

MEDICAL TREATMENT • RESEARCH • REHABILITATION

Shepherd

Center Spinal Column®

HONORING VETERANS

Veterans share their
experiences returning to
civilian life after injury.

ALSO INSIDE

SHARE LAUNCHES VIRTUAL PROGRAM + WOMAN FINDS NEW WAYS TO SHINE
AFTER STROKE REHAB + PATIENTS AND FAMILIES GIVE BACK TO SHEPHERD CENTER

news.shepherd.org | Fall 2020

Shepherd Center
2020 Peachtree Road NW
Atlanta, Georgia 30309
404-352-2020
magazine@shepherd.org
news.shepherd.org

Editor

Damjana Alverson

Design

Soloflight Design

Contributing Writers

Damjana Alverson, Sara Baxter,
Phillip Jordan, Kerry Ludlam

Contributing Photographers

Connie Fore, Phil Skinner, William Twitty,
Joann Vitelli

Board of Directors

Alana Shepherd, Chairman
Sarah Morrison, PT, MBA, MHA,
President and CEO*
Michael R. Yochelson, M.D., MBA,
Chief Medical Officer*
James D. Thompson, Vice President
Stephen B. Holleman, MBA, CPA, Treasurer
Juli Owens, Recording Secretary
Sara S. Chapman, Corporate Secretary

Members

Fred V. Alias, Shaler Alias, David F. Apple, Jr.,
M.D., Cyndae Arrendale, C. Duncan Beard*,
Bryant G. Coats, Charles L. Davidson III, Clark
H. Dean, John S. Dryman, Gen. Larry R. Ellis,
William C. Fowler, Susan Hawkins, Justin
Jones, Molly Lanier, Donald P. Leslie, M.D.,
Douglas Lindauer, Bernie Marcust, Charles
Talbot Nunnally, Sally D. Nunnally, John
Rooker, Emory A. Schwall†, James H.
Shepherd III, W. Clyde Shepherd III,
K. Boynton Smith, James E. Stephenson

*Ex Officio

†Emeritus

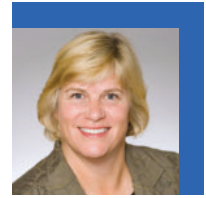
Shepherd Center Magazine: Spinal Column is published quarterly by Shepherd Center, a private, not-for-profit hospital specializing in the treatment, research and rehabilitation for people with spinal cord injury, brain injury, multiple sclerosis, spine and chronic pain, and other neuromuscular conditions. To request removal from our mailing list, email magazine@shepherd.org or mail Shepherd Center, Attn: Shepherd Center Magazine Mailing List, 2020 Peachtree Road NW, Atlanta, Georgia, 30309. Please include mailing label. *Shepherd Center Magazine* accepts no advertising. *Spinal Column* is a registered trademark of Shepherd Center.

ABOUT THE COVER:

SFC Ian Prescott is leading a fulfilling second act on the home front after sustaining a spinal cord injury in combat.

Photo provided by Ian Prescott.

LETTER FROM SARAH MORRISON



Dear Readers,

In this issue of *Spinal Column*, we honor veterans and the sacrifices they have made for our country. This topic is personal to me: My dad, Lawrence Schuster, a Seaman First Class, served in the Navy during World War II. He enlisted in May of 1945, training to become an aviation radioman, a position responsible for transmitting and receiving radio signals, and processing telecommunications aboard aircraft. While he didn't see combat, it was a great honor for him to serve. I'll never forget the stories he told me about his experiences and those of his friends who did see battle during that pivotal time in America's history. I have immense respect for all veterans for their bravery and dedication to our country.

Since 1975, Shepherd Center has served many members of the military through our rehabilitation programs. On page 8, you will learn about SFC Ian Prescott, a veteran and Purple Heart recipient who sustained a spinal cord injury after an AK-47 round struck him, splintering his L-1 and L-2 vertebrae. I'm proud to lead an organization that can give back to people like Ian who sacrificed so much for us and our freedoms.

In 2008, Shepherd Center launched the SHARE Military Initiative, thanks to a generous gift from Atlanta philanthropist Bernie Marcus through the Marcus Foundation. The mission of the SHARE Military Initiative is to empower post-9/11 veterans and service members with brain injury to live with hope and purpose by providing high-quality, comprehensive and personalized rehabilitation care. Because of our donors, clients receive these services at no out-of-pocket cost. On page 4, you'll read about SHARE's telehealth program, which has allowed Shepherd Center to continue to serve clients without interruption during the COVID-19 pandemic.

You will hear about Sgt. Matt Gulick on page 10, who sustained a traumatic brain injury due to repeated concussions while serving as a combat engineer with Marine Wing Support Detachment 273. With the help of SHARE, Matt improved both physically and psychologically after coming home.

Shepherd Center has also joined an integrative, nationwide network aimed at scaling effective treatments for traumatic brain injury and post-traumatic stress disorder in veterans throughout the country. This network is funded through The Avalon Fund, a partnership between the Marcus Institute for Brain Health (MIBH) and the Boulder Crest Foundation. I am excited to see how we can amplify our work through this partnership.

To continue to evolve our best practices, we are hiring a SHARE data consultant and biostatistician to analyze the data we've collected through the years and determine what interventions achieve the most successful outcomes for our clients. Additionally, we are deep into planning for the future and will be launching a strategic fundraising campaign over the next five years to increase the hospital's physical footprint, allowing us to see more patients and clients across our services, including the SHARE Military Initiative. These initiatives will be instrumental in expanding access to care and innovation.

I am in awe of the veterans and current service members who have selflessly served our country. Our military initiatives at Shepherd Center provide just one way to express our gratitude. I hope these stories of courage and sacrifice leave you humbled and grateful like they did for me. As this challenging year concludes, they are a shining reminder that we can overcome any hardships we face.

Sincerely,

Sarah Morrison, PT, MBA, MHA
President and CEO of Shepherd Center

CONTENTS

FEATURES

- 06 HONORING VETERANS**
Two veterans share their stories of courage, struggle and triumph.

- 14 ADAPTING IN STYLE**
Maggie McClellan, a Shepherd Center Stroke Rehabilitation Program alumna, finds new ways to shine.

DEPARTMENTS

- 02 SHORT TAKES**

- 04 SPOTLIGHT**
SHARE Military Initiative at Shepherd Center Launches Virtual Program

- 05 STAFF PROFILE**
Carla Jenkins

- 18 FOUNDATION FEATURES**

- 29 HONORARIUMS AND MEMORIALS**

Cooper Sever, 16, swam for 24 hours to raise money for Shepherd Center in honor of his uncle, a former patient.

PHOTO PROVIDED BY MICHAEL SEVER



See news.shepherd.org
for additional online content.

Gifts of Generosity

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

Craig H. Neilsen Foundation Awards Shepherd Center Emergency Support Grant

The Craig H. Neilsen Foundation awarded Shepherd Center a \$10,000 emergency support grant to create virtual health and wellness clinics for people with spinal cord injuries (SCI) who have lost access to services due to COVID-19. Using these funds, Shepherd completed the first cohort of an eight-week trial core curriculum for virtual seated yoga classes and virtual upper-body strengthening classes in September with positive results.

"The overall goal for the program was to make sure individuals who have spinal cord injuries remain physically active while they cannot access their own gym and receive education on wellness, nutrition and mindfulness," says Jenny Dilaura, MA, CCLS, CTRS, lead therapist in Shepherd Center's health

and wellness clinics. "My personal takeaway from the first cohort is that this was a much-needed program and that clients are hungry for this. They showed us they are willing to work to be their best possible self."

The second cohort began in October, and the team is collecting data to continue to improve the experience for participants. They hope to use learnings from the trials to develop and diversify the virtual health and wellness curriculum for all patients in the future.

"This emergency grant helped us launch virtual clinics that our patients need," says Shari McDowell, PT, DPT, director of Shepherd Center's Spinal Cord Injury Rehabilitation Program. "We hope to be able to use this virtual platform long-term for people who don't have access to these services in their communities." *



Shepherd Center Announces New Acquired Brain Injury Physician

Ashley M.F. Johnson, M.D., joined Shepherd Center's medical staff on September 8, 2020. She is leading four interdisciplinary treatment teams in Shepherd Center's inpatient Brain Injury Rehabilitation Program.

Dr. Johnson obtained her medical degree at the University of Rochester School of Medicine and Dentistry in Rochester, New York. She did her post-graduate training in physical medicine and rehabilitation (PM&R) at Temple University Hospital

in Philadelphia, Pennsylvania. She also completed a brain injury medicine fellowship at Moss Rehab at Albert Einstein Medical Center, also in Philadelphia. *



Ashley M.F. Johnson, M.D., joined Shepherd Center's medical staff on September 8, 2020.

Atlanta Business Chronicle Names Shepherd Center as a Best Place to Work for 2020

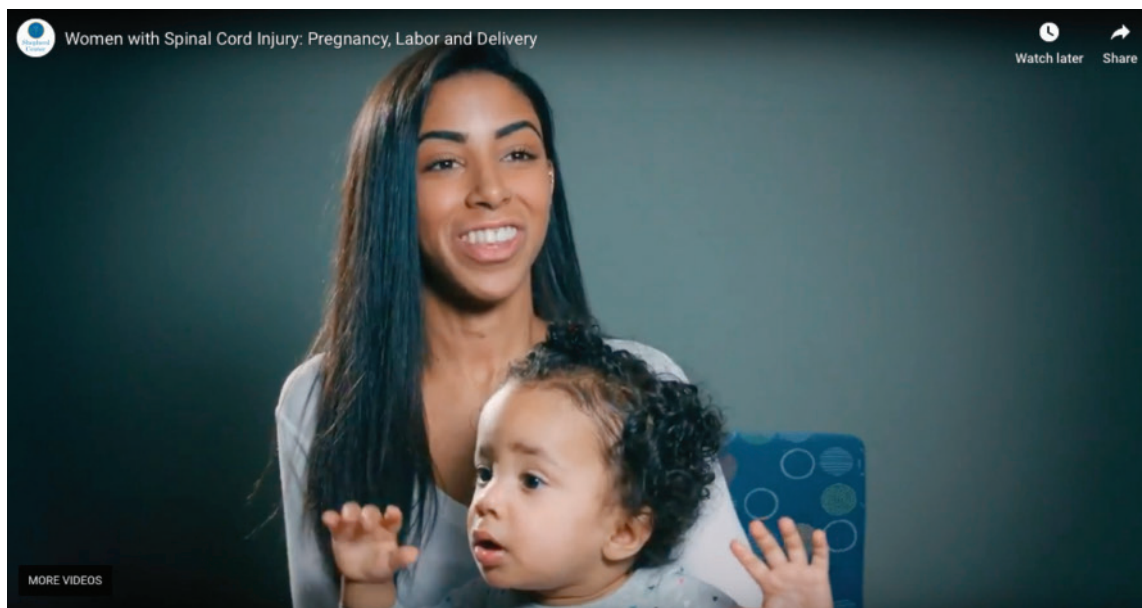
On September 24, 2020, the *Atlanta Business Chronicle* named Shepherd Center as a Best Place to Work for 2020. The hospital is ranked #5 in the extra-large company category (500+ employees). The results highlight Shepherd Center's employee satisfaction in six key engagement areas, including team dynamics, trust in leadership, communication and resources, manager effectiveness and personal engagement. This is the fourth time Shepherd Center has been ranked on the list, which is based on employee surveys.

"I am proud that Shepherd Center is being recognized alongside other successful companies that are going above and beyond to keep their workforce happy," says Sarah Morrison, PT, MBA, MHA, president and CEO of Shepherd Center. "This also validates our employees' hard work to sustain Shepherd's unique culture that began in 1975." *

ATLANTA BUSINESS CHRONICLE



2020 BEST PLACES TO WORK



Shepherd Center's video series, Empowering Women After SCI, aims to help women who have sustained spinal cord injuries (SCI) to advocate for their own health and wellness.

Shepherd Center Wins Women's Health Category at 2020 Sharecare Awards

On October 20, 2020, Shepherd Center's video series, Empowering Women After Spinal Cord Injury, was named the winner of the Women's Health category at the 2020 virtual Sharecare Awards. The video series aims to empower women who have sustained spinal cord injuries (SCI) to advocate for their own health and wellness. The videos also serve to better equip healthcare providers to treat women with SCI.

The annual Sharecare Awards honor the creators of best-in-class productions and programs that promote well-being and embody the spirit of "sharing care." Established in 2019 in association with The National Academy of Television Arts & Sciences, New York Chapter, the program also aims to inspire and elevate individuals and organizations whose creative use of media is empowering people around the world to live healthier.

To view the videos, visit MyShepherdConnection.org/sci/women or **scan the QR code.** *



Shepherd Center Partners with National Brain Injury Providers to Demonstrate the Value of Post-Acute Rehabilitation

Shepherd Center has partnered with a select group of leading brain injury rehabilitation organizations from across the United States for a unique alliance to improve patient outcomes in the rehabilitation field. Shepherd Center joined five other organizations – Learning Services, On With Life, Pate Rehabilitation, Progressive Rehabilitation and ReMed – to create the Foundation to Advance Brain Rehabilitation (FABR). The partnership allows the six organizations to aggregate outcome data to launch the only known national collaborative database in the United States that captures the impact of brain injury rehabilitation following the acute-care setting.

"The FABR post-acute rehab database and research will benefit brain injury rehab in many ways," says Katie Metzger, OTR, MBA, director of brain injury services at Shepherd Center. "We will be able to analyze outcome data outside our own performance to determine best practices and

validate effectiveness. We look forward to our continued FABR partnership to make great strides in rehab."

In addition to identifying best practices in post-acute rehabilitation, a key goal in forming the FABR alliance is to justify care interventions and to demonstrate a clear and measurable benefit for those interventions. Providers, patients and caregivers can then use this information to advocate for appropriate access, benefit coverage, intensity and duration of rehabilitation services to achieve desired outcomes.*





SPOTLIGHT

SHARE Military Initiative at Shepherd Center Launches Virtual Program

The program serves post-9/11 service members who have sustained a mild to moderate brain injury.

BY KERRY LUDLAM

In response to the COVID-19 pandemic, the SHARE Military Initiative at Shepherd Center in Atlanta now has virtual and in-person options open to Georgia residents who are post-9/11 veterans and service members with mild to moderate brain injuries and co-occurring behavioral and/or psychological symptoms.

The SHARE Military Initiative at Shepherd Center is a comprehensive rehabilitation program that focuses on assessment and treatment for service members who have served in the U.S. military since September 11, 2001, regardless of discharge status. The program helps service members who are experiencing symptoms of or have a diagnosis of mild to moderate brain injury or concussions and any co-occurring psychological or behavioral health concerns, including post-traumatic stress. Thanks to generous donors, the program is provided at no out-of-pocket cost to clients.

TO BE CONSIDERED FOR ADMISSION, CLIENTS MUST:

- » Be a Georgia resident;
- » Have access to a personal computer or tablet, as well as the internet;
- » Have symptoms of mild to moderate traumatic brain injury or concussion;
- » Clients may also have a co-occurring behavioral health diagnosis, such as anxiety, depression or post-traumatic stress.

THE PROGRAM INCLUDES:

- » Daily, individual sessions tailored to the client's needs;
- » Group sessions with other veterans and service members;
- » Visits with a neurologist, physical therapist, occupational therapist, speech therapist, recreation therapist, nurse, case manager, clinical social worker, psychologist, vocational specialist, chaplain, peer support specialist and transition support specialist.
- » Single service outpatient visits, if necessary.

Evaluations and treatments may be provided in person or virtually. Housing options are available for clients living outside a 60-mile radius of metropolitan Atlanta.

"Even as the world faces the COVID-19 pandemic, meeting the needs of our nation's service members remains a top priority for the SHARE Military Initiative," says Russell Gore, M.D., medical director of Shepherd Center's SHARE Military Initiative and the director of the hospital's Complex Concussion Clinic. "Our virtual program allows us to continue to serve clients who need our program now without delay."

Shepherd hopes to continue to provide virtual and in-person support. This allows SHARE to serve veterans and service members throughout Georgia who need more flexibility in their schedule.



1. Russell Gore, M.D., is the medical director of Shepherd Center's SHARE Military Initiative. 2. Telehealth provides virtual interaction between medical providers and patients.



Shepherd Center is able to sustain the program through donations from individuals, families, corporations and private foundations. To support the SHARE Military Initiative, contact Jon Roxland at jon.roxland@shepherd.org or **404-350-7314**.

You can learn more about the SHARE Military Initiative at shepherd.org/SHARE. For information related to admissions, please contact SHARE Admissions at **404-603-4314** or shareadmissions@shepherd.org. *



**Shepherd
Center**
**SHARE MILITARY
INITIATIVE**

Information Systems Employee and Veteran Discusses Her 24-year Career at Shepherd Center

Carla Jenkins is the Epic Grand Central/Prelude Application Analyst in Shepherd Center's Information Systems Department.

BY DAMJANA ALVERSON



1. Carla and her rescue dog, Piper, participate in a variety of dog sports. In fact, Piper has made it to the national competition in dock diving during the past three years. 2. Carla Jenkins has worked at Shepherd Center for 24 years.

Q: How long have you worked at Shepherd Center?

I started working at Shepherd Center in 1996 in the HR Department. After three years, I transitioned to the Information Systems (IS) team. Working at Shepherd Center is like working with family. I love the great relationships I've developed with everyone I've worked with through the years. My colleagues in IS are amazing. We have a lot of fun and still get the work done. I can honestly say I have never thought about leaving Shepherd in all the time I've been here.

Q: Can you describe your main responsibilities in your role as Epic Grand Central/Prelude Application Analyst?

Epic is Shepherd Center's electronic health record system that provides an integrated technology platform for clinicians, patients and staff. I am the application support analyst for two applications within Epic called Prelude and Grand Central. These applications help the hospital track inpatient admissions, transfers, discharges and registrations. I support any changes, upgrades, updates or troubleshooting.

Q: What do you love about your job?

I love that I'm always learning something new, and I get excited about learning every day. Of course, I also love my co-workers in IS and throughout Shepherd Center. I'm so grateful to work in an environment that feels like family and community.

Q: Tell us about your military service.

I was a reservist for the United States Air Force for 16 years. As a reservist, I was a weekend warrior in the 88th Aerial Port Squadron at the McGuire Air Force Base in New Jersey. I joined in 1980 when my friend and I were looking for something meaningful to do with our time when we weren't at our full-time jobs. We wanted to learn new skills and try something different that didn't involve sitting at a desk.

Q: What was your experience like as a reservist?

I loved being part of the Air Force Reserve. My job included loading aircraft like C-130s, building pallets, loading cargo and working with the full-time active duty service members. I also managed flight line security, making sure anyone on the flight line had clearance to be there. Being a reservist allowed me to travel to bases around the world in Germany and Japan. The friendships and camaraderie I formed with my squadron were special. Unfortunately, in 1994, I was diagnosed with an autoimmune disease that prevented me from passing the physicals, so I was honorably discharged, but I will always remember this amazing time in my life. My rank when I left the Air Force Reserve was Staff Sergeant.

Q: What did serving in the Air Force Reserve teach you that helped in your civilian life?

Just doing something I never imagined I would do, like driving a forklift or loading a plane, gave me confidence that I could learn new skills. That confidence translated into my everyday life. *

INTERESTING FACTS

EDUCATION

Berkeley College

- Associate's degree in administration

Epic Certification in Grand Central and Prelude

FUN FACTS

Carla was the dorm chief during basic training for the Air Force Reserve. She was in charge of all 40 women in her squadron when the training instructors were not around.

Carla has a rescue dog who participates in a variety of dog sports. Her dog has made it to the national competition for the past three years in dock diving. In 2019, Carla's dog ranked as the 83rd fastest dog out of more than 400 dogs in her breed!

Carla's brother is an original member of the popular funk group Cameo.

More online at
news.shepherd.org





HONORING VETERANS

Veterans share their experiences
returning to civilian life after injury.

SFC Ian Prescott and Sgt. Matt Gulick both sustained military service-related injuries, which brought them to Shepherd Center. Whether the injuries were physical or psychological, each man fought relentlessly to come out on the other side stronger and healthier.

BY PHILLIP JORDAN

A VETERAN AND PURPLE HEART RECIPIENT BUILDS A NEW LIFE

Thanks to support from Shepherd Center, SFC Ian Prescott leads a fulfilling second act on the home front.



IT WAS DECEMBER 4, 2018, IN WESTERN

Afghanistan's Farah Province. An hour had passed since heavy Taliban fire had pinned down the lead element of SFC Ian Prescott's combat patrol. Ever since, Ian had been leading his team of fellow Green Berets and Afghan Special Operations Forces in a flanking maneuver – trying to work their way around the enemy's forces and relieve the pressure on their comrades.

Their progress was slow. Too slow for Ian's liking.

"Every turn we took, we were in some kind of fight trying to get there," he recalls. "It was gunfire, mortar fire, a small grenade attack. We just weren't making the time we needed to be making."

Anxious to get a better read on where the next ambush might be coming from, Ian climbed to the roof of a nearby building. "Unfortunately," Ian says, deadpanning, "it was coming from the next roof over."

An AK-47 round struck him near the left armpit, tearing through his left kidney, spleen, left lung, diaphragm, pancreas and intestines, before splintering his L-1 and L-2 vertebrae.

As he waited to be evacuated, Ian – always even-keeled and prone to levity – had two thoughts. The first: "My wife is going to be really mad if I don't come home." The second thought came as he realized he couldn't feel his legs: "Well, I guess it's time to try life paralyzed now."

COMING HOME

After multiple surgeries at U.S. Army bases in Afghanistan, Germany and at Brooke Army Medical Center in San Antonio, Texas, the Army had a question: Where do you want to go next for spinal cord injury rehabilitation?

"It was weird having the choice," he says. "After nearly 15 years in uniform, you get used to being told where to go."

Ian and his wife Carrie went deep into research mode.

"We chose Shepherd Center because we saw how well they involve families in the journey," Ian says. "The on-campus housing for family members is huge. They also asked us questions about what we wanted our future to look like – questions I hadn't even considered."

Ian was scheduled to spend about three months as an inpatient in the Spinal Cord Injury Rehabilitation Program at Shepherd Center, learning to adjust to life with a spinal cord injury. He ended up only needing about six weeks.

"Sandy Alexander was my physical therapist, and I absolutely loved him," Ian says. "He pushed me harder and harder every day, and that really got me wanting to go further and further. It became a point-of-pride thing. If Sandy and the team could come up with a challenge for me, I had to accomplish it. I'm used to challenges. I loved that motivation."

"It wasn't long before he was doing dips on the bars with his wheelchair attached to him," says his staff physiatrist, Anna Choo Elmers, M.D., J.D. "I'm not sure he needed too much of a push. He went at his rehab relentlessly. He's one of the nicest, most unassuming guys, and he had the most phenomenal attitude."

The appreciation is mutual.

"The whole experience was spectacular, and I don't think there's a better substitute for it out there," Ian says. "Dr. Elmers' involvement was one of the most outstanding things. She made sure to see me pretty much every day for something. Her commitment to her patients is mind-blowing."

One of Ian's highlights during his stay came courtesy of some

behind-the-scenes work by Dr. Elmers. About three months after his injury, Ian's team returned to the States – and soon reunited with Ian over a special dinner at Shepherd Center.

"We wouldn't have traded that for anything," Ian says. "We'd been doing teleconferences, but to see them in person again was awesome. And it was great for my wife and mom to get to see the faces behind all the stories I'd been telling."

One of his favorite stories to share: While a fellow soldier was patching up his wounds and Ian was waiting to be evacuated from the firefight in Farah, another Green Beret actually retrieved the round of ammunition that ripped through Ian.

"Funny enough, at the time, he tried to offer it to me as a souvenir," Ian says with a laugh. "I told him I was a little busy at the moment, but if he would do me a favor, he could hold onto it for me."

His buddy delivered. Today, the round sits in the Prescott living room – a reminder of how fortunate Ian is to be here today.

A SECOND ACT

Ian's had many more stories to collect since returning home to Crestview, Florida. There have been jet-skiing and parasailing beach vacations thanks to Operation Healing Forces. A ski trip to Montana through Operation Second Chance, an organization committed to serving wounded, injured and ill veterans. And plenty of hunting for the avid outdoorsman.

Several of Ian's sporting activities have been possible thanks to Jeep Sullivan's Wounded Warrior Outdoor Adventures – and Ian has returned the favor. He often volunteers at events and gives motivational speeches at the nonprofit's fundraisers.

Ian also has a job as a paralegal, working for an attorney in Texas – a Semper Fi Mom whose son was killed in combat. Ian can do the work from home, which gives him more time with Carrie and their four kids – Paiten (16), Ryan (14), Aiden (12) and Jiliann (10).

“I always tried to stay connected to them while I was deployed,” Ian says, “but it’s great to be here for the moments. That’s the silver lining in all of this. I can actually go to the kids’ ceremonies and events now, instead of just hearing about them.”

His family was able to witness a special moment for him, too.

During his decorated career in uniform, Ian – who served three tours in Afghanistan and two in Iraq – received a host of medals and commendations. Most recently, on January 9, 2020, at a Valor Awards ceremony attended by his entire battalion, Ian was awarded two of the most distinguished honors any service member can receive – the Bronze Star with Valor and the Purple Heart for sacrifice in service to his country.

“I told everyone that since I stood for every other honor I’ve received in the military, there was no reason to break with tradition,” Ian says. “With the help of my team and straight leg braces, I stood for both my Bronze Star with Valor and my Purple Heart.”

His family stood, too – and cheered.



1. Ian spends time with his wife Carrie and their four kids – Paiten, Aiden, Ryan and Jiliann. 2. Ian participated in a ski trip through Operation Second Chance. 3. Ian poses for a photo with his wife, Carrie. 4. Ian stands with fellow soldiers after being awarded the Bronze Star with Valor and the Purple Heart for sacrifice in service to his country.

INVENTING NEW POSSIBILITIES

Shepherd Center's SHARE Military Initiative unlocks a new life for Sgt. Matt Gulick.

ON AUGUST 25, 2020. MATT GULICK

pitched the presentation of his life. Between deep breaths, he looked into the camera on his computer and told the CEO of the Don Ryan Center for Innovation why the center should invest in his invention – and in him as an entrepreneur.

Matt had spent the past six years working on a device for pet food bags that makes it easier to both pour and reseal. The virtual meeting was Matt's chance to get the support he needed to develop his product and bring it to market. It was a presentation that would have wracked him with self-doubt and debilitated his speech a couple of years ago. But the U.S. Marines veteran had a secret weapon at his disposal this time – anxiety-coping techniques he learned as a 2019 graduate of Shepherd Center's SHARE (Shaping Hope and Recovery Excellence) Military Initiative.

"I was able to control my speech, keep my composure and answer tough questions," Matt says. "All those small things I learned at SHARE combined to create a big opportunity for me."

Indeed, he now has a startup business deal with the Don Ryan Center for Innovation and a team of specialists working to help turn his invention into a commercial reality. The deal would be a significant achievement for anyone. For Matt, it was something more – a testament to how he's been able to reinvent himself.

A LIFE ON THE EDGE

Between 2001 and 2007, Sgt. Matt Gulick pulled three tours of duty in Iraq as a combat engineer with Marine Wing Support Detachment 273. He specialized in demolition and detonation – sweeping for enemy explosives, defusing landmines and using charges to blast through doors and other obstacles in urban warfare. It was a high-stakes, adrenaline-fueled role. It was also a prescription for long-term traumatic brain injury due to the repeated concussive damage Matt was sustaining.

"It was like being a football player," he says. "There wasn't one single thing I could pinpoint. It was just the

reps of doing my job and accumulating damage along the way."

By Matt's third deployment to Iraq, he was noticing personality changes, dizziness and memory issues. He was also developing chronic pain in his neck, hands and back, along with numbness in his legs. After leaving active duty in 2007, at age 25, Matt attempted to reintegrate into a civilian life he'd never known as an adult. His chronic pain and mental health worsened – triggering violent outbursts, confusion and constant frustration. Matt's marriage ended, he was mostly unemployed and he became reliant on painkillers and alcohol.

"I retreated from life," Matt says. "I had this beard down to my chest, often sitting alone in my living room, holding a shotgun. I was permanently on edge. I was always this close to either snapping or breaking down and crying."

His tipping point came when a second relationship ended. Matt reached out to a contact at a veteran-support nonprofit, the Vantage Point Foundation, who had long begged Matt to try SHARE. "I just told him, OK," Matt says. "And I'm so thankful I did. Shepherd Center saved my life."

BUYING IN PAYS OFF

The SHARE Military Initiative at Shepherd Center is a comprehensive rehabilitation program specializing in



SGT. GULICK

empowering post-9/11 veterans and service members with brain injury to live with hope and purpose by providing high-quality, comprehensive and personalized rehabilitation care. Service members receive care at no cost to them, thanks to generous donations from individuals, foundations and corporations.

AJ Veal, outreach coordinator at SHARE and a veteran, remembers Matt when he first entered the program.

"He was angry with the world, and he wanted you to know it," Veal recalls.

Gradually, though, the two bonded over music, a fantasy football league and their shared fraternity. Matt's perspective slowly changed, too.

"It comes down to buying into what SHARE is all about, understanding that if you put in the work, you have people here who want to make things better for you," Veal says. "After two or three weeks, Matt started opening up. That willingness changed everything."

Matt's willingness to be vulnerable came about for a couple of reasons, he explains.

"First of all, they listened to me," Matt says. "They also helped me address my chronic pain with techniques I'd never heard of before. My muscles felt like they unlocked for the first time in 15 years."

Getting his pain under control was instrumental to everything else. Matt committed to his recreational, occupational and speech therapy. He applied himself to learning pain management and social anxiety techniques that would enable him to enjoy life more.

Near the end of his time at Shepherd Center, Matt told his story to a delegation of leaders visiting from the Military Service Initiative of the George W. Bush Institute.

"I was so proud of him for doing that," Veal says. "This was a guy who, when he started, couldn't talk to me – a fellow veteran – for five minutes



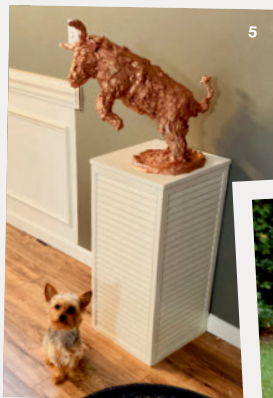
without getting ticked off. Now he's standing up before a group of 50 big shots, calmly telling his story."

EQUIPPED TO SUCCEED

Today, home in Bluffton, South Carolina, Matt's diving into creative interests like tattoo artistry, painting and sculpting. He's getting out in nature again, too, hunting deer, turkeys and hogs. And the former combat engineer whets his problem-solving appetite by continuing to invent new products and securing patents for his work, drawing on an inner MacGyver that emerged during his time in the Marines.

One of Matt's favorite titles, though, is father. What he learned through SHARE has helped him rebuild his relationship with his 9-year-old son, Breyden.

"Before, my pain and frustration



1. Matt Gulick is a U.S. Marines veteran. 2. Matt Gulick served three tours of duty in Iraq as a combat engineer with Marine Wing Support Detachment 273. This photo is from his second tour of duty. 3. During his time at SHARE, Matt Gulick was able to meet singer/songwriters Steve Dean (left) and Don Goodman (right) through Operation Song, an organization that empowers veterans, active duty military and their families to tell their stories through the process of songwriting. 4. Matt created this piece of art using only a marker. His goal was to combine seemingly confusing lines that end up making something powerful and beautiful. 5. and 6. Matt used plaster to make this sculpture. His inspiration was to show the spirit of a bull to fight through anything that comes along. Matt's dog, Otis, poses with the sculpture in photo #5. 7. Matt created this digital drawing on his iPad titled "Wild Freedom." The horses' freedom symbolizes Matt's freedom to live again unbound by physical or mental restrictions.

would ruin so many outings with him," Matt says. "Now, I can manage my pain and my emotions. I can go outside with him, take him hunting. It's not about my issues anymore. It's about tickle fights and having fun."

His life is also about helping other veterans still mired in the darkness that he knows all too well. Matt's long-term mission is to use his inventions to create entrepreneurial opportunities for other veterans.

"I want to bring in folks who are working on overcoming traumatic brain injuries and mental health issues, and have them work with me on these projects," he says. "Keep them busy, focus them on a task, help them get oriented again to

things they can accomplish in civilian life."

And for those veterans who need it – and are ready – he constantly recommends Shepherd Center's SHARE Military Initiative.

"A lot of times they'll say, 'Well, it's not going to cure me,'" Matt says. "Sure, it's not a cure. There is no magic cure for everything we bring home. But Shepherd Center gives you the tools you need to navigate the issues in your life. They equip you. The rest of it – what you do with those tools – is up to you." *

CHECK OUT MATT'S
"STORIES OF COURAGE"
VIDEO BY SCANNING
THE QR CODE.



SHARE MILITARY INITIATIVE

The mission of the SHARE (Shaping Hope and Recovery Excellence) Military Initiative is to empower post-9/11 veterans and service members with brain injury to live with hope and purpose by providing high-quality, comprehensive and personalized rehabilitation care.

Founded in 2008, SHARE has served more than 500 veterans and current service members since its inception.

WHAT SERVICES DOES SHARE PROVIDE?

The comprehensive program includes:

- ★ Daily, individual sessions tailored to the client's goals and needs.
- ★ Group sessions with other veterans and service members.
- ★ Visits with a neurologist, physical therapist, occupational therapist, speech therapist, recreation therapist, nurse, case manager, clinical social worker, psychologist, vocational specialist, chaplain, peer support specialist and transition support specialist.
- ★ Single service outpatient visits.

In response to the COVID-19 pandemic, SHARE Military Initiative at Shepherd Center is now offering a virtual version of its highly effective program.*

** In some cases, evaluations and treatment may need to be provided in person. Housing options are available for clients who need to come to the SHARE offices in person and live in Georgia, who are more than 60-miles from metropolitan Atlanta. Once admitted, clients will work with their treatment team to determine the best treatment plan for them.*

HOW MUCH DO SHARE SERVICES COST?

SHARE Military Initiative clients receive their treatment at no out-of-pocket cost. Shepherd Center is able to sustain the program through individuals, families, corporations and private foundations.

To donate in support of SHARE, call 404-350-7314 or give online at shepherd.org/give.



SHARE ETHOS STATEMENTS

- ★ Embrace the challenge.
- ★ Commit and follow through.
- ★ Live each day with purpose.

WHAT ARE THE CRITERIA FOR ADMISSION TO THE SHARE MILITARY INITIATIVE VIRTUAL PROGRAM WHILE COVID-19 PRECAUTIONS ARE IN PLACE?

- ★ Must be a Georgia resident.
- ★ Must have access to a personal computer/tablet and internet.
- ★ Symptoms or diagnosis of mild to moderate brain injury or concussion.
- ★ Co-occurring diagnosis of behavioral health issues – anxiety, depression and/or PTSD.
- ★ Commitment to rehabilitation.

POSSIBLE SYMPTOMS OF TRAUMATIC BRAIN INJURY

- Headaches
- Dizziness/Balance Problems
- Nausea
- Sensitivity to Light and Sound
- Vision Changes
- Impulsivity

OVERLAPPING SYMPTOMS

- Fatigue
- Sleep Problems
- Trouble with Memory and Attention
- Feeling Depressed
- Feeling Anxious
- Irritability

POSSIBLE SYMPTOMS OF POST-TRAUMATIC STRESS

- On High Alert
- Startled Easily
- Fearfulness
- Flashbacks
- Nightmares
- Guilty Feelings
- Avoidance
- Numbness
- Self-Destructive Behavior

CONTACT US

For more information about SHARE and how to request admission, visit shepherd.org/share. If you have questions after visiting the website, call 404-603-4314 or email ShareAdmissions@shepherd.org.



Shepherd Center
SHARE MILITARY INITIATIVE

80 Peachtree Park Drive
Atlanta, GA 30309



SHEPHERD CENTER RECOGNIZES OUR EMPLOYEE VETERANS THANK YOU FOR YOUR SERVICE

The names listed below reflect Shepherd Center employees who self-reported that they are veterans as of October 2020.



AIR FORCE

David Apple, M.D.
AIR FORCE

Kayla Brown
AIR FORCE

Casey Cabral
AIR FORCE

Steven Dobbs
AIR FORCE

Russell Gore, M.D.
AIR FORCE

Debra Hammonds
AIR FORCE

Cheryl Leiknes
AIR FORCE

Anthony Newbill
AIR FORCE

Aschia Perry
AIR FORCE

Darnell Tremble
AIR FORCE

Jasmine Hodge
AIR FORCE RESERVE

Carla Jenkins
AIR FORCE RESERVE

ARMY

Jonathan Cannady
ARMY

Beau Chatham
ARMY

Brittany Clark
ARMY

Tom Coaloa
ARMY

Jeff Couch
ARMY

Bethany Diver
ARMY

Kevin Evans
ARMY

Ann Marie Hayden
ARMY

Gerry Henry
ARMY

Millard Hinton
ARMY

George House
ARMY

Tony Huddleston
ARMY

Maurice Jackson
ARMY

Phillip Jackson
ARMY

Amy Kolarova, D.O.
ARMY

Seth Napel
ARMY

Michael Rainey
ARMY

Tim Riggins
ARMY

Ralph Salandy
ARMY

Elliott Scott
ARMY

Christopher Shaw
ARMY

Monty Telford
ARMY

AJ Veal
ARMY

Sherryne Cross
ARMY NATIONAL GUARD

Terry Smith
ARMY NATIONAL GUARD

Simone Hart
ARMY RESERVE

Valerie King
ARMY RESERVE

Tuwanyo Willis
ARMY RESERVE



NAVY

Clifford Collins
NAVY

Kim Gates
NAVY

Rich Glickstein
NAVY

Robert Halliday
NAVY

Tabatha Lamadieu
NAVY

Herndon Murray, M.D.
NAVY

Chakeese Ragin
NAVY

Michael Yochelson, M.D., MBA
NAVY



COAST GUARD

Debra Hammonds
COAST GUARD

Ken Murphy
COAST GUARD



MARINE CORPS

Demetris Green
MARINE CORPS

Dean Melcher
MARINE CORPS

P

patient
profile

Maggie enjoyed the
2019 Bristol Rhythm
& Roots Reunion
music festival.

ADAPTING IN STYLE

Maggie McClellan, a Shepherd Center
Stroke Rehabilitation Program
alumna, finds new ways to shine.

BY PHILLIP JORDAN

WHEN MAGGIE MCCLELLAN RETURNED HOME TO BRISTOL, TENNESSEE, IN 2015 FOLLOWING

rehabilitation at Shepherd Center for a brainstem stroke, she expected the calls from her neighbors, friends and loved ones. She did not, however, expect to hear from Tommy Hilfiger.

"But, of course, right?" says Maggie, now 32, with a laugh.

The iconic brand was about to release a new line of adaptive clothing featuring solutions like magnetic buttons and velcro zippers to make dressing simpler for people with mobility challenges. A work colleague of Maggie's at the time had a connection with the manufacturing giant. So, less than a year after leaving Shepherd Center, Maggie McClellan became one of the faces of a Tommy Hilfiger ad campaign.

"Prior to being injured, fastening a button wasn't anything that ever crossed my mind," she says. "But I learned real quickly you have to think twice about what you want to wear, how easy it will be to get dressed, where you're going, what you're doing."

"It's really easy to lose what you consider to be 'yourself' after a life-changing injury," she adds. "For me, how I dress is a big part of that. So, while it's nothing I ever expected, I was proud to be part of that campaign. It made clothes fun again."

The photo shoots also helped cement Maggie's post-injury philosophy of trying new things and always looking forward. It's a mindset she first started to master during her time in Shepherd Center's Stroke Rehabilitation Program.

GETTING TO A BETTER PLACE

When Maggie had a stroke in 2014, it affected the part of her brain that controls everything from breathing and swallowing to facial movement and balance. While at UVA University Hospital in Charlottesville, Virginia, she had to use both a feeding tube and a ventilator. When she arrived at Shepherd Center, she started relearning how to speak, eat and move.

"The biggest thing I had to learn was patience," Maggie says. "Everyone told me it would take time, but that's hard to hear when you're 26 and used to being on the go. At first, I allowed my disabilities to outshine what I *could* do. That made it tough mentally. I slowly learned to be kind to myself, to be patient with my body."

She credits her Shepherd Center care team for planting seeds of self-love, hope and resilience.

"The thing that meant the most to me," Maggie says, "was just how nice and supportive everyone was. Yes, they

are excellent at what they do, but it's also how they deliver that care.

"Heaven forbid, I know nobody wants to have a brain injury or spinal cord injury. But if you do, I do not believe there is a better place to be than Shepherd Center."

In addition to her inpatient stay, Maggie also spent time at Shepherd Pathways, a comprehensive outpatient rehabilitation program for people recovering from brain injuries. Maggie recalls pivotal conversations there with Mary Ashlyn Thiede, RYT 200, an exercise physiologist, during an adaptive yoga class.

"She knew I could get frustrated so she would just keep reminding me: 'There are so many things you'll still be able to do. You just might have to do them a little differently.'"

Maggie carried that mantra home with her. Five years later, the advice seems as pertinent as ever in the midst of COVID-19.



ADAPTING AGAIN

Like so many of us, Maggie is laying low these days.

"When I catch up with my friends, I think, 'Hmm, how do I tell them about ordering groceries online again in the most exciting way possible,'" she says jokingly.

In reality, Maggie might be better prepared than most to sustain her mental health during this challenging year.

"I've been thinking a lot about my time at Shepherd Center," she says. "Staying at home more now and having fewer options available, it's all about learning new things and figuring out new ways to do the activities you love. Keeping a schedule for yourself, even when it feels like there's not a lot going on, is important. Shepherd Center taught me all that."

Now, she's applying those lessons to meet the current moment. For instance, exercise is vital for Maggie's ongoing



1. Maggie and her mother, Lola McClellan, spent time at the Atlanta Botanical Garden. 2. Maggie and her younger brother, Kaine McClellan, visited Lookout Mountain in Chattanooga, Tennessee. Kaine helped Maggie walk to take in the view.

physical conditioning. Since she can't go to her local YMCA to ride the recumbent bike and use their Nautilus weights, she's revived the adaptive yoga routines she learned at Pathways and has made the most of lightweight resistance bands at home.

Instead of eating out at restaurants, Maggie joined a master gardening class through the University of Tennessee Extension's online program. This past summer, she grew lettuce, tomatoes and jalapeños. They've come in handy when she and her parents – whom she moved back in with once the pandemic hit – have a small, socially distanced cookout once a week with neighbors.

"I've been trying out new recipes, but there's been a lot of macaroni and cheese, too," she says with a laugh.

Of course, Maggie will be as thrilled as anyone once a return to normalcy is possible. She misses in-person meetings as a board member at the YMCA of Bristol, helping spearhead sustainability efforts. And as a former marketing manager, writer and public relations professional, Maggie wants to find full-time work again, too.

For now, the advice she carries forward from Shepherd Center is also what she prescribes for good mental health amidst a global public health crisis: "Be patient. Try new things as you can. Love yourself," Maggie says. "We'll get there." ✨

Shepherd Alums:

From “I Can’t” to “I Can”

BY DAMJANA ALVERSON

Dallas Disbro

WASHINGTON, D.C.

It was Memorial Day weekend 2016. **Dallas Disbro, now 31**, was visiting the beach and resort town of Ocean City, Maryland, with friends. On May 29, the unexpected happened, changing the trajectory of the trip and the course of Dallas’ life.

“I dove off a dock into the bay to swim over to my friends,” Dallas recalls. “I don’t remember when I hit the bottom or what happened after that.”

He dove into shallow water, sustaining an incomplete C-5 spinal cord injury (SCI). He was transported to the intensive care unit at the R Adams Cowley Shock Trauma Center at the University of Maryland in Baltimore. After two weeks, he transferred to Shepherd Center’s Spinal Cord Injury Rehabilitation Program.

Dallas stayed at Shepherd Center for four-and-a-half months, attending both the inpatient program and the Spinal Cord Injury Day Program. During his stay, Dallas kept his spirits up with music. He purchased a portable speaker and carried it with him everywhere he went. Music made such a positive impact on him that he even convinced his entire unit to do the Running Man Challenge, which was the latest viral social media dance craze at the time.

“Music helped me change my mindset,” Dallas says. “I would roll into therapy with my music playing, and it would get me excited for the day.”

Dallas worked hard during his rehabilitation, his primary motivation to return to his life in Washington, D.C., and regain his independence.

“I worked my butt off so I could get my independence back,” Dallas says. “Even though it was tough, I was able to go back to Washington and get my own apartment after leaving Shepherd Center. A few months later, I was back at work. It’s something I’m definitely proud of.”

When Dallas isn’t at work, he divides his time between traveling and giving back to the spinal cord injury community. Dallas joined the leadership team of United Spinal D.C., a local chapter of the United Spinal Association. He has executed several successful fundraisers for the organization. “Take rehabilitation day by day,” Dallas says. “Don’t let this stop you from living.”

Dallas organized a fundraiser in 2019 for the Metro D.C. chapter of the United Spinal Association featuring a wheelchair basketball tournament with 20 teams.



Gail Yordy

MANCHESTER, TENNESSEE

On January 4, 2011, **Gail Yordy, 61**, was in her kitchen when she suddenly had a seizure and fell, hitting her neck on the stove. The fall resulted in an incomplete C-3 to C-5 spinal cord injury (SCI), and Gail went to Cape Fear Valley Medical Center in Fayetteville, North Carolina.

“My whole right side was ‘off’ like I’d had a stroke,” Gail says. “I couldn’t walk.”

Gail transferred to Shepherd Center’s Spinal Cord Injury Rehabilitation Program that month.

“I was scared to death when I first got there,” Gail says. “I didn’t talk to anybody for a while and rebelled against doing therapy.”

It was ultimately a dog named Murphy that broke Gail out of her shell.

“I was doing physical therapy when they brought in Murphy,” Gail said. “I am right-handed and have had to learn to use my left hand for everything after my injury. The therapists asked me to throw Murphy the ball using my left hand, and I did it! That dog brought me back.”

That same day, Gail returned to her room and found a stuffed toy dog on her bed from her aunt which Gail decided to name after Murphy, the dog that helped her. She still has it to this day.

As Gail came out of her shell, she began opening up to more people. In addition to her Aunt Liz, Uncle John and husband, Turk, she leaned on her mother-in-law, Chris Yordy, along with other family members for support.

By February 2011, Gail had graduated to the Spinal Cord Injury Day Program. She credits Kelly Edens, recreation therapy manager, and Cecilia Rider, recreation therapy associate manager, for pushing her past what she thought her limits were and never giving up.

On January 4, 2021, Gail will celebrate the 10-year-anniversary of sustaining her injury.

“This is a big milestone for me,” Gail says. “I’ve had to relearn how to do many things, but I’m focused on enjoying my life.”

Today, Gail enjoys giving back to Shepherd Center. Whenever Edens or Rider asks, Gail speaks to groups about her experience at Shepherd Center. A self-described “water baby,” Gail exercises in her pool at home to maintain the progress she has made through the years.

“The only limitations we have are the ones we put on ourselves,” Gail says. “Even if you can’t do things the way you used to, there are always different routes you can take to do whatever you want to do in life.”



Gail Yordy can now enjoy many hobbies, including painting.

Elythia Thompson

FAIRBURN, GEORGIA

Elythia Thompson, 51, grew up in Seattle, Washington, the second of six children. Music was always a huge part of her family's legacy, and Elythia was no exception. From a young age, she began taking piano lessons and singing in the church choir. In addition to music, her family had a strong faith and used teachings from the church to encourage Elythia to give back to her community whenever she could. The lessons she learned growing up eventually helped Elythia face one of the biggest challenges of her life.

In 2012, three months after marrying the love of her life, Elythia received difficult news. After seeing a doctor about tingling and numbness in her hands and feet, along with experiencing balance issues, she was diagnosed with multiple sclerosis (MS).

Elythia began visiting the Eula C. and Andrew C. Carlos Multiple Sclerosis Rehabilitation and Wellness Program at Shepherd Center for therapy and support, and she never looked back. At the time, she had poor balance and hand dexterity, which prevented her from playing the piano, an activity she loves.

"I created a vision board with goals for myself," Elythia says. "My husband decided to buy me a keyboard to inspire me even though at that time, I couldn't hit a note!"

Elythia is thankful for Thomas Miller, music coordinator at Shepherd Center, for supporting her on the path to playing music again through the MS Wellness music class.

"He believed in me and told me I could do it," Elythia says. "I would practice hitting one key again and again at Shepherd Center until I felt comfortable enough to get a piano teacher. Now, I can exercise my fingers by doing piano scales. I'm thankful to still be able to use my gift."

In addition to music therapy, Elythia began exercising and employing other techniques she learned in the wellness program.

"MS is about more than the medicine you take," Elythia says. "I learned how important it is to be physically, spiritually, emotionally, socially and educationally active."

Since 2018, Elythia has found fulfillment volunteering at Shepherd Center's welcome desk. She has been a warm and upbeat presence to hospital visitors, greeting everyone with a smile.

"Other than my home and my church, Shepherd Center is my safe place," Elythia says. "I love volunteering at a positive place where it's all about how you can accomplish your goals – even if it's in a different way from how you did it before your diagnosis."

Elythia Thompson has volunteered at Shepherd Center's welcome desk since 2018.



Amy Adams

CANTON, GEORGIA

In May 2014, **Amy Adams, now 44**, began noticing trouble with her balance and dizziness. After casually mentioning her symptoms to her primary care physician, she was referred to a neurologist and got an MRI. About a month later, she received a difficult phone call letting her know that she had multiple sclerosis (MS).

Amy began receiving treatment that November. At the time, her symptoms were relatively mild, and she was working and easily walking.

Then in 2018, Amy received another piece of tough news: Her department at work was being eliminated.

"That forced me to tune into myself and my needs more," Amy says. "In some ways, as much as I didn't anticipate leaving my career, it was one of those things that allowed me to focus more on my health."

Amy noticed her symptoms worsening and decided to begin rehabilitation at the Eula C. and Andrew C. Carlos Multiple Sclerosis Rehabilitation and Wellness Program at Shepherd Center.

She worked with Clare Hartigan, PT, MPT, a physical therapist, from November 2019 through the end of that year with the primary goal of improving her walking. In addition to various exercises and stretching, Amy learned to use assistive technology such as the Bioness/Walk Aide Neuroprosthesis, a device a user wears that delivers electrical stimulation to help move the legs.

"Once we got it dialed in, I took off walking like it was no trouble," Amy says. "It brought me to tears."

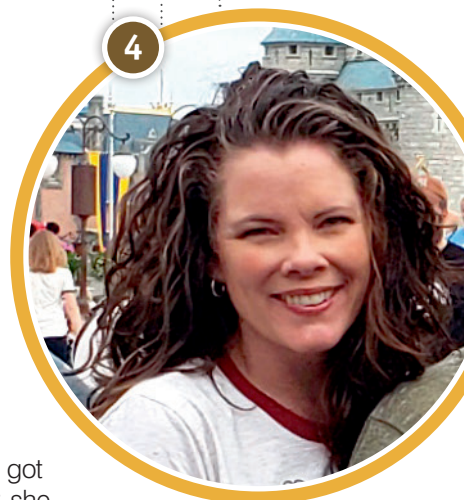
In January 2020, Amy's parents gifted her the money to purchase one of the devices. Wearing it during a trip to Walt Disney World with her family in February, she was able to take an impressive 110,000 steps in five days.

Three weeks after the trip with her family, the COVID-19 pandemic hit. Amy's scheduled appointment at Shepherd Center had to be canceled. In July, she received a call from Shannon Schneider, MS, OTR/L, occupational therapist, to set up a telehealth appointment.

"I've had four telehealth appointments so far, and it couldn't be more perfect," Amy says. "I don't have to re-map my whole day and drive into Atlanta."

Amy's new goal is to improve her hand dexterity and coordination. No matter what challenge she tackles next, she remembers to be grateful and hopeful.

"Over the past several years, I've realized my diagnosis does not dictate my level of joy in life," Amy says. "And I never give up hope that better days are ahead."



In February 2020, Amy Adams went to Walt Disney World with her family and successfully took 110,000 steps in five days.

Giving That Goes Beyond a Lifetime

Four families talk about their decision to ensure their legacies – and Shepherd Center's future – through giving to Shepherd Center.

BY SARA BAXTER



Howard Berger

Howard Berger, 97, has chosen to support Shepherd Center because of its work with veterans through the SHARE Military Initiative.

When he was growing up, Howard Berger's family was quite poor, especially during the Great Depression, but they always managed to place some spare pennies and nickels in a jar to allocate to worthy causes. That lesson of giving, no matter the amount, has stayed with Howard for a lifetime.

A World War II veteran, Howard had a 53-year career in the military (50 years overseas), both as a non-commissioned officer and a Department of the Army civilian. He and his late wife, Dorothy, have been generous donors to many charities and recently to Shepherd Center. The hospital's work with veterans, mainly through its SHARE Military Initiative, is what led him to contribute.

"Supporting the military and organizations that provide help to the military is very important to me," he says. "And I am particularly impressed with the work accomplished by Shepherd Center."

Through its legacy giving program, Shepherd Center will benefit from Howard's generosity even after he's gone. The hospital is one of many organizations where Howard has set up a charitable gift annuity. This special type of annuity is given to the nonprofit organization by a donor. The organization can invest that money while providing high periodic returns to the donor through their lifetime. After the donor passes, the nonprofit retains the remainder of the annuity gift for its future endeavors.

Howard's giving is through a unique "Over 90 Charitable Gift Annuity Plan," something he created after discovering that most charitable gift annuity plans were not satisfactorily available to people over the age of 90.

"When I looked into why that was the general policy, I couldn't find a rational response," states Howard, who is 97. Thanks to his efforts, most states now permit it.

"It's a win-win for everybody," Howard says. "The charity obtains money they wouldn't otherwise receive, and the donor still receives income every quarter or semi-annually. It's a great way to give to your favorite charities while still receiving income."

In fact, he coined a new adage: "It's better to give AND receive."



Tommy and Debbie Malone

The late Tommy Malone and his wife, Debbie, have always been passionate about philanthropic giving.

Much like Howard is, the late Tommy Malone was passionate about making a meaningful difference in people's lives, whether through the work he did or through philanthropic giving.

"His philosophy was that life and God had been good to him, more than he ever expected," says his wife, Debbie Malone. "He always felt that there was a guiding hand shaping his destiny as one of America's greatest trial lawyers. He wanted to share and give back."

Tommy died in October 2019 and included Shepherd Center in his will.

A personal injury attorney, Tommy made his mark on the world fighting for people injured out of negligence, including accidents and medical malpractice.

He took on only catastrophic injury cases.

The Malones have been Shepherd Center donors since 2006, and Tommy served on the hospital's Board of Trustees from 2011 to 2014. He and Debbie were honored as Shepherd Center "Angels of the Year" in 2017.

"My father saw the miracles performed by Shepherd and strongly believed that he and Shepherd shared the same mission – to make a meaningful difference in the quality of another person's life," says Adam Malone, who followed in his father's footsteps and now serves on Shepherd Center's Board of Trustees.

Malone Law sponsors Shepherd's Injury Prevention Program, which aspires to become the provider of leading brain and spinal cord injury prevention education to Georgia's schools, universities and workplaces.

Like Tommy, Debbie has also included Shepherd Center in her will, and she shares Tommy's philosophy of giving and love of Shepherd Center.

"Legacy giving allows us to support Shepherd Center like we always have," she says. "This allows them to continue to grow and provide quality care, help families and conduct research – all the things they do so well."

While a bicycle accident led Mike and Tammy Thomas to Shepherd Center in 2003, much like the Malones, their impact on Shepherd Center will last for many years to come.

After a long career running distribution centers for several companies, Mike Thomas retired and now spends most of his days taking walks, volunteering his time and simply enjoying life.

After sustaining an acquired brain injury (ABI) in a bicycle accident in 2003, Mike spent four months at Shepherd Center, first as an inpatient in the Brain Injury Rehabilitation Program, and then at Pathways, Shepherd Center's comprehensive outpatient rehabilitation program for people recovering from brain injury. He and his family credit Shepherd Center for where he is now.

"There isn't a doubt in my mind that Mike would not be the amazing person

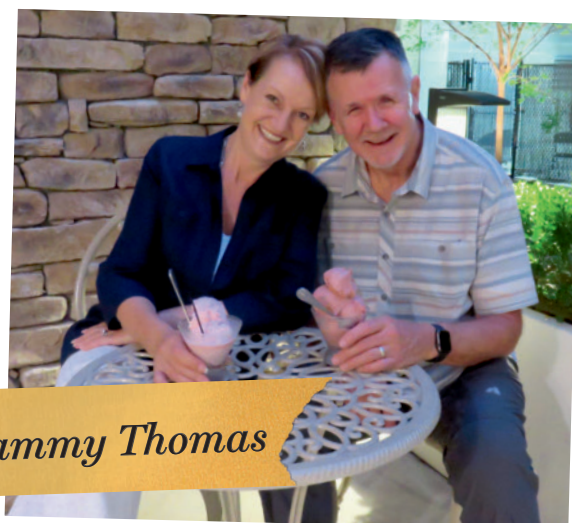
that he is today if it wasn't for the care he received at Shepherd Center," says his wife, Tammy.

He soon became a regular donor, and in 2014, after he retired, he began volunteering at both the hospital and Pathways.

"I wanted to pay Shepherd Center back for all they did for me," he says. "I appreciate every day I have."

He and Tammy have taken that a step further by including Shepherd Center in their estate plans, and it gives Mike great joy to know that he can help the hospital beyond his lifetime.

"I am supporting something that is the best thing that ever happened to me," he says. "It gives me pleasure to know I am using my estate in a meaningful way."



Mike and Tammy Thomas

Mike and Tammy Thomas are grateful for the care they received at Shepherd Center after Mike sustained an ABI in 2003.

For some, legacy giving becomes a family affair. During the past 40 years, Shepherd Center has been a big part of the Pearce family. Libby and Gene Pearce learned of Shepherd in its early days when a good friend was one of the first patients. Their daughters – Elizabeth, Virginia and Anne – grew up knowing Shepherd Center was a special place. All have been regular donors and volunteers, and some are including Shepherd Center in their estate plans.

"Our involvement in Shepherd Center has been very gratifying," says Gene, who served on Shepherd Center's Foundation Board. "We saw firsthand the work they were doing from the very beginning, and we've had a front-row seat to its incredible growth over the years."

Libby has been an active volunteer for years, and she passed that on to her daughters. Virginia Pearce Seawell served as the auction co-chair for Summer in the City for two years and is also a regular contributor. Elizabeth Pearce joined the Junior Committee right out of college, and Shepherd Center soon became an important cause to support.

"Shepherd Center gives people back their lives," Elizabeth says. "The stories of how the patients there have been transformed are remarkable."

Because of her involvement – she also serves on the Foundation Board – Elizabeth said including Shepherd Center in her will was a logical step.

"Legacy giving helps Shepherd Center affect hope and change for years to come," she says.

Anne Pearce Worrell worked for the Shepherd Center Foundation for 10 years, was involved in the Junior Committee and several fundraisers, and is immediate past-president of the Shepherd Center Auxiliary. She stayed involved even after she left her job, and she also decided to include Shepherd Center in her will.

"Knowing that Shepherd patients are going to continue to receive excellent care after I'm gone is a wonderful comfort,"

Anne says. "To continue to impact an organization after you're gone is the ultimate philanthropic gesture."

Gene and Libby are also doing their part to make sure Shepherd Center succeeds in the future.

"Shepherd Center has been something that our family has shared, and that's meant a lot," Gene says. "It will continue to mean something because the gifts we give will live on and help patients and families in the future." ❄️

The Pearce Family



1. Libby and Gene Pearce first learned about Shepherd Center in its early days when a good friend was one of the first patients. They have been giving back to the hospital ever since. 2. After working for the Shepherd Center Foundation for 10 years, Anne Pearce Worrell continues to give back to Shepherd Center by volunteering in a variety of ways.



Elizabeth Pearce serves on Shepherd Center's Foundation Board.



Patients and Families Give Back

A former patient and a former patient's family use their unique talents to give back to Shepherd Center.

BY DAMJANA ALVERSON



DAVID FRANCISCO PLATILLERO

In 2014, David Francisco Platillero, 28, had a big decision to make. Having graduated recently from the University of Tennessee with a bachelor's degree in electrical engineering, he could either pursue that career path or follow his passion for music. After much contemplation, he chose music and never looked back.

Fast forward to today, and David is an accomplished singer/songwriter, producer, author and speaker. He has one more title that he never expected – spinal cord injury (SCI) survivor.

On April 27, 2016, David was riding his bicycle in Nashville, Tennessee, when a motorist ran a red light and hit him. He sustained an incomplete L-1 spinal cord injury and spent two months in Shepherd Center's Spinal Cord Injury Rehabilitation Program. Then, he transitioned to Beyond Therapy®, Shepherd Center's activity-based therapy program designed to help people with various neuromuscular disorders



improve their lifelong health, minimize secondary complications and get the most out of any new neural links to their muscles. Since then, he has continued to create and perform music, as well as use his platform to give back to others who have sustained traumatic injuries.

"Giving back helps me find purpose in my suffering," David says. "In some ways, it's mutually beneficial. I want to use my insight from the SCI to encourage others, and doing that helps me feel empowered, as well."

That spirit of giving back to others translated into a creative idea during the COVID-19 pandemic. David's dad, John, who also acts as David's music manager, had an epiphany one day.

"My dad has a way of dreaming things up and somehow making them happen," David says. "Since most things have been

virtual, he thought it would be a great idea for me to do an online series with Shepherd Center where I interviewed other patients about how they found purpose in their suffering from traumatic injuries. I was excited for the opportunity to give back to Shepherd Center: It was my place of healing."

After collaborating with Shepherd Center, David and John decided to name the virtual series "Lionheart-to-Heart," inspired by David's book and album titled "Lionheart." From personal experience, David knows how important it is to have a support system during rehabilitation and wants to use this series as an avenue to provide support to others.

"Giving back helps me find purpose in my suffering. In some ways, it's mutually beneficial: I want to use my insight from the SCI to encourage others, and doing that helps me feel empowered, as well."

— DAVID FRANCISCO PLATILLERO



1. David Francisco Platillero speaks to fellow Shepherd Center patient, Levi Smith, in his online series titled "Lionheart-to-Heart." 2. David Francisco Platillero is a singer/songwriter, producer, author, speaker and spinal cord injury survivor. 3. and 4. Cooper Sever swam 30 miles in 24 hours to raise money for Shepherd Center in honor of his uncle who was a patient there.



"The hardest thing was the mental part. But then I remembered everything Chris went through. Everything I was going through was nothing in comparison."

— COOPER SEVER

"I know when I was going through my difficult season, I needed people to give back, and they did," David says. "I want viewers to be encouraged by this show. You will hear from people who have gone through serious challenges and have chosen to respond in amazing ways."

David's first interview was with Levi Smith, 14, of Myrtle, Mississippi. Levi sustained a traumatic brain injury in a four-wheeling accident. In the first episode, Levi and his mom, Jessica Coggin, talk about his courageous battle and progress to this point.

"Every time I talk to someone who has gone through a traumatic injury, it brings me back to being in the hospital and wondering what my life would look like once I was out," David says. "It was so humbling to get to speak to Levi. His positive attitude really inspired me."

To view the series and see the latest episode of Lionheart-to-Heart, visit lionhearttoheart.com.

COOPER SEVER

Swimming has always been part of Cooper Sever's family. Cooper, 16, of Salisbury, North Carolina, has been a swimmer since he was six years old. His father, Michael, coaches the youth swim team Cooper is part of, Tidal Wave Aquatics, and the swim team at Catawba College.

Earlier this summer, Cooper decided to use his talent to raise money for a cause that has become near and dear to his heart – patients and families at Shepherd Center.

On July 22, 2019, Cooper's uncle, North Carolina Highway Patrol trooper Chris Wooten, sustained a complete C-1 spinal cord injury when he was hit by a truck while on his motorcycle during a chase in Charlotte. He stayed at Shepherd Center's Spinal Cord Injury Rehabilitation Program for more than six months. Chris' family struggled with how they could help as Chris went through rehabilitation.

"It's hard to find a way to communicate about the experience unless somebody's been through it," Michael says. "What our family and many other families have experienced is just how life-impacting these incidents can be. It meant the world to Chris, his wife, Sharon, and us to have Shepherd Center."

Because of their experience at Shepherd, Cooper set a goal to raise as much money as possible for Shepherd Center patients and

families by swimming 30 miles in 24 hours. That is equivalent to swimming 1.25

miles, or 80 laps, each hour. The swim began on July 21 and ended on July 22, the anniversary of his uncle's crash.

"My uncle Chris was my inspiration," Cooper says. "I wanted to do something big to honor him and everything he has been through."

Cooper began a rigorous training schedule to prepare for the swim.

"Weeks prior, my dad and I would come to the pool twice each day," Cooper says. "I would swim for four to five hours in the morning and then again at night."

All that hard work paid off. Cooper successfully swam for 24 hours, only taking 15-minute breaks each hour for a quick meal, ice bath or power nap. But for Cooper, the toughest part wasn't the physical exertion, but rather the mental challenge. He thought of his uncle Chris to get him through.

"The hardest thing was the mental part," Cooper says. "But then I remembered everything Chris went through. Everything I was going through was nothing in comparison."

Through his generosity and determination, Cooper raised about \$15,000 for patients and families at Shepherd Center. The money went to the hospital's Patient Assistance Fund (PAF), a program that helps cover basic needs that insurance will not pay for and/or that the patient cannot afford, especially at the time of discharge. These needs can include medication, home healthcare, home modifications and additional therapy – anything that could be a barrier to both care at the hospital and a smooth transition back home.

"The cost of medical goods and recovery for people who have been through an injury like Chris' are immense," Michael says. "That's why it was so important that the money went to the PAF."

Cooper hopes his experience inspires others to give back in any way they can.

"I wanted people to see that anything is possible if you put your mind to it," Cooper says. "I chose to swim because I wanted to use my talents to help others. I hope my effort helps people realize that anybody can do their part and help those in need." ❄️



BY SARA BAXTER

The COVID-19 pandemic led to many event cancellations this year, but it also allowed Shepherd Center to get creative with its annual food and wine event, Summer in the City.

Although participants did not gather at the Fairmont in Atlanta on July 22 as planned, they enjoyed the festive event from the comfort of their own homes, broadcast virtually over Vimeo and Facebook Live.

Proceeds of the 11th annual event – co-chaired by Matt Kingsley and Mary Richardson – benefitted the Andrew C. Carlos Multiple Sclerosis (MS) Institute at Shepherd Center. Ben Thrower, M.D., medical director of the MS Institute, served as host of the evening. Throughout the event, Rebecca Carey, special events manager at National Distributing Company (NDC), helped demonstrate how to make two craft cocktails – a Paloma and a French 75 – with two of NDC’s mixologists.

Attendees also watched videos that highlighted the vital work of the MS Institute and testimonials from patients on how Shepherd Center has helped them navigate life with MS.

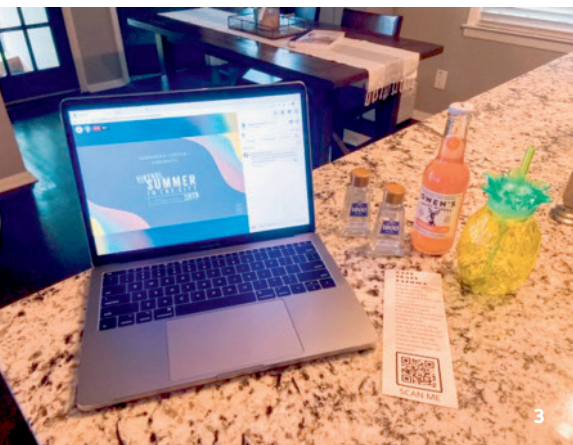
Additionally, the event featured a musical performance from Nick Niespodziani, lead singer of Yacht Rock Revue. Performing in real-time from his home, Nick sang several familiar songs to entertain the audience and close out the party.

More than 200 people attended Summer in the City virtually. The event raised \$130,000 to support the MS Institute. NDC and Elaine and John Carlos served as presenting sponsors of Summer in the City.

“Shepherd Center Foundation is grateful for the generosity of all sponsors as well as those who attended,” says Erin Schuster, special events manager. “Their support helps improve the quality of life for patients and families.”

Multiple sclerosis, a neuromuscular disease, is the leading cause of non-traumatic neurologic disabilities in young adults, and nearly 1 million people in the United States have MS. Since 1991, the Andrew C. Carlos





3



4



5



6



7

Thank you to our sponsors

PRESENTING

Elaine and John Carlos



CONNOISSEUR

Sarah and Jeff Morrison

EPICUREAN

Active Production & Designs, Inc.

Kari Carlos and John Dunn

Helen and Jimmy Carlos

Melinda and David Dabbieri

MERCHANT

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

Andee's Army

Linda and Jim Balkcom

Can Do Multiple Sclerosis

Debbie Goot

Kim and Duane Morrow

Mary Richardson

Alana Shepherd

UNUM

DISTILLER

Sarah L. Batts

Brothers Young Productions

Sara and Donnie Chapman

Chatterbomb Clothing Co.

Laura and Troy Garrison

Jane Gore, Ph.D., and

Rusty Gore, M.D.

Lauren and Nick Hendricks

Kadee and Ryan Hoyt

Lorie and Tim Hutcheson

Meredith and Dan Kingsley

Louise and Michael McDermott

Pat and Doyle Mote

Sarah and Jamie Shepherd

Meredith and Wesley Snapp

Cindy Widner Wall and

James Wall

Dr. Michael Yochelson and

Mr. Kevin Clift

MS Institute at Shepherd Center has set itself apart from others in the country by providing a comprehensive and collaborative treatment approach for those with MS and their families. The MS Institute also includes the Eula C. and Andrew C. Carlos MS Rehabilitation and Wellness Program that provides treatment, education and wellness interventions to individuals with MS and related diagnoses.

For information about Summer in the City 2021, contact Liza Vega-Smart at liza.vega-smart@shepherd.org or 404-425-7233.



1. and 2. Mixologists from National Distributing Company demonstrate how to make a cocktail. 3. Summer in the City was held virtually this year. 4. During the event, a Patient Story of Hope video featuring Jessica Collins was shown. Jessica spoke about receiving her multiple sclerosis diagnosis, her treatment at the Andrew C. Carlos Multiple Sclerosis Institute and starting ChatterBomb Clothing Co. to spread a special message. 5. Ben Thrower, M.D., medical director of the MS Institute at Shepherd Center, hosted the virtual Summer in the City benefitting the Andrew C. Carlos Multiple Sclerosis Institute. 6. and 7. During this year's virtual Summer in the City, participants mixed cocktails at home and listened to a live performance by Yacht Rock Revue's frontman, Nick Niespodziani.

Celebrating the Legendary Party

YOUR WAY

BY SARA BAXTER

The Legendary Party is, well, legendary. And that's why when organizers realized it could not be held in November 2020 as planned due to COVID-19, they had to come up with a creative way to commemorate the event.

"The Legendary Party does not lend itself to a virtual event," says Melinda Dabbieri, this year's chair. "It's elegant and formal, and a celebration of the work we've done over an entire year. But we wanted to do *something*. It was important to celebrate what we've done and what we continue to do."

Fortunately, Melinda created "Legendary Your Way," allowing people to celebrate safely in their homes in whatever way they chose. They could dress up – or down; eat fancy food – or have a casual meal.

"The message was, 'We can't get together, but it can still be fun,'" Melinda says. "We encouraged participants to make it memorable, unique and legendary."

Shepherd Center patients and families celebrated, as well. Tony Conway of Legendary Events, who was scheduled to cater The Legendary Party, provided a gourmet meal for the patients and their families staying at Shepherd Center.

The theme of this year's party, the Legend of the Looking Glass, and the honoree, David Apple, M.D., Shepherd Center's medical director emeritus, will both carry over to next year's event.

"Dr. Apple has dedicated his life to Shepherd Center," Melinda says. "For all he's given

to the hospital, we are calling him 'Dr. Legendary.'"

The Legendary Party is the Shepherd Center Foundation's largest event in terms of funds raised. Held annually on the first Saturday in November, it has raised more than \$20 million over the last 30+ years for Shepherd Center's patient care programs.

Proceeds from this year's Legendary Your Way and next year's gala benefit family housing at Shepherd Center. The hospital provides up to 30 days of housing to families of newly injured patients if both the family and patient live more than 60 miles from the hospital. Family housing is a valuable service for families whose loved one has sustained a catastrophic injury.

"It was so nice not having the added burden of finding a hotel in a location we were not familiar with, or the added cost," says Paula Ruby, whose husband was a patient at Shepherd Center earlier this year. "The best part of staying on campus was that I knew that I was only minutes from my husband." ✨



MAKE PLANS TO ATTEND NEXT YEAR'S
**Legendary Party on
Saturday, November 6, 2021,
at Flourish beginning at 7 p.m.**

1. Dr. Apple and his wife Jane celebrate Legendary their way. Dr. Apple will be the honoree at the 2021 Legendary Party. 2.-5. Legendary Your Way participants are encouraged to have fun at home to safely celebrate the event. This can include setting up a formal occasion in the backyard, hosting a casual gathering on the deck or cooking their own special meal.

To learn more about the event, visit shepherd.org/giving/legendary-party, or contact Liza Vega-Smart, associate director of sustained giving at Shepherd Center, at liza.vega-smart@shepherd.org or 404-425-7233. ✨

SAVE
THE
DATE!

PHOTO BY WILLIAM TWITTY

17th Annie Oakley Tournament benefitting Shepherd Center's SHARE Military Initiative

WHERE: The Burge Club in Mansfield, Georgia

WHEN: November 5, 2021 | Registration begins at 1 p.m.

For more information about the event, visit annieoakleyshooters.com.



Shepherd's Men Run

Thank you to everyone who joined and supported

the Shepherd's Men Run this year. For 22 hours,

participants swam, ran and rucked to honor those

who lost their lives on 9/11. Funds raised during

the event will benefit Shepherd Center's

SHARE Military Initiative.



To learn more about
Shepherd's Men, visit shepherdsmen.com.



PHOTOS PROVIDED BY SHEPHERD'S MEN RUN PARTICIPANTS



RUNNING, WALKING AND ROLLING FOR A GOOD CAUSE

BY SARA BAXTER

During the week of August 2-8, 2020, nearly 200 people individually took to the streets – or the treadmill or pool – to raise money for Shepherd Center in the inaugural Shepherd Center Junior Committee (SCJC) James Shepherd, Jr., Fund Run and Roll. Because of the COVID-19 pandemic, the race was virtual, and participants could choose the distance they wanted to complete.

The Junior Committee organized the Fund Run and Roll as a way to honor the hospital's co-founder James Shepherd, who passed away in December 2019. The event, sponsored by Beacham & Company Realtors, raised more than \$20,000.

When Chip and Brigitte McCarthy heard about the Fund Run and Roll from their daughter, Anna, a Junior Committee member, they signed up right away. Chip sustained a complete C-6 spinal cord injury in a bicycling accident in 2017, causing paralysis from the chest down. During his four months of rehabilitation at Shepherd Center, he established a friendship with James Shepherd, bonding through their mutual love of sports.

"In our darkest time, the Shepherd family became our family," Brigitte says. "When we

heard there was a way to honor James, we knew we had to do it."

Mike Richmond, whose brother, Jeff Richmond, Jr., was a patient at Shepherd Center after sustaining a traumatic brain injury (TBI) in July 2019, also jumped at the chance to support the hospital he credits for his brother's "amazing recovery."

"Shepherd Center is near and dear to my heart for what they did for my brother following his TBI," says Mike, who did the event with Jeff. "The entire staff, from administrators to nurses, therapists and even housekeeping cared for my brother, and with each visit, my adoration only grew as I witnessed the miracle of his recovery. I brought him there in a state of unconsciousness after an accident in May and watched him walk out six months later."

The McCarthys, who live in Bradenton, Florida, decided it was too hot to walk or roll in the Florida heat, so they took to their backyard pool. Through the use of assistive devices, Chip was able to swim laps using a modified backstroke. His strength improved, and each day, he would set a new personal record. On the final day of the event, he swam 110 laps (the equivalent of 1.5 miles). Brigitte posted



1. Chip McCarthy established a friendship with James Shepherd while he was a patient at Shepherd Center after sustaining a spinal cord injury. 2. Mike Richmond and his brother, Jeff Richmond, participated in the inaugural SCJC James Shepherd, Jr., Fund Run and Roll. Jeff was a patient at Shepherd Center after sustaining a TBI in July 2019.

Photos on this page: The Shepherd Center Junior Committee held its inaugural James Shepherd, Jr., Fund Run and Roll during the week of August 2-8. Nearly 200 people participated to raise money for Shepherd Center. Many participants submitted photos during the virtual race for the Facebook photo challenge to show support for the hospital.



updates on social media, encouraging people to sponsor his efforts. They raised nearly \$4,000, earning Chip the prize for raising the most funds.

Since runners, rollers and walkers could not get together in person this year, the organizers wanted to make the event as interactive as possible. Participants were encouraged to join the SCJC Run & Roll Club on the Strava app to track their progress and see other participants' progress. They also had an opportunity to make a page on Shepherd Center's GoFundMe Charity site for the virtual run. Participants received prizes for the longest distance, the first to complete their goal and for being one of the top three fundraisers. There was even a Facebook photo challenge to see who could get the most "likes."

For the McCarthys, the event had more meaning than just raising money for a good cause.

"Doing this got us reconnected with the spinal cord injury community, and it allowed friends and family to see Chip's progress," Brigitte says. "Now, he's much more confident swimming, and his strength and stamina are much improved."

The SCJC James Shepherd, Jr., Fund Run and Roll will be an annual event, and it's safe to say that both the McCarthys and the Richmond brothers will be back to do it again in 2021.

For more information about the event, contact Mary Beth Hellmann, signature events manager at Shepherd Center, at Marybeth.Hellmann@shepherd.org. *



PHOTOS SUBMITTED BY FUND RUN AND ROLL PARTICIPANTS.



THE 2020 SEASON OF PECANS ON PEACHTREE IS HERE!

By Sara Baxter

It's that time of the year again – time to place your order for delicious pecans and other treats while you help support Shepherd Center. Just in time for holiday shopping, Pecans on Peachtree™ will feature the return of the most popular treats, along with new items and gift package options.

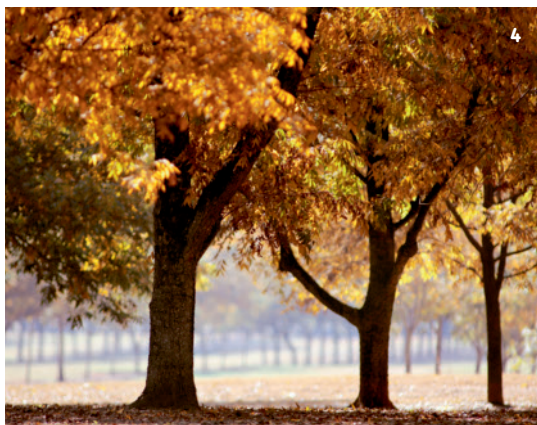
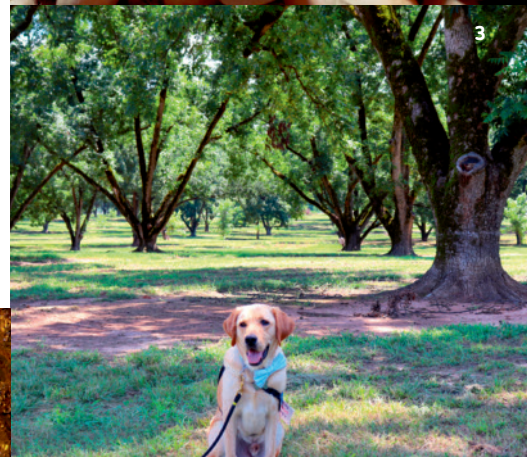
Started in 1982 out of the trunk of a Shepherd Center Auxiliary member's car, Pecans on Peachtree now sells tens of thousands of pounds of pecans to customers around the world each year. For nearly 40 years, the proceeds from Pecans on Peachtree have helped fund invaluable patient and family programs, such as animal-assisted therapy, family housing, assistive technology, recreation therapy and many more.

This year, Shepherd Center is excited to partner with a new vendor, Pearson Farm, located in Fort Valley, Georgia. Pearson Farm is a family business, and the Pearson family has been growing Georgia peaches and pecans on the same land since 1885. One of the oldest farms in Georgia, Pearson Farm has a strong commitment to sustainable farming practices and knowledge gained from five generations working together to grow delicious peaches and pecans. Current owners Al Pearson and his son,

Lawton, who are fourth and fifth generation Pearsons, have a love and passion for the land they farm and the crops they produce. While farming practices have changed and improved through the generations, the Pearsons say they have maintained these core elements: good soil, hard work, honesty, family and faith.

Shepherd Center's team of highly specialized, experienced clinicians are dedicated to helping their patients rebuild their lives with hope, independence and dignity. When you purchase Pecans on Peachtree, you help make a difference in the lives of the thousands of patients that Shepherd Center serves each year.

The pecans will be available for order through early January. Orders can be made online by visiting pecansonpeachtree.org. *



1. The Pearson family has been growing Georgia peaches and pecans on the same land since 1885. 2. Pecans on Peachtree pecans will be available for order through early January. 3. One of Shepherd Center's facility dogs, Derek, paid a visit to Pearson Farm, located in Fort Valley, Georgia. Proceeds from Pecans on Peachtree will go to Shepherd Center programs which make a difference in the lives of patients and families each year. 4. One of the oldest farms in Georgia, Pearson Farm has a commitment to sustainable farming practices.

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 April 1, 2020 and June 30, 2020.

Dr. Stanley Baker
Mr. and Mrs. Charles L. Smith

Randy Baras
Mr. and Mrs. Jonathan P. Worrell

Betty Jo "Dodie" Bowen
Mr. and Mrs. Edwin H. Callison

Alton Roy Cadenhead
Mr. Harold Gosnell

Charlie Copeland
Mr. and Mrs. Ben Arogeti
Mrs. Sam Arogeti

Jarrett Davis III
Dr. and Mrs. Robert E. Dicks III

Charles Dowdy - Father's Day
Mr. Christopher C. Dowdy

Catherine "Kitty" Dukehart
Mrs. William C. Hatcher
Ms. Helen Hirsch
Mr. Hugh Richardson, Jr.
Alana S. Shepherd
Mrs. Joan D. Woodall

Frances Duval
Mr. and Mrs. Ronald Townsend

Bob Englert
Mr. and Mrs. Robert Rohr

Kevin Enright
Ms. Mary Enright Olson

Nellie Estabrook
Ms. Jamie Sokolik

Richard Hall
Mr. and Mrs. Richard Sparkmon

Ed Hardy
Mrs. Joan D. Woodall

Arthur Harris
Ms. Kathleen Brewin Lewis

Quinn Hogan
Tennessee Jaycees

Raymond Albert Hughes
Ms. Kristin Ndiaye

Nathan Andrew Hurst
Ms. Ruth Dingman

Mr. Richard Early
Mr. and Mrs. Dick Fenton
Marlene Hammock and John Byers
Mr. and Mrs. Robert Hodge
Mr. and Mrs. Don Johnson
Ms. Virginia Jones
Ms. Karen Mann
Mr. and Mrs. Bruce Parsons
Mr. and Mrs. John Rostan

Jeff Hutchinson
Mr. and Mrs. Donald W. Gillis

Chris Jernigan
Brent Scarbrough & Company, Inc.

Phillip Johnson
Logistics Data Analysis Center

Eliyahu Naten Kassorla
Mr. and Mrs. Ben Arogeti
Mrs. Sam Arogeti

Charlotte Kellett
Alana S. Shepherd

Rusty Kidd
Allied Business Systems, LLC
Bravo HG

Mr. and Mrs. Wallie Carpenter
Coca-Cola Bottling Co. Consolidated
Ms. Cathy Cox and Mr. Mark Dehler
Mr. and Mrs. Josh Crimmins
Ms. Shannon Durham
Mr. Neil Dyer
Ms. Deborah Feir
First Horizon Bank
Georgia Installment Lenders
Association
Mr. Kevin Harrision
Mr. N. G. Houston III
Ms. Juliet Krupa
Mr. Patrick C. Mathes and
Mr. D. M. Mathes
Mr. and Mrs. Sidney E. Middlebrooks
Mr. and Mrs. Jeff Owens
Mr. and Mrs. Randy Peek
Mr. and Mrs. Ron Roberts
Mr. and Mrs. James H. Shepherd III
Mr. and Mrs. Bill Shockley
Mr. Keith M. Sibilsky
Southern Oak Advisory
The Plateau Group Inc.
Ms. Marcia White
Mr. Dick Williams



Honoring the 20th anniversary of Shepherd Center's Dean Stroud Spine and Pain Institute, Sheila Eads, CEO of ERB Industries, presented a portrait of the late Bill Erb to Shepherd Center co-founder Alana Shepherd and Sarah Morrison, president and CEO of Shepherd Center. The Spine and Pain Institute is named after Bill Erb's late step-grandson, Dean Stroud. L to R: Jackie Barker, executive vice president, ERB Industries, Sarah Morrison, Sheila Eads and Alana Shepherd.



As part of its Hometown Hero program saluting the many men and women who keep our country safe, the Atlanta Braves recognized our very own Michael Yochelson, M.D., MBA, chief medical officer of Shepherd Center.

Jeannine Kirkland

Brenda and Al Behm
Mr. and Mrs. Robert N. Boylston
Mr. and Mrs. Bob Finney
Mr. and Mrs. J. R. Hansard
Mr. and Mrs. Eldon E. Heaton
Mr. and Mrs. Lewis A. Massey
Mr. Dean Melcher
Ms. Kathy Monacelli
Mr. and Mrs. Roger Murray
Ms. Hayley Parker
Mr. and Mrs. David A. Sanders
Mrs. Betty W. Stark
Mr. and Mrs. Michael Suppan
Ms. Elaine Swain

George Kirkpatrick

Alana S. Shepherd

Anne Lippincott

Ms. Virginia Lippincott

Pen Lybrook

Ms. Phyllis Brooks
Mr. and Mrs. Douglas P. Lybrook

Sgt. Rammon Macon

Mr. Lawson Brown
Mr. Arin Moylan
Ms. Anne Safrit

Lewis Manderson

Ms. Pat Ahlers
Mr. and Mrs. John Bowman

Crescent Wealth Management

Ms. Linda S. Hobbs
Mr. and Mrs. James C. Howard
Mr. Ed Miller
Mr. and Mrs. Donald L. Plunkett
Mr. and Mrs. James H. Shepherd III

Martha Mangold

Mr. and Mrs. John Riddle

Cpl. Evan Marshall

Mr. and Mrs. Thomas G. Reigle

Larry Mason

Mr. and Mrs. Ronald Townsend

Cathy Matheson

Ms. Jennifer Matheson

David Maybank

Mr. and Mrs. F. Reid Warder, Jr.

Clayton Paschal Mays

Mr. and Mrs. Don Jarzynka

Vera McLean

Mr. and Mrs. William J. Koivu

Arthur "Don" Mendonsa

Mr. and Mrs. G. Andrew Mendonsa

Asher "Love" Mendonsa

Mr. and Mrs. G. Andrew Mendonsa

John Minor III

Ms. Wanda Lynn Creel
Mrs. Gwendolyn Dula
Mr. and Mrs. Joe Ellis
Ms. Angelina Glass
Lynn and Virginia Gorman
Mr. and Mrs. Nowland B. Gwynn II
Mrs. Millie Harrison
Mr. and Mrs. Randolph L. Hutto
Mr. John Minor
Mr. and Mrs. Michael L. Reddoch
Alana S. Shepherd
Ms. Cynthia S. Sproull

Fran Myers

Morris & Dickson Company
Mr. and Mrs. James H. Shepherd III

Billy Naugle

Bill & Tolitha Keylon and Van Wall

Edna New

Alana S. Shepherd

Helen Shaw Newbold

Mr. Jerry M. Newbold

Ben Noble

Ms. Helen Hirsch
Mrs. Joan D. Woodall

McKee Nunnally

Mr. and Mrs. Henry D. Gurley

Helen Taratus O'Connor

Mrs. Margaret P. Forbes

Wesley Stephen Oldaker

Mr. Ronald Casler
Ms. Vicki Coolidge
Ms. Patricia Livingston
Ms. Carol Million
Mr. and Mrs. George Nies
Ms. Nancy Oldaker
Mr. Daniel T. Pentecost
Mr. and Mrs. Stephen L. Pittman, Jr.
Mr. Jeff Rowland
Alana S. Shepherd
Speech, Hearing and Rehabilitation
Enterprises of Coastal Ga.

Wayne Peacock

Ms. Terry G. Peacock

Jeanette Willcoxon Peterson

Mr. Grady Franklin
Mrs. William B. George
Mr. and Mrs. J. Stacy McCorkle
Mr. Hugh Richardson, Jr.
Mr. and Mrs. Jesse A. Sasser, Jr.
Mrs. Joan D. Woodall

Bartie and Oscar Plunket, Jr.

Ms. Jane Plunket

Lee Pohlman

Mr. and Mrs. Ross Ronan
Mr. and Mrs. Harold W. Stephens

Beverly Ponn

Mr. Leonard Ponn

Mark Pope III

Mr. Bryant Pearson

SPC Steven Tyler Redmon

Mr. and Mrs. Darrin Moore

Michael Reed

Mr. and Mrs. Larry Baer
Mr. Travis Ellis
Ms. Beth Hawthorn
Mr. and Mrs. Thomas G. Reigle

CPT Robert Renfro

Mr. Robert Renfro

Dana Shepherd

Mr. William C. Wesley

J. Harold Shepherd

Mr. Walt Prickett
Ms. Elizabeth Morgan Spiegel

James H. Shepherd, Jr.

Anonymous
Ms. Victoria Andersen
Mr. and Mrs. Michael Balliet
Ms. Nancy J. Cahill
Choate Construction Company
Mr. and Mrs. Larry M. Cowman
Mr. and Mrs. Paul R. Dopp
Mrs. Margaret P. Forbes
Ms. Constance L. Frazier
Mr. and Mrs. Steven M. Funk
Mr. Geoffrey R. Gober
Mrs. H. Bruce Cohen
Ms. Lynn Heinemann
Mr. and Mrs. Marsh B. King
Mr. and Mrs. Alejandro Leal
Ms. Carol Osner
Mr. and Mrs. Brooks B. Patterson
Mr. and Mrs. Henry W. Pfingstag
Mr. Walt Prickett
Ms. Elizabeth Morgan Spiegel
Mrs. Terrence M. Tracy
Dr. and Mrs. Gary R. Ulicny
Mr. William C. Wesley
Mr. and Mrs. Peter A. Wilson

Fred Singer

Mr. and Mrs. Malcolm Newton

Sam Singer III

Mrs. Ann Singer

Carol Smith

Alana S. Shepherd

Susan Smith

Mrs. James M. Caswell, Jr.

Linda Stapleton

Alana S. Shepherd

Christopher Stone

Mr. and Mrs. Robert E. Pitts III

Eadie Tant

Mr. Dean Melcher

Lewis "Al" Thompson

Ms. Sallie M. Thompson

Tommy Tillman

Mrs. James M. Caswell, Jr.

Robert "Bob" Torras, Sr.

Mr. and Mrs. William C. Smith

Barbara D. Tyler

Mrs. James M. Caswell, Jr.

Brooks Tyson

Ms. Elaine Tyson

George Upchruch

Mrs. Joan D. Woodall

Edith "Edie" Wiggers

Alana S. Shepherd

Dick Willauer

Mr. and Mrs. Bob Ebbs
The Lord Family
Mrs. Lynn Neal
Ms. Kelly Willis

Stanley Willis

Mr. and Mrs. Robert G. Willis

Robert Wing

Ms. Jessica Hussain

Judge Dan P. Winn

Mr. Frank C. Winn

Mary Peace Winn and

Frank M. Winn
Mr. Frank C. Winn

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 April 1, 2020 and June 30, 2020.



Shepherd Center welcomed a new facility dog, Errol V, thanks to the continuous support from our partner, Canine Companions for Independence.

Dr. Dave Apple's Birthday
Mrs. Sarah A. Morrison
Mr. and Mrs. Bill Ross

Colton Beasley
Mr. and Mrs. James J. Feda, Jr.

Dr. Angela Beninga - Top Doctor
Dr. David F. Apple, Jr.

Dr. Brock Bowman - Top Doctor
Dr. David F. Apple, Jr.

Cole Burton
Mr. Ricky Bryant

Prater Christiansen's Graduation
Mr. Kevin Christiansen

Christy and Brian Collins - Thank you
Ms. Marcia Korman

William Corey and Corey Companies for their work in the Atlanta community
Ms. Sheila Daniely

Ellen Crowe
Ms. Carroll J. Shipley

James Curtis
Mr. and Mrs. James M. Wells III

Timothy Davis
Ms. Brooke Davis

Dr. Andrew Dennison - Medical Staff Officer, Congratulations
Dr. David F. Apple, Jr.

Dr. David DeRuyter - Medical Staff Officer, Congratulations
Dr. David F. Apple, Jr.

Seth Dickinson and Family
Ms. Mary Pat Baldauf

Gale Eckstein - The incredible employee my wife has been at Shepherd Center for 10 years!
Mr. David E. Eckstein

Kelly Edens and Staff - Thank you for life-saving REC Therapy
Ms. Kimberly Harrison

Kelly Edens - Thank you and your staff for all you do to help us stay active and healthy
Ms. Kimberly Harrison

Liz and Marty Elgison's Marriage
Ms. Nancy Berlin

Dr. Anna Elmers
Mr. and Mrs. Eric J. Joiner

Jake Frost and the Shepherd Center Therapy and Medical team
Ms. Erica Shirts
Mr. Randall Shirts

Deborah Gage's Birthday
Ms. Rebecca Wilson

Cindy Gordon - Our friend
Frank Barron and Joe Montgomery

Matt Gordon
Frank Barron and Joe Montgomery

Dr. Thomas J. Graham - Thanks for your help
Dr. David F. Apple, Jr.

Hayden Grant
Mr. and Mrs. Bob Grant

Tawana and Snxw Gutierrez
Mr. and Mrs. Christopher Jackson

Ben Hadsock
Kevin Kelly

Randy Hall's Anniversary
Ms. Lauren Whiteside

Sharon Hamburger - Happy Mother's Day!
Mr. and Mrs. Steven S. Gershberg

Greg and Ann Hampton
Mrs. Kathryn H. Kapnek

Asa Hardison
Casey Hardison
Jamie Hardison

Andrew Hawkins - Happy Father's Day
Mr. and Mrs. Michael G. Hawkins

Caroline Hazel's Birthday
Ms. Jordan M. Hinkebein

Mary Beth Hellmann - Thank you for coordinating Giving Tuesday!
Ms. Sarah L. Batts
Mrs. Sarah A. Morrison

Gary Herber
Ms. Eleanor Agan

Joel and Pat Irvan
Mr. and Mrs. Eddie W. Hoyal

Leslie Jackson - Congratulations on the promotion!
Dr. David F. Apple, Jr.

Mary Frances Kearney
Mr. and Mrs. Riley B. Smith

Taylor Keating
Mrs. Beverly D. Keating

Larry Kelly
Mr. Andrew C. Spears

Susan Kendall
Ms. Victoria Hood

Rena Kilgannon
Ms. Nancy J. Shaidnagle

Marta Kirchman - Thanks for the "gift"
Dr. David F. Apple, Jr.

Deborah Krotenberg
Ms. Phyllis R. Herman
Mr. and Mrs. Marvin H. Krotenberg

Doug Lindauer
Mr. Michael Thornton

Kaitlyn Long - Thank you for coordinating Giving Tuesday!
Ms. Sarah L. Batts
Mrs. Sarah A. Morrison

Kaitlyn Long Congratulations on your promotion
Dr. David F. Apple, Jr.

Kathryn Williams' Anniversary
Ms. Kathryn Vanderford

Bernie Marcus' 90th Birthday
Mr. and Mrs. Edward P. Decker
Mr. Dave Rebtoy

Colin McDonald
Mr. and Mrs. Clark McDonald

**Penny Morrison Ross -
Congratulations on your
promotion**
Dr. David F. Apple, Jr.

Ryan Narramore
Anonymous

Mary "Mae Mae" Neidhart
Adamson Properties
Ms. Jane R. Sarccna

The Orthwein Family
Mr. Thomas R. Sturges

**Fight Club for Military & First
Responder Spouses**
Ms. Corie Weathers

Sean, Derek, Fabian and Dwayne
Mr. and Mrs. John F. O'Brien

Shepherd Pups
Ms. Caren Acheson

Patti Reed
Ms. Abby Bryant

Hamano Ross
Mr. Darren Ross



With help from her occupational therapist, Katie Kimball, and food service aide, Absa Thiam, spinal cord injury patient Olivia took over Shepherd Center's coffee kiosk and made delicious drinks for her fellow patients in preparation for her return to work as a barista.



Jordan McClinton, a freshman on the Georgia Tech cheerleading squad, received a surprise visit from the Ramblin' Reck, the vehicle mascot of Georgia Tech, as he prepared to discharge home in September.

Thomas Pairet
CSE, Inc.

**Ellen Perry - Congratulations on
your promotion!**
Dr. David F. Apple, Jr.

**Melissa Pierce - Congratulations
on your promotion!**
Dr. David F. Apple, Jr.

Jessica Pohlman
Mr. and Mrs. Harold W. Stephens

Jon Roxland
Dr. David F. Apple, Jr.

Ralph Ruby
Mr. and Mrs. Jack R. Shumaker

**Erin Schuster - Thank you for
coordinating Giving Tuesday!**
Ms. Sarah L. Batts
Mrs. Sarah A. Morrison

Alex Seblatnigg
Ms. Renee Seblatnigg

Alana Shepherd's 90th Birthday
Ms. Janet Abercrombie
Dr. David F. Apple, Jr.
The Arnold Foundation, Inc.
The Ashkouti Family
Bickers Consulting Group, LLC
Mrs. Grant R. Curtis
Mr. James A. Curtis
Mr. and Mrs. Charles L. Davidson III
Dr. and Mrs. David M. DuBose
Mrs. John E. Duggan
Mr. and Mrs. Mark P. Hartigan
Mr. and Mrs. Jim Hughes
Ms. Jane A. Johnson
Mr. and Mrs. Alejandro Leal
The Lundeen Family
Mr. Dean Melcher
Mrs. Sarah A. Morrison
Mrs. McKee Nunnally
Mr. and Mrs. James H. Shepherd III
Mr. and Mrs. Zachary M. Wilson

Alana Shepherd
Mr. and Mrs. Steven M. Funk

Shepherd Center
Mr. and Mrs. Lance L. Doyal, Jr.

**Shepherd Center - In honor of the
great employer you have been
for 10 years**
Mr. and Mrs. David E. Eckstein

Shepherd Center Staff
Mr. and Mrs. Andrew P. Worrell

**The Shepherd Family that made
this possible**
Mr. Jerry L. Jones

Eloise Shepherd's Birthday
Bickers Consulting Group, LLC

Jamie Shepherd
Mrs. Cathy C. Shepherd

Julie Shepherd
Mrs. Cathy C. Shepherd

**Rebecca Shaw Shepherd's
Birthday**
Bickers Consulting Group, LLC

Lorraine Tully
Mrs. Magda Gomez

Shelby Turner
Ms. Heather Seratt

Lolly Holland
Mr. Patrick Holland

**Lolly Venair - Congratulations on
your promotion!**
Dr. David F. Apple, Jr.

**Dr. Ford Vox - medical staff officer,
congratulations**
Dr. David F. Apple, Jr.

**George "Chip" Watson -
Because he earned it!**
Mr. Fred L. Arnold

Mak Yost
Ms. Candace English

PHOTOS BY STAFF

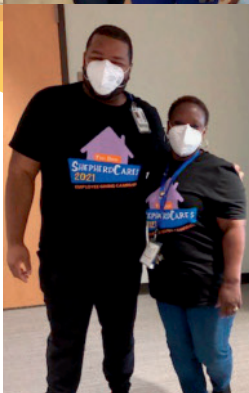


The Georgia RSVP Clinic is a nonprofit, all-volunteer organization which opened September 19, 2020. The mission of the free clinic, which is being hosted at Shepherd Center, is to provide outpatient rehabilitation care that maximizes independence, wellness and community participation for uninsured and underinsured people who have spinal cord injuries and/or brain injuries, including stroke. For more information, visit garsvpclinic.org.

ShepherdCares Employee Giving Campaign Surpasses its Goals



ShepherdCares employee ambassadors championed the fundraising effort in their departments, encouraging colleagues to donate for a worthy cause.



EACH FALL, SHEPHERD CENTER EMPLOYEES

contribute to ShepherdCares, the annual employee giving campaign to raise funds to support a particular program or immediate need at the hospital. This year, the charge was to raise \$175,000 to benefit the Irene and George Woodruff Family Residence Center at Shepherd and have 85% staff participation.

Shepherd Center employees blew past the goals, achieving 88% participation and pledging a staggering \$231,825.26 in just five short weeks. Because employees surpassed all the goals, generous donors gave an additional \$105,000 in challenge grants, bringing the total raised in support of the residence center to \$336,825.26! Thank you to all the employees whose generosity has positively impacted our patients and their families' lives. *



Shepherd Center

2020 Peachtree Road NW
Atlanta, GA 30309-1465
404-352-2020 shepherd.org

ADDRESS SERVICE REQUESTED

Non-Profit Org.
U.S. Postage
PAID
Atlanta, GA
Permit No. 1703

Shepherd Center's High Tetraplegia (HiTe) Program serves people with high-level spinal cord injuries

CERVICAL LEVEL INJURIES, ESPECIALLY THOSE AT

the C-1 to C-4 – or the uppermost – level of the spine, are especially complex. With those needs in mind, Shepherd Center created the High Tetraplegia (HiTe) Program for patients who have been injured at the C-1 to C-4 level.

This specialized therapy program is a series of educational classes and experiences designed to provide education on living with high-level spinal cord injuries. Therapists deliver the educational sessions with a travel theme and encourage patients and caregivers to think of each class as a destination where they can take advantage of valuable opportunities to learn and soak in the information in whatever way is best for them.

In addition to education, HiTe also hosts outings and social events for patients and caregivers in the program. Learn more at:

news.shepherd.org/reaching-new-hites. *



Jefferey Cox sustained a high-level spinal cord injury in a football accident.