SPINAL COLUMN
THE MAGAZINE OF SHEPHERD CENTER | FALL 2006

Every second Counts

AN EARLY ADMISSION TO SHEPHERD CENTER CAN BE CRUCIAL

Amy Hawkins' Special Gift:
A Former Patient Receives a New Home From a Hit ABC Show

Family Residence Center:
Shepherd Center Announces Plans to Build Family Housing On-site

First FIVE Project:
A New Program for Discharged Shepherd Center Patients is Making Waves

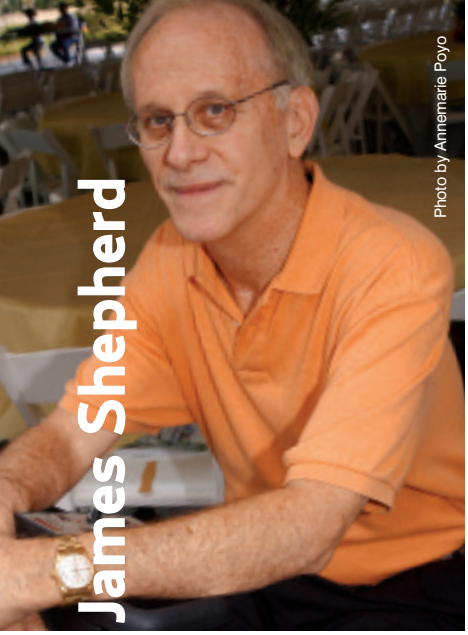


Photo by Annemarie Poyo

Letter from James Shepherd

Dear Friends,

As you read this edition of *Spinal Column*, I hope that you take a moment to think about some of the unsung heroes of Shepherd Center. Our nurses, patient care technicians, and respiratory therapists do an outstanding job caring for our patients. Several go above and beyond the call of the duty on a daily basis. Many nurses will stay past their shift just to keep their patients company. Some offer a shoulder to cry on, others simply find the time to help read letters or whatever else would lift the spirits of their patients.

Nurses are not often showered with praise, as they are not as visible as some of the other staff members, but these clinical care providers are paramount to our success here at Shepherd Center. After all, a good therapy session won't do a patient much good if they're not receiving exceptional care for their wounds and injuries.

Most nurses I have spoken with over the years say it's the little things they value the most about their jobs. They like being able to make a difference in the lives of their patients, not just improve their patient's physical wellbeing. That's why so many nurses are spotted taking time out of their personal schedules to spend time with patients. Nurses are true humanitarians.

I know firsthand how vital a nurse's role is and how caring and dedicated they are to their patients. Following my injury, more than thirty years ago, I came across nurses who always were concerned about me, not just about my injury. In fact, I still keep in touch with two of them, all these years later. They are true angels on Earth and I am lucky to have crossed paths with them.

Warm Regards,

James Shepherd

SPINAL COLUMN
THE MAGAZINE OF SHEPHERD CENTER
FALL 2006

Shepherd Center
2020 Peachtree Road, NW
Atlanta, Georgia 30309
404-350-7707
www.shepherd.org/publications

Editor
Laura Sommer

Design
Soloflight Design

Contributing Writers
Sara Baxter, Julie Budnik, Amanda Crowe, Kristi Daughtridge, Dan Sadowsky, Courtney Smith, Laura Sommer, Winston Wiant

Contributing Photographers
Leita Cowart, Dean Hesse, Richard Howard, Paul Hultberg, Jason Koski, Photography by Nora, Annemarie Poyo

Board of Directors
James H. Shepherd, Jr., *Chairman*
Gary R. Ulicny, Ph.D., *President and CEO*
Emory A. Schwall, *Vice President*
William C. Fowler, *Treasurer*
Stephen B. Goot, *Corporate Secretary*
Alana Shepherd, *Recording Secretary*

Members
Gregory P. Anderson, David F. Apple, Jr., M.D., Wilma Bunch*, James M. Caswell, Jr., Sara S. Chapman, John S. Dryman, Mitchell J. Fillhaber*, David H. Flint, Bruce G. Green, M.D.*, Stephen B. Holleman*, Michael L. Jones, Ph.D.*, Donald Peck Leslie, M.D., Bernard Marcus, Joseph R. Moderow, Julian B. Mohr, Henry Munford*, Charles T. Nunnally III, Sally D. Nunnally, Deborah Revis, RN, Ph.D., JD*, Clyde Shepherd III, J. Harold Shepherd, James D. Thompson, Goodloe H. Yancey III

*Ex-Officio

Spinal Column is published quarterly by Shepherd Center, a private, not-for-profit hospital specializing in the treatment of people with spinal cord injury and disease, acquired brain injury, multiple sclerosis and other neuromuscular disorders, and urological problems. E-mail change of address information or request to be removed from our mailing list to spinalcolumn@shepherd.org, or by mail to Shepherd Center, Attn: *Spinal Column* Mailing List, 2020 Peachtree Road, NW, Atlanta, Georgia, 30309. Please include mailing label. *Spinal Column* accepts no advertising.

Spinal Column is a registered trademark of Shepherd Center.

Contents

Photo: Jason Koski
Cornell University Photography

4

Cover Story:

Every SECOND Counts:

An Early Admission to Shepherd Center Can be Crucial

DEPARTMENTS

2 Short Takes
14 **Workers' Comp Corner:** Arthur Williams' successful return-to-work has the Workers' Comp community delighted over Shepherd's early referral system
19 Shepherd Alums
20 **Research:** Functional Electrical Stimulation (FES) bike has patients asking for more
21 Front & Center
28 Loving Tributes

FEATURES

2 **Amy Hawkins' Special Gift:** A former Shepherd Center patient and her family receive a new home from the hit ABC show, *Extreme Makeover: Home Edition*

8 **Family Residence Center:** Demands for family housing skyrocket and Shepherd Center answers the call

10 **First FIVE Project:** A new program for discharged Shepherd Center patients is making waves in the Northeast

16 **Therapeutic Recreation:** More than fun and games, see how this department is helping patients make the transition back to their communities

Photo: Dean Hesse

16

AMY HAWKINS' EXTREME HOME MAKEOVER

Photos: *Photography by Nora*

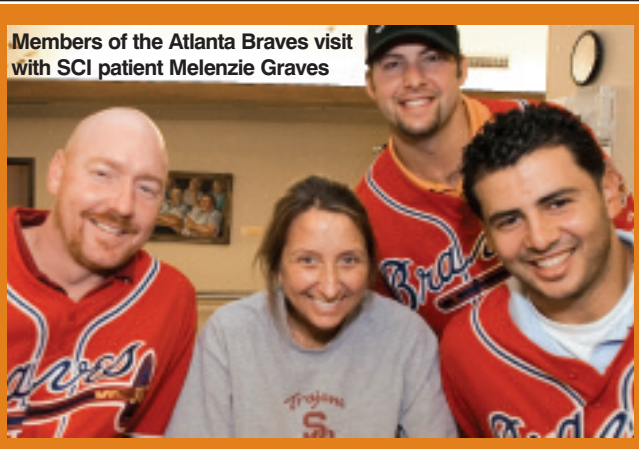
Recently discharged patient Amy Hawkins and her family received a new home from ABC's "Extreme Makeover: Home Edition."

Former Shepherd Center patient, Amy Hawkins, has a lot to celebrate since her discharge from Shepherd Center.

Not only has her recovery been outstanding, she has also witnessed her entire community and the producers of a network television show rally behind her family.

The Hawkins, of Hendersonville, Tennessee, were hand selected from thousands of applicants to be the recipients of a new home, courtesy of ABC's "Extreme Makeover: Home Edition." More than 50,000 people contacted the show to recommend that the Hawkins family be selected to receive a new home and be featured on the popular show. Hundreds of those very people were on hand when the home was revealed to Amy and her family last August. While construction was being done, Amy, her husband and their two boys were sent to Disney World to relax and await the big unveiling. The construction project took only five days to complete with hundreds of volunteers working around the clock. The episode that features the Hawkins aired this Fall on ABC.

The Hawkins family home that once stood on the spot where the new one now stands had been destroyed during a tornado last spring. Amy suffered injuries to her brain and spinal cord when her brick home came crashing down around her as she sheltered her children from the violent twister.



Members of the Atlanta Braves visit with SCI patient Melenzie Graves

Three Atlanta Braves players came to visit Shepherd Center patients this past summer for their annual "Christmas in July" visit.

The players passed out signed pennants, along with programs and other goodies. Pitchers John Thomson (left) and Horacio Ramirez (right) turned out for the event just like they did in 2005. Newcomer Kyle Davies was also on hand to visit with patients.

Both Day Program and inpatients knew the Braves were coming and many made sure they had a baseball on hand to get signatures from all three players. The Braves spent about two hours traveling around the Center's different therapy gyms to spread their summertime "Christmas cheer."

Pro Golfer Fred Funk Sponsors Fundraiser for Former Patient

Fred Funk held the event in Jacksonville, FL, where both he and former Shepherd Center patient J.T. Townsend live. Townsend was injured at the C2 level in October of 2004 during a football game.

Funk and his family have since formed a bond with Townsend and his loved ones. Last summer Funk held a celebrity golf tournament to raise money for J.T.'s medical expenses and the event was quite a success.

Highlights of the fundraiser included a silent auction with memorabilia donated from every major sport and sports hero, and a very moving speech by Funk. The PGA Tour made a major contribution, as did many other organizations and individuals.

J.T. Townsend (center) poses with Shepherd Therapist, Cathi Dugger and Professional Golfer, Fred Funk

SHEPHERD MARKS MILESTONE IN EXPANSION PROJECT

Staff and friends gathered outside Shepherd Center in late July to celebrate the "topping-off" of the new Jane Woodruff Pavilion. The celebration marked a week in construction when the highest structural point in the new building was attained.

To celebrate this event, the last steel beam was signed by all in attendance and Jane Woodruff gave the orders to hoist it into place.

Shepherd Center will nearly double in size when the $53 million addition is complete in late 2007. Among other things, the expansion will provide 20 new beds, additional therapy gyms and treatment rooms, a new cafeteria and dining facility, additional office space, and more clinical facilities to expand and centralize Shepherd Center's outpatient services area in order to make them more accessible to patients and families.

For those who want to keep any eye on our progress, Shepherd Center has installed a remote camera overlooking the construction area of the Jane Woodruff Pavilion. The photos are updated several times each hour and are available on the Shepherd Center Web site, in the "About Shepherd" section, at www.shepherd.org.

Above Left: Final steel beam is raised for the new Jane Woodruff pavilion. Above Right: (L to R) Dr. Darryl Kaelin, Dr. DaShawn Bakari, Dr. Donald Peck Leslie and Dr. John Lin celebrate.

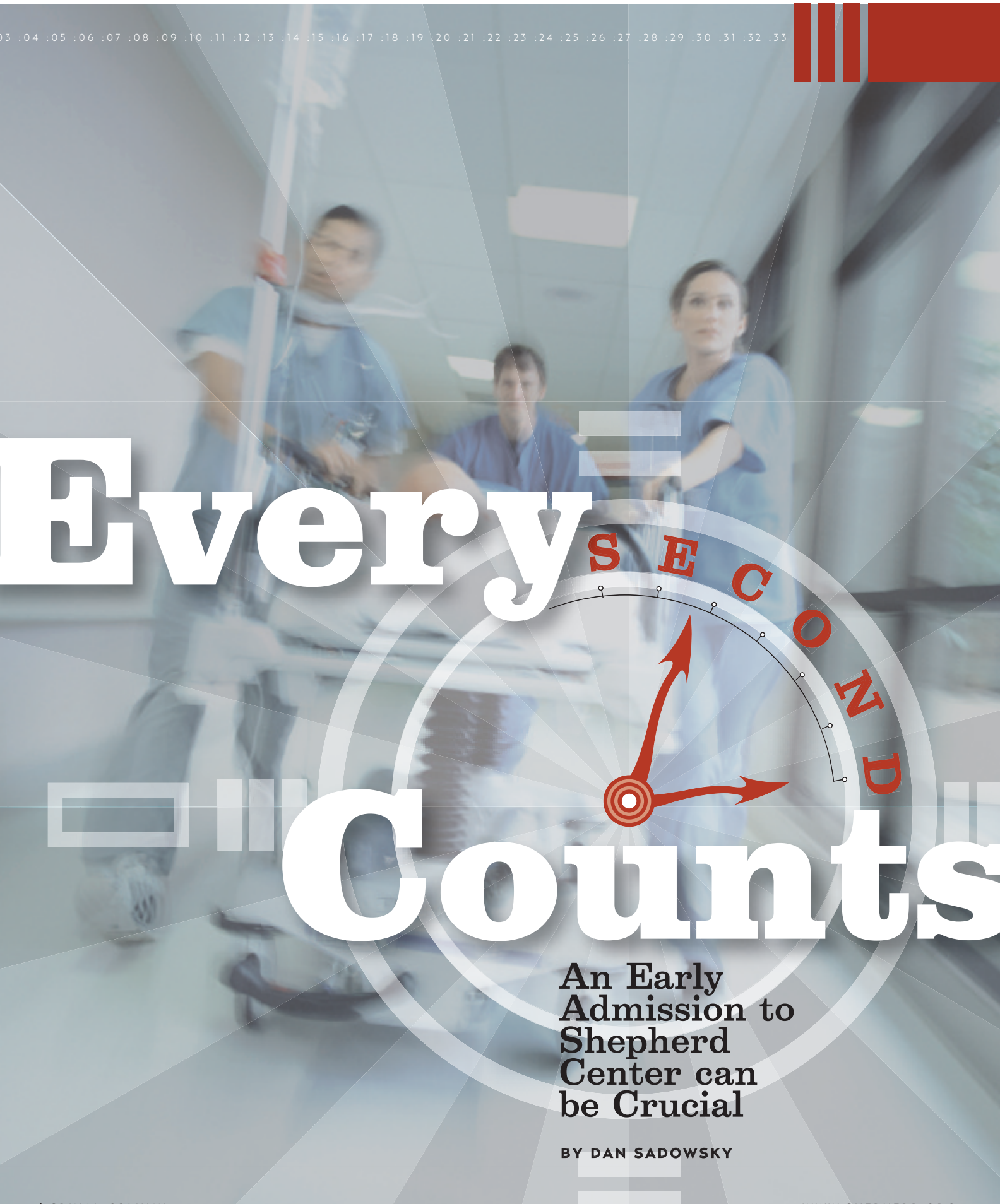
U.S. Senator, Johnny Isakson, was recently in Georgia's East Cobb County to meet with Shepherd Center patient, Cindy Donald.

Donald, who is now enrolled in the Beyond Therapy program at the Center, happily accepted a special gift from the Senator. The U.S. Senator from Georgia presented her with an American flag that he had flown over the White House in her honor. Donald's family, friends, and representatives of Shepherd Center were on hand for this momentous occasion.

The 23 year-old suffered a spinal cord injury in March of 2005. Since then, she continues to recover as the people in her neighborhood rally around her by hosting several fundraisers to help with medical costs.

The family is very grateful to the community for all their love and outpouring of support since Cindy's accident.

Above (L to R): Shepherd Center Co-Founder, James Shepherd visits with Senator Johnny Isakson and Cindy Donald.



Every Second Counts

An Early Admission to Shepherd Center can be Crucial

BY DAN SADOWSKY

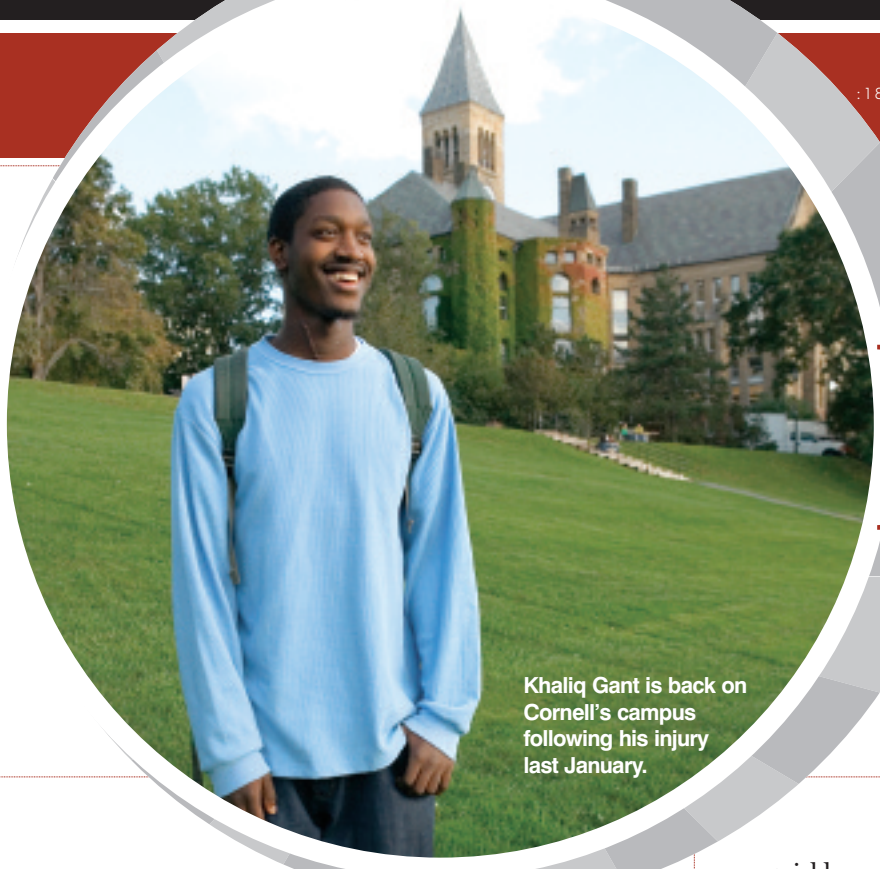


Photo: Jason Koski, Cornell University

Khaliq Gant is back on Cornell's campus following his injury last January.

Timely admission to a specialized spinal cord injury program such as Shepherd Center can make a difference in how quickly and how well a patient recovers.

On a Friday afternoon last January, Sue Sheehy received an unexpected phone call from an assistant men's basketball coach at Cornell University in Ithaca, N.Y. Sheehy, Shepherd Center's Northeast admissions liaison, listened as he explained how three days earlier, sophomore Khaliq Gant had sustained a spinal cord injury diving for a ball during practice.

Khaliq had just undergone a seven-hour operation to fuse his C-4 and C-5 vertebrae, and his parents were eager to transfer their son closer to their home in Norcross, Georgia, to begin rehabilitation.

Sheehy, who is based in Boston, asked Khaliq's hospital, Arnot Ogden Medical Center to fax over his clinical information. She reviewed it, then called his parents. Based largely on the particulars of his injury and his discharge plan, "He was a good match for Shepherd Center."

Sheehy planned to visit Khaliq five days later during an already-scheduled swing through upstate New York. But by the time she reached the hospital, Khaliq had already been airlifted to Shepherd Center.

She was happy Arnot Ogden Medical Center was so aggressive in making the trasfer.

Timely admission to a specialized spinal cord injury program such as Shepherd Center can make a difference in how quickly and how well a patient recovers. Nearly a dozen studies in the National Library of Medicine associate early admission with fewer complications, shorter hospitalizations and better outcomes.

Last year, for example, three Italian researchers who followed 150 patients in a Rome hospital concluded that "rehabilitation intervention in patients with SCI should begin as soon as possible, in a specialized setting, because delay may adversely affect functional recovery." Their findings were published in the Archives of Physical Medicine and Rehabilitation.

The advantages of a prompt response start from the moment of injury. Paramedics on the scene can limit damage by quickly immobilizing the patient and rushing to a hospital, where emergency-room doctors inject a steroid to lessen neurological harm.

From there, it's important to move the patient to a rehabilitation facility as soon as they are stable — even if they are still in intensive care. "The sooner we get them in, the more complications we can avoid," says Shepherd Center's Dorea Fowler, one of seven clinical evaluators responsible for assessing and admitting new patients.

The longer a person spends in a hospital that lacks specialized SCI care, Fowler says, the more likely they are to contract urinary-tract infections, pneumonia, blood clots and skin sores, "any of which will stop a patient from being able to get out of bed and start rehab."

Twenty-four-year-old Melanie Ivy arrived at Shepherd Center four days after suffering a T-12 spinal cord injury in a vehicle

Clinical evaluators like Laura Brown play a critical role in making sure patients are transferred as soon as possible.

rollover in the Atlanta suburbs last May. She arrived in a lot of pain, she recalls, yet welcomed the near-immediate start of therapy. "That first day, I remember they lifted me with the Hoyer lift onto the mat. I was putting in a hard day's work from the beginning. It takes a lot out of you, but I started seeing improvement from the first day."

Melanie's mom, Ruby Bobo, a Mississippi resident who stayed with Melanie during her rehabilitation, says her daughter's will to improve, combined with encouragement from hospital staff, helped her make "a speedy recovery." By late July, Melanie had graduated to Day Program, where she practiced lifting herself into her wheelchair and standing for an hour at a time. Her hip muscles had returned, and she could feel sensation in her legs.

Shepherd Center's Laura Brown got a call from Gwinnett Medical Center when Melanie was still in the emergency room, which speeded her arrival. Clinical evaluators like Brown play a critical role in making sure patients are transferred as soon as possible. They work with insurers, educate family members and doctors, and form relationships with referring hospitals that pay off when someone like Melanie comes through their doors.

"To get to a rehab center in four days like Melanie did is incredibly fast," Brown says. "I think everybody loves to see a patient there that early."

Teri Uvalle called Shepherd Center after her 19-year-old son, Joe, fell from a second-story balcony in Tallahassee, Fla., last February. "I knew nothing about spinal cord injury when my son was injured. Not a thing. But the admissions department staff educated me," she says.

Admissions Liaison, Laura Brown, visits with Alvin Polk, a patient she admitted.

Joe, a C-6 quad, was anxious to begin rehab. Two weeks after his accident, he was still bedridden in a Florida hospital. When he arrived at Shepherd Center, he slumped in his chair, had no sensation below his neck and "could not even scratch his nose," Teri says.

But within a day of checking in, he'd hopped into a motorized wheelchair, participated in his first intensive therapy session and ventured out-of-doors for the first time since his fall. Today, he feeds and dresses himself, does his own bowel-and-bladder program and balances himself in his manual wheelchair without a chest strap. He plans to return to Florida State University next spring.

"I was very excited," says Joe, "that I got to go to Shepherd when I did."

Leo Sanchez felt the same way. The 52-year-old resident of Sharpsburg, Georgia, awoke one Friday last April to discover he had neither the strength nor the balance to complete his morning exercise routine. He couldn't do even one pushup, and when he attempted a squat, he fell over backwards.

"I tried it a second time and fell a second time," says Leo, who was in Washington, D.C. on business at the time. "I had trouble getting up off the floor even using the bed as leverage."

Thirty-six hours later he was completely paralyzed below his neck. The culprit: Guillain-Barré Syndrome, an autoimmune disease that triggers rapid but temporary paralysis.

Leo remained immobile for nearly a week. Slowly, he was able to move his hands, then his shoulders. Although his insurer recommended recuperating at a long-term care facility, Leo wanted

to go to Shepherd Center — recommended by his primary-care physician back home — as soon as possible.

In four weeks at Shepherd, he steadily regained his mobility and strength. Today he's back to his human resources job full-time, exercising two hours a day and running 12-minute miles.

"I think if I went to a long-term facility, I would not have recuperated as fast as I did," Leo says. "The therapists at Shepherd Center required things of me I wasn't sure I could do, but the challenges motivated me. I knew I could do it, I would try it and I'd accomplish it."

Khaliq, too, was ready for a rigorous rehabilitation. Once at Shepherd Center, he noted right away the more systematized bed turns, specialized nursing care, exhaustive bowel-and-bladder program and the involvement of therapists who "really push you." Being in the hospital's positive atmosphere and around peers in similar straits, he says, also motivated him.

Sue Sheehy, whose own son, John, sustained a spinal cord injury in 1998 at age 13, says being at the Center "puts teenage patients in a better frame of mind because they're surrounded by people of similar age with similar injuries. In an acute care hospital, you may be the only one there who is paralyzed."

Khaliq's mom, Dana, a nurse, also says she wanted to get her son to Shepherd Center quickly to nurture his psyche, as well as to prevent medical complications. As it turned out, Khaliq benefited from being in a comprehensive care facility when an allergic reaction to a steroid shot he received in New York later required respiratory therapy.

"We didn't have to go to another hospital for the medical part and come back for rehab. Everything was at Shepherd Center. That was wonderful," she says.

Even in acute care at Shepherd Center, Khaliq worked with physical and occupational therapists from his bed. And on March 31, Khaliq walked out of the hospital on a pair of crutches. He now walks unaided, and although his basketball skills aren't back to normal — "I'm a little rusty," admits the 6-foot-3 guard — he says his strength and range of motion continue to improve.

Khaliq is now back at Cornell, and Sheehy hopes he will accompany her on a fall visit to Arnot Ogden Medical Center. She is scheduled to teach a class on spinal cord injury to Khaliq's treatment team. Khaliq, if he comes along, is likely to thank the same group for his care — and for sending him to Shepherd Center as quickly as they could.

Photos: Dean Hesse

Top to Bottom:

Leo Sanchez (center) with his daughter, Meghan, and wife, Johanna.

Melanie Ivy (left) with her mother Ruby Bobo.

Joe Uvalle (center) poses with family members at Shepherd Center.

In response to an ever-increasing demand for family housing, Shepherd Center has approved plans to construct a first ever, on-campus housing facility to be completed in the next 20 months. The project will require up to $14 million in newly donated funds.

BY SARA BAXTER

DEMAND FOR FAMILY HOUSING skyrockets

Family members play an important role in the rehabilitation of every Shepherd patient, which is why Shepherd Center currently offers up to 30 days of free housing in nearby apartments owned by Shepherd for families of patients who live more than 60 miles away from the Center.

"It's important for a patient to have family close by so that they can be part of the recovery," said James Shepherd, Chairman of the Shepherd Center Board of Directors. "It's vital to have family here for emotional support, and it also puts the family nearby to attend patient-care training to be used when the patient returns home."

The Shepherd-owned Biscayne Apartments, located just a few blocks from the hospital, houses patient families during their loved one's stay as an in-patient, while nearby Shepherd Place accommodates recently discharged patients who participate in the hospital's rehabilitation day program.

Shepherd's consistent growth has brought a growing demand for additional family housing. Currently the Center manages overcapacity by renting up to 18 apartments along Peachtree Road for patient families. Now, the Center is set to begin a major housing addition, which began with the purchase of the Hawthorn Suites Hotel, an 80-room facility located next door.

Shepherd Center purchased the hotel last year, and at the time

"Not only will the new facility help offset the current demand," said James Shepherd, "but it will help accommodate additional patients and families when the Jane Woodruff Pavilion opens in late 2007 with 20 additional patient beds."

Shepherd is known for providing temporary and free housing for families

the intent was to renovate the building and convert it to accessible family housing suites. However, subsequent renovation estimates were of such magnitude that the hospital eventually elected to build a separate housing facility in the parking lot behind the Hawthorn. "Given the age of the hotel and the renovation costs, it became more cost efficient to invest in an altogether new facility which would stand the test of time and also be exactly what was needed by patients and their families," Shepherd said. Each housing suite will contain a bedroom, living space, kitchen and accessible bathroom.

The new Family Residence Center is also envisioned to accommodate patients returning for outpatient services as well as physicians and researchers visiting Shepherd Center.

"Not only will the new facility help offset the current demand," said Shepherd, "but it will help accommodate additional patients and families when the Jane Woodruff Pavilion opens in late 2007 with 20 additional patient beds." This new on-campus housing will enable Shepherd to accept more patients who live outside metro Atlanta by offering them a place to stay temporarily, as well as reduce transportation costs associated with moving patients to and from off-campus housing.

Shepherd estimates the new Family Residence Center will cost between $12 million and $14 million. The Center has already received a very generous donation of $5 million to assure construction can begin, and the Shepherd Foundation is working to secure remaining funding over the next 24 months. The new Residence Center is expected to be available for occupancy in 2008.

While on-campus family housing will be new, housing services represents a continuation of what Shepherd already offers to families.

"Shepherd is known for providing temporary and free housing for families," said Shepherd. "When we remove the family's concern about where they will stay in the city and how much it might cost, it allows them to stay focused on the real reason we are all here – to dramatically improve the life of their loved one.

FIRST

Functional Improvement via Exercise

by Julie Budnik

PHOTOS BY RICHARD HOWARD

It began as a Mother's quest to help her teenaged son who had become frustrated and angry. In 1998, at the age of 13, John Sheehy sustained a C4 incomplete spinal cord injury from a diving accident. After a disappointing few months in a traditional rehab program, Sue Sheehy, a career emergency nurse, finally found the help she sought for her son. A customized program of rigorous exercise and strength training was developed to meet his needs.

Based on her successful experience, Sheehy developed and launched the First FIVE (Functional Improvement Via Exercise) program. Sheehy's purpose – to determine if spinal cord injured patients would benefit from aggressive physical exercise.

A group of four young men (a woman joined later) between the ages of 11 and 27 became the first study group. The research project, a part of Sheehy's Ph.D. in Nursing program, was initially funded through grants from the Christopher Reeve and Travis Roy foundations and later through two grants from the Gustav and Louisa Pfeiffer Foundation. With funding in place, a six month study began at the Massachusetts Hospital School. Participants trained on specific equipment three times a week in two hour sessions. Using the FES bike, cardio equipment and the standing frame, patients got stronger, regained more muscle function, and increased independence. At the conclusion of the first group's training program, the results were amazing and the patients were excited. Although Sheehy's original intent was for patients to continue with a home-based program, the group was adamant that they wanted to continue working out together. A second group of participants including three females and one male, between the ages of 20 and 62 with various time out from injury, had similar results.

Supported by a small army of volunteers, the program moved to the South Shore YMCA in Quincy, Massachusetts under the leadership of Sheehy and exercise physiologist Sheryl Rosa.

The latest group of "First Fivers" to complete the research phase of the program includes two extraordinary young men, Keith Polischuk and Zack Weinstein. Twenty-eight year-old water enthusiast Polischuk sustained a C6 incomplete injury last summer in a diving accident. "It's overwhelming when you are hurt," says Polischuk. "Your world turns upside down."

Keith began First FIVE in January. "I went from lifting 5 pound weights to being able to lift 50-pound-weights." The strength Polischuk has gained enables him to accomplish daily tasks with ease, including transfers in and out of a car, most of his own self care, and navigating the college campus where he is currently completing a degree in business administration.

The First FIVE participants have gained a sense of community and camaraderie. "I have rolled into the gym in an angry mood and between the physical exercise and hanging out with other people in the same situation, I leave in a great

BENEFITING FROM AGGRESSIVE PHYSICAL EXERCISE

28 year-old Keith Polischuk sustained a C6 incomplete injury during a diving accident

mood," says Polischuk. Smiles, laughter and practical jokes abound with this group.

Zack Weinstein, a 21 year-old college student, was injured at the C5-6 level last summer in a river accident while working as a camp counselor in Maine. This dark-haired, soft spoken young man attributes his strength and coordination, which allows him to sit up on his own, to his work with First FIVE. "Because of the standing frame, the bone density in my legs has remained at a normal level." In addition to benefiting from better general health, Zack is sleeping and eating better and able to roll over in bed. In addition to the exercise component of the program "...the social aspect is important because many people in this situation are terrified to leave their house." says Weinstein.

The unanticipated social dynamic has made a big difference in the lives of the study participants and their families. "They push and encourage each other," says Sheehy. "It is very alive and there is so much energy when everybody is there."

A $250,000 grant was made for the First FIVE Program by the Shepherd Center Foundation in 2006.

First FIVE Developer Sue Sheehy visits with participant Zack Weinstein

Sheehy's final research group begins this fall and concludes in March of 2007. She hopes her research results will demonstrate to insurance companies, state agencies and others that having this program is valuable on many levels.

Most participants who have completed the six-month research project continue to work out at the YMCA, using the special equipment that is available under the supervision of Sheryl Rosa. Sue Sheehy, who now works as an Admissions Liaison for Shepherd Center, is optimistic that First FIVE will be a self-sustaining opportunity for life-long wellness for those with spinal cord injuries. "I encourage people to look beyond the wheelchair. Look at the person and say 'what can you do?' Not, 'what can't you do?'"

A long

{SAUL RAISIN'S STORY} by Kristi Daughtridge

"Profite de la vie" – that's French for "profit from life." And that's exactly what Saul Raisin is more determined than ever to do. The 23-year-old professional cyclist was building a reputation as a strong force in the sport when one race changed everything. It was early April of this year, during the first stage of the Circuit de la Sarthe race in western France, that the Dalton, Georgia native took a hard fall, striking his head on the pavement.

"I just remember the morning of the race," Saul says. "I went to say hi to friends and teammates, that's all I remember. The next thing is waking up in a hospital in Angers, France."

Doctors there took hourly CAT scans and each grew more and more disturbing. A hematoma had formed in Saul's brain, and within two days it burst. Saul's parents Yvonne and Jim rushed to France to be with him and were met with the news no parent wants to hear.

Saul says, "Doctors told them, 'if he lives through the next hour, it's good."

A neurosurgeon operated on his brain to relieve the pressure and had to remove part of his right temporal lobe. The doctors then told Saul's parents, "If he makes it through the night, it's good."

Not only did Saul survive the night, he eventually woke up from his coma and improved enough to return to Atlanta. He immediately went to Shepherd Center.

"We didn't know how extensive his brain damage was until we got to Shepherd Center because the doctors in France spoke broken English," Yvonne recalls. She says the staff at Shepherd made an immediate impression.

"The first day we walked in and people said, 'hi, hello, come in, we're gonna get him started.' Smiles everywhere. People introduced themselves, they were friendly, upbeat."

Saul spent about four weeks at Shepherd relearning the basics.

"I had to learn to walk again, to eat again, everything," he says. "I had to start over from scratch, my vocal cords were swollen so they had to teach me how to use my voice again. I worked on everything."

"My emotions were up and down the whole time. First I thought, 'why me?' Then, I was glad to be alive. So I felt everything; every emotion, happy, sad, depressed. I felt good some days."

His parents had told him repeatedly that he had been injured in an accident, but the reality of the situation didn't sink in until Saul had been at Shepherd awhile.

"I was on the internet at Shepherd," he says. "I searched for my name and saw it come up, 'Saul was injured, in a coma'. Up until then, I had known that something was majorly wrong but I didn't really understand what. I started crying because I knew then what I had put my parents through," he recalls.

The seriousness of his situation also hit home when he saw another patient who was admitted to Shepherd in a coma. Saul followed his progress.

"I felt like that was me, like I was looking at myself," he recalls. "It just hurt, because you could see the stress on his parents' faces. It's like that was my family, but seeing his progress has made me feel great, like looking at a smaller version of myself."

Saul spent several weeks at Shepherd Pathways, and is now back home in Dalton, still making significant progress. He's back on a bike – a stationary bike – on rollers, which means he's gotten his balance back. Saul is riding 21 hours a week, along with swimming and jogging, to get his body and mind back to pre-accident form.

He says he notices improvement every day. "Physically, it's been remarkable. And thinking-wise, when I was in Shepherd's outpatient program at Pathways, if they asked me 'what is 5 plus 2?' I couldn't tell them. Now my math fires off. I think quickly and respond more quickly. Little things like that are coming back."

road

Saul Raisin during a therapy session at Shepherd Pathways with Occupational Therapist Niki Ward.

> "I feel like I've been given a second chance now to profit from life with the gifts I've been given, to come back and show people you can overcome situations like this."

Saul says his graduation from Pathways was a major triumph.

"That diploma means more to me than a college diploma," he says. "The personal accomplishment is just so huge. That means more to me than winning a bike race."

And that's saying a lot. Saul began racing at age 13, and quickly showed promise. Today, he is one of cycling's top young riders, ranking in the top three in several races the last few years. He is a member of the professional Credit Agricole team.

"I am a climber and a stage racer, so I do most of the big races like the Tour de Italy, Tour de Spain, Tour de Germany, things like that," he says. "This year I won a race - a stage in the Tour de Langkawi in Malaysia. Last year I was 9th overall in the Tour de Germany, so I've had good results since I've been pro."

Saul is determined to race again. He's continuing therapy in Chattanooga, with the goal of eventually getting back on the road.

"I want to one day do the Tour de France, that's my ultimate goal. When I start that race, that's when I'll know I made it. That will be a tremendous day," he says.

His mother and father want to see that happen too. They are cautiously optimistic.

"We know it's a long road," Yvonne says. "His doctors have told him he can't ride on the road again for at least a year. Competitive cycling could be 1.5 to 2 years, because his brain has to heal. We tell him every time he starts complaining, 'hey, you're alive and doing great, we're not gonna risk it.'"

Another goal for Saul – regaining his independence.

"I lived and worked in Europe, and I lost all of it. I am trying to get back to where I can one day live by myself again," he says.

Yvonne and Jim understand. They want him to get his life back. That means returning to Europe, starting with a significant visit.

Yvonne says, "We're going back to France this fall to take pictures with his team. They want him to be in the 2007 team pictures. And we'll take him to his home there to visit his friends and do little things."

And as Saul keeps training, hoping to get back to his sport, he's giving back to the facility he credits with his amazing recovery. "Raisin Hell" wrist bracelets are being sold for $3 each, with all proceeds going to Shepherd Center. They're green and white – his Credit Agricole team colors. Saul wants the wristbands to bring attention to the rehabilitation efforts underway at Shepherd. He says several thousand have already been sold.

Saul also plans to visit camps for children who have brain injuries. His big message: "Stay positive and strong. Things do get better."

In essence, "Profite de la vie."

"I feel like I've been given a second chance now," he says. "To profit from life with the gifts I've been given, to come back and show people you can overcome situations like this."

[WORKERS' COMP CORNER]

WHAT BEGAN AS AN ORDINARY WORK DAY FOR ARTHUR WILLIAMS, A LINE MAN FOR MEMPHIS LIGHT, GAS & WATER, TOOK A TRAGIC TURN WHEN HE FELL 20 FEET FROM A TELEPHONE POLE. WILLIAMS SUSTAINED A SPINAL CORD INJURY THAT LEFT HIM PARALYZED FROM THE WAIST DOWN (INJURY LEVEL T12 PARAPLEGIA). HIS LIFE WOULD BE FOREVER CHANGED.

"It was hard because I didn't know how weak you become when you're laid up," recalls Arthur Williams, who had worked for the company for seven years. "It was an adjustment, but I tried to have a positive attitude and relied on faith."

Williams was assessed and referred to Shepherd Center within the first week of his care.

Early Referral Makes All the Difference

"Mr. Williams represents the ideal case in which someone with a traumatic injury is assessed and referred to specialty care immediately," says Cheryl Rodgers, RN, CCM, case manager with Genex Services in Memphis, TN. "I had access to his doctors, medical records and spoke with his family within 24 hours of his accident, which allowed me to devise the best care to suit his needs and optimize his recovery."

Rodgers worked together with Memphis-based Dana Kobler, admissions liaison for Shepherd Center, to coordinate Williams' care. She also believes the timely referral and admission to Shepherd helped mitigate any post-traumatic stress or depression Williams may have experienced following the fall.

"People like Mr. Williams need specialty care," explains Kobler. "We know patients in this setting are more likely to be able to return to work, and be more functional and independent in the long run."

Williams, whose dad nicknamed him Winky, received intensive rehabilitation services and medical care during his stay at Shepherd Center. He was admitted to the inpatient program on October 13, 2003, just days after his fall, and transitioned to the residential day program mid-November through January 2004.

Collaboration is Key

Rodgers and Kobler collaborated throughout Williams' rehabilitation. Both made it a priority to educate Williams' family and employer so they fully understood what to expect following a spinal cord injury, as well as the critical need for specialized care.

"Cheryl was such an advocate for him from the very beginning," says Kobler. "She truly had his best interests at heart, and wanted him to live a full and active life."

His care didn't end when he was discharged from Shepherd. Kobler has stayed in close contact with Rodgers to identify and facilitate helpful community resources for Williams once he was back in Memphis.

Shepherd Center Makes a Difference

Shepherd Center has a long track record of success, which was the underlying reason Rodgers recommended the hospital for Williams. In fact, patients with traumatic spinal cord injuries receiving rehabilitative care at Shepherd are two times more likely than those patients who receive care at other rehab hospitals to return to work 5 years after injury. There are distinct advantages to receiving specialty care at Shepherd, including:

* **Shorter lengths of stay (28 vs. 37 days)**
* **Higher rates of discharge to the community (95 vs. 88 percent)**
* **Fewer days of re-hospitalization in the year following discharge (17 vs. 26 days)**

But beyond the statistics, the clinical and non-clinical staff at Shepherd is passionate about the work they do and strive daily to maximize patients' functioning and quality of life. Rodgers feels strongly that all case managers need to do their homework before tragedy strikes.

"Patients are at the case manager's mercy, which is why case managers have to get out there and find out what services are available and which are best suited for people with these types of injuries; otherwise, claimants' outcomes may not be as successful as possible," Rodgers says. "Finding a hospital like Shepherd Center, which has tried and true approaches to caring for those with spinal cord injuries, is important and I firmly believe it's why Mr. Williams is where he is today."

"Mr. Williams represents the ideal case in which someone with a traumatic injury is assessed and referred to specialty care immediately," says Cheryl Rodgers, RN, CCM, case manager with Genex Services in Memphis, TN. "I had access to his doctors, medical records and spoke with his family within 24 hours of his accident, which allowed me to devise the best care to suit his needs and optimize his recovery."

The Power of Optimism

Of course there is one other factor contributing to his progress and that is his overall approach to life. He will tell you, and those who cared for him will agree, that his positive attitude and faith have had a powerful impact on his recovery.

"There were hard times, but I'm optimistic," says Williams, who also takes care of his daughter, 12, and son, 5. "It's taught me that if something traumatic happens, you can go on and still live and be comfortable."

Williams has accomplished a great deal. After returning to Memphis, Williams changed living quarters and his job at Memphis Light, Gas & Water. The company worked with Williams to train him in customer service and he was recently promoted to management. He has also pursued his interest in real estate by buying foreclosed homes and fixing them up.

"It's a testament to their commitment to their employees; that they made the effort to reasonably accommodate someone who went through this," adds Rodgers.

In the Summer edition of Spinal Column Mary McDermott was incorrectly listed as "Vice President of Nursing" at AIG/Concentra. Her correct title is "National Catastrophic Injury Manager" working at AIG.

therapeutic recreation

{more than fun and games}

BY JULIE BUDNIK

Photo: Dean Hesse

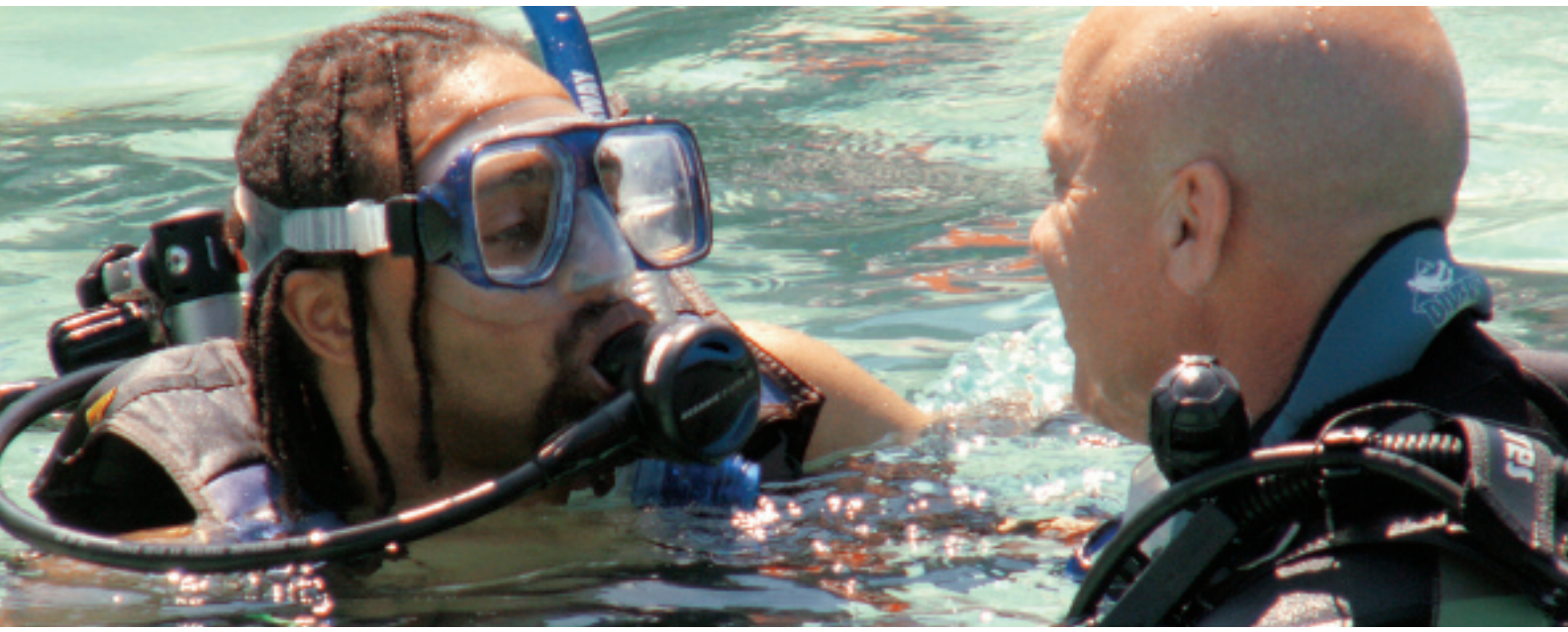
Former patient Dot Colson gives her approval at the Lake Hartwell "Day at the Lake" outing.

Therapeutic recreation seems like a contradiction in terms. For many patients at Shepherd Center, recreation is the farthest thing from their minds when they are injured. Besides, how could therapy possibly be fun? But patients soon realize that some of their most valuable rehab comes in the form of relearning or finding new ways to enjoy their favorite leisure activities.

The programs developed by the Therapeutic Recreation Department and the Marcus Community Bridge Program encourage patients to take a crucial step toward returning to the lifestyle they had prior to injury or illness. These programs also enable patients to build self-esteem and socialize with people who've experienced similar life-changing events.

One of the many activities that the Therapeutic Recreation Department organizes each spring is the Adventure Skills Workshop (ASW) held at Camp ASCCA on Lake Martin in Jackson's Gap, Alabama. People with spinal cord injuries, acquired brain injuries, multiple sclerosis, and other neuromuscular disorders attend the two-day event. They participate in activities such as water skiing, jet skiing, kayaking, swimming, riflery, scuba diving, all-terrain vehicle riding, fishing, water polo, and wall climbing. "Many people who have a disability think that they will never be able to return to these type of activities," says Susan Skolnick, Manager of the Therapeutic Recreation Department. "It's very emotional for a lot of the first-time participants and their families when they realize that this isn't the case. Knowing that they can participate in these recreational activities often encourages them to try things in other aspects of their life." Many participants return annually for this popular event and consider it part of their summer vacation.

This year, more than 60 participants met to face new chal-



Clockwise from top: O'ree Crittenden (left) enjoys a scuba session at the Adventure Skills Workshop, Heath Conklin tests his Badminton skills in the Shepherd garden, Shepherd inpatients enjoy a Halloween party, Samantha Rodzwicz rides on a boat for the first time post-injury.

Photo: Dean Hesse

lenges and conquer their fears together. The majority of the staffing for the workshop came from Shepherd Center's Therapeutic Recreation department with additional staffing provided by sports specific professionals in areas like scuba diving and water skiing.

Outdoor enthusiast, O'ree Crittenden, a native of Columbus, Georgia returned for his fifth year to participate in a variety of activities. Crittenden participated in every water activity available at ASW, including SCUBA diving. You understand the importance of this to him when you learn his C6 level injury stemmed from a diving/near drowning accident. "I'm a fish," said Crittenden, "I couldn't wait to get back in the water." The first year Crittenden attended ASW he was unable to drive the Jet Ski but he set a goal to gain upper body strength and by the next year he was full throttle out on the lake. It's clear that this type of workshop is a godsend for Crittenden. He may have experienced inpatient rehab, but this type of ongoing rehabilitation allows him to return to a life similar to the one he was living prior to his injury. And, while the activities are great, Crittenden encourages others to attend for a different reason. "The social aspect is huge. It's more than the events themselves. The sense of camaraderie and community is what it's all about."

This year, the Therapeutic Recreation department held a carnival in July in conjunction with National Therapeutic Recreation Week. Shepherd staff, patients, their friends and family members had the opportunity to experience first-hand the importance of Therapeutic Recreation. Activities such as mouthstick painting, seed planting using adaptive equipment, occluded vision fishing and wheelchair badminton were available for everyone to try. Fourteen year-old Heath Conklin, a T12 injury level patient, attended the event. In typical teenaged fashion, Heath described the carnival as "pretty cool." Conklin went on to say that his participation in wheelchair badminton showed him that "You can still do stuff even in a wheelchair." And, that is what Therapeutic Recreation is all about. It shows patients and their loved ones that an injury doesn't have to prevent them from getting back out there.

Perhaps one of the most eagerly anticipated activities of the year at Shepherd are the Marcus Community Bridge Program "Day at the Lake" events. The one-day programs are held in a

variety of geographic locations, and are one of many ways the Bridge Program assists patients in making the transition back to society. Patients have the opportunity to participate in traditional lake activities like fishing, jet skiing, pontoon boating, canoeing and kayaking.

Therapeutic Recreation Specialist Kelly Edens coordinates the "Day at the Lake" events for Shepherd Center. Edens says the fact that patients have a blast is a benefit of the outing, but that her main goal is to help them network with recreation programs in their local areas to give them the opportunity to reconnect with their communities. "Gaining independence, increasing their quality of life, and returning to an active lifestyle makes a huge difference for everyone," says Edens.

Samantha Rodzwicz, a 22 year-old from Pensacola, Florida sustained a C1 level injury more than three years ago. She attended her first "Day at the Lake" this year at Lake Seminole in Southern Georgia near the Florida border. She admits she was nervous, she had not taken her motorized wheelchair on grass before, let alone on a boat. But, her family and the staff at Shepherd convinced her to give it a try. After her successful adventure on a pontoon boat she has much more confidence now. "I think you always have to keep pushing yourself to try new things to see how far you can go no matter what your injury." said Rodzwicz. "It gives you the opportunity to enjoy things in a new way for the first time. Things you didn't think you could do again." She looks forward to returning next year to try out her fishing skills.

So whether it's painting in the garden, a leisurely pontoon boat ride or thrill seeking on a jet ski, the Therapeutic Recreation department gets patients connected and shows them that they can accomplish just about anything. As O'ree Crittenden puts it "Come check out the events. You get to talk to people in the same situation and whether you participate or just hang back and watch, you are going to have a good time."

For more information on these programs, contact the Therapeutic Recreation Department at (404) 350-7375.

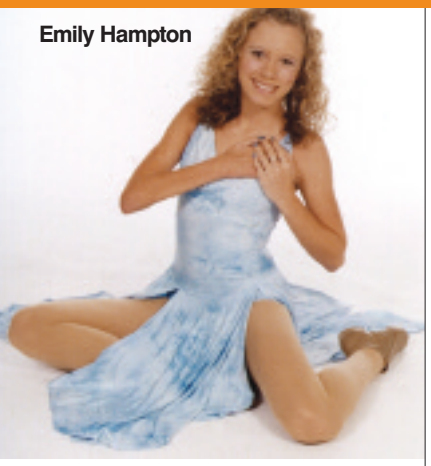
Events and Programs sponsored by the Therapeutic Recreation Department:

- Discover Scuba
- Discover Canoe/Kayak
- Horticulture Expo
- Adventure Skills Workshop (ASW)
- Waterski Workshops
- Peachtree Road Race Wheelchair Division
- Sports Teams (eleven teams in different sports are sponsored)
- AllSports Camp
- Shepherd Shoot-out Wheelchair Basketball Tournament
- Artists' Market
- Quad Rugby Tournament
- Snow Ski Trip
- SCUBA Diving Trip
- Day at the Lake outings (available only to patients enrolled in the Marcus Community Bridge Program)

Photo: Dean Hesse

[SHEPHERD ALUMS]

BY KRISTI DAUGHTRIDGE


Emily Hampton

17-year-old **Emily Hampton** will graduate on time next spring with the rest of her class at Murray County High School. The excited senior managed to keep up with her schoolwork and attend her prom despite an acquired brain injury she received in a car accident in August 2005.

Emily says her time at Shepherd Center helped her reach an almost-full recovery.

"I am pretty much back to normal except I haven't gained all my weight back, but I have gained some," she says. "I'm still not using my right hand yet but that takes time."

Once she graduates, Emily plans to attend a college in Georgia, possibly UGA. She's considering several career paths, ranging from advertising or PR, to physical or occupational therapy.

But those big decisions can wait. For now, Emily is enjoying the present and looking toward her next big milestone.

"I am excited about graduating and leaving this small town," she says. "There is such a big world out there. I am ready to care for myself. I'm ready to be independent." ■

Heather McCoy is officially a proud homeowner. The 25-year-old bought a townhouse this past May in Newport News, Virginia. It was a logical step – after all, she's a working woman now.

Heather, who suffered a brain injury in a car accident in 2001 at age 19, moved there in March 2005 to take a job with Computer Sciences Corporation. They make training software for the U.S. military.

"Our logo is 'training center of excellence,'" she says. "Right now I am working on a project that teaches soldiers how to drive big military vehicles that transport cargo, and follow maps and not get lost."

Heather has made great progress since her injury. Despite some lingering short-

Heather McCoy

term memory problems, she graduated from Virginia Intermont College in 2004 with her Bachelor of Arts degree in drawing and illustration, and an associate's degree in graphic design.

Now, her career combines her skills with her passion.

"I just love my job. I'm an artist and it's the most fun. Most people say 'I don't want to go to work today' and I say 'I can't wait to go to work.'" ■

Jill Cothron is steadily working toward her degree in elementary education at Lipscomb University in Nashville, Tennessee. The 22-year-old survived a car wreck in 2002 that led to a brain injury.

Since then, not only has she worked to recover physically and emotionally, but Jill has also had to relearn how to study. Not easy when you're

Jill Cothron

actually in school, trying to make your credits count.

"I used to be good at memorizing things," she says. "Now I've had to learn, through therapy, different ways to study so I could remember things. But all my doctors have really helped me."

It's definitely working. Jill has a 3.06 GPA, and is on track to graduate in December 2007. Each semester she pushes herself harder.

"I am taking the most hours I've taken since my accident this fall, 11 hours," she says. "I do summer school, fall and spring, and maymester — a three week program where you get credit for a whole semester. It's very intense."

Jill still manages to work in some fun despite her busy school schedule. "I played the flute in high school and was very good, so I've started playing the flute again, and I can remember all the notes," she says. "I love to do the crossword puzzle in the *Tennessean* newspaper every day. And I love reading books, so it keeps me busy in good ways." ■

Ty Grogan is getting back into the swing of things.

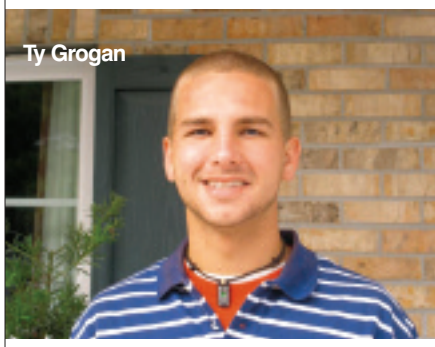
The 20-year-old is walking again after a car accident last April left him with a low-level spinal cord injury.

He recalls, "We were going about 80 and hit a tree. I was conscious the whole time. It took an hour and a half for someone to find us. A really long hour and a half."

Ty calls his recovery a miracle and he's ready to get on with the business of living. That still means going to physical therapy. But these days, it also means Ty is back at school. He's a student at Gordon College in Barnesville, Georgia.

Ty is also working at his family's business, Caremaster Medical Services, again. They make products for in-home health care and pain management for people with disabilities. Ty says he's not sure if he wants to continue in the family business after graduation, but if he does, he'd like to do it in a sales and marketing capacity.

For now, he's enjoying the most important things in life – his loved ones. Ty, his family, and his girlfriend, Kaylee, spent a week in Daytona over the summer. He says it was very relaxing and he even played a little putt-putt. ■


Ty Grogan

What's New? We want to stay current on any personal or professional news in your life. Send us an update and a photo (we'll return it to you): Laura Sommer, *Spinal Column* Magazine, 2020 Peachtree Rd, N.W., Atlanta, GA, 30309. E-mail us at spinalcolumn@shepherd.org.

FES Bikes Stimulate Health and Hope

BY DAN SADOWSKY

Last July, Cindy Donald added something new to her outpatient therapy routine. Three times a week, the 22-year-old Kennesaw State business major strapped into a Functional Electrical Stimulation cycle ergometer, better known as an FES bike. For up to an hour, a dozen electrodes zapped her hamstrings, quadriceps and hip muscles in a sequence that caused her legs to cycle just as if she was pedaling the bike herself.

"It feels like you're exercising," says Cindy, an avid hiker before sustaining a C4/5-level incomplete SCI in March 2005. "It wore me out. I'd go home and go to sleep."

She credits the workouts with helping her retain muscle mass in her legs, regain some sensation in her lower extremities and better regulate her body temperature. The Marietta, Ga., resident says she no longer wraps herself in blankets during the summer months.

Cindy recently finished up the last of two 16-week turns on the FES bike as part of a small Shepherd Center study that explores how the devices may help people with SCI. FES bikes have been around for more than 20 years, but they're getting a second look from researchers because of recent suggestions that FES-aided exercise can reawaken pathways between the brain and paralyzed muscles.

Most notably, doctors for the late Christopher Reeve credited his surprising improvements — such as wiggling an index finger — to an exercise routine that included the FES bike. Several studies on the bikes are now underway.

At the very least, says Debbie Backus, Shepherd Center's SCI Research Director, FES bikes are excellent tools for improving fitness and staving off costly complications resulting from SCI.

"People with SCI are at great risk for cardiovascular disease, diabetes, skin ulcers and vascular diseases," says Backus. "By exercising the largest muscles in their body — the legs — they reduce their risk for these diseases and improve their overall health."

Currently about a dozen FES bikes are used in the Center's Beyond Therapy and SCI programs, and are being considered for use by the MS Center and by Shepherd Pathways.

One of the bike's advantages is its convenience. No wheelchair transfer is required, and therapists can remotely monitor workouts using a phone line or Internet connection. That makes it suitable for use in the home or even traditional health clubs.

"People are going to have a hard time staying fit for life if they have to come into a rehab center to work out," says Backus. "The bike offers them a relatively inexpensive way to exercise in a comfortable environment, but at the same time still allows them to get guidance from clinicians."

At $15,000 each, FES bikes won't make it into many living rooms soon. But Backus hopes her study helps justify the expense to insurers. After all, she says, the price tag pales in comparison to five-figure hospital bills for secondary SCI complications.

And unlike older models, the FES bikes at Shepherd Center don't require users to transfer out of their wheelchair, reducing the likelihood of injury and making them accessible to high-level quads such as 36-year-old Jeff Smith of McDonough, Ga.

Jeff, who sustained a C5/6-level complete injury in 2002, says the FES bike is a vital part of his workout regimen, which includes upper-body exercise machines like the NuStep cross trainer and the Uppertone, a weight trainer designed for quads. "(The FES bike) is the only way to exercise your legs when they're paralyzed," he says.

The Center's pilot study ended in June. Now there are plans to launch a larger inquiry that looks at whether the FES bike can facilitate neural recovery and muscle return or improve muscle spasticity, bone density and other disability-related issues.

Recruitment shouldn't be a problem. Cindy, for one, is eager to continue her workouts.

"It's important to stay in shape," she says. "The last thing I want to do is get big in this wheelchair."

Cindy Donald enjoys her sessions using Shepherd Center's FES bike.

Photo: Dean Hesse

Photo: Leita Coward

2006 ANNUAL APPEAL RAISES

Money & Hope

Each year, Shepherd Center spends millions of non-reimbursed dollars on programs that are vital to our patients' recovery and well-being. Therapeutic Recreation, Chaplaincy, Charity Care, Disability Advocacy, Assistive Technology, and Family Housing are just a few of the unique Shepherd programs we offer our patients. While the value of our quality-of-life programs is indisputable, insurance and Medicare and Medicaid offer little to no payment for these types of services. Most of the $7 million cost of these programs comes from charitable gifts from individuals and foundations.

Shepherd Center Foundation's 2006 Annual Appeal will seek your support to help the Center continue to provide these important services to our patients.

A Foundation task force, led by Trustees John Carlos, Steve Lore and Larry Prince, is working to expand this important fundraiser, and they are encouraging everyone to ask their friends and associates to generously support this effort.

This fundraising mailing is scheduled to arrive in your mailboxes before Thanksgiving. Please help the Center provide the best services possible by giving generously to the 2006 Annual Appeal. For more information, please contact Dean Melcher (404) 350-7306 or dean_melcher@shepherd.org.

GIVE A GIFT THIS HOLIDAY THAT THEY WILL REMEMBER

Christmas, Hanukkah, and Kwanza are coming up quickly; what better gift for your friends, families, and customers than sharing your support for Shepherd Center's patients and their families. Instead of shopping for gifts and mailing cards, many of the hospital's friends and supporters give Holiday Tribute gifts to Shepherd Center Foundation in honor of their families and associates. The Foundation sends personalized cards with the donors' greetings to their Holiday Card lists. In addition, the recipients and donors are included in Spinal Column's annual Holiday Tribute listing.

Last year, long-time Shepherd Center supporters Kay and Steve Lore and Betty and Rob King shared their spirit of philanthropy by making Holiday Tributes for their friends and associates. Nelson, Mullins Riley & Scarborough, LLP and Shapiro Capital Management were among the businesses who chose to honor their customers by making a gift to the Foundation to help Shepherd in its mission to restore our patients' lives with hope, dignity, and independence.

For information about Shepherd's Holiday Tribute program, contact Dean Melcher at (404) 350-7306 or dean_melcher@shepherd.org.

Shepherd Center volunteers assist a patient with his locomotor training.

Photo: Dean Hesse

RELYING UPON *the* Generosity *of Others*

BY SARA BAXTER

Shepherd volunteers give thousands of volunteer hours each year, enhancing the quality of care the hospital can provide to patients.

ON MOST FRIDAY MORNINGS, trial attorney Lloyd Bell can be found at Shepherd Center, assisting patients with breakfast. Bell is part of the "breakfast club," a corps of dedicated volunteers who come to Shepherd in the early morning hours to help feed patients.

In addition to caring for so many of Shepherd's patients each morning, "I really enjoy the friendships among the other breakfast club members, some of whom have been volunteering at Shepherd Center for years and years," says Bell. "They are a great bunch of people whom I am proud to work with."

Bell and his breakfast club counterparts are part of a group that gives generously of their time to help Shepherd patients on their road to a new life.

"Hundreds of caring individuals carve out an hour or more each week to help patients in a number of ways," said Midge Tracy, Director of Shepherd's Volunteer Services, "like getting into the swimming pool with an MS patient, to working at the gift shop, delivering mail or helping out in other ways."

"Volunteers are able to choose from a number of ways to serve and they provide a vital service," says Tracy. "They do not take the place of a staff member. They enhance what the staff member does."

Volunteer Services staff recruit, interview, train and place volunteers throughout the Center to help patients, families and staff with non-medical tasks. They also make sure that volunteers undergo much of the same screening – background checks, immunization records, citizenship status – as Shepherd employees. After the screening, they undergo a two-hour orientation and a one-on-one interview, during which Tracy or her staff determine the best fit based on the volunteer's interests and Shepherd's needs.

Those who are willing to give a few hours of their time every week to Shepherd have plenty of opportunities to choose from. Some of the most popular jobs are:

"VOLUNTEERS ARE ABLE TO CHOOSE FROM A NUMBER OF WAYS TO SERVE AND THEY PROVIDE A VITAL SERVICE. THEY DO NOT TAKE THE PLACE OF A STAFF MEMBER. THEY ENHANCE WHAT THE STAFF MEMBER DOES."

Volunteer Lloyd Bell assists Shepherd patient Brandies Tillman with breakfast.

LOCOMOTOR TRAINING – Volunteers provide support to the locomotor training staff conducting the program for incomplete SCI patients. Volunteers can be "hip trainers," which means they straddle the treadmill and hold the harness while the patient "walks" on a treadmill. The added stability enables the patient to concentrate more on the exercise and not worry about falling. Volunteers can also be timers, tracking the amount of time a patient works on the treadmill.

MEALTIME ASSISTANCE – Volunteers help deliver and set up trays, as well as feed those who need assistance. Those in the "breakfast club" come in at 6:50 a.m. every morning, a time at which most family members have not yet arrived. Volunteers also help out at lunch and dinner, but not as many are needed. "Help with meals is a godsend to nurses, and it also allows the volunteers to have patient contact," says Tracy. "They want to feel like they're doing something meaningful."

FAMILY SUPPORT SERVICES – The care and support Shepherd provides patients also extends to patient families. Volunteers provide transportation to and from Shepherd housing, the mall, grocery store and elsewhere. Tracy says they've done everything from coordinating daycare for a patient's 3-year-old son, to arranging for Japanese food to be delivered to a patient, to directing a Jewish family to the nearest Temple. "They do whatever they can to make the families' stay more comfortable," says Tracy.

MS SWIM CLASS VOLUNTEERS – Many Atlanta-area residents who have multiple sclerosis come to Shepherd twice weekly to take a class in water exercise. For safety reasons, the class requires that attendees bring a friend to assist them. On days when participants don't have a friend to help, volunteers step in to lend a hand.

Other volunteer opportunities include administrative assistance, working in the resource library, delivering mail and helping to clean and restore wheelchairs in the seating clinic.

Tracy estimates that about 110 volunteers are actively engaged at Shepherd Center during any given week. And while Shepherd couldn't exist without the help of its friends, she says many volunteers say they get more out of the experience than they give.

"We make it a point to thank our volunteers, as the services they provide are so important," says Tracy. "I had one volunteer say to me, 'Please stop thanking me. I need to thank *you* for allowing me to be a part of such a wonderful organization.' I hear every day from current volunteers that they get more from being a volunteer at Shepherd than any other place they've volunteered."

Lloyd Bell, for one, agrees.

"I feel inspired," he says. "The patients are amazing in their courage and optimism even after a devastating injury."

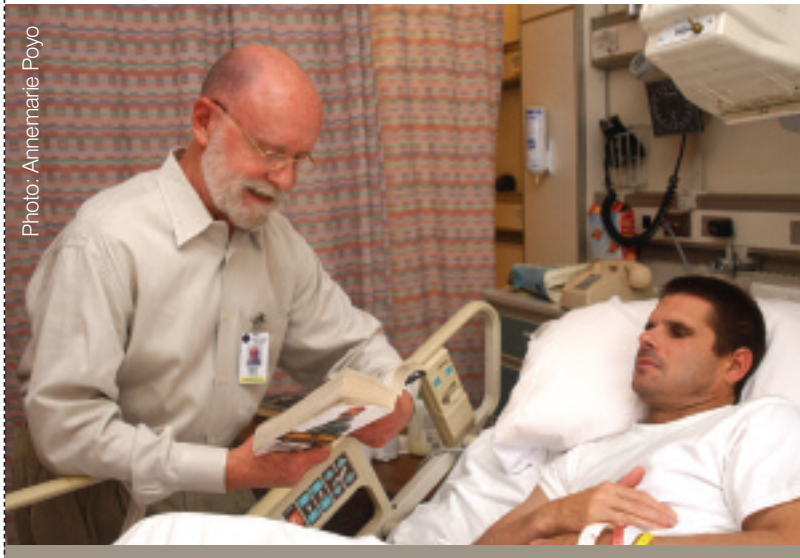


Photo: Annemarie Poyo

Volunteer Bart Marks reads to patient Randy Pyatt.

Listed here are individuals and organizations that volunteered time at Shepherd Center between January 1 and June 30, 2006. Volunteers participated in the following hospital activities: research projects, meal time assistance, pastoral services, gift shop sales, library assistance, family support services, sport teams and therapeutic recreation, sorting and delivering mail and administrative activities.

Assistance League of Atlanta
Healing Voices
Gospel Singers
Kimberly Adamson
Patricia Ahlers
Bisi Alabi
Kris Alexander
Kelly Ames
Leigh Andersen
Kimberly Anderson
Daniel Andrews
Thomas Bahin
Elizabeth Bair
Jennifer Balsamo
Jason Barlow
Lloyd Bell
Anneke Bender
Donna Benesh
Elizabeth Bennett
Leslyn Berry
Binnie Bodner
Paul Bowen
Heighlen Boyd
Margaret and Richard
Brazones
Celia Brien
Ron Brody
Angelique Brooks
Jessica Brookshire
Peggy Brown
B.B. Brown
Sue Budinscak
Tina Bui
John Caldwell
Donna Campbell
Ellen Campbell
Mandrea Carson
Hua-Mei Chai
Mandy Chiang
Mimi Clarke
Sarah Clarke
Sara Cleto

Tyler Cole
Catherine Compton
Bonnie Cothran
Catherine Covington
Betsy Cozine
Charles Craig
Jeff C. Currier
Robert Dalton
Cantey Deeter
James Dodgson
Ashley Doolittle
Erin Dougherty
Katie Downs
Sarah Downs
Dee Doyle
Tiffany Drilling
Casaundra Eakins
Garrett Ellington
Rachel Erdman
Lindsay Errickson
Bob Espy
Bill Evans
Nikki Evans
Suzanne Evans
Eugene Evans
Adrienne Fagler
Jo Ann Fann
Tonya Farnum
Sheryl Flynn
Erin Foley
Amy Fowler
Kevin Frank
Julie Frazier
Harriett Gallion
John Gatz
Lilly Gay
William Ghegan
Mary Gilbreath
Elizabeth Gilchrist
James Gingrey
Preston Girardot
Sara Glover

Kathi Goddard
Peggy Goldberg
Stephen Goot
Tracy Grahovec
Kathy Grosch
Courtney Halwig
Marshall Hamilton
Sonya Hanafi
Amanda Hanafi
Jason Harmon
Sydell Harris
Ted Harrison
Jennifer Hart
Donna Harvey
Michael Henry
Diane Herring
Louise Hicks
Miriam Hightower
Kelly Holder
Peg Hoogs
Jay Hopkins
Margaret Hopkins
Mary Sue Howard
Julia Hutcheson
Josepha Ikhumtse
Isabelle Isakson
Winslow Jackson
George Jammel
Zachary Jeng
Dorsey Jennings
Kelley Jensen
Sarah Johnson
Alexandria Johnson
Vicki Karnes
Elizabeth Killian
Jerry Kim
Betty King
George Kirkland
Mary Kitchens
Rachel Koval
Molly Lanier
Tom Leahy

Elizabeth Ledbetter
Regina Lee
Jessica Lee
Mattie Lisenby
Alex Long
Stephen Lore
Taylor Jane Lynch
Bart Marks
Erin Manley
Kelsey Martin
Irvin Massey
Catherine McCalley
Andrea McCarter
Katherine McClellan
Cary McFalls
Maureen Meador
Robert Medlock
Lori Merryman
David Montalvo
Erin Murphy
Chris Nicolini
Ingrid Noreiga
Martha O'Brien
Carol Olsen
Mary Olsen
Tyler Opraseuth
Christina Orangio
Margaret Orlando
Alan Overton
Andra Ozolins
Phyllis Palma
Carey Pelt
William Pritchard
Keith Pyles
Leah Raj
Hunter Ramseur
Michael Ramsey
Homayra Raoof
Pat Reeve
Gray Reeves
Sam Reynolds
Mitzi Richardson

Elisabeth and Brian Rogers
Caitlin Sales
Matthew Sanchez
Betty Sanders
Kathleen Schmeier
Robert Schneider
William Scott
Carol Sharkey
Doris Shelton
Michael Shelton
Jack Spidle
Amanda Spooner
Amy St. John
Thomas Stark
Mike Stephens
Chastity Stevenson
Nancy Stroup
Gloria Stone
Mark Sunderland
John Sutter
Chilton Taylor
Susan Taulman
Graham Ulicny
Sandy Unruh
Jorge Urrea
Dani Vaknin
Jackie Viener
Eveleigh Wagner
Daniel Walsh
Robin Warren
Gabrielle Warren
Amanda Westbrook
Robert Whitaker-Lea
Hillary White
Catherine Williams
Kate Williams
Leah Willingham
Melody Wings
Lucy Woodall
April Wright
Lynne Yancey

ATLANTA
THE LEGEND OF THE PHOENIX

More than 600 revelers are expected to attend this year's exciting Legendary Party—The Legend of the Phoenix, chaired by Shepherd Center Foundation trustee, Karen Sturm. Join us Saturday November 4, for an elegant and fun-filled event which this year will honor long-time friends and Shepherd supporters, Carol and Frank Goodman.

The Legend of The Phoenix will celebrate Atlanta's rich history and reputation as the capital of the South. The evening will feature great jazz by local artist Joe Gransden and dancing into the wee hours to a fabulous band, Moonstruck. Ritz-Carlton, Buckhead Executive Chef, Eric Chopin, will create a culinary masterpiece and the impeccable service of Atlanta's finest hotel will make our attendees' evening a night they will never forget.

Tickets are $400 per person, and can be ordered online at www.shepherd.org/foundation. For information, please call Winston Wiant at (404) 350-7778 or winston_wiant@shepherd.org.

Southern Comfort:

2006 JUNIOR BALL

(L to R): Junior Committee members Travis and Erin Kirkland, Shepherd Annual Events Manager Anne Pearce, and Shepherd Center Co-Founder Alana Shepherd

Get ready for a fun-filled night of great times, good friends, and terrific music. On Saturday, November 4, the Junior Committee will host Southern Comfort, the annual Junior Ball held in conjunction with The Legendary Party, Shepherd Center's black-tie gala. Not only is this a great party on its own, but the Junior Ball gives young Atlantans a chance to sample The Legendary Party and let these two groups of Shepherd supporters mingle and compare dance moves.

This year's bash will be at the Ritz-Carlton, Buckhead and will feature Atlanta's 80s dance band, Radio Cult. Late night revelers can test their voices with DJ-led Karaoke. Southern Comfort starts at 10 pm and ends at 2 am with late-night buffets and a hosted bar. Tickets are $75 per person or $125 per pair in advance. For more information, please contact Anne Pearce at (404) 350-7302 or at anne_pearce@shepherd.org.

26 WAYS

YOU CAN HELP SHEPHERD CENTER

1. Make a Gift to the Shepherd Center Foundation
2. Take a tour of the hospital (offered twice per month)
3. Become a hospital volunteer
4. Invite a family member, friend or associate to tour Shepherd Center
5. Attend a Shepherd Center fundraising event
6. Sponsor a Shepherd fundraising event
7. Join a Special Events Committee (Legendary Party, Golf Tournament)
8. Host a Shepherd Center awareness event for friends and neighbors
9. Send a letter of support and Spinal Column magazine to a friend
10. Refer a friend or family member to the hospital for in or outpatient care
11. Hire a former patient
12. Support Shepherd sports teams (11 to choose from)
13. Give "Tribute Gifts" (birthdays, weddings, anniversaries)
14. Include Shepherd Center in your will and estate plans
15. Subscribe to and read Spinal Column, the hospital's magazine
16. Identify a future Shepherd leader for one of our governing boards
17. Join the hospital Auxiliary (Gift Shop, Pecans on Peachtree)
18. Visit the hospital website (www.shepherd.org) and donate online
19. Donate patient equipment
20. Invite a Shepherd spokesperson to speak at your club or gathering
21. Host your own Shepherd fundraiser (yard sale, car wash, walk-a-thon)
22. Buy and wear Shepherd logo clothing
23. Recruit five friends to give to the hospital's Annual Appeal
24. Host a patient family in your home
25. Join the hospital Peach Corps
26. Introduce a young adult to the Junior Committee

For more Information, or to offer your own suggestion, please contact Henry Munford, Foundation Executive Director, at 404-350-7305 or henry_munford@shepherd.org

Foundation offices are located on the first floor of the Shepherd Building.

Photo: Dean Hesse

TOUR SHEPHERD CENTER
SEEING IS BELIEVING

"I WAS SO IMPRESSED BY THE POSITIVE AND UPLIFTING ATTITUDES OF BOTH PATIENTS AND STAFF."
"NOW I UNDERSTAND WHAT RESTORING HOPE AND REBUILDING LIVES REALLY MEANS."
"I HAD NO IDEA OF THE BREADTH AND SCOPE OF PATIENT SERVICES AT THE CENTER."
"THERE IS SO MUCH MORE PROMISE IN THE MEDICAL RESEARCH AREA THAN I WAS AWARE OF."
"THE ADVANCED TECHNOLOGY USED TO HELP PATIENTS ATTAIN INDEPENDENCE WAS A REAL SURPRISE."

A great way to know and understand the amazing work and impact of Shepherd Center is to see it firsthand. To that end, co-founder Alana Shepherd hosts several community group tours each month to provide visitors an inside look at the work of the Center. Tours are comprised of members of our community – business people, community leaders, friends and family of supporters, financial advisors, local foundation representatives, and former patients and/or their family members. The standard response following a tour is, "I thought I knew what Shepherd Center did, but I truly had no idea."

On the tours guests are provided with an insider's view of Shepherd Center's remarkable facility. They visit a busy therapy gym, the Crawford Research Institute, Assistive Technology Center, Acquired Brain Injury (ABI) Unit, the Seating Clinic, Student Driver Training Center, the Livingston Gymnasium, and more. Guests hear about the latest advances in research for catastrophic injuries and illnesses, and see cutting-edge equipment in use, like the Lokomat (a robotic gait training treadmill featured in the photo above).

Lunch follows the tour and it is a great time for the guests to hear specifics about the Center's more than 20 donor-funded programs. Medical Director, Dr. Donald Peck Leslie, will often step in to answer questions, and typically co-founder and board chairman James Shepherd joins the group.

Group Tours take place mid-week from 10:15am – noon and are followed by lunch. If scheduled tour times are not convenient, the Foundation office is happy to schedule an alternate time for an individual or group tour. If you are interested in learning more, please contact Carrie Flagler at 404-350-7383 or e-mail carrie_flagler@shepherd.org.

Derby Day

TO CELEBRATE ITS SILVER ANNIVERSARY

Atlanta's best-known and most exciting fundraising event is turning twenty-five next spring and Co-Chairs Jessica Toney and Caeser Pruett hope everyone joins us for a great celebration for a great cause. "Not only do we want this to be the best Derby Day ever, but we want this to be unforgettable for the Center since it is the 25th Anniversary," Toney says. Since 1983, young Atlanta professionals have worked hard and played hard to plan and implement the Southeast's best-known Kentucky Derby-themed party to raise money and awareness for Shepherd Center's Therapeutic Recreation Program. The all-day party features auctions, games, barbecue, beverages, great socializing, and two live bands.

A member since 2002, Toney was encouraged to join the Junior Committee by Interior Designer and 1994 Co-Chair Tricia McLean. "She thought it would be a good way for me to meet young professionals like myself while helping out a worthy cause," says Toney. Pruett, also a member since 2002, adds, "Joining the Junior Committee and choosing to be very active in it is one of the best decisions I've made. I've met literally hundreds of people and made some great friends in the past few years, all the while getting a great sense of well-being from knowing I was helping out a great cause."

The Junior Committee is soliciting new members until November. For information about Derby Day and Junior Committee membership, please contact Anne Pearce at (404) 350-7306 or e-mail anne_pearce@shepherd.org.

This aerial photo of the first Derby Day was taken at Rock Mill farm in 1983.

Makes the Perfect Gift for Birthdays, Weddings and Other Occasions

IT'S NOT TOO LATE to purchase the cookbook that has everyone talking. *Hospitality: Recipes Full of Love*, features taste-tested recipes provided by patients, volunteers and staff members, as well as by local dignitaries and chefs. This unique cookbook also features stories about Shepherd's former patients, their family members, and others who've experienced the inspiration of Shepherd Center.

One hundred percent of the proceeds from the sale go to support the Patient Aid Fund and other patient programs of Shepherd Center supported by the hospital Auxiliary.

To purchase your copy or copies, please stop by Shepherd Center's Volunteer Services Department or hospital gift shop, both of which are located on the first floor of the Shepherd Building at 2020 Peachtree Road. Books are sold weekdays between 9:30 a.m. and 4 p.m. Cash, check and credit card are accepted.

For more information go to www.shepherdcenter cookbook.org, or contact Shepherd Center's Volunteer Services office at 404-350-7315.

Pecans on Peachtree

SHEPHERD CENTER AUXILIARY'S ANNUAL HOLIDAY FUNDRAISING EVENT, Pecans on Peachtree, now in its 23rd year, begins November 13 and continues through December 22. A new item available this year is a dark chocolate mammoth pecan halve bursting with heart healthy flavinoids. Other items include mouth-watering pecan halves, indescribably delicious milk chocolate covered pecans, crunchy praline coated pecans, and clusters of crunchy pecan halves surrounded by soft, chewy caramel, then covered with rich milk chocolate. By purchasing Shepherd Center pecans you give two gifts: one to a family member, friend or business acquaintance and the other gift is that of supporting patient programs at Shepherd Center. Place your pecan orders on the Web site www.pecansonpeachtree.org, call the toll free number 1-877-5-PECANS or Atlanta area residents call 404-367-1322.

[LOVING TRIBUTES]

Shepherd Center co-founder, Alana Shepherd, signs the last steel beam for the Jane Woodruff Pavilion expansion project

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 May 15, 2006 and August 18, 2006.

Dr. David Apple
Ms. Mary E. Bizzell
Mr. and Mrs. Dell B. Sikes

Geraldine Ashkenazie's Recovery
Ms. Betty Schaffer

Isabella Banks in Honor of her Birth
Mr. and Mrs. Haygood P. Seawell, Sr.

Lavelle Beene's Recovery
Mr. and Mrs. Joel K. Isenberg

Kitty Branch - In Celebration of her 99th Birthday
Ms. Erika Birg

Barbara and Michael Butkus' Birthdays
Mr. and Mrs. David F. Haddow

Peter Caswell
Mrs. Nancy Caswell

Robert "Chedbob" Chedister
Dr. and Mrs. David P. Maunder
Kim McCain

Joshua Craft's Recovery
Mr. and Mrs. Alton Craft

Katherine W. Curtis' Birthday
Dr. and Mrs. Mark M. Lindsey

Kevin Ferris - In Honor of "The Bama Cup Golf Tournament"
Mr. Lou DiLorenzo

Lora G. Fishman - In Honor of the Birth of the Twins
Ms. Jean F. Caldwell

Milton Frank's Recovery
Mr. and Mrs. Dean A. Coleman

John W. Gillette's Recovery
Mr. and Mrs. Joel K. Isenberg

Mr. and Mrs. Morris Habif's Grandaughter's Wedding
Mr. and Mrs. Alan M. Smith

Arthur Harris' Birthday and Graduation
Mr. and Mrs. Milton Kassel

Peggy and John Hines' Anniversary
Dr. and Mrs. David DuBose

Lee Hopkins
Mr. and Mrs. William T. Hopkins

Pat and Tommy Inge
Ms. Judith H. Presnell

Isabelle H. Isakson
Mr. and Mrs. Stanley H. Hackett

Edward C. "Rusty" Kidd
Dr. David M. Nichols

Donald Peck Leslie, MD
Mr. and Mrs. Robert L. Griffin III

Billi and Bernie Marcus' Birthdays
Mr. and Mrs. Seymour Marcus

Dr. Allen P. McDonald
EBI, L.P.

Donna and Mike McManus' Wedding
Ms. Meredith Mansfield

Henry Munford's Good Work
Mr. and Mrs. Glenn Simmons

Donna Neff - *Thank You*
Dr. David F. Apple, Jr.

Richard Newfield's Recovery
Mr. and Mrs. Dean A. Coleman

Mary Barber and Terry Pickett
Mr. and Mrs. J. B. Evans II

Saul Raisin
Dr. George C. Bolian and Mrs. Patricia Morrison-Bolian
eCorporate Solution, Inc.
Dr. Perry H. Julien
Ms. Amy M. Smith
Dr. Timothy L. Smith
Mr. and Mrs. Larry C. Trogdon

Travis Roy
Mrs. Sandy Watkins

Craig L. Schwall
Mr. Jack McKinley

Jack Shenk's 80th Birthday
Mr. and Mrs. Marvin H. Draluck

Alana Shepherd
Ms. Mary E. Bizzell
Dr. and Mrs. Macon G. Core

Linda Shepherd
Dr. and Mrs. Macon G. Core

Dr. and Mrs. Herbert Shessel's 60th Anniversary
Mr. and Mrs. Dean A. Coleman

Beverly and Jack Shields
Mr. John R. Simmerman

Kelly Slater
Mr. Ed Romanoff

Lori Sneed
Ms. Robin L. Anderson
Mr. and Mrs. W. O. Henry
Mr. and Mrs. William B. Temple
Ms. Lisa A. White
Ms. Teri L. Xerogeanes

Lester Stevens' Recovery
Mrs. William Schwartz

Rabbi and Mrs. Alvin Sugarman - In Honor of their Children's Weddings
Mr. and Mrs. Dean A. Coleman

Dr. Ben W. Thrower
Teva Neuroscience, Inc.

Dorothy Clare Turner's Debutant Season
Mr. and Mrs. Charles R. Jarrell
Mr. and Mrs. Hooper A. Turner, Jr.
Mr. and Mrs. William Bradley Turner, Jr.

Sarah Vickers
Mrs. Julie McIntyre

Jacqueline Viener's 85th Birthday
Mrs. Helene V. Sowerby

Jason Wallace - In Honor of "The Bama Cup Golf Tournament"
Mr. Lou DiLorenzo

Jere Webb - from the Westminster Schools Philanthropy 101 Class
Jordan V. Baxter
Mr. Jake Braunstein
Mr. Bill Bridgers
Romannio Chan
Mr. Nathan P. Corbitt
Mr. Bruce I. Crabtree IV
Mr. Matthew Cranshaw
Mr. and Mrs. Charles L. Davidson III
Mr. Diego Fernandez
Ms. Julia Greenberg
Ms. Taylor K. Hanlon
Ms. Margaret D. Ivey
Mr. Hunter Kaplan
Wei-Ming Lam
Ms. Sally R. Larson
Mr. Ed Moak
Mr. Hagan Ramsey
Ms. Jill F. Reid
Ms. Molly A. Schoen
Mr. James Sebel
Mr. James F. Willoughby

Jim Yates
Angela Power

Leon Zucker
Mrs. Laura Zucker

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 May 15, 2006 and August 18, 2006.

Leon Allen
Ms. Coker Appleton
Mr. Peter J. Frawley
Mr. Edward Gonzalez
Ms. Helon Ryals

Dr. Samuel S. Ambrose
Mrs. Marilyn S. Evans
Mr. and Mrs. James H. Groome
Mr. and Mrs. J. Harold Shepherd

Poncie Ansley
Mr. and Mrs. Theodore M. Forbes, Jr.

Dr. Donald S. Bickers
Mrs. John T. Godwin

Austin Sanders Botts
Mr. and Mrs. Charles L. Davidson, Jr.
Mr. and Mrs. J. Harold Shepherd

Frank C. Bowen
Mr. and Mrs. Isaac M. Aiken, Jr.
Mr. and Mrs. H. B. Allison
American Wilbert Vault Corp.
Anita A. and James D. Timmons Foundation
Arnold - Wilbert Corporation
Mr. and Mrs. Mark Azar
Mr. Danforth P. Bearse
Mr. and Mrs. James D. Benefield, Jr.
Mr. and Mrs. William H. Benton
Mr. Jerry H. Bickes
Mr. and Mrs. William E. Blair
Blairsville Wilbert Vault Co., Inc.
Bolton Concrete Products Company
Mrs. Claude H. Booker
Mr. and Mrs. Edward S. Bott, Jr.
Mr. and Mrs. Charles E. Bowen
Mr. and Mrs. Glen A. Bowen
Mr. Tom Bowen
Mr. and Mrs. George B. Brown
Mrs. Joy Butterfield
C. & M. Clearing Corp
Allyson, Edwin, Hamilton, Anne and Carol Lynn Callison
Callison Distributing L.L.C.
Mr. and Mrs. E. P. Carter
Mr. and Mrs. James M. Caswell, Jr.
Mr. and Mrs. Thomas B. Chatman
Mr. and Mrs. Sam E. Christopher
Dr. and Mrs. Thomas Conner, Jr.
Mr. Fred Cooper
Mr. and Mrs. Zack D. Cravey, Jr.
Ms. Ann C. Cullens
Ms. Mildred J. Daugherty
Mr. and Mrs. Corbin J. Davis
Mr. and Mrs. Jack B. Davis
Mr. and Mrs. Jarrett L. Davis III
Mr. and Mrs. John M. DeBorde III
Mr. Robert S. DeBorde
Mr. and Mrs. John L. Dinos
Mrs. Gloria W. Dobbs and Mr. Edwin Cowart
Mrs. Suzanne S. Doughtie
Mr. and Mrs. John E. Duggan
Mr. and Mrs. George A. Ewing
Florida Wilbert, Inc.
Mr. and Mrs. Theodore M. Forbes, Jr.
Mr. and Mrs. Edgar J. Forio, Jr.
Mr. and Mrs. Forest L. Fowler, Jr.
Mr. Robert L. Garges
Mr. and Mrs. Homer B. Gibbs
Mr. and Mrs. Frank S. Goodman
Mrs. Helen C. Griffith
Gulf Coast Wilbert, Inc.
Dr. and Mrs. Chenault W. Hailey
Mr. and Mrs. Lawrence G. Hailey
Mrs. Jane Hannon
Mr. and Mrs. Keith Harris
Mrs. Mynel G. Harris
Mr. and Mrs. William C. Hatcher
Mrs. Reginald Heinitsh
Hicks Industries Inc.
Mrs. Gladys C. Hiles
Mr. and Mrs. John F. Holbrook
Mr. and Mrs. Robert W. Hurst
Mr. Billy L. Ivey
Mr. and Mrs. A. R. Johnson, Jr.
Mr. and Mrs. M. A. Johnson II
Jones and Kolb
Mr. and Mrs. Craig B. Jones
Judge & Dolph, Ltd.
Ms. Iris E. Justice
Mrs. Thornton Kennedy
Mr. and Mrs. David M. Lacy
Reverend and Mrs. Richard Lambert
Mr. and Mrs. Julian LeCraw, Sr.
Mrs. George Leisure
Mrs. Juanita Long
Mrs. William W. Lucado
Mr. and Mrs. John R. Marquess
Mrs. Jane Marsden
Mr. and Mrs. Patrick B. Mathis
Mrs. Jocasta C. Mattes
Mr. and Mrs. Carter H. McCallum
Mrs. Alice McKnight
Mrs. Anne B. Meiers
Merrill Lynch STG Partners – Art Rollins, Austin Stephens, Peter Amann, Merle Campbell
Mr. and Mrs. Matthew Middelthon
Mr. Nancy F. Montet
Mr. and Mrs. J. A. Morris
Ms. Evelyn H. Nehl
Mr. and Mrs. William R. Newton
Mr. and Mrs. John L. Nichols, Jr.
Northern Trust Bank - Sea Island Branch
Mr. and Mrs. M. Lamar Oglesby
Ouzts-Wilbert, Inc.

Cyclist Honored As Shepherd Receives Donation

Professional cyclist Saul Raisin was injured in late spring of 2006 in a competition near Angers, France. Following discharge from Shepherd Center, the 23-year-old native Georgian was honored by the local cycling community at an Atlanta event - the Sandy Springs Classic. The event sponsor, Cycle Works, donated $1,500 that was raised at the event for Shepherd Center in honor of Saul.

Saul himself has proven to be an accomplished fundraiser for Shepherd Center. He has sold more than 4,000 of his signature $3 "Raisin Hell" green and white wrist bracelets to individuals and cycling shops around metro Atlanta. The cycling enthusiast reports he is adding a line of "Raisin Hell" racing socks to his line-up this fall. For more information or to contact Saul go to www.saulraisin.com

Pictured from (L-R) at the Sandy Springs Classic are: Winston Wiant, with the Shepherd Center Foundation; Saul Raisin; Dr. Gerald Bilsky, Saul's physician at Shepherd; and Anne Pearce, with the Shepherd Center Foundation.

[LOVING TRIBUTES]

Frank C. Bowen (cont'd)
Mrs. Ralph C. Pate, Jr.
Mr. and Mrs. Clifton H. Pease
Mr. and Mrs. Rowland A. Radford
Mrs. Frances Ramsey
Mr. and Mrs. Henry P. Ream
Mr. and Mrs. Vernon L. Reed
Mrs. Bobbie Robinson
Mr. and Mrs. John J. Rogers
Mr. and Mrs. William F. Rogers
Roland Vaults, Ltd.
Mr. and Mrs. Norman F. Roszel
Mr. and Mrs. Richard A. Sage
Service Casket Company
Mrs. Vann G. Shackelford
Ms. Barbara C. Shelhoss
Martha E. Shelhoss
Ms. Martha K. Shelhoss
Mr. and Mrs. J. Harold Shepherd
Mr. and Mrs. James H. Skelton
Mr. and Mrs. Henry H. Smith
Mr. and Mrs. Robert H. Smith
Mr. and Mrs. William C. Smith
Smith Wilbert Vault, Inc.
Mr. and Mrs. Robert A. Stemper
Mr. and Mrs. Travis L. Story, Jr.
Suhor Industries, Inc.
Mrs. Julian W. Swann
Dr. and Mrs. Kenneth S. Taratus
Ms. Jane S. Taylor
United Waste Service
Wachovia Wealth Management
Atlanta Midtown
Mr. and Mrs. Robert L. Weathers
Lamar T. Webb Architect
Mr. and Ms. Eric Weidmann
Mr. and Mrs. John H. Weitnauer, Jr.
Mr. and Mrs. Robert E. Wells
Wilbert Burial Vault Co. Inc.
Wilbert Funeral Services, Inc.
Mrs. Patricia C. Williams
Mr. and Mrs. John C. Wilson
Mr. and Mrs. Ralph Wofford
Mrs. Franklin Wright
Mr. and Mrs. Stephen M. Young

Gene L. Boyd
Ms. Gena Belcher
Mr. and Mrs. Richard Belcher
Mr. Frank Pritchard and
Ms. Amy K. Parker
Rogers Bridge Co.

Patricia Burgay
Ms. Margaret Wolfenden

Julian S. Carr
Mr. and Mrs. Fred A. Hoyt, Jr.
Mrs. Joan Woodall

Joseph A. Churchfield
Mr. Gilbert Baker

Former patient Brian Bemisderfer enjoying a summer outing at Lake Hartwell with friends and members of the Therapeutic Recreation department

Mr. and Mrs. Dale Boyer
Barbara Churchfield
Ms. Lisa Churchfield
Ms. Donna M. Powell
Ms. Margery W. Royer
Mr. and Mrs. Scott Teising

Georgia Cobb
Mrs. Patricia C. Williams

Bryan Cox
Mrs. Connie Ard
Mr. and Mrs. Carter Bennett
Mr. and Mrs. Jerry H. Eck
Ms. Arlene Krueger
Mr. and Mrs. Roger A. Lewis
Mr. Donald Lillebo
Ms. Donna W. Loupus
Mr. William Lucy
Mr. and Mrs. Tommy Miles
North Central Field Operations
Mr. and Mrs. Danny Ratcliff
Mr. and Mrs. Wayne B. Rayburn
Frankie Smith
Ms. Ethel Teel, Ms. Michele
Worthington and the Employees
of SouthernLINC Wireless
Mr. and Mrs. Robert G. Williams

Ray Cox
Mr. and Mrs. Joel K. Isenberg

Christopher Daniel
Mr. and Mrs. Alan M. Smith

Yetta Danneman
Mr. and Mrs. Gil Hastings

Dr. Marvin L. Davis
Mrs. Charles H. Peterson
Mr. and Mrs. J. Harold Shepherd
Mrs. Patricia C. Williams

Mamie Barnhill Dews
Dr. Benjamin Jenkins

Quinton Dobbs
Mr. and Mrs. John S. Dryman

Charles "Chuck" Dowdy
Mr. and Mrs. Charles R. Acosta
Al's Pals Foundation
Appalachian Environmental
Equipment, Inc.
Aquastore N.W., Inc.
Mr. and Mr. John W. Barnes
Ms. Jennifer Burke
Cady Aquastore Inc.
Mr. and Mrs. William Dalton
Engineered Storage
Products Company
Mr. Larry English
Mr. Chris Forbes
Mr. and Mrs. F. A. Garrett
Greatario Engineered Storage
Mr. and Mrs. Francis A. Grillot, Jr.
GRW Engineers
Mr. and Mrs. James A. Harris
Mr. Tim Huddleston
Ivins & Ivins Engineering, Inc.
Ms. Renee W. Jambora
Mr. and Mrs. John P. Kowal
Mr. and Mrs. Carl F. Leavy
Mid Atlantic Storage Systems, Inc.
Mr. and Mrs. Don T. O'Quinn
Mr. and Mrs. Chuck Page
Ms. Tina Page
Mr. and Mrs. S. W. Rusk III
Ms. Susan Sanders
South Georgia Tower & Tank, Inc.
Stanco Projects Ltd.
Statewide Aquastore, Inc.
Mr. Dwayne Summar
Tennessee Association of
Utility Districts
The Word of Faith Fellowship
Mr. and Mrs. Barry Tippey
Wascon, Inc.
Williford, Gearhart & Knight, Inc.
Mr. and Mrs. Daniel Wooldridge
Mrs. Carolyn Yates
Mr. and Mrs. Herbert D. Young

Ron Dowdy
Mr. and Mrs. Steven McBee
Mr. Michael Shilling

Lewis Rockwell Fish
Mr. and Mrs. John S. Dryman

Evelyn Frankel
Ms. Betty Schaffer

J. B. Fuqua
Mr. and Mrs. Cleveland R.
Willcoxon III

Wanda P. Gardocki
Mr. and Mrs. Steven Schaikewitz

Herbert Kelly Garges
Mr. and Mrs. Jarrett L. Davis III
Dr. and Mrs. Carter Smith, Jr.

Louis A. Gerland, Jr.
Mr. and Mrs. Fred A. Hoyt, Jr.

Carl Goldberg
Mrs. Laura Zucker

Naomi Goldstein
Mr. and Mrs. Theodore M. Forbes, Jr.

Colonel Jim Good
Mr. and Mrs. Joel K. Isenberg

Clayton H. Griffin
Mrs. Patricia C. Williams

Dick Grote
Mrs. Jane Hannon

[LOVING TRIBUTES]

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

Lester Hardwick, Jr.
Mr. and Mrs. Charles G. Crawley

Charles Hargrove
Mr. and Mrs. James B. Jenkins, Jr.

Peggy David Hayes
Ms. Joanne Hayes

Arnold Helman
Mr. and Mrs. Herbert A. Blondheim

Katharine T. Hicks
Mr. and Mrs. John R. Miller, Jr.

Colonel Julien Hodgskin
Mr. and Mrs. Joel K. Isenberg

Dr. George A. Holloway
Mrs. Jane Hannon
Dr. and Mrs. William M. Scaljon

John Holmes
Mr. and Mrs. Irvin M. Massey
Mrs. Patricia C. Williams

George Matthew Mark Hopkins
Dr. and Mrs. Mark M. Lindsey

Betty Boehne Keane
Mrs. Nancy R. Paty

Loeb Ketsky
Mr. and Mrs. B. M. Jacobson

David King
Mr. and Mrs. Joel K. Isenberg

Kirk Kirkpatrick
Mr. and Mrs. Joel K. Isenberg

Dorothy Klein
Mr. and Mrs. John S. Dryman

Sally Kroon
Mr. and Mrs. Gerald P. Daly
Mr. Victor M. Faundez
Mr. and Mrs. Harrison C. Hartzell, Jr.
Mr. and Mrs. Reynaldo Martorell

John Lewis
Mrs. Joan Woodall

James P. Limberatos
Mrs. R. B. Lippincott, Jr.

Flora M. Little
Mr. and Mrs. Allan E. Baer
Mr. and Mrs. Lawrence G. Hailey

Edwin P. Lochridge III
Mr. and Mrs. Charles E. Bowen
Mr. and Mrs. Frank C. Bowen
Mr. and Mrs. Charles G. Crawley
Mrs. Thornton Kennedy
Mrs. Jane Marsden
Dr. and Mrs. William M. Scaljon
Mr. and Mrs. J. Harold Shepherd

Pen Lybrook
Ms. Phyllis Brooks

Lawrence F. McArdle
Ms. Pamela Smart

Frances McClelland
Mrs. Charles H. Peterson

John McConnell
Mr. and Mrs. Aron J. Ain
Mr. Joseph DeMartino
Mr. and Mrs. Bob Ferrara
Mr. Gary Giles
MM Hayes Company, Inc.
Hoover Foods, Inc.
Mr. Michael A. Kelley
Kronos Incorporated
Mr. and Mrs. Silvio Lombardi
Mr. Terry Petrukovich
Mr. Neil Solomon
Mr. and Mrs. Jonathan D. Stewart
Mr. Matthew V. Taylor
Mr. Edward Thordsen
Time Controls, Inc.
Mrs. Joan Vasilopoulos

Harry "Buddy" McDonald, Jr.
Mr. Andrew B. Crumbley

Trudy Mitchell
Ms. Dorothy D. Dryman

Evelyn and Pat Patton
Ms. Anne H. Swenson

Mrs. F. R. Peacock
Ms. Lois Peacock

James Penix
Mr. and Mrs. James R. Huck

Marilyn Pennington
Ms. Mary Nell Batchelor
Mrs. Eva M. Kennedy
Mr. and Mrs. Lawrence E. Pennington

Sara F. Piha
Mr. and Mrs. J. Harold Shepherd
Shepherd Center Volunteer Services

Floyd J. Pike
Mr. and Mrs. Joel K. Isenberg

Donald R. Pritchard
Mrs. Joan Woodall

Betty Robertson
Mr. and Mrs. William Edward Andrews
Mr. and Mrs. Sidney Kollme

Shirley C. Sartain
Mrs. Patricia C. Williams

Edward L. Savell
Mrs. Caroline Fowler

Stephen Schmidt, Jr.
Mrs. Jeanne Schmidt

Stephen J. Schmidt, Sr.
Mrs. Jeanne Schmidt

Alene Schneider
Ms. Betty Schaffer

Dan P. Shepherd
The Bell Family Foundation - Mr. and Mrs. Griffin Bell

Herbert G. Shepherd
Kimberly Clark Foundation Inc.

George Shomaker
Ms. Sharon M. Pruitt

Robert D. Shore, Jr.
Mr. and Mrs. John S. Dryman

Mary Dickson Smith
Mr. and Mrs. Hallman Dodd

Mr. and Mrs. O. W. Smith
Mr. and Mrs. W. R. Smith

Jack Spears
Mr. David P. Blackshear

James Rickey Spence
Gleaner Chapter No. 347 OES
Mr. David J. Llewellyn
Mr. and Mrs. William O. Prescott
Regions Morgan Keegan Trust

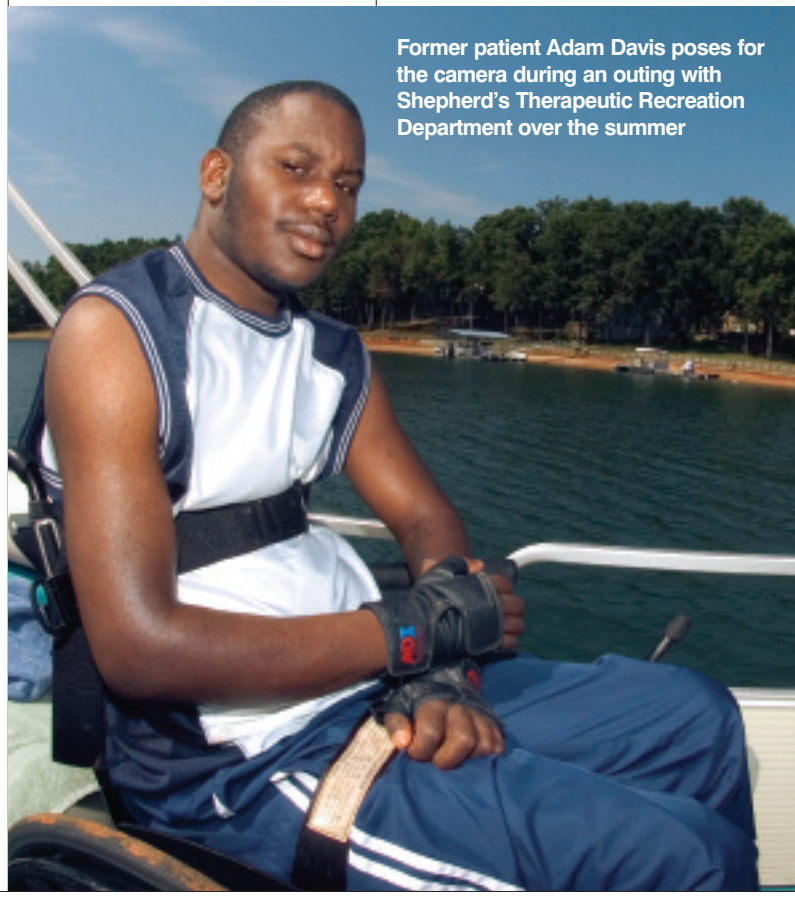
Charles D. Susano
Judge and Mrs. Charles D. Susano, Jr.

Robert J. Taylor III
Mrs. John T. Godwin
Mrs. Deford Smith, Jr.

Mickey Thaxton
Mr. and Mrs. Alan D. Chunka
Mr. and Mrs. David A. Culley
Mr. William L. Heinz
Mr. Frank D. Jackson
Mr. Edwin T. McCain
Ms. Linda C. Miller

William M. Threlkeld
Mrs. Patricia C. Williams

Saul Viener
Mr. J. Lester Fraser
Ms. Peggy F. Goldberg
Mrs. Martha S. Heyman
Mr. Fred W. Nichols



Former patient Adam Davis poses for the camera during an outing with Shepherd's Therapeutic Recreation Department over the summer

[LOVING TRIBUTES]

Anise C. Wallace
Mrs. Retta S. Kern
Dr. and Mrs. William G. Whitaker III

Mrs. J. B. Willis
Mr. and Mrs. Charles L. Davidson, Jr.

Frank L. Wilson
Dr. and Mrs. David F. Apple, Jr.
Mr. and Mrs. John E. Duggan
Dr. and Mrs. William M. Scaljon
Mr. and Mrs. J. Harold Shepherd
Mrs. Joan Woodall

James Harris Wilson, Jr.
Dr. and Mrs. Walter Scott James, Jr.

Gene Mac Winburn
Dr. and Mrs. William M. Scaljon

Patricia Winship
Mrs. Gloria W. Dobbs and
Mr. Edwin Cowart
Mr. and Mrs. Theodore M. Forbes, Jr.
Mr. and Mrs. William R. Newton

In Loving Memory of
Jay Woodside
Former Shepherd Patient and Friend
1979-2006

21st Century Majority Fund
Mr. and Mrs. Charles R. Acosta
Mr. Alexander Albert
Mr. and Mrs. Donald M. Alexander, Jr.
Mr. and Mrs. Fred Alexander
Allen & Graham, Inc.
American Business Women's Association
Ameris
Mr. and Mrs. Joe Barone
Mr. and Mrs. Carl M. Baumgardner
Mr. and Mrs. Charles Beach III
The Beach Club, Inc.
Mr. and Mrs. James D. Benefield, Jr.
Mr. and Mrs. James A. Bishop
Mr. Richard Bobb
Ms. Christine D. Brennan
Mr. and Mrs. C. A. Brown
Mr. Matthew Brown
Mr. and Mrs. Richard A. Brown
Mr. Robert Brown
Mr. and Mrs. William F. Brunson, Jr.
Brunswick & Glynn County Development Authority
Brunswick Golden Isles CVB
Brunswick-Golden Isles Chamber of Commerce
Mr. and Mrs. Brad Butler
Mr. and Mrs. Mosette L. Butler, Jr.
Ms. Nell H. Caldwell
Camden County Sheriff's Office
Mr. and Mrs. Chuck Carter
Mr. and Mrs. Joey Cason
Ms. Peggy Cate
Mr. and Mrs. Jim Chamberlin
Mr. and Mrs. Tim Chason
Lane M. Church
Clyburn Consulting, LLC
Coastal Area District Development Authority
The Coastal Bank of Georgia
Coastal Georgia Historical Society
Coastal Georgia Regional Development Center
Coastal Hypnosis Center
Mr. David P. Cooke
Pat H. Cooper
Mr. and Mrs. Julian A. Coty, Jr.
Mr. and Mrs. Ernest Craft
Mr. and Mrs. John T. Crawford
Mr. and Mrs. William W. Crosby
Ms. Ann C. Cullens
Mr. and Mrs. Ernest Curry
Mr. and Mrs. Roland Daniel
Mr. and Mrs. Charles A. Deal, Jr.
Development Authority of Appling County
Mr. John C. Dills, Jr.
Mr. and Mrs. John L. Dinos
Dr. and Mrs. William E. Disque
Mr. Otha Dixon
Mr. and Mrs. William Downey
Mr. and Mrs. Terry K. Driggers
Mr. and Mrs. Charles DuBose
Mr. and Mrs. Scott Dulaney
Mr. and Mrs. Bob Dunagan
Dustin Lewis Appraisal Associates
The Exchange Club of Brunswick, Inc.
F. Fairman
Ferrier & Ferrier, P.C.
Mr. and Mrs. Bruce Flexer
Ms. Laura Friedel
Mrs. Anna Belle Friedman
Mr. and Mrs. Michael Friedman
Ms. W. S. Fulton
Georgia Association of Chamber of Commerce Executives
Georgia Chamber of Commerce
Georgia Power Company
Mr. and Mrs. Richard Giery
Gilbert, Harrell, Sumerford & Martin, P.C.
Ms. Farrah N. Glisson
Mr. and Mrs. Patrick Godbey
Golden Isles Marina
Mr. and Mrs. Gary G. Gould
Mr. and Mrs. Michael J. Green
Mr. and Mrs. Newell Hamilton
Mrs. Jane Hannon
Mr. A. D. Harrell
Mr. and Mrs. Duane Harris

A Statement for Gift Support for Shepherd Center

Shepherd Center focuses every day on providing its patients with the most advanced medical and rehabilitative care available in an atmosphere of compassion, respect and family inclusion. Shepherd operates without benefit of federal, state or local tax support and is governed by a non-compensated board of directors. The Center does not operate for monetary surplus or profit for any individual or group. Any earnings made by the Center are devoted to the maintenance and improvement of the facility and to support program activities. For these reasons, the Center relies on annual gifts of support, primarily from individuals, to maintain and advance its mission of rebuilding lives with dignity, hope and independence.

Mr. and Mrs. Jack E. Hartman
Mr. Edward J. Hawie
Mr. Louis H. Hearn III
Mrs. Tilda G. Herring
Mr. and Mrs. Robert S. Hicks, Jr.
Dr. and Mrs. Carlton T. Hicks
Mr. and Mrs. Emory T. Hicks
Mr. Stephen W. Higginbothom
Mrs. Julie T. Hunter
Hurt, Norton & Associates, Inc.
IBM Corporation
Dr. and Mrs. E. R. Jennings
Ms. Margaret K. Jolley
Mr. and Mrs. Wesley Jones
Keep Brunswick-
Golden Isles Beautiful
Mr. E. Culver Kidd III
Dr. Sherry S. Kilgore, Katie and
Chelsea
King & Prince Beach Resort
Ms. Joan M. Kirchner
Mrs. E. G. Lambright
Lang Building Supply
Donna Langford, CPA
SgtMaj Carter S. Lanier
Mr. and Mrs. Thomas J. Lewis
Lisa Torbett Interiors
Logistec
Ms. Claudia M. Malone
Ms. Katharine Mann
Ms. Molly Manning
Mr. and Mrs. Jesse Marshburn II
Mr. and Mrs. Vernon D. Martin
Mr. and Ms. Dennie L. McCrary
Mr. and Mrs. Gibbon E. McNeely
Merchant Capital Investments, Inc.
Mr. and Mrs. Addison H.
Meriwether
Mr. and Mrs. E. R. Mock
Mr. and Mrs. J. D. Moore
Mr. and Mrs. Marion W. Moore
Ms. Saundra S. Moore
Moore Stephens Tiller LLC
Mr. and Mrs. Richard B. Morris
Ms. Emelyne Mosier
Ms. Ella M. Myers
Nalley Brunswick Automobiles, Inc.
Mr. and Mrs. Heyward Nettles
The Honorable and Mrs. Sam Nunn
Mr. Charles W. Oliver
Mr. and Mrs. O. H. Olsen
Ms. Elizabeth C. Osborne
Mr. and Mrs. Frank C. Owens, Jr.
Mr. and Mrs. Eddie B. Parker
Ms. Patricia J. Parmer
Mr. and Mrs. David C. Parrish, Jr.
Mr. Johnny Paulk
Mr. and Mrs. Raymond E. Pinson
Plumbers and Pipefitters Local 177
Ms. Sherri D. Powell
Mr. and Mrs. James K. Proctor
Mr. J. B. Redding
Mr. and Mrs. Vernon L. Reed
Mr. and Mrs. Brandon A. Reynolds
Mrs. Kerry Richardson
Mr. and Mrs. Jesse R. Roberson

Photo: Dean Hesse

Shepherd Center was honored to be presented with a gift of $40,000 this summer for the purchase of a new Esprit V100 respirator. The donation was made by the Ulus Rotary Club of Istanbul, Turkey, through the Buckhead Rotary Club. The hospital is grateful to both Rotary Clubs for this life saving international gift of equipment. The respirator assists patients who can't breathe on their own.

Pictured (L to R), Shepherd Center's Senior Director of Planned Giving Ty Tippett, Registered Respiratory Therapist James Campbell and Foundation Executive Director Henry Munford. Presenting the check are Buckhead Rotary's Ronen Nissenbaum, Ruth Woodling, John Dykes and President Julia Chabannes.

Mr. and Mrs. John J. Rogers
Mr. and Mrs. Craig Root
Karen Ross, Ph.D.
Mr. & Mrs. George Rountree
Mr. and Mrs. Jim Russell
Mr. and Mrs. Scott W. Ryan
Mr. and Mrs. Tony Sammons
Mrs. Jodi L. Schwartz
Mr. Jim Screws
Security Bank
Mr. and Mrs. Joel Seymour
Mr. Harold M. Shadron
Mr. Albert F. Shelander, Sr.
Mr. and Mrs. J. Harold Shepherd
Mr. and Mrs. James H. Shepherd, Jr.
Shepherd Center Advisory Board
Shepherd Center Foundation Board
Ms. Susan Shipman
Mr. William D. Skelton

Mrs. Eugenia Smith
Mr. and Mrs. William C. Smith
Mr. William E. Smith, Jr.
Southeast Georgia Health System
Mr. and Mrs. Nathan Sparks
Ms. Wesley C. Stanley
Mr. and Mrs. Keith Stephenson
Mr. Thomas D. Stewart
Mr. and Mrs. Frank W. Still, Sr.
Mr. and Mrs. Bill Strother
SunTrust Bank, Atlanta
Sweat's Furniture, Inc.
Thomas & Hutton Engineering Co.
Mr. James Thompson
Mr. and Mrs. William P. Tipton
Mr. and Mrs. Jack Torbett
Mr. and Mrs. William F. Torrey
Trend Publications
United Community Bank

Wachovia Bank, N.A.
Mr. and Mrs. T. R. Wade
Mr. and Mrs. Woodie Warr
Mr. Jeanne B. Warwick
Mrs. Sheridan G. Watson
Mr. and Mrs. John C. Welch
Mr. and Mrs. James Wiant III
Mr. Frances C. Wickes II
Mrs. Robert G. Wilcox
Ms. Leslie A. Woolley
Ms. Mary A. Workman

Amber Worley
Mr. and Mrs. Carl L. Williams III

Ida S. Yancey
Mr. and Mrs. Charles L. Davidson, Jr.

Photo: Dean Hesse

A DAY AT THE LAKE

THIS SUMMER, FORMER PATIENTS HAD FIVE OPPORTUNITIES to take part in Shepherd Center's annual "Day at the Lake" getaway. The program is sponsored by the Marcus Community Bridge Program and enables former patients to take part in a variety of adventure activities with their peers and former therapists from Shepherd. Activities included jet skiing, pontoon boat rides, kayaking, swimming, fishing, picnicking, sail boating, and so much more.

Many patients were able to take part in these activities with little assistance. Others were easily aided by the therapists on hand. This year's trips were held in various parts of Georgia, and New Hampshire. Find out more about the "Day at the Lake" trips and other outings sponsored by Shepherd Center on page 16.

Former Shepherd Center patient Timmy Williams rides a jet ski with the aid of Shepherd staffer Joe Metzger at a "Day at the Lake" retreat.

SHEPHERD
CENTER
A Catastrophic
Care Hospital

Shepherd Center
2020 Peachtree Road, NW
Atlanta, Georgia 30309
404-352-2020

Address Service Requested