A COMMUNITY OF CARE

Shepherd Center’s Outpatient Services offers coordinated care for patients with complex conditions and injuries.

THE POWER OF PEERS + MEET SARAH MORRISON + HOME AWAY FROM HOME
Dear Friends,

When Shepherd Center opened its doors almost 42 years ago, we had six beds and only treated patients with spinal cord injury. It didn’t take us long to realize there were thousands of patients all over the country with complex neurological injuries and diseases who needed more than what we were offering at the time. Thus, began the exponential growth of Shepherd Center – which continues even now.

Today, we’re proud to offer patients and families an entire continuum of care. For some patients, their point of entry is through our intensive care unit or inpatient programs, but for others, they’ll join the Shepherd Center family for the first time as a patient in one of our outpatient clinics. As you’ll read in our cover story, whether you’re dealing with secondary health issues related to a spinal cord or brain injury, fighting chronic pain, facing multiple sclerosis or trying to overcome the lingering effects of a complex concussion, we have you covered at Shepherd Center.

We also try to support patients and their families in ways that might not be as obvious – or even related to physical health at all. On page 14, you’ll read about a young bride who was able to proceed with her special day as planned just months after sustaining a spinal cord injury in a car crash. Thanks go, in part, to her Shepherd Center therapy team members, who went above and beyond to help her plan her beautiful wedding – while creating happy memories. And in our Foundation Features, you’ll learn about our Family Support Services team of staff and volunteers who assist patients and families in doing the little things – like getting the mail, making grocery store runs and providing haircuts – that actually mean a lot.

As spring blossoms in Atlanta and throughout the country, we hope you’ll join us at two of our hallmark events – Derby Day and Summer in the City – both of which support Shepherd Center programs. Events like these – and support from readers like you – allow us to do so many things for our patients and their families from the time of their injury or diagnosis and throughout their lives. As always, thank you.

Warm regards,

James H. Shepherd, Jr.
Chairman of the Board
Gifts of Generosity

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

Chet Bhasin, FACHE, joined Shepherd Center on Feb. 6 as chief operating officer.

“We are excited that Chet joined Shepherd Center’s leadership team,” says Sarah Morrison, PT, MBA, MHA, Shepherd Center’s president and CEO. “Chet brings experience and knowledge regarding for-profit and not-for-profit organizations, as well as experience with stand-alone organizations and integrated health systems. He has an acute awareness of the external issues and challenges facing hospitals within the current healthcare environment. Additionally, he has an energetic style that is a great fit with Shepherd’s culture.”

Most recently, Bhasin worked at Texas Health Presbyterian Hospital in Dallas, Texas, as the director of back/spine, orthopedics and post-acute services. There, he provided leadership in physician relations, revenue enhancement, cost reduction, regulatory compliance, and project oversight in various services and programs. Before joining Texas Health, Bhasin held several administrative leadership roles in Kindred Healthcare facilities in Texas and Illinois.

“Chet stands out as a leader who can help us plan for and address the changes ahead in the healthcare landscape,” says James Shepherd, co-founder and chairman of the board of Shepherd Center. “His knowledge and enthusiasm will be a tremendous asset to our patients, their families and our team at Shepherd Center.”

Bhasin earned a bachelor of science degree from Indiana University, after which he earned a master of science degree in communications from Northwestern University and a master of business administration degree from the University of Notre Dame. He is a fellow of the American College of Healthcare Executives.

“The collaborative team environment at Shepherd Center has the privilege to positively impact the lives of thousands of individuals annually who are recovering from advanced illnesses and injuries,” Bhasin says. “I feel fortunate to have joined such a special organization.”

Beyond Therapy® Launches New Website, Videos

Shepherd Center’s Beyond Therapy® program has launched a redesign of its website, beyond-therapy.org. The new website features a mobile-friendly design, as well as an updated introductory video and patient testimonials.

Shepherd Center created Beyond Therapy® as an intensive neurological rehabilitation program that integrates the disciplines of physical therapy and exercise physiology.

Beyond Therapy® focuses on promoting lifelong wellness and maximizing muscle and neural return through a program of intensive strengthening and motor-patterned activity by concentrating on weaker muscles and nerve connections that may have been ignored in the initial phases of recovery. The central objectives of the program are optimizing recovery, toning seldom-used muscles and decreasing secondary complications that typically occur among people with neurological disorders.

For more information, visit beyond-therapy.org or call 404-352-7787.

Christina Edwards
Shepherd Center Develops Mobile App to Promote Fitness for People with Spinal Cord Injury

Shepherd Center, in collaboration with MobileSmith, has developed a mobile app called SCI-Ex to promote fitness for people with spinal cord injury (SCI). The app, which is available for both Apple and Android devices, provides video demonstrations with detailed descriptions of proper equipment use, accurate transfer methods and adaptive exercise techniques.

“There is some information online and still photos of exercises, but until now, there have not been any user-friendly, in-depth videos of exercises for people with spinal cord injury,” says Nicholas Evans, one of the lead exercise specialists at Shepherd Center. “SCI-Ex doesn’t just present exercises, but incorporates the proper techniques to use assistive devices, proper transferring methods, and how to manage those methods and/or devices in a facility.”

The SCI-Ex app is available as a free download in the Apple iTunes and Google Play stores. It was developed with funding from the Craig H. Neilsen Foundation and Shepherd Center Foundation.

The current version of the app is a pilot project designed to get user feedback on an initial set of exercise videos produced by Brothers Young Productions. Shepherd Center plans to expand the app’s content in future versions as additional funds become available.

“Individuals who will benefit from the SCI-Ex app are those with spinal cord injury, family members, caregivers, exercise professionals and clinicians who are not familiar with spinal cord injuries,” says Rebecca Washburn, manager of Shepherd Center’s Beyond Therapy® and wellness programs. “It will promote education about SCI health and wellness for individuals and wellness center professionals.”

The app allows users to choose exercises appropriate for their injury level, set and track fitness goals, and save information on their exercise routine. SCI-Ex also includes links to helpful resources.

SCI-Ex features exercises for people with an SCI between C-3 and T-12. Exercises are available in four categories: strength training, cardiovascular, flexibility/balance, and neuromuscular.

“The app includes exercises for the entire body, but can also be broken down based on specific muscle groups, types of exercises, and based on a user’s functional ability and level of assistance required to perform the movements,” says Brandon Clift, a lead exercise specialist at Shepherd Center.

“This app can be a great resource for individuals to become more knowledgeable and independent with developing an exercise routine in community gym settings and also aid fitness professionals and/or caregivers on how to properly assist with various types of exercises outside of a typical SCI rehab setting,” Clift adds.

SCI-Ex is also a great tool for developing a home-based exercise program once a patient discharges from Shepherd Center or any rehabilitation center, the developers note.

“We believe this app will enhance our ability to share information with the SCI community so they can take part in healthy behaviors – in particular, addressing the challenges faced by people with SCI in following an exercise regimen after they leave a rehabilitation facility,” says Shari McDowell, program director of Shepherd Center’s SCI Program.

MobileSmith, the Raleigh, N.C.-based company that developed SCI-Ex in collaboration with Shepherd Center, says the app is the first of its kind in terms of targeting the fitness needs of people with SCI. Users can access information and videos in a suitable, goal-oriented manner. SCI-Ex was built with accessibility being the major component in the design of the app, while understanding the physical limitations of the user, the developers explain. ✶ Alaina Case
The Power of Peers
Research shows Shepherd Center’s peer support program helps boost confidence, ease the transition home and lower hospital readmissions.

By Amanda Crowe, MA, MPH

People with spinal cord injuries (SCI) and their families often feel unprepared to return home and deal with the many challenges related to accepting and living with such injuries.

At Shepherd Center, educating patients has always been a priority, especially as it relates to helping them recognize and guard against skin, bladder and bowel issues – the leading causes of readmissions among people with SCI. Until recently, clinicians have been at the helm of patient education. But it seems there might be a more powerful messenger – peers who, like newly injured patients, have faced a life-changing injury and the realities that accompany it.

With grants from the Patient-Centered Outcomes Research Institute (PCORI) and the Robert W. Woodruff Foundation, Shepherd Center has developed, implemented and is now evaluating the effectiveness of efforts that engage peers throughout the continuum of care. Shepherd Center is the first rehabilitation hospital to integrate such a multi-tiered peer support program for people with SCI.

“It’s really based on the concept that people learn better from someone they feel is like them and who has ‘been there, done that,’” says Julie Gassaway, RN, MS, director of health and wellness research at Shepherd Center and the PCORI research initiative.

Shepherd Center’s peer mentoring efforts focus on building patients’ self-efficacy – the belief that they have the know-how and skills to do the things required to manage their condition. Interventions to promote self-efficacy include one-to-one peer mentoring, peer-directed patient education and patient portal for use post-discharge.

“The goal for people with SCI when they leave the hospital is to be able to self-manage conditions that are associated with their injury,” Gassaway says. “They need to know how to recognize early signs of a problem and take the necessary steps to prevent it or minimize the severity.”

Peer mentors work with nurse educators to teach patients about skin issues, bowel and bladder management, prevention of urinary tract infections, high blood pressure, blood clots, spasms, infection control and more.

Peer mentors also assist with patients’ psychosocial adjustment.

“Seeing peers model how to live successful and happy lives while managing all the associated issues that come with a SCI plus using a wheelchair, that’s pretty powerful for our patients,” says Minna Hong, manager, Peer Support Program.

To date, research shows Shepherd’s patient-centered, peer-led education initiatives are more effectively engaging patients. For example, people in peer-led self-care education classes showed significantly more signs of being positively engaged compared with those participating in the standard, lecture-style classes. In turn, they are more prepared to recognize and take steps to manage problems.

“We are giving patients the confidence to problem solve and care for their health needs, whether it be bowel, bladder or skin issues, and the belief that they can go back to some of the activities they used to do – of course, within their new normal,” says Pete Anziano, peer support coordinator and instructional designer.

In addition to being available when requested by patients, peers have become thoughtfully integrated throughout Shepherd Center. Clinicians have embraced the contributions of peer mentors in the rehabilitation process.

“It’s become part of the organizational culture,” Hong says. “We are fortunate that Shepherd Center supports this kind of innovation.”

“We already see improvements in self-efficacy, much higher levels of engagement in the education classes with patients asking more questions and participating in discussions, and it’s clear that it’s making an impact on hospital readmissions, too,” says Mike Jones, Ph.D., vice president of research and technology at Shepherd Center.

The Shepherd team is still collecting and analyzing data and determining how these strategies can be replicated elsewhere.

For more information about Shepherd Center’s peer support program, please contact Julie Gassaway at 404-350-7637 or Minna Hong, peer support program manager, at 404-350-7373.
Kelley Taylor, RCP A.S., has been a respiratory therapist for 17 years, the past nine at Shepherd Center. Her respiratory therapy team frequently provides some of the most urgent initial care to patients.

Q: How do you describe the role and importance of respiratory therapy at Shepherd Center?
A: We’re often first on the scene when patients arrive. When a patient has a spinal cord injury (SCI), depending on the level of injury, breathing can become the most important issue – and the scariest – facing a patient and their family. They lean on us, especially in the beginning, more than anyone else. Patients often have little or no use of their diaphragm at first. So we become their diaphragm, through ventilator management or coughing assistance, clearing their airways. Bottom line, our job is to keep them breathing, and to get them breathing on their own. That has to happen before physical recovery can begin.

Q: How is respiratory therapy at Shepherd Center different from how it’s practiced in most hospital settings?
A: Well, it’s about 100 percent different, clinically, than most everywhere else. We practice patient-specific care, rather than protocol-based care. That means we treat each patient based on their specific situation, rather than following the same procedures for everyone. We do it because it works very well. But it’s different from what’s taught in most schools or practiced at other places. I know when I started here, I had to forget everything I knew about respiratory therapy – and I was a veteran.

Q: Do you believe Shepherd Center’s approach will be utilized more often at schools and hospitals in the future?
A: I certainly hope so. I do see it changing slowly at other care facilities. I’d say we get calls from about three or four places a month, asking how and why we do our ventilator management this way. We actually go out to some of those facilities now and teach others how to adopt this approach.

Q: What’s the best part of your day on the job?
A: I love going around and seeing patients – checking on their progress and making them smile, which is not hard to do at Shepherd Center. There’s a lot of smiling around here! ♡

INTERESTING FACTS

EDUCATION:
Gulf State College (Panama City, Florida)
Member, American Association for Respiratory Care
Member, National Board for Respiratory Care

FUN FACTS:
• Trait she’s best known for among her staff? Her singing. “I sing all day,” Kelley says. Her specialty is using her Southern accent to convert R&B songs into country ballads. “You’d have to ask my staff if it’s a talent or a passion!”

• Kelley’s fiancé, Malik, is an industrial tailor who has also created his own clothing line.

• Kelley grew up in Panama City, and the Gulf Coast is still her favorite weekend getaway. Her favorites are New Orleans and anywhere with sand.

• She has two “fur kids” – a pug named Brutus and a chihuahua named Fancy. “Both names fit them quite well,” she says.

More online at news.shepherd.org
A COMMUNITY of CARE

Shepherd Center’s Outpatient Services offers coordinated, lifelong care for patients with complex conditions and injuries.

BY DAVID TERRASO

Andrew C. Carlos
Multiple Sclerosis Institute

Multi-Specialty Clinic

Urology Clinic

Wound Care Clinic

Shepherd Spine and Pain Institute

Complex Concussion Clinic

Upper Extremity Clinic

PHOTOS BY LOUIE FAVORITE
Angela Beninga, D.O., a physiatrist and director of Shepherd Center’s Spinal Cord Injury Day Program, also sees patients in Shepherd Center’s Multi-Specialty Clinic.
WHEN CARLA WHITE, 42, WALKED INTO THE EMERGENCY DEPARTMENT AT HER LOCAL HOSPITAL ON JAN. 12, 2016, SHE HAD NO IDEA IT WOULD BE THE LAST TIME SHE WOULD BE ABLE TO WALK FOR ANOTHER 10 MONTHS.

She came in with numbness in her legs, referred there by her doctor who had ordered an MRI just two days before. After a thorough exam, a radiologist told the Atlanta native that she had transverse myelitis, an inflammation of the spinal cord. The doctor would call soon, the radiologist told Carla. In the two days between the exam and her doctor’s call, the numbness had spread from her legs to her hips. He told her to go to the ER immediately. In the five hours she waited before being called back to the exam room, her situation had changed drastically, yet again.

“I told my mom, ‘I can’t get up,’” Carla recalls.

It wasn’t her first time dealing with a serious medical condition. Diagnosed with lupus in 1997, Carla had learned how to manage her health. But, this was Carla’s first experience with paralysis. Over the next week in the hospital, the numbness moved into Carla’s chest. After a week in the hospital — and a strong course of steroids — Carla transferred to Shepherd Center’s Spinal Cord Injury Rehabilitation Program, where she stayed for a month. That May, she became a patient in Shepherd Center’s Multi-Specialty Clinic, one of Shepherd Center’s outpatient clinics.

Every year, more than 6,600 people visit one of Shepherd’s seven outpatient clinics, which include the Multi-Specialty Clinic, Andrew C. Carlos Multiple Sclerosis Institute, Shepherd Spine and Pain Institute, Upper Extremity Clinic, Urology Clinic, Wound Care Clinic and the Complex Concussion Clinic, which assists in the estimated 20 percent of concussion cases where the client needs more care than his or her primary care physician can provide. Shepherd Center’s outpatient clinics include a powerful mix of highly specialized physicians, physician’s assistants, nurse practitioners, nurses, medical assistants, case managers, therapists and neuropsychologists.

The Multi-Specialty Clinic offers clients expertise in treating and managing secondary complications — such as pressure sores, respiratory concerns or spasticity — associated with complex injuries over the span of a lifetime, says Angela Beninga, D.O., a physiatrist and director of Shepherd Center’s Spinal Cord Injury Day Program.

“This level of expertise continues into their long-term care, which can extend out five, 10, 20 years or more after the injury,” Dr. Beninga says.

“‘We strive to make patients independent. You are more than your diagnosis, and we are here to lend a hand and to help you get where you want to be with your life.’”

Emily Cade, Director of Outpatient Services at Shepherd Center
Carla, who sees Dr. Beninga in the Multi-Specialty Clinic, is paralyzed from the waist down. But with hard work and the help of her care team, she has been able to regain the ability to walk. “She’s been doing very well,” Dr. Beninga says. “She’s been very active in her healthcare, and that helps a lot.” Being an active participant in their healthcare is key for patients. “We strive to make patients independent,” says Emily Cade, director of Outpatient Services at Shepherd Center. “You are more than your diagnosis, and we are here to lend a hand and to help you get where you want to be with your life.”

Erin Boyt, who is a patient at the Andrew C. Carlos Multiple Sclerosis Institute at Shepherd Center, can attest. “The clinicians and the therapists all take time to work with you and find out what your goals are,” Erin says. “I’ve found that across the board, from the doctors, the nursing staff and the rehabilitation professionals. It’s very different from what I’ve seen elsewhere.”

Erin first came to the MS Institute in 2002. “One of the big things that I have found at Shepherd Center is that the doctors are treating the whole illness, not just the symptoms,” the 42-year-old from Lawrenceville, Georgia notes.

Erin has received help from doctors and therapists throughout the clinics, including the Shepherd Spine and Pain Institute, to help with nerve pain. She’s also received speech therapy, cognitive therapy and occupational therapy at Shepherd Center. “At Shepherd Center, they all listen to you,” Erin says. “You’re not just told what to do. You’re a partner in your care.”

Shelley Mitchell, a case manager in the Multi-Specialty Clinic, the Wound Clinic, Urology Clinic, and the Spine and Pain Institute, says that’s vital. “My personal philosophy is self-advocacy,” Mitchell says. “I want to teach my patients to advocate for themselves and be active in their own care.”

“There’s a lot of support and encouragement from the staff for me to be the driver of my disease, so to speak,” Erin says. “I’m given the opportunity to be a part of the decision-making process. That doesn’t happen in a lot of practices that I’m familiar with. A lot of time they just tell you what to do, and that’s it. You don’t get to ask questions. You don’t get to pursue...
different avenues. At Shepherd, I find that they all want to work with you.”

In addition, having all of the outpatient centers located in one location allows continuity of care.

“Shepherd has such a multitude of world-renowned specialists and technology, and it’s all in one place,” Carla says. “You don’t have to go from one facility to another across town.”

That’s also important because it allows the medical staff to regularly confer with one another about their patients, Dr. Beninga notes.

“Not only do we share the same information system containing details on treatments, medications and physician recommendations, but I can just walk down the hall to talk to another clinician about a patient,” she adds.

As one of Shepherd Center’s earliest patients, John Byrd, of Walnut Grove, Georgia, has experienced the continuum of care.

Since sustaining a C-5 to -6 incomplete spinal cord injury in a diving accident in the mid 1980s, he’s received care at the

Long-time patient John Byrd discusses his progress with case manager Shelley Mitchell.

Wound Clinic, the Urology Clinic and the Multi-Specialty Clinic.

“They’re very personal and always glad to see you, so when you’re there, you always feel like you’re in good hands;” John, now 60, says. “They always ask about your needs, and they’re open to hearing what you have to say, no matter what it is.”

It’s not just the clinicians who make a difference, Erin says. It’s also the guidance she receives from the case managers.

“When I was first diagnosed with MS, I was working full time and was encouraged to keep working as long as I could,” Erin explains. “Eventually, I had to take disability, and the case managers at Shepherd helped me through that, too.”

Case managers guide the patients through their care at the outpatient clinics, help patients live successfully with their condition and encourage engagement in the community, be it vocational or recreational.

“We want to foster your independence,” Cade says. “And we really believe in that part of our mission.”

Though many patients come to Shepherd Center’s Outpatient Services Department through their experience with the inpatient programs, for others, Shepherd’s outpatient services are a point of entry.

“We see people who never got to come to Shepherd as an inpatient,” Mitchell says. “Once they get a taste of what Shepherd is, they feel it’s a great thing.”

Case managers, like Mitchell, stress that it’s important for patients to stay connected to Shepherd Center throughout the year, or at least once per year, so the treatment team can stay up to date on medical conditions, offer referrals and maintain prescriptions. If a patient doesn’t live close by, case managers encourage them to stay connected to their primary physician back home.

For many, staying in touch requires no convincing.

“Shepherd is an amazing place;” Erin says. “It’s a place you can’t truly know until you come through those doors. And although you never want to have to go to a hospital, if you do have to go, you’ll see that the people at Shepherd are just like family, and when you leave, you really do miss seeing them all.”

“My personal philosophy is self-advocacy, I want to teach my patients to advocate for themselves and be active in their own care.”

Shelley Mitchell, case manager in the Multi-Specialty Clinic, the Wound Clinic, the Urology Clinic, and the Spine and Pain Institute

More online at news.shepherd.org
MULTI-SPECIALTY CLINIC
The Multi-Specialty Clinic provides a comprehensive care program for treating the secondary conditions of patients who have experienced traumatic and non-traumatic spinal cord injury and/or acquired brain injuries. Our comprehensive team includes physicians, nurse practitioners, nurses, medical assistants and case managers who help coordinate your care.

To make a new patient appointment, call: 404-352-7602. For more information: shepherd.org/multi-specialty

SHEPHERD SPINE AND PAIN INSTITUTE
Shepherd Spine and Pain Institute believes it takes a comprehensive treatment plan to effectively and successfully manage pain. Our practice model is geared toward treating both the physical and emotional components of pain to restore and maintain function and improve quality of life. We use the latest imaging technology to establish a precise diagnosis, treating pain at its source and providing a comprehensive rehabilitation plan to ensure the best possible opportunity for long-term improvement. We offer acute and chronic pain management and rehabilitation for spine, joint and other pain-related conditions.

To make a new patient appointment, call: 404-603-4203. For more information: shepherdpaininstitute.org

ANDREW C. CARLOS MULTIPLE SCLEROSIS INSTITUTE
The Andrew C. Carlos Multiple Sclerosis Institute has extensive experience treating people with multiple sclerosis (MS), suspected MS or related disorders. The MS Institute at Shepherd Center has treated thousands of people with MS using a wide range of neurological and rehabilitative services. This comprehensive program offers treatment through FDA-approved medications, research opportunities, a rehabilitation and wellness program dedicated to individuals living with MS, and neuropsychological services.

To make a new patient appointment, call: 404-603-4962. For more information: shepherd.org/MS

WOUND CARE CLINIC
The Wound Care Clinic offers a comprehensive wound care program for patients in the community who have experienced a wound, which may require surgery. Our comprehensive team is able to assess the condition and determine what path may be best to promote healing. While our goal is to decrease surgical and hospital admissions, at times, patients may require surgical intervention. Our clinic is able to coordinate that process and works to insure a positive experience for the patient.

To make a new patient appointment, please have your physician fax a referral including demographics and wound information to 404-603-5070. For more information: shepherd.org/wound-care

UPPER EXTREMITY CLINIC
The Upper Extremity Clinic offers a comprehensive therapy and treatment program to improve upper-extremity function for people with catastrophic injuries who have limited function in their arms, wrists and hands. This comprehensive team is comprised of orthopedic upper-extremity and hand surgeons, occupational or physical therapists, a nurse, medical assistant and case manager who coordinate your care during the process.

To make a new patient appointment, call: 404-350-3102. For more information: shepherd.org/upper-extremity

UROLOGY CLINIC
The Urology Clinic offers outpatient urological services to patients who are experiencing urological issues. Our urologists and staff perform clinic visits and offer procedures, including suprapubic catheter placement/change, Botox injections and urodynamics.

To make a new patient appointment, call 404-352-2020. For more information: shepherd.org/urology

COMPLEX CONCUSSION CLINIC
The Complex Concussion Clinic offers comprehensive assessment and treatment by a team of specialists in neurology, vestibular and balance disorders, athletic training, rehabilitation medicine, neuropsychology and neurosurgery for the patient with concussion-related complications that fall beyond the scope of their primary treating doctor.

To make a new patient appointment, call 404-603-4980. For more information: shepherd.org/complexconcussionclinic
MEET SARAH MORRISON
New President and CEO of Shepherd Center

BY KERRY LUDLAM
In her 33 years at Shepherd Center, Sarah Morrison, PT, MBA, MHA, has served as vice president of clinical services, director of the Shepherd Center Spinal Cord Injury Program, director of the medical/surgical and ICU programs, manager of the Shepherd Center Spinal Cord Injury Day Program, a physical therapy supervisor and a physical therapist. And now, she’s taking on her biggest professional role yet – president and CEO.

**Q:** HOW DID YOUR CAREER GET STARTED, AND HOW DID YOU MAKE IT TO SHEPHERD CENTER?  
**answer:** I decided I wanted to go into physical therapy when I was at the University of Miami. I thought I wanted to specialize in pediatrics, but during my very last rotation at Jackson Memorial Hospital (in Miami), I worked with patients who had sustained spinal cord injuries. I loved it immediately because it pulled together everything I’d learned while getting my PT degree: neurology, orthopedics, psychology, etc. I found treating patients with spinal cord injury incredibly rewarding as I felt as a physical therapist I was able to teach patients how to be more independent.

In one of the conference rooms at the University of Miami, I saw a job posting for a physical therapist at Shepherd Center. I came to Atlanta for an interview. The director of physical therapy at the time told me Shepherd Center didn’t hire new graduates. I was devastated, but just three weeks later, I got a call to offer me a position. I joined Shepherd Center in 1984, just as we moved from 40 to 80 beds (Shepherd Center now has 152 beds). The rest is history.

**Q:** THIRTY-THREE YEARS IS A LONG TIME TO STAY IN ONE PLACE THESE DAYS. HOW HAS YOUR CAREER EVOLVED?  
**answer:** When I first started my career, serving in an administrative role was not on my radar, but it became an opportunity for me to continue to learn. I’m so grateful the leadership here has continued to offer me experiences that keep me challenged and moving forward. It’s never felt stale here, and every day is different.

**Q:** WHAT KEEPS YOU MOTIVATED?  
**answer:** I’ve known people who hated their job all of their lives. I have never once felt that way. I can count on one hand the number of times in 33 years that I haven’t been genuinely excited to get to work in the morning. And I’ve had people, when they find out I work in a hospital that cares for patients who are dealing with catastrophic, life-changing injuries, ask me, “Isn’t that depressing?” It’s not depressing at all. Shepherd Center is one of the most hopeful places on earth. There’s nothing more rewarding than being part of an organization that helps patients get their lives back. Also, the support I have had – from Shepherd Center’s board of directors, senior leadership, our staff and my own family – has been humbling. Knowing I have that kind of support is truly motivating.

**Q:** WHAT’S ON THE HORIZON FOR SHEPHERD CENTER?  
**answer:** We’re still navigating a changing healthcare environment. We’re dealing with economic, regulatory and legislative issues, as well as payment reform. I’m very optimistic that the strategic planning process Shepherd Center has engaged in has prepared us to be nimble in the years to come. The strategic planning process confirmed for us that we’re headed in the right direction in a lot of areas. Our goal is to ensure that our culture and staff continue to thrive while also continuing to provide the best, evidence-based care for our patients and their families.

**Q:** WHAT MAKES SHEPHERD CENTER UNIQUE?  
**answer:** Shepherd Center’s culture truly sets us apart from other hospitals, and it comes down to having the right people on our team. As our former medical director, David Apple, M.D., once said, “You can do rehab in a barn with the right people.” We’re lucky to have the right people.

**EDUCATION:**

- University of Miami  
  B.S. in Physical Therapy  

- Georgia State University  
  Master’s in Business Administration  
  Master’s in Healthcare Administration

**FUN FACTS:**

- Sarah is a record-holding diver. She holds four national AA titles, as well as a New York diving record. She attended the University of Miami on a diving scholarship.

- Sarah is number five of six children.

- Sarah and her husband have a son, who works in insurance, and a daughter who is a book editor.

- In her spare time, Sarah enjoys golfing, fishing and boating, as well as reading a good murder mystery.
Anna Claire and Jimbo Waldrop were married just months after Anna Claire sustained a spinal cord injury in a car crash.

**Patient Profile**

Love – and a Little Help from New Friends – Keeps School Sweethearts’ Wedding on Track after a Spinal Cord Injury

BY PHILLIP JORDAN

Anna Claire Stokes had a wedding to coordinate. Thanks to her new Shepherd Center family, no spinal cord injury was going to derail her plans.
The night before Valentine’s Day 2016, Anna Claire Stokes and her fiancé, Jimbo Waldrop, left a friend’s birthday party outside Cleveland, Mississippi.

The couple, seniors at Delta State University, had gotten engaged the previous month. That night, they were driving back to campus when a drunk driver crashed into their car.

Jimbo sustained only minor injuries. Anna Claire remained inside the vehicle as it flipped at least three times. She was airlifted to a hospital in Memphis, Tennessee, with a severe C-4 to -6 spinal cord injury.

Following a pair of surgeries, Anna Claire entered Shepherd Center’s Spinal Cord Injury Rehabilitation Program in March 2016.

“I remember wanting to cry all the time at first,” she says. “I was mourning my old body, who I was. But I knew I had to accept my new body, my new situation, in order to get better.”

She also had some added motivation: She was getting married on Oct. 22, 2016.

Jen Roane, OT, Cristina Segredo Thurston, PT, DPT, NCS, and Katie Murphy, CTRS, were among the staff members who met with Anna Claire shortly after she arrived at Shepherd Center. They told her it was OK to consider pushing her wedding date back.

“She said, ‘No, this is still going to happen,’” Cristina recalls. “She never wavered. She just took a positive attitude and put it to work. She didn’t let her low days define her. Even on her toughest days, when new patients came in, she was always the first to welcome them and offer encouragement.”

Anna Claire points out she had plenty of support from her new friends. Her therapy team worked with her daily to improve her strength, dexterity and stamina. During Anna Claire’s two-and-a-half-month stay, Jen, Cristina and Katie also saw to it that the bride-to-be not only prepared for her wedding, but made happy memories doing it.

There was a laughter-filled bachelorette party that brought patients from all over Shepherd Center to join in the celebration. There were outings to shop for dresses. And the engagement photos? They were taken in Shepherd Center’s picturesque Secret Garden. Cristina helped Anna Claire get dressed. Other staff members helped with hair, makeup, poses and more. Therapy manager Teresa Foy served as the photographer.

“Everyone pitched in,” Jen says. “It truly was so much fun. And that was important. Putting in all the work she was doing every day to get better and then planning a wedding on the side? The stress could have been overwhelming. I certainly couldn’t imagine doing all that.”

Jen and Cristina could empathize better than most. Jen was in the midst of planning her own spring wedding, and Cristina had just gotten married a year prior. During intense balance and transfer exercises on the physical therapy mats, Cristina would tell Anna Claire: “Five more reps and then we’ll look at your Pinterest board,” which was, of course, filled with wedding inspiration.

“It was like having older sisters who knew better than anyone what I was going through, on all levels,” Anna Claire says.

For Anna Claire, the dress-shopping outings offered a chance to practice what she learned at Shepherd Center – wheelchair transfers, navigating public spaces and, of course, trying on lots of dresses. All were opportunities to put her training to use in the real world.

“I was nervous about those outings,” Anna Claire says. “But everyone was so upbeat. Jimbo and my mom were there, of course, but the ladies from Shepherd Center felt like family, too. They made it fun. They were pulling out dresses for me to try on and acting like they were trying them on, too. They literally picked me up to get in and out of dresses.”

The outings gave her confidence. They also provided her with the dress she wore on her wedding day – which, yes, did take place on Oct. 22, 2016.

**Coming Full Circle**

Mr. and Mrs. Waldrop got married in an outdoor ceremony at First United Methodist Church, in New Albany, Mississippi.

“We weren’t going to miss that wedding,” Katie says. “It was special to be part of the big day after being part of so much leading up to it. We got to see everything come full circle.”

They’re not the only ones who have felt the impact of Anna Claire’s and Jimbo’s love and positivity. Claire Cherry, MOTR/L, was Anna Claire’s occupational therapist in the Shepherd Center Spinal Cord Injury Day Program. She accompanied Anna Claire on an outing to get her wedding dress fitted, and the two quickly bonded. When Claire became pregnant, Anna Claire was one of the first people she told the good news. This past December, Anna Claire woke to a text message one morning. It was Claire, saying that the baby had arrived – and that the baby’s name was Anna Claire.

“That was incredible,” Anna Claire says. “Looking back, I don’t know what I would have done without everyone I had around me at Shepherd Center. They became family. They made it possible for me to be optimistic about the future.”

Today, Anna Claire and Jimbo live in an accessible home of their own in Horn Lake, Mississippi. Jimbo is teaching seventh and eighth grade science, and coaching football. Anna Claire finished her bachelor’s degree in speech pathology this past December. She may pursue a master’s degree in special education at the University of Memphis.

“As time goes on, Jimbo and I have realized that God has been there for us every step of the way,” Anna Claire says. “Since the accident, everything has been blessing upon blessing. We still don’t understand everything, but we’ve been pushed to dig deeper both in our love and in our faith. It’s made us stronger than ever before.”

**Photos by Lexie Merlino**

1. Jimbo and Anna Claire steal a kiss at their October 2016 wedding.
2. Jimbo regularly made the trip from Mississippi to Atlanta to support Anna Claire in her rehabilitation. 3. Recreation therapist Katie Murphy, left, and occupational therapist Jen Roane, right, attended Anna Claire and Jimbo’s wedding in Mississippi.
Shepherd Alums: Where Are They Now?

BY PHILLIP JORDAN

Shelby Neese
BRANDON, MISSISSIPPI

Every day, Shelby Neese, 63, sits at the piano, pulls out his The Virtuoso Pianist workbook and sings along as his fingers relearn how to play his favorite instrument. “It feels like I’m in grade school,” he says. “I’m not playing Bach again just yet, but it’s coming. I’m getting my hands and my brain connected. I’m learning to be excited about the little things, like being able to improve a little bit on the piano every day.”

That is more than enough for Shelby, his wife Mary, their two children and their five grandchildren. In January 2016, Shelby sustained a traumatic brain injury and lost consciousness after falling from a ladder. An ordained minister at Pinelake Church, in Brandon, Mississippi, Shelby says those most difficult days after his injury left him with a lesson. “My faith is now deeper than it was before, and that’s because of my family and friends. During that time when I wasn’t aware enough to have faith, they had faith for me.”

That faith, he says, is what sustained him during the initial days at North Mississippi Medical Center and then again in his months of physical, occupational and speech therapy at Shepherd Center’s Brain Injury Rehabilitation Program. He calls the people at Shepherd Center “a bright spot in his memory” from that time.

“My family and I went from hearing doctors say, ‘We don’t know if he’s going to live’ and ‘We’re not sure what kind of life he’ll have,’” Shelby recalls, “to hearing the staff at Shepherd Center ask me, ‘What would you like to learn to do again?’ I wouldn’t be where I am now without that kind of optimism and support.”

These days, Mary has returned to work, and Shelby is back to his daily Bible study group of 25 years, thanks to the independence he has regained. He still wants to learn to drive and jog again. He works out at the YMCA, swims and walks around the park, alongside Mary.

“I’ve leaned an awful lot on her in the past year,” Shelby says. “Probably more than in all the other 43 years of our marriage. I know I’m a blessed man.”

Michael Cataldi
SCARBOROUGH, MAINE

There were many days – years, even – when Marine Cpl. Michael Cataldi, 32, an Iraq war veteran, could never have imagined living with purpose again.

During his first tour of duty in Iraq in 2004, he witnessed his share of death and horror. Michael sustained a traumatic brain injury and developed post-traumatic stress disorder. His regiment’s medical officer prescribed him medications for depression, anxiety and insomnia. Then Michael went back to Iraq in 2006. During that tour, he ran out of his medications.

“Forced to go cold turkey in a combat zone,” is how Michael describes it.

He eventually had to be medically evacuated to a combat stress center. After leaving the service, there were more rough years ahead for Michael, including personal losses, homelessness and a moped motorcycle accident that aggravated his TBI and PTSD. Michael was suicidal when he finally contacted the Semper Fi Fund, a nonprofit organization that provides support for wounded Marines and their families.

The Semper Fi Fund recommended Michael for the SHARE Military Initiative at Shepherd Center. He spent 12 weeks in the program, which focuses on assessment and treatment for service men and women who have sustained a mild to moderate traumatic brain injury, along with PTSD or other mental health concerns, from service in post-9/11 conflicts.

He called his graduation from the program, on April 28, 2016, a beginning, not an end. “That time revitalized hope for me,” Michael recalls. “It made me realize I wasn’t alone. Before then, I was only living in the past. Now, I’m looking forward.”

Today, Michael is pursuing an associate’s degree, and he also serves as a go-to source for veterans in need through the Semper Fi Fund. In November 2016, he married his longtime fiancée, Morgan, who went through his entire SHARE recovery with him. Morgan and her parents run a veterinary clinic, and their goal is to open an equine therapy and healing center for veterans.

“I tell every veteran, ‘Don’t give up,’” Michael says. “You’re not alone. Find somewhere to plug in. The worst thing you can be is a warrior without a cause.”
Ruth King

ATLANTA, GEORGIA

Ruth King, 71, has always been active and involved. She worked in the design industry, volunteered frequently and played on three different tennis teams around Atlanta.

Around 2013, though, she began experiencing pain that limited her mobility. Ruth was initially diagnosed with a back injury, but over three painful years, nobody could pinpoint the injury. Some doctors told her nothing was wrong.

“It was like nobody believed how I felt,” Ruth says. She lost muscle tone and gained weight. The diagnosis finally came during a visit to a neurologist in November 2015. It was multiple sclerosis.

“It may sound funny, but I walked out of there saying, ‘Thank you, Lord!’” she recalls. “Finally, I had information I could act on.”

Ruth started researching MS facilities and quickly found one she was surprised to see – Shepherd Center. For years, she had been volunteering through her church’s monthly “Sundaes on Sunday” visit with patients in Shepherd Center’s Spinal Cord Injury Rehabilitation Program. Somehow, though, she had never heard of the MS services Shepherd Center provides through the Andrew C. Carlos Multiple Sclerosis Institute and the Eula C. and Andrew C. Carlos MS Rehabilitation and Wellness Program.

“There are so many resources available to you,” Ruth says, “and so many knowledgeable, kind and positive professionals who helped me understand the need, not just for physical therapy and vocational counseling, but also for lifestyle changes, for rest, even for orthotics recommendations.”

After a thorough evaluation, Ruth began a wellness program that included strength training, balance exercises and time on the Alter G® treadmill. When she began, the former athlete could barely leg press 100 pounds. After six months of rehabilitation, she was leg-pressing 350 pounds. Ruth’s core was back. She was even planking.

Today, Ruth still comes to Shepherd Center’s MS Rehabilitation and Wellness Program once or twice a week. She also works out on her own, applying the exercises she’s learned. She is active again. She attributes much of this to her support team at Shepherd Center.

“It’s not just the physical work,” Ruth says. “It’s the camaraderie and support of both people working there and people working out there. It’s people who believe and understand what you’re going through.”

Ruth of Atlanta, Georgia, has regained her physical fitness with the help of Shepherd Center’s MS Rehabilitation and Wellness Program.

Brett Gravatt

CHULA VISTA, CALIFORNIA

Brett Gravatt, 21, is a rising track star for Team USA. This January, he was selected to train, in residency, with the U.S. Paralympic team at the Olympic Training Center in Chula Vista, California. Six days a week, he trains among the best U.S. athletes in their sports.

A wheelchair racer, Brett sprints in the 100-, 400- and 800-meter events. He’s attempting to qualify for nationals, to be held at UCLA in June. If Brett places highly enough there, he would make the U.S. national team heading to London for this July’s World Para Athletics Championships.

Brett’s ultimate goal is the 2020 Summer Paralympic Games in Tokyo.

“It’s all about pushing yourself,” he says. “Big goals open your eyes. Why not shoot for the stars? Your motivation dies out without a goal.”

Brett knows something about big goals. In 2014, as a sophomore on Penn State University’s soccer team, he scored an eye-popping, game-winning goal in that fall’s NCAA tournament.

One month later, Brett’s professional soccer dreams were over. Over Christmas vacation, he sustained a T-6 spinal cord injury in a snowboarding accident.

“It was a process to recover that competitive fire again,” Brett says.

What helped, he says, was getting into an aggressive physical rehabilitation routine in Shepherd Center’s Spinal Cord Injury Rehabilitation Program after transferring from the University of Virginia Medical Center.

“Nothing can prepare you for how grueling and taxing that is, mentally as much as physically,” Brett says. “But you learn habits. You see results and you feed off the progress.”

He also had access to Shepherd Center’s sports program, the largest adaptive sports program in North America. There, Brett got a glimpse of how his competitive desire could be applied in new sports.

Brett returned to Penn State and served as a student coach for the soccer team. He also trained in the university’s Ability Athletics program and tried out for the 2016 Rio Games – coming within one spot of making the U.S. Paralympic team.

That’s nothing but fuel for Tokyo 2020.

Brett’s ultimate goal is the 2020 Summer Paralympic Games in Tokyo. Brett’s ultimate goal is the 2020 Summer Paralympic Games in Tokyo.

Brett Gravatt of Chula Vista, California, has returned to elite athletics after sustaining a spinal cord injury in a snowboarding accident.
REQUESTS RANGE FROM THE ROUTINE, “Where is the grocery store? How do I get my mail? Can you fax something for me?” to the slightly more complicated. For example, a patient’s pregnant wife needs to find a local obstetrician, or a family wants to plan a wedding to be held at Shepherd Center. These – and many others – are the kinds of things that keep Gale Eckstein, Shepherd Center’s Family Support Services coordinator, and her team of 25 volunteers busy.

Shepherd Center provides complimentary housing for up to 30 days for families of newly injured rehabilitation patients if the patient lives more than 60 miles from Shepherd Center; housing may also be available for out-of-town day program patients. This allows families to be close by to offer emotional support and engage in family training. But Shepherd Center’s efforts to become families’ “home away from home” don’t stop at providing housing. These efforts converge in the hospital’s sixth floor family lounge where families have access to three computers, hot beverages and volunteers that can be mobilized to help with any need. This is also where you can find Eckstein’s office.

“Many of our families have had to re-create their lives while they are here,” Eckstein says. “They are under extreme emotional distress and have so many logistical things they are concerned about. If we can take just one thing off their plate, like faxing a form to their insurance company, then we’ve lightened their burden.”

A volunteer from Family Support Services usually meets with a new family on or around the second day after their loved one is admitted to Shepherd Center. Volunteers provide family members with an information guide that lists what family support services can do for them, a list of restaurants within walking distance, discount cards and other helpful information. Volunteers also are available to drive family members on errands, such as going to the grocery store.

One simple service families take advantage of is printing and faxing. Eckstein can assist families handling the mountains of insurance and medical forms that often accompany a lengthy hospital stay. She also coordinates social events for families, such as monthly ice cream parties, brunches, magic shows and even free massages. These services are all donated by local individuals and organizations and are available to any family member, not only those staying in the hospital’s on-campus Woodruff Family Residence Center.

Jim Baker, whose daughter was admitted to Shepherd Center on Jan. 5 after having a stroke, says these services have been invaluable to him.

“For more information on Family Support Services, visit shepherd.org/about/patient-and-family-guide.”

GALE ECKSTEIN, FAMILY SUPPORT SERVICES COORDINATOR

“Just help with faxing and copying insurance forms and using their computers is a tremendous help,” he says. “You can’t do everything from your phone, and you don’t want to spend time away from the hospital at a copy center trying to get it all done.”

Cody Hale, a young man from Martinsville, Virginia, who sustained a brain injury in a car crash last year, celebrated his 21st birthday at Shepherd Center. And Eckstein made sure all 80 cards he received at the hospital made it to his room.

“It’s the little things they do to make our life easier so we can handle the big things,” says Cody’s father, Elmer Hale. “If Gale doesn’t know the answer to our question, she will find someone who does. We are so appreciative of the care we have received here.”

Though she may not come directly in contact with each patient, Eckstein views her job as ultimately helping the patients. “The patients won’t thrive on their journey unless they are supported by family,” she says. “We provide support for the families so they can support their loved ones.”

For more information on Family Support Services, visit shepherd.org/about/patient-and-family-guide.
Gale Eckstein knows just what it’s like to have a loved one at Shepherd Center. In 2009, her husband became ill with a staph sepsis infection that put him in a coma. He was given a 15 percent chance of surviving, and spent six weeks in the intensive care unit. After transferring to Shepherd Center and a month of rehabilitation in the Acquired Brain Injury Rehabilitation Program, he was able to walk into the gym for day program. She puts this experience to use when helping families in her role as Family Support Services coordinator, a job she’s had since May 2010. From notarizing and faxing forms to helping them find housing, Eckstein provides any kind of support needed by families, including lending a sympathetic ear.

Q. What do you enjoy most about your job?
A. I enjoy the daily opportunity God gives me to meet and care for people who are in need. It gives me joy to do even the smallest things for people who are experiencing great hardship, so I have never had a bad day at Shepherd Center. I look forward to being here every day, and I love what I do.

Q. In your experience, what are the main needs families have while their loved ones are patients at Shepherd Center?
A. First and foremost, to feel supported. The most frequent questions or requests relate to transportation, housing, shopping and document copying/scanning/faxing. I also get questions about mail almost every day, as it’s a lifeline for patients and families who may be waiting for checks, letters from attorneys, or just an encouraging word from friends and family. They want to know how it should be addressed to them correctly and how they will receive it.

Q. In your role, how do you make families feel more comfortable and at home at Shepherd Center?
A. When I look at what I do here at Shepherd overall, I think it’s a lot like a role I’ve loved having for 38 years – being a mom. As a mother, your heart is always with your children. When they want your help, you do your best to fill that need yourself, train them how to do it themselves or direct them to someone who can fill that need – all in a caring way. That’s the way I approach my responsibilities.

Q. The family lounge (on the 6th floor of Shepherd Center) is a great gathering place for families. What is the impact of having a place like this for families?
A. People tell me that it is wonderful to have this space. It’s like the family room in your house. It’s a place children can sit and play and relax or a place for large families to come together. It feels like home to them instead of a hospital setting.

INTERESTING FACTS

EDUCATION:
University of South Carolina
B.S. Health Education

FUN FACTS:
• Eckstein loves spending time with her family, which includes David Eckstein, her husband of 43 years, three adult children and their spouses and three grandchildren. She is also very close to her four sisters.

• Favorite hobbies: She and her husband love to go on drives on back roads through the country. They take bags of carrots to feed the horses they see along the way. She also likes to read, bake, cook and make homemade cards.

• Eckstein and her husband lead an acquired brain injury family support group at Shepherd Center once a month, sharing tips from their own experiences and giving them what Eckstein calls “that glimmer of hope about the future.”

More online at news.shepherd.org
Mark Pace knows what it’s like for a family member to spend a lot of time in the hospital. When he was 17, he sustained a brain injury in a car crash. He spent 32 days in intensive care in an Atlanta hospital, and another five months in rehabilitation, with his family by his side. So years later, when he was looking for a volunteer opportunity, he came to Shepherd Center. A certified massage therapist, he wanted to do something for the families, so monthly since 2006, he has given massages to family members in the 6th floor family lounge.

“My family was where these families are now,” he says. “And I wish someone had done this for them.”

He estimates he gives massages to 10 to 15 family members in each visit he makes to Shepherd Center.

“There are many physical and emotional benefits of massage,” he says. “I get satisfaction from making a difference in the lives of these families.”

Like a massage, haircuts and facial services can be transformative for patients and families.

On the last Tuesday of every month, hairstylists Pat Reeve and Kelly Holder set up shop in one of Shepherd Center’s therapy gyms to give complimentary haircuts to patients. Sometimes the line is out the door, yet they stay until every head of hair is cut. Kelly has been volunteering since 1996. Pat joined him in 2003. Both have been cutting hair for more than 40 years.

“They look like themselves again,” Kelly says, adding that because of their injury, they can go months without a haircut. “And they are so appreciative.”

Pat and Kelly enjoy being part of the positive environment at Shepherd Center. “I’ve seen miracles over the years,” Pat says. “Because we are there monthly, we get some repeat customers. Seeing the progress they’ve made over a month is amazing.”

When her spa business was just beginning, Sydell Harris tucked gift certificates into the goody bags given at Shepherd Center fundraisers. Then she began visiting patients to give them facials. Although she retired and has sold her business, Sydell still gives her time and talent to patients at Shepherd Center. Though she comes regularly to give makeovers to patients, she also gets calls about someone who needs an extra lift and will go to the hospital as needed.

“It improves their mood and their outlook,” she says. “I know how good these services can make someone feel. I started volunteering because I wanted to do it outside of the spa.”

All four volunteers feel that they get back way more than they give by helping patients and families at Shepherd Center. “If I can do one little thing to help them through their journey, then I feel like I’ve done a good job,” Kelly says. “The patients I meet are so positive. I leave with the hope that I can be half as positive with half of the strength they have.”
Angel Luncheon 2017 Recognizes Generous Donors

BY JON ROXLAND

SHEPHERD CENTER HAS A LONG TRADITION OF HONORING the many special people who go above and beyond in their support of the hospital. We call them our angels.

On Feb. 21, Shepherd Center Foundation hosted the 32nd annual Angel Luncheon, honoring the individuals, corporations and foundations who have been major donors to the hospital in the past year. The luncheon also recognized special events chairs, past Angels of the Year and members of the Bridge Builders Society, who have named Shepherd Center in their estate plans.

The Foundation recognized Debbie and Tommy Malone as the 2017 Angels of the Year. The Malones, loyal supporters of Shepherd Center since 2002, have provided generous, consistent annual support for The Legendary Party and their greatest passion, the Shepherd Center Injury Prevention Program.

Tommy became involved as a member of Shepherd Center’s Board of Trustees in 2011 and was an active member as chair of the injury prevention fundraising committee throughout his term. Through their generosity, Debbie and Tommy hope to make a difference in the community by fostering awareness and prevention of the same types of injuries – brain injuries and spinal cord injuries – he often helps families navigate as a trial attorney.

“There is no greater reward than being able to make a meaningful difference in the quality of life of another person,” Tommy says.

Women Shaping Shepherd Continues to Build on its Success

BY LAUREN TUCKER

Women Shaping Shepherd enjoys another successful year in 2016. Founded in 2015, the giving circle’s collective fundraising is directed by member vote to one of hospital’s programs of great need. Membership dues are $1,000, and members attend social and educational events throughout the year.

In just two years, Women Shaping Shepherd has made an immediate impact. In 2016, the Women Shaping Shepherd membership presented the Recreation Therapy Program with a check for $70,500. The group is poised for continued success with a new membership year now under way.

For more information on Women Shaping Shepherd, contact Lauren Tucker at lauren_tucker@shepherd.org or Cara Roxland at cara_roxland@shepherd.org.
UPCOMING EVENTS

SHEPHERD CENTER FOUNDATION

Fill your 2017 calendar with Shepherd Center Foundation events!

Project Rollway

JUNE 23

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

ProjectRollway2017.eventbrite.com

Summer in the City

JULY 19

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

Shepherd Center Cup

SEPT. 25

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

The Legendary Party

NOV. 4

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

For more information on Shepherd Center events, please contact:

NATALIE BEARD
Special Events Associate
404-350-7304
Natalie_Beard@shepherd.org
Summer in the City, Shepherd Center Cup

LESLEI JACKSON
Special Events Associate
404-350-7778
Leslie_Jackson@shepherd.org
Derby Day, The Legendary Party
Honorees are listed first in bold print followed by the names of those making gifts in their honor. This list reflects gifts made to Shepherd Center between Nov. 1, 2016 and Jan. 31, 2017.

Pat Ahlers
Ms. Linda W. Alexander

Happy Holidays to Pat Ahlers
Mr. and Mrs. David Bennett
Dr. Alison M. Stuebe

In Honor of Chris Akridge
Mr. David McMahon

In Honor of Patrick Ali
Mrs. Tammy T. Sauer
Fogarty Five and Friends

Keith and Gina Altman
Ms. Lori M. Ewing

Joe Anderson
Mrs. Elizabeth B. Anderson

Mrs. Gregory Anderson
Bill and Clara Wellons

In Honor of Tucker Anderson
Sgt. Maj. Carter S. Lanier

Suzette Anson –
Congrats on the Gold Star!
Dr. David F. Apple, Jr.

David and Jane Apple
Mr. William S. Murphy, Jr.

Dr. David Apple, Jr.
Ms. Sarah L. Batts
Mr. and Mrs. Martin B. Freedland

Cyndae Arrendale
Ms. Sarah L. Batts

Happy Holidays
to Cyndae Arrendale
Mrs. Hong-Tsun Simon

Martha and George Atkins
Wish Happy Holidays to
Mr. and Mrs. Steve Baldwin
Mr. and Mrs. Charles Campbell
Mr. and Mrs. Henry Grady
Mr. and Mrs. Harry Haisten
Mrs. O. David Kulman
Susannah and Ralph Smith
Mr. Michael York

Happy Holidays to Alex Bach
Ms. Susan L. Kaiser

Jim Balkcom
Mr. and Mrs. Michael D. Walsh

Steve Ball
Ms. Coleen Ball

In honor of Jane Barrett –
Great Foundation Week!
Dr. David F. Apple, Jr.

Julia Barrett’s Recovery
Mr. and Mrs. Edward J. Barrett

Happy Holidays to Betty
and Lee Barrett
Mr. and Mrs. Wesley D. Snapp

Ashley Bateman
Colonel and Mrs. George M. McVeigh, Jr.

Sarah Batts
Mr. and Mrs. Bertram L. Levy

Harve Bauguess’ Birthday
Mr. and Mrs. Dale H. Tucker

Duncan Beard
Mr. and Mrs. Terry Pickett

Happy Holidays
to Lois Beauchamp
Mr. and Mrs. David C. Beauchamp

Marla and Thomas Bennett
Dr. Lynn Rogers

Rachel Betzler –
Always great help!
Dr. David F. Apple, Jr.

Jane and David Bockel, Sr.
Wishing Happy Holidays to
Ms. Helen Blase
Mr. and Mrs. Hugh Goodwin
Mr. and Mrs. Joseph L. Kehoe
Mr. and Mrs. Neal Pope
Mr. and Mrs. Ronel Poppell

Timothy Brit
Mr. and Mrs. Peter Kaczmarek

Sarah Brodnax –
a supporter of Chris Port
Dr. and Mrs. Thomas C. Port

Dylan Brown
Mr. and Mrs. John G. Watson

Mr. and Mrs. Norris Broyles
Ms. Jeaneen Martin

Happy Holidays to Grant Brunson
Mrs. Margaret B. Middleton

Joyce Bryant Williams –
Great TV service recovery!
Dr. David F. Apple, Jr.

Happy Holidays to Patricia
and Amy Buce
Mr. and Mrs. Walter F. Buce

Bert and Joy Burns’ Friendship
Ms. Ann R. Howell

Candice Cain
Mr. Bryant Curtis

Jim Calise
Mr. and Mrs. William J. Calise

Happy Holidays to Torie Cambra
Mrs. Melinda M. Corna

Terry Campen
Mr. and Mrs. Victor J. Robertson

In Honor of Denise Carleton
Bob and Liz DeBatto

Happy Holidays to Angela Carlos
Mr. and Mrs. James A. Carlos

John and Elaine Carlos
Mr. and Mrs. James E. Gilmer, Jr.

Happy Holidays to Kari Carlos
Mr. and Mrs. James A. Carlos

Happy Holidays to Jesse
and Cheryl Carson
Ms. Cynthia M. Greenwood

Happy Holidays Will Caughman
Mr. Andrew Wingrove

Sara S. Chapman
Mr. and Mrs. Jeffrey M. Herbert

Richard Clark
Mrs. Margot Clark

Happy Holidays
to Jeanette Clarke
Ms. Ann W. Clarke

Kanika Cloud –
Congrats on the Gold Star!
Dr. David F. Apple, Jr.

Happy Holidays to Fran Cloney
Mr. and Mrs. Sherman A. Cohen

Seymour Cohn’s Birthday
Mr. and Mrs. Steven G. Gershberg

Happy Holidays to Dion, Elizabeth, Eli and Grace Condrey
The Condrey Family
Mr. and Mrs. Peter J. West

Happy Holidays to Tim
and Shirley Condrey
Ms. Barbara Clensing
Mr. and Mrs. Peter J. West

In Honor of Tim Condrey
Ms. Shirley McFarlane
Mr. James N. Vournakis

Jill Cothran
Mr. and Mrs. Donald L. Richardson

Brenda Crooks –
Congrats on the Gold Star!
Dr. David F. Apple, Jr.

Carol Curtis Wishes
Happy Holidays to
Mr. and Mrs. Mel Adler
Mr. and Mrs. John Alston
Mr. and Mrs. Rudy Hanrell
Mrs. Wanda Hopkins
Mr. and Mrs. W. Donald Knight
Dr. and Mrs. Jerome Lynn
Mr. and Mrs. McKee Nunally
Mrs. Lula Post
Mrs. Laura Spearman
Mr. and Mrs. Edus Warren
Mr. and Mrs. James Wells
Mr. and Mrs. Robert Yellowlees

James Curtis Wishes
Happy Holidays to
Mr. and Mrs. Michael J. Brucato
Ms. Jean F. Caldwell
Mr. and Mrs. Brad Courts
Mr. and Mrs. Richard W. Courts II
Ms. Carol MacDougall Curtis
and Dr. W. Knox Kinlaw
Ms. Laureen E. Dame
Mr. and Mrs. Treed Davis
Mr. and Mrs. Blake Dexter
Mr. and Mrs. John Frazer
Mr. and Mrs. David Glass
Dr. Matt and Kiery Graboski
Mr. and Mrs. Ryan Hardage
Mr. and Mrs. Kevin Hayes
Ms. Sharon L. Hollis
Ms. Cecy Jones
Dr. and Mrs. Knox Kinlaw

Mr. Gary Leifler and Mrs. Lynne Bell
Mr. and Mrs. Tom Lofthouse
Mr. and Mrs. Jerome Lynn
Mr. and Mrs. John Martin
Mr. and Mrs. Todd Norwood
Mr. and Mrs. McKee Nunally
Mr. and Mrs. Gary Palmer
Mr. and Mrs. Heber Pampillon
Ms. Kimberly Poole
Ms. Marsha Schmidt
Mr. and Mrs. Dell Sikes
Mr. and Mrs. Ian Smith
Mr. Timothy A. Straus
Ms. Elizabeth Swanson
Mr. and Mrs. Zachary Wilson
Mr. and Mrs. David Withers

James Curtis
Dr. David F. Apple, Jr.
Mr. William S. Murphy, Jr.

Happy Holidays to James Curtis
Dr. and Mrs. Jerome W. Lynn, Jr.

Happy Holidays to Jerry
and Jackie D’Andrea
Ms. Jessica Vinces

In Honor of Bobby Dangerfield
Robert and Rene Wall

Happy Holidays to Betsy Daniels
Mr. and Mrs. George K. Wolles, Jr.

Joe Daniels
Mr. and Mrs. Corbitt Woods

The Davis Family – Leighanne,
Richard, Tricia, and
Swain, Wish Merry Christmas to
Mr. and Mrs. John Anderson
Mr. and Mrs. Sonny Culp
Dr. and Mrs. Bob Davis
Dr. and Mrs. JT Davis
Mr. and Mrs. Alan Davis
Mrs. Robin Davis
Mrs. Sally Dillingham
Mrs. Leslie Donnell
Mr. and Mrs. CT Fitzpatrick
Mr. and Mrs. John Frazer
Ms. Catherine Hails
Mr. and Mrs. Chuck Heitzman
Mr. and Mrs. Bill McDonald
Mr. and Mrs. Fred McGraw
Mr. and Mrs. Cal Minter
Mr. and Mrs. Deb Minter
Mr. and Mrs. Frank Minter
Ms. Caroline Minter
Mr. and Mrs. Eric Skinner
Mr. George Spigener
Mrs. Laura Spigener
Mrs. Robin Wilson

Mr. and Mrs. Jarrett Davis
Mrs. Jeanne Martin

Mr. and Mrs. Jarrett Davis
Wish Happy Holidays to
Mr. and Mrs. Allen Builder
Mr. and Mrs. Merrell Calhoun
Mr. and Mrs. John B. Ellis
Mr. and Mrs. William Gow
Mr. and Mrs. Allen Hardin
Mr. and Mrs. Clarence Kemper
Mr. and Mrs. Lawton Nease
Mr. and Mrs. Richard Sorenson
Ann Day
Aderhold Family Foundation

Dr. Andrew Dennison and his team
Mr. and Mrs. Thomas H. Lanier II

Charles Emerson
Dowdy’s Birthday
Mrs. Charles Dowdy

Happy Holidays to Patrick Durkin
Ms. Susan L. Crawford

Happy Holidays to Lisa Eagen
Ms. Jillian Wells

Happy Holidays Maggie and Jim Eanes
Mr. and Mrs. John S. Wallace

Travis Ellis
Mr. and Mrs. Joel G. Bowman

Happy Holidays to Mr. and Mrs. David Erskine
Emily Kisber

In Honor of Tim Farrell
Mr. and Mrs. Stephen W. Palmer

Carey Felsberg
Mr. and Mrs. David C. Felsberg

Noah Felsberg
Mr. and Mrs. David C. Felsberg

Peter Dennis Folger, US Marine
Ms. Ann F. Letcher

Cameron Forrester –
For your years of dedicated service to TruPoint Bank
A Friend of Shepherd Center

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

In Honor of Stephen Franke
Ms. Shelly Farland
Mr. and Mrs. Ed Vollrath

Rusty French
Mr. and Mrs. James R. Balkcom, Jr.

In Honor of Joe Gadd
Lenore and Victor
Maslia Foundation

In Honor of Devon Gales
Mr. Kevin Everett

Happy Holidays to Tami Galipo
Ms. Laura E. Mood
Miss Leigh A. Raynor

Mr. and Mrs. James T. Gandy
Wish Happy Holidays to
Andrew Cuppia
Mr. and Mrs. James C. Cuppia
Mr. and Mrs. Jerome C. Cuppia III
Mrs. Margaret Naugle

Happy Holidays to Jeré Garde
Ms. Jill Gregory
Mr. and Mrs. Chris Stuckey

Allen Garrett
Summit Midstream Partners, LP

Shannon Garrett
Mr. and Mrs. Larry T. Garrett

The Gip Gayle Family
Mr. and Mrs. Franklin D. Canel

Happy Holidays to the Georgia Department of Economic Development
Miles Partnership

Jane and Bob Gibson
Wish Merry Christmas and a Blessed 2017 to
Mrs. Jan Andrews
Mr. and Mrs. Creshull Harrison
Mr. and Mrs. David Kesterton
Mr. and Mrs. Robert Kesterton
Mrs. Rebecca Moon
Mr. and Mrs. Lawton Nease
Mr. Dan Rather
Mrs. Martha Young

Nancy Goldstucker’s Birthday
Emily Kisber

In Honor of Brett Greenhill
The Liebman Family

Tom and Meg Haas
Mr. and Mrs. Michael G. Davenport

Ben Hadsok
Mr. Kevin Kelly

Judy Hall
Ms. Melissa LoSasso

Mr. and Mrs. Thomas H. Hall III
Mr. and Mrs. Michael Balliet

Mr. John C. Hamilton
Wishes Happy Holidays to
Mr. Millard Choate and Choate Construction Company
Mrs. Robert B. Coats, Jr.
Mr. Andy Isakson, Sr.
Mr. David Wahl
and Isakson Living
Mr. and Mrs. Robin Loudenmire

Happy Holidays to Greg and Ann Hampton
Mrs. Kathryn H. Kapnek

Noreen Hanna
Mr. and Mrs. Barry E. Hanna

Mr. and Mrs. James Hance, Jr.
Wish Happy Holidays to
Mr. and Mrs. Steven Bishopric
Dr. and Mrs. L. Clayton Harrell
Mrs. George Ivey
Mr. and Mrs. Matthew Lester
Mr. and Mrs. Peter Roggeveen

Jaycee Harding –
Happy Retirement!
Dr. David F. Apple, Jr.

In Honor of Bryan Adkins Hart
Mr. Robert DeBatto

Bebe Hatcher
Mrs. Jeanne Martin

Laura Hawkins – Good luck
in your new career!
Dr. David F. Apple, Jr.

Anne Hazel
Mr. and Mrs. John Boatwright

In Honor of Bryan Hewins
LTC (Ret.) and
Mrs. Floyd K. Maertens

Keith Hicks’ Birthday
Dr. and Mrs. Gary R. Ulicny

Happy Holidays to Robert H. Hogg
Dr. and Mrs. Jimmy C. Nash

In Honor of Amelia Holley
Mrs. Matthey T. Harris

Minna Hong
Mr. and Mrs. David S. Martin

Wanda Hopkins
Dr. and Mrs. Carter Smith, Jr.

Happy Holidays to Brett Horton
Mr. William Drake

In Honor of Brett Horton
Mr. William Drake

Mr. and Mrs. Harry Howard
Mrs. Jeanne Martin

Mary Kay Howard and Margaret
Knoeblauch Wish Merry Christmas
and Happy New Year to
Mr. John Caldwell
Mrs. Elaine Etheridge
Mrs. Joan Henry
The Knoeblauch Family
Mr. Dennis Loubiere
Dr. Edward Eanes
Miss Carol Olsen
The Paulus Family
Ms. Julie Whitehead

David Hudgik
Mr. Paul A. Hudgik

Mr. William Hughes
Mr. and Mrs. Christopher S. Grubb
Mr. Jon W. Hughes

In Honor of Emily Hutt
Mrs. Natasha Overman

Happy Holidays to Porter Hutto
Ms. Kidder C. Williams
Mr. and Mrs. Larry C. Williams

Happy Hanukkah to Joel
and Nancy Isenberg
Dr. and Mr. Joseph A. Arnold

Martin Isenberg’s Birthday
Mr. and Mrs. Mitch Paul

In honor of Leslie Jackson –
Great Legendary Ball!
Dr. David F. Apple, Jr.

In Honor of Clark Jacobs
Ms. Lorraine C. Parker

Caline Jarudi’s Anniversary
Numan Waheed

Happy New Year and Best Wishes
to Mr. and Mrs. Ralph Jenkins
Mr. and Mrs. Eugene L. Pearce III

Mark Johnson
Mr. and Mrs. David S. Martin

Shanteka Johnson –
Congrats on the Gold Star
Dr. David F. Apple, Jr.

John Matthew Johnston
Mrs. Josephine B. Johnston

Nate Klein’s upcoming marriage
Mr. Terri R. Klein and Mr. Daniel I. Gup

In Honor of Sasha Kupchak
Mr. Richard Kupchak

Mr. and Mrs. Ron Kolar
Mrs. Jeanne Martin

Bonnie and Chris Krebs
Mr. and Mrs. Frank C. Jones

Deborah Krotenberg
Ms. Miriam F. Beckerman

David Kuniansky’s Birthday
Mr. and Mrs. Steven J. Labovitz

Happy Holidays to Theodore LaVallee
Ms. M. Lynne LaVallee

William Lellyet
Mrs. Jeanne Martin

Donald Peck Leslie, M.D.
Mrs. Elizabeth B. Anderson
Mr. and Mrs. Thomas H. Lanier II
Mr. and Mrs. J. Hays Marsh
Dr. and Mrs. Mark L. Rosenberg

Dr. and Mrs. Donald Leslie
Ms. Sarah L. Batts

Happy Holidays to Donald P. Leslie, M.D.
Ms. Ruthie T. Watts

Dr. Marshall Levine’s Retirement
Mr. and Mrs. Steven J. Labovitz

Edward Lewis
Mr. and Mrs. Randall Kirsch

Happy Holidays to Roland
and Shirely L’Heureux
Mrs. Cheryl Price

Patient Corey Cobb of Leesburg, Georgia, enjoys Casino Night at Shepherd Center, sponsored by Bank of North Georgia.
Members of the Shepherd Center racing team participated in the Charles Harris Run for Leukemia in March.
Atlanta city planners visited Shepherd Center for an experiential learning event during which they witnessed challenges related to public restrooms and parking, navigating various terrains and sidewalks, and even challenges navigating a grocery store for a new perspective on accessibility.

Steve Shepherd’s Friendship
Mr. John T. Bohlager

Happy Holidays to Charina Shields
Mr. and Mrs. Jim Shields

Gabe Shivers
Mr. and Mrs. Randy Cobb

Happy Holidays to Mark Shuler
Mr. and Mrs. James S. Long
Mr. and Mrs. Bert E. Shuler

Harry Shuman’s 70th Birthday!
Dr. David F. Apple, Jr.

Dell Sike’s Birthday
Dr. David F. Apple, Jr.

Happy Chanukah to Sydney Simon
Emily Kisber

Robin J. Skolsky
Mr. David J. Skolsky

Tom Sloope
Howard S. Holleman
Jack and Rebecca Sapp
Mr. and Mrs. Chris C. Stovall

Boynton Smith
Ms. Sarah L. Batts

Happy Holidays to Garland Smith
Mr. and Mrs. George K. Wolfles, Jr.

David Snell
A Friend of Shepherd Center

In Honor of Gary Shepherd’s 50th Wedding Anniversary
Mr. and Mrs. Richard Shepherd
Mr. and Mrs. John Miner
Mr. and Mrs. Louie Pittman
Ms. Wilma Bunch

Happy Holidays to Missy and family
Mr. and Mrs. Kirk Wilder

Steve Shepherd’s Friendship
Mr. John T. Bohlager

Happy Holidays to Charina Shields
Mr. and Mrs. Jim Shields

Gabe Shivers
Mr. and Mrs. Randy Cobb

Happy Holidays to Mark Shuler
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Mr. and Mrs. Richard Shepherd
Mr. and Mrs. John Miner
Mr. and Mrs. Louie Pittman
Ms. Wilma Bunch

Happy Holidays to Missy and family
Mr. and Mrs. Kirk Wilder

Lindsey Vicente – SC History Expert
Dr. David F. Apple, Jr.

Happy Holidays to The Vinson Family
Mrs. Judith Belcher

Mr. and Mrs. Jeff Walker
Mr. Jeff Bartusch

Cindy Widner Wall
Ms. Sarah L. Batts

Happy Holidays to Smith Wallace
Mr. Harold R. Smith

Jennings Watkins’ Birthday
Mrs. Merrin A. Anderson

Happy Holidays to Jennings Watkins
Mr. and Mrs. James G. Gullett

Happy Holidays to Anne and George Wellington
Mr. and Mrs. Hugh J. Wellington

In Honor of Jeff Werner
Mrs. Donna Werner
Mr. and Mrs. Robert I. Werner

Happy Holidays to Peter and Kelley West
Ms. Barbara McClintock

Mrs. Mildred S. Whitaker
Wishes Happy Holidays to
Ms. Dianne Bernier
Debbie Crumpton
Mrs. Marie Embry
Mr. and Mrs. Buster Folsom
and Anthony
Mr. and Mrs. Andy Gardiner
Janelle Stephens
Mary Frances Summers

Jerry Whitman’s Birthday
Dr. and Mrs. Robert M. Fryer

Terry Whitman’s Birthday
Dr. and Mrs. Robert M. Fryer

Charles and Melody Wicksiffe
wish Happy Holidays to
Dr. Booker Dalton
Dr. Tom Harbin
Dr. Christopher Jarrett
Dr. Jim Kauten
Dr. Joe Miller
Dr. Mark Mooney
Dr. Robin Pyburn
Dr. Peter Symbas

In Honor of Kirk Wilder
Dr. and Mrs. David S. Nichols

Happy Holidays to Hanson Williams
Mr. Christopher C. Carter

Happy Holidays to Jim Williams
A Friend of Shepherd Center

Happy Holidays to Liz Willis
Mr. and Mrs. Andy Farmer

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

Happy Holidays to Bryant and Cordelia Wishart
Ms. Anne W. Geddes

Sandra and Michael Wisniewski’s 50th Anniversary
Mr. Christopher A. Atten

Mr. and Mrs. Ryan Flynn
Ms. Haliana H. Sizam
Mr. and Mrs. Mirek K. Wisniewski

Mrs. Charles Woodall, Jr. Wishes
Happy Holidays to
Mr. and Mrs. Wiley Ansley
Mrs. McCary Ballard
Mrs. James Black
Mr. John Bowen
Mrs. Roy Bowen
Mrs. Douglas Bowring
Mrs. George Chase
Mr. and Mrs. Don Dennard
Mrs. Hayes Dever
Mr. C.W. Dukehart
Mr. and Mrs. John Fletcher
Mrs. Barbara Folmar
Mr. and Mrs. Larry Foster
Mrs. Julian Fowler
Mr. and Mrs. David Gambrell
Mrs. Gene Gwaltney
Mrs. William Hatcher
Mr. and Mrs. Jefferson Hehir
Mr. and Mrs. Harry Howell
Mrs. Barrett Howell
Mr. and Mrs. Paul Izlar
Mrs. Thomas Martin
Ms. Lee Moran
Mrs. Mark Pentecost
Mrs. Charles Peterson
Ms. Morris Shadburn
Mrs. Robert Sterling
Mr. Hamilton Stockton
Mrs. Vernona Tempke
Mr. William Warren III
Mrs. Jeni Wente

Joan Woodall
Mrs. Jeanne Martin

Joan Woodall – Thank You
Mrs. Caroline W. Fowler

Price and Tammy Woodward
Mr. and Mrs. J. David Ewing

Happy Holidays to Jody Woody
Mr. Samuel J. Pointer

Danny and Lois Yates
Wish Happy Holidays to
Ms. Wilma Bunch
Dr. and Mrs. David Dubose
Mr. and Mrs. Keith Hicks
Mr. and Mrs. Tom Johnson
Mr. and Mrs. Rob Johnston
Mr. Charles Loudenmilk
Mrs. John Miner
Mr. and Mrs. Louise Pittman
Mr. and Mrs. Richard Ripley
Mr. and Mrs. Clyde Shepherd
Mr. and Mrs. Harold Shepherd
Mr. and Mrs. James Shepherd
Mr. and Mrs. Steve Shepherd
Mr. Tommy Shepherd
Mr. and Mrs. Dell Sikes
Mr. and Mrs. Steve Sloan
Mr. and Mrs. John Spalding
Ms. Jenny Thompson
Mr. and Mrs. Frank Troutman
Dr. and Mrs. Gary Ulrich

Dan Yates’ 98th Birthday
Mr. and Mrs. J. Harold Shepherd

Happy Holidays to Gail and Turk Yordy
Mrs. Elizabeth Hook

In celebration of the marriage of Matthew Young and Amy Coffelt
Ms. Jane H. Howard

Lindsey Vicente – SC History Expert
Dr. David F. Apple, Jr.

Happy Holidays to
The Vinson Family
Mrs. Judith Belcher

Mr. and Mrs. Jeff Walker
Mr. Jeff Bartusch

Cindy Widner Wall
Ms. Sarah L. Batts

Happy Holidays to
Smith Wallace
Mr. Harold R. Smith

Jennings Watkins’ Birthday
Mrs. Merrin A. Anderson

Happy Holidays to
Jennings Watkins
Mr. and Mrs. James G. Gullett

Happy Holidays to
Anne and George Wellington
Mr. and Mrs. Hugh J. Wellington

In Honor of Jeff Werner
Mrs. Donna Werner
Mr. and Mrs. Robert I. Werner

Happy Holidays to
Peter and Kelley West
Ms. Barbara McClintock

Mrs. Mildred S. Whitaker
Wishes Happy Holidays to
Ms. Dianne Bernier
Debbie Crumpton
Mrs. Marie Embry
Mr. and Mrs. Buster Folsom
and Anthony
Mr. and Mrs. Andy Gardiner
Janelle Stephens
Mary Frances Summers

Jerry Whitman’s Birthday
Dr. and Mrs. Robert M. Fryer

Terry Whitman’s Birthday
Dr. and Mrs. Robert M. Fryer

Charles and Melody Wicksiffe
wish Happy Holidays to
Dr. Booker Dalton
Dr. Tom Harbin
Dr. Christopher Jarrett
Dr. Jim Kauten
Dr. Joe Miller
Dr. Mark Mooney
Dr. Robin Pyburn
Dr. Peter Symbas

In Honor of Kirk Wilder
Dr. and Mrs. David S. Nichols

Happy Holidays to Hanson Williams
Mr. Christopher C. Carter

Happy Holidays to Jim Williams
A Friend of Shepherd Center

Happy Holidays to Liz Willis
Mr. and Mrs. Andy Farmer

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

Happy Holidays to Bryant and Cordelia Wishart
Ms. Anne W. Geddes

Sandra and Michael Wisniewski’s 50th Anniversary
Mr. Christopher A. Atten

Mr. and Mrs. Ryan Flynn
Ms. Haliana H. Sizam
Mr. and Mrs. Mirek K. Wisniewski

Mrs. Charles Woodall, Jr. Wishes
Happy Holidays to
Mr. and Mrs. Wiley Ansley
Mrs. McCary Ballard
Mrs. James Black
Mr. John Bowen
Mrs. Roy Bowen
Mrs. Douglas Bowring
Mrs. George Chase
Mr. and Mrs. Don Dennard
Mrs. Hayes Dever
Mr. C.W. Dukehart
Mr. and Mrs. John Fletcher
Mrs. Barbara Folmar
Mr. and Mrs. Larry Foster
Mrs. Julian Fowler
Mr. and Mrs. David Gambrell
Mrs. Gene Gwaltney
Mrs. William Hatcher
Mr. and Mrs. Jefferson Hehir
Mr. and Mrs. Harry Howell
Mrs. Barrett Howell
Mr. and Mrs. Paul Izlar
Mrs. Thomas Martin
Ms. Lee Moran
Mrs. Mark Pentecost
Mrs. Charles Peterson
Ms. Morris Shadburn
Mrs. Robert Sterling
Mr. Hamilton Stockton
Mrs. Vernona Tempke
Mr. William Warren III
Mrs. Jeni Wente

Joan Woodall
Mrs. Jeanne Martin

Joan Woodall – Thank You
Mrs. Caroline W. Fowler

Price and Tammy Woodward
Mr. and Mrs. J. David Ewing

Happy Holidays to Jody Woody
Mr. Samuel J. Pointer

Danny and Lois Yates
Wish Happy Holidays to
Ms. Wilma Bunch
Dr. and Mrs. David Dubose
Mr. and Mrs. Keith Hicks
Mr. and Mrs. Tom Johnson
Mr. and Mrs. Rob Johnston
Mr. Charles Loudenmilk
Mrs. John Miner
Mr. and Mrs. Louise Pittman
Mr. and Mrs. Richard Ripley
Mr. and Mrs. Clyde Shepherd
Mr. and Mrs. Harold Shepherd
Mr. and Mrs. James Shepherd
Mr. and Mrs. Steve Shepherd
Mr. Tommy Shepherd
Mr. and Mrs. Dell Sikes
Mr. and Mrs. Steve Sloan
Mr. and Mrs. John Spalding
Ms. Jenny Thompson
Mr. and Mrs. Frank Troutman
Dr. and Mrs. Gary Ulrich

Dan Yates’ 98th Birthday
Mr. and Mrs. J. Harold Shepherd

Happy Holidays to Gail and Turk Yordy
Mrs. Elizabeth Hook

In celebration of the marriage of Matthew Young and Amy Coffelt
Ms. Jane H. Howard
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 Nov. 1, 2016 and Jan. 31, 2017.

Lindsey Addamo  
Mr. and Mrs. Joseph Herbst  
Mr. and Mrs. Thomas Herbst  
Chad Albritton  
Mr. and Mrs. Robert E. Albritton  
Merle H. Allen, US Army, WWll  
Mr. and Mrs. Phil K. Allen  
Sharon Anderson  
Mr. Raymond A. Booth  
Taz Anderson  
Dr. and Mrs. David A. Rendleman  
Anneliese “Ann” Anschutz  
Mr. Werner Anschutz  
Karl Anschutz’s Birthday  
Mr. Werner Anschutz  
Laura and Karl Anschutz  
Ms. Esther L. Abisamra  
Ms. Hope Abisamra  
Mr. Werner Anschutz  
David and Bernice Apple  
Mr. and Mrs. Arthur E. Hunt  
Debbie Atkinson  
Mr. and Mrs. Stephen W. Palmer  
Ray Back  
Mr. and Mrs. Steven Back  
Betty Barge  
Mr. and Mrs. Sean Coy  
Lawrence Bartley  
Ms. Susan Bartley  
Mr. and Mrs. Frank F. Harris, Jr.  
Judson Batts  
Dr. and Mrs. Donald P. Leslie  
Mr. and Mrs. McKeen Nunnally  
Mr. and Mrs. John D. Riddle  
Mr. and Mrs. James H. Shepherd III  
Hunter Bell, Jr.  
Mrs. Lindsey Hopkins III  
Mrs. Marie Clark Blackmon  
Mr. and Mrs. Jeff G. Griffin  
Charles Blankenship  
Mr. and Mrs. Jim T. Williams  
VADM C.T. Booth II  
Rear Admiral and  
Mrs. Peter Booth, USN (Ret.)  
Mr. and Mrs. Harlee Branch, Jr.  
Ms. Elizabeth L. Branch  
Margaret Ann Bratton  
Mr. and Mrs. David Wilder  
Dr. Jerry Broussard  
Dr. and Mrs. Dwight D. Edman  
Noah, Jenny and Paul Erwin  
Barbara J. Goldberg, Ph.D.  
Mr. Marshall Hyatt  
Ms. Renee Hyatt  
Ms. Kala L. Paul  
Cliff, Betsy and Ryan Tyler  
Christine Bryan  
Mr. and Mrs. Steven P. Schaikewitz  
Gordon C. Bynum, Jr.  
Ms. Catherine Fike  
William H. Cameron, USMC  
Mr. and Mrs. Phil K. Allen  
Dana Carr  
Mr. and Mrs. Rick Carr  
James Caswell  
Mr. and Mrs. David M. Black  
Mrs. Frank C. Bowen, Jr.  
Mr. and Mrs. Charles B. Rice, Sr.  
Mr. and Mrs. Michael G. Walsh  
Marty and Al Church  
Mrs. Martha J. Church and Mr. Leonard J. Oddo  
Steve Clark  
Mrs. Elaine Drack  
Justin Cochran  
Ms. Shannon Cochran  
Edwin Cowart  
Mrs. Frank C. Bowen, Jr.  
Bryan Cox  
Mr. and Mrs. Terry J. Cox  
Joan Cravey  
Dr. and Mrs. Kenneth S. Taratus  
George William Crist III  
Mrs. Susan G. Crist  
Jack Davis  
Mrs. Frank C. Bowen, Jr.  
Ramona Dean  
Mr. and Mrs. Jim T. Williams  
Bobby Dorriss  
Mr. Andrew M. Dykes  
Rick Douwsma  
Ms. Margaret H. Long  
John Edward “Poppy” Duggan  
Mrs. Frank C. Bowen, Jr.  
Ms. Evelyn I. Newton  
Mr. and Mrs. Michael W. Thompson  
Richard C. “Dick” Eriksson  
Mr. Bruce D. Burton  
Katherine Evans  
Ms. May G. Kennedy  
Patrick Farrell  
Ms. Mary Baird  
Mr. and Mrs. John Bardin  
Mr. Kelly Beaver  
Ms. Melissa Dickens  
Mr. and Mrs. Joseph F. Farrell  
Mr. Scott L. Gibson  
Mr. and Mrs. John Godwin  
Mr. Harold Ingalls  
Mr. and Mrs. David Jordan  
Mr. and Mrs. John J. Martin  
Muse Salon & Spa  
Mr. and Mrs. Robert O’Connor  
Mr. and Mrs. Cleghorn D. Penn  
Mr. and Mrs. Charles B. Rice, Sr.  
Mr. Rick Schultz  
Mrs. Laurie Semple  
Mr. and Mrs. James H. Shepherd, Jr.  
Mr. Charles E. Strong  
Move, Shelley and Sutch  
Mr. Mark A. Volker  
Mr. and Mrs. John Webb  
Robin M. Weidener  
Mr. Scott Yancey  
Claire Feldman  
Mr. and Mrs. Joel K. Isenberg  
Gladys Fields  
Ms. Mary Hunter S. Coltharp  
Bess Finch  
Mrs. Fay S. Howell  
Dustin “Dusty” Shane Fleeman  
Mrs. Karen Dehager  
Mr. Fred H. Gillham  
David Eugene Forbes  
Mrs. Katherine Wyly Mille  
Mr. and Mrs. Thomas E. Williams  
Mrs. Lois Ann J. Wyly  
Ann Fox  
LCHS Class of 1965  
Paul Fraser  
Deutsche Bank Americas Foundation  
Mr. John D. Saunders  
David Funk  
Mr. and Mrs. Steven M. Funk  
Matthew Gallagher  
A friend of Shepherd Center  
Peter Gantsoudes  
Mrs. Lillian Gantsoudes  
Stephen Goot  
Ms. Coleen Ball  
Mr. and Mrs. Al Collinger  
Mr. and Mrs. Mark Davidson  
Mr. and Mrs. A. Wayne Douglas  
Mr. and Mrs. Michael Z. Kay  
Mr. and Mrs. Charles A. Perry  
A friend of Shepherd Center  
Mr. and Mrs. Mel Wilinsky  
Matthew Gora  
Mr. and Mrs. Aaron Backer  
Mr. and Mrs. Marc Backer  
Ms. Lee A. Bambach  
Mr. Dean Bendall  
Mr. and Mrs. John Delay  
Ms. Melissa Rain  
Salesforce.com  
Ms. Kie S. Scibilia  
Sugar Hill Elementary School  
Mrs. Lisa Thiele  
Hix Green  
Mr. James H. Caswell, Jr.  
Mr. and Mrs. J. Harold Shepherd  
Mrs. Charles B. Woodall, Jr.  
Trudy Greene  
Mrs. Frank S. Goodman  
Mr. and Mrs. Lamar Ogleby  
Mr. Hugh Richardson, Jr.  
Bryan Griffin  
Mrs. Sally C. Atwell  
Geir Gudnason  
Mrs. Asbjorg Gudnason  
George T. Gunnell  
LTC (Ret.) and Mrs. Victor Macias  
Jerry Richard Hamilton  
Mr. and Mrs. James C. Slayton III  
Richard Hamilton  
Mr. and Mrs. Rodney H. Reese  
Marion Hampton  
Mr. and Mrs. J. Burton Gruber  
Cannon Harmon, Jr.  
Mr. and Mrs. Karol A. Neufeld  
Lyn Harris  
Ms. Kelly Cruz Brown  
Palm Beach Kennel Club  
Lynda Harris  
Ms. Judith B. Siller Levy  
James Hayes  
Ms. Lillian J. Mote  
Peggy David Hayes  
Ms. Joanne Hayes  
Patrick and Marianna Henry  
Ms. Gay Henry  
Kenneth “Ken” Henson  
Mrs. Frank C. Bowen, Jr.  
Jimmy Hewell  
Willou and Bill Smith  
Elizabeth Hickman  
Dr. and Mrs. Carter Smith, Jr.  
Mark Hodges  
Ms. Mary P. Anderson  
Mrs. Pat R. Hodges  
Mr. Jeffrey J. Kohrmann  
Mr. Christopher L. Phillips  
Mr. Frank A. Phillips  
Mr. and Mrs. Joe M. Phillips  
Morton S. Hodgson, Jr.  
The Hodgson Charitable Trust  
Sgt. Theodore Samuel Holder II  
Mr. and Mrs. Sam Holder  
Leo Holland  
Angels of Eternal Hope Hospice  
Mr. Bo Baugher  
Mr. and Mrs. H. L. Baugher  
Mr. and Mrs. Ben H. Dykes  
Mr. and Mrs. Jimmy Kilpatrick  
Mr. and Mrs. James L. Padgett  
Mr. and Mrs. D. Padgett  
Mr. and Mrs. Wallace Padgett  
Mr. and Mrs. Tommy Porter  
Ms. Sarah P. Smith  
Mr. and Mrs. Gerald Townsend  
Unity Baptist Church  
Ms. Lunelle H. Watson  
Paulette Watson  
Libba Holt  
Nancy and David Hunter  
The Charles S. and  
Dancy H. Wynne Fund
Patient Timothy Tallo of Lakeland, Florida, enjoyed the early spring weather with a fishing outing to Piedmont Park.
Vincent Norton  
Mr. and Mrs. Walter V. Henderson

Phyllis Nygaard  
Mr. and Mrs. William F. Nygaard

Martin Ouzts  
Mr. and Mrs. Joel K. Isenberg

Mrs. Lola Park  
Mr. and Mrs. James A. Laird

Charles Graham Peck  
Mr. Jeffrey J. Lenar

Mark Pentecost  
Mrs. Charles B. Woodall, Jr.

Richard “Dick” Perkins  
Mrs. Frank C. Bowen, Jr.

Claire Phillips  
Ms. Janet L. Phillips

Bartie and Oscar Plunket, Jr.  
Ms. Jane Plunket

Beverly Ponn  
Mr. Leonard Ponn

Erma Portman  
Mrs. Frank C. Bowen, Jr.

Michael “Mikie” Rae, Jr.  
Mr. and Mrs. Michael L. Rae, Sr.

Roy and JoanRalston  
Mr. and Mrs. Arthur E. Hunt

Frances Ramsey  
Mrs. Frank C. Bowen, Jr.

Susan Ratterree  
Mr. and Mrs. J. Harold Shepherd

My Son  
Ms. Barbara L. Minckler

Bobby Reeves  
Mr. and Mrs. Jim T. Williams

Dennis Rivers  
Ms. Jane Johnston

William “Bill” Robinson  
Dr. and Mrs. David O. Ellis

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

Anne Rothenberg  
Julie Mann

Lt. Col. Walter Russell  
Ms. Emmy Conlon

Richard Sander  
Mr. and Mrs. Malcolm Newton

Dr. Emil Sanders  
Mrs. Bettis C. Love

Clayton Schwartz  
Ms. Marilyn Y. Odell

Mrs. Sonia Schwartz and  
Mr. William Schwartz, Jr.  
Mrs. Lindsey Hopkins Ill

Joy Scott  
Mr. and Mrs. Howard M. Goggins

Margaret Shainker  
Mr. Charles J. Shainker

Sam Sumner Singer III  
Brooks and Susan Patterson  
Mrs. Ann Singer

Crawford Sites  
Mrs. Catherine W. Dukehart

Patricia Skowronski  
Mr. and Mrs. Michael Skowronski

Forrest Smith, Jr.  
Dr. Garrett W. Thornton, Jr.

Henry Smith  
Kinsey Construction Company  
Ms. Kim R. O’Brien  
Mr. and Mrs. J. Harold Shepherd  
Mr. and Mrs. James H. Shepherd, Jr.  
Mrs. Julie Shepherd  
Mr. and Mrs. Dell B. Sikes  
Mr. and Mrs. Glenn D. Warren, Jr.  
Mr. Stephen Yoder

Jean Armstrong Smith  
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Shepherd Center Expands

PARTNERSHIP WITH STRATUS HEALTHCARE

Shepherd Center is expanding its innovative partnership with Stratus Healthcare, an alliance of 20 hospitals, 12 health systems and 1,500 physicians in Georgia. The move designates Shepherd Center as the community partner for people affected by catastrophic spinal cord and brain injuries, as well as other serious neurological conditions.

“By having Shepherd Center at the table, our alliance members will not only have greater access to exceptional specialized rehabilitation care for patients with catastrophic injuries and illnesses, but they will also benefit from advanced education on how to best handle these cases,” says Randy Chambers, project coordinator for Stratus Healthcare.

Sarah Morrison, PT, MBA, MHA, president and CEO of Shepherd Center, says, “It’s exciting to be part of an effort in which a group of healthcare leaders are all working together to improve the overall quality of care for our patients.”

Stratus’ network of hospitals and health systems – the largest of its kind in the Southeast – are working together to exchange best practices, improve quality of patient care, combine resources where appropriate, develop coordinated and shared health information technologies, manage the health of specific populations and work to reduce costs.

As part of the new agreement, Shepherd Center is also helping lead efforts to improve access, and healthcare quality and patient safety. Susan Bowen, RN, CPHQ, Shepherd Center’s director of Quality, Outcomes and Patient Safety, was appointed co-chair of the Stratus committee working on these issues. “One of Shepherd’s goals is to transfer knowledge to the clinicians within the Stratus network,” she explains. “People with catastrophic injuries often arrive in various emergency rooms and overwhelm staff who may not be familiar with these types of injuries. We are consistently told that the education we provide considerably increases their comfort level.”

Shepherd Center and Stratus are also examining ways to expand multiple sclerosis care across the region.

“We are working to create a stronger, integrated network of care,” said Mitch Fillhaber, senior vice president of corporate development and managed care at Shepherd Center. “The alliance with Stratus also provides us with a blueprint to use for future partnerships that acknowledge the need for both general and complex rehabilitation.”

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