anderson

Kate Cool – Congratulations on Daisy Award
Dr. David F. Apple, Jr.

David and Gabe at Shepherd Center
Mr. and Mrs. Tom Frith

Chef Tim Elliott – The best cafeteria manager
Dr. David F. Apple, Jr.

Lora Fishman's 50th Birthday
Ms. Jean F. Caldwell

Katie Fitzgerald – Congratulations on the Lymphedema team's certification
Dr. David F. Apple, Jr.

Paul Freeman's Birthday
Mr. and Mrs. Steven J. Labovitz

Friends and Family
Adele T. Branch

William Gee
Mrs. Sadie Jackson

Donny Gillis' Recovery
Mr. and Mrs. James M. Caswell IV

Laura Gillis
Mr. and Mrs. James M. Caswell IV

Matthew Godwin
Mr. and Mrs. Milton Godwin, Jr.

Rusty Gore – Great job with SHARE Military Initiative
Dr. David F. Apple, Jr.

Jared Grier
Ms. Emily A. Bernard

Kevin Grogg – Good luck
Dr. David F. Apple, Jr.

Valentina Gross – Thanks for always being helpful
Dr. David F. Apple, Jr.

Ben Hadstock
Mr. Kevin Kelly

Rebecca Hammad – Congratulations on the Lymphedema team's certification
Dr. David F. Apple, Jr.

Greg Harry's Recovery
RNB Productions

HD Supply
Mueller Co.

Keith Hinton SCI Survivor Recovery
Ms. Tonya Harbison

Mickey Hitch's Birthday
Dr. David F. Apple, Jr.

Thomas Mark Hodges
Mrs. Patricia Hodges
Mr. Christopher L. Phillips
Mr. Frank A. Phillips
Mr. and Mrs. Joe M. Phillips

Dr. Laura Hoskins – Congratulations on promotion
Dr. David F. Apple, Jr.

Lesley Hudson – A 40-year Shepherd Center employee
Dr. David F. Apple, Jr.

Lorie Hutcheson – Excellent Board of Directors presentation
Dr. David F. Apple, Jr.

Martin Isenberg
Mrs. Phyllis Isenberg

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

Autumn Jefferson – Congratulations on Sunshine Award
Dr. David F. Apple, Jr.

Cynthia Johnson – Always great help
Dr. David F. Apple, Jr.

Joseph Johnson's Marriage
Mr. and Mrs. Ronald Fox

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

David and Carlene Jones friendship for Christmas Lights
Mr. and Mrs. Jerry Ladd

Robert Kozarek's Recovery
Dr. and Mrs. John A. Kozarek

Cathy Kramer – Great therapy
Dr. David F. Apple, Jr.

Deborah Krotenberg
Ms. Miriam F. Beckerman

Shaun Lally
Ms. Alecia Lally

Pearce Lane – Congratulations on acceptance to medical school
Dr. David F. Apple, Jr.

Tiffany LeCroy – Core Curriculum Award
Dr. David F. Apple, Jr.

Dr. and Mrs. Donald Leslie
Mrs. Valery Voyles

Crystal Lethcoe's Recovery
Mr. and Mrs. Michael W. Brown



Jerry Jordan
Ms. Lucy Williams Bowman
Mr. Gary Bradford and Family

Catherine B. Kleiner
Mr. and Mrs. Scott A. Kleiner

Terri Kohn – Great customer service
Dr. David F. Apple, Jr.

1. Ayo Dawkins-Brickhouse, along with Cecilia Rider and Kim Harrison went on a handcycling outing on the Atlanta BeltLine.

2. Former patient Chris Murad enjoyed waterskiing at the Adventure Skills Workshop, held every spring.

3. Kim Harrison, Gail Yordy and Laurie Miller went tubing at the Adventure Skills Workshop, held annually at Camp ASCCA in Jackson's Gap, Ala.

Ronald L'Heureux's Recovery
Mrs. Cheryl Price

Joseph Lopez's Recovery
Ms. Eugenia Makris

Marine Corps Coordinating Council Atlanta
Mr. Ray Collins

Anita Marino
The George Stern
& Sara Stern Foundation

Edward Michalek
Mr. Kenneth Greco

Cathy Miller's Recovery
Mrs. Sam Arogeti

Claudette Morrison – Congratulations on Daisy Award
Dr. David F. Apple, Jr.

Sarah Morrison – Congratulations on MHA degree
Dr. David F. Apple, Jr.

Dr. Laurie Nash – Congratulations on promotion
Dr. David F. Apple, Jr.

John Michael Night
Mr. and Mrs. Henry W. Pfingstag

Chris O'Brien
Ms. Alecia Lally

Katherine Parsons
Ms. Edna Adler
Mrs. Janet M. Beavers
Ms. Mary E. Carlson
Mr. and Mrs. Morton Ellin
Mr. Arthur Kopel
Ms. Janice S. Manassa

Libby Pearce - Happy Mother's Day
Mrs. Virginia P. Seawell

Laura and Darren Penn's Marriage
Mr. and Mrs. Steve Lowry

James Peterson – Shepherd's Men
Ms. Diane Guinn
The Guinn Family

Malik Phillips – Great life saver
Dr. David F. Apple, Jr.

Margarette Pierre – Congratulations on Sunshine Award
Dr. David F. Apple, Jr.

Erin Prentice – Congratulations on the Lymphedema team's certification
Dr. David F. Apple, Jr.

Diana Prickett
Mr. Clay G. Battle

Lois Puckett Candy Fund Volunteer Services
Dr. David F. Apple, Jr.

Rachel's 3rd floor rehab team at Shepherd Center
Mr. and Mrs. Tom Frith

Jamie Reynolds
Mr. James G. Strickland



Lisa Ruger's Birthday
Dr. David F. Apple, Jr.

Lisa Ruger – Best Massages
Dr. David F. Apple, Jr.

The Schube Family
Mrs. Sam Arogeti

Drew Seibert – Commemorating your achievements and 10-year anniversary
Ms. Deborah Gebhardt

Jill Seymour – Congratulations on the Lymphedema team's certification
Dr. David F. Apple, Jr.

Erik Shaw – Medical staff improvement
Dr. David F. Apple, Jr.

Shepherd's Men
JM Eagle
Ms. Jessica D. Beyer
Mr. Ben Houston
Mr. and Mrs. Thomas G. Reigle
Ms. Nancy A. Tygart

Alana Shepherd's Birthday
Mrs. Mary B. Bickers

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

Shepherd Center 5th floor nurses and techs
Mr. and Mrs. Tom Frith

Shepherd Center Finance Department
Mr. Mark Cameron

Shepherd Center Foundation Staff – Thanks, you are the best
Dr. David F. Apple, Jr.

1-2. University of Alabama Coach Nick Saban visits with Shepherd Center patients and families.

3. Daniel Smith braved the zip line at the Adventure Skills Workshop last spring.

4. Michael Gottschall of Searcy, Ark., receives a special visit from Argos Dogworks trainer Josh Donahue and pitbull Linus as a birthday surprise.

Shepherd Center Recreation Therapy Department
Dr. David F. Apple, Jr.

Dell Sikes
Mrs. Brittany Wilson

Dell Sikes' Retirement
Dr. David F. Apple, Jr.

Matthew Simmons' Birthday
Mr. and Mrs. Ricky E. Simmons

Tom Sloope
Mr. and Mrs. Chris C. Stovall

Kristi Stephens – Outstanding work and service
Dr. David F. Apple, Jr.

T. Wayne Sweezey's Recovery
Mr. and Mrs. Cleveland Peterson

Brigid Sykes – Congratulations on the Lymphedema team's certification
Dr. David F. Apple, Jr.

Stacy Thomas – Congratulations on Daisy Award
Dr. David F. Apple, Jr.

Yvette Tisdale – Great life saver
Dr. David F. Apple, Jr.

Lauren Tudor – Great life saver
Dr. David F. Apple, Jr.

Lauren Tudor – Yoga guru
Dr. David F. Apple, Jr.

U.S. Military Servicemembers
Mr. Eric A. Carlson

U.S. Military Veterans
Mr. Bruff Turner

Wes Varda
Ms. Catherine F. Gammon

Dr. Vox's Z Team in ABI S Shepherd Center
Ms. Mary Pat Baldauf

Becky Washburn Promotion Towel Service
Dr. David F. Apple, Jr.

Randy Watson
Trinity Presbyterian School

Mary Weems – Congratulations on Daisy Award
Dr. David F. Apple, Jr.

Bert and Meme Wilson
Mr. George H. Wilson, Jr.

George and Nell Wilson
Mr. and Mrs. Peter A. Wilson

Peter and Lisa Wilson
Mr. George H. Wilson, Jr.

Price Woodward
Ms. Susie Anderson
Ms. Jeanette McEntyre
Ms. Jan Shirley

Deceased friends of Shepherd Center are listed first in bold print followed by the names of those making gifts in their memory. This list reflects gifts made to Shepherd Center between Feb. 1, 2016 and April 30, 2016

Ken Akin

Mr. and Mrs. James R. Henderson

James Alban, Jr.

Mrs. Charles Woodall, Jr.

Karl Michael Anschutz

Ms. Esther L. Abisamra
Ms. Hope Abisamra
Mr. Werner Anschutz
Greg and Maryanne Gersch
Mr. Andrew G. Lyon

**In memory of Laura and
in honor of her birthday**

Mr. Werner Anschutz

Laura Ann Anschutz

Ms. Esther L. Abisamra
Ms. Hope Abisamra
Mr. Werner Anschutz
Greg and Maryanne Gersch
Mr. Andrew G. Lyon

Winifred "Winky" Arrendale

Mr. and Mrs. Hunter S. Allen, Jr.
Mr. and Mrs. Avery Blalock
The Hanson Family
The Lopes Family
Matthews Sales Corp
N.S.D.A.R. Tomochichi Chapter
The Puskas Family
Mr. and Mrs. William D. Skinner
Suzanna's Kitchen
The Watt Family
Mr. and Mrs. Robert G. Wellon
Mrs. Margaret B. Woodruff

Daniel Bacon

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

Julio Bernal

Ms. Sylvia C. Murray

Shirley Bilsky

Mrs. Kathy Adams
Mrs. Margaret Johnson
Ms. Brenda F. Jones
Shepherd Center's Inpatient
Spinal Cord Injury Teams
Mrs. Julie White

Dwayne Blocker

Mrs. Kathy Adams

Dr. Ledley Brown

Mrs. Susan G. Crist

Lauren Burtz

Mr. Michael Greene

Jane Caldwell

Mr. and Mrs. Samuel A. Buckmaster, Jr.
Mrs. James M. Caswell, Jr.
Dr. and Mrs. Carter Smith, Jr.

Dana Carr

Mr. and Mrs. Rick Carr

James Caswell

Mr. and Mrs. John G. Alston, Sr.
Mr. and Mrs. David M. Black
Mr. and Mrs. Ralph P. Black III
Mrs. Kim Morgan Bolton

Mr. and Mrs. Donald C. Chapman, Jr.

Mr. and Mrs. J. Kirby Chritton
Mr. and Mrs. Edwin Cowart

Mrs. Margaret Forbes

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Hugh "Irwin" Coons, Jr.

Ms. Evelyn L. Booth
Mrs. Janice W. Brittain
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The Druga Family
The Geiss Family
Mr. and Mrs. Herbert P. Hollowell, Jr.
L3 Unidyne, Inc.
The Lundberg Family
The Marsich Family
The Parks Family
The Sammarco Family
Smithfield Hog Production Division

James "Ralph" Cooper

Ms. Virginia Reticker

Charles Crawley

Mr. and Mrs. J. Harold Shepherd

Katie Diamond

Mr. and Mrs. Max Diamond

Tige Donald

Mr. and Mrs. Edwin Cowart

Andreas Dorotheou

Ms. Ismari M. Clesson
Mr. Achilleas A. Dorotheou

Mrs. Clare Hartigan

Mr. and Mrs. Craig Maxwell

Mr. James H. Shepherd, Jr.

Caleb Dowdy

Mrs. Linda C. Meeks

John Edward Duggan

Crawford Investment Council, Inc.

Ms. Allison Snyder

Mr. and Mrs. J. Harold Shepherd

Judith G. Taylor

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Mrs. Margaret Forbes

Michael "Mike" Egan

Mrs. Margaret Forbes

Mr. and Mrs. Ben L. O'Callaghan, Sr.

Katharine Evans

Mr. and Mrs. Wallace Evans III

Mrs. William E. Grabbe

Benjamin Evatt

Bertha Martin Sunday School Class,
Lebanon Baptist Church

Avis J. McCallum

Mr. and Mrs. Milner C. Moseley

Mel and Jodye Pfister

Pickens Middle School

Ms. Nicole E. Romano

Mr. Paul Shaw

Mr. and Mrs. Mendel H. Stewart

Mr. and Mrs. Barry R. Swiger

Mrs. Amy R. Timms

Joseph Farmer

Mr. and Mrs. Harvey M. Arnold

DeMorrio Fuller

Ms. Latonya Fuller

Luck Gambrell

Mrs. Margaret Forbes

Timothy Preston Gantt

Mr. and Mrs. William C. Finch, Jr.

Ms. Mary G. Flynt

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Jane Gouldman

Mrs. James M. Caswell, Jr.

Dr. and Mrs. Carter Smith, Jr.

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Dave and Ann Scheafbauer

Mr. Matthew Vowels

Ms. Bonnie B. Wells

Rick and Debbie Wells

Sue Anne Hart

Mrs. John E. Duggan

Kenneth "Ken" Henson

Mr. and Mrs. Edwin Cowart

Raymond "Ray" Francis Hinkle

USPS Spartanburg Westside Branch

John William Hooton

Ms. Angie Properi

Hugh "Don" Jackson

Tennessee Process Pumps

W.E. Marshall Company

Clarence Jones

Blount Sanford Contracting Co., Inc.
Mr. and Mrs. Eugene M. Smith

Peter Woodell Jones

Ms. Kellie J. Altaffer
Ms. Eugenia Hamilton
Ms. Diane Harner
Mr. and Mrs. Matthew Harrison
LOGOS Enterprises, Inc.
Mr. and Mrs. Robert A. Mula
Ms. Georgia Myer
Ms. Stephanie A. Norris
Ms. Susan E. Osgood
Mike, Jill and Linz Pacelli
Ms. Brandy Pirc
Linda Reisman and
the Reisman Family
Mrs. Danielle Rinck
Mr. Mark Sabroski
Ms. Lenore Smith
Mrs. Julie White
Wideband

Ernie Kollefrath

Ms. Virginia Lippincott

Lorraine Lambert

Mrs. KeeYoung Boyd

Mr. Michael J. Hahn

Terry Lee

Mrs. James M. Caswell, Jr.
Mrs. Barbara K. Furbish
Mr. and Mrs. William A. Furbish
Mr. and Mrs. Dell B. Sikes

Ralph E. Lehr, Sr.

Mr. and Mrs. Geoffrey N. Nolan

Pen Lynbrook

Ms. Phyllis Brooks

Robert F. Mabon

Mrs. Robert Mabon

George Mathews

Mr. and Mrs. James H. Blanchard
Mr. and Mrs. Luther N. Conrad, Jr.
Jim Howard and Family



In June, Shepherd Center celebrated jointly with Parker Hannifin Corp. and Vanderbilt University to mark the FDA's clearance of Indego®, a wearable, robotic exoskeleton that assists certain individuals with paralysis in standing and walking.

John Howard
Anne Howard Stolz
Mr. and Mrs. Mark West

Sam Mayesh
Mr. Robert A. Lieberman

Brian Nelson
Mrs. Mynel Yates DuBose

Dickey D. Netherland
Mr. and Mrs. Edwin Cowart

Helen Shaw Newbold
Mr. Jerry M. Newbold

Phyllis Nygaard
Mr. and Mrs. John G. Alston, Sr.
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Peachtree Presbyterian Church
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Mr. and Mrs. Robert S. Beauchamp
Mr. and Mrs. Philip H. Davis
Dr. and Mrs. Robert E. Dicks III
Rod, Rory, Lavinia
and Vinnie Dowling
Mr. and Mrs. Skip Foley
Mr. L. Thomas Gay
Mr. and Mrs. S. T. Glover
Mr. and Mrs. Bill Gunn
Mr. and Mrs. Lemuel G. Hewes
Mr. and Mrs. Hudson Hooks
Mr. and Mrs. John A. Howard, Jr.
Ms. Helen Q. Hull
Mr. and Mrs. James W. Irwin,
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Mr. and Mrs. James C. Kennedy
Mrs. Cynthia B. Mallard
Ms. Jane W. Mann
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Mr. and Mrs. James P. Milton
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Mr. and Mrs. William H. Schröder
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Mr. and Mrs. Doug Williams
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Mrs. Marie Bray
Mr. and Mrs. Robert D. Johnson
Ms. Susan J. Paluska
Dr. Jaime B. Zadoff

Nelda Parrish
Mr. and Mrs. Howard T. Harris, Jr.
Mr. and Mrs. Roy Webb

W. W. Patton, Sr.
Mrs. Sue C. Patton

W. Richard "Dick" Perkins
Mr. and Mrs. Edwin Cowart

Bartie and Oscar Plunket, Jr.
Ms. Jane Plunket

Brian Portwine
Mr. Dale L. Pavcik

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Dr. H. Herndon Murray

Louella Randall
Mrs. Charles Woodall, Jr.

James "Jim" Ratcliff, Jr.
Mr. John Albers
BMI Group, LLC
Ms. Carolyn A. Bowen
Cumberland Trust &
Investment Company
Delta Western



Brian Shaffer (Indego® trial participant), Clare Hartigan, MPT, (clinical research coordinator for Indego), Dr. Michael Goldfarb (engineer), Dr. Ryan Farris (engineer) and Michael Gore (trial participant), celebrate the FDA's approval of the Indego robotic exoskeleton.

Ms. Debra A. Denny
Mr. Parker L. Ellison
Mr. and Mrs. Michael D. Ferris
Mr. and Mrs. Joe Graves
Mr. Craig Holliday
Ms. Jean B. Holmes
Ms. Ann O. Horner
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Pound 360 Albany, GA

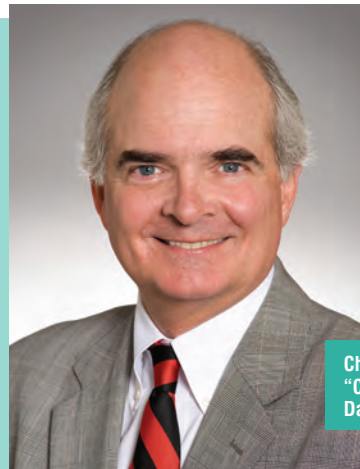
William "Bill" Robinson
Ms. Andrea Robinson

Craig Robson
Mr. and Mrs. Craig Robson

Shepherd Center Names Two New Members to Hospital's Board of Directors



Cyndae Arrendale



Charles L. "Chip" Davidson III

LONGTIME SHEPHERD CENTER SUPPORTERS

Cyndae Arrendale and Charles L. "Chip" Davidson III joined the hospital board of directors at the April 2016 board meeting. Cyndae had been serving as chairman of the Shepherd Center Foundation Advisory Board. She is a life member of the Shepherd Center Auxiliary, a charter member of Women Shaping Shepherd and a dedicated volunteer. She also chaired the highly successful 2009 Legendary Party: Around the World in 80 Days.

Chip, chairman and CEO of the Brookdale Group, has served on the Shepherd Center Foundation Board of Trustees and the Foundation Board Nominating Committee. Chip previously served on the Foundation Advisory Board and chaired the Foundation's 2013 fundraising campaign.

Shepherd Center welcomes these dedicated supporters to the board of directors, and we look forward to their compassionate insight, advocacy and leadership. * **DEAN MELCHER**

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Dr. and Mrs. Carter Smith, Jr.

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Mrs. Margaret Forbes

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PEACHTREE ROAD RACE

Elite Athletes Compete in Atlanta's Wheelchair Division of the AJC Peachtree Road Race

THOUSANDS OF SPECTATORS turned out to watch this year's Wheelchair Division of the Peachtree Road Race in Atlanta. The annual 10K race was held July 4 and drew 62 wheelchair athletes from six countries.

This year, Tatyana McFadden of Clarksville, Md., won the women's open division with a first-place finishing time of 23:14.56. She also won the race in 2010-2012, 2014 and 2015. In the men's open, Josh George of Champaigne, Ill., took the crown to win with a finishing time of 20:19.18. It was his first win.

The 6.2-mile competition began on Lenox Road in the heart of Buckhead, Atlanta's shopping district, and followed Peachtree Road for six miles before slicing through the heart of Midtown to the finish line at 10th Street and Piedmont Park. The race is the one of the largest and fastest wheelchair 10Ks in the country.

The top finishers in each division received peach-shaped crystalline trophies in a ceremony at Piedmont Park, while cash prizes totaling \$43,000 were doled out at a post-race brunch at Shepherd Center, which organizes the race.



Tatyana McFadden of Clarksville, Md., won the Women's Open of the Wheelchair Division Peachtree Road Race 2016.

Numerous Shepherd Center volunteers and staff members coordinated race logistics, including reviewing applications, orchestrating the start and finish, monitoring the times and overseeing the needs of the athletes.

Shepherd Center's Junior Committee was the Presenting Sponsor, Atlanta Track Club was the Platinum Sponsor and MARTA was the Silver Sponsor. Other sponsors were Inter-Continental Buckhead Hotel, Global Flowers and Red Bull. Sponsors provided pre-and post-race brunches, defraying travel and lodging expenses for racers, and awarding cash prizes to winners. *