# Shephal Column®





#### **Shepherd Center**

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#### **About the Cover**

Susan Hawkins

Find out more about the cover design on page 16. Photos by ELEY, Bita Honarvar, Joann Vittelli, and Mark Finkenstaedt, and courtesy of Shepherd Center archives.

# Letter from Jamie Shepherd



#### Dear Readers,

This year, Shepherd Center celebrates a major milestone. It's been 50 years since our founding as Shepherd Spinal Center, and more than just our name has changed in that time. From day one, we've been on a mission. What started as six beds leased inside another hospital has grown into a 152-bed hospital offering inpatient and outpatient programs for the most complex conditions, including spinal cord injuries, brain injuries, stroke, and multiple sclerosis (MS).

Over the years, as we've seen the community's needs grow, we've introduced specialized treatments and programs for various patient and client populations and their families. We have cared for our youngest patients in our Adolescent Rehabilitation Program, former military service members and first responders through the SHARE Military Initiative, and patients experiencing chronic pain through the Dean Stroud Spine and Pain Institute. Individuals living with MS experience world-class care in our Andrew C. Carlos Multiple Sclerosis Institute and our Eula C. and Andrew C. Carlos Multiple Sclerosis Rehabilitation and Wellness Program.

The number of conditions we treat isn't the only thing that's expanded over the last 50 years. Our campus has grown, too. Last fall, we opened the Arthur M. Blank Family Residences to accommodate more families to stay close by as their loved ones undergo rehabilitation, and this spring, the Marcus Center for Advanced Rehabilitation will open, enabling us to treat more patients and expand our research opportunities.

Since our founding, we've also grown into a resource for the disability community in our region and beyond, offering outpatient services like wheelchair fittings, driving rehabilitation, and assistive technology training. We've worked to make the world more accessible and equitable, from securing a separate start for wheelchair racers in the Atlanta Journal-Constitution Peachtree Road Race, to helping make Atlanta's sidewalks and public transportation more accessible before the 1996 Olympics and Paralympics, to partnering with groups like the Atlanta Beltline and Delta Air Lines to increase accessibility for people with disabilities.

Much has changed over the last 50 years, but the most important things remain. We have the world's best clinicians, and our entire staff is as knowledgeable and passionate as ever, changing patients' and families' lives every day. We take pride in our culture of heart, humor, and hard work. And, of course, we place our patients and their families at the center of everything we do.

This year's anniversary is a celebration of you — our staff, current and former patients, and supporters. I hope you'll join in on the excitement by attending an event, volunteering with us at the hospital, or following the celebrations on our website and social media. In the pages that follow, we look back to our early days and forward, to a bright future worth celebrating.

Warm regard

# Jamie Shepherd

Jamie Shepherd, MBA, MHA, FACHE
President and Chief Executive Officer of Shepherd Center





#### **Gifts of Generosity**

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





# "Shepherd Center is the bridge between 'I can't' and 'I can."

-James Shepherd, co-founder, Shepherd Center

There are many ways to measure Shepherd Center's success at the 50-year mark. For instance, you could look at Shepherd Center's 90%+ "return to home" rate that's far beyond the national average of 75%. Or, perhaps, consider that 95% of inpatients would recommend Shepherd Center to others.

But numbers don't fully capture Shepherd Center's story. There are real people behind these statistics – people who are returning to lives of meaning and greater independence. And more than the numbers, Shepherd patients tell the hospital's story.

They tell stories about doctors, therapists, and nurses who went above and beyond in their care. About an outing that opened their eyes to new possibilities. About a chaplain who lifted their spirits, a new sport that renewed their passions, or a piece of assistive tech that made returning to school, work, or just life in general, that much easier.

This is a story 50 years in the making. A story that started with one family who saw a need and made it their mission to fill it.



After months of hospitalizations and rehabilitation, incredibly, James walked out of Craig using only a leg brace and a crutch. His extraordinary recovery got the Shepherds wondering why their son and others with SCIs had to travel across the country for high-quality rehabilitation. Why didn't Atlanta have a catastrophic care hospital that could serve people across the Southeast?

"We all said, 'Somebody ought to start a hospital here," Alana has often recalled. "Well, it turns out that somebody was us."

On Aug. 18, 1975, nearly two years after James' accident, Shepherd Spinal Center opened its doors, leas-

ing unused space from a northwest Atlanta hospital. David Apple Jr., M.D., served as the medical director. Orthopedist Herndon Murray, M.D., plus a trio of therapists and nursing help from the leasing hospital, rounded out Shepherd's first staff. Within a week, all six beds were occupied, and a wait-

Over the years, Shepherd Center has expanded and evolved to serve more patients. In 1982, the current campus began taking shape on Peachtree Road, making space for more specialized programs, including Shepherd Center hallmarks such as peer support and advocacy.

The 1990s brought a wave of new services, including what's now known as the Andrew C.

Carlos Multiple Sclerosis Institute; Shepherd Center's Brain Injury Rehabilitation Program, including Shepherd Pathways, a brain injury rehabilitation center in Decatur; and the Dean Stroud Spine and Pain Institute. The 2000s featured more major expansions: opening Shepherd's

We all said, 'Somebody

ought to start a hospital

somebody was us.

- Alana Shepherd

here.' Well, it turns out that

Military Initiative for veterans, active-duty service members, and first responders with traumatic brain injuries and mental health concerns. "It certainly

on spinal cord injury rehabilitation after my dad's injury, my family saw a need for a rehabilitation hospital in the Southeast," says Jamie Shepherd, son of co-founder James and current chief executive officer. "We've grown and added different departments, but it's always kept that neuro focus. Almost everything we treat is a neurological condition, and that's where our expertise lies."

One program has remained at the core of Shepherd Center's mission from the very beginning: Recreation Therapy.

"We thought that getting patients out of the hospital and into the community for outings was an integral part of their recovery," says Dr. Apple.

first family residences and the SHARE

started with a focus

with exercise physiologist Meghan Santander. ► The Shepherd family leaving Craig Hospital following James' spinal cord injury (SCI) rehabilitation. After traveling to Colorado for his treatment, they knew they needed to start a SCI rehabilitation hospital in the Southeast.

(Clockwise from top) Respiratory Therapist

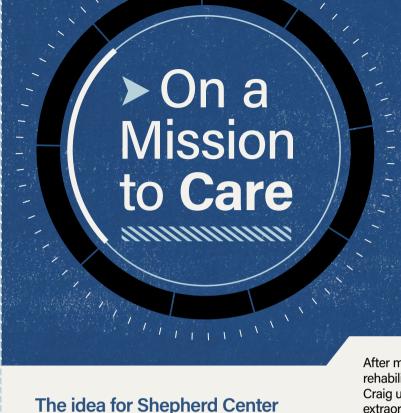
Princetta Reese works with spinal cord injury

(SCI) patient Sebastian Toledo-Diaz. Shepherd

Center has expanded programs over the years,

but SCI rehabilitation remains a cornerstone.

► Multiple sclerosis patient Cathy May works





began as soon as James

rehabilitation from a spinal

cord injury (SCI) he sustained

Alana and Harold Shepherd,

had to travel from Atlanta to

Craig Hospital in Denver so

that James could receive the

specialized care he needed.

in 1973. James and his parents,

Shepherd finished his

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Paris Carter is active participant in Recreation Therapy programs.

In fact, Dr. Apple thought rec therapy was such an important part of a patient's rehabilitation that he initially paid the salary of Shepherd Center's first recreation therapist, Barb (Leidheiser) Trader, out of his own pocket. For 18 months, Trader worked part-time — eight hours a week - taking patients to concerts, the mall, restaurants, Atlanta Braves baseball games, and, eventually, on bigger outings.

"Everything we did was empowering for the patients," Trader shared in a 2016 Spinal Column story. "I had one man tell me: 'The rest of the therapists taught me how to live. You showed me why I want to live."

By the time Trader left Shepherd Center in 1993 to work for the Atlanta Paralympic Organizing Committee, there were 10 recreation therapists helping patients learn to lead healthy and active lifestyles as independently as possible. Today, Shepherd boasts the largest recreation therapy program in the country, including sports teams, fitness facilities, and more.

Paris Carter is one of Shepherd's recent patients who has learned firsthand the benefits of rec therapy. She came for outpatient services in 2023 with a T-10 SCI. Then 21 years old, Paris had a revelation at a Shepherd Center tennis clinic.

"I hadn't played many sports pre-injury, other than swimming," Paris says. "But as soon as we started playing, I was hooked. It was the most fun I'd had in a long time, and that's really what lit my spark again."

From there, Paris has learned as many adaptive sports as she can: basketball, sled hockey, track, rugby, wheelchair football, swimming, you name it. Next up: fencing, curling, and boxing. She's also gone on Shepherd Center's

Adventure Skills Workshops and traveled to Utah and Colorado on Shepherd-organized trips to ski, tube, and rock climb.

"When I was newly injured, I had guilt, shame, anger, all of it, over my injury," Paris recalls. "And that has to go somewhere. Therapy and talking helps, but sometimes you need the physical outlets. With the adaptive sports I've learned, I can pack my basketball up and go shoot hoops. I can go play tennis. I can go for a swim. Be mad, get it out. And get some exercise while I do!"

A graduate student now, Paris is pursuing a Master of Science in Healthcare Management and Informatics at Kennesaw State University. She's also a member of a wheelchair basketball team in Atlanta's BlazeSports league.

"Everything I'm doing now started with that tennis clinic at Shepherd," Paris says. "They're just a hub for anything you can imagine that you'd want to try, and that's such an important part of your recovery to get back to what you love. There are so many people with disabilities I've met who talk about what they can't do. I love being able to talk about what I can do. And that's all because of Shepherd Center."

On a Mission to Comfort

Recreation therapy is just one example of how Shepherd Center supports patients far beyond the traditional clinical setting. You can see it in the on-campus housing, which makes it easier for family members to be near their loved ones. It's evident in everything from peer support and transition planning to food services, on-campus chaplains, and much more.

It's all part of Shepherd Center's mission to care for patients and their families.

Joycelyn Saxon, director of food services, says it's easy to center the patient in a setting like Shepherd Center.

"You really get to know patients, their stories, their families, and their rehab," she says. "We meet with patients directly. We know this is home for you for a while, so we want to make things as comfortable and helpful for you as possible."

Saxon has 40 years of experience in food service, with more than half of that in a healthcare environment. Her team's goal at Shepherd Center is to work with each patient, in coordination with their care team and family, to meet their nutritional needs. But Saxon wants to go beyond that — for each food services team member to be another warm, personal contact supporting patients

during their rehabilitation journeys. It's an approach, she says, that's nurtured here.

"You walk into Shepherd Center and it's a culture of passion and warmth and family," Saxon says. "And that includes every team, including food services. I walked into a team here that loved being part of Shepherd Center. Everybody matters, everybody has a voice. Everybody is a huge part of our patient experience. And that makes it easy to keep improving when everyone is invited to bring new concepts and new ideas."

Chaplain Dave Wethington, MA, BCC, has seen evidence of this person-centered care from both sides of

the equation. When he had a brain injury and was a patient at Shepherd Center in 2012, he could feel hope sliding away early in his recovery. Then, he met Chaplain Alan Roof.

"He sat and helped me find hope again," Wethington recalls. "It wasn't, 'let's open up our Bibles.' It was 'let's find your purpose now.""

Wethington often applies that lesson now that he's become a chaplain at Shepherd Center, helping others work through their own fears and doubts. He's especially thankful for the chance to do so in working with military veterans and activeduty clients through SHARE.

"That's been one of the unexpected blessings for me, helping these veterans and soldiers navigate not just their injuries, but also reconnect with their faith when they might have given up on it," Wethington says. "Sometimes they need help processing what they have to live with from their service. It's an honor to help them find healing and forgiveness and move forward."

Wethington is one of many former patients who have found their way back to Shepherd Center to serve in staff positions. And while the wisdom and empathy of former patients can be found in all areas of Shepherd's work, they are most acutely felt in peer support. The program offers opportunities for current patients and caregivers to connect with, and learn from, a community of former patients and caregivers.

Minna Hong's patient experience stems from an SCI she sustained in a car crash in 1999. The accident didn't just affect her physically; it widowed her at 35, and she became a single mother navigating



Saxon, manager of food services, chats with Hua Li Chang while she works a register during lunch service. ► Minna Hong (R) meets with patient George Mainville and Transition Support Coordinator Kendra Moon in December 2016 ► Dave Wethington stops to check in and pray with a patient

# On a Mission to Comfort

life with paraplegia and two young children. When she thinks back on her rehabilitation, she considers it a time of grief, yes, but also of rebirth.

"Shepherd Center showed me the way forward," she says. "Did they solve all my problems? No, I'd be lying if I said that. But they helped me learn how to use the tools, to work things out myself. For that, I will always be grateful to Shepherd Center, and that's what I've attempted to give back."

For 18 years, Hong worked as a peer support manager, helping to expand the program and centering it, always, in the perspective of the patients and their families. She was instrumental in creating an evidence-based program that proved its value — research that changed how many rehabilitation hospitals view peer support. For her efforts, the Georgia

Hospital Association awarded her the Georgia Hospital Hero Award.

"Peer supporters give patients a preview of what they could potentially be once they get beyond Shepherd Center," Hong says. "Seeing is believing. You can't unsee what you've seen at Shepherd Center! So, you can give that hope. But it's not always easy. So, being raw and open and honest with people during your time together — there's power in being truthful, too."

Hong retired in 2018 to pursue her twin passions of being a disability advocate and creating art. Her experiences at Shepherd Center and her relationships with patients still inform much of what she does

"What's important to remember is that it's not really about learning to walk or move again," Hong cautions. "What it's really about is learning how to navigate this entirely new way of being. Of how you see yourself. How others see you. It's like immigrating to another country because it's a whole other language you learn to speak. And you only really get it if you go through it.

"So, if we're truly living the motto of disability rights —
Nothing About Us Without Us —
peer input and peer support has to thrive, everywhere."



Minna Hong pictured with peer support colleague Pete Anziano. Hong was a Shepherd Center patient before working at the hospital for 18 years as peer support manager.

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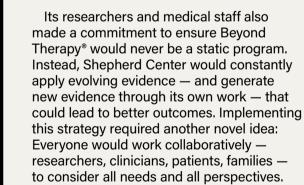


As Shepherd Center looks toward its next half-century, innovation will remain at the heart of its mission.

The aim is to improve the quality of life for people with disabilities at Shepherd Center and around the world — for generations to come.

An inspiration for this approach is rooted in the creation of Beyond Therapy®, a rigorous, activity-based program designed in the early 2000s to help people with neurological disorders improve their lifelong health, minimize secondary complications, and get the most from any new neural links to their muscles and other organs, like the bladder. The concept was radical at the time. Activity-based therapy was still an emerging field; most rehabilitation hospitals at the time didn't offer it. That's because, back then, the prevailing opinion in the field was that the brain and nervous system simply couldn't regenerate — couldn't re-learn or adapt — after an SCI, stroke or traumatic brain injury.

Shepherd Center, however, believed otherwise.

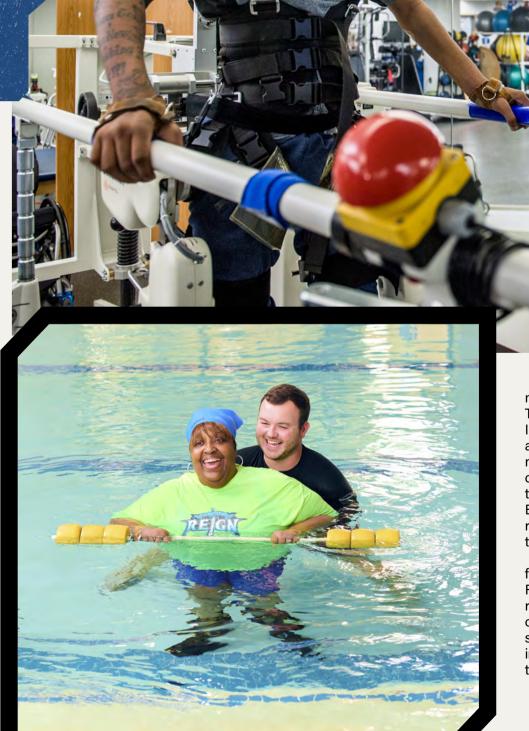


Devon Gales works out on the Lokomat, a robotic gait training device that helps patients learning how to walk again. The device is frequently used as part of Beyond Therapy". ► (Below) Debbie Skinner takes to the pool for her aquatic Beyond Therapy" session with recreation specialist A.J. Sumser, Using a foam barbell, she

focuses on arm strengthening exercises to help regain mobility in her

upper extremities following a spinal cord injury.

"That's become a hugely successful model for us," says Deborah Backus, PT, Ph.D., FACRM, Shepherd Center's vice president of research and innovation. "It's a model based on engaging all stakeholders from the very start and working together to identify meaningful problems and come up with collaborative solutions."





In the decades since, researchers have consistently applied that model as they seek new ways to improve the quality of life for those Shepherd serves. One case in point is the Eula C. and Andrew C. Carlos Multiple Sclerosis Rehabilitation and Wellness Program, which was one of the first in the nation to integrate all aspects of wellness — fitness, nutrition, and education — into a single approach tailored specifically for people with multiple sclerosis.

Another example is the Indego® Exoskeleton, which was successfully tested at Shepherd Center for use in rehabilitation for individuals with paralysis. The device is now broadly and effectively used for gait therapy.

Soon, Shepherd's research and innovation efforts will have a new home inside the Marcus Center for Advanced Rehabilitation (MCAR), which is scheduled to open this spring. The 30,000-square-foot James M. Cox Foundation Innovation Institute, located inside MCAR, will cement Shepherd's reputation for cutting-edge

research and unparalleled clinical care. It will also allow for greater collaboration, bringing existing research and technology teams from throughout the hospital into one space.

"This is really exciting, especially the additional capabilities and resources for everyone working together," Dr. Backus says, "from researchers and clinicians to patients and families, and industry and academic partners."

Three new spaces will be added to the Innovation Institute, too, including a state-of-the-art Human Performance Lab to help Shepherd Center develop precise, data-informed rehab plans for each patient. The Innovation Institute will also house a new tech showroom that connects patients directly with product developers — allowing people with disabilities to test new technologies and smart home solutions before buying them. Finally, a Best Health Suite will enable staff to offer live and on-demand wellness and fitness classes to patients, partners, and the broader public.

Shepherd Center will also begin testing "smart home"style inpatient rooms that will give patients greater control, comfort, and independence. That effort includes
Shepherd's Access Technology team, whose broader
services — including adaptive devices and assistive
technologies to help people safely and more independently return to home, work, and school — are open
to all, not just Shepherd Center patients.

Any technological advancement, of course, is only as good as the people it's paired with. Thankfully, the human element — the hope element — isn't going anywhere after 50 years at Shepherd Center.

"Shepherd Center is so good at taking a holistic look at things," Dr. Backus says, "and keeping the patient at the center of everything. When we say we've integrated research into clinical practice, we truly have. It's a total team effort. It's never effortless, and there are always new challenges. But being able to do that is what helps us come up with novel solutions for our patients.

"It's been so fun to be part of this through the years and to see how far we've come. The outcomes are so rewarding. I can't wait to see what's ahead."

When we say we've integrated research into clinical practice, we truly have. It's a total team effort. It's never effortless ... but [that] helps us come up with novel solutions for our patients.

Deborah Backus,
 VP of research and innovation

(clockwise from top left) ➤ German Zuniga Alavez works out with Brandon Clift, an exercise specialist, in a Beyond Therapy® session.

➤ In 2014, Deborah Backus, PT, Ph.D., FACRM, worked alongside Casey Kandilakis, PT, with patient Johnny Horton using a device called AMES, which helps reduce spasticity and improve coordination in the upper limbs of people with tetraplegia.

➤ Former Shepherd Center occupational therapist Allison McIntyre, MOT, OT/L, CCRP, examines results during a research study. ➤ Smart speakers and smart home technology are used in the Access Technology Lab to demonstrate independent environmental control options at home. ➤ The Indego® Exoskeleton was successfully tested at Shepherd Center for use in rehabilitation for individuals with paralysis. The device is now broadly and effectively used for gait therapy.





Shepherd employees, volunteers, and board members share their personal mission.



Spencer R. Moore, Foundation Trustee

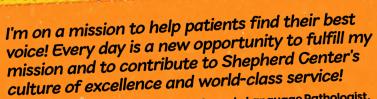
"I'm on a mission to positively impact lives!"

- Eric Schelling, **Foundation Trustee** 

"I am on a mission to help improve patient outcomes by addressing social, financial, and psychological barriers to care."

- Cornelia Rorie, Case Manager, **Rehabilitation Medicine Clinic** 





 Deborah Vega, Speech-Language Pathologist, Comprehensive Rehabilitation Unit



**Support Operations** 

I'm on a mission to develop accessible products and services for people of all abilities.

John Morris, Senior **Clinical Research** Scientist, Research



"I'm on a mission to create a welcoming space for our patients and families in which they are comfortable to speak up with auestions or concerns or to share about their experiences." - Kendra Moon, Case Manager, Transition

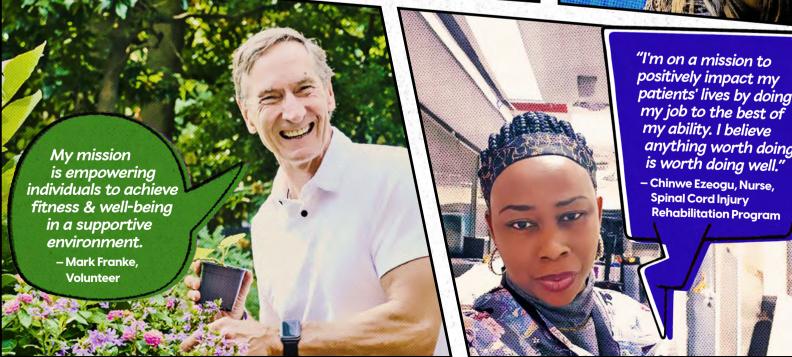
"I'm on a mission to empower our staff in delivering exceptional patient care."

Kyla Mitchell, Director, **Human Resources** 

"I'm on a mission to walk alongside family members going through rehabilitation by sharing my family's journey at Shepherd to help them to navigate their own journey."

- Mariellen Jacobs, Peer Support Lead Liaison, Vocational Services & Peer Support





patients' lives by doing anything worth doing

# Secrets of the Secret Garden

# A Garden Full of Art, Nature, and Memories

"And the secret garden bloomed and bloomed, and every morning revealed new miracles," reads a plaque at the entrance to the Anna and Hays Mershon Secret Garden. The quote, from the novel "The Secret Garden" by Frances Hodgson Burnett, was selected by the Mershons because, in their view, it uniquely suits the garden outside the Shepherd building.

As Anna and Hays have said, "Every time we visit the Secret Garden, we see new miracles brought about by Shepherd's compassionate and uplifting care - patients with restored hope, learning that their future lives may be different, but will not at all be lesser."

And even for staff, patients, and visitors who frequent the garden, every day it presents something new. The garden has also been a backdrop for milestones, like birthday and anniversary celebrations, an adolescent prom, engagements, and weddings.

During COVID-19, the garden became a special place for friends and extended family checking in on Shepherd patients visitors could stand along Peachtree Road and chat with patients through the garden gate, allowing people to maintain connection to friends and family without compromising health and safety.

It's no wonder that for many people who pass through Shepherd Center's doors, the Secret Garden becomes a favorite spot. With its beautiful landscaping and artistic displays, there's a lot to discover.

#### **Enjoying Natural Beauty**

Despite being just yards away from one of Atlanta's busiest roads, the Secret Garden can feel like a private nature preserve. Vibrant orange koi fish swim in a small pond. Birds flit around the lawn and treetops overhead. And raised garden beds, teeming with flowers,



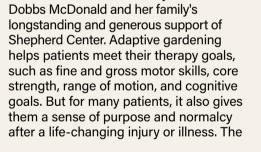
fresh herbs, and vegetables, give the garden a dose of bright color.

The garden's beauty isn't the work of one landscape architect or gardener. It's a patchwork of donated artwork and outdoor furniture, landscaped shrubs and flowers, and raised garden beds tended to by horticulture therapy participants. The initial garden was designed by Shepherd's landscaping committee, chaired by Dottie Fugua, in 1982. Over time, other features have been added — Ten Atlanta garden clubs have funded parts of the garden and continue to support the horticulture therapy program with annual grants. Former patient Peter Dames made a donation to build the koi pond. Physician Gerald Bilsky, M.D., alongside his son Marc, who has a deep passion for gardening, donated raised beds for horticulture therapy.

Many of the plants in the Secret Garden are cared for by patients participating in the Ruth and Talmadge Dobbs, Jr. Horticulture Therapy Program, which was

named to honor the memory of Ruth Dobbs McDonald and her family's longstanding and generous support of Shepherd Center, Adaptive gardening helps patients meet their therapy goals, such as fine and gross motor skills, core strength, range of motion, and cognitive goals. But for many patients, it also gives them a sense of purpose and normalcy

Photos by ELEY and Louie Favorite







garden's impact stretches beyond Shepherd Center — philanthropist and lifelong gardener Deen Day Sanders commissioned a video of the garden's use for patients in other facilities.

#### Memorials, Sculptures, and Art

In the colder months, when the flowers aren't blooming, and the horticulture therapy beds are quiet, other parts of the garden — including memorials and art installations — take the spotlight.

In one corner of the garden, a stone wall creates a tranquil, private place for reflection. The sculpture, designed by Donna Pickens, was commissioned in memory of Charles "Kib" Kibler Browning, Jr. by his family. A talented musician, Kib died due to

The sculpture was hand built by Kib's stepfather Bob Goodsell and pays tribute to Kib's musical legacy in several ways — the sculpture itself bears the name of Kib's band, The Wishing Wall. And in the center of the wall, a plague includes lyrics from one of Kib's songs and encourages visitors to leave their hopes and prayers in a metal slot, creating a spiritual space for meditation and prayer.

complications of scoliosis.

Other sculptures in the Secret Garden also enhance the landscape. "Water of Life" and "With Compassion He Listens to All" — both modern figure sculptures add to the serene and contemplative atmosphere. Metal figures and seasonal decor in the garden beds, as well as a fairy-sized tiny door from Tiny Doors ATL, create a sense of wonder.



garden, particularly for passersby on Peachtree Road, is the Secret Garden gate. The gate was dedicated to Shepherd staff by the husband of a former patient. But it was more than a generous gift to the hospital it was an anniversary present. Eric Busko and his wife, Mary

Perhaps the most

eye-catching part of the

Busko, spent many hours in the Secret Garden during Mary's stroke rehabilitation in 2021. Mary loved the outdoors, and Eric had a history of commissioning anniversary gifts for her from Andrew Crawford of Andrew T. Crawford Ironworks. The garden gate idea seemed like the perfect way to tie together their interests while celebrating the Shepherd staff members who helped Mary during her recovery. Sadly, Mary passed away due to stroke complications before the gate was finished. Now, it stands as a loving memorial to her while celebrating the love and compassion of Shepherd staff members.

In addition to the Secret Garden, the Hazel Family Garden at the Arthur M. Blank Family Residences will serve families for years to come, and new green spaces surrounding the Marcus Center for Advanced Rehabilitation will give patients and staff a new close-by option for outdoor therapy sessions and lunch breaks. As Shepherd's campus changes and grows, giving all visitors access to the outdoors remains a priority, and between all the gardens and greenspaces, there's something for everyone.

(Clockwise from top left) Anna and Hays Mershon say that every time they visit the Secret Garden, they see new miracles "brought about by Shepherd's compassionate and uplifting care." ➤ The Secret Garden's Wishing Wall pays tribute to musician Kib Browning. ► Garden décor and art like this tiny door from Tiny Doors ATL give the garden a sense of wonder. > The Secret Garden gate was more than nerous gift to the hospital — it was an anniversary present. ► The Hazel Family Garden, generously funded by the family of former patient Caroline Hazel, serves families staying in the Blank Family Residences.

# **About the Cover**



- David Apple, M.D., was Shepherd
- Hospital co-founder James Shepherd sustained a spinal cord injury in 1973.
- Shepherd Center moved to its current location off Peachtree Road in 1982.
- Retired Army Staff Sgt. Jarrad Turner is a SHARE Military Initiative graduate and now serves on the Board of Directors.
- 5 Shepherd Pathways, a comprehensive outpatient rehabilitation program for people recovering from brain injury,

- Sandra Gimblet, RN, has worked as a nurse in the Andrew C. Carlos Multiple Sclerosis Institute for over 15 years.
- 7 Shepherd patient Brandon Behie smiles with facility dog, Tex, while sporting a pair of prism glasses.
- Pursuing Possible: The Campaign for Shepherd Center, is raising money to expand Shepherd's campus, renovate existing buildings, and provide worldclass care to patients.
- Alana Shepherd played a key role in bringing the 1996 Paralympic Games

- "Mini Junior," Shepherd's new adolescent bus gifted by Gas South, takes patients on outings all over the city.
- 11 Neurologist Jacqueline Rosenthal, M.D., Medical Director and Neurologist Ben Thrower, M.D., and Advanced Practice Provider Jennifer Khong, PA-C.
- Michael Yochelson, M.D., MBA, is Shepherd's current chief medical officer.
- 13 A paperweight from the hospital's 25th anniversary.
- 14 Dominique Ross, a former adolescent patient, models in Project Rollway.

- Anna Katherine Spangler, a former adolescent patient, models in Project
- Jamie and Julie Shepherd pose for a photo on the old Shepherd Spinal Center sign.
- Peer Support Manager Pete Anziano demonstrates the Indego® Exoskeleton
- 18 Physical Therapist Brian Smith works with multiple sclerosis patient Mariah Power.

'Akin to Putting a Man on the Moon'

How Shepherd Center helped bring the 1996 Paralympics to Atlanta

By Shawn Reeves

When the Atlanta Committee for the Olympic Games declined to bid on hosting the Paralympic Games, Shepherd Center stepped up.

After countless hours of planning and preparation, and with help from volunteers, Shepherd Center co-founders Alana Shepherd, David Apple, M.D., and the late Harold Shepherd and others submitted the city's bid to host the 1996 Paralympic Games. That bid was accepted, setting into motion a Herculean effort that would transform the Games themselves, the athletes who compete in them, and the city that would host it all.

Fred Alias, who has supported the hospital for more than 40 years, was instrumental in bringing the Paralympic Games to Atlanta.

"Just the logistics of getting everyone in and out, to the venues, housed, fed — it took lots of planning," he says. "It was akin to putting a man on the moon."

But the effort paid off. More than 3,000 athletes came to Atlanta, shattering over 200 world and Paralympic records during 10 days of competition.

One of those athletes was 10-time medal winner and Atlantan Curtis Lovejoy, who broke and set dozens of world records in swimming and fencing before he passed away in 2021. He had never attempted either sport before undergoing spinal cord injury

rehabilitation at Shepherd Center in 1986.

"So much preparation had been done by all of these athletes, and just the emotion of everything meant so much. If you sit in the stands as a fan watching, that's one thing, but to roll in and see all the people and to know that all the hard work has paid off, it was just incredible," Lovejoy said in 2015.

The 1996 Paralympic Games held many firsts. like being the first to attract worldwide corporate sponsorship and the first to be nationally televised. Their longer-term legacy, however, is more difficult to measure.

After the Atlanta Paralympics, the International Olympic Committee decreed all cities seeking to host the Olympics needed to include plans and proposed financing for the Paralympics. Plus, the games accelerated Atlanta's efforts to be accessible. That's the kind of

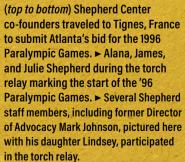
lasting change that Shepherd Center can be proud of, Shepherd's late co-founder James Shepherd said in 2015. "Institutionally, it was one of the

brighter moments in our history," he added. "When the impact has been lasting and beneficial, and you can say, 'Yeah, we were part of that,' those are the things that mean so much."

This article was adapted from a story that originally ran in the Summer 2015 issue of Spinal Column.

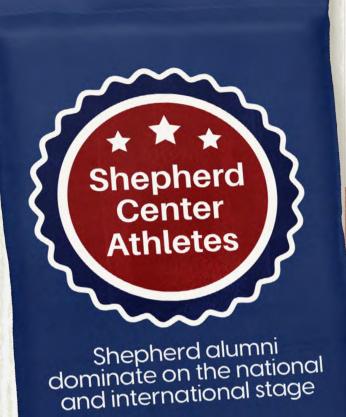


1996 ATLANTA



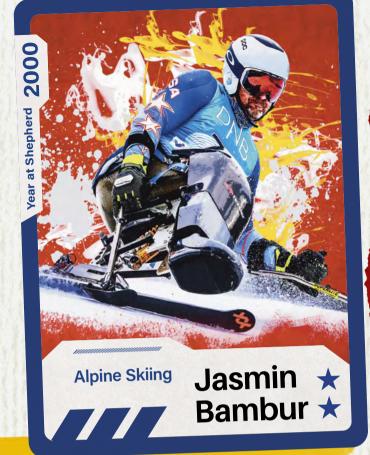
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Clara Brown is a two-time Paralympian in cycling, competing in the 2020 Tokyo Games and taking home a bronze medal from Paris in 2024. She's also competed in the Para-cycling Road World Championships and World Track Championships, where she's won three gold medals.

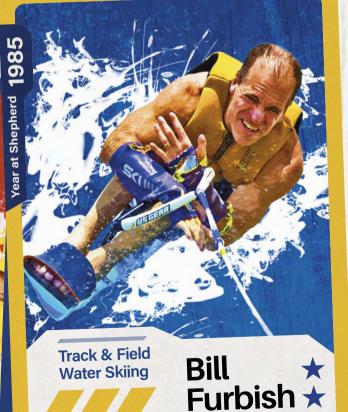


A former high school football player, Mack Johnson started playing wheelchair basketball at **Shepherd Center** and later played for **Auburn University.** He played on the first-ever USA Team Handball Wheelchair National Team, which won silver at the world championships in 2024.



Chayse Wolf was a three-time All-American wheelchair basketball player in college and later played the sport professionally in Germany. He was also part of the first-ever USA Team Handball Wheelchair National Team, which won silver at the world championships in 2024.





Bill Furbish is an 11-time national champion in adaptive water skiing, and he's competed in nine world championships. He won a gold and a bronze medal at the 1988 Paralympics in Seoul, South Korea.



Formerly a handball player, **Jasmin Bambur** began adaptive alpine skiing after attending a ski trip with Shepherd Center in 2002. He competed in the 2010, 2014, 2018, and 2022 Paralympic



Curtis Lovejoy, who passed away in 2021, competed in several world championships and Paralympics, taking home dozens of medals. In 2006, Lovejoy became the first athlete to win gold medals in two non-related sports, swimming and fencing. Later that year, he was nominated for the Spinal **Cord Injury Sports** Hall of Fame.

~

A former competitive equestrian, **Ellen Geddes** now competes in adaptive fencing. She's won four bronze and two silver fencing World Cup medals and participated in the 2020 and 2024 Paralympic Games.

**Shepherd Alums:** 

# On a Mission

By Damjana Alverson and Sara Baxter

#### **Clint Cook**

Cumming, Georgia

As a young man, Clint Cook, now 56, didn't understand one of his dad's favorite sayings, "Son, you can't keep it if you don't give it away."

"Being a materialistic person at a young age, I always thought, 'Well, I'm not giving my stuff away!" Clint laughs. "What my dad really meant was you'll always feel fulfilled if you give to others. If you're someone like me who has lived with a spinal cord injury for 36 years, you need to tell someone who's new to spinal cord injury how you got to where you are today. When I do that, it comes back to me ten-fold."

Giving back to the spinal cord injury (SCI) community has shaped Clint's life, and it all began on April 8, 1988.

"I went to work, came home, washed my car. I was 20 years old and unfortunately decided to do the wrong thing. I had been out drinking at the pool hall and decided to race a buddy of mine in my new Trans Am."

Clint went around a curve too fast and lost control of the car. He wasn't wearing a seatbelt and was ejected as the car flipped and landed on top of him, resulting in severe burns and an incomplete C-5 SCI. After three months in the ICU, Clint transferred to Shepherd Center. Early in his rehabilitation, a staff member Clint hadn't met came to his room.

"An employee around my age with an SCI comes in after he already finished his day at work to talk about life after SCI," Clint explains. "I felt so fortunate that this guy spent his own time to just tell me that it was going to be okay. There would be life after this."

After discharge, Clint stayed involved in the SCI community, starting the first wheelchair rugby

team on the East Coast at Shepherd Center — the Shepherd Smash.

He served three years as president of the United Spinal Association of Georgia, and he founded a nonprofit, Spinal Cord Injury USA,

Spinal Cord Injury USA, connecting people with SCI. The group has grown to nearly 15,000 members.

"When you help someone, you gain so much personally, too," Clint says. "For the newly injured or anyone who may be struggling with their situation, I just want to say 'Don't wait until tomorrow to start living. Start today.""

# **Allison Lillie**

Atlanta, Georgia

On a cool morning in November 2024, Allison Lillie left the starting line of the Palmetto Peach Half Marathon and didn't stop running until just under two hours later, completing her first half marathon and finishing fifth in her age group.

This would be a feat for anyone, but it was especially significant for Allison, who just 15 months earlier — on Aug. 22, 2023

— sustained a traumatic brain injury in a car crash.

Allison was taken to Augusta University Medical Center's trauma unit. She was unconscious for 15 days with an uncertain prognosis.

"We had to pray for her to wake up," her mother, Monica, says. When she did wake up, Allison could not walk and had short-term memory issues. Three weeks after her accident, she transferred to Shepherd Center for rehabilitation. Doctors told Monica and her husband, Josh, that their daughter's memory might not return. With additional balance and vision issues, it was also uncertain if Allison, a member of her high school's cross-country team and an accomplished pianist, could return to the activities she loved.

Allison eliminated any doubts.

At Shepherd Center, she re-learned to walk, dress, and feed herself and regained her balance and memory. As she improved, she started running and playing the piano again. She was at Shepherd Center for six weeks and spent another six weeks at Shepherd Pathways, a comprehensive outpatient rehabilitation program for people recovering from brain injury.

Just a few months after her injury, Allison completed a 5K race with her mother and played a Christmas concert at The Jabez Hardin Auditorium in Evans, Georgia. She returned to school that January. "She was back to where she was before her injury," Monica says. "It was nothing short of a miracle."

Allison had another goal in mind: running the 2024 half marathon — by herself — and without stopping.

"I was so happy when I finished," Allison remembers. "I beat the time I set for myself by 20 minutes."

Allison, a junior in high school, hopes to attend the University of Georgia. Inspired by her time at Shepherd Center, she is planning a career in the medical field so she can help those with brain injuries the way people helped her.

"Shepherd Center is a great community," Allison says. "They are so supportive and encouraging and helped me get better. I would like to do that for others."

#### **Jason Russell**

Atlanta, Georgia

Jason Russell, 50, has many passions — his two kids top the list — but he also loves music and running. Jason's father is a lifelong runner and stroke survivor who inspired him to develop a passion for the sport and raise awareness about its health benefits.

"Heart disease is the leading cause of death among Black men, and 60% of Black men have some form of cardiovascular disease," Jason says. "Running is a great way to improve heart health and develop camaraderie with fellow runners. My father never had anyone to run with who looked like him when he was growing up in Memphis, Tennessee. I wanted to create an organization where Black men could train together but also have an avenue to fellowship."

In 2013, Jason and Edward Walton started Black Men Run, a nonprofit that encourages health and wellness among Black men.

"The camaraderie feels good You can see it in the guys' faces."

"The camaraderie feels good. You can see it in the guys' faces," Jason says. "It just lights you up and keeps you motivated."

In 2017, Jason had first-hand experience with the statistics he was so familiar with. While sitting at his office desk in Atlanta, he had a stroke and a ruptured brain aneurysm. Luckily, his co-workers acted quickly, and he was rushed to Grady Memorial Hospital.

Jason came to Shepherd Center's Brain Injury Rehabilitation Program in early 2018 as an inpatient and later graduated to the outpatient program, Shepherd Pathways.

"My experience at Shepherd was amazing, and I still remember the faces of my care staff because they helped me walk, talk, and run again. What surprised me most was how accommodating and patient they were with me throughout my time there," Jason says. "Running is my passion. Getting back to that was so important to me,"

Since returning home, Jason has made steady strides toward his goals. While he still experiences some speech impediments and a stutter as a result of the stroke, he hasn't let that stop him from spreading the message about Black Men Run, which has now grown to 10,000 members globally.

Last year, he ran his first 10K race since his stroke, the Atlanta Journal-Constitution Peachtree Road Race, which happens to pass by Shepherd Center.

"To run past Shepherd Center made the accomplishment more impactful for me and I was overwhelmed with emotion," Jason says.

Looking ahead, Jason hopes to run a half marathon in 2025 and continue to grow his nonprofit.

He leaves this message to fellow stroke survivors: "Be a shining example in your community because the term 'survivor' is very significant. It's up to us to uphold that you can recover and never give up.

"I hope to be an inspiration to others who might have fallen, thinking that they can never get back up again. They can think, 'If Jason Russell can do it, so can I!"



Macon, Georgia

When retired U.S. Army Specialist Rojean Sanders first heard about the SHARE Military Initiative at Shepherd Center from a fellow veteran, she was reluctant to participate despite his persistent efforts. But then Rojean saw how it benefitted him, and she changed her mind. Now she says that SHARE changed her life.

In 2008, just months after joining the army, Rojean was injured when the butt stock of an M-16 rifle hit her in the face, causing a fracture in her orbital floor and skull. She underwent facial reconstructive surgery and jaw surgery.

She says the injury kept her in "limbo," with chronic memory and balance issues, necessitating a transfer to a unit where the duties were lighter. She tried treatments and programs to improve her physical and mental health, but she saw no progress.

When she retired in 2012, things went from bad to worse. She experienced severe mood swings, bouts of anger, memory issues, feelings of isolation, and suicidal ideations. She was unable to work.

"I was not in a good place," Rojean remembers. "It affected my relationships with my friends and my family. I needed help."

When Rojean came to SHARE in 2015, she was impressed by the staff's compassion.

"You are surrounded by people who care about you," she says. "But they also push and motivate you to pursue your hopes and dreams."

Rojean's hope was to become a nurse. She'd tried school after her injury but couldn't keep up with the classes. At SHARE, she focused on her physical health and learned to regulate her moods, establish boundaries, and advocate for herself. She also participated in recreation therapy. She believes this work set her up for success.

"Shepherd helped me become an unstoppable version of myself," Rojean says. With newfound confidence, she returned to college, earning two associate degrees and a bachelor's degree while holding several leadership and volunteer positions while

in school. She eventually enrolled in Emory University's accelerated nursing program and graduated in May 2024.

Now, Rojean works as a medical-surgical nurse at Emory University Hospital and is inspired to help people like the Shepherd Center staff helped her.

"I am more mentally and physically sound and in such a better place," she says. "SHARE is an amazing program. I want to impact people in my work like those at Shepherd impacted me."



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# Treasure Trove of Memories

# Shepherd Staff Members Prepare Anniversary Time Capsule

#### By Erin Kenney

It's not unusual for Shepherd Center staff to look ahead to the future. Therapists are preparing patients for their future return home or return to work. Clinicians are looking ahead to future treatments, and even cures, for the conditions they treat. And two Shepherd staff members, Martina Mays and Kelsey Harris, are also looking ahead, to 2075.

That's the year Shepherd Center's 50th anniversary time capsule, scheduled to be buried this August, the month of Shepherd's founding, will be opened again. And there's a lot of work going into making sure the time capsule tells the Shepherd story and stands the test of time.

To determine what's going in the time capsule, Mays and Harris have been digging through Shepherd's archives, gathering items like old blueprints, Spinal Column magazines, and photographs. They're also preparing new materials, like quotes from staff and video interviews with hospital

co-founders Alana Shepherd and David Apple, M.D.

"[Working on the time capsule] grabbed my attention because I like that kind of thing," says Mays, the office manager for Shepherd's marketing team. "I like looking back at older items, and I thought it would be good to try to save some memories or create some memories to play back later."

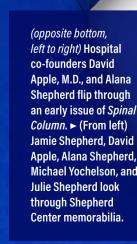
In addition to figuring out what to include in the time capsule, Mays and Harris are also making sure items in the capsule are preserved for the next 50 years and accessible to Shepherd's next generation.

"We have these video messages that we could put on a jump drive, but in 50 years, will people still be using the same technology? We're thinking about how people in the future will use the things we include," Harris says.

Shepherd Center's 50th anniversary time capsule will be buried in the Home Depot Courtyard outside the Marcus Center for Advanced Rehabilitation during anniversary week celebrations in August. To stay up to date on all of Shepherd Center's anniversary celebrations,



The Spinal Column



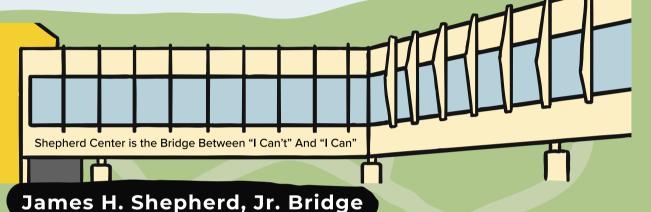
Shepherd Center Time Capsule

# **Home Sweet Home**

Since 1982, we've been proud to call Peachtree Road our home. And while our campus has expanded over the years, we still enjoy the same traditions we always have, like cheering on Peachtree Road Race racers. catching some sun in the Anna and Hays Mershon Secret Garden, and loading vans and buses by the Terry Lee statue to take patients on outings all over the city. These are just a few iconic places on Shepherd's campus — what's your favorite?







Shepherd Center co-founder James Shepherd once said, "Shepherd Center is the bridge between 'I Can't' and 'I Can." What better place to remember this quote than a literal bridge connecting the main Shepherd Center hospital to the new Marcus Center for Advanced Rehabilitation? In addition to the quote, the bridge features 33 decorative fins — one for each vertebra in the human spinal column.

# Secret Garden Gate

When Mary Busko was recovering from a stroke at Shepherd Center, the Secret Garden was one of her favorite places at the hospital. As an anniversary gift, her husband commissioned this beautiful and intricate garden gate to celebrate their love for each other and show their appreciation to Shepherd staff. Sadly, Mary passed away before the gate was finished. Now, in addition to being dedicated to Shepherd Center employees, the gate serves as a memorial for Mary, complete with 22 cardinals (one for each year of marriage) and the couple's favorite quotes and sayings. A plaque outside the gate reads "This gate is dedicated to Shepherd Center and all its devoted employees, who provide unsurpassed care, love, and hope to many. In loving memory of Mary Bernhardt Busko — faithful mother, wife, daughter, sister, friend, and Angel on Earth and in Heaven."



# **Cardiac Hill**

The Shepherd Center Wheelchair Division of the AJC Peachtree Road Race is one of the largest and fastest wheelchair 10K races in the country, attracting elite athletes from around the country. Shepherd Center is right on the section of the race dubbed Cardiac Hill, making it a great place for staff and patients to cheer on race participants.

Irene and George Woodruff Family Residence Center

Marcus-Woodruff Building

Marcus Center for Advanced Rehabilitation

Shepherd Building

Arthur M. Blank Family Residences

Buckhead COMMUNITY

SHARE

Military

Initiative

and Complex

Concussion

Clinic

**Terry Lee Statue** 

patient and a true pioneer in wheelchair athletics.

More than just a statue — it symbolizes hope,

resilience, and the belief that anything is possible.

Marking the entrance to Shepherd Center, artist Ed Dwight's bronze sculpture honors wheelchair javelin thrower Terry Lee, a former Shepherd Center Shepherd Pathways 5 miles ---

J. Harold Shepherd Parkway

# J. Harold Shepherd **Parkway**

In addition to being a Shepherd Center co-founder and executive board member. J. Harold Shepherd was a co-owner of Shepherd Construction Co. The company specialized in road and highway construction, working on projects throughout the Southeast. It was a fitting tribute, then, when just before Harold's 90th birthday in 2018, the Georgia General Assembly unanimously approved a resolution to designate the portion of Peachtree Road from Peachtree Battle Avenue to Brookwood Station as J. Harold Shepherd Parkway.





# The Bison

The Arthur M. Blank Family Residences at 1860 Peachtree Road occupy the space that was once home to Ted's Montana Grill and this larger-than-life bison statue. The bison is now a permanent fixture in the Hazel Family Garden outside the new 165-unit housing building for families of Shepherd Center patients, where it serves as a symbol of strength in the face of adversity.



Q

Illustration by Sarah Neuburge



# Shepherd Center Foundation

# A Big Thank You to Shepherd Supporters

# **Generous Gifts Have Supported Shepherd's Mission for 50 Years**

In 1975, David Apple Jr., M.D., the medical director of the newly opened Shepherd Spinal Center, asked friends to donate to the hospital if he completed the Atlanta Journal-Constitution Peachtree Road Race.

He did finish the race, and a friend named George Johnson gave him a \$100 check, the first donation from anyone not involved in the hospital's founding.

Since its start, Shepherd Center has relied on the generosity of supporters to give patients the highest level of care. From fundraising to move Shepherd into its own building, to creating the

country's largest recreation therapy program, to conducting research and implementing new technologies, generous donations from groups and individuals have made all the difference for the hospital and for patients.



Fred Alias, James Shepherd, Bernie Marcus, and architect Henry Howard Smith II at the groundbreaking of the Billi Marcus Building.



# **Displaying Need and Gaining Influence**

Just seven years after Dr. Apple secured Shepherd's first outside donation, patients and staff moved from the West Paces Ferry Hospital into their own building. The 2020 Peachtree Road hospital opened in 1982, after Scott Hudgens sold the land to Shepherd Center at a significant discount and made a sizable donation to the hospital. The new building had 40 beds, with plenty of room to expand.

"It was like walking into your dream." Dr. Apple says. "We had wide halls, a huge therapy space, bigger patient rooms all of the essentials this patient population needed."

He adds that the building brought new credibility for the hospital in fundraising, particularly among charitable foundations.

Continued on Page 27



Bernie and Billi Marcus have been avid supporters of Shepherd Center. The Marcus Foundation provided funding to start several programs, as well as to help build the new Marcus Center for Advanced Rehabilitation.

The support did follow — from foundations, generous businesses, and individuals. Looking around Shepherd's campus today, it's easy to spot the names of influential Atlanta business leaders and philanthropists: Marcus, Blank, Carlos, and Woodruff, among others. But this support is more than a name on a building or a bust in the front hallway — it's a personal connection to the hospital that lasts a lifetime. Shepherd's founders, Alana Shepherd especially, made it their mission to show these leaders how Shepherd Center changes lives.

The late Bernie Marcus, co-founder of The Home Depot, was initially reluctant to visit Shepherd Center. After Alana gave him a tour, he became one of the hospital's most ardent supporters.

"What I saw shocked me," Marcus said in a video statement played at the Marcus



I didn't see the negative, I saw the positive. Everybody there had a goal ... it was such an uplifting experience.

Bernie Marcus Home Depot co-founder and Shepherd Center supporter

Center for Advanced Rehabilitation "topping out" ceremony. "I didn't see the negative, I saw the positive. Everybody there had a goal - they were going to go back to school, they were going to get married, they were going to continue their careers — it was such an uplifting experience."

# **Looking Back**

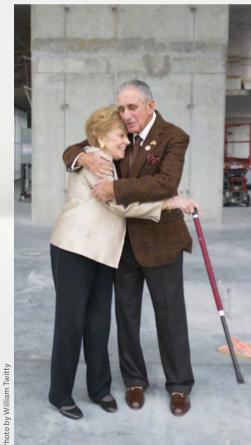
Over the years, Marcus served on the Board of Directors and co-chaired two capital campaigns, The Best is Yet to Come Campaign and Pursuing Possible: The Campaign for Shepherd Center. His support named the Billi Marcus Building in honor of his wife, another fierce supporter of the hospital, Additionally, support from the Marcus Foundation helped fund the Marcus Center for Advanced Rehabilitation, slated to open this spring. This support also provided funding to launch Shepherd's Marcus Community Bridge Program and the SHARE Military Initiative.

Shepherd Center's founders prioritized fundraising to support patient families, too. The Shepherd family knew firsthand what it was like to travel across state lines to receive quality medical care, and they wanted to make it easier for other families who had to do the same. Thanks to a lead gift from Jane Woodruff in 2008, Shepherd opened the Irene and George Woodruff Family Residence Center, an 84-unit housing facility for patient families. And last year, Shepherd more than doubled its housing capacity with the opening of the Arthur M. Blank Family Residences, made possible by a \$50 million grant from the Blank Family Foundation.

"Having seen the benefits firsthand of loved ones working alongside patients during recovery, I know it is a clinical imperative," Arthur Blank, co-founder of The Home Depot. said when announcing the grant, "It is my hope this new facility will ease their burdens in some small way so they can focus on helping their loved ones heal."

Alana Shepherd and Jane Woodruff at the groundbreaking of the Irene and George Woodruff Family Residence Center. ■ Alana Shepherd and Arthur Blank embrace atop the Arthur M. Blank Family Residences during construction.





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Impact Spotlight



Anne and Andrew Worrell chaired the 2023 Legendary Party. Pictured here with event honoree Elizabeth Allen, Sherry Abney, Alana Shepherd, and honorees Jessica Jones and Justin Jones.

■ (below, from left)
Virginia Pearce Seawell,
Libby Pearce, Elizabeth
Pearce, and Anne
Pearce Worrell. Libby
has shared her love of
Shepherd Center with
her three daughters.

# So Many Ways to Give

There's more than one way to give at Shepherd Center, and perhaps no one exemplifies this better than the Pearce Family.

Virginia Pearce Seawell remembers first hearing about Shepherd Center when she was in fifth grade. Her best friend's mother, family friend Sally Nunnally, sustained a spinal cord injury in a car accident and became one of Shepherd's first patients in the early days of the hospital.

Seeing the level of care Sally Nunnally received at Shepherd Center made a big impact on Virginia's parents, Gene and Libby Pearce. They became lifelong donors and volunteers at the hospital, with Gene serving two terms on the Foundation Board and Libby being an active member of Women Shaping Shepherd, a group of women who give annually and vote on patient programs to support through their donations. Libby also has a passion for helping people with disabilities get the assistive technology they need to thrive, and together, the couple has a fund supporting the hospital's facility dog program.

In addition to their own involvement, Gene and Libby have also shared their love of Shepherd with their three daughters: Elizabeth, Virginia, and Anne.

After her college graduation, Elizabeth Pearce joined Shepherd Center's Junior Committee, volunteering with Derby Day. As her career progressed, she shared her business and nonprofit expertise by serving on Shepherd's Advisory Board, Foundation Board, and, most recently, the Long-Term Planning Committee. She was





also a founding member of Women Shaping Shepherd.

In addition to her board service, Elizabeth hopes to become a volunteer breakfast feeder after retirement. She's also part of the J. Harold Shepherd Bridge Builders Society, a legacy giving society, ensuring her impact will continue even after she's gone.

"I love the idea that when I die — because we're all going to — part of what I had in my life will be given to Shepherd Center," Elizabeth says. "The possibilities are so great — if it's a troubled time, maybe it fills a hole in the budget, or if it's not, maybe [the hospital] could invest in something new that it couldn't afford before."

Elizabeth's sister, Virginia, also got involved with Shepherd through events like Derby Day, Summer in the City, and The Legendary Party. But after becoming an empty nester, she began volunteering at the hospital. Virginia currently volunteers as a gym runner in the Comprehensive Rehabilitation Unit (CRU), where she helps therapists with equipment and

spends time with patients during their therapy sessions.

"Working directly with the patients, working directly with the therapists, it is just unbelievably rewarding," Virginia says. "It puts everything in perspective. I've gotten to know so many of the patients so well, and watching them graduate and get to move on is really special."

Anne Pearce Worrell's involvement began yet another way, by becoming a staff member when she was 23 years old. Starting as a data entry assistant in the Foundation, she saw right away how Shepherd's family-centered approach permeated throughout the hospital.

"It always felt like we were one big family, all working toward the same goals. And I think that had a major impact on the patients and their families. They became a part of the Shepherd family, too," she says. "That founding spirit of family hasn't just survived, it's thrived and multiplied, touching countless lives along the way."

One of her favorite parts of her role was seeing her team's work pay off, literally — fundraising efforts from the Shepherd Foundation give patients access to programs like animal-assisted therapy, recreation therapy, family housing, and peer support — services not covered by insurance.

In what she describes as a "full circle moment," Anne and her husband, Andrew, chaired the 2023 Legendary Party. That year's gala raised \$4.4 million for Shepherd, with a record attendance of 645 guests.

Each of Gene and Libby's daughters has left their mark on Shepherd, and the next generation of the Pearce family is already getting involved — Virginia's daughter, Mary Pearce Seawell, interned with the Foundation last fall and is currently a member of the Junior Committee.

"Shepherd Center has been something that our family has shared, and that's meant a lot," Gene shared in a *Spinal Column* story from 2020. "It will continue to mean something because the gifts we give will live on and help patients and families in the future."

(from top to bottom) Virginia Pearce Seawell poses for a photo with her husband, Haygood Seawell, at Derby Day. Gene and Libby became lifelong Shepherd Center supporters after seeing the care their friend, Sally Nunnally, received after sustaining a spinal cord injury. Elizabeth Pearce poses for a photo with her father, Gene Pearce, on a tour of the Arthur M. Blank Family Residences during its construction.



# Uniting Communities for a Cause

Affinity groups, made up of people in pursuit of a common purpose, are "mission critical" to Shepherd's philanthropy, says Sarah Batts, senior vice president of advancement and executive director of Shepherd Foundation.

One of Shepherd Center's oldest support groups, Shepherd Center Auxiliary, has been raising money for and creating special memories for patients and staff since 1981. The auxiliary's most well-known fundraiser, Pecans on Peachtree, began with members selling pecans out of the trunks of their cars. The fundraiser has since raised over \$2 million.

Other affinity groups spring from specific needs, such as Shepherd's Men, which was created more than a decade ago to raise awareness and support for veterans of post-9/11 wars with traumatic brain injuries or post-traumatic stress disorder.



(left) Volunteer Mary Barratt displays pecans during the 1988 holiday season Pecans on Peachtree® sale.

■ (below)
Shepherd's Men
members approach
Shepherd Center
after a weeklong
cross-country
fundraising effort
in 2018. Over the
years, the group has
raised \$11 million for
the SHARE Military
Initiative.



Courtesy of Shepherd Center archives and Shepherd Center Founda

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"Without Shepherd's Men, there are veterans who never would have been reached," Batts says. "And there are donors who would have never been introduced to Shepherd."

Travis Ellis, owner of a small business in Marietta, Georgia, co-founded Shepherd's Men with a nearly 700-mile fundraising run from Shepherd Center to the U.S. Marine Corps War Memorial in

(above) Shepherd Impact

Council provides young

business leaders and

community volunteers

with an opportunity for

leadership development.

(below) Junior Committee

brings together young people interested in service.

Washington, DC, in 2014. In the years since, Shepherd's Men, comprised of active or retired military members and civilian volunteers, has raised \$11 million for the SHARE Military Initiative.

"SHARE helps men and women reclaim purpose in their life," Travis says. "So many who returned from combat are suffering in silence. We have a moral obligation to reach as many of them as we can." All of the affinity groups that

support Shepherd are about building community. The Junior Committee harnesses the power of young people interested in service, hopefully creating a lifelong connection of giving and volunteering. Likewise, the Shepherd Impact Council

engages young business and community leaders early in their careers, providing a steady pipeline of members for the hospital's boards.

Across Shepherd's various boards and committees, affinity groups, fundraising events, and volunteer opportunities, there's an option for everyone to support Shepherd's patients, fami-

lies, and staff. This generous support helped Shepherd transform into an internationally recognized hospital in its first 50 years and will help it continue providing world-class care into the future.

Some passages in this story are excerpts from the summer 2015 edition of Spinal Column and Mission Moments: 50 Years of Rebuilding Lives One Moment at a Time, a commemorative book to be released this spring.



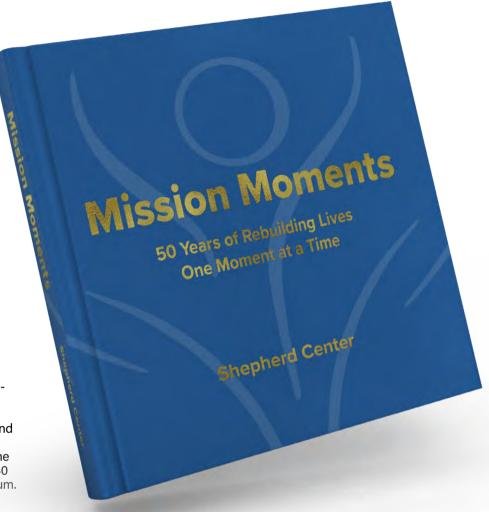
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# 50 Years of Rebuilding Lives

From the opening of Shepherd Spinal Center off Peachtree Road, to the 1996 Atlanta Paralympics, to the FDA approving the Indego exoskeleton, there is no shortage of monumental moments to celebrate from Shepherd's 50-year history. But many staff members and patients will be quick to point out that the "everyday" moments — a patient using a new piece of assistive technology, reaching a new therapy goal, or simply enjoying a Tuesday night family dinner — can be just as monumental.

That's why Mission Moments, a commemorative book celebrating Shepherd Center's 50th anniversary, celebrates both the headline-making events from Shepherd's history and the everyday victories of patients. staff, caregivers, and volunteers. The book includes chapters on the hospital's history, innovation, culture, and community support.

The book will be available this spring online and at the Apothecary, A book launch party will be held 11 a.m.-1:30 p.m. on May 21 in Shepherd Center's Callaway auditorium.





# **Update Your Plate**

# **Shepherd Center Launches New Specialty License Plate**

Looking for a new way to show your Shepherd pride?

Shepherd Center is excited to announce that specialty license plates are available now. The plate, bearing the hospital's name and logo, is available for vehicles registered in Georgia.

To get your own, simply reserve your plate and pay the manufacturing fee online. Then, bring your voucher to your county tag office. You can reserve your specialty plate by scanning this QR code.



#### **Memorials**

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 October 1, 2024 through December 31, 2024.



Shepherd Center co-founders David Apple, M.D., with his son David III, and James Shepherd, during an early Atlanta Journal-Constitution Peachtree Road Race.

#### **Carleton Allen**

Mr. and Mrs. John C. Jackson II

#### Charles L. Allen

Mr. and Mrs. Hunter S. Allen, Jr.

# Laura and Karl Anschutz

Ms. Esther L. Abisamra Ms. Hope E. Abisamra

# David and Bernice Apple Sr.

Mr. and Mrs. Arthur E. Hunt

#### Jane Atwater

Mr. Timothy Cahill Ms. Mary Ann Duxbury Mr. and Mrs. Tim Hagen Ms. Cheryl Korba Long Ms. Dorothy A. Sarvay

# **Roz Avres-Williams**

Mr. Dean Melcher

#### **Duncan Beard**

Ms. Jean R. Adams Mr. Fred V. Alias Dr. and Mrs. Bruce E. Ashendorf **AXA** Foundation Mr. and Mrs. Jeffrey C. Baxter Mrs. C. Duncan Beard Ms. Kathryn Benton Jesse Bowles III Mr. and Mrs. William H. Brown Mr. and Mrs. David L. Burch

Communities of Coastal Georgia Foundation

Ms. Sara Cote

Mr. and Mrs. Jim Crew

Ms. Ruth Anne Curtis

Mr. and Mrs. J. B. Evans II

Mr. and Mrs. Thomas H. Ghegan

Mr. and Mrs. James B. Giltner

Mr. and Mrs. Marion B. Glover, Jr. Dr. Letha Y. Griffin and Mr. James E. Griffin

Dr. and Mrs. Louis J. Harris

Mr. and Mrs. Brian D. Henry

Mr. and Mrs. Thomas D. Hills Mrs. Mary Kay Howard

Ms. Susan A. Hull

Mr. and Mrs. Robert D. Jackson

Mr. Daniel B. Jeter

Mr. and Mrs. Carroll P. Jones Ms. Katie A. Jones

Dr. and Mrs. William Kitchens

Mr. and Mrs. Thomas H. Lanier II

Mr. Steven Lazarus

Mr. and Mrs. George H. Lee Mr. William G. Loventhal III

Mr. and Mrs. Richard F.

Maddox, Jr.

Ms. Cindv Mallard

Mr. and Mrs. Lynwood M. Mallard

Mr. William W. Markert

Ms. Sally Menning

Mr. William Ted Moore

Mr. C. Read Morton, Jr.

Mr. David G. Newton

Mr. James A. Nygaard Rich and Cave Oglesby Family

Mr. and Mrs. William P. Payne

Mrs. Thomas J. Pendergrast, Sr.

Mr. and Mrs. Thomas O. Powell

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Mr. and Mrs. Richard A. Reinhold

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Ms. Brooks Sheldon

Mr. and Mrs. Robert A. Shuford Mr. and Mrs. James M. Siblev. Jr.

Mr. and Mrs. Mark W. Slonaker

Ms. Susan L. Smith

Mr. and Mrs. William J. Stembler

Carmen Talley

Ms. Mary C. Temple

Mrs. Corbett H. Turner

Mr. and Mrs. Barney B.

Whitaker III

Mrs. Robert H. Whitaker, Sr. Dr. and Mrs. William G.

Whitaker III

Mr. and Mrs. Zach M. Wilson II



Sadly, facility dog Lanza passed away at the end of February. During his time at Shepherd, Lanza participated in therapy sessions, shared cuddles, and brought smiles to countless faces, leaving a lasting impact on everyone he met. We are grateful to Lanza and his handler Julie Shepherd for 5 years of service to Shepherd Center's patients and staff, and he will be greatly missed.

#### Leslie Blackwell

Mr. and Mrs. Michael Fitzgerald Ms. Allison Foster

Regina and Philip Bongiovanni Mr. Robert S. Thomas

INII. RODEIL S. ITIOITIC

**Phyllis Brooks** Mrs. Jane B. Lvbrook

Mrs. Jane B. Lybrool

**Dr. Joy Ann Bruce**Mr. and Mrs. James L. Bruce

# **Curtis Bunch**

Ms. Vickie Barding Ms. Christina Branham Mr. Brent Harkins Mr. and Mrs. Chuck Johnson Ms. Stacey Jolley Ms. Andi Laaker Ms. Cristy Martin Ms. Kathy Martin Ms. Deni Milburn Mr. Robert Pita Mr. Mark Ponce

Ms. Jill Honcoop

Mr. Robert Pita
Mr. Mark Ponce
Shepherd Center Board of
Directors
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Jimmie Cobb

Dr. Tanisha Grimes

Omer Ronald Collins Ms. Tammy Gibson

Frank and Dodie Commander Mr. and Mrs. Lawrence P. Kelly

In remembrance of Timothy Condrey, Shirley McFarland wishes Happy Holidays to:

Becky and Van Aggelakos
Barbara Barton
Joyce and Ron Bernie
Dion and Liz Condrey
Terrie & Chuck Dale
Cathy and Joe Frank
Mont and Laurie Hartman
Tom Hartman and Wm Landeros
Barbara Condrey McClintock
Jim and Karen Vournakis
Kelley and Peter West

**Timothy Condrey**Mr. and Mrs. Peter J. West

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Mr. and Mrs. Michael N.
Dresdner

Ralph Dutton L. Justin Payne DMD, PC

**Susan M. Ebersbach** Mr. and Mrs. Randy J. Ebersbach

Charles B. "Chop" Evans, Jr Ms. Jan Young

**Katherine Evans** Ms. May G. Kennedy

Reuben Finley
Ms. Jacqueline Finley

Ms. Jacqueline Finley

Patricia Fryer

Mr. and Mrs. Richard M. Benninger

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Mr. Perry Hodge Mr. Bill Keen

Mrs. H.L. Laffitte Mr. and Mrs. Montague Laffitte

Ms. Rebecca Laffitte
Ms. S. Rosalie Laffitte and Mr.
Daniel M. Johnson

Ms. Elsie O. Lang Mr. James M. Lee Mr. Stephen Lee

Mr. Lee Lyons Ms. Elizabeth L. Malinowski

Alex Marcrum Mr. and Mrs. H. Emmett

McCracken Ms. Ann Miller

Mr. Henry H. Minis Lieutenant and Mrs. Charles D. Parker. Ret.

Mr. Duncan Pindar Ms. Jessica Rowe Ms. Susan Soper

Mr. and Ms. Martin Sullivan

Mr. Duncan Teed Mr. Dale Thorpe

Mr. and Mrs. George Westerfield

**Matthew Gonzales** 

Ms. Sylvie Robillard **Brvan Griffin** 

Ms. Sally Atwell

**William Gurley** Mrs. Susie Gurley

**Chad Hackney** Mrs. Marjorie Burts

**Jerry Richard Hamilton**Mr. and Mrs. James C. Slayton III

**Nicholas Hardage** Mrs. Phyllis E. Hardage

**Rebecca "Becca" Harrell** Mr. T. Rudy Harrell

Gerald (Jerry) Hartman Sr.

Ms. Laura Frick Mark Hauser Ms. DeAnn Carlson McKinsey & Company, Inc.

**Sam Hendrickson** Mrs. Connie L. Upton

**Patrick T. Hickey** Mrs. Carter Smith, Jr.

**Bobby Hogg** Dr. and Mrs. Jimmy C. Nash

--**Hilas Hopkins** Ms. Kathy H. McCluskey

**Lou Hudson** Mrs. Shirley H. Stokes

Sally Hughes Ms. Yvonne Angel Mr. Wade Gilbert

Nathan Andrew Hurst Mrs. Linda R. Hudson

Janet James Kelly Ferrin Mr. James Harpe Ms. Colleen Sullivan

**Oliver Jones** Mrs. Samantha Marx Mrs. Barbara Murphy

Marianne Kilburn Mrs. Alana S. Shepherd

Reggie Letson Mr. and Mrs. Rick Compton Mr. and Mrs. Calvin Letson Ms. Janice Letson Terri Micek

Mr. and Mrs. Jimmy Moore Mr. and Mrs. Larry B. Wills

**Doug Lybrook** Mrs. Jane B. Lybrook

**Pen Lybrook** Mrs. Jane B. Lybrook

**Dennis Lyndon** KBC Advisors

John Maddox Mrs. Lindsey Hopkins III

**Michael Mahany** Ms. Ciara Castenell

Ms. Denise Jones Mr. and Mrs. Steve Kelleher Ms. Sarah Poindexter Ms. Christine Walker

Richard "Dan" Mahoney
Mr. and Mrs. Nicholas Finamore

Bernard "Bernie" Marcus Mr. Fred V. Alias Anita and Julian Saul Foundation, Inc Mr. James A. Curtis Mr. and Mrs. Dell B. Sikes Mr. and Mrs. Arthur Tillem

**Hedy M. Maus** Shannon May

Morgan McAlexander Mr. and Mrs. Kevin McAlexander Asher "Love" Mendonsa

Mr. and Mrs. G. Andrew Mendonsa

Marcus Morris

Ms. Phyllis Lowe Mr. James A. Caldwell III Mrs. Joe R. Carey Mrs. Mary J. Grant Ms. Eloise Mills Ms. Susan C. Prutzman Vickie Tyler

**Bernie Moye** Ms. Anne Homza Mr. and Mrs. Jim Move

**Dr. John Neeld, Jr.** Mrs. John B. Neeld, Jr.

**Lewis Nix, Jr** Mrs. Lindsey Hopkins III

**Betty Jane Norton** Ms. Cindy Carbaugh

**Ernest and Shirley Olsen** Mr. and Mrs. Thomas M. Gose

**Bartie and Oscar Plunket, Jr.**Ms. Jane Plunket

Jim Poland

Mrs. James W. Poland

Jenny Pruitt

Dr. and Mrs. Charles R. Arp
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Company, Inc.
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Ms. Jean E. Duke
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Mrs. And Mrs. Donald J. Filip
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Mr. and Mrs. William T.
Mobley, Jr.
Mr. and Mrs. L. H. Pope
Mr. Bob S. Salon
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Mr. and Mrs. Stephen R. Shuler
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Smith, Jr.

Mr. and Mrs. Kenneth L. Thrasher Mr. and Mrs. Ralph W. Vickers Ms. Ansley Goyarts Mr. and Mrs. Joseph W. Watkins. Sr.

Roy and Joan Ralston Mr. and Mrs. Arthur E. Hunt

James "Jim" Ratcliff, Jr. Ms. Ann O. Horner

Terri Rea

Mr. Clyde Rea

Pat and Bill Reese Mr. Alfredo G. Munoz

Paul Louis Roberti

Mr. and Mrs. Peter Delibero
Ms. Donna DiPippo
Ms. Susan Monteleone
Mr. Bruce Mozinski
Mr. and Mrs. Robert Schwartz

Travis Roy

Mrs. Susan Arnold Mr. Michael Jasinski

Sarah Schloss Ms. Christine Van Conev



Staff members of what was then Shepherd Spinal Center pose for a photo in 1976.

#### **Dana Shepherd**

Ms. Carol Osner

#### Harold Shepherd

Mr. and Mrs. I. Arnold Hoge Mr. and Mrs. Charles A. Meriwether, Jr.

#### **James Shepherd**

Mr. and Mrs. Dennis C. Coole, Jr. Frank W. Holas Charitable Trust Mr. and Mrs. Charles A. Meriwether, Jr. Ms. Carol Osner Mr. Craig Sullivan Mr. and Mrs. William R. Washburn

#### Spencer W. Smith

Mr. and Mrs. I. Arnold Hoge

#### Douglas A. Spence Mr. Moses M. Spence

**Norma Spence** 

# Mr. Moses M. Spence

**George Stewart** Mr. and Mrs. Robert S. Stewart Mr. and Mrs. Charles E. Straley

#### **Ruth Stone**

Mr. and Mrs. Herbert Reynolds Mrs. Nancy F. Reynolds

# **Sammy Taylor**

Bill Teegarden

Mr. and Mrs. Carroll F. Hutto Mr. and Mrs. Richard A. Reinhold

#### Kathie S. Tucker Mr. Richard P. Gilpin, Jr.

**Brooks Tyson Birthday** Ms. Elaine Tyson

#### **Zellie Rouse Utley**

Mr. and Mrs. Charlie H. Rouse

# Claude Vaughn

Ms. Ekaterina Pridgen

# Lynn Walker

Anonymous

# Dr. Ken Wallenborn

Mrs. John E. Duggan

#### **Jovce Ward**

Mrs. Joyce A. Mattice

#### Nicole Ward

Mr. and Mrs. Ronnie M. Via

# Elizabeth A. Walz

Mr. Jack V. Walz

#### **Jennings and Dorothy** Watkins

Mr. and Mrs. Gary Stewart Mr. and Mrs. Charles E. Watkins

Dr. and Mrs. Charles L. Abney

#### John H. Weitnaur

Portraits of

**Hope Gallery** 

Shepherd Center

Wednesday, July 16

Opening

Shepherd

**Center Day** 

Monday, Aug. 18

Statewide in Georgia

**Junior Committee** 

Saturday, Sept. 6

SweetWater Brewing

**Signature Event** 

Ms. Alyse Hensel

Mr. and Mrs. G. Niles Bolton Mrs. Marci L. Bozeman and

Mr. J. V. Branch Mr. and Mrs. G. S. Candler III

Mr. and Mrs. Gregory A. Dexter Mr. and Mrs. David S. Dimling Mr. and Mrs. Barrett K. Hawks

Mrs. Cecile M. Jones Mr. and Mrs. Donald S. Kohla Mr. and Mrs. Paul M. Loska

Mr. and Mrs. Jim J. Moore Mr. M. Lamar Oglesby Parrott United Methodist

Church Mr. and Mrs. Solon P. Patterson Mr. and Mrs. Glenn Cohen

Mr. and Mrs. Edmund F. Pearce, Jr.

Mr. and Mrs. Oscar N. Persons Mr. Lee Robinson

Mrs. Alana S. Shepherd Mr. and Mrs. Dell B. Sikes

Mr. Charles U. Slick Mr. Robert Smulian Mr. and Mrs. Joel H. Weitnauer

# David M. Wheeler Ms. Sally Wheeler

**Dorothy "Dot" Williams** Mrs. Alana S. Shepherd

# **James and Blondie Williams** Ridgeview United Church

#### Jane Woodruff

Mr. and Mrs. William G. Pierce

#### **Jav Woodside**

Mr. and Mrs. Addison H. Meriwether

#### **Woody Woodside**

Mr. Patrick Moorhead

# Mr. and Mrs. P. Dan Yates, Jr.

Mr. and Mrs. Dennis C. Coole, Jr.

#### Stephen Yockey

Mr. and Mrs. Jerry H. Jared

# **Upcoming Events**

# **Derby Day**

Saturday, May 3 Chastain Horse Park

# **Shepherd Center** Commemorative **Book Launch**

Wednesday, May 21 Shepherd Center

# RPM 9/11 5K

Company

Saturday, Sept. 13 Chastain Park

# **Shepherd Center Cup**

Monday, Sept. 15 Cherokee Country Club

# Conlan Cup

Monday, Sept. 29 The Golf Club of Georgia

# Shepherd's Men Clay Shoot

Friday, Oct. 24 The Burge Club, Mansfield, Georgia

# Soque Slam Invitational Fishing Rodeo

Saturday, Oct. 25 Clarkesville, Georgia

# **Legendary Party**

Saturday, Nov. 1 Flourish Atlanta

#### For more information on Foundation special events. please contact:

Saylor Petrie, Special Event Associate 404-603-5168 Saylor.Petrie@shepherd.org

# Lisa Ruger, Cause and Community **Engagement Manager**

404-350-3073 Lisa.Ruger@shepherd.org

#### Porshia Lee, **Cause and Community Relations Associate**

Porshia.Lee@shepherd.org

#### **Honorariums**

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 October 1, 2024 through December 31, 2024.



Alana Shepherd, one of the hospital's co-founders, still makes daily rounds with patients and staff.

#### All who are healed

Mr. Gerald LeClair

#### Todd, Stacey and Tucker Anderson

Mr. and Mrs. Todd W. Anderson

# Dr. David F. Apple, Jr.

Mr. and Mrs. Eugene L. Pearce III

# **Cyndae Arrendale**

Mr. and Mrs. John C. Beane Dr. and Mrs. Thomas H. Callahan

#### Dr. Laurel Barnes' father Ms. Anushka Gehi

George Belkofer Ms. Susan L. Smith

#### **Anneke Bender, PT MS** Mrs. Sue Ann Epstein

**Ann and Barry Benedict** Mr. Milton Wood IV

#### Dr. Angela Beninga Mr. Gerald Beninga

Dr. Gerald Bilsky Ms. Adele J. Muir

#### James Blackwell Ms. Linda E. Crain

Anderson

Dr. Emory Bohler Captain and Mrs. A. J.

#### **Nell Bradbury's birthday** Ms. Marsha P. Moorer

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

#### **Nell Bradberry wishes Merry** Christmas to:

Mrs. Pat Carlock Mrs. Caroline Davis Mrs. Clinton Kennedy Mrs. Marsha Moorer

#### The Doctors and Nurses in the **Brain Injury Unit**

Mr. and Mrs. Arthur L. Deagon David Brill's birthday

# Ms. Brenda Leder

**David Broullette** Ms. Susanne E. Shepherd

#### Garrett A. Burgess Mr. Paul Narkiewicz

Tara Burgei Ms. Alicia Michael

# **Gunnar Burns**

**Brewer Cook** 

#### **Sheila Burson** Mr. and Mrs. Steve Ball

Barbara G. Butkus Ms. Katelin Butkus

**Patricia Carr** 

Mr. Dennis Carr

# John and Elaine Carlos

A.E.M. Family Foundation

#### Lora and Dick Childs Ms. Lora Boniface

# Millard Choate

# Anonymous Delaney N. Clavo, MSN RN

Dr. A. Thaddeus Clavo, M.D. Roberta and Jim Conroy Mr. Milton Wood IV

# Michael Costanzo

Ms. Bridget Kelly

#### **Jill Cothron**

Mr. and Mrs. Wavland K. Cothron

#### **Lindy Cunningham** Ms. Mary Flynn

James Curtis' Volunteer Work

# Mr. and Mrs. Brad Courts James Curtis wishes Happy

Holidays to: Mr. and Mrs. Mel Adler Mr. and Mrs. Michael J. Brucato Mr. and Mrs. Brad Courts Mr. and Mrs. Richard W.

Courts II Mr. and Mrs. Allen Curtis

Ms. Laureen Dame Mr. and Mrs. Josh R. Davis Mr. and Mrs. Tread F. Davis

Mr. and Mrs. Blake G. Dexter Mr. and Mrs. Allen Eidson

Mr. and Mrs. David Glass

Mr. Charles Glinden Drs. Matt and Kierv Grabowski

Ms. Bonnie Hardage Ms. Renee Hart

Ms. Sharon L. Hollis Ms. Cecy Jones

Mr. Greg Logan Ms. Nancy Lynn

Mr. and Mrs. Brian Maloney

Mr. and Mrs. John Martin Mr. and Mrs. David S. Moden

Mr. and Mrs. Todd Norwood

Mrs. Sally Nunnally Ms. Julie Glinden Sears

Mr. and Mrs. Dell Sikes

Mr. and Mrs. Ian M. Smith Dr. and Mrs. Richard L. Sturm

Mr. and Mrs. Nathan B. Utz Mr. and Mrs. James Wells

Mr. and Mrs. Zachary Wilson Mr. and Mrs. David Withers



Alana Shepherd holds up an early version of Spinal Column. She served as a photographer for some early issues of the

**Trina Curtis** 

Ms. Alicia Michael

Alyece Daniel

Ms. Alicia Michael

George Darden IV

Mr. and Mrs. George W. Darden

**Terry Darsey** 

Ms. JoAnn Padgett

**Scot Davis** 

Mr. Rodaer Woock

**Margaret Dawkins** 

Ms. Becky J. Cronister

Ann Dav

The Aderhold Family Foundation

Mike and Debbie Dill

Mr. and Mrs. Bill Roop

Rebecca Doty Ms. Lora Morton

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

Janet Elman

The Honorable Thomas Robert Rice

**David Ewing** 

Mr. Timothy Ewing

Dr. Fadia and the Staff at **Pathways** 

Mr. and Mrs. Bertram L. Levy

The Featherston Family

Mr. Paul Gressette Ruth Fierman Mr. and Mrs. Frederick C. Glass

Lee Frazer

Ms. Julie Jones

Kiley Gardner Ms. Debra Dilley

**Benjamin Godfrey Taylor Owens** 

Clara Godwin's 4th Birthday Mr. and Mrs. Milton Godwin, Jr.

Scott Gordon, Sr.

Mr. and Mrs. Scott Gordon

**Judith Grenier Vallieres** Ms. Alicia Michael

**Ann Gressette** Mr. Paul Gressette

Austin K. Gupta Mr. Robert Laurens Mr. and Mrs. Thomas H. Hall III Mr. and Mrs. Michael Balliet

**Greg and Ann Hampton** 

Mrs. Kathryn H. Kapnek

Wil Hampton Mr. James W. Hampton

Rilvn Harper Kraig Knowles

**Elizabeth Harris** 

Anonymous 302 Solutions LLC Mr. Matthew A. Abee Mr. and Mrs. Robert B. Borucki Mr. and Mrs. Gregory G. Burke Carolina Shoulder and Knee Specialist LLC

Mr. James J. Corbett Mr. and Mrs. Leslie A. Cotter, Jr. Mr. Floyd T. Deary III Deborah B. Barbier LLC Ms. Stella W. Donelan Mr. and Mrs. Walter P. Dorn III Mr. and Mrs. Joseph R. Folline Harris & Gasser LLC

Mr. and Mrs. Robert R. Hill, Jr. Mr. and Mr. Winston D. Holliday, Jr.

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Law Offices of John D.

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Mr. Duncan McIntosh

Leventis Law Firm LLC

Mr. Patrick Keegan

Elliott, P.A.

Mr. Charles H. Oliver II

Mr. and Mrs. Kevin L. Patten Mr. Hans W. Pauling

Polales Horton & Leonardi LLP Postic Law Firm PA

Mr. Garv W. Reinhart

Mr. Donald J. Zelenka

Mr. Jack B. Swerling Dr. and Mrs. Charles L. Tucker Dana U. Wolfe

**Connie Hart** 

Mr. and Mrs. Luther Kellev

**Caroline Hazel** 

Ms. Jordan M. Hinkebein

Chervl and Dick Hazel Ms. Caroline G. Hazel

**Gary Herber** 

Barbara Johnson Prickett Family Fund

**Patrick Higgins** Ms. Ellen Allen

Eli Hiskey

Mr. John Hiskey

Elizabeth Homer

Mr. and Mrs. Roger W. Moister, Jr.

**Nicolas Horne** 

Mr. Dameon Horne

**Mary Kay Howard Wishes Merry Christmas and Best** Wishes for 2025 to:

Mr. and Mrs. Carroll Benson Ms. Ann Corrigan Mr. and Mrs. Philip Dater Dr. Edward Eanes and Mr. Dennis Loubiere Mrs. Elaine Etheridge Mr. and Mrs. Billy Kennedy Mr. and Mrs. Michael Knoblauch Mr. and Mrs. David Kowal Ms. Pam McLaughlin Mr. and Mrs. Bob Meara Miss Carol Olsen Mrs. Anne Paulus Mr. and Mrs. Alan Stensland **Constance Howell** 

Mrs. Abigail W. Babcock

**Donald and Elizabeth Huffner** 

**Pem Jenkins** 

**Judy Johnson's birthday** Ms. Juli J. Owens

Clinton B. Kennedy Ms. Marsha P. Moorer

Megan Keyes Ms. Alicia Michael

**Carson Kimball** Mr. J. Scott Jacobson

**Jacob Klebar** 

Mrs. Jenene Klebar **Alecia Lally Love** 

Mr. and Mrs. John Lally

**Shaun Lally** Mr. and Mrs. John Lally

Liza Lanier

Ms. Kate Hawkins

**Matthew Lee** 

Ms. Pamela B. Jackson

Dr. Don Leslie

Mrs. Robert P. Crozer and her family Mr. and Mrs. Howell W. Newton

Mrs J V Shields Jr Mr. and Mrs. C. Martin Wood, III

**Crystal Lethcoe's birthday** 

Mr. and Mrs. Michael W. Brown

Ken Lett

Mr. and Mrs. E. Bradford Ladd, Jr.

**Barry and Debbie Liff** 

Ms. Janet Galanti Mr. Robby Heiser Mr. and Mrs. John E. Redeker **Eddie Wolf** 

Hannah Lindsay

Mr. Marc Stevens **Ben Lippincott wishes Happy** 

Holidays to: Friends and family

Tatum Love Ms. Cynthia Bright **Meredith Maddox** 

Mr. Elon W. Maddox. Jr.

Elaine Malone

Ms. Charmaine Palmer

**Anita Marino** 

The George Stern & Sara Stern Foundation

**David Martin** 

Mr. Brent Hodgson

**Grayson Martin** 

Mr. Albert J. Jehle

Paul F. Martin Mr. Chris Martin

**Paul Mary** 

Mrs. Tammie Mary Adam Mathes

Addie Mathes

Mr. Mark Jacobus

Mr. Mark Jacobus

Cathleen Matheson's Birthday

Matthew McDade Ms. Rebecca Brooks

Ms. Jennifer Matheson

**Vhan McGuire** 

Mrs. Vanessia Ochs

William "Will" Meadows

Mr. and Mrs. Richard H. Meadows

John Meringer

Mr. James Hourihan

Linda Miller

Mr. Timothy Miller

Marsha Moorer

Ms. Clinton B. Kennedy

**George Mori** 

Mr. and Mrs. Randall H. Street

Sarah Morrison

Ms. Kathleen Reynolds

**Justice Munn** Mr. and Mrs. Harold Munn

**Andrew Munoz** Mr. Alfredo G. Munoz

Jess Murphy Ms. Alicia Michael

Sean Murphy's birthday Ms. Cynthia Sokolic

# **Shepherd Center Needs Your Feedback!**

We would like your feedback on your experience with Shepherd Center. Please scan the QR code with the camera on your phone to participate in a quick survey. Thank you!

For a paper survey, contact Meena Iyer, MSIE, LSSBB, CPHQ, Manager Quality and Outcomes, at meena.iyer@shepherd.org or 404-367-1396.





Before the Shepherd Building was built in 1982, Shepherd Center leased space in West Paces Ferry hospital, pictured here.

#### Thankful for my wonderful clients! Pebbles Nix Interiors

#### **Ryan Narramore** Anonymous

**Peggy Naugle** 

Mr. and Mrs. James T. Gandy Michael Naumann

#### Mrs. Ellen Naumann **Chris Nesbitt - Thanks for**

the excellent therapy

Ms. Ellen Zaglin Don Nelson

# Kendall Nelson

**Doree & Tony Nelson** 

# Ms. Susanne E. Shepherd

**Jerry Nix** 

#### Michael and Cvnthia Orr Charitable Fund

**Ed O'Connor** 

Mr. and Mrs. Max McChesnev

#### **Billie Parson** Mr. Al Saunders

# Leigh Pate

Mr. Milton Wood IV

# Tom and Babette Perry

Mr. and Mrs. Bill Roop

# **Carson Pierce**

Ms. Deborah Cobb Mrs. Kendall Irving

# **Carolyn Pittman**

Ms. Jennifer P. Cantrell Mr. Louie A. Pittman, Jr.

# Arlene "Mikev" Porter

Mr. Troy Simpson

#### **Amy Powell**

Mr. and Mrs. Howard R. Green

# **Margaret Proctor**

Ms. Julie Jones

# Margaret Proctor

Mr. Carlton Proctor

#### **Jamie Reynolds**

Mr. and Mrs. Gentry R. Strickland

#### Mark Reynolds

Mr. and Mrs. Lawrence P. Kelly

# **Dan and Georgia Rice**

Mr. and Mrs. Paul Elman

#### **Ellen and Rob**

Mr. Patrick Higgins

# Sarah Roberson

Mr. Wolfgang Schmitz

#### **Tara Robertson**

Ms. Mary Diana Robertson

# **Guillermo Santiago Acre Rojas**

Mr. Stuart J. Dressler

# Joey Roman

Mr. and Mrs. R. P. Rogers

Peterson, Jr.

# **Shapiro Capital Management** Co. Wishes Happy

Friends and colleagues

#### Alana Shepherd

Anonymous Mr. and Mrs. Larry M. Cowman James Starr Moore Memorial Foundation, Inc.

Tracy Story

Mr. and Mrs. Charles M. Hubbard

# Marty Spiegelman

# Mrs. Wynne P. Stevenson

Mr. and Mrs. Dan Amos Mr. and Mrs. Frank Foley

Mr. and Mrs. Mike Ogie

Mr. and Mrs. Mat Swift Mr. and Mrs. Richard Waddell Mr. and Mrs. Bill Woolfolk

**Ashford Schwall** Mr. and Mrs. Hugh

Holidays to:

# **Austin Shilling**

#### **Ashley Shepherd**

Dr. and Mrs. Bruce M. Beeber

# Wishes Merry Christmas to:

Mr. and Mrs. Gardiner Garrard Mr. and Mrs. Mason Lampton

#### **Bobby Rosenbleeth** Ms. Sarah H. Wood

# Ms. Holly Grady

Mr. Chris Heintz Ms. Lvnn Hunt

**Austin Stuck** 

Ms. Barbara Boniface

Ms. Anne H. Swenson

Mrs. Derin Thompson

Mr. and Mrs. E. Bradford

Mr. and Mrs. Arthur Tillem

Kim and Ronald Townsend

Ms. Kathleen L. Hobbs

Mr. Louie McEntyre

Ms. Brianna Adams

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