

# Shepherd

MEDICAL TREATMENT • RESEARCH • REHABILITATION

## Center Spinal Column<sup>®</sup>



ALSO INSIDE

PATIENT RETURNS TO JOB HE LOVES + BOARD MEMBERS VOLUNTEER IN CREATIVE WAYS DURING PANDEMIC + SHEPHERD CENTER CELEBRATES 45TH ANNIVERSARY

news.shepherd.org | Summer 2020

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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  
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ABOUT THE COVER:  
 Shepherd Center employees proudly display  
 the theme of this issue: stronger together.  
 We can overcome great obstacles when we  
 work together toward a common goal.

## LETTER FROM SARAH MORRISON



"If you want to go fast, go alone, but if you want to go far, go together."

This ancient proverb illustrates a fundamental human truth and the theme of this issue: We are stronger and can accomplish more when we work together. During my years working at Shepherd Center, I've witnessed countless examples of our staff collaborating to solve tough challenges for our patients and their families. This spirit has always defined us, and recent events have underscored it more than ever. For me, two instances stand out as examples of how our employees, boards, generous donors, patients, families and community have rallied to continue to move our mission forward.

On April 3, we announced a no visitor policy to protect the safety and health of our patients and staff. Knowing how integral families and loved ones are to positive outcomes for our patients, this was one of my most difficult decisions as CEO. But, it was one I knew I needed to make. I also knew that we had to maintain the pre-eminent clinical care we provide every day by giving families and patients a way to connect virtually. So, our incredible staff, including teams from across all levels and areas of expertise, pulled together to find a way to accelerate our plans to provide telehealth, telepsych and telerehab services. It took just three short weeks to stand up these programs, which simply could not have been done without everyone's involvement. We have since begun to incrementally ease visitation restrictions, and the virtual programs have been successful. We are now performing between 75 and 100 televisits per day.

In this issue, you'll read a story about "Fast Eddie" Williams, a trucking company owner. He and his family used virtual solutions to make sure Eddie saw how much his community united to support him after he sustained a spinal cord injury. On page 20, you can also learn how some of our board members volunteered their time and resources to ensure patients, families and staff were supported in uplifting, creative ways during the pandemic.

In the midst of the COVID-19 pandemic, our nation and the world witnessed the senseless killings of multiple Black Americans that inspired rightful civil unrest and long overdue conversations on racism. I pledged to seek a better understanding and create solutions for a more diverse, inclusive and equitable workplace at Shepherd Center.

So, in June, I heard from more than 140 employees in a series of eight focus groups that aimed to provide a safe space for candid conversation. Staff members from across the organization shared their personal experiences and meaningful ideas to promote change. Their feedback shows us we have some work to do, but also that there is a willingness to help do the work together as a team.

From the information I gathered, the senior management team and I developed a four-point plan – education and awareness, leadership, human resources and community – with the goals of strengthening unity among Shepherd Center employees and stakeholders while actively demonstrating our respect, understanding and compassion for one another.

Shepherd Center recently celebrated its 45th anniversary. Pages 22-28 outline some of the key milestones we've achieved so far. None of these things would have been possible without the support and teamwork of many. The same hard work, humor and hope that have carried us through the past 45 years will continue to motivate our efforts going forward. I know we'll be able to adapt no matter what comes our way – as long as we do it together.

With thanks,

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

Summer 2020 • Shepherd Center

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PHOTO BY JOANN VITELLI

Shepherd Center nurse Elizabeth Soderberg, RN, BSN, holds a heart symbolizing the love for and commitment to the hospital's mission to serve our patients and their families as one team.

 See [news.shepherd.org](https://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](https://shepherd.org).

## U.S. News & World Report Names Shepherd Center Among Best in Rehabilitation Hospitals

Shepherd Center has once again been recognized as a Best Hospital for 2020-21 by *U.S. News & World Report*.

The annual Best Hospitals rankings and ratings, now in their 31st year, are designed to assist patients and their doctors in making informed decisions about where to receive care for challenging health conditions or for common elective procedures. This year, Shepherd Center was ranked No. 8 – up one place from last year’s ranking. Shepherd Center tied for the No. 8 spot with Craig Hospital in Denver, Colorado.

For the 2020-21 rankings and ratings, *U.S. News* evaluated more than 4,500

medical centers nationwide in 26 specialties, 10 procedures and conditions. In the 16 specialty areas, 134 hospitals were ranked in at least one specialty. In rankings by state and metro area, *U.S. News* recognized best regional hospitals based on high performing rankings across multiple areas of care.

“For 45 years, Shepherd Center has served as the bridge between ‘I can’t and I can,’ for thousands of patients,” says Sarah Morrison, PT, MBA, MHA, president and CEO of Shepherd Center. “To be recognized as one of the top 10 rehabilitation hospitals in the country enhances the pride we have in our superior clinical outcomes and patient satisfaction.” \*



Shepherd Center is located in Atlanta, Georgia.

## Shepherd Center Doctors Recognized in Atlanta Magazine’s Top Doctors 2020 List



Brock Bowman, M.D., associate medical director at Shepherd Center, treats patients with spinal cord and brain injuries.



Brock Bowman, M.D., Associate Medical Director



Angela Beninga, D.O., Chief Medical Informatics Officer

Angela Beninga, D.O., is the chief medical informatics officer at Shepherd Center, as well as a physiatrist and director of Shepherd Center’s Spinal Cord Injury Day Program.

**Brock Bowman, M.D., associate medical director, and Angela Beninga, D.O., chief medical informatics officer,** were recognized in *Atlanta Magazine’s* Top Doctors 2020 list.

Each year, *Atlanta Magazine* presents a roster of the best metro Atlanta doctors, as chosen by their peers. The list is divided by medical specialty, and only doctors who are nominated as among the best in their specialty and/or region and who pass a screening process make the final selection. Dr. Bowman and Dr. Beninga are featured in the Physical Medicine and Rehabilitation category. \*

## Americans with Disabilities Act Celebrates its 30th Anniversary

July 26 marked the 30th anniversary of the Americans with Disabilities Act (ADA). The ADA is a civil rights law that aims to prohibit discrimination. It helps ensure equal opportunity for people with disabilities in employment, state and local government services, public accommodations, commercial facilities, transportation and telecommunications.

This cause is near and dear to Shepherd Center’s mission to advocate for the full inclusion of people with disabilities in all aspects of community life. Since its founding in 1975, Shepherd Center has



served as a voice on the local and national level for the needs of people with disabilities. This commitment was deepened in 1988 when advocacy was officially added as part of Shepherd Center’s mission statement. Multiple efforts, including accessible design consultation for public transportation like Atlanta’s MARTA, advocacy for

access to long-term services and supports, and efforts to successfully host the 1996 Paralympics in Atlanta by Shepherd Center and by countless people and organizations across the nation, have sparked change. Public transportation, housing and the physical environment are more accessible, and more people with disabilities are attending college and post-secondary schools, which makes them more employable.

The ADA becoming law in 1990 was a critical effort toward these developments. While there is still much work to do, we celebrate this ADA milestone and the important work to promote equal opportunity for people with disabilities. \*

## Alana Shepherd Named Board Chairman to Continue Creating “I Can” Moments for Patients



Alana Shepherd is a co-founder of Shepherd Center.

On February 7, Shepherd Center announced that co-founder Alana Shepherd was named the Chairman of the Board of Directors.

Alana succeeds her son, James H. Shepherd, Jr., who served as the Chairman of the Board for 44 years until his passing in December 2019. Having Alana as Chairman of the Board ensures that Shepherd Center will continue to thrive in today’s complex healthcare environment,

says Sarah Morrison, PT, MBA, MHA, president and CEO of Shepherd Center.

“As one of our co-founders and a true visionary, Alana is uniquely suited to lead the Shepherd Center Board of Directors,” Morrison says. “We are thrilled that she agreed to continue her steadfast commitment to ensuring that Shepherd Center remains the bridge from ‘I can’t’ to ‘I can’ for our patients and their families.”

Shepherd Center started as one family’s vision, and its strong legacy is now carried forward by a team of thinkers, innovators, leaders and clinicians who collaborate to produce the nation’s best neurorehabilitation outcomes for patients.

“Throughout its history, Shepherd Center has always maintained its original goals – to provide a patient- and family-centered approach to rehabilitation while encouraging patients to look beyond their injuries and embrace the possibilities ahead,” Morrison says. \*

## Shepherd Center Welcomes New Brain Injury Research Director

George “Brick” Johnstone, Ph.D., ABPP, was named the O. Wayne Rollins Director of Brain Injury Research at Shepherd Center in February 2020. In this role, Dr. Johnstone leads research and clinical trials to advance understanding of brain injury.

“I am pleased to announce the appointment of Dr. Johnstone,” says Mike Jones, Ph.D., FACRM, vice president of research and technology at Shepherd Center. “He is an innovative, creative leader and shares our commitment to improving the care Shepherd provides to survivors of acquired brain injury.”

Prior to this role, Dr. Johnstone served as senior scientific director of the Defense and Veterans Brain Injury Center in Fort Belvoir, Virginia. He previously held multiple positions at the University of Missouri from 1990 to 2017, including professor and chair of the Department of Health Psychology and associate professor and director of neuropsychology in the Department of Physical Medicine and Rehabilitation.

Dr. Johnstone earned an M.S. in clinical psychology and a doctorate in child clinical psychology from the University of Georgia, after which he completed a neuropsychology postdoctoral fellowship at the University of Washington School of Medicine. He completed his undergraduate degree at Duke University. \*



George “Brick” Johnstone, Ph.D., ABPP, joined as Shepherd Center’s director of brain injury research in February 2020.

PHOTOS BY LOUIE FAVORITE, GARY MEEK AND JOANN VITELLI

SPOTLIGHT

## Georgia Department of Driver Services (DDS) and Shepherd Center Partner to Test Innovative Injury Prevention Model Statewide

DDS will begin a statewide effort to promote AutoCoach®, a mobile app developed to guide parents in teaching safe driving practices to teenage drivers.

BY DAMJANA ALVERSON

The Georgia Department of Driver Services (DDS) and Shepherd Center have formed an innovative public-private partnership aimed at injury prevention for novice teenage drivers. This partnership, one of the first of its kind, will begin a concerted statewide effort to promote the AutoCoach® app, the first mobile app with content developed by certified driver rehabilitation specialists (CDRS) to instruct parents and other adults on how to teach safe driving behaviors to young drivers.

According to the National Highway Traffic Safety Administration (NHTSA), motor vehicle crashes are the leading cause of death for 15- to 18-year-olds in the United States. In fact, teen drivers are twice as likely as adult drivers to be in a fatal crash. In Georgia, 2018 data shows that 192 young drivers were involved in fatal crashes – a 32.4% increase since 2014, according to the NHTSA Fatality Analysis Reporting System. To curb these alarming statistics, DDS and Shepherd Center will target the primary role models for teenage drivers: parents.

“During the past year, 62% of our patients ages 15 to 18 sustained their injuries because they were involved in vehicle crashes, compared to 30% of all patients,” says Sarah Morrison, PT, MBA, MHA, president and CEO of Shepherd Center. “One of the most effective methods to prevent injuries and fatalities for young drivers is for parents to model, monitor and enforce safe driving practices. The AutoCoach app was developed with that specifically in mind, and we are proud to work with DDS to help parents statewide share these best practices with their teenagers.”

### DDS and Shepherd Center aim to achieve several goals including:

- Reduce the number of vehicle crashes involving 15- to 25-year-old drivers in Georgia per year.
- Increase access and decrease inequities in driver education by ensuring all parents and guardians have the skills needed to properly teach their teenager how to drive through the free AutoCoach app.
- Increase the number of Georgia drivers with learner's permits who appropriately prepare for and pass the road test portion of their driver's license examinations.
- Raise awareness of and compliance with Georgia's distracted driving and hands-free driving laws.

“At DDS, a vital part of what we do is promote highway safety,” says Spencer R. Moore, Commissioner of the Georgia Department of Driver Services. “Working with our partners at Shepherd Center to raise awareness of the AutoCoach app

will more broadly help accomplish that by sharing lifesaving information with our fellow Georgians.”

Shepherd Center representatives will train DDS employees about the app so they can educate parents and novice drivers throughout

the state. The rollout will initially target the top 10 counties in Georgia with the highest teen driving morbidity and mortality rates. DDS has already begun accepting AutoCoach driving logs as evidence of parental supervision of Georgia drivers with learner's permits. The partnership will be a strong testing ground for the effectiveness of the app in promoting safe driving practices among new drivers on a large scale, with the ultimate goal of launching the app through other departments of motor vehicles nationwide.

The DDS 2 Go mobile app gives Georgia residents easy access to check driver's license status, review driving history, view changes to driving history, verify fees due, and update licenses or identification cards.



The AutoCoach® app is a joint effort between Shepherd Center, the Georgia Governor's Office of Highway Safety (GOHS) and IT management consulting firm, CapTech. The Georgia Department of Driver Services will begin promoting the app in an effort to increase safe driving practices among novice drivers.

### ABOUT AUTOCOACH

The AutoCoach app was launched in 2017. The free app aims to assist parents with teaching their teenage children how to drive responsibly, ultimately helping prevent and reduce injuries and fatalities. The app also aims to increase knowledge of graduated driver licensing (GDL) laws. Because these laws vary by state, the app is customizable based on which state you live in. Most states require a specific number of hours of practice in various driving conditions before issuing a license, so AutoCoach logs supervised driving hours under daytime and nighttime conditions. In 2018, Shepherd Center announced the release of AutoCoach 2.0, an update that rolled out 12 additional instructional content chapters for parents with teen drivers who have physical and/or cognitive disabilities. For more information, go to [shepherd.org/auto-coach](http://shepherd.org/auto-coach). \*

# QA

Chief Medical Officer Michael Yochelson, M.D., MBA, Discusses Leading During a Pandemic  
**DR. YOCHELSON JOINED SHEPHERD CENTER IN 2017.**

### Q: What does a chief medical officer (CMO) do?

I am responsible for the safety of our patients and the quality of the care we provide. I oversee all of the clinical programs from a medical standpoint, including the physician, psychology and neuropsychology practices.

### Q: You've served as CMO at Shepherd Center for three years now. How would you describe Shepherd Center's culture?

Shepherd's culture is unique and special compared to any other rehab facility I've been in. There is a very clear mission. Our north star is our patient: Everything we do here revolves around what is in their best interest. Focusing on the patients' goals and independence really allows everybody who works here to be on the same page and value their work. This kind of teamwork is critical in rehab in general, and even more so with the type of rehab we do -- taking care of patients with catastrophic injuries and illnesses.

### Q: More recently, things have been anything but business-as-usual due to COVID-19. Can you describe what your role has been regarding COVID-19 at Shepherd during this unprecedented time?

I run a team huddle where I oversee the changes to policies, procedures and guidelines that are intended to keep our patients, families, staff and visitors safe. Every day, I send an update to all staff to make sure everybody is aware of any changes or developments.

### Q: From your perspective, what has managing through this pandemic brought out in you and your colleagues?

Having been a leader through this experience, I've been impressed with how my colleagues managed to remain calm and very thoughtful about what we do. Our team's excellent leadership and strong communication skills throughout this have been critical to our success. I could not have done this without them. People were not quick to react to things and make bad judgments. Everything we did was focused on how we could best keep all of our stakeholders safe. Overall, I'd say we have been managing to get through this successfully.



Michael Yochelson, M.D., MBA, joined Shepherd Center as chief medical officer in August 2017.

### INTERESTING FACTS

#### EDUCATION

##### Duke University

- Bachelor of Science

##### George Washington University

- Medical Degree

##### University of Maryland

- R.H. Smith School of Business, Master of Business Administration

#### FUN FACTS

Dr. Yochelson began his medical career in the United States Navy, where he served from 1995 to 2006.

His first assignment after residency was in Japan at the U.S. Naval Hospital Yokosuka.

Dr. Yochelson enjoys cooking, traveling and going to the theater.

Dr. Yochelson spent a summer during college studying abroad in Madagascar researching lemurs.

Having lived most of his life in large cities, from Washington, D.C., to Tokyo, Dr. Yochelson loves the cultural opportunities cities provide. He enjoys living in Atlanta with his partner and daughter.

### Q: If you could have Shepherd Center staff, patients and families take away one lesson from this challenging situation, what would it be?

Take care of yourself and take care of others. There's a lot to that, but a big piece is adhering to the rules, as difficult as they may be. Wearing your mask when you're supposed to and social distancing truly do help. I think this lesson of caring for yourself and others is important for any situation or crisis. \*

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

The power of friends, family and community uplifts two former patients after injury.



# STRONGER TOGETHER

THIS PAGE: Frances Hardy grew up in the coastal city of Viña del Mar, Chile. OPPOSITE: Eddie Williams loves spending time with his dogs. Here, he is relaxing with one of his dogs, Dibbles.

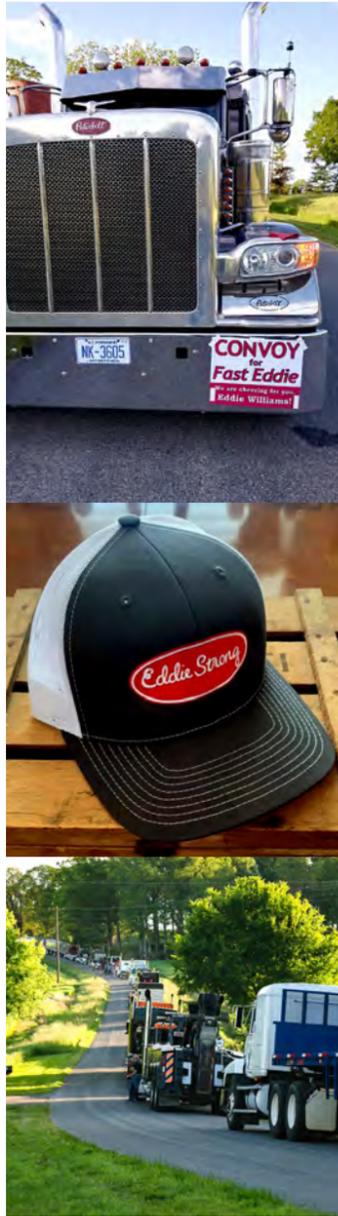
PHOTOS PROVIDED BY PATIENTS

Allowing people to care for you during your time of need can be challenging. The stories of two patients, Eddie Williams and Frances Hardy, show that embracing the support of others can be a sign of strength, leading to amazing things.

BY DAMJANA ALVERSON

## #EDDIESTRONG

# A community rallies around Eddie Williams and his family as he recovers from a spinal cord injury.



**IN THE TOWN OF MARSHVILLE, NORTH CAROLINA, LIES A 90-ACRE PLOT OF** land that has been in Eddie Williams' family for generations. Eddie and his wife, Starla, raised their two sons, Josh and Chandler, here. Eddie also lived here when he decided to start his own trucking company, S & E Transport, LLC, more than 35 years ago.

"He built his company from the ground up," Starla says. "Eddie had to sell his car to buy his first truck. Now, he manages eight to 10 trucks at a time, from his own trucks to the owner-operators' trucks that haul sod. Eddie rebuilds motors, works on trucks and drives, as well. His favorite job is delivering sod for Carolina Green to NFL fields around the country."

Reliable and hardworking, Eddie takes great pride in his business and is a respected figure in his community of New Salem, North Carolina.

"Eddie is a genuine businessman and person," Starla says. "His mind is going 24/7. Nobody can keep up with him!"

On March 20, 2020, Eddie was clearing tree limbs on his property with his son, Josh. In addition to being an emergency room nurse, Josh owns a truck and helps his dad with his business. As it turned out, Josh's presence that day helped save Eddie's life.

**"HE'S STILL EDDIE."**

While Eddie was cutting tree limbs, he slipped and fell about 15 feet to the ground. Josh knew his father had sustained a spinal cord injury (SCI). He called Starla and told her to get his hospital badge while he called 911.

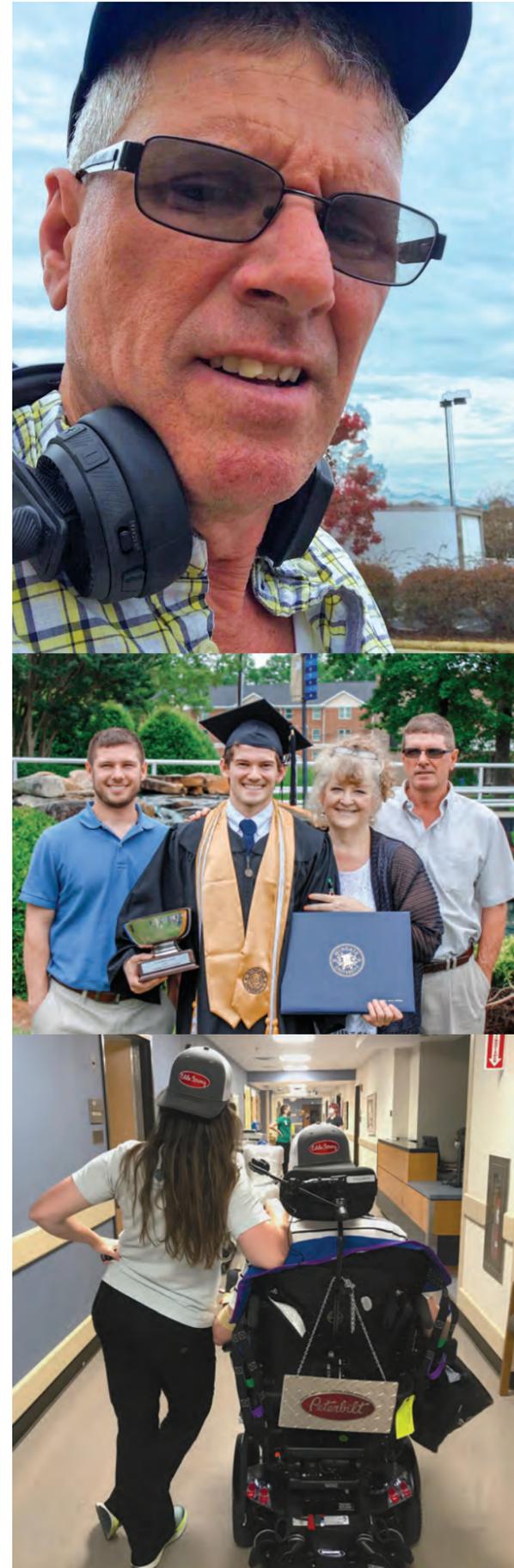
Eddie was airlifted to Atrium Health's Carolinas Medical Center in Charlotte, North Carolina, where doctors confirmed he had sustained a complete C-4, C-5 and C-6 SCI. Initially, he could not speak, so Starla used her experience as a literary interventionist for Unionville Elementary School to communicate with him. She would organize the alphabet into groups of letters, and Eddie would nod at the correct group, and then at the correct letter, to gradually spell out words.

"The first thing Eddie spelled out to ask our son Josh was, 'Are the trucks running?'," Starla says. "Even when he was in pain, he was focused on keeping his business running."

There was another message Eddie spelled out: "I love life, Starla."

"He wanted to keep fighting," Starla recalls. "He may not have his legs or be able to use his hands, but he's still Eddie."

On April 13, Eddie arrived at Shepherd Center. In addition to battling for his life, Eddie had to

**FROM TOP TO BOTTOM:**

Eddie Williams has always been a hard-working and respected member of his community. // Josh, Chandler, Starla and Eddie Williams at Chandler's graduation in 2019. // Eddie owns Peterbilt trucks, so he had a Peterbilt sign made that hangs on the back of his wheelchair from a stainless-steel chain.

deal with the difficulty of not having his family physically present with him due to COVID-19.

"We would FaceTime multiple times a day," Starla says. "I met with his whole team to stay up-to-date on his progress."

And he has definitely made progress. Eddie was eventually taken off his ventilator and given a speaking valve, an attachment placed on Eddie's tracheostomy (trach) tube that allows him to speak. He has now progressed enough to have his trach removed completely.

"The first time I heard his voice again, I got so emotional," Starla says. "When he saw me crying, Eddie said, 'I didn't know you'd get so emotional. You always told me I talk too much!'"

Eddie found a way to bring his passion for trucks to his wheelchair. He owns Peterbilt trucks, so he had a Peterbilt sign made that hangs on the back of his chair from a stainless-steel chain.

"It is a godsend that we got to Shepherd Center," Starla says. "What the team at Shepherd has done is a miracle. Every professional we've met has said that even after you leave Shepherd, you're always one of us. This has been awful, but Shepherd has been on our side for everything."

**#EDDIESTRONG**

The Williams family has endured a lot between Eddie's injuries and being apart from each other due to COVID-19. But hardship can bring out the best in people, and on April 24, Eddie's community joined together to support him. It all started when Starla received a phone call from her friend, Mandy Little.

"Eddie delivers agricultural lime to the farms in our town," Starla says. "Mandy had an idea to put together a truck convoy in honor of Eddie with 15 farmers so they could record the event and send it to Eddie."

Mandy organized the event in two weeks. What had started as a 15-truck convoy grew to 25 trucks, then 50 trucks and finally reached 130 trucks on April 24. Led by Eddie's son, Josh, the convoy stretched a mile and a half long. Many of the trucks displayed signs with #EddieStrong or #FastEddie, and people remained in their trucks to maintain social distancing. Donations collected during the event will help pay the Williams' medical expenses.

**FROM TOP TO BOTTOM:** Trucks in the convoy displayed signs in support of Eddie. // Members of Eddie's community had items made with the Eddie Strong mantra, such as this hat. // On April 24, a convoy of trucks stretching a mile and a half long drove through Eddie's hometown to support him in his time of need.



TOP: An architect drew a rendering of what the “barn apartment” will look like when it is completed. BOTTOM: Eddie Williams’ accessible “barn apartment” is in progress.



“People came from all over the county and surrounding counties,” Starla says. “Some knew Eddie, and others had only heard his story. It was the most amazing thing this community has ever seen and was out of love and respect for this man.”

Eddie watched the event live on FaceTime from Shepherd Center. He wept tears of joy and asked his wife to blow his truck horn as the convoy drove by.

Eddie’s son, Chandler, and Chandler’s fiancée, Sophia, started a Facebook page to keep

everyone up to date on Eddie’s progress. Now, the Facebook page has approximately 2,000 members who cheer for Eddie every day.

The community continues to rally around Eddie. Starla has been overwhelmed by the process of making her two-story house accessible for Eddie. Building a new accessible home on their land would be ideal, yet expensive. Fortunately, Monty Soots, a contractor in a surrounding county who had recovered from a fall in 2004, volunteered to be the lead contractor on the project and asked area businesses to donate their labor and materials. He is partnering with staff from Shepherd Center to ensure the new home is accessible. The Williams family affectionately calls the new build their “barn apartment.”

When communities join in solidarity, they can achieve great things. Eddie’s story is a testament that we are truly better together. If you would like to keep up with Eddie’s progress, join his public Facebook page, “Prayers, Support, and Updates for Fast Eddie (Eddie Williams).” \*

**“People came from all over the county and surrounding counties. Some knew Eddie, and others had only heard his story. It was the most amazing thing this community has ever seen and was out of love and respect for this man.” — Starla Williams**

EDDIE WILLIAMS

## A SPECIAL LIFE

**After sustaining a spinal cord injury, Frances Hardy lives with focus, a positive attitude and support from friends and family.**



During each visit to Shepherd Center, Frances spends three to four weeks in intensive rehabilitation in the Spinal Cord Injury Day Program.

**DURING HER TIME AT SHEPHERD CENTER IN JANUARY 2020, FRANCES HARDY, 25, PUSHED HER WHEELCHAIR DOWN SHEPHERD CENTER’S HALLS,** giving warm friendly smiles and hellos to anyone she passed. Exuding positivity and a zest for life, her energy is vibrant, and the warm greetings were returned each time. She is friends with both patients and staff, stopping to chat about rehabilitation with one staff member and planning her first attempt at wheelchair rugby with a fellow patient.

Today, Frances Hardy is a confident, young woman with endless possibilities ahead of her. But seven years ago, she faced a challenge that tested her resolve.

### “FOCUS ON WHAT I COULD CONTROL”

Frances grew up in the scenic, coastal city of Viña del Mar, Chile. In 2013, she had completed secondary school (the equivalent of high school in the United States) and was excited to take on the next phase of her life. She was scheduled to begin college at Universidad Adolfo Ibáñez in March.

But everything changed one evening in February 2013. Frances was in a car with four of her friends when another car crashed into the vehicle. She sustained a complete C-5 spinal cord injury (SCI) and was flown by helicopter from Viña del Mar to a hospital in Santiago.

“After my surgery, I had to stay at the hospital for two months,” Frances recalls. “I knew what had happened to me and that I would not walk again, but I was determined to focus on what I could control about the situation.

FRANCES HARDY

I decided to train to do the things people didn't think were possible like eating alone, using a manual wheelchair and eventually going back to university."

Frances was discharged from the hospital and returned home to Viña del Mar in April 2013.

"I was really lucky to find a great rehabilitation center in my hometown, the Luis Krebs Institute," Frances says. "For the rest of that year, I focused a lot on physical therapy and spent six hours each day doing exercises."

While Frances was happy with the rehabilitation she was receiving, she was curious whether she was doing all she could to improve.

"I started asking around to specialists and other patients," Frances says. "Shepherd Center was recommended to me because

of the therapy and the great environment. Many places can be great for physical rehabilitation, but having a welcoming environment on top of that positively affects your state of mind."

Frances' first visit to Shepherd Center was in January 2015. She returned in 2016, and again in early 2020. During each visit, she spent three to four weeks in intensive rehabilitation in the Spinal Cord Injury Day Program. She affectionately describes her therapy at Shepherd Center as challenging.

"It is challenging," Frances says. "I was impressed with the technology and the intensity of the training. The four weeks I spend at Shepherd Center prepare me to go back to my country and practice what I learned to regain my independence."

As Frances' skills advanced during each visit, her goals also evolved.

"In the beginning, I came to Shepherd to learn new skills," Frances explains, "but now I'm perfecting those skills and focusing more on practical things that you do every day like transfers from a wheelchair to a bed and cooking. The Day Program team has been so innovative in trying new exercises. They know I love the challenge."

In particular, Frances loves working with Kelly White, an exercise physiologist in the SCI Day Program.

"Kelly has so much energy and passion," Frances says. "She creates innovative exercises in every session we have, no matter if it's spinning class, dancing or anything else."

### LEANING ON FAMILY AND FRIENDS

To get through her intensive rehabilitation, Frances relies on family and friends for support.

"I think that we have to appreciate the people around us and make them part of this difficult moment in our lives," Frances says. "Many people want to help but don't know how, so it is up to us to ask for help when we need it."

When Frances needed help at Shepherd Center, she reached out to Minna Hong, who retired in 2018 from her position as SCI peer support manager at Shepherd Center.

"The Peer Support Program helped me a lot," Frances says. "Minna showed me that I could still have a normal life, get married, have kids and work at a great place."

Frances also formed lifelong friendships with fellow patients at Shepherd Center. During her stays, they motivated her to try sports like handcycling, swimming and rugby. More importantly, they reminded her to have a good time and laugh.

"I love the friendships I have with other patients at Shepherd Center," Frances says. "Many patients are going through a difficult time, but together we can have fun and help

each other. I can ask them about their experiences, and I can help by telling them about mine."

### "A SPECIAL LIFE"

Frances has achieved her goals and continues to strive for new ones. She completed her degree in business specializing in marketing in 2019 and moved to Santiago, Chile, to begin her career in marketing at a telecommunications company. Frances also accomplished something many thought was impossible -- learning to drive.

"I look forward to regaining as much independence as possible," Frances says. "It took me five years, but now I can drive alone and go wherever I want freely. I always say that maybe my wheelchair is my legs, but my car is my wings."

Drawing on the courage and strength she has gained from everything she has been through, Frances wants to encourage others who are going through similar challenges.

"Learning to live a new way is a process," Frances says. "We have to be brave and realize that this may be a different life from what we originally planned, but it is a special life." ✨



**TOP:** Frances enjoys spending time outdoors with friends. Here she treks through the mountains in Torres del Paine, Patagonia. **BOTTOM:** Frances participated in the The Wings of Life World Run in Santiago, Chile, with friends and family.



**LEFT:** Frances enjoys time outdoors in the south of Chile. **RIGHT:** Frances' injury did not slow her down. Among other activities, she enjoys paragliding in her hometown in Chile.

**"I think that we have to appreciate the people around us and make them part of this difficult moment in our lives. Many people want to help but don't know how, so it is up to us to ask for help when we need it." — Frances Hardy**

Kyle Plussa believes in the mantra that we are better, and stronger, together.



PHOTOS PROVIDED BY KYLE PLUSA

# THE GREATEST GIFT

After sustaining a TBI, Kyle Plussa perseveres through faith and determination.

BY DAMJANA ALVERSON

## Teamwork. Service before self. To Kyle Plussa, a law enforcement officer with the Florida Fish and Wildlife Conservation Commission (FWC), these are a code to live by.

Kyle's sense of duty began at a young age. When he was 18, he accepted a candidacy to become a commissioned officer pilot in the U.S. Army. While a training accident cut that goal short, it did not stop his desire to serve. After healing and going back to school, Kyle proudly donned another uniform as a law enforcement officer. Eventually, he found his calling working for the FWC where his days are spent patrolling, protecting and preserving Florida's natural resources and the people who enjoy them.

On August 3, 2018, the grit and determination that sustained him through his training, along with the support of many along the way, carried him through another challenge.

### "THE LIGHTS WERE ON, BUT NOBODY WAS HOME"

On August 3, 2018, Kyle was in the process of moving into his first home in Naples, Florida, with his then-fiancee, Lauren. As he drove to return the moving truck, he was struck by an impaired driver who crossed over the median into oncoming traffic.

Following the car crash, Kyle went to NCH North Naples Hospital for stabilization and then transferred to the Lee Memorial Hospital ICU in Fort Myers, Florida. Kyle had sustained a severe traumatic brain injury (TBI), including a diffuse axonal injury, increased cranial pressure and brain swelling, three brain hemorrhages, eight skull fractures and nerve damage to his brain stem. He was in a coma for nearly a month.

"The chances of waking up from the coma I was in were close to zero," Kyle says. "When I did come out of my coma, I was a different person. The lights were on, but nobody was home."

On August 24, 2018, a few days after emerging from his coma, Kyle was flown to Shepherd Center.

### REHABILITATION THROUGH TEAMWORK

Kyle spent four weeks as an inpatient in the Brain Injury Rehabilitation Program followed by six weeks as an outpatient at Shepherd Pathways.

"My entire team made a huge impact on me," Kyle says. "I cannot say enough positive things about it. Dr. Vox and his team believed in me, and everyone's positivity helped keep me grounded and fighting each day."

One critical part of Kyle's rehabilitation at Shepherd Center was training in the pool. As a marine law enforcement officer for FWC, Kyle is required to be able to do a 300-meter freestyle and breaststroke in less than 10 minutes.

"My physical therapists got me into the pool, and I was able to test my

abilities," Kyle recalls. "When I saw I was still able to do my 300-meter swim within the minimum required time limit, it was a huge moment."

Throughout the entire rehabilitation process, Kyle's fiancée Lauren was by his side. As a biologist for FWC and the state of Florida, Lauren shares Kyle's love for nature.

"Lauren is a strong believer in the healing power of nature," Kyle says. "When I was an inpatient, she took me to the Anna and Hays Mershon Secret Garden to sit, enjoy and reflect. Once I moved to Pathways, we would use our day pass to hike every weekend. She helped me realize my self-worth and that we would be OK no matter what."

### THE GREATEST GIFT

Kyle made great progress at Shepherd, and he perseveres every day to continue to improve. After completing rehabilitation, he returned home to Naples. He

precluded him from returning to patrol, Kyle got what he calls his golden ticket – his second chance to serve. As Kyle will tell you, exactly 607 days after his injury, he officially returned to full duty and solo law enforcement patrol.

In addition to protecting his community as a law enforcement officer, Kyle serves in another way – motivational speaking.

"I've spent my weekends over the last year-and-a-half in recovery serving as a motivational speaker," Kyle says. "I want to use my second chance at life to share what I've learned – to never give up, to never quit."

Kyle was invited to speak at the Collier County 100 Club charity banquet, along with his wife Lauren and his supervisor, Lt. Mark Mahoney.

"The 100 Club was an integral part of helping pay for some of my larger medical expenses, like my medical transport flight from Fort Myers to Atlanta," Kyle says. "I am very proud to say I've become one of



1. Kyle and his wife, Lauren, at their wedding with their dog, Lily. 2. Kyle serves as a law enforcement officer with the Florida Fish and Wildlife Conservation Commission (FWC) 3. On October 5, 2019, Kyle experienced one of the most important milestones of his life: He married Lauren on her family's land in rural Ohio.



2



3

sees a neurologist annually and has completed more than a year and a half of vision therapy, resolving his vision issues. He's also learned how to mitigate the pain he still has from nerve damage.

On October 5, 2019, Kyle experienced one of the most important milestones of his life: He married Lauren on her family's land in rural Ohio.

"Walking down the aisle to marry Lauren was a major motivator for getting out of the wheelchair and learning to walk again," Kyle says. "She's my angel."

After being medically cleared by his neurologist with no TBI deficits that

their newest members." At the event, Kyle spoke on the power of choice and stressed the importance of never giving up.

"Take everything one step at a time," Kyle says. "The greatest gift we have is our free will to choose. Choose to never give up, choose to never lose faith in yourself and choose to believe in the goodness of people. Life is precious. Never quit." \* \* \*

Shepherd Alums:

# “I Can’t” to “I Can”

BY DAMJANA ALVERSON AND PAMELA EVANS

## Jared Bailey

ATHENS, ALABAMA

On September 10, 2017, **Jared Bailey, 25**, was returning home from church on his motorcycle. He was only five miles from his house when two cars suddenly cut in front of him, resulting in a crash. Jared was flown to Huntsville Hospital and immediately had surgery to mend his injuries.

Jared sustained a diffuse axonal brain injury, and nobody knew how much he would recover. After 19 tense days at the hospital, Jared was stable enough to transfer to Shepherd Center for rehabilitation on September 29, 2017.

Jared spent four weeks inpatient at the Brain Injury Rehabilitation Program, followed by eight weeks at Shepherd Pathways for outpatient services. His family was able to live in an apartment in the Irene and George Woodruff Family Residence Center on the Shepherd campus.

“We celebrated the best Thanksgiving we’ve ever had in that apartment,” Lynn says. “We had a whole new level of gratitude for our lives. Every day was a miracle.”

To the Bailey family, the Shepherd Center team was like extended family.

“They were excellent,” Jared says. “From the nurses to the techs and therapists, to the people at the welcome desk, they were all so caring and genuine.”

Jared was discharged from Shepherd Center on December 22, 2017. He still experiences effects from his TBI, but he doesn’t get discouraged. He wants other brain injury survivors to know what helped him pull through.

“Don’t be afraid to lean on your loved ones and ask for help when you need it,” Jared says. “With hard work and patience, you can do it.”

Jared has always had a passion for building and making. After leaving Shepherd, he decided to apply his passion to a career. He enrolled in Calhoun Community

College as an aerospace technology major. On December 16, 2019, Jared received an Associate of Applied Science degree in Aerospace Technology.

Now, he is an aerospace technician for an international supplier of products for the space industry.

“I get to build stuff that goes to space,” Jared claims proudly. “I feel like if I can get through a brain injury, I can do anything!”

Jared Bailey visited the U.S. Space and Rocket Center in Huntsville, Alabama, in March 2020.



1

## Paul Fleming

POWDER SPRINGS, GEORGIA

**Paul Fleming, 53**, has always been an active person. He loves to go fishing, cycle and coach middle school football. He and his wife, Cheryl, also keep busy looking after their three children, Ashley, Paul and Christopher.

But in 2004, something happened that temporarily derailed Paul’s busy lifestyle.

“I started having seizures a couple of times a day,” Paul says. “They were in five- to 10-second increments. My whole left side would just turn off.”

Paul was officially diagnosed with multiple sclerosis (MS) by Ben Thrower, M.D., medical director of the Andrew C. Carlos Multiple Sclerosis Institute at Shepherd Center. Paul has been visiting Shepherd Center twice a year since 2004 for drug infusions to manage his MS symptoms.

With the good, there have also been some tough times. In 2019, Paul was struggling with his symptoms.

“A lot of times with MS, you can backslide,” Paul says. “At the time, I wasn’t exercising like I should be. My MS started to come out of remission, and I needed a push to get healthy again.”

That extra motivation came via a phone call from Shepherd Center’s MS research program asking Paul to participate in a new exercise study.

To better understand what exercise options are the safest and most effective for people with MS, *Supervised versus Telerehab Exercise Program for People with MS (STEP for MS)*, a four-year study funded by the Patient-Centered Outcomes Research Institute (PCORI), was launched in 2017. The study compares the outcomes of a 16-week exercise program conducted at home (via telerehab) to a program held in a gym (facility-based). Paul participated in the telerehab study from August to December 2019.

“It really helped me,” Paul says. “People with MS go through a lot of emotional and physical swings, and exercise can breathe life back into your body.”

In addition to helping himself feel better, Paul hopes he can pay it forward to others with MS.

“The findings from research trials like this help the next group of people,” Paul says. “I want to make life easier for the person behind me.”

Paul Fleming uses exercise to help control his MS symptoms.



2

## Austin McGhee

BLAINE, TENNESSEE

After a car crash on Labor Day 2014, **Austin McGhee** was diagnosed with a diffuse axonal injury, a form of traumatic brain injury (TBI). Austin, who was 17 years old at the time, remained minimally conscious for weeks.

Austin’s road to recovery began at the University of Tennessee Medical Center (UTMC) in Knoxville. After 11 days at UTMC, he arrived at Shepherd Center, entering the Disorders of Consciousness (DoC) Program, a short-term program for patients who are in low-level states of consciousness caused by brain injury.

During his two-and-a-half months in the DoC Program, Austin began showing progress. In addition to learning to walk again, he could follow simple directions, but he still could not speak or show emotion. Andrew Dennison, M.D., medical director of the Brain Injury Rehabilitation Program, encouraged Austin’s parents, Jennifer and Matt, that Austin still had time for tremendous improvement. Nurses also remained optimistic, assuring Jennifer and Matt that Austin was still “in there.”

“They treated him like a person,” Jennifer says. “They became like family to me. It was just me there. Matt was home with Austin’s younger brother, Caleb. While we were there, I would walk the halls with him, reading to him the stories of recovery that were posted on the walls. ‘Someday, your story will be up there,’ I told him.”

In late November 2014, Austin returned home. His mom recalls the day he finally spoke again.

“One day I asked him to say ‘Mom,’ and he did,” Jennifer says. “That was more than four months after his injury, but it was the point at which progress visibly accelerated.”

Smiles and emotions began to return, and the family knew it was time for Austin to begin outpatient rehabilitation at Shepherd Pathways. For two months, the Pathways team worked intensely with Austin. He began running again and relearned life skills.

The camaraderie of other Pathways families, outings, recreation therapy and an atmosphere free of self-pity encouraged Austin to pursue his passion for academics.

“I’ve wanted to teach since I was about 16 or 17,” Austin says. “I started college with one class, then I gradually added more. Starting out, I was exhausted, but I had the drive to get my degree.”

In May 2020, Austin graduated with a bachelor’s degree in elementary education from East Tennessee State University. His story is definitely wall-worthy.

Austin McGhee completed his bachelor’s degree in 2020.



3

## Julia King

ATLANTA, GEORGIA

College is a time of self-discovery and growth. For **Julia King, 25**, this took shape in a way she would never have expected.

On October 13, 2013, Julia was in her hometown of Atlanta, Georgia, for fall break during her freshman year at the College of Charleston. While riding on a motorcycle with a friend, a car reversing from a parking spot nearly hit them. Julia was thrown from the motorcycle.

At the Wellstar Atlanta Medical Center, Julia learned she had sustained an incomplete L-1 spinal cord injury (SCI). The doctors installed an intervertebral fusion cage to allow spinal fusion to occur between her vertebrae, but she still did not have mobility from the waist down.

Soon, she transferred to Shepherd Center’s Spinal Cord Injury Rehabilitation Program. Approximately six weeks later, she transitioned to the Spinal Cord Injury Day Program. She graduated from Shepherd the day before Thanksgiving.

“I entered Shepherd trying to wiggle my toes,” Julia says. “By the time I left, I still needed to use my wheelchair, but I could walk on crutches. My rehabilitation wouldn’t have worked without the individualized care I received.”

Throughout the next seven years, Julia endured four additional surgeries to repair and improve the titanium cage around her vertebrae.

“After my third surgery, I decided that I wanted to choose a path in college that I really loved,” Julia says. “I realized how important good nutrition was to my SCI recovery and started researching cuisine from around the globe.”

An SCI, five surgeries and nearly eight years later, Julia met the goal she worked so hard to achieve. In July of 2020, she received her Bachelor of Science degree in culinary arts management with a focus in world cuisine from the Art Institute of Atlanta. She also received her certification as an integrative nutrition health coach from the Institute for Integrative Nutrition.

“I hope to use my knowledge to help others find the type of diet and nutrition that works best for them,” Julia says.



Julia King attended culinary school and graduated in July 2020.

4

## Meeting Patients' and Families' Spiritual Needs

Chaplaincy has been part of Shepherd Center's interdisciplinary approach to care since the hospital's inception.

BY SARA BAXTER

On June 1, 2020, Dave Wethington walked into Shepherd Center for the first time as an employee, having been recently named the newest chaplain in the Larry L. Prince Chaplaincy Program. But he is no stranger to Shepherd Center.

Wethington was once a patient in Shepherd Center's Brain Injury Rehabilitation Program, and he credits Shepherd Center's chaplaincy program for both helping to restore his hope after sustaining a brain injury and inspiring him to pursue chaplaincy after his rehabilitation.

Originally from Cincinnati, Ohio, Wethington attended college at the Georgia Institute of Technology in Atlanta, majoring in chemical engineering. After receiving his degree, he worked as an engineer in his hometown and eventually moved back to Atlanta with his wife in 2007.

In 2012, Wethington received some difficult news. Doctors found a near baseball-sized tumor in his brain, which he had to have surgically removed. While the tumor was benign, surgeons were unable to remove all of it. Then, during surgery, he sustained an acquired brain injury. Suddenly, he was unable to do many things for himself – including walking and talking. He also had hearing, vision and cognitive impairments. Wethington and his wife were told they needed to go to Shepherd Center for his rehabilitation.

Wethington found himself in an unexpected – and unfamiliar – situation. He was losing hope. Then, he met with former Shepherd Center chaplain Alan Roof.

"Connecting with the chaplain helped me reframe my perspective," Wethington says. "It allowed me to find hope and purpose in a devastating situation. With Alan's help, I was able to see my brain injury as a turning point in my life. It gave me the opportunity to hit pause and make a change."

Aside from the permanent hearing loss in one ear and double vision, Wethington made a full recovery. He returned to his job as a chemical engineer, but shortly after his daughter, Avery, was born in 2013, he felt a calling. Wethington enrolled in the Dallas

Theological Seminary, Houston Campus, and the family moved to Texas. While in school, he volunteered at a hospital and knew almost immediately that was the kind of work he wanted to do.



Dave Wethington began working at Shepherd Center in June 2020.

"I realized how fulfilled I felt," he says. "My experience allowed me to connect with the patients and have empathy for them. I saw it as a 'God opportunity.'"

Wethington completed his residency in the Texas Medical Center and was part of the Houston Methodist Hospital system for five years. Through the years, he had also kept in touch with Alan Roof, the chaplain who had supported and motivated him during his stay at Shepherd Center. One day, Wethington received an email from Roof announcing he was leaving Shepherd Center for a new position, and Wethington considered applying for the open position.

"It had always been in the back of my mind – what it would be like to work at Shepherd Center," he says. "But I didn't think it would ever happen." ❄️

It did happen. Wethington joined Ben Rose, Shepherd Center's other chaplain, in June 2020, and together they will continue to minister to the spiritual needs of the patients, their families and staff of all faiths. This can take many forms -- simply praying with them, providing spiritual counseling, working as part of the care team and/or connecting with them during regular Sunday services. When needed, they also perform marriages, baptisms and funerals.

"We do our best to see every inpatient at least once," says Rose, who has been at Shepherd Center for 10 years. "They are processing what has happened to them and coming to terms with their new normal. Most of them are grieving a loss. We can help them through that."

The chaplaincy program was established right after the hospital was founded in 1975.

"From the very beginning, we thought it was important for patients and families to have that faith support," says Shepherd Center co-founder Alana Shepherd. "Having hospital chaplains is a big part of healing – and hope – at Shepherd Center."

Rose says there are many rewarding parts to his job, such as seeing someone sing in the chapel when he or she thought they would never sing again, or when they share a part of their spiritual journey with him. He also enjoys it when patients come back to visit, and he can see how far they've come.

"You see so much negativity in the world right now," Rose says. "Working at Shepherd reminds you that people are still resilient and strong and can overcome major obstacles."

And Wethington is happy to be a part of all of that.

"I love being a chaplain and helping people find hope in a seemingly hopeless situation," he says. "I am glad to be working in a hospital environment that feels like a family because that's what it felt like when I was a patient there. But most importantly, I'm hoping to be able to do for someone else what a chaplain once did for me. I bring that empathy and understanding from my own experience to every patient I see." ❄️

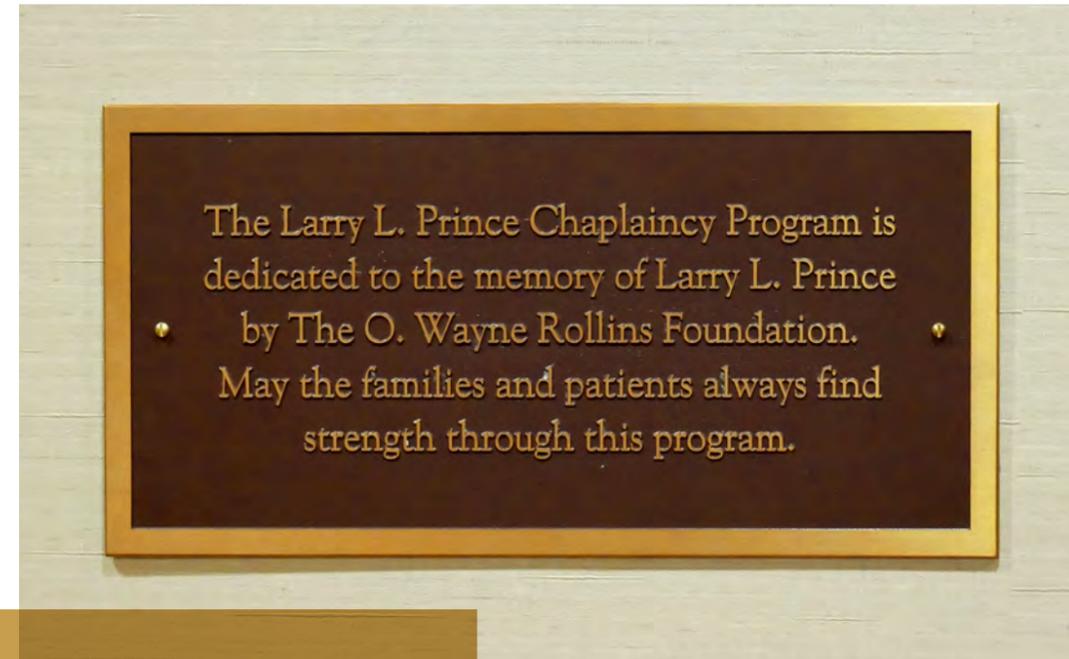
## The O. Wayne Rollins Foundation Invests in Shepherd Center's Future

Longtime supporter bolsters chaplaincy and research, among other initiatives.

BY SARA BAXTER

**IN ATLANTA, THE ROLLINS FAMILY NAME IS SYNONYMOUS** with generosity and healthcare.

Rollins, Inc., is the parent company of Orkin Pest Control, Western Pest Service, Northwest Exterminating, Trutech Wildlife Service and several other pest control companies. Rollins, Inc.'s founder, O. Wayne Rollins, started The O. Wayne Rollins Foundation in 1967. The Foundation has given hundreds of millions of dollars to organizations that mainly focus on science and public health, ensuring that their contributions have a lasting impact on the community.



*"Shepherd Center has had a long and special relationship with the Rollins family and the Foundation. These gifts are just another demonstration of the Rollins family's commitment to the quality of healthcare."*

— Alana Shepherd, Shepherd Center co-founder

Shepherd Center is one of the organizations that has benefited greatly from the generosity of the Rollins Foundation.

Since 2008, The O. Wayne Rollins Foundation has been a consistent Shepherd supporter, making donations wherever needed to help fulfill the hospital's mission of providing quality care and hope to its patients.

Recently the Foundation made two significant gifts to Shepherd Center.

Last summer, the Foundation made a gift to the hospital's chaplaincy program and requested it be named in honor and memory of Larry Prince, former chairman and chief executive officer of Genuine Parts Company, a Rollins board member and a founding member of the Shepherd Center Foundation Board of Trustees. Larry and his wife, Sandra, have been longtime supporters of Shepherd Center. Sandra and her son, Larry, Jr., are proud and humbled that the Larry L. Prince Chaplaincy Program will

continue to be a vital piece of Shepherd Center's holistic approach to patient care.

"Chaplaincy has been an important part of Shepherd Center since the hospital's inception," says Shepherd Center co-founder Alana Shepherd. "We are honored to have the program now named after Larry Prince."

The inscription on the commemorative plaque encapsulates the Prince family's thoughts:

*The Larry L. Prince Chaplaincy Program is dedicated to the memory of Larry L. Prince by The O. Wayne Rollins Foundation. May the families and patients always find strength through this program.*

The O. Wayne Rollins Foundation is also supporting the hospital's research efforts by establishing The O. Wayne Rollins Director of Brain Injury Research. In February 2020, George "Brick" Johnstone, Ph.D., ABPP, became Shepherd Center's second director in that position. Dr. Johnstone, who was previously the senior scientific director of the Defense and Veterans Brain Injury Center in Fort Belvoir, Virginia, focuses on leading research to improve the outcomes of individuals with brain injury.

"Shepherd Center has had a long and special relationship with the Rollins family and the Foundation," Alana says. "These gifts are just another demonstration of the Rollins family's commitment to the quality of healthcare. Their contributions have had a significant impact on Shepherd Center, and for that we are so grateful." ❄️

PHOTO BY JOANN VITELLI

PHOTO BY HEATHER HERCHER

# “Whatever it Takes.”

Shepherd Center board members engage in a variety of ways to help during the pandemic.

BY SARA BAXTER



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1. and 5. Juli Owens, a member of the Board of Directors, turned her kitchen into an assembly line and put together 100 decoratively wrapped “Hero Bags,” filled with healthy snacks, treats and gift cards to be handed out to Shepherd staff. 2. Juli Owens is the former chairman of the Foundation Board of Trustees and Corresponding Secretary of the Board of Directors. 3. Sara Chapman has served on the Shepherd Center Board of Directors since 1993. 4. Trustee Justin Jones helped procure 10,000 protective gowns and donated them to Shepherd Center.

This goes for the families, as well. With volunteers checking in on them and donating things they need, it can make things a little easier. Sara’s assigned family has two little girls, so she often filled goody bags with activities – such as bead kits, puzzles and games – to help keep them occupied, as well as snacks and fresh fruit. “It’s a gift to be able to do something that helps the families know that they are not forgotten,” Sara says.

Sara Chapman, who has been volunteering at Shepherd Center since shortly after the hospital was founded in 1975, remembers how often Shepherd Center co-founder Alana Shepherd would say, “Whatever it takes.”

“That attitude has been the culture at Shepherd Center from the very beginning,” says Sara, who has served on the Shepherd Center Board of Directors since 1993. “Still today it is what makes our patient care second to none.”

The hallmarks of Shepherd Center – a family atmosphere, a can-do attitude and doing whatever it takes to keep hope alive – have been exemplified in countless ways during the COVID-19 pandemic.

When the crisis hit in March, Sarah Batts, MBA, executive director of the Shepherd Center Foundation, knew the hospital would need to come up with ways to help patients and their families while boosting morale for the staff. The Foundation team created a list of things that would be needed to help get everyone through the difficult and uncertain time in creative and supportive ways.

“I knew board members would call and ask how they could help,” Batts says. “That’s just their nature. I wanted to be ready.”

The list was long – everything from planning morale-boosting activities to lending a helping hand to patients and families to finding ways to support the staff. The board responded in an unbelievable way.

Sara was one of several board members who “adopted” a patient family, providing them with basic necessities and other items they needed during the quarantine. When Trustee Justin Jones learned that the hospital was in need of personal protective equipment (PPE), he and his in-laws, Elizabeth and Carl Allen (also longtime Shepherd Center supporters, with Elizabeth also serving as a Trustee) used their network to procure 10,000 protective gowns and donated them to the hospital. Juli Owens, a member of the Board of Directors, turned her kitchen into an assembly line and put together 100 decoratively wrapped “Hero Bags,” filled with healthy snacks, treats and gift cards to be handed out to the staff.

“Of course we’re going to help during this time,” says Juli of the boards’ efforts. “We’re family, and that’s what family does.”

Batts says other board members brought in ice cream for the staff, furnished gifts for Nurses Week and organized a Halloween in April event to lift spirits. They also provided the food and décor for graduation ceremonies for adolescent patients who could not attend their high school graduations

and donated new clothes to replenish the clothes closet supply for patients and families. The events were coordinated remotely, and all the items were dropped off curbside to keep everyone safe.

“We are very fortunate to have boards that are very engaged and very willing to get involved,” Batts says. “All I have to do is ask, and they come through.”

But volunteers think what they’re doing pales in comparison to the efforts of staff at Shepherd Center.

“What we do will never match up to what the employees do,” Justin says. “They are changing lives every day. Helping where we can is our way of supporting them and saying, ‘We have your back.’”

Juli agrees with that sentiment.

“I can’t take care of the patients,” she says, “but I can take care of the staff and help in other ways where needed.”



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“What we do will never match up to what the employees do. They are changing lives every day. Helping where we can is our way of supporting them and saying, ‘We have your back.’”

— JUSTIN JONES, TRUSTEE

“We want them to know we feel their pain and their struggle, and we want them to feel loved and cared for just like their patient is.”

Whether the effort is great or small, it is appreciated. And the way the board volunteers see it, they are helping Shepherd Center fulfill its mission.

“[Shepherd Center co-founder] James Shepherd made sure everyone was clear that Shepherd Center was all about turning ‘I can’t’ moments into ‘I can’ moments,” Justin says, “and that holds true for board members and staff just as much as it does for patients. Anything we can do to help the staff allows them to have more time to continue to work their magic.” \*

PHOTOS BY LOUIE FAVORITE

# SHEPHERD CENTER

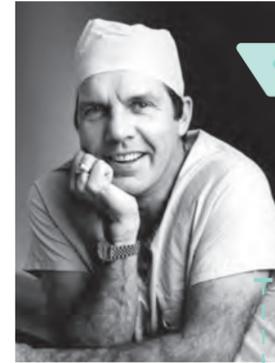
## CELEBRATES

# 45

## YEARS OF HOPE AND HEALING

August 18, 2020, officially marked the 45th anniversary of Shepherd Center's founding. During this time, we have experienced great triumphs in patient care, innovation and advocacy efforts. We also have endured loss with the passing of two co-founders, James Shepherd and Harold Shepherd. Through it all, Shepherd Center has remained dedicated to helping people with life-changing injuries and illnesses reclaim their lives with dignity, independence and hope.

Take a trip down memory lane as we reflect on the most significant milestones from the past 45 years.



1975

David Apple, M.D., became Shepherd Center's first medical director and now serves as medical director emeritus.

1985

The Clinical Research Program began at Shepherd Center. The program would eventually be renamed the Virginia C. Crawford Research Institute in 1995. With the initiation of a research program, Shepherd Center established its role at the forefront of clinical research and innovation primarily focused on spinal cord injury, brain injury, multiple sclerosis and neuromuscular disorders.



1975

Shepherd Spinal Center opened its doors as a six-bed facility, staffed by two doctors, three therapists and nursing support from the leasing hospital. Almost immediately, there was a waiting list.

1991

The Multiple Sclerosis Institute opened to provide treatment to people with multiple sclerosis (MS), suspected MS or related disorders. It was later renamed the Andrew C. Carlos Multiple Sclerosis Institute at Shepherd Center.



1982

The hospital moved to its current location on Peachtree Road in Atlanta's Buckhead area. The new 93,000-square-foot facility housed 40 beds and allowed room for growth in specialized programs, such as peer support and advocacy.

1992

Shepherd Center doubled in size with the opening of the Billi Marcus Building, a 153,000-square-foot expansion named for the resolute fundraiser and wife of The Home Depot's former chairman, Bernie Marcus. This development allowed Shepherd to expand outpatient services and provide space for its newly created Multiple Sclerosis Institute, as well as a full-size gym, swimming pool and auditorium.



1996

Shepherd Center representatives, including Shepherd Center co-founders Alana and the late Harold Shepherd, along with David Apple, M.D., led the Atlanta Paralympic Games Organizing Committee, which presented the successful bid for Atlanta to host the 1996 Paralympic Games.

2005

Shepherd Center Foundation was established with Duncan Beard serving as the first Chairman of the Board of Trustees to set development policy and act as the major fundraising entity for Shepherd Center.



2000

Shepherd Spine and Pain Institute opened to serve people with pain resulting from neurologic degenerative disease or injuries. It was renamed the Dean Stroud Spine and Pain Institute in 2007.

2005

David F. Apple, Jr., M.D., retires from his position as medical director of Shepherd Center. He served as medical director of Shepherd Center since the hospital's inception in 1975, and now holds the position of medical director emeritus.

2008

Shepherd Center completed the Irene and George Woodruff Family Residence Center, a \$16 million residential center adjacent to the hospital that provides temporary housing for families of patients. The 87,000-square-foot facility includes 84 wheelchair accessible suites, each containing a bedroom, living space, kitchenette and bathroom.

2010

Shepherd Center completed a \$9.8 million renovation and remodeling project that created more private rooms for patients, added a second brain injury unit, and reconfigured and remodeled various units. Shepherd Center increased its number of beds to 152, including a 10-bed ICU.

2014

Shepherd Center embarked on a \$12.5 million renovation and building project to add 13,000 square feet for an expanded and updated lab, pharmacy and MRI suite.



1995



Shepherd Center established acquired brain injury (ABI) as its third area of specialty, adding a 20-bed unit for patients with ABI.

2004



Donald Peck Leslie, M.D., is named medical director of Shepherd Center. Before this, Dr. Leslie served for 10 years as associate medical director of Shepherd Center and medical director for Brain Injury Services.

2007



The Jane Woodruff Pavilion was added to the Marcus Building, nearly doubling the size of the hospital with an additional 170,000 square feet. Among other things, the expansion increased the number of patient beds from 100 to 120, and provided additional therapy gyms and treatment rooms, the Dora and Ed Voyles Assistive Technology Center, a new cafeteria and dining facility, and additional office space.

2008



Shepherd Center launched the SHARE Military Initiative thanks to a generous donation from Atlanta philanthropist Bernie Marcus. As an extension of the ABI Program, SHARE provides treatment for military personnel who have sustained mild to moderate brain injuries, along with diagnoses of post-traumatic stress and other mental health conditions.

1997

The hospital launched Shepherd Pathways, a post-acute brain injury rehabilitation center in nearby Decatur, Georgia, that provides community-based outpatient services, a day program and residential program.



2005



Shepherd Center launched Beyond Therapy®, a rigorous, activity-based program designed to help people with a variety of neurological disorders improve lifelong health, minimize secondary complications and get the most from any new neural links to their muscles.

2013

Shepherd Center began testing Indego®, a new powered exoskeleton device designed to assist walking in people with spinal cord injury and other mobility-limiting conditions. It was developed by Vanderbilt University engineers in consultation with Shepherd Center researchers and then licensed and manufactured by Parker Hannifin Corporation.



2014



Shepherd's Men, comprised of active and retired servicemen, as well as civilian volunteers, enthusiastically began raising awareness and funds for the SHARE Military Initiative at Shepherd Center through annual events. Since 2014, Shepherd's Men has raised more than \$5 million to support the SHARE Military Initiative.



2017

Thanks to a gift from The Marcus Foundation, Shepherd Center opened a new facility at 80 Peachtree Park Drive to house the SHARE Military Initiative. The facility also houses the Complex Concussion Clinic and Eula C. and Andrew C. Carlos Multiple Sclerosis Rehabilitation and Wellness Program.

2017

Shepherd Center launched AutoCoach®. Partnering with the Georgia Governor's Office of Highway Safety (GOHS) and IT management consulting firm CapTech, Shepherd Center's certified driver rehabilitation specialists and injury prevention experts used their specialized training to create the innovative app that makes it easier for adults to effectively teach their teens to drive defensively and safely.



2018

The naming of the J. Harold Shepherd Parkway section of Peachtree Road honored Shepherd Center co-founder, the late Harold Shepherd. This was a testament to the incredible contributions Harold Shepherd made to Atlanta and beyond, as well as to the community support for the Shepherd family and the recognition of Shepherd Center's ability to provide its patients with hope, dignity and independence.



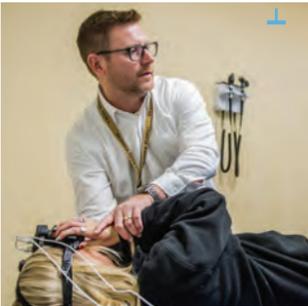
2019

Shepherd received three new facility dogs from our friends at Canine Companions for Independence, bringing our current total to six. Made possible through donor support and handled by highly trained Shepherd Center employees, our facility dogs know up to 40 commands – such as getting items out of a refrigerator, opening a door and pushing an elevator button – all activities that help facilitate the independence that Shepherd Center patients and clients work toward.



2019

Shepherd Center's employee giving campaign (ShepherdCares) raised more than \$214,000 with 85 percent of Shepherd Center staff contributing to the campaign. It has raised a total of \$1.6 million over the past decade. The commitment of employees helps continue our differentiating, value-added services.



2016

Shepherd Center launched the Complex Concussion Clinic to address complications of mild brain injuries in patients.



2017

Sarah Morrison, PT, MBA, MHA, became president and CEO of Shepherd Center, having served in various leadership roles at the hospital since 1984. Before assuming the top role, Morrison served as vice president of clinical services and also as director of the Shepherd Center Spinal Cord Injury Program. Before that, she worked at Shepherd Center as a director of the medical/surgical and ICU programs, manager of the Spinal Cord Injury Day Program, a physical therapy supervisor and a physical therapist.

2018

Shepherd Center's Director of Multiple Sclerosis Research Debbie Backus, PT, Ph.D., began research funded by the hospital's largest research grant to date – a PCORI grant of \$5.7 million over four years to study the delivery and effects of exercise for people with MS. This grant signifies the commitment of our Crawford Research Institute in securing grants that directly improve the care we provide our patients. Shepherd researchers have garnered current multi-year grants that total more than \$17 million.



2018



Shepherd Center acquired 2.6 acres of nearby land to expand our family housing program, allowing for our out-of-town families to stay with their loved ones for as long as they are at Shepherd Center.

2017

Michael Yochelson, M.D., MBA, was named chief medical officer of Shepherd Center, as Donald Peck Leslie, M.D., retired as medical director after 13 years (and 34 years total on medical staff) and became medical director emeritus and special adviser to the Shepherd Center Foundation.



2018



Shepherd Center Foundation's annual Legendary Party had the opportunity to honor co-founders Alana and Harold Shepherd, raising a record \$6.2 million in 2018 and an astounding \$19.1 million over the decade for patient and family programs.

2018

Shepherd Center mourned the loss of co-founder Harold Shepherd. He passed away on December 10, 2018, leaving a legacy of generosity and kindness.

2019

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



2019

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

2019



Shepherd Center co-founder James Shepherd passed away on December 21, 2019, in Atlanta surrounded by loved ones. Family and friends remember James as a savvy businessman, good-humored prankster, kind friend and dedicated advocate for people with disabilities. In the 46 years since his paralyzing injury, he, along with his parents and Dr. Apple, helped build Shepherd Center as the bridge from "I can't," to "I can."

2020

Alana Shepherd, co-founder of Shepherd Center, was named the Chairman of the Board of Directors.

2019



Shepherd Center launched a new electronic medical record system called Epic to enhance patient safety, collaboration and efficiency to meet patients' unique needs across the continuum of care.

2020



Shepherd Center launched telehealth, telepsychology and telerehabilitation capabilities, making it possible for medical providers and patients alike to virtually see and hear each other, providing better interaction and enhancing care. While virtual care was already part of Shepherd Center's strategic plan, the launch was expedited due to need caused by the COVID-19 pandemic. The hospital now does between 75 and 100 televisits each day.

2020

Shepherd Center was recognized as one of the top 10 rehabilitation hospitals in the nation for the 12th consecutive year by *U.S. News & World Report* in the magazine's 2020-21 Best Hospitals rankings.

2020



Shepherd Center celebrated its 45th anniversary. In its first 45 years, Shepherd Center grew from a six-bed rehabilitation unit to a world-renowned, 152-bed hospital.

Deceased friends of Shepherd Center are listed first in bold print followed by the names of those making gifts in their memory. This list reflects gifts made to Shepherd Center between January 1, 2020 and March 31, 2020.

**Laura and Karl Anschutz**  
Ms. Esther L. Abisamra  
Ms. Hope Abisamra  
Mr. and Mrs. Greg Gersch

**Voorhies Begnaud**  
Mr. Nicholas Olivier

**Robert Black**  
Mr. and Mrs. Phillip L. Dack

**Judi Bossert**  
Ms. Ann R. Howell

**Charles W. Brady**  
Mrs. Laura W. Smith

**Joy Bruce**  
Mr. David Conrad

**Alton Roy Cadenhead**  
Jake Puryear Detachment 1020

**Asa Griggs Candler VI**  
Mr. and Mrs. C. Alexander Peterson  
Mr. C. Calhoun Peterson  
Mrs. J. Harold Shepherd  
Mr. and Mrs. Carter E. Swift  
Mrs. Joan D. Woodall

**James Caswell**  
Mr. and Mrs. David M. Black

**Phillip Causey Jr.**  
Mrs. Laura W. Smith

**Ernest "Ernie" Cermak**  
Brooke Farm Womens Club  
Mr. and Mrs. James P. Cramer  
Mr. Barry Leb  
Mr. and Mrs. Paul D. McKinnis  
Mr. and Mrs. Lawrence M. Rosenthal  
Ms. Catherine Sareeram  
Schwab Charitable Fund  
Ms. Phyllis Wilson

**Wicke Chambers**  
Mrs. Lindsey Hopkins III

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

**Matilda "Tillie" Cohen**  
Mr. and Mrs. Ben Arogeti  
Mrs. Sam Arogeti  
Ms. Randi B. Lewis  
Mr. and Mrs. William G. Riley, Jr.  
Ms. Betty R. Sussman

**Laura McDaniel Courter**  
Mrs. Laura W. Smith

**Rodney Crosby**  
Mr. and Mrs. Thomas Rosie

**Anna Dockery**  
Dr. and Mrs. Thomas N. Guffin

**Joan Dudman**  
Mr. and Mrs. Ben Arogeti  
Mrs. Sam Arogeti

**Mary Duhnke**  
Ms. Jillian T. Cothron

**Daniel Martin Espinoza**  
Mr. and Mrs. Cesar D. Espinoza

**Brian Etheredge**  
Mr. and Mrs. David Blanton

**Alice Everage**  
Mrs. John E. Duggan

**Clair Frazier**  
Ladies Investment Limited, Inc.

**David Funk**  
Mr. and Mrs. Steven M. Funk

**Patricia "Pat" Goggins**  
Mrs. Robert C. Beauchamp

**Alton J. Griffin**  
Peachtree Baptist Church

**George T. Gunnell**  
LTC (R) and Mrs. Victor Macias

**Clem Hanrahan**  
Mrs. Anna L. Miller

**Arthur Harris**  
Mrs. Mary Kay Howard

**Sally Hawie**  
Mrs. J. Harold Shepherd

**Kathryn "Katie" Herber**  
Mrs. Alvie Sue Kellett

**Bobbie Hodges**  
Dr. and Mrs. Leonard Fishman

**J. Mark. Hodges**  
Mr. Christopher L. Phillips  
Mr. Frank A. Phillips

**Thomas Mark Hodges**  
Mrs. Patricia R. Hodges

**Hattie House**  
Ms. Jennie Bowden  
Ms. Martha Feland  
Mr. Jim Harrison  
Ms. Joy Norman

**Warren Jobe**  
Mrs. Larry L. Prince

**Ann Kiefer**  
Mrs. James M. Caswell, Jr.

**Lawrence "Larry" Klamon**  
Dr. David F. Apple, Jr.  
Mrs. Laura W. Smith

**Todd Knight**  
Mr. David Shivers and Mrs. Norris Wootton

**George Lane**  
Mr. and Mrs. Charles A. Peterson

**Jack Lang**  
Mr. and Mrs. William C. Smith

**Jack Langford**  
Mrs. James M. Caswell, Jr.

**Clinton Lemon**  
Mr. and Mrs. Frank H. Briggs, Jr.

**Herbert London**  
Mr. and Mrs. Ben Arogeti  
Mrs. Sam Arogeti



Longtime Shepherd Center friend and partner The Home Depot and Stephen Siller Tunnel to Towers Foundation generously donated much-needed face shields and KN95 masks to local hospitals, including Shepherd Center.

**Sarah Looper**  
Dr. Joseph W. Looper

**Pen Lybrook**  
Ms. Phyllis Brooks

**Thomas W. "Tommy" Malone, Sr.**  
Mr. Joel Andrews and Mrs. Deborah Lavine Andrews

**Cathleen Maria Matheson**  
Mrs. Theresa S. Cantarella  
Ms. Jennifer Matheson

**Bobby G. Moore**  
Ms. Frances Grier

**Dr. Ralph A. Murphy**  
Mrs. Ralph A. Murphy

**McKee Nunnally**  
Mr. and Mrs. Harrison Jones  
Ms. Betsy Primm  
Mr. and Mrs. William H. Schroder  
Mrs. J. Harold Shepherd  
Mr. and Mrs. James H. Shepherd III

**Robert Oades**  
Ms. Peggy Barnard  
Ms. Leslie Gordon  
Milton Garden Club, Inc.  
Urethanes Consulting

**Barbara Orkin**  
Patterson Family Foundation, Inc.

**Howell Pair**  
Mrs. Andrea B. Shepherd

**Charles H. Peterson**  
Mr. and Mrs. Hugh Peterson, Jr.

**Leroy A. Pohlman**  
Ms. Josephine Frazier  
Ms. Lynne Lee  
Mr. and Mrs. Philip Lozoskie  
Ms. Kathleen Norris  
Bruce Potter and Patricia Lennon-Potter  
Mrs. J. Harold Shepherd  
Ms. Julie Shepherd  
WichiTech Industries, Inc.  
Mr. and Mrs. Raymond Wright

## REMEMBERING Lewis Manderson 1925-2020



Lewis Manderson passed away on May 5, 2020. Lewis was a devoted friend of Shepherd Center and of Medical Director Emeritus Don Leslie, M.D. Lewis and his wife, Faye, have been faithful and generous supporters of the hospital since 1988. As members of our J. Harold Shepherd Bridge Builder's Society, Lewis and Faye made a transformative commitment to leave a lasting legacy to the future generations of patients and patient families who will benefit from the high-quality research, medical care and rehabilitation that Shepherd Center provides.

Lewis is survived by his wife, Faye, along with his children, grandchildren and great grandchildren.

**Myranda Tringale**  
Mr. Larry Basgall  
Ms. Sally Bell  
Ms. Kathy Bennett  
Mr. Joel Berelson  
Ms. Tammy Birmingham  
Mr. and Mrs. Stanley R. Butcher  
Ms. Lavena Davis  
Ms. Anne Haass  
Ms. Becky Hanna  
Ms. Nancy Iverson  
Ms. Diane Leach  
Ms. Margaret Rush  
Ms. Frances Sobol  
Ms. Susanne Sullivan  
Ms. Joyce Watson

**Sandra "Sandy" Unruh**  
Ms. Jean Ellis

**Peter Wenzell**  
Akron Canton Airport  
Mr. and Mrs. William J. Bogdziewicz, Jr.  
Melanie, Brooke & Brent Boxberger  
Ms. Tish Dompierre  
Mr. James Garris  
M. L. Gartner  
Ms. Priscilla Hector  
Ms. Michelle Jarrett  
Mr. Daniel C. Kamal  
Mr. and Mrs. Neal Nieberding  
Ms. Kathryn Rhyne  
Shepard Exposition Services

**William "Bill" Whatley**  
Mr. and Mrs. Tom Blanton  
Dr. Isadore M. Pike

**David M. Wheeler**  
Ms. Sally Wheeler

**Thomas M. Willingham II**  
Mrs. Laura W. Smith

**Robert Wing**  
Fergus Masonic Lodge # 135

**Judge Dan P. Winn**  
Mr. Frank C. Winn

**Margaret Armstrong Staton**  
Ms. Louise S. Gunn

**Mira Stephen**  
Mr. Eric Bernath

**Joel A. Stowers**  
Ms. Nancy J. Kleckner  
Ms. Wilda L. Sharoff and Ms. Jennifer L. Brackman  
Mrs. Clara S. Waln

**Charles "Chick" Sward**  
Mr. and Mrs. Thomas W. Norwood

**Al Thompson**  
Mr. Wendell Hawken

**Lewis "Al" Thompson**  
Mr. and Mrs. H. T. Pulley  
Mr. and Mrs. William Scott

**Larry and Verla Thorne**  
Mr. and Mrs. Lindsey Tippins

**Dr. Garrett W. Thornton, Jr.**  
Shepherd Center Volunteer Services

**Harry Tindall**  
Mrs. Lindsey Hopkins III

**Sally Tomlinson**  
Mrs. Lindsey Hopkins III  
Mrs. William M. Robertson

**JT Townsend**  
The JT Townsend Foundation, Inc.



Because David Apple, M.D., Shepherd Center's medical director emeritus, couldn't be at the Center in person due to social distancing, he sent treats to staff members to remind everyone that he was thinking of them.

Honorees are listed first in bold print followed by the names of those making gifts in their honor. This list reflects gifts made to Shepherd Center between January 1, 2020 and March 31, 2020.

**Patricia Ahlers**  
Ms. Linda W. Alexander

**Elizabeth and Carl Allen**  
Atlanta Classic Cars Inc.

**Phyllis and Elliot Arnovitz**  
10th Anniversary  
Mr. and Mrs. Joel K. Isenberg

**Cyndae Arrendale**  
Dr. and Mrs. Thomas H. Callahan  
Ms. Cynthia Gaines

**Sally Atwell**  
Fragile X Association of Georgia

**Cindy Banks**  
Ms. Judy H. Bond

**Sarah Batts - Great Retreat!**  
Dr. David F. Apple, Jr.

**Laura and Jacob Beck**  
Mr. and Mrs. Dennis Lytle

**Anna Berry**  
Dr. David F. Apple, Jr.

**Casey Bicknell**  
Mr. Dale Bicknell

**Jan Bilthouse**  
Nailing Family Foundation

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

**Marvin Z. Botnick**  
Mr. and Mrs. Joel K. Isenberg

**Nell Bradbury**  
Ms. Marsha P. Moorer  
Mr. and Mrs. David M. Ratcliffe

**Tom and Nell Bradbury**  
Mr. and Mrs. Bonneau C. Ansley

**Cole Burton**  
Mr. Ricky Bryant

**Angela Carlos**  
Mr. and Mrs. James A. Carlos

**John and Elaine Carlos**  
Mr. and Mrs. William C. Fowler

**Kari Carlos**  
Mr. and Mrs. James A. Carlos

**Jill Cothron**  
Mr. and Mrs. Donald L. Richardson

**G. Andrew Crews**  
Mr. James A. Curtis

**Mr. and Mrs. Page Crozer**  
Dr. and Mrs. James T. Duncan, Jr.

**Betsy Daniels - Happy Holidays**  
Mr. and Mrs. George K. Wolfes, Jr.

**Allan DaPore's Marriage**  
Ms. Maria Law

**Timothy Spenser Davis**  
Mr. and Mrs. Philip Roos

**Jill Dexter**  
Mr. Robert J. Drake

**Luis Fernandez**  
Mr. and Mrs. Felix Fernandez

**Connor Gow**  
Mr. and Mrs. Jeffrey J. Gow

**Taylor Gregory's Birthday**  
Mr. Douglas E. Magruder

**Chris Hall**  
Ms. Sally Luck

**Bill Puckett**  
Dr. and Mrs. Brock K. Bowman  
Mrs. Leslie D. McLeod

**My Auntie Randy**  
Mr. Duncan Elder

**SPC Steven Tyler Redmon**  
Mr. and Mrs. Bill Moody  
Mr. and Mrs. Darrin Moore

**Ruth Rosenberg**  
Dr. and Mrs. Don P. Engelberg

**Jamel K. Sawyer**  
Ms. Maria Baez  
Ms. Jennifer Bender  
Mr. and Mrs. Ravish Bhattiprolu  
Mr. Pedro Cuervo  
Entertainment Partners  
Mr. Markham Goldstein  
Ms. Rebecca Harshberger  
Ms. Judi Jeroslaw  
Ms. Erika Maldonado  
Mr. Jonjo Raysor  
Ms. Martha Robledo  
Mr. Darren Seidel  
Ms. Laura Wooley

**Rev. Lawrence A. Schuster**  
Mr. and Mrs. Joseph C. Falcone

**J. Harold Shepherd**  
Mr. and Mrs. Frank H. Maier  
Mrs. Hallie A. McGaughey  
Mrs. Stephen A. Orthwein  
Mr. Hamilton H. Stockton, Jr.  
Mr. and Mrs. Michael G. Walsh  
Mr. and Mrs. Zachary M. Wilson

**James H. Shepherd, Jr.**  
Mr. James Baker  
Dr. W. P. Ballard  
The Brookhaven Rotary Foundation  
Mr. Hubert W. Brown  
Mr. and Mrs. Frank C. Carter III  
Mrs. James M. Caswell, Jr.  
Mr. and Mrs. William C. Fowler  
Genuine Parts Company  
Ms. Judith O. Hall  
Mr. and Mrs. Scott D. Hawkins  
Ms. Gay Henry  
Mrs. Betty Ann Inman  
Dr. and Mrs. Michael L. Jones  
Mrs. Carl W. Knobloch, Jr.  
Mr. and Mrs. Frank H. Maier  
Mrs. Dina Mallya  
Mrs. Leslie D. McLeod  
Mr. and Mrs. George E. Missbach, Jr.  
Mrs. Stephen A. Orthwein  
Mrs. Louise Pinckard  
Ms. Julie Shepherd  
Mrs. Laura Smith Spearman  
Dr. and Mrs. Kenneth S. Taratus  
Mr. and Mrs. Karter R. Thomas  
Mr. and Mrs. James D. Thompson  
Toco Hill, Inc.  
Mrs. Betty A. Wilson Jeffrey

**Levern Shuford**  
Mr. and Mrs. Ben Arogeti  
Mrs. Sam Arogeti

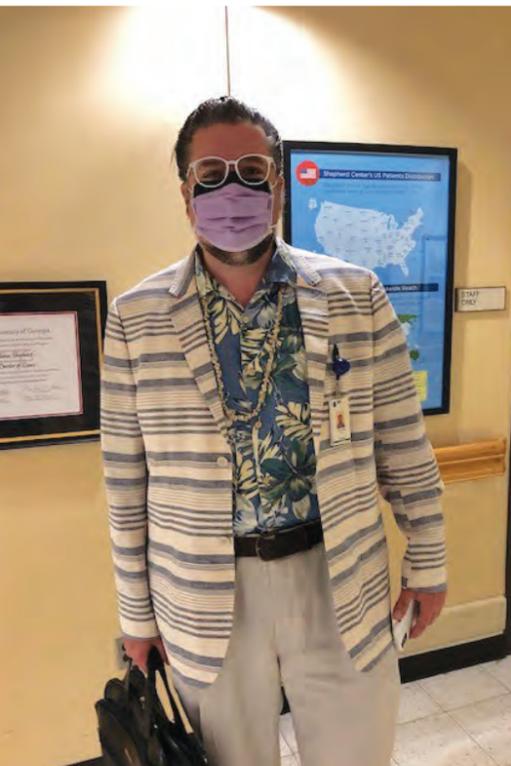
**Douglas A. Spence**  
Mr. and Mrs. Moses M. Spence

**Barbara Stackpole**  
Mr. William Stanford



PHOTO BY STAFF

Shepherd Center co-founder Alana Shepherd turned 90 on June 4. A few surprises were delivered to her home in celebration of the event.



Shepherd Center staff, including Ford Vox, M.D., medical director of the Disorders of Consciousness Program, brought summer fun to the hospital with a beach-themed clothing day.



Shepherd Center has been celebrating Music Monday each week. On this week, employees came dressed to impress in their best Prince-inspired outfits.

**Howard and Lynne Halpern**  
Mr. and Mrs. C. Scott Akers, Jr.

**Robbie Hill**  
Mr. and Mrs. Robert C. Clark

**Audrey Grace Holder**  
Ms. Pamela Holder

**Jane Howard**  
Mr. and Mrs. Cliff Lathrop

**Anne Hux**  
Mr. and Mrs. John R. Miller, Jr.

**Susan Kendall**  
Ms. Victoria Hood

**Clinton B. Kennedy**  
Ms. Nell W. Bradbury  
Ms. Marsha P. Moorer

**Marie Landis on new role**  
Dr. David F. Apple, Jr.

**Eric Lebsack**  
Mr. and Mrs. Dale E. Lebsack

**Donald Peck Leslie, MD**  
Mr. and Mrs. J. Hays Mershon

**Dr. Don Leslie**  
Ms. Sally Luck  
Dr. and Mrs. Michael L. Jones

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

**Carol Lynch's Birthday**  
Mr. and Mrs. George Shattuck

**Shanna Lyons**  
Mr. and Mrs. Patrick Lyons

**Mr. and Mrs. Bernie Marcus**  
Mr. and Mrs. David M. Ratcliffe

**Paul Martin**  
Mr. and Mrs. James Kopp

**Mary Jo Means**  
Ms. Clare W. Callard

**Dorothy Mitchell Leef's Birthday**  
Ms. Kathryn Mettler

**Caroline Moore**  
Mr. and Mrs. Charles Moore

**Larry Nall's Graduation**  
Ms. Pamela Nall

**Ryan Narramore**  
Anonymous

**The hosts and hostesses party**  
celebrating our wedding  
Ms. Caroline P. Chisholm

**Jeff Richmond Jr.**  
Ferrell Scruggs Foundation

**Joey Roman**  
Mr. and Mrs. Pat Rodgers

**Alan Roof - Thanks for your blessings**  
Dr. David F. Apple, Jr.

**Hamano Ross**  
Ms. Wanda H. Ross

**Jon Roxland - Brookhaven Rotary Golf Tournament good job!**  
Dr. David F. Apple, Jr.



Our staff turned Shepherd Center into a galaxy far, far away to celebrate Star Wars Day.

PHOTOS BY STAFF

# Thank you

to our staff who served as amazing subjects for this issue, as well as to our patients and their families who sent in photos. This magazine truly would not exist during this time without your support!



**Laverne Sample**  
Ms. Jenny Brown

**Shannon Schneider**  
Charles and Esther Lee Kimerling  
Charitable Foundation

**James Sehorn, General, USAF Retired**  
Central Georgia Marine Corps  
League

**Alana Shepherd**  
Mrs. Betty Ann Inman  
Mr. Hamilton H. Stockton, Jr.

**Shepherd Center Staff**  
Mr. and Mrs. Dennis Lytle

**Jamie Shepherd**  
Mr. Carlton Estes

**Kathy Slonaker**  
Mrs. Nadine Juneiro

**Garland Smith - Happy Holidays**  
Mr. and Mrs. George K. Wolfes, Jr.

**Walter Smith**  
Mr. C. Calhoun Peterson

**Marty Spiegelman**  
Dr. and Mrs. Bruce M. Beeber

**Jeannie and Ron Stewart**  
Mr. Barrett B. Smith and Mrs. Emily  
J. Adkins

**Luke Susong**  
Ms. Nichole Lerch

**Andrew Toner**  
Ms. Kathleen L. Hobbs

**Ashley Weaver**  
Ms. Jennie Bowden  
Ms. Martha Feland  
Mr. Jim Harrison  
Ms. Joy Norman

**Hansen Williams**  
Ms. Anne West

**Jessica Williams**  
Dr. David F. Apple, Jr.

**Zach Wilson's Birthday**  
Mr. Christopher Joseph

**Kiwanis Woods**  
Ms. Sherry Dawkins

**Mak Yost**  
Ms. Candace English

**Matthew Young**  
Mr. and Mrs. Cliff Lathrop



# Shepherd Center

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» **Shepherd Center employees** hold hearts to show support for this issue's theme, "Stronger Together."  
We accomplish great things when we work together as one team.

