

MEDICAL TREATMENT • RESEARCH • REHABILITATION

# Shepherd

Center Spinal Column®

## SEEING IT THROUGH

Shepherd Center's Transition Support Program offers a vital connection to build on rehabilitation progress and success.

ALSO INSIDE

ADVANCING REGENERATIVE MEDICINE + LEAVING A LEGACY  
+ CONNECTING THROUGH PEER SUPPORT

## Shepherd Center Magazine: Spinal Column®

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*About the cover: Shepherd Center's  
Transition Support Program helps patients -  
like Matthew Derreberry - and their families  
continue their success at home.*

*Photo by Louie Favorite*



## Spinal Column®

### A LETTER FROM JAMES SHEPHERD

### Dear Friends,

Two months – that's how long, on average, the typical patient stays in Shepherd Center's spinal cord and brain injury rehabilitation programs. From there, some patients will transition into outpatient programs and services Shepherd Center offers. Many will return home to continue their rehabilitation and to begin the exciting, yet challenging, experience of community reintegration. While we hope our patients and their families are able to focus on the incremental milestones they achieve, from the moment each patient arrives at Shepherd Center, we're already planning for what his or her next big milestone will be.

We realize that while returning home, going back to work and/or school or simply making the next transition after a spinal cord or brain injury can be exhilarating, it also can be overwhelming. As you'll read in our cover story, that's where Shepherd Center's Transition Support Program comes in. With a primary goal of preventing rehospitalization, the Transition Support Program engages case managers, life skills therapists, vocational counselors and peer support liaisons to help ease the transition that patients and families face after they leave what many call the Shepherd Center bubble. We often hear from our patients that the day they leave Shepherd Center, they experience mixed emotions – happy to return home, yet sad to leave the security and supportive community of Shepherd Center.

As I write this letter, I too, have mixed emotions. Our long-time president and CEO, Gary Ulicny, Ph.D., is retiring after 22 years at Shepherd Center. I am deeply grateful for his dedication, leadership and friendship over the past two decades. Yet, I look forward with excitement as Sarah Morrison, PT, MBA, MHA, assumes the role of president and CEO on Feb. 20. Having served here since 1984, she knows and loves Shepherd Center well. Sarah brings new ideas on how Shepherd Center can continue to flourish. I hope you'll join me in wishing Gary well in his retirement and embracing Sarah in her new role. As always, thank you for your support of Shepherd Center.

### Warm regards,

A handwritten signature in blue ink, appearing to read "James H. Shepherd, Jr.", written in a cursive style.

**James H. Shepherd, Jr.**  
**Chairman of the Board**

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PHOTO BY GARY MEEK

Cindy Martinez makes a stunning comeback from a flesh-eating bacterial infection with the help of rehabilitation at Shepherd Center.



See [news.shepherd.org](http://news.shepherd.org)  
for additional online content.

### Gifts of Generosity

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

## Shepherd Center Names New Executive Director of Foundation

Shepherd Center recently named Sarah L. Batts as executive director of the Shepherd Center Foundation. She assumed her role in November. The Foundation sets development policy and acts as the major fundraising entity for Shepherd Center.

"Sarah clearly stands out as an incredibly talented development executive," says James Shepherd, co-founder and chairman of the board of Shepherd Center. "She is a leader who will sustain and enhance the support of hallmarks of Shepherd Center – such as recreation therapy, assistive and therapeutic technology, research, housing and transportation. Sarah is engaged and enthusiastic, and we look forward to her leadership at Shepherd Center."

Batts brings to Shepherd Center a wealth of experience and a depth of knowledge of Atlanta and its healthcare landscape. Most recently, she served as managing director, campaigns for the Piedmont Healthcare Foundation. In her role, she was responsible for leading the execution of strategic planning for future campaigns. Before joining the Piedmont Healthcare Foundation in 2008, Batts served as the director of development at Emory University School of Medicine, overseeing fundraising for the Department of Pediatrics. Before her tenure at Emory, she was a development officer at Children's Healthcare of Atlanta.



Sarah L. Batts

"I am honored to be joining Shepherd Center," Batts says. "Beyond knowing of its outstanding reputation, I also have had personal experience with a relative who was a patient at Shepherd Center. It left a lasting impression on me, and I know Shepherd Center is going to be an inspiring place for me to continue my career and exercise my passion for leading fundraising for such a worthy organization." ❁

## Upcoming Recreation Therapy Events

### HEALTH AND WELLNESS CLINICS

Health and wellness clinics provide participants the opportunity to become physically active and gain insight to achieve a well-balanced lifestyle. Clinics are for individuals with all types of disabilities; however, people with spinal cord injuries must function at a C-6 or below. People with other disabilities must have similar physical function. For more information, contact Kelly Edens at [kelly\\_edens@shepherd.org](mailto:kelly_edens@shepherd.org) or 404-350-7793.

#### MARCH 4

Kennesaw, Georgia  
**Golf and tennis**

#### APRIL 15

Panola State Park, Georgia  
**Archery and cycling**

#### JULY 29-30

Shepherd Center/Silver Comet Trail  
**Para-triathlon**

#### SEPTEMBER 19

East Lake – Atlanta, Georgia  
**Golf**

### ADVENTURE SKILLS WORKSHOP

This fun-filled weekend is designed for people with spinal cord injury or disease, acquired brain injury, multiple sclerosis, spina bifida, post-polio syndrome, Guillain-Barré Syndrome, transverse myelitis or amyotrophic lateral sclerosis (ALS).

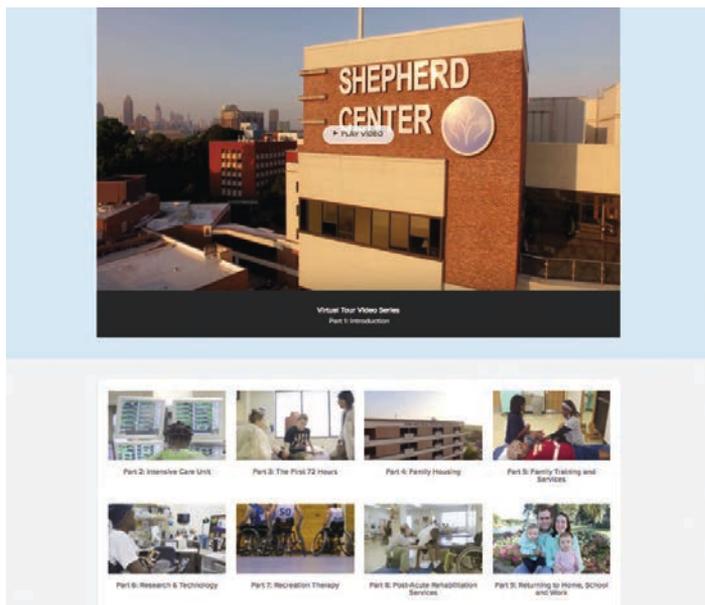
Registration for our 26th Annual Adventure Skills Workshop, which is May 19-21 at Camp on Lake Martin near Jackson's Gap, Alabama, opened February 14, 2017. For more information, contact Sabrina Evans at [sabrina\\_evans@shepherd.org](mailto:sabrina_evans@shepherd.org) or 404-350-7375.

## Shepherd Center Releases Virtual Tour Video Series

Shepherd Center has released a new virtual tour video series available on the hospital's website at [shepherd.org/video-tour](http://shepherd.org/video-tour). The videos are also available in the Virtual Tour Playlist on Shepherd Center's YouTube channel at [YouTube.com/shepherdcenter](https://www.youtube.com/shepherdcenter).

An introductory video and eight shorter videos guide prospective patients and families – as well as other viewers – through the hospital's comprehensive continuum of rehabilitation care for people with spinal cord injury, brain injury and stroke. Topics covered include intensive care, the first 72 hours after inpatient admission, housing for families of patients who live more than 60 miles from Shepherd Center, family training and services, research and technology, recreation therapy, post-acute rehabilitation services, and returning to home, work and school.

The virtual tour video series was produced by Shepherd Center's Marketing and Public Relations Department in conjunction with Brothers Young Productions of Marietta, Georgia. \*



## Shepherd Center Awarded Grant to Continue its More than 30-Year Legacy as a Spinal Cord Injury Model System Center

The U.S. Department of Health and Human Services has awarded a five-year grant to Shepherd Center to continue its longtime status as a Spinal Cord Injury Model System (SCIMS). The department's National Institute on Disability, Independent Living and Rehabilitation Research (NIDILRR), which sponsors the program, announced the designation of Shepherd Center as the Southeastern Regional SCIMS.

Shepherd Center is one of 14 spinal cord injury treatment facilities in the United States to receive the designation in NIDILRR's latest grant competition.

NIDILRR awards the grants to institutions that are national leaders in medical research and patient care and provide the highest level of comprehensive specialty services from the point of injury through rehabilitation and re-entry into full community life. Shepherd Center has been designated a SCIMS since 1982.

"Model Systems centers provide services to people with spinal cord injury that go beyond basic care," says Edelle Field-Fote, PT, Ph.D., FAPTA, director of SCI research and director, Shepherd Center SCIMS Program. "Shepherd Center has so many amazing programs that provide services far beyond the basics, including the Transition Support Program, the ProMotion gym, the lymphedema treatment program, Beyond Therapy® and recreation therapy, just to name a few."

Designation as an SCIMS center provides support for various research projects. In addition, Shepherd Center will collaborate with other SCIMS centers on research projects.

To learn more about Shepherd Center research, visit [shepherd.org/research](http://shepherd.org/research). \*



Edelle Field-Fote, PT, Ph.D., FAPTA, director of SCI research and director, Shepherd Center SCIMS Program

# Researchers Announce Promising Results in Study of Regenerative Medicine-Based Treatment for Complete Cervical Spinal Cord Injury

BY JANE M. SANDERS

## ASTERIAS BIOTHERAPEUTICS INC., A CALIFORNIA-BASED BIOTECHNOLOGY COMPANY FOCUSED ON REGENERATIVE

medicine, announced interim clinical trial data recently, revealing motor improvement in patients with complete cervical spinal cord injury who were treated with a higher dose of the company's regenerative-medicine based treatment.

Shepherd Center is one of the sites for the SCiSTAR Phase 1/2a clinical trial, and two of Shepherd's study participants were among the group treated with a 10-million-cell dose of Asterias' AST-OPC1 (oligodendrocyte progenitor cells derived from federally approved stem cell lines). Previous study participants received a 2-million-cell dose to assess safety.

While Asterias noted it is early in the study, results show all five patients in the higher-dose group who have reached six months of follow-up have gained at least one motor level of improvement on at least one side. Also, as targeted in the study, two of the five patients in this group have achieved two motor levels of improvement on at least one side of their body, the company reported.

"Shepherd Center clinicians and researchers are encouraged by these interim positive results and hopeful this clinical trial will result in a treatment that will improve the lives of people with spinal cord injury," says Donald P. Leslie, M.D., medical director of Shepherd Center and the principal investigator for Shepherd Center for this clinical trial.

"The results to date in the 10 million cell cohort treated with AST-OPC1 cells show that the improvements in arm, hand and finger function observed very early in the study have been maintained and in most patients have even been further enhanced over time," said Steve Cartt, CEO of Asterias. "These results to date are quite encouraging, and we look forward to initiating discussions with the FDA in mid-2017 to begin to determine the most appropriate clinical and regulatory path forward for this innovative therapy. In addition, we anticipate reporting 12-month efficacy and safety data for this cohort, as well as 6-month efficacy and safety data for the currently enrolling AIS-A 20 million cell and AIS-B 10 million cell cohorts, during the third quarter of 2017."

Researchers are measuring patient improvements with the ISNCSCI neurological classification scale widely used to quantify functional status of patients with spinal cord injury (SCI). Previous research shows that patients with complete cervical SCI who show two motor levels of improvement on at least one side may regain the ability to perform daily activities such as feeding, dressing and bathing.

The independent Spinal Cord Outcomes Partnership Endeavor (SCOPE) recommended the SCiSTAR study's efficacy target based on recently published data (Steeves et al., Topics in Spinal Cord Injury Rehabilitation, 2012). SCOPE is affiliated with the American Spinal Injury Association. The SCiSTAR study is funded in part by a



An Asterias employee removes frozen cells from storage in liquid nitrogen tanks at Asterias Biotherapeutics in Fremont, California.

\$14.3 million grant from the California Institute for Regenerative Medicine (CIRM).

Each year in the United States, more than 17,000 people sustain a spinal cord injury. These injuries can be devastating to quality of life and the ability to function independently. Lifetime healthcare costs for people with SCI can often approach \$5 million. Improvements in functional capabilities of people with spinal cord injury can result in significant improvements in daily living, less care required by an attendant and lower cost of care for people with SCI.

## ABOUT THE SCiSTAR TRIAL

The SCiSTAR trial is an open-label, single-arm trial testing three sequential escalating doses of AST-OPC1 administered at up to 20 million AST-OPC1 cells in as many as 35 patients with sub-acute, C-5 to C-7, motor complete (AIS-A or AIS-B) cervical SCI. AST-OPC1 is administered 14 to 30 days post-injury. Patients are being followed by neurological exams and imaging methods to assess the safety and activity of the product.

Additional information on the Phase 1/2a study, including trial sites and eligibility criteria, can be found at [clinicaltrials.gov](http://clinicaltrials.gov), using Identifier NCT02302157, and at the SCiSTAR study website ([scistarstudy.com](http://scistarstudy.com)).

All clinical trial participants at Shepherd Center must be patients who are admitted to Shepherd Center for rehabilitation. Also, clinical trial eligibility requirements apply. Medical professionals are invited to promptly refer patients for assessment to determine whether they are appropriate for admission to Shepherd Center. Contact Shepherd Center Admissions at **800-SHEPHERD (800-743-7437)** or [admissions@shepherd.org](mailto:admissions@shepherd.org).

For more information about Asterias, visit [asteriasbiotherapeutics.com](http://asteriasbiotherapeutics.com). \*

# QA

## RUSSELL GORE, M.D.

Director, Complex Concussion Clinic; Director, Vestibular Neurology; Medical Director, SHARE Military Initiative

INTERVIEWED BY PHILLIP JORDAN

A U.S. Air Force veteran, neurologist and widely published researcher, Russell Gore, M.D., was hired in December 2015 to serve as director of vestibular neurology and as medical director of Shepherd Center's SHARE Military Initiative – a comprehensive rehabilitation program that focuses on assessment and treatment for service men and women who have sustained a mild to moderate traumatic brain injury, along with co-occurring PTSD or other mental health concerns – such as depression or anxiety – from service in post-9/11 conflicts. This past fall, Dr. Gore also became the director of Shepherd Center's new Complex Concussion Clinic, a one-stop resource that offers a streamlined path to full recovery for patients with complex concussions.

**Q: What has struck you the most during your first year at Shepherd Center?**

**A:** Everything is super personalized for each patient. We recently treated a brain injury patient whose passion is playing the cello. So we incorporated the cello directly into her vestibular physical therapy. That's the belief here: Get the tools of our patients' trades into their hands again right away. If we're not incorporating our patients' passions into their therapy, we're probably not doing it right.

**Q: How unique is your role here as a neurologist?**

**A:** In a traditional hospital setting, it's not typical for a neurologist to work with brain or spinal cord injuries from the start – that's usually only the neurosurgeon – even though we often see those patients later if they have prolonged symptoms. Here, though, I see patients with brain injuries right away, so both patients and doctors experience the full spectrum of care. It's a collaborative approach that helps fill the voids that have existed in traditional care.

**Q: What's your hope for the new Complex Concussion Clinic?**

**A:** The concussion cases that fall through the cracks usually have long-term symptoms, but they don't require surgical interventions. That's where this program comes in. We bring in a complete team of experts working together across a variety of fields – doctors, physiatrists, brain injury experts and therapists. Our therapists are the strength of this clinic, and they operate from a model based on the patient's goals. We ask them, "Where do you want to be?"



Russell Gore, M.D., is the director of Shepherd Center's new Complex Concussion Clinic and the medical director of the SHARE Military Initiative.

**Q: What inspired your eight-year service in the Air Force as a flight surgeon and weapon systems officer?**

**A:** My father was an F-4 pilot at the end of the Vietnam War and was part of the initial cadre of the first F-15 fighter pilots in the 1970s. My uncles served in Korea and Vietnam, and my grandfathers served in World War II. I always knew I would serve. I was deployed often in Iraq and Afghanistan, but also in places like England, Eastern Europe, Northern Africa and Israel. It was a natural progression for me, working with pilots for whom spatial orientation is paramount, to then become interested in vestibular neurology. Today, it's an honor to keep working with veterans through Shepherd Center's SHARE Military Initiative. \*

INTERESTING FACTS

**EDUCATION:**

Vanderbilt University  
B.S. in Biomedical Engineering

Emory University  
M.D.

**FUN FACTS:**

- Dr. Gore is an adjunct associate professor at Georgia Tech and Emory University.
- Favorite hobbies: triathlons, long-distance trail running and flying a Cessna 172 around Atlanta.
- His wife, Jane, has a doctoral degree and is an assistant professor of physical therapy at Georgia State University.

- Son William, 14, plays cello and saxophone in the Woodward Academy marching band. Daughter Elizabeth, 9, is into theater and ballet, and debuted recently as a snow fairy in the Atlanta Ballet's production of The Nutcracker at the Fox Theatre.

More online at  
[news.shepherd.org](http://news.shepherd.org)

# SEEING IT THROUGH

Shepherd Center's Transition Support Program offers a vital connection to build on rehabilitation progress and success.

BY AMANDA CROWE, MA, MPH



1. The Transition Support Program includes case managers, life skills therapists, vocational counselors and peer support liaisons.
2. Patient George Mainville discusses accessible apartment options with peer support manager Minna Hong.
3. Life skills therapist Tara MacCaughelty recently visited patient Matthew Derreberry and his aunt Lisa Gentes at their home with case manager Kendra Moon to gauge his progress and offer additional resources for his rehabilitation from a brain injury.



## When people sustain a catastrophic injury, they are often living moment to moment.

They're not yet thinking about how life will change once they return home. Even though the hope of returning home is what gets many patients through the early stages of their recovery, it doesn't make the period of adjustment any easier once they are discharged. Also, without support to ease the transition, some patients are at risk for additional injury or hospital readmission.

Fortunately, Shepherd Center's Transition Support Program was created to address key medical, health and safety issues following discharge. Perhaps most importantly, the program and its dedicated staff members also focus on what's most meaningful to patients and families to help build on the progress they made at Shepherd Center.

"It's not just about helping them return home, but getting them back to life," says Laura O'Pry, RN, BSN, CRRN, clinical manager of the program. "Many are not quite ready to return to school or work, so we can help them find a sense of purpose and accomplishment."

As those who have benefited from the services will attest, the program also gives the comfort of knowing there is someone to lean on and help with problem-solving.

The primary goal of the Transition Support Program is to prevent re-hospitalization, improve health and safety outcomes and promote patient and family autonomy once the patient is

discharged from Shepherd Center. Transition support involves a mix of case management, life skills, vocational services and peer support. Patients are typically referred to the program if they are deemed high risk. This could mean that they have an acute medical issue, such as a recurrent infection or cardiac issue, lack health insurance, or just need that additional support for a safe, smooth transition home.

### LEAVING THE BUBBLE OF SAFETY

Many patients and caregivers find it daunting to leave Shepherd Center's structured and nurturing environment to face the unknown that awaits them at home.

"Even though we do a really good job of educating them, giving them resources and suggestions for how to structure their time, it is still overwhelming once they get home," explains Tara MacCaughelty, CTRS, CCM, life skills therapist with the Transition Support Program. "Many are in freeze mode as a result."

That's where the phone calls, telehealth sessions and home visits from the Transition Support team can make all the difference for patients who are recommended for the program. Through these touch points, the staff at Shepherd Center helps





**COORDINATORS IN THE  
TRANSITION SUPPORT PROGRAM  
OFTEN HELP CLIENTS WITH:**

- + medication management
- + safety and falls prevention and general home accessibility
- + schedules follow-up medical appointments
- + health record management and organization
- + daily scheduling and time management

1. Life skills therapist Tara MacCaugherty works with patient Matthew Derreberry developing skills to return to maintaining his family's lawn.

2. Case manager Kendra Moon works with Lisa Gentes on applying for grants to help Matthew receive technological resources and home modifications.

to build confidence in clients and their support system to ease the transition.

"Patients and families are so relieved to have an ongoing connection to Shepherd Center, and that they aren't just dropped into their previous home situation and left to their own devices," says Kendra Moon, Transition Support case manager. "They feel more at ease knowing there is someone who will be checking in on them and helping them as needed."

For eligible patients, case managers can provide home visits in the metro Atlanta area and serve as an advocate for two months, possibly longer.

Lisa Gentes says the program came at just the right time. Her nephew, whom she raised as her son, Matthew Derreberry, was badly injured in a motorcycle crash in August 2015 and among other injuries, sustained a severe brain injury. After being minimally conscious for more than two months, he eventually found his way to

Shepherd Center and received intensive rehabilitation through Shepherd Pathways, the hospital's post-acute brain injury rehabilitation program.

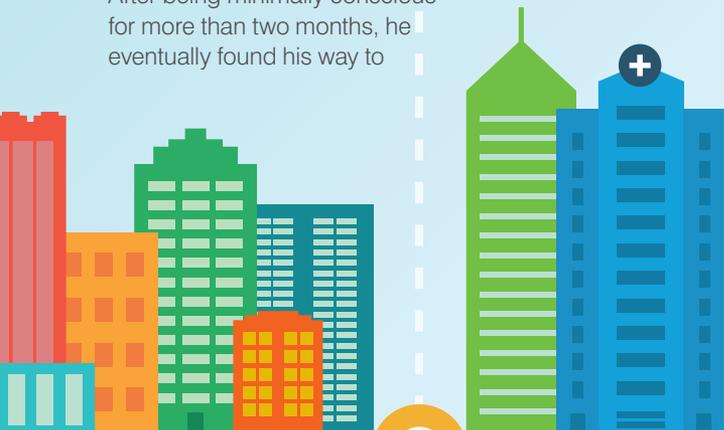
"From the day of the accident, I was in a fog," Lisa says. "It was like being a new parent all over again, but not knowing how to do it. I remember being scared to death that something was going to happen to him and desperately wanting to be able to ask someone who deals daily with these types of injuries, 'Am I doing this right?' and 'What do I need to do next?'"

The team had closely followed Lisa and Matthew's progress and recommended a life skills therapist to provide ongoing support in the home. With MacCaugherty's gentle guidance, Matthew's confidence soared, and as he gained more independence, Lisa also gained peace of mind.

"I coached Lisa on what was safe and appropriate for him, and demonstrated the type of supervision I would give him for a variety of tasks – for example at the gym or in the kitchen," MacCaugherty says.

The goal was first to ensure Matthew's safety and then give him the space he needed to safely make mistakes and to try things he was ready to tackle.

"Tara taught me how to give him more breathing room and trust that he was going to be OK," Lisa recalls. "For example, having me sit outside of the bathroom door instead of being in there with him, or standing beside him as he walked instead of holding onto him. She even encouraged me to go to the store and leave him behind."



**SHEPHERD CENTER'S  
TRANSITION SUPPORT PROGRAM  
IS TAILORED TO EACH CLIENT  
AND INCLUDES:**

- ✦ case management
- ✦ life skills training
- ✦ peer support
- ✦ vocational rehabilitation and services to help people secure and maintain work
- ✦ reinforcement of education and skills learned as inpatients



3. Matthew is diligent in working through the items on his daily to-do list, which life skills manager Tara MacCaughelty helped him create.

Lisa jokes now that while she did venture out that first time, she talked with Matthew on the phone most of the time. While Lisa admits it's a long process, slowly and through repetition of many tasks, Lisa and Matthew were able to apply the strategies MacCaughelty and Moon taught them.

Matthew is now able to take a shower by himself, make his own cup of coffee without the fear he will burn himself, walk up and down the stairs using a hand rail, manage his medications by sorting them into a pill box and even cook with supervision and safety reminders posted nearby.

"There were a lot of things Tara was more apt to let him do," Lisa recalls.

One of those things was helping Matthew attain one of his personal goals – to drive his lawn mower again. At the time, Lisa was recovering from cancer treatment, so physical tasks like cutting the lawn were difficult for her.

"Matthew has a huge heart, and he wanted to be able to help out," MacCaughelty says.

They worked toward this goal over several sessions. He would practice getting on and off the riding mower and walking the same route he would eventually maneuver. Lisa made a border for him to follow, and before too long, he was sitting atop his lawn mower driving, feeling some semblance of normalcy in his life again.

"There is such a wide range of goals we work on based on individual needs and interests and recovery rates, and then more personal things like being able to prepare meals, assume childcare responsibilities or pay the bills again," MacCaughelty says. "For Matthew, it was mowing the lawn and contributing."

### FILLING THE GAPS

Laura O'Pry, who has spent the majority of her 10 years at Shepherd Center on the inpatient side, says she is constantly reminded now of how much support clients need when they return home.

"I was so focused on what my patients needed in the hospital, I didn't always stop to think about what happens when they go return home," O'Pry says. "You assume everything is going to be OK because you taught them everything you thought they

needed to know. But the inpatient experience is only the beginning. The doctors, nurses and therapists give our patients the bricks to build the house, and the Transition Support Program is really the mortar to help fill in the gaps and help them maintain the foundation that was started."

O'Pry recalls working with one client who insisted he could manage everything on his own. But upon visiting him in his home, she quickly noticed he had no way to leave his home safely if there was an emergency. There were rugs that needed to be removed because he struggled to get over them with his wheelchair. He also couldn't open the refrigerator and had trouble reaching his water cup. On a day when no one was around, he quickly became dehydrated, a potentially life-threatening situation for someone who has a spinal cord injury. This client was referred to Life Skills to help offer solutions.

"These are things you don't always think of, but they are real issues," O'Pry says.

They're issues that if not addressed, could prevent people from becoming more independent, attaining their optimal state of health or regaining a sense of normalcy.

"The ongoing support, education, guidance, problem-solving and assessment that we provide our clients and their families are some of our greatest offerings," Moon says.

Still, the challenge the Transition Support Program faces is that each client and family are unique in their needs, obstacles, strengths and receptivity to support, Moon adds.

### SUSTAINING THE MOMENTUM

Part of what makes the Transition Support Program such a success is how well the staff collaborates to determine what individual clients need.

"There is a lot of back and forth, and we work really well together," MacCaughelty says. "I think it's why we are able to get such good outcomes, especially for complex cases with urgent needs."

One such example is 61-year-old George Mainville. He was living in the mountains of north Georgia when he was



“The inpatient experience is only the beginning. The doctors, nurses and therapists give [clients] the bricks to build the house, and the Transition Support Program is really the mortar to help fill in the gaps and help them maintain the foundation that was started.”

– LAURA O’PRY,  
CLINICAL MANAGER OF THE  
TRANSITION SUPPORT PROGRAM

diagnosed with a rare autoimmune disorder called chronic inflammatory demyelinating polyneuropathy. He remembers his foot slapping uncontrollably one day when he walked down his driveway to get the mail. As time progressed, he lost function in his legs. He received care through the Spinal Cord Injury Rehabilitation day program from November through December of 2015.

After being discharged, living alone became too isolating.

“It was no good for my mind,” George recalls.

Together, the Transition Support team – including case manager Kendra Moon and peer support manager Minna Hong - played a key role in encouraging George to move to an apartment in Marietta, Georgia, which is closer to his health team and sister, Lee Busey. He received weekly guidance and help with problem solving. After George’s move, it was Moon’s skillful assessment of his potential for increased independence that led her to refer him to life skills therapist Tara MacCaughelty. In his new space and through his participation in life skills, George learned how to safely do his laundry, take out the trash and prepare simple meals. During MacCaughelty’s home safety assessment, she recognized the need for a padded shower chair and made suggestions on furniture reorganization for greater accessibility. George also identified the goal of increased community access, which led to a trip to the grocery store so he could practice getting in and out of the car and loading bags.

“We helped him see he was capable of doing things on his own – he just needed some support,” Moon says.

Moon, Hong and MacCaughelty often served as cheerleaders for George, even when it meant exercising a little tough love.

“Without them, I don’t think I would have been able to move to this apartment. They really make you see the possibilities,” he says. “They would tell me, ‘You can do that, and here’s how.’”

For more information about the Transition Support Program, contact **Laura O’Pry at 404-367-1255 or [laura\\_opry@shepherd.org](mailto:laura_opry@shepherd.org)** ❄️

❄️ More online at  
[news.shepherd.org](http://news.shepherd.org)

# 10 TIPS TO EASE THE TRANSITION HOME

Below are some practical tips to help ease the transition to home so you can optimize recovery.

## 1 PREPARE BEFORE LEAVING THE HOSPITAL. Taking the time to get organized before heading home is important. *For example:*

- + **Identify a primary care doctor if you don’t have one and schedule any follow-up appointments to avoid gaps in your care.**

You may also need to see other specialists, including a physiatrist, neurologist, orthopedist, wound care expert, pulmonologist or urologist. *If you live near Atlanta, you can take advantage of Shepherd Center’s Multispecialty Clinic for ongoing evaluations. Call 404-352-2020 for more information or to make an appointment.*



- + **Create an emergency card** that lists all of your medical conditions, current medications, allergies, healthcare providers and emergency contacts. Keep one copy with you and another one at home.



- + **Fill your prescription medications** and order any medical supplies (bowel and bladder aids, tracheostomy supplies, skin needs, etc.) *If you are currently inpatient or in the day program at Shepherd Center, you also can use the Patient Engagement Portal, which is an online system that helps you organize your medical information. For more information, visit [shepherd.org/patient-portal](http://shepherd.org/patient-portal).*

- + **Set up transportation** to and from your medical and/or therapy appointments and recreational activities. If you have Medicaid, you might be able to use Medicaid Transportation. Find out if you have access to paratransit transportation services.

- + **Know what is and isn’t covered by your insurance plan.** Case managers at Shepherd Center can provide information and guidance on how to access funding based on your condition and finances.



**+ Know the symptoms to watch for** to determine if your health is deteriorating and who to call.

**+ Think about your home environment.** How easy will it be to get around? Would changes to the home allow you to be more independent (for example, a ramp going into the house, installing shower bars, etc.)?

## 2 MAP OUT A SCHEDULE AND STICK TO IT.

Even if you aren't quite ready to return to school, work or parenting, having a routine with tasks to work on every day can be very motivating. It helps fill your days and keeps your mind engaged, too. When initiating new outings, give yourself an extra 30 to 60 minutes until you fine-tune your routine.

## 3 STICK TO THE PROGRAM.

Follow the exercise program recommended by your therapy team. Doing so will help you maintain and continue to build strength and range of motion.



## 4 SURVEY YOUR HOME ENVIRONMENT.

Take a look around to make sure your home is safe and accessible. Are there rugs that could get caught in your wheelchair or serve as a tripping hazard? Can you reasonably reach for things like your phone, medicines or a cup for water? What about getting into and out of the bathtub or shower? Do you have an emergency plan in place?

## 5 KNOW HOW, WHEN AND WHY YOU ARE TAKING EACH OF YOUR MEDICATIONS.

Talk with your health team if you have concerns about your medications (for example, cost, side effects, difficulty remembering to take them, etc.). You might consider using a pill box to stay organized.



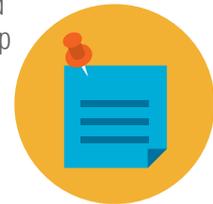
## 6 BUILD YOUR TEAM.

Make a list of family and friends who can help you – even if it's just to listen. If you haven't already, tap into the peer support program at Shepherd Center. It can be helpful to talk with someone who has faced a catastrophic injury and made the journey back home and to their community.



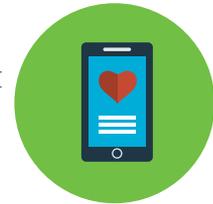
## 7 POST REMINDERS AROUND THE HOUSE IF MEMORY IS AN ISSUE.

Leave notes or set alarms to help you remember what you are supposed to do before you cook, or when to take your medicine, etc. You can also check out the Tetra Alarm app, created at Shepherd Center and available on Google Play. The app allows you to set multiple reminders throughout the day.



## 8 CHECK IN WITH YOURSELF OR YOUR LOVED ONES.

Recovering from a spinal cord injury, brain injury or other neurological event can take an emotional toll. You will likely have good and bad days. Remember that you don't need to do it alone, and there are counseling services to help.



## 9 STAY ENGAGED.

Make sure you are taking part in activities that give your life meaning. You can often do more than you think you can. Your therapists can show you how.

## 10 SPEAK UP AND ADVOCATE FOR YOURSELF.

Let someone know if your needs aren't being met.

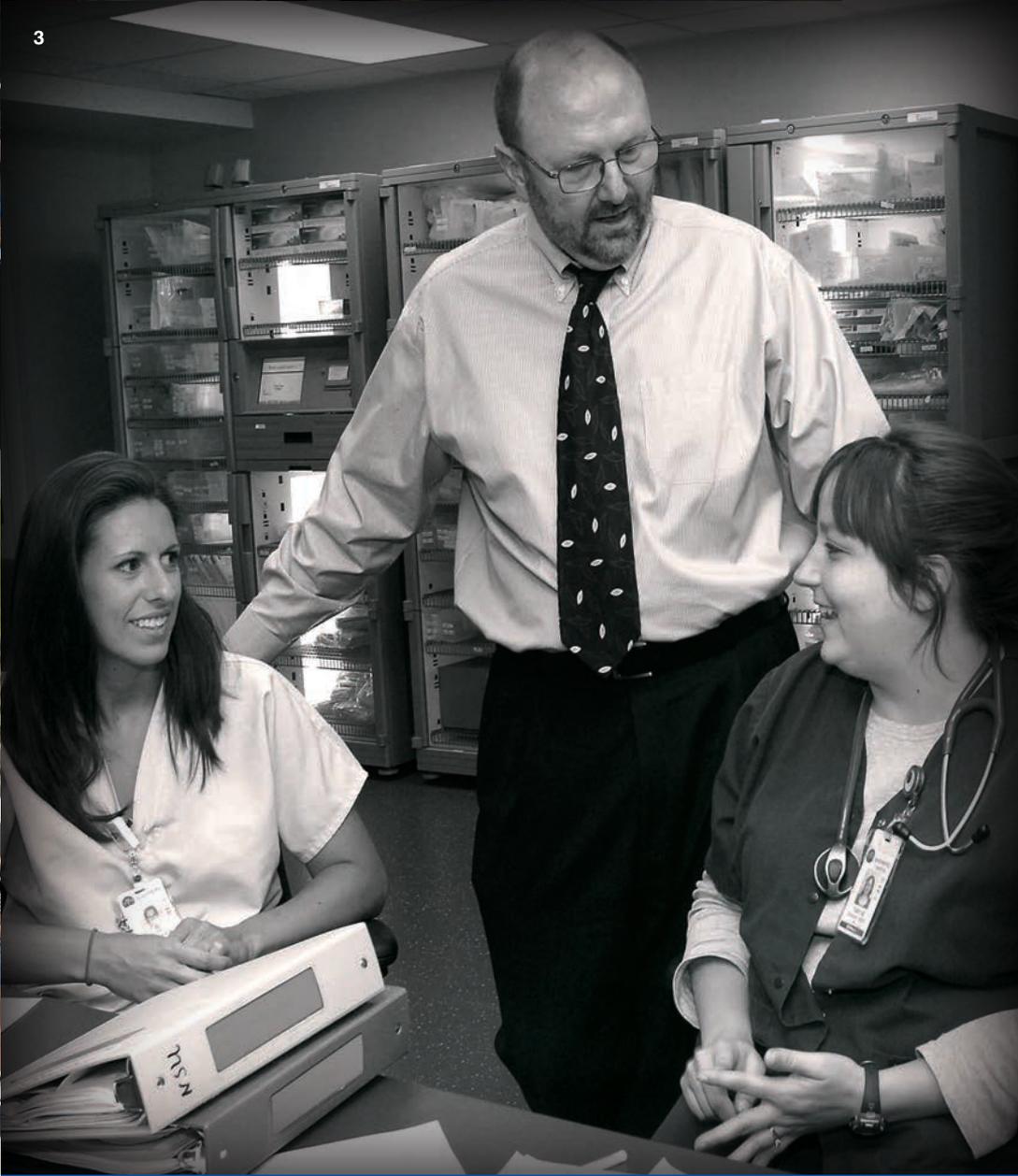
FOR ONGOING SUPPORT AND RESOURCES,  
VISIT [MYSHEPHERDCONNECTION.ORG](http://MYSHEPHERDCONNECTION.ORG).



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1. Gary Ulicny, Ph.D., is retiring after 22 years as president and CEO of Shepherd Center.
2. Supporters join Alana Shepherd, Shepherd Center co-founder, and Gary Ulicny, Ph.D., at a groundbreaking ceremony for Shepherd Center's expansion.
3. Dr. Ulicny takes great pride in helping to create a positive culture at Shepherd Center.
4. Dr. Ulicny and his son help carry the torch for the 1996 Paralympic Games in Atlanta, Georgia.

BY SARA BAXTER AND KERRY LUDLAM



# LEAVING A LEGACY

Gary Ulicny, Ph.D., longtime president and CEO, retires from Shepherd Center.

**ON AVERAGE, HOSPITAL CEOs SPEND FEWER THAN FOUR YEARS** at a single organization. But Shepherd Center is not your average hospital. And Gary Ulicny is not your average CEO.

When Gary R. Ulicny, Ph.D., retired earlier this year, he did so as the longest-tenured chief executive officer of a hospital in the metropolitan Atlanta area. Dr. Ulicny began his tenure as president and CEO at Shepherd Center in 1994.

“Gary has been forward-looking throughout his entire career at Shepherd Center,” says James Shepherd, co-founder and chairman of the board of Shepherd Center. “He’s always been very clear that he wanted to leave Shepherd Center in a better place than he found it. He’s been very successful at that.”

Indeed he has. During his tenure, Dr. Ulicny has overseen major expansions of the hospital and its services, including the addition of an acquired brain injury rehabilitation program and comprehensive pain institute, increasing overall inpatient capacity from 100 to 152 beds and developing the Beyond Therapy<sup>®</sup> program to help patients improve their lifelong health, minimize secondary complications and get the most out of any new neural links to their muscles.

Dr. Ulicny also has led Shepherd Center in expanding its research program and launching the SHARE Military Initiative, a comprehensive rehabilitation program that focuses on assessment and treatment for service men and women who have sustained a mild to moderate traumatic brain injury, along with co-occurring PTSD or other mental health concerns (such as depression or anxiety), from service in post-9/11 conflicts. For these accomplishments and many others, in 2014, Dr. Ulicny was presented with the Lifetime Achievement Award in Healthcare from the *Atlanta Business Chronicle*.

Dr. Ulicny’s tenure also has seen local and national recognition for Shepherd Center, such as rankings by *U.S. News & World Report* as one of the best rehabilitation hospitals in the nation for the past 15 years, being named one of Atlanta’s best employers by the *Atlanta Business Chronicle* and *Atlanta* magazine and receiving Spinal Cord Injury Model Systems (SCIMS) designation for 30 years consecutively by the National Institute on Disability, Rehabilitation and Research for the treatment of spinal cord injuries.

Beyond the awards and recognition, Dr. Ulicny takes pride in Shepherd Center’s high employee retention rate and in avoiding major layoffs of staff in his 22 years at Shepherd Center. These things point to the strength of the well-known culture at Shepherd Center – one Dr. Ulicny has been deeply committed to developing and maintaining.

“Building a culture of excellence beats strategy every time,” Dr. Ulicny says. “You do that by clearly stating expectations and creating an environment that provides immediate positive recognition so employees feel valued. A positive culture spills over into patient care and helps patients shift their focus from where they have been to hope for what lies ahead.”

Another point of pride? In 2015 and 2016, 85 percent of Shepherd Center employees participated in Shepherd Cares, the hospital’s annual fundraising campaign.

“To me, that shows the commitment of the employees and their willingness to give back, so Shepherd Center can meet its mission for its customers,” he says. “It’s an incredible thing to watch.”

Dr. Ulicny is looking forward to retiring to North Carolina, but as he reflects on his career, he’s clear on what he’ll miss about Shepherd Center.

“Meeting patients and watching them strive to overcome challenges has always affected me very personally, even after 22 years,” Dr. Ulicny says. “What we do at Shepherd Center makes a real difference in peoples’ lives, and that’s what made my job so satisfying. It is work worth doing.” \* ❄️

Cindy Martinez has made a stunning recovery from a flesh-eating bacterial infection with the help of rehabilitation at Shepherd Center.

# NO CHALLENGE TOO BIG

BY MIA TAYLOR

After a frightening battle with a flesh-eating bacterial infection, Cindy Martinez shows the world just how tough she is.

**C**indy, the mother of two young children and wife of a metro Atlanta-area police officer, thought little of small pain in her left shoulder blade.

It will go away, she thought to herself.

Over the next few days, her condition deteriorated, morphing into flu-like symptoms that became so severe she was rushed to the emergency room.

What transpired next garnered the attention of media outlets the world over. Cindy had necrotizing fasciitis – a flesh-eating bacterial disease. The rare condition spreads quickly and can become life-threatening in a very short period of time.

The ensuing treatment for Cindy involved surgery to remove back muscle. To keep her alive, she took medication to constrict

occupational and physical therapist and initially involved upper-body and core strengthening, as well as relearning simple tasks of everyday living.

“Anything we asked her to do, she did it,” says physical therapist Jill Roecker. “She wasn’t afraid to hurt a little, and she wasn’t afraid to work hard. She didn’t express a lot; she just kept her eyes forward.”

After two weeks, Cindy was fitted with prosthetics. It was a day she remembers as extremely difficult and painful, but one replaced by triumph.

“First, I worked on trying to get my balance, and then from there, it was a couple of steps with a walker. Soon after I was able to walk the hallways,” says Cindy. “Eventually, we got rid of the



blood vessels, allowing all blood to go to her heart. Cindy also went into septic shock with multi-organ failure, and a significant portion of her limbs, which had lost blood flow, required amputation.

Initially, both feet and her right hand were amputated. Then, the leg amputations were extended to just below the knees and the right arm was amputated above the elbow. In addition, all of the fingers on Cindy’s left hand were partially removed.

Those who know Cindy, and who saw her through this journey, describe an unassuming person of quiet strength, someone who is nothing short of remarkable – a miracle woman.

“In life, you’re faced with different challenges, and what makes you who you are is how you overcome those challenges,” says Cindy’s husband David. “And Cindy never ceases to amaze me.”

## MILESTONES

Cindy enlisted in the Marines when she was 17 – a decision that required her mother’s approval at such a young age. That she chose the Marines is an example of Cindy’s courage and an experience that likely helped prepare her for what was to come.

Cindy faced her amputations with characteristic resilience and strength, almost matter-of-factly.

“A lot of people don’t know how they would react,” she says. “It is what it is. I had no choice. This is what had to happen.”

After spending months in the intensive care units at three hospitals, she arrived at Shepherd Center a humbled human being, slightly overwhelmed by the task before her.

“I was bedridden, I had a feeding tube, I couldn’t even roll to my side and I was totally dependent on people,” Cindy recalls. “I didn’t have my right arm, and my left hand was all bandaged up.”

Despite facing challenges, it was just a matter of weeks before Cindy would regain her independence. She worked with an

walker. From the time I got the prosthetics to the time I left Shepherd Center was just four weeks, and I left there walking.”

## WALKING OUT THE DOOR

Roecker watched Cindy that final day and thought to herself, “Few people would know this is a woman who only recently learned to walk on prosthetics.”

“By the time she walked out of Shepherd, she wasn’t needing anything to hold on to,” Roecker says. “I personally thought if she had been wearing pants, no one from the outside would realize she had undergone amputations of parts of her legs. You didn’t really see a limp or any impairment in her gait.”

## THE NEW NORMAL

Cindy has shown that this chapter of her life will not define her. After leaving Shepherd Center, she began CrossFit training five days a week. Then, she biked and ran the Marine Corps Marathon, biking 25 miles and running the final 1.2 miles with her husband by her side.

“That was a big achievement,” David says. “I never expected it. You’re talking about one year from her getting in prosthetics to her running a marathon.”

She may still struggle with small things each day, such as opening a jar or lifting heavy objects, but the family has come together, helping each other whenever they can.

Cindy plans to spend the future speaking with other amputees about her story. Most importantly, there’s her family.

“My children kept me going each day,” Cindy says. “I’m still here, I feel healthy and I am grateful to still be able to watch them grow.” \*

Shepherd Alums:

# Where Are They Now?

BY PHILLIP JORDAN

## Karen (Burroughs) Alessi

ATLANTA, GEORGIA

**Karen Alessi, 61**, had an excruciating bout of the shingles this past fall. After a week, she was still feeling rough, but she hated being bedridden. So, despite the pain, she got back to work and back to her normal routine.

“One thing you learn with a chronic illness like multiple sclerosis (MS), you don’t get better sitting around,” Karen says.

In the late 1990s, Karen was living in her native Buffalo, New York, when she was diagnosed with MS. She moved to Atlanta in 1999, and she quickly found a job with Public Broadcasting Atlanta (PBA,) where she still works today as a senior account manager. She also soon found a built-in community of support at the Andrew C. Carlos Multiple Sclerosis Institute at Shepherd Center.

“Some of my first friends in Atlanta were made in the Shepherd Center gym,” Karen says. “It was such an empowering place to discover. You don’t stand out or feel awkward. Everything is designed for you just as you are. It’s an oasis.”

Eleven years ago, she started working out at Shepherd Center’s ProMotion Fitness Center on a regular basis. She’s gone at least twice a week ever since. That just happens to coincide with when Lisa Eagen began working as Shepherd Center’s lead exercise specialist.

“Lisa and I kid that we’re each other’s longest-running relationship,” Karen says with a laugh. “I can’t say enough good things about her. She’s kept me vertical! And she mixes things up to make sure I keep coming back.”

Karen and Lisa’s friendship has some competition now. Six years ago, Karen married for the first time – to her high school sweetheart, Thomas Alessi.

Back in Buffalo, Thomas had married, divorced and raised his children since the last time he’d seen Karen. But one evening, Thomas’ daughter – who always pestered her father to try dating again – asked him to at least name one woman he’d be interested to talk with.

“And he said my name,” Karen says with a laugh. “In two minutes, his daughter had my Facebook page up. The next day, I got a call from him – 37 years after our last date.”

Karen Alessi, who has MS, credits regular workouts at Shepherd Center’s ProMotion Fitness Center with helping her stay in shape.



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## Elizabeth Alley

WOODBURY, TENNESSEE

**Elizabeth Alley, 35**, is a “fixer” – one who’s particularly adept at helping fix other people’s problems. She discovered this about herself in the years after sustaining a C-4 to -5 spinal cord injury in a car crash when she was 20.

Five years after her injury, she started volunteering as a peer supporter through the Trauma Survivors Network at Vanderbilt University Medical Center, in Nashville, Tennessee. Elizabeth visited with patients in the trauma unit, but she also made a point to talk with the patients’ families – knowing that life-altering injuries are also traumatic for parents and relatives.

“When I’d first meet these families, you could feel this dark cloud hanging over them,” she says. “They’re scared and they don’t know what to expect moving forward. So, I’d talk with them, share my journey and tell them about the network resources that helped me. By the end of the conversation, the room felt brighter, and their shoulders weren’t slumped. These families realized there could be light in the distance. I absolutely love helping make that happen.”

Elizabeth sharpened her people-helping perspective during her time at Shepherd Center in the Spinal Cord Injury Rehabilitation Program, which included an inpatient stay and then multiple visits in the Spinal Cord Injury Day Program.

“They were so good about making you realize this is not the end,” Elizabeth says. “So I told myself, ‘I’m 20 years old. I could be in this body another 60 years. I better start learning how to use it again!’ I went all-in.”

Back home, she reconnected with friends and allowed her outgoing, social personality to re-emerge. In 2004, she was named Ms. Wheelchair Tennessee, and in 2006, she regained some freedom by learning to drive on her own, thanks to Shepherd Center’s adaptive driving program.

Today, Elizabeth is helping a new generation meet their challenges. Her boyfriend has two sons, 13 and 11, who keep her busy during the summers and holidays. And with weekly family dinners among Elizabeth’s own family in middle Tennessee, she gets plenty of time with her nieces and nephews.

“I love playing with kids,” she says. “That’s a big boost for me. It’s fun, and there are always things to fix!”

Elizabeth Alley, who sustained a spinal cord injury at age 20, now volunteers as a peer supporter for trauma survivors.



2

## Diego Delfino

ATLANTA, GEORGIA

**Diego Delfino, 29**, cannot remember life without music at the center of it. He began playing piano at age five. When he looks back at home videos of growing up in his native Argentina, Diego laughs at how often he's singing.

"I think once I discovered music, I started putting a soundtrack to my whole life, even as a little kid," he says.

Appropriate, then, that Diego fell in love with music composition as a student at Louisiana State University, where he double-majored in music and business. After graduating, he began composing music, creating orchestral scores and editing sound for television, film, theater and the internet. Diego also found gratifying work as a music teacher.

In September 2015, Diego was traveling to Los Angeles to meet with music labels about creating music for movie and television trailers. He'd had some headaches before the trip, which he attributed to stress and too little sleep. In L.A., however, the headaches became so severe he had to go to a hospital. Soon, doctors were performing a craniotomy to remove a benign tumor on Diego's brain that had led to a brain injury. Doctors also spent 18 hours draining excess fluid from his brain.

"It all happened so quickly," he says. "I had no idea what I was facing after that."

To recover from the brain injury, Diego began speech, occupational and vocational therapy at Shepherd Pathways, Shepherd Center's comprehensive outpatient rehabilitation program for people recovering from brain injury. To help regain his short-term memory, therapists encouraged him to start a daily diary – something he continues doing today. Music, of course, was also incorporated into his rehabilitation.

Today, Diego is back to his passion. He's a music instructor at the SAE Institute in Atlanta, teaching courses in music production, sound for motion pictures, game audio and more, helping others find a way to turn their musical passion into careers.

He's also made another trip to L.A.

This time, though, it was to propose to his girlfriend, Kristina.

"This was a much happier trip to the West Coast," Diego says.

The two plan to marry in spring 2017 at Atlanta's Chattahoochee Nature Center.

Diego Delfino completed rehabilitation at Shepherd Pathways, Shepherd Center's comprehensive outpatient rehabilitation program for people recovering from brain injury.

3

## Michelle (Dillard) Pfeiffer

GREENVILLE, SOUTH CAROLINA

**Michelle Pfeiffer, 45**, got to know her future husband, Mark, on the tennis courts. Whenever she wasn't in the classroom teaching honors and advanced placement chemistry and physics, Michelle was challenging Mark to keep up with her. Romance blossomed over one sport or another between the active duo – from tennis to golf to long-distance running.

"If there was something competitive and physical, we'd play it," Michelle says.

The couple's courtship was interrupted on April 19, 2015, when Michelle was rushed to a Spartanburg, South Carolina, hospital with a severe brain bleed that resulted in a brain injury. Her next memory is from several weeks later, when she awoke at Shepherd Center.

Michelle's brain injury required physical, occupational, recreational and speech therapy, all of which she received in Shepherd Center's Brain Injury Rehabilitation Program. After graduation from the inpatient program, she moved on to Shepherd Pathways, where she completed outpatient therapy.

As she got stronger, Shepherd Center had a running specialist help Michelle regain her running form. Therapists also worked to get her mind back in shape. One of Michelle's occupational therapy assignments was to create a lesson plan and teach a chemistry class to high school and college-aged patients at Shepherd Center.

"That was pretty cool," Michelle says. "I felt like myself again doing that. They were so good at getting me to do things that were actually important to me."

By January 2016, she was back at school, teaching a class. By the summer of 2016, she was doing spin classes, playing golf and running regularly on a treadmill. And this past fall, Michelle went back to work full-time.

While she doesn't yet have the energy to play sports as often during the school year, she's got a partner who's ready to play whenever she gives the word. Michelle and Mark got married last July and moved into a house they built together in Greenville. In lieu of wedding gifts, they asked their friends and family to make donations to Shepherd Center.

"I'm so thankful to be where I am now," Michelle says. "We just wanted others to know about Shepherd Center and to learn about how Shepherd Center helps so many other people beyond me."

4



Michelle Pfeiffer recently went back to teaching high school chemistry and physics after recovering from a stroke.

More online at  
[news.shepherd.org](http://news.shepherd.org)

## DONOR PROFILE

# Employees Show that Shepherd Cares

Employee giving initiative raises \$218,000 for Transition Support Program.



1. Staff ambassadors from teams all over the hospital encouraged their co-workers to participate in the campaign.

2. Mike Jones, Ph.D., vice president of research and technology, Emily Cade, director of outpatient services, Ford Vox, M.D., staff psychiatrist, and peer support liaison Pete Anziano, otherwise known as the Tin Man, Dorothy, the Cowardly Lion and the Scarecrow served as honorary chairs of the campaign.



**THE 2016 SHEPHERDCARES EMPLOYEE GIVING INITIATIVE** once again proved that many of Shepherd Center's most enthusiastic donors are our very own employees.

While the goal for this year's campaign was \$150,000, Shepherd Center employees blew past it, pledging more than \$175,000. In addition, the family of a former patient generously offered a challenge grant of \$40,000 if 85 percent of Shepherd Center employees participated in the initiative, while another generous donor added a challenge grant of \$2,500 for reaching the participation goal. Per usual, Shepherd Center employees rose to the challenge. The final tally with the challenge grants rested close to \$218,000 – a record amount.

"People often talk about the warmth and generosity of Shepherd Center's staff," says Alex Seblatnigg, CAVS, director of volunteer services, who also leads the employee giving initiative. "Never does that feeling shine through more than during ShepherdCares. We consistently have high levels of participation from employees across the hospital – at all levels – which speaks to the commitment and pride they take in being part of this organization."

With a theme of "There's No Place Like Home," employees voted on and ultimately selected Shepherd Center's Transition Support Program as the beneficiary of the campaign. The Transition Support Program helps patients transition back to their homes discharge from Shepherd Center. Support includes home visits, extensive education, vocational and

peer support for both patients and their families.

"Our program is an extension of Shepherd Center," Laura O'Pry, clinical manager of the Transition Support Program, says. "Our clients often express how relieved they are to have someone checking in, trouble shooting problems, and answering any questions that they may have."

Emily Cade, director of outpatient services, Ford Vox, M.D., staff psychiatrist, Mike Jones, Ph.D., vice president of research and technology and peer support liaison Pete Anziano, otherwise known as Dorothy, the Cowardly Lion, the Scarecrow and the Tin Man served as honorary chairs of the campaign. With their leadership, staff ambassadors encouraged their co-workers to participate in the campaign with the help of vendors and hotel partners who donated raffle prizes. This year's prizes included a \$500 Visa gift card, hotel stays, passes to local attractions and reserved parking for a month. ✨



ShepherdCares is held every fall. For more information, contact Alex Seblatnigg at [alex\\_seblatnigg@shepherd.org](mailto:alex_seblatnigg@shepherd.org) or 404-350-7315.

# Speaking – and Serving – from Experience

Shepherd Center's peer support team helps patients adjust to life with a spinal cord injury.

BY SARA BAXTER



**“I think it helps new patients to see us rolling around the hospital, getting on with our lives.”**

Minna Hong, Peer Support Manager



Shepherd Center peer support liaison Talbot Kennedy meets with patient George Casares to give him advice on stretches and transfers.

## “WE’RE EVERYWHERE.”

That’s how Minna Hong describes the philosophy of the team that helps recently injured Shepherd Center patients adjust to their new normal – life with a spinal cord injury.

And she’s right. Whether accompanying a group of patients to Chick-fil-A or demonstrating how to successfully make a floor transfer in a therapy session, the peer support team works to be available and accessible – through experiential learning, practical advice and encouragement.

They’re called peers for a reason. All members of the five-person team, who are Shepherd employees, have sustained some level of spinal cord injury (SCI) in their past. Their work is aided by 75 volunteers, who also have sustained SCIs, and who provide advice and assistance as peer mentors. Mentors visit patients during their rehabilitation at Shepherd Center and stay in contact with them after they’ve returned home.

“Through the peer support program, patients learn there is a wonderful network of people who understand what they are going through and have successfully transitioned into the community,” says Minna, who manages the peer support program for Shepherd. “These mentors are more than happy to share their stories and their experiences. They can say things like, ‘I tried it this way,’ or ‘This is what happened when I didn’t do this.’”

The larger idea behind the program is to let people know they’re not alone in their rehabilitation journey. It’s an idea that begins with how-to tips, such as how a person with limited hand movement might open a door, and one that extends through a full range of emotional support.

“We try to meet with new patients within seven days of being admitted to find out what’s on their minds and to talk about their personal needs in a non-threatening way,” Minna

says. “From then on, our participation is woven throughout their rehabilitation. We’re involved in one-on-one peer sessions and patient education.”

Peer support has been a staple of Shepherd Center’s comprehensive approach to rehabilitation since 1984, when a group of former patients decided to establish an official group. Recent grants from the Patient Centered Outcome Research Institute (PCORI) and the Woodruff Foundation expanded the program from two to six employees, adding to the program more staff diversity in age, experience, length of time since injury and type of injury.

“With new staff members, we have been able to participate more with our patients throughout the continuum of their rehabilitation,” Minna says. “In therapy sessions, peer support is so valuable because we’re able to translate the technical lessons that are taught by the clinicians into practical daily living skills.”

Fortunately, peer support doesn’t end when a patient leaves Shepherd Center. Several types of support groups meet regularly, including one for caregivers. For those who can’t participate in the support groups, a Facebook group – Shepherd Peers – helps serve as a forum for questions, tips and information.

Minna, who was a Shepherd patient 18 years ago after being injured in a car crash, still remembers the peer support she received.

“It was so valuable for me to learn the tips and tricks I would need to live my life using a wheelchair, and it really helped having someone understand exactly what I was going through,” she says. “That’s what we try to do. I think it helps new patients to see us rolling around the hospital, getting on with our lives.” \* ❄️

PHOTO BY LOUIE FAVORITE

## Peer Support Adds New Staff

Shepherd Center's newest peer support liaisons give hope to patients by showing them how it's done.

BY SARA BAXTER | PHOTOS BY LOUIE FAVORITE

**THANKS TO RECENT GRANTS** from the Patient Centered Outcome Research Institute (PCORI) and Woodruff Foundation, Shepherd Center recently expanded its peer support program – a hallmark feature of the hospital since 1984 – by adding new part-time staff members. These new peer liaisons join staff veterans Minna Hong, peer support manager, instructional designer/peer support lead Pete Anziano and peer support liaison Karen DeVault.



Back row: Pete Anziano, Zac Bradley, Scott Keithley\*  
Front row: Karen DeVault, Minna Hong, Talbot Kennedy

### ZAC BRADLEY

A favorite part of Zac Bradley's job is when he shows newly injured patients how to do something they didn't think they could do. It can be something as simple as holding a fork or operating a cell phone.

"They feel a sense of accomplishment and confidence," he says. "It is so great for me to see them doing things for themselves for the first time."

Zac was injured in May 2011 when a tree fell on his car during a thunderstorm. He sustained a C-6 to -7 complete spinal cord injury, becoming paralyzed from the chest down. After several months at Shepherd Center, he returned to Clayton State University, where he was a freshman attending on a basketball scholarship. He graduated with a degree in health and fitness management in 2014 and is now pursuing a master's degree in rehabilitation counseling at Georgia State University. He expects to graduate in August 2017.

He has never let his injury slow him down and hopes to pass on his can-do attitude to those he works with at Shepherd Center.

"I'm just living life like a normal 24-year-old," he says.

He has shared his stories and tips – especially for those who want to return to school – to Shepherd patients for the past two years, first as a volunteer peer mentor and now as a staff member.

"At first, new patients can't see the light at the end of the tunnel," Zac says. "They don't see what is possible. We present that future to them."



ZAC BRADLEY

## TALBOT KENNEDY

Talbot Kennedy likes to show patients a video of him getting in and out of his boat when he goes fishing.

"They are amazed that it can be done," he says. "It gives them hope that if they enjoy fishing, they can do it again."

And that's what Talbot likes to do as a peer support liaison – give hope to people who have recently sustained a spinal cord injury.

Talbot was injured in 2004. At just 18 years old, he had an accident on a trampoline on his last day of high school.

"I was a cheerleader and a gymnast," he explains. "I came out of a flip the wrong way and landed on my head."

Talbot sustained a C-5 to -6 incomplete SCI. After transferring to Shepherd Center from a trauma center in his hometown of Memphis, Tennessee, Talbot spent five months in the inpatient spinal cord injury rehabilitation program and another month in the day program.

Talbot returned to Shepherd Center two years later to participate in the Beyond Therapy® program and decided move to Atlanta. He is now enrolled at Georgia State University, where he is pursuing a degree in psychology.

He also joined Shepherd's rugby, racing and bass fishing teams.

"I really wanted to get back into participating in sports," he says. "I missed that sense of being part of a family, which you get when competing on a team."

Talbot learned a lot from his teammates about how to deal with his injury, and they encouraged him to volunteer as a peer support mentor. He became a peer support liaison in June 2016.

"I think it's helpful for patients to hear things from me," he says. "I've been in a wheelchair for 12 years. I can give them perspective because I've been through it."

He also helps facilitate a support group for family members. Though a counselor is on hand, Talbot says it's less of a counseling session and more of a way to share stories.

"The family may have an entirely different set of problems than the patient," he says. "That can be overwhelming."

Talbot is grateful for the opportunity to help patients and believes he gets just as much out of his job as he gives.

"I get a great sense of accomplishment," he says. "It's very rewarding to give hope to someone."



TALBOT KENNEDY

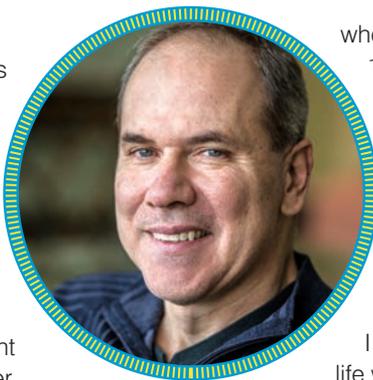
## SCOTT KEITHLEY\*

On the peer support team, Scott Keithley is considered the senior – not because of his age, but because of the amount of time that has passed since his injury. Scott sustained a C-6 to -7 incomplete SCI in a diving accident while on a canoe trip in the Ozark Mountains when he was just 21 years old. In the 37 years since the accident, he has graduated college, worked for nearly 25 years, gotten married and has spent his retirement volunteering at Shepherd Center.

His experience helps him give advice to patients both young and old.

"I know what it's like to have an injury when you're young and just starting your adult life," he says. "And now as I'm aging with a spinal cord injury, I can relate to the middle-aged guys."

A native of the Chicago area, Scott did his rehabilitation at the Rehabilitation Institute of Chicago and then returned to Southern Illinois University to complete his degree in English and communications. After graduation, he moved to Atlanta,



where his parents had relocated. He launched a 15-year career in the broadcasting field, working in marketing and promotions for two radio stations. He then decided to make a career change and went to work in technical sales for IBM until he retired in 2009.

With more time on his hands, Scott came to Shepherd Center to volunteer as a peer mentor.

"I have learned a lot over my lifetime and I wanted to help others who weren't sure what life would be like after their injury," he says. "Most of our advice is based on real-life experience."

Scott was hired as a peer liaison in April 2016.

"My favorite part of this job is watching their attitudes change as I answer their questions," he says. "You see the light go on, and their hearts lift." \*

*\* Scott Keithley passed away in December 2016. We are humbled and inspired by his life, and we are grateful that he chose to be part of the Shepherd Center family. Our thoughts are with his family and friends.*





THE 2016  
LEGENDARY  
PARTY

*You are cordially invited to attend*  
THE 2016 LEGENDARY PARTY



GRACIOUS  
GOODNESS  
A CELEBRATION OF GENERATIONS

HONORING

*Fred V. Alias*

SATURDAY, THE FIFTH OF NOVEMBER  
TWO THOUSAND SIXTEEN

COCKTAILS AT SEVEN O'CLOCK  
DINNER AND DANCING AT EIGHT O'CLOCK

FLOURISH

3143 MAPLE DRIVE NORTHEAST  
ATLANTA, GEORGIA

*Cynthia Widner Wall*  
Chairman

*Jenny Pruitt*  
Chairman-Elect

black tie



# Shepherd Center's Legendary Party Treats Guests to a Night of Southern Elegance

BY LAURIE COLEMAN AND LESLIE JACKSON

**"GRACIOUS GOODNESS, A CELEBRATION OF GENERATIONS,"** the theme of Shepherd Center's Legendary Party 2016, was reflected in the outpouring of enthusiastic support at this year's annual black tie event, which honored families with multiple generations involved with Shepherd Center.

Upon entry, guests were captivated by a square reminiscent of Savannah with wrought-iron benches and a fountain as a focal point while sipping bourbon honey iced teas. As the ballroom doors opened, everyone was immediately transported to a beautiful Southern heritage-inspired ambiance, where crystal chandeliers glimmered above a dance floor covered by a magnolia tree canopy. Magnolia topiaries and romantic Southern blooms adorned the shimmering tables.

The Legendary Party Chairman Cindy Widner Wall greeted and thanked sponsors and patrons, who helped raise \$1.5 million for Shepherd Center's recreation therapy program. The money raised will help patients take part in activities such as paragolfing, wheelchair rugby, hand cycling, water skiing, scuba diving, riflery, art therapy, mono snow skiing and fencing. In particular, Cindy thanked the honorary chairman of the evening, Fred V. Alias, for both his long-lasting support of Shepherd Center and his promotion of Shepherd to his family of multiple generations.

Special guest Timothy Miller brought his audience to their feet by singing "God Bless America" and "The Lord's Prayer" to bless the meal. Guests then enjoyed Southern cuisine with a sensational menu of collard green salad with fried chicken breast, shrimp and grits, braised beef on a bed of black-eyed pea succotash and a divine Ellijay apple cobbler.

After dinner, guests danced under the moss-covered trees to the sounds of Rupert's Orchestra. Meanwhile, the entire gathering area was converted into an exciting space to gather for watching primetime football games or to challenge your date to a fun game at the foosball or pool tables.



More than 200 young supporters of Shepherd Center had a grand time with record attendance at Legendary Late Night, which featured live band karaoke by Rock Mayhem. Guests dined on chicken and waffles and fare from the slider bar while dancing the night away.

People will surely be talking about this Legendary Party for generations to come! \*



For more information about The Legendary Party, contact Leslie Jackson at 404-350-7778 or [leslie\\_jackson@shepherd.org](mailto:leslie_jackson@shepherd.org).

1. The decor of the evening was evocative of Southern elegance. 2. Timothy Miller, renowned singer of "God Bless America" at the Atlanta Braves home games and member of the Atlanta Opera, sang "The Lord's Prayer" and his signature "God Bless America" as the Invocation.

PHOTOS BY ROSS HENDERSON, KIM LINK AND BEN ROSE



1. Shepherd Board member and 2009 Legendary Party Chairman Cyndae Arrendale celebrates the generational theme of the evening with her son Gus Bussey, his girlfriend Claire Ellender and Cole Harrison.
2. Cindy Widner Wall, 2016 Legendary Party Chairman, and husband James Wall celebrate with their daughters, Shepherd Center Junior Committee members, Catherine Wall (left) and Amanda Wall (right).
3. Legendary Honoree Fred Alias stands proudly with Susan Brandon and his sons Shaler Alias (left) with wife Patty Alias and Andrew Alias (right) with wife Sara Alias.
4. Chair-elect Jenny Pruitt and Chair Cindy Widner Wall welcome guests into the dining room.
5. Flourish provided a delicious meal and beautiful decor that evoked an elegant, yet relaxing Sunday supper in Savannah.
6. Edward Neblett and Piper Davis enjoy the sounds of Rock Mayhem, live band karaoke and party band, at Legendary Late Night.

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Peter A. Dames and Family*



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The Ruth and Talmage Dobbs, Jr.  
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Tammy and Price Woodward

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Mr. Frank Flautt  
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Cindy and Bill Fowler  
Friends of Shepherd Center  
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Dr. and Mrs. Donald P. Leslie  
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Judy and Dolph Orthwein  
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Dr. ChiChi Berhane  
Candy and Stephen Berman  
Dr. Judith R. Tolkan and  
Dr. Gerald S. Bilsky  
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Faye and John Donaldson  
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Dean DuBose and Bronson Smith  
Ree and Ralph Edwards  
Dr. Anna Elmers and Mr. Mike Elmers  
Dr. Payal Fadia and Mr. Rohit Chopra  
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Susan and Scott D. Hawkins  
Laura and Larry Kelly  
Ann and Larry Klamon  
Mary Beth Lester

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Leslie McLeod  
Dr. Dorothy E. Mitchell-Leef  
and Mr. Forrest I. Leef  
Judy and Lester Miller  
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Mr. and Mrs. William Puckett  
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Lou and Dick Stormont  
Dr. Susan C. Tanner and  
Mr. Robert Tanner  
Carol and James Thompson  
Drs. Karen and Ben Thrower  
Sally G. Tomlinson  
Joanne Truffelman  
Dr. and Mrs. Gary R. Ulicny  
Cindy and Bill Voyles  
John and the late June Weitnauer



PHOTOS BY ROSS HENDERSON, KIM LINK AND BEN ROSE

# Shepherd Center Hosts 33<sup>rd</sup> Annual Shepherd Center Cup

**SHEPHERD CENTER RAISED MORE THAN \$240,000** for its recreation therapy programs at the 33rd annual Shepherd Center Cup. The event was held on September 26 at Cherokee Country Club in Atlanta, and the Shepherd Center Foundation was pleased to have Amerisure Insurance as the event's presenting sponsor.

The players enjoyed lunch and remarks from President and former CEO Gary Ulicny, Ph.D., before the tournament began. Following a competitive round of golf, the players participated in a putting contest to win a Big Green Egg ceramic grill. Three finalists, including Jen Swindall, major and planned gifts officer at Shepherd Center Foundation, entered into a putt-off. In the end, it was Travis Ellis, the founder of Shepherd's Men, who took home the Big Green Egg.

The event also featured a closest to the pin contest with the winner taking home a YETI Hopper Cooler of their choice. In addition to these great prizes, golfers had a choice between Maui Jim sunglasses, a Peter Millar vest or a soft-sided cooler from Hudson Sutler as their tee gift.

The event wrapped up with an awards ceremony and dinner at the clubhouse. This year's event was a great success, and the Foundation is looking forward to Shepherd Center Cup 2017! \*



Presenting sponsor Amerisure's team included Steve Pominville, Kristi Lee, Mark Gromek and Mark Yount.

## PRESENTING SPONSOR

Amerisure Insurance

## COURSE SPONSORS

Choate Construction Company  
(North Course)  
Ed Voyles Automotive Group  
(South Course)

## CHAMPION SPONSOR

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Cox Enterprises, Inc.

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Susan and Tony White  
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Valerie and Scott Sikes  
Stephanie and Austin Stephens  
TransAmerica  
Troutman Sanders LLP

@ For more information on Shepherd Center Cup, contact Natalie Beard at 404-350-7304 or [natalie\\_beard@shepherd.org](mailto:natalie_beard@shepherd.org).

# Annie Oakley Shooters Clay Tournament Benefits Shepherd Center's SHARE Military Initiative

**ON MONDAY, NOV. 14**, the Annie Oakley Shooters held their 13th annual Annie Oakley Tournament at Burge Plantation to benefit Shepherd Center's SHARE Military Initiative. The tournament attracts elite clay shooters from Atlanta and beyond for this highly prestigious event. Before the shoot, sponsors and guests attended a fundraising cocktail party at Shepherd Center.

The events raised a remarkable \$55,000 for SHARE, Shepherd Center's rehabilitation program that focuses on assessment and treatment for service men and women who have sustained a mild to moderate traumatic brain injury – along with co-occurring PTSD or other mental health concerns – such as depression or anxiety – from service in post-9/11 conflicts. \*



## SPECIAL THANKS TO THE VOLUNTEER LEADERSHIP

**Executive Director:**  
Mary Huntz\*

**Executive Committee:**  
Margaret Bosbyshell  
Martha Curtis\*  
Vicki Gillespie\*  
Beverly Gregory  
Jane Keller

Linda Kruger\*  
Clair Lauderdale\*  
Lucy Millar\*  
Cheryl Miller\*  
Betsy Morehouse\*  
Christy Roberts\*  
Penny Saunders\*  
Johanna Tate\*

\*Past Tournament Chairs

1. Annie Oakley members and sponsoring shooters helped raise \$55,000 for the SHARE Military Initiative.

2. Dean Melcher, director of Shepherd Foundation operations, socializes with Board member and Annie Oakley Shooters member Sara Chapman and Mary Huntz, executive director of the Annie Oakley Shooters, at the fundraising cocktail party.

## SHARE A Laugh Comedy Show Brings Smiles, Support for SHARE Military Initiative

**ON MAY 10, 2017**, comedians and comedy fans will gather for the third annual SHARE A Laugh Comedy Show benefitting Shepherd Center's SHARE Military Initiative. The night will include a live auction, raffle, entertainment acts, food, drinks and plenty of laughter.

Stand up comedian and Bert Show radio personality Brian Moote is headlining the show, while radio and television personality Tom Sullivan will emcee the event. The event will be held at the Punchline Comedy Club in Atlanta.

SHARE A Laugh is the brainchild of former New Yorker Charlie Fisher, whose daughter, Sarah Begeal, is a recreation therapist at Shepherd Center. Additionally, his other

daughter's husband is a graduate of the SHARE program after being deployed in Afghanistan.

"My son-in-law has become who he is today because of the SHARE program," Charlie says. "Being involved in comedy is something I enjoy doing, and I can't think of a better cause." This year's fundraising goal is \$50,000. All of the proceeds will be donated to Shepherd Center, in support of the SHARE Military Initiative. \*



To learn more about SHARE A Laugh or to buy tickets to the comedy show, visit [sharealough.net](http://sharealough.net).

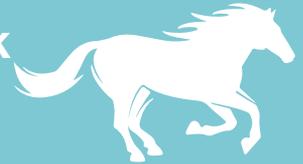
# UPCOMING EVENTS

## SHEPHERD CENTER FOUNDATION

Fill your 2017 calendar  
with Shepherd Center  
Foundation events!



MAY **6** **Derby Day** Chastain Horse Park  
Gates open at 2 p.m. [derbyday.com](http://derbyday.com)



## Project Rollway

JUNE  
**23**

Livingston Gym  
at Shepherd Center  
6 – 9 p.m.

## Summer in the City

JULY  
**19**

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

## Shepherd Center Cup

SEPT.  
**26**

Cherokee Country Club  
Shot gun start  
at 12:30 p.m.



## The Legendary Party

**4**  
NOV.

Flourish  
Cocktails at 7 p.m.  
Dinner at 8 p.m.

For more information on Shepherd Center events, please contact:

Natalie Beard, Special Events Associate  
404-350-7304

[Natalie\\_Beard@shepherd.org](mailto:Natalie_Beard@shepherd.org)  
Summer in the City, Shepherd Center Cup

Leslie Jackson, Special Events Associate  
404-350-7778

[Leslie\\_Jackson@shepherd.org](mailto:Leslie_Jackson@shepherd.org)  
Derby Day, The Legendary Party

Honorees are listed first in bold print followed by the names of those making gifts in their honor. This list reflects gifts made to Shepherd Center between Aug. 1, 2016 and Oct. 31, 2016.

**Janet Abercrombie – Great rugby event!**  
Dr. David F. Apple, Jr.

**Yolanda Adams – Congratulations on the Sunshine Award!**  
Dr. David F. Apple, Jr.

**Fred Alias' Birthday**  
Dr. and Mrs. Ross F. Grumet

**Joyce Allen – Special Friendship**  
Ms. Shirley Torti

**Liz Alley – Congratulations on the Daisy Award!**  
Dr. David F. Apple, Jr.

**Harold Anderson**  
Mr. and Mrs. C. Scott Akers, Jr.

**Ruth Anthony's Birthday**  
Mr. and Mrs. John Chalfa  
Mr. and Mrs. Robert E. Chanin  
Ms. Tammy S. Clark  
Ms. Sally Dorsey and Mr. Herb Miller  
Mr. and Mrs. Dean Melcher  
Mr. and Mrs. John R. Miller  
Mr. and Mrs. William M. Puckett  
Mr. and Mrs. J. Harold Shepherd  
Mr. and Mrs. James D. Thompson  
Mrs. Valery Voyles

**Dr. David F. Apple, Jr.**  
Mr. and Mrs. Kirtland C. Gardner III

**Cyndae Arrendale's Birthday**  
Mr. and Mrs. J. Harold Shepherd

**Laura Barnard**  
Mrs. Florence Church

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

**Sarah L. Batts**  
Dr. David F. Apple, Jr.

**Duncan Beard**  
Mr. Matthew Mize

**Natalie Beard – Great golf tournament!**  
Dr. David F. Apple, Jr.

**Dillan M. Bentley's Recovery**  
Mr. and Mrs. Joe Keelon

**Dr. Gerald S. Bilsky – Congrats on PMR publication**  
Dr. David F. Apple, Jr.

**Will Black's Recovery**  
Ms. Angela A. Black

**Kristin Boggs – Great rugby event!**  
Dr. David F. Apple, Jr.

**Donna Boldt**  
Mr. and Mrs. Donald L. Deeks

**Jennifer and Adam Bowling's Marriage**  
Mr. David Carr

**Jackie Breitenstein**  
Ms. Alicia Barras

**Emily S. Cade – Excellent Board presentation!**  
Dr. David F. Apple, Jr.

**Lou Camerio's 70th Birthday**  
Dr. and Mrs. H. E. Tucker, Jr.

**In honor and support of Terry Campen**  
Mr. and Mrs. Victor J. Robertson

**Allan Cobb's Recovery**  
Ms. Judith M. Cobb

**Andrea Cook**  
Mr. and Mrs. Glenn W. Cook

**Jared Coppola**  
Robin Shelgren

**Rob Cosby's Recovery**  
Mr. Ronald Bowen

**Lavona Currie's Birthday**  
Mr. and Mrs. J. Harold Shepherd

**Suzie Donahue's Birthday**  
Ms. Barbara J. Demetro

**Patrick Durkin**  
Ms. Susan L. Crawford

**Janet Duvall**  
Mr. and Mrs. James A. Seymour

**Matt Edens**  
The Cathedral of St. Philip

**Chuck Elander – Good Luck!**  
Dr. David F. Apple, Jr.

**Barbara Feinberg's Birthday**  
Mrs. Ruth Alexander

**Edee Field-Fote – Congratulations on the federal grant renewal great team!**  
Dr. David F. Apple, Jr.

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

**Robin Fowler – Congrats on the birth of your twins, Spelling and Lucia**  
Mr. and Mrs. Steven J. Labovitz

**William Fricks**  
Mr. and Mrs. Mark R. Fricks

**Lisa Fuller's Birthday**  
Mr. and Mrs. James D. Thompson

**Mark R. Funk**  
Mr. and Mrs. Barry Koretzky

**Jeff Gaddy**  
Mr. Perry R. Deweese

**Bernie Goldstein's Birthday**  
Mr. and Mrs. Joel K. Isenberg

**Gary Gropper, M.D. – Great patient care management!**  
Dr. David F. Apple, Jr.

**Ben Hadsock**  
Kevin Kelly

**Judy Hall**  
Melissa LoSasso

**Emma Harrington – Excellent Board presentation!**  
Dr. David F. Apple, Jr.

**HD Supply NGIP Trade Show**  
GYSGT Troy W. Campbell

**Kemp Heuman – Happy 70th Birthday!**  
Dr. David F. Apple, Jr.

**Michal Hoge**  
Ms. Elizabeth S. Barstow

**Polly Hogue – Congratulations on the Daisy Award!**  
Dr. David F. Apple, Jr.

**Dwight Howard**  
Mr. and Mrs. C. Scott Akers, Jr.

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

**The Marriage of Anna Johnson**  
Mr. and Mrs. Joel K. Isenberg

**Kristy Justus**  
Ms. Stephanie Puckett

**Deborah Krotenberg**  
Ms. Miriam F. Beckerman

**Dr. Don Leslie's Birthday**  
Ms. Brenda F. Jones  
Mr. and Mrs. J. Harold Shepherd

**Steve and Carole Loflin's 44th Wedding Anniversary**  
Mr. and Mrs. Steve Loflin

**Joseph A. Lopez IV's Recovery**  
Ms. Gina Makris

**Carol and Mike Lynch's 50th Anniversary**  
Mr. and Mrs. George Shattuck  
Mr. and Mrs. John Street

**Carol Lynch's Recovery**  
Ms. Claudia V. Babiarz



Patient Austin Stuck, center, celebrates the holidays with Santa and members of the Acquired Brain Injury Rehabilitation Program team.



Ben Thrower, M.D., medical director of the MS Institute at Shepherd Center, channels Captain Jack Sparrow while members of the MS Institute team dress as their favorite emojis for the MS Halloween Open House.



Former NFL player, College Football Hall of Fame inductee and Shepherd Center Advisory Board member Mike Utley, who sustained an SCI in a football game in the 1990s, recently stopped by Shepherd Center to visit with patients.

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

**The Marriage of Sam Massell and Sandra Gordy**  
Mr. and Mrs. Joel K. Isenberg

**The McGregor Family**  
Mrs. Charles M. Moon, Jr.

**Beverly Mitchell**  
Mrs. Sandra H. Minnich

**Jim Mitchell**  
Mr. and Mrs. C. Scott Akers, Jr.

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

**Phil and Jenn Molner**  
Mr. and Mrs. C. Scott Akers, Jr.

**Sarah A. Morrison – Congratulations on the CEO promotion!**  
Dr. David F. Apple, Jr.

**Duane Morrow**  
American Para Professional Systems, Inc.  
Mr. and Mrs. M. Michael Martin

**Lucius D. Morton**  
Ms. Frances Morton

**Dr. J. Tobias Musser**  
Mr. Kevin S. King

**Ginny and Steve Orthwein**  
Mr. and Mrs. Edward T. Baur

**Steve Orthwein**  
Netprofit Syndicate

**Elizabeth Ouligian's Recovery**  
Mr. and Mrs. Michael E. Ouligian

**Michelle Dillard Pfeiffer**  
Ms. Hayley Powell

**Michelle Dillard and Mark Pfeiffer's Marriage**  
Mr. Chad Scott  
Reed and Meghan Teague

**Mark Pirrung**  
Ms. Ginny F. Orthwein

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

**Hunter Ramseur – Thanks for your music!**  
Mr. Lucius D. Morton

**James Roberts**  
Mr. James Roberts

**Lucius E. Roberts – Congratulations on the Sunshine Award!**  
Dr. David F. Apple, Jr.

**Hamano Ross's Recovery**  
Mr. Nathan Anderson

**Betty Foy Sanders' 90th Birthday**  
Mr. and Mrs. J. Harold Shepherd

**Jane M. Sanders – Excellent Board presentation!**  
Dr. David F. Apple, Jr.

**Beth Sasso – Congratulations on the birth of Samuel!**  
Dr. David F. Apple, Jr.

**Margaret Schaeckel – for a positive attitude in the face of adversity**  
Mr. Fredric E. Schaeckel

**Sarah and Jimmy Schloss**  
Ms. Teri Ashe  
Ms. Brooke Burnette  
Ms. Nancy Dempsey  
Mr. and Mrs. Dennis M. Gartman  
Mr. Jack Grimes  
Mrs. Sydney Grimes  
Ms. Claudia S. Hawks  
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Ms. Lisa Sinclair  
Ms. Elizabeth A. Taraski  
Mrs. Susan Terry  
Ms. Marilyn Tonkin  
Mrs. Cynthia K. Tymoff  
Dr. Terry Whibley  
Ms. Steva S. Williams  
Mrs. Alvis Winslow

**Bob Schoumacher's Birthday**  
Mr. and Mrs. Dave Harris  
Ms. Meryl S. Rosen  
Ms. Linda G. Rozett

**Kate Seelman – Joining research review**  
Dr. David F. Apple, Jr.

**Dr. Erik T. Shaw – Great patient care management!**  
Dr. David F. Apple, Jr.

**Alana and Harold Shepherd**  
Albert M. Ashkouti Family

**Alana Shepherd**  
Mr. and Mrs. Russell C. Ashmore, Jr.  
Mrs. Charles H. Peterson

**In honor of the wonderful work Mrs. Shepherd has done for so many!**  
Gwyn M. Dennard, The Moran Family Foundation

**Stephen Shepherd's Birthday**  
Mrs. Mary B. Bickers

**Shepherd's Men**  
Mr. and Mrs. Donald J. Lucachick

**Jay Shue's Recovery**  
Ms. Patricia M. Shue

**David Smith**  
Mr. and Mrs. Thomas J. Bennett, Jr.

**Sid Stein's Birthday**  
Mr. and Mrs. Joel K. Isenberg

**Joe and Melody Thomas – Thanks for your generosity!**  
Dr. David F. Apple, Jr.

**Nicole A. Thompson – Congratulations on the promotion!**  
Dr. David F. Apple, Jr.

**Dr. Garrett Thornton's 88th Birthday**  
Mr. and Mrs. J. Harold Shepherd

**Sally Tomlinson's Birthday**  
Mr. and Mrs. J. Harold Shepherd

**Ronald Townsend**  
Ms. Mildred S. Whittaker

**Lauren C. Tucker – Great Rugby event!**  
Dr. David F. Apple, Jr.

**Marc Tucker's Recovery**  
Dr. Jay A. Levitt

**Gary R. Ulicny**  
Mr. Daniel A. Sadowsky

**Tommy Vance**  
Mr. Thomas E. Greer

**Wesley A. Varda, living a fruitful life thanks to Shepherd Center!**  
Mr. and Mrs. James W. Varda

**Lindsey S. Vicente – Great Rugby event!**  
Dr. David F. Apple, Jr.

**Molly Welch**  
Mr. Gerald Welch

**Adair and Dick White**  
Mr. and Mrs. Alan M. Smith

**William Wolf**  
Susie and John Grattan  
Mr. and Mrs. Milton Shlapak

**The Marriage of Catherine Woodling and Evan Strange**  
Ms. Ruth W. Woodling

**Jane Woodruff's Birthday**  
Mr. and Mrs. Charlie N. D'Huyvetter

**Eugene Pearce Worrell's 1st Birthday**  
Mr. and Mrs. Eugene L. Pearce III

**Goodloe Yancey's Birthday**  
Mr. and Mrs. J. Harold Shepherd

Deceased friends of Shepherd Center are listed first in bold print followed by the names of those making gifts in their memory. This list reflects gifts made to Shepherd Center between Aug. 1, 2016 and Oct. 31, 2016.

**Tazwell L. Anderson**

Dr. David F. Apple, Jr.  
Mr. and Mrs. Donald C. Chapman, Jr.  
Mr. and Mrs. J. Harold Shepherd  
Mr. and Mrs. James H. Shepherd, Jr.  
Mr. and Mrs. James H. Shepherd III

**Anneliese Anschutz**

Mr. Werner Anschutz

**Laura and Karl Anschutz**

Ms. Esther L. Abisamra  
Ms. Hope Abisamra  
Eva and Doug Morgan

**Dr. Hossein "Lari" Arjomand**

Mr. and Mrs. Jeré V. Garde

**Winifred "Winky" Arrendale**

Ms. Sally Dorsey and Mr. Herb Miller

**Arthur Avery**

Mr. Roy A. Brown  
Ms. Christine M. Burrell  
HD Supply Inc.  
Ms. Julie Loubaton  
Ms. Natalie V. Price  
Mrs. Margarita Rosa  
Ms. Angie Simmons

**Betty F. Barge**

Mr. and Mrs. Louie A. Pittman, Jr.

**Eugenia S. Battle**

Ms. Kelly K. Kelley  
Mr. and Mrs. Arthur W. Rollins

**John H. Beach**

Mrs. Neil V. Dawson

**Abraham "Herbie" Beckerman**

Mr. and Mrs. Richard J. Goldberg

**Hunter S. Bell, Jr.**

Dr. and Mrs. Carter Smith, Jr.  
Mr. Raymond M. Warren, Jr.

**Maury Benamy**

Mrs. Sam Arogeti

**Morris Benatar**

Mrs. Sam Arogeti

**LJ Bickford**

Mr. Anthony D. Narcisse

**Jessie Marie Bishop**

Mr. and Mrs. Calhoun C. Peterson  
Mrs. Charles H. Peterson  
Mr. and Mrs. J. Harold Shepherd

**Carolyn B. Boggs**

Mr. and Mrs. J. Harold Shepherd

**Don Brown**

Mr. and Mrs. J. Harold Shepherd

**Twix Bryant-Jackson**

Elizabeth Allen  
Ms. Vicky Anderson  
Ms. Alexandra Anthony  
Ms. Chrissy Anthony  
Mr. Daniel Anthony  
Mr. and Mrs. Tom Anthony  
Erin and Daniel Bara

Kaitlin and Adam Berezowsky

Allyson and Austin Bryant  
Ms. Tyler Bryant

Barbara and Leslie Callahan

Mrs. Annie Catterton

Mr. and Mrs. Matt Chalfa

Sydney and John Chalfa

Mr. Jameson Dörmann

Ms. Danielle Ellis

Mr. and Mrs. Skip Foley

Ms. Stephanie Forrest

Ms. Sierra Ghassemian

Ms. Sarah Greer

Mr. Robert Hendrix

Ms. Gingi Hernandez

Mr. and Mrs. Tommy Jackson

Ms. Leigh LaMon

Ms. Alison Lizek

Mr. Tim McCullars, Mr. Paul Diana,

and family

Elizabeth and Chris Morris

Ms. Sue Ann Morris

Mr. and Mrs. Stanley Mosley

Mr. Joshua Mueller

Dr. and Mrs. David Owens

Mr. and Mrs. David Owens

Mrs. Laura Penn

Maegan and Alex Perryman

Mr. and Mrs. John Phillips

Mr. and Mrs. Charles N. Smaha

Brenda and Dick Smith

Brittany and Scott Stein

Mr. Dan Stevens

Mr. Dean Tarrell

Dr. William Torres

and Mr. Jack Sawyer

Ms. Susan Tucker

Lindsey and Karlo Vicente

Cindy Widner Wall and James Wall

Ms. Kate Weber

Susan and Tony White

Mr. and Mrs. Wes Wynne

**Helaine Buchwald**

Mr. Grant A. Gund

**Jerry Burtnett**

Ms. Vicki E. Owens

**Lauren Burtz**

Mr. and Mrs. Roy C. Singleton

**Katherine Caan**

Mr. and Mrs. James H. Shepherd III

**Dana Carr**

Mr. and Mrs. Rick Carr

**Geneva Carroll**

Beth, Randy, John, Hollis and  
Summer Tackett

**Mr. E.P. "Pete" Carter**

Mrs. Gloria Dobbs Cowart

**Hector Cassinelli**

Ms. Tonika L. Todorovich

**James M. Caswell, Jr.**

Mr. and Mrs. Samuel I. DuBose  
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**Josephine Christian**

Mr. and Mrs. Joel K. Isenberg

**Dr. Richard Concillio**

Mr. and Mrs. Thomas W. Ventulett III

**Joan W. Cravey**

Mr. and Mrs. Frank C. Bowen  
Mrs. Gloria Dobbs Cowart  
Mrs. Frank S. Goodman  
Mr. and Mrs. Homer W. Whitman, Jr.

**Helen T. Daniel**

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Ms. Kathryn Martin  
Mrs. Kimberly Metarko  
David and Carla Nestor  
Mr. David E. Pope  
Sharon and Donald Pope  
The Red Hatted Birds of a Feather  
Mr. Michael Slater  
Ms. Marile K. Weeks  
The Whitaker Family  
YoYo Sisters

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Mr. Michael Logan  
Ms. Jean Loveday  
Ms. Barbara M. McCorkle  
Mrs. Paula J. McPoland  
Gail's Peeps  
Mr. John M. Roberts  
Ms. Rebecca Sweany

**Richard Douwsma**

Ms. Renee D. Contardo

**Gene Drennon**

Mr. and Mrs. Wade P. Boyett  
First Baptist Church of Snellville  
Ms. Frances B. Revel  
Mrs. Judy A. Schwartz  
Mr. and Mrs. Roy C. Singleton  
Ms. Dolores J. Wells

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Mr. Richard W. Duff

**Thomas "Tom" Dunham**

Michael and Carolann Gerescher  
Mrs. Elaine C. Johnson

**Bill Engle**

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**Bess Finch**

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**Bernard "Bernie" Gilman**

Mr. and Mrs. Max Diamond

**Dr. David Goodchild**

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**Stephen B. Goot**

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Mr. Fred V. Alias  
Mr. and Mrs. Thomas D. Anthony  
Jane and David Apple  
Mr. and Mrs. David S. Baker  
Ellen and Duncan Beard  
Mr. and Mrs. Jeffrey B. Berg  
Mr. and Mrs. Stephen M. Berman  
Mr. Christopher Blanchard  
Dr. and Mrs. Stephen Blank  
Mr. and Mrs. Ronald B. Bobo  
Mr. and Mrs. Michael A. Bourne  
Mr. and Mrs. Thomas Brunelle  
Mr. and Mrs. Donald C. Chapman, Jr.  
DeeDee Chereton and Paul L. Rosier  
Mr. James A. Curtis  
Mr. Dominick DeFeo  
Dale DeWitt



David Carter, Janet Paulsen and Bill Furbish, all members of Shepherd Center's water ski team, competed in the 24th Disabled Water Ski National Championship this past summer in Harmony, North Carolina.



Several wheelchair users gathered at Shepherd Center's Wheelchair Skills Clinic in October to learn new skills and refine existing mobility techniques.

Mr. and Mrs. Robert M. Franco  
 Mr. and Mrs. Roger G. Gelder  
 Mr. and Mrs. Jim R. Gooch  
 Mr. and Mrs. Stuart Gross  
 The Guinane Family  
 Phil Haney  
 Beth Harmon  
 Mrs. Lila Hertz  
 Mrs. Robert J. Howard  
 Gene and Mary Sue Howard  
 Mr. Barry V. Hutner  
 Mr. and Mrs. Mark L. Johnson  
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 Vicki and Hardy C. Katz  
 Elaine and Ronald Koenig  
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 John and Sherry Lundeen  
 The Maloney Family  
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 Pete and Catherine Mendelsohn  
 Mr. and Mrs. McKee Nunnally  
 Mr. Gerald C. Osgood, Jr.  
 Dr. and Mrs. Allan Peljovich  
 Mr. and Mrs. Martin M. Pollock  
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 Mr. and Mrs. Ray Schoenbaum  
 Joyce and Jay Schwartz  
 Dr. and Mrs. Glenn S. Shear  
 Mr. and Mrs. J. Harold Shepherd  
 Mr. and Mrs. James H. Shepherd, Jr.  
 Mr. and Mrs. James H. Shepherd III  
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 Brenda and Dick Smith  
 Mr. and Mrs. David L. Sparks  
 Mr. and Mrs. David M. Taylor  
 Ms. Sarah B. Thompson  
 Mr. and Mrs. Terrence M. Tracy  
 Mr. and Mrs. Robert A. Trauner  
 Dr. and Mrs. Gary R. Ulicny  
 Lindsey and Karlo Vicente  
 Ms. Virginia Walker  
 The Waller Extended Family  
 Mrs. Brittany Wilson  
 Ms. Elizabeth Winograd  
 Susan and Elliott Winograd  
 Mr. and Mrs. Steven L. Zweigel

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 Mr. and Mrs. J. Coleman Budd  
 Mrs. James M. Caswell, Jr.  
 Mr. and Mrs. M. Lamar Oglesby  
 Mr. and Mrs. J. Harold Shepherd  
 Mr. and Mrs. James H. Shepherd, Jr.

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 Mrs. JoAnn H. Ivey

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 Mr. and Mrs. Andrew Hadjian  
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 Kathy, Robert and Jessie Rustin  
 Mr. and Mrs. William T. Schwendler, Jr.  
 Mr. and Mrs. Robert J. Taylor IV  
 Dr. and Mrs. Walter P. Walker

**William (Bill) Humphries**  
 Mr. and Mrs. David A. Knauff

**Katie Hutchison**  
 Dr. David F. Apple, Jr.  
 Mrs. James M. Caswell, Jr.  
 Mrs. Lindsey Hopkins III  
 Mrs. Charles Woodall, Jr.

**James "Jim" Johnson**  
 Mr. and Mrs. Joel K. Isenberg

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 Mr. Robert G. Jones  
 Ms. Susan P. MacGill

**Elizabeth Kennedy**  
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 Mr. and Mrs. Samuel I. DuBose  
 Ms. Mary Beth Lester

**John Lamiman**  
 Ms. Elizabeth S. Barstow

**Mr. Julian LeCraw**  
 Mrs. Gloria Dobbs Cowart

**Joseph "Big Blue" Lindsey**  
 Diane Lindsey

**Martha W. Looney**  
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**Dr. David Lowance**  
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 Ms. Jean E. Tunstall  
 Mrs. Annmarie A. White

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 Ms. Lillian B. Troop

**Lilly Moore**  
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**Phil Morris**  
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**Bernard Neal**  
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Mr. and Mrs. David R. Dennison  
Mr. and Mrs. David F. Long III

**James "Jim" Ratcliff, Jr.**  
Mr. John W. Straton, Jr.

**Dr. Albert Rayle**  
Mrs. Ralph A. Murphy

**To All Who Served**  
Mr. Franklin V. Cox, Jr.

**William "Bill" Reese**  
Mr. Alfredo G. Munoz

**Herman R. Rosenthal**  
Mr. and Mrs. Max Diamond

**Alexander Saunders**  
Ginny Lippincott

**Norman Schimelman**  
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Mr. George B. Huber  
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Mrs. R. Julian McCamy  
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Jenny and Stephen Neill  
Mr. and Mrs. Ben L. O'Callaghan, Sr.  
Mr. and Mrs. M. Lamar Oglesby  
Mr. and Mrs. Richard C. Parker  
Mr. and Mrs. William A. Parker, Jr.  
Mr. and Mrs. Thomas A. Pederson  
Mrs. Charles H. Peterson  
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Dr. and Mrs. Harold S. Ramos  
Mr. and Mrs. Albert A. Rayle III  
RCG Ventures  
Mr. Hugh Richardson, Jr.  
Mr. and Mrs. John B. Shepard  
Mr. and Mrs. J. Harold Shepherd  
Mr. and Mrs. Paul S. Sites  
Dr. and Mrs. Carter Smith, Jr.



At Shepherd Center's Wheelchair Skills Clinic, participants including Colby Higgins of Alpharetta, Georgia, practiced and received guidance moving on various terrains, negotiating curbs, holding wheelies and completing transfers.

Col. and Mrs. Walter C. Stanton, Jr.  
Dr. and Mrs. Kenneth S. Taratus  
Mr. and Mrs. Edward T. Taylor  
Mrs. Eleanor Thiesen  
Mr. and Mrs. Thomas W. Tift  
Mr. and Mrs. Mark Trammell  
Mr. Edwin M. Ward  
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**Beverly L. Stacy**  
Jane and David Apple

**Sharon Stringfellow Stewart**  
American Wealth Management, Inc.  
Ms. Kristina Murphy

**Dodie B. Stockton**  
Mrs. Lindsey Hopkins III  
Mr. and Mrs. J. Harold Shepherd

**Louis J. Taratoot**  
Mrs. Amy B. Taratoot

**Charles E. Taylor**  
Mr. Matthew Mize

**William Michael (Mike) Thompson**  
Jane and David Apple

**Penny Thompson**  
Mrs. John E. Duggan

**Marie C. Towers**  
Mr. and Mrs. J. Coleman Budd

**James "Jim" Walters**  
Mr. David E. Amaya  
Mr. Joseph W. Ambash  
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Mr. Greg Ballew  
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Mr. Rich Meneghello  
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Sooyoung Park  
Mr. Jonathan Pearson  
Ms. Cheryl Pinarchick  
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Mr. and Mrs. Donald C. Chapman, Jr.

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**Marjorie E. West**  
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**Tristan Whitt**  
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Chiles Boys Soccer Program  
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Mrs. Brenda Hennenfent  
Ms. Lori M. Houchin  
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**Eugenia C. Wilson**  
Mr. and Mrs. John G. Alston, Sr.  
Mrs. Frank S. Goodman

**Jean Wilson**  
Laura and Carter Smith

**Jay Woodside**  
Mr. and Mrs. Vernon D. Martin

**Jack Wray**  
Laura and Carter Smith



# Shepherd Center

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## Can Do Multiple Sclerosis Partners with Andrew C. Carlos Multiple Sclerosis Institute at Shepherd Center

**CAN DO MULTIPLE SCLEROSIS (CAN DO MS)** and the Andrew C. Carlos Multiple Sclerosis Institute at Shepherd Center in Atlanta, Georgia, recently announced a new partnership that combines resources to strengthen health outcomes for people living with multiple sclerosis (MS).

"I am thrilled to see two great organizations – Shepherd Center and Can Do – come together to offer the MS community a unique and life-changing experience," said Ben Thrower, M.D., medical director of the Andrew C. Carlos Multiple Sclerosis Institute at Shepherd Center.

The partnership also will include a research study focused on the physical and social benefits someone with MS can experience by participating in a Can Do MS program. The four-day CAN DO® Program addresses the need for exercise and the ability to safely and effectively maintain physical activity, while also providing participants with new sources of self-empowerment. The CAN DO Program study, conducted in

collaboration with Shepherd Center, will evaluate and measure physical activity and mobility outcomes, self-efficacy for symptom management, progression of disability, quality of life post-program and communication and social health of participants living with MS and their support partners.

Can Do MS also facilitates the TAKE CHARGE® Program, which incorporates MS education, experiential activities and interaction with MS experts, as well as with other participants and their support partners, in a small-group setting throughout a weekend.

"This unprecedented partnership with Shepherd Center allows Can Do MS to create a model for future collaboration with MS centers and hospitals, enabling more people with MS and their support partners to participate and benefit from our life-changing programs," said Anne Gilbert, director of programs at Can Do MS.

The CAN DO Program will take place on May 17-20, 2017, and the TAKE CHARGE®



Program will be August 4-6, 2017, at Shepherd Center in Atlanta. Can Do MS began accepting applications for the CAN DO Program beginning on January 11, 2017. The application for the TAKE CHARGE® Program will open in May 2017. \*



For more information on applying for Can Do MS programs, please visit [mscando.org/programs](http://mscando.org/programs).