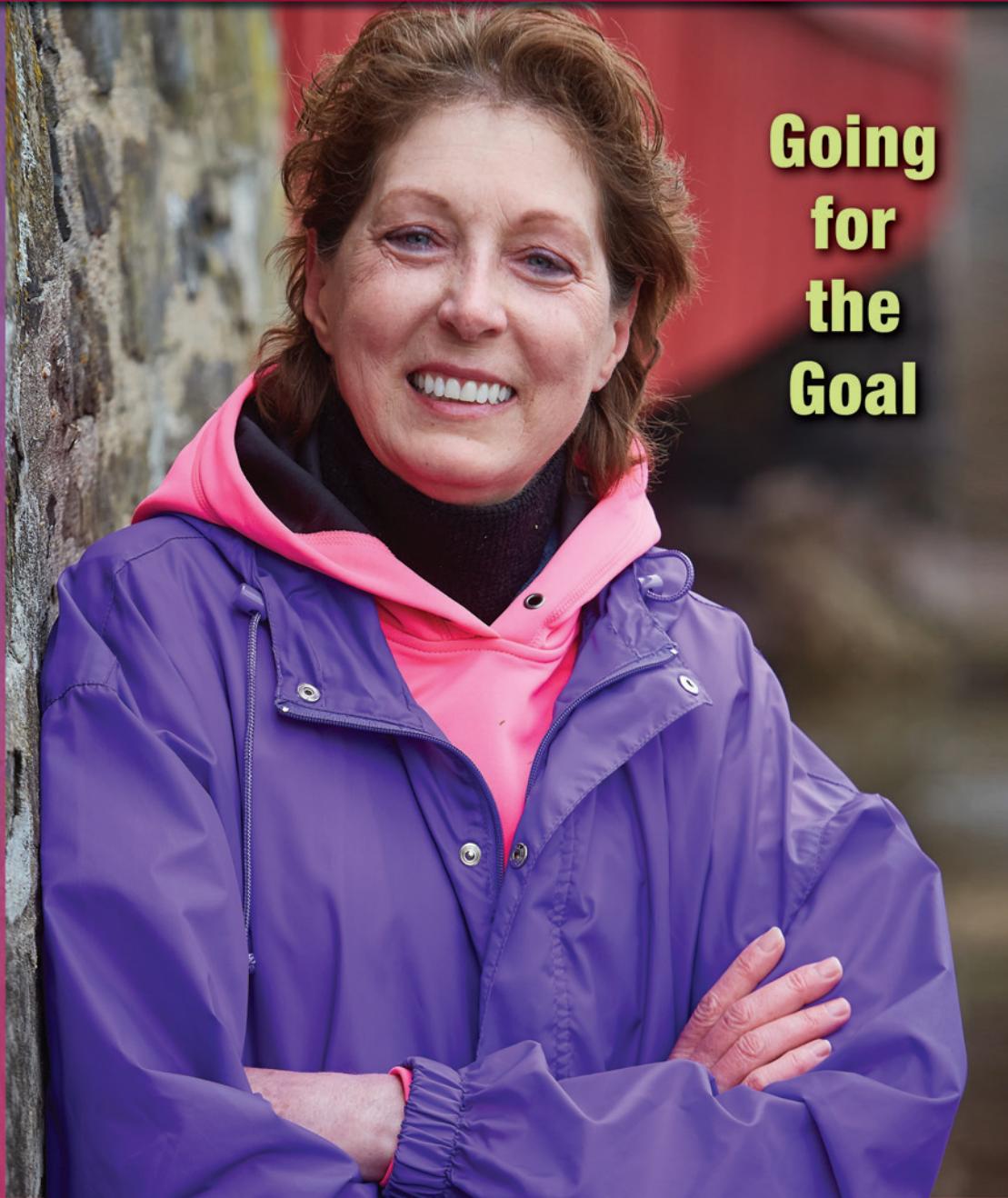




SweetCharity

Spring 2016 Volume 109, Issue 1

A Good Shepherd Publication



**Going
for
the
Goal**

Our Volunteers: A Cornerstone of Caring

Dear Friends,

Beneath the hustle and bustle of life here at Good Shepherd, there's a quiet but steady drumbeat by a group of people who are vital to our mission, doing what they do not for recognition, but for the pure joy of it. Those people are our volunteers, and with National Volunteer Week coming up from April 10-16, it seems only right to pause and reflect on just how important these folks are to our staff, our patients and our residents.

I am proud to report that in our fiscal year 2014-2015, we had 530 volunteers contribute 24,500 hours. In this issue you'll read about one dedicated group of volunteers who are keeping a 50-year plus tradition going with the resident art therapy group. Allen Hermansader, a renowned Allentown artist, launched the group which has continued to meet thanks to an unbroken chain of volunteers, many who are talented artists themselves. Hundreds of beautiful paintings have been created and some even sold. The fact is though, no one can put a price tag on the spirit and love that these volunteers bring week after week.

All our volunteers are special but one in particular will be missed. For more than 25 years Bob Ford was passionately involved in the Good Shepherd Golf & Tennis Invitational, a major fund raiser for our Pediatrics Program. Sadly, Bob passed away on January 6. Bob was a stellar ambassador for Good Shepherd's mission and brought so many more friends into the fold by virtue of his all-embracing personality and gift for forging partnerships that will last long into the future. We will miss him beyond words.

As spring emerges and we begin to feel revitalized, I invite you to explore volunteer opportunities at Good Shepherd either as an individual or as part of your company's community outreach. You can learn more about volunteering by contacting Joann Frey at 610-776-3125 or jfrey@gshr.org or by visiting the Sweet Charity website at goodshepherdrehab.org/sweetcharity.

Giving back is a great feeling and at Good Shepherd, it's a cornerstone of caring.

Sincerely,



John Kristel, MBA, MPT
President & CEO



Going for the Goal

With a little help from her friends at Good Shepherd's Souderton outpatient site, Gina Koehler is on the run from cancer.

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Cover photograph: Randy Monceaux



Artful Therapy

For more than 50 years, a love of art has bonded volunteers with residents.

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Elmer Gates, Dick Fleming

Our Mission

Motivated by the divine Good Shepherd and the physical and cognitive rehabilitation needs of our communities, our mission is to enhance lives, maximize function, inspire hope, and promote dignity and well-being with expertise and compassion.



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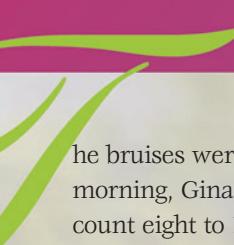


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*Tom and
Gina Koehler*

GOING



he bruises were the first telltale signs. Every morning, Gina Koehler would awaken and count eight to 10 new bruises on her legs. Just six months earlier, Gina had a complete physical and a clean bill of health, so while baffled by the bruises, she kept going on with her life as usual.

Finally, at a friend's urging, Gina went to the doctor. Blood work drawn revealed she had chronic myeloid leukemia (CML), a type of cancer that begins in certain blood-forming cells of the bone marrow and over time, spreads to the blood and other areas of the body. The leukemia cells in Gina's bone marrow were replacing her normal blood-making cells, resulting in the bruises.

Gina walked out of the doctor's office that bright May day in 2010 in a daze. "I went back to work and everything else was pretty much a blur. I didn't know what to do," she says.

Gina had always been healthy and active. In high school she was a high jumper on the track team, earning an athletic scholarship to Temple University in Philadelphia. As she grew older, bike riding and gardening kept her in shape. But for the then 49-year old mother and wife from Perkasie, this would be the beginning of a medical odyssey that would involve a stem cell transplant, extended hospitalization, the loss of her hair, fungal pneumonia in her lungs, and debilitating fatigue.

Gina was put on a regimen of targeted medications and went for blood work every month.

For the next couple of years, Gina's cancer was manageable and life went on as normal. Then, during Christmas 2013, she was baking cookies and burned the knuckle on her left thumb. She put antiseptic ointment on the small burn and went about her usual holiday preparations. After a week, the burn looked and felt like it was infected. "It hurt really bad," says Gina. "It felt like it was down into my bone."

Gina went to her doctor and was given two choices. She could either return home with oral antibiotics or go to the hospital and get antibiotics intravenously. Gina opted for the hospital and what she hoped would be a quick fix. Her two children, Greg, then 22, and Rachael, 25, both in the Navy, were coming home for the first time in two years, and she wasn't about to be out of commission.

While waiting in the emergency room, Gina watched as the red line of infection crept up her arm. Her temperature rose to 102 degrees. Gina frantically asked for help. A doctor, alarmed by what he saw immediately admitted her. Gina was in a "blast crisis," typically the terminal phase when the cancerous cells, or blasts, another type of white blood cell, make up more than 20% of the bone marrow or blood. During this phase, infections and bleeding are common and can be life threatening.

The next day, the oncologist told Gina she was being transferred to the Hospital of the University of Pennsylvania in Philadelphia for chemotherapy. "He told me that if the chemo

for the GOAL

doesn't work, I may not last until the end of the year," says Gina. "I just thought that I can't be in the hospital. I have to be home for Christmas. I wasn't worried about me; I was worried about the Christmas celebration for the whole family."

Gina entered Penn on December 18, 2013 and remained there for the

next 29 days during the first phase of chemotherapy. Gina returned home but lost all her hair and endured four more rounds of inpatient chemotherapy at Penn.

A stem cell transplant was scheduled for May 1, 2014. The donor would be her older sister Linda Hoffman. For three days before the transplant, Gina was given heavy doses of chemotherapy and six full body doses of radiation to kill all her white cells. "That was horrible," she says. "The chemo caused nausea and vomiting, and I ached all over."

Gina suffered from profound weakness, fatigue and confusion. Sores erupted in her mouth and on her lips, and lesions erupted on her skin. A blister half the size of a baseball on the bottom of her foot developed

from yet another assault on her body, graft vs. host disease, as her immune system began attacking the new stem cells as though they were invading marauders. She developed a nochardia, a fungal-like pneumonia in her lungs, and had to have her left lung drained twice. She couldn't eat or drink anything for three weeks and was fed intravenously.

The mental anguish was yet another unwelcome partner in her struggle. "In my mind, I was pretty much dead," she says. "I wasn't scared about dying though. I was

Yoga instructor Diane Kistler has been a healing partner in Gina's recovery.

"Yoga helps me relax at night and the breathing techniques got me through so many procedures."

— Gina Koehler

scared about not getting better. I would lie in bed but was so weak I couldn't even talk."

On June 4, 2014, Gina went home to recuperate but that summer and fall, there would be more hospitalizations. Her husband Tom, who was on a leave of absence from his job as an armed security guard, assumed all the chores of holding the household together. "Tom was my rock. It was a hard time," recalls Gina. "I sat out on the front porch a lot. It was July but I was so cold all the time I had a blanket on. One time I fell and I couldn't get off the floor. Here I was, 53 years old, and I was helpless. But I decided I was never going to be this weak again."

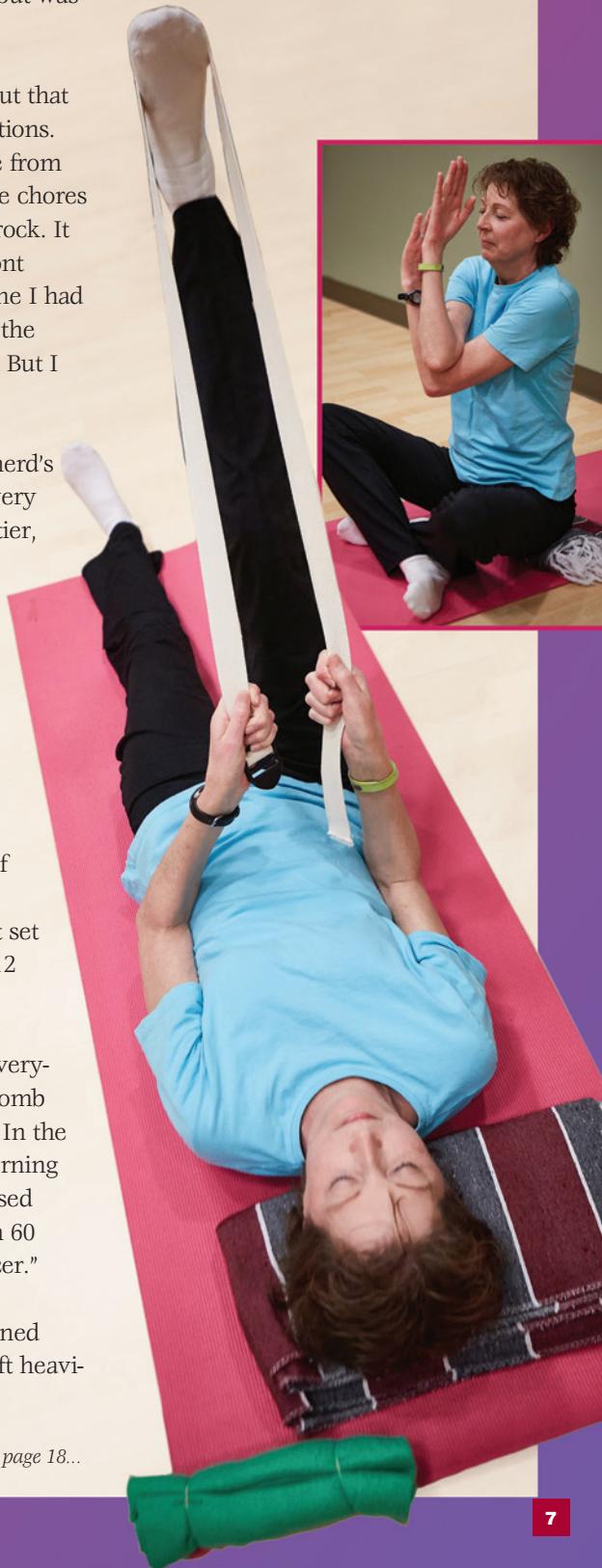
In August 2014 Gina began therapy at Good Shepherd's outpatient site at Souderton. "Gina came in to us very quiet and not very talkative," recalls Kathleen Fortier, physical therapist. "She had open wounds on her feet and she couldn't even walk 75 feet to the exam room without help from her husband. She couldn't stand up from sitting in a chair without using her arms and she was so swollen from the medications the only thing she could wear was sandals."

Building Gina's confidence, strength and stamina were the primary goals with treadmill work part of the routine. "She couldn't even walk six minutes without taking a break," says Kathleen. "So we just set goals, first six minutes without a rest break, then 12 minutes with one or two breaks."

Occupational Therapist Carla Hagan focused on every-day life activities, such as lifting up her hands to comb her hair or extend her arms to put on her clothes. In the beginning, it took Gina two hours to finish her morning routine. "Her arms were so weak that getting dressed wiped her out," says Carla. "Her goal was less than 60 minutes, which is what it took her before the cancer."

Gina loved to cook and bake but all that was sidelined because she couldn't open containers much less lift heavier food items from the refrigerator or oven.

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Artful THERAPY





eredith J. Myer grabs a thin paintbrush in her fingers, dips it in a dab of green and slowly begins tracing the outline of a leaf on her canvas.

"I love this class because it's both a learning experience and it's relaxing," she says. "I enjoy art and ceramics. They're two of my favorite groups."

Meredith is participating in a nearly 50-year tradition that began around 1968 with renowned Allentown artist Allen F. Hermansader, who also painted three portraits for Good Shepherd's Hall of Fame. Every Monday, or "art class day" as it was known, Allen guided a dozen Good Shepherd residents as they worked on a wide array of paintings. Allen, who passed away in 1998, continued with the group until about 1971 when he

was succeeded by Dolores Zale who led the class for 35 years before retiring in 2006.

Today, that chain of devotion to the residents remains unbroken with a small group of volunteers who have artistic pedigrees of their own along with passion for not just what they do, but for the people they do it with. Over the years the art therapy group, which meets in the basement of the Good Shepherd Home at the Conrad W. Raker Center, has created enough beautiful paintings to fill an art museum. Many of their pieces adorn the Raker Center hallways and are proudly displayed in their rooms.



Meredith J. Meyer looks forward to Monday mornings.

"I feel like when I work with these people, they become like family," says Linda Kreithen of Allentown, a volunteer of 26 years. "We have a bond with them. When you come in, your troubles go away. When you paint, it's sort of a meditation. You don't have to think of anything except color or design. They tell you what they want and they're making their decisions. They're proud of their work and like to give them away as gifts. And I think it's a social outlet for all of us."

Linda became involved at the suggestion of a friend who volunteered at Good Shepherd and shared how rewarding it was. A former high school English teacher, Linda thought she could help residents with writing letters. But the volunteer need was for helping out with the art group. With no background in art, Linda promptly enrolled in a class at The Baum School of Art in Allentown in 1990, the first of many more classes to come.

Once she started working with the residents Linda became a tireless advocate for the group, always on the lookout for new volunteers. "I was always trying to recruit," she says. "This has been my mission."

One of her recruits is Loretta Tryon of Coopersburg, a metalsmith, who has shown her work in Milan, Italy, and is also a fine art painter. Loretta has volunteered for six years.

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Bridget Feeney does many things well, but there's one thing she doesn't do well: lazy.

On a recent Thursday afternoon in the Good Shepherd Rehabilitation Hospital cafeteria, Bridget is a study in kinetic energy. One minute she's behind the deli station making a sandwich. The next minute she's refilling salad bar items. Then she strides purposefully across the room to the back where she throws a load of dishes in the automatic washer before wiping down counters and then hustling over to the cash register to ring up sales. Just trying to keep up with her is exhausting.

And with each step, Bridget is happy as can be because she's meeting new people, making her own money and best of all, she's being independent. Bridget is a Project SEARCH success story and proud of it. As an intern, she learned many new skills including how to apply for a job, interview, work with others, and take public transportation to get to work. It was a lot to take in but Bridget

was up for the challenge and now she's employed by Metz Culinary Food Services at Good Shepherd in Allentown.

"They make you think and do things on your own and they expect you to do it by yourself," she says of the Project SEARCH experience.

Project SEARCH is a nationwide one-year, school-to-work transition program for young adults with special needs who are preparing to graduate from high school. In 2007, Good Shepherd Rehabilitation Network became the first organization in Pennsylvania to partner with Project SEARCH in collaboration with several other organizations, among them the Carbon Lehigh Intermediate Unit #21 and the Office of Vocational Rehabilitation.

Bridget interned in other departments at Good Shepherd before moving to food services. It didn't take her long to catch on and become a staff favorite. After graduating from Emmaus High School in 2014, Metz offered her a job.



"She picked everything up really quickly," says Brenda Miller, a Metz food services worker and one of Bridget's mentors. "She followed directions, she remembered everything the next day, and she's very self-sufficient and enthusiastic."

The work is varied and can be fast-paced, so adaptability is key. Bridget soon proved she was up for any task thrown her way and has taken on even more responsibilities such as making and stocking all the items in the Up for Grabs cooler, and working the cash register by herself on weekends.

Cashier Linda Dunn from Metz taught Bridget the ins and outs of the computerized cash register. "She's great," says Linda. "She listens and she takes her time. It was very pleasurable working with her."

"She taught me good," says Bridget with a big smile.

Not only does Bridget work for Metz, she also does office work for Good Shepherd in the Health & Technology Center, and works at a local Applebee's restaurant on weekend nights.

Sue Feeney, Bridget's mother, has watched her daughter's confidence grow and her independence take wing.

"The (Project SEARCH) program has been wonderful," says Sue. "I feel really proud that Bridget was able to fit right in and I'm just very grateful she had this opportunity."

Brenda Miller (center photo, left), a Metz food services worker, has helped mentor Bridget Feeney on her path to successful employment.



*¹You will say on that day:
"I thank you, Lord. Though
you were angry with me,
your anger turned away and you
comforted me.*

*²God is indeed my salvation; I
will trust and won't be afraid.
Yahweh, the Lord, is my strength
and my shield; he has become
my salvation."*

*³You will draw water with
joy from the springs of
salvation.*

*⁴And you will say on that
day: "Thank the Lord; call on
God's name; proclaim
God's deeds among the
peoples; declare that
God's name is
exalted.*

*⁵Sing to the
Lord, who has
done glorious
things;
proclaim this
throughout
all the earth."*

(Isaiah 12:1-5)

Reflections

— by Chaplain Paul Xander

If I were to name some ways that creation "sings praises to the Lord" and shines a light on God's glorious doings, I would start with the gentle breathing of my wife as I slipped out of bed this morning.

We have slept side by side for 38 years.

Through the ups and downs of life, the triumphs and tragedies, the questions and vexations, she has put her trust in me. And I have put my trust in her. That, in the end, is what God is about: not one who guarantees triumph, but a trustworthy companion in all of life,

even its hard times. God has pitched his tent beside ours.

I can as well sense his gentle breath as I enter each day.

*"I will trust and
won't be afraid.
The Lord is my
strength and my
shield."*

I would also name the sound of coffee beans grinding and the smell of coffee brewing, a sound and smell I welcome both because of the beverage they promise and because of the grace that goes into having beans at all, as

well as electricity to brew the grounds, and a warm home. Life at its best is made up of small blessings.

I would name the familiar sounds of computing — tap of key, jingle of notification, whirr of hard drive — this amazing technology with which I can do things I never imagined. Human creativity may be the closest we come to knowing God.

I would name the eager Yes a colleague gave when I asked her to undertake a last-minute cooperative effort. Life is so much better when we say Yes to each other. God, as I understand God, is basically one who says Yes to us, Yes to our better dreams, and Yes when we fall short. I am convinced that those who want to paint God as one who loathes and hates and punishes simply don't give God enough glory.

I would name the harsh sounds of arriving winter. A day that started as almost balmy is going to end in dark clouds and frigid air — not because God has abandoned us, but because creation has seasons, life has seasons, and those seasons are necessary. Winter isn't the absence of God, just as sadness and grief aren't the absence of God. God's glory is known "*throughout all the earth*", even the clouds.

Later I imagine I will hear God's praises being sung in the crackle of firewood burning, the savor of my wife's cooking, even the episodes of "Mash" that my wife and I will

watch together. Yes, there is agony outside our apartment, and no doubt agony will enter our lives, too, for agony is part of God's creation. The mass shootings take place on God's soil, the lives so casually taken are part of God's life, and the aftermath happens within God's providence. Even when it seems we have hopelessly lost our way, God is with us.

What is it that God has in mind for us? As I am writing, spring is but a time of promise. Outside my windows, the trees may be bare, the sun is still following its daily course in the southern sky, and the temperature raises the question, "how many layers", each time I go outside.

By the time you read this, promise will be turning to fulfillment. We will be called by leaves on the trees, flowers popping from the ground, lengthening days, people gathering outdoors, even though for brief encounters, to practice *gratitude* for the sights, tastes, sounds, and smells of spring.

The heavens tell the glory of God. We just need to listen.

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Working with people with disabilities is not new to Loretta who has a special needs child of her own. Still, there was a learning curve for her, as for all the volunteers, who adapt painting techniques to help those residents who have difficulty holding a brush because of hands and arms afflicted with the challenges that come with multiple sclerosis, cerebral palsy or brain injury.

"I've learned a lot about patience and people," says Loretta. "I think the artists here are very patient, not only with themselves, but with us because we can't always get to everyone right away. Every volunteer says it's rewarding. The people here are a joy to work with."



Another volunteer who is hooked on the program and has volunteered for about seven years is Anne Landis of Quakertown. Anne was a special education teacher for 31 years before retiring and is an accomplished painter specializing in miniatures. Also the mother of a special needs child, Anne thinks that experience has helped her when working with the residents.

"Three of us have children with special needs, so we've all had backgrounds of nurturing and developing strategies because each person with special needs is different," she says. "So you have to be open to a wide variety of different approaches and think outside the box."

For residents who have difficulty holding a brush, I use a hand-over-hand strategy to guide them. This gives them more confidence."

Volunteer Anne Landis helps resident Sherry Clark with her latest creation.

For resident Bill Prueter, who holds a master's degree in education and teaching, the art group lets him continue a passion for painting and expertise he's had for many years. Bill taught watercolor painting in Maryland to senior citizens through the Prince George's Community College continuing education program.

"I enjoy it," he says of the art group, "and it makes me feel creative. It's very relaxing and I can focus on everything but the outside."

Volunteer Flora Pestcoe of Allentown also finds therapeutic benefits in her time spent with the residents. Flora, the mother of a special needs child, first began taking art classes at The Baum School of Art as her own form of therapy. Spending time with the residents is an extension of that. "We all have issues in our lives and many of us find relaxation by producing art work or listening to music," says Flora.

Turning to resident Sherry Clark, Flora adds, "Isn't this better than talk therapy? And you have something to show for it."

The smile on Sherry's face leaves little doubt that there's nothing she'd rather be doing on Monday mornings.



Check out the photo gallery on SweetCharityOnline's Facebook page.

Special thanks to JoAnne's Frame Shop and Gallery in Quakertown for generously donating the framing of our residents' art work.



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Thinking of including a gift for Good Shepherd in your will? Consider naming us a beneficiary of your retirement account and leave other *less-taxed* assets to your family.

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1. Request a “change of beneficiary form” from your retirement plan or financial institution.
2. List “Good Shepherd Rehabilitation Network” as one of your beneficiaries at the following address:
Development Dept., 850 S. 5th Street, Allentown, PA 18103
3. Inform us of your intentions so we can thank you!

Enjoy the satisfaction of knowing your future gift will help Good Shepherd provide compassionate care to children and adults in the years to come.



Ask Us How

We can answer questions and provide information to complete the change of beneficiary form. Contact Jeannette Edwards in the development department at **610-778-1075**. Visit our website SweetCharityOnline.org for more gift planning ideas.

Good Shepherd encourages you to consult your legal and tax advisors.



A Work in PROGRESS

Donny Buchter tells a story about a bird that well could be a metaphor for his own life. It happened after he suffered a spinal cord injury in a snowmobile accident in 2011 when he was only 22. He was sitting in his wheelchair on the porch of his parents' home in Cresco when he noticed a wounded bird near the feeder. In a moment of reflection that perhaps captured his own pain, Donny silently asked God why he let creatures suffer and prayed the bird's suffering would end.

Donny went inside the house. Shortly afterwards, his mother went outside and said that the bird was gone. Was it a miracle or a message from God saying that He is always with us, and that when we trust in Him, we will find the answers to some of life's biggest trials?

Donny, now 27, has often pondered that question. As he shared that story with a small group of Good Shepherd residents at their Abundant Life Bible study recently, volunteer Gary Rankin suggested an answer.

"God was giving you a message," he said.

"That I'm here," Donny added.

"Do you believe in miracles?" asked Jeff Fonte, a resident.

"Yes I do," replied Donny. "I would lie if I said there were days I didn't get upset and curse God, asking why did you do this to me, but when I get like that, I try to look at all the positive things."

Faith, doubt, resilience, hope. These were among the themes that Gary explored with Donny who is now 27 and using the Ekso bionic exoskeleton in therapy. The Ekso is a wearable bionic suit that allows individuals with lower extremity weakness to stand up and walk with a natural gait. For many it is a vital next step in their journey towards greater independence.

Gary first saw Donny walking in the Ekso some months ago in Good Shepherd's Health & Technology Center. As they became acquainted, Gary was impressed with the young man's determination and invited him to speak to the residents, all of whom rely on wheelchairs for mobility, in his weekly Bible study.

Now, as Donny fights to regain as much feeling and strength in his legs as possible, he tries to come to terms with the accident by speaking with others about what happened and the role his faith and acceptance plays in his life. Prior to the accident, Donny was an amateur national motor cross racer who was

Raker resident Jeff Fonte (left) thanks Donny for sharing his remarks.

living life with all cylinders firing fast and hard.

"When I first woke up in the ICU (intensive care unit), I said Our Fathers and Hail Marys over and over," said Donny. "I didn't know exactly what God's plan is for this situation, but I'd like to think he kind of put me in a time out."

There was a light coating of snow that day in March 2011 when Donny and his best friend decided to go out on their snowmobiles. Shortly after heading out, Donny's snowmobile flipped over, pinning him. Fortunately, his friend escaped unscathed and was able to get help.

In addition to the spinal cord injury, Donny suffered five broken ribs and a collapsed lung. He relied on a ventilator for breathing, endured two colostomies and an infection in his tailbone causing excruciating pain.

Up until two years ago, Donny said he couldn't feel anything below his chest. Four months into therapy, one toe on his left foot twitched. "I started crying like a baby," he said. "I guess that was the day I decided I didn't want to live my life in a wheelchair. I don't know if that will happen, but I'm going to try my hardest."

Donny was admitted to the Ekso therapy program at Good Shepherd and began using it three times a week. Electrical stimulation helps Donny move his legs and propel forward. He's since regained some feeling in his legs which motivates him to continue working as hard as he can. "Now at night I can feel which socks are being pulled off my feet," he said.

Donny listens intently to a question from volunteer Gary Rankin.

Because of his own life experiences, Gary can easily relate to Donny's struggle. Gary believes that God led him to Good Shepherd where he has formed deep friendships with many of the residents and people like Donny.

"God gave me the purpose to share with the residents here," said Gary adding that through life's difficulties, "We are able to experience not only God, but people we might otherwise have never known."

Asked what Donny would want people to know about him, Donny pondered a moment and then answered: "I would say that I'm pretty stubborn, but I think that stubbornness has helped me a lot, to persevere through the situation. If I make up my mind, it's going to get done. I'd like to be seen as someone who's determined and ambitious. I just decided I'm going to make as much good come out of this as I can."

Added Gary, "He's a work in progress."

Aren't we all.



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When Gina started taking a restorative yoga class at Good Shepherd for cancer survivors and caregivers, she was so weak she had to sit in a chair to do many of the movements because she couldn't get up and down from the floor. But with coaching from Kathleen, by the fourth week, Gina was able to do yoga on the floor and stand up on her own. "I never went back to the chair again," says Gina. "That was a huge accomplishment because I felt like if I fell down at home, I could get back up."

Gradually Gina's spirit and body began to heal and the athlete's mindset that had served her so well over the years emerged.

"She was just so remarkable because anything she put her mind to do, she was going to do," says Kathleen. "I was inspired by her spirit. She never quit, even when she wanted to, and there were days when she had every right to want to just sit and cry, and she would cry, but she wouldn't camp out there. We would find something positive for that next goal."

Eventually, the milestones came: walking 100 feet across the parking lot, getting in and out of her car on her own, peeling apples and baking a cake, putting on a pair of pants without having to sit down, carrying a stack of plates and putting them in the cabinet.

"I'll never forget how happy she was when she was able to get through her morning routine in about an hour," says Carla.

Adds Gina, "When I would do something that was so routine and mundane for anybody else, I would go in and tell them. They celebrated all my little functional goals that I met."



Gina (center) with Kathleen Fortier, physical therapist; and Carla Hagan, occupational therapist, at the Souderton outpatient site.

Gina had other goals too. One of them was putting on a pair of shoes; and not just any shoes but high heels to wear at the wedding of her daughter's friend in September 2015. "She wanted to go up the stairs without holding on to something, and she did it," says Kathleen. "We were so proud of her."

In May 2015 after nine months, Gina finished her therapy. The next month, with Tom by her side, Gina crossed the finish line of her first 5K, one year after barely walking out of her hospital room at University of Penn. "I finished dead last, but with Tom's encouragement, I didn't sit down," she says.

Gina, now 54, is training for the 10-mile Broad Street Run in Philadelphia on May 1 marking two years since her stem cell transplant. She continues to go for checkups to monitor her progress and with every visit comes away feeling more confident in a future that will be cancer free and filled with the joy of family and good times to come. "I feel good about where I am and I feel good about where I've been," she says. "I just feel like I'm moving in the right direction."

Good Shepherd's Pediatric Inpatient Unit is Rededicated as The Emily Howatt Pliskatt Pediatric Unit

On Monday, January 18, Good Shepherd's inpatient pediatric unit in Bethlehem was ceremoniously rededicated as the "Good Shepherd Rehabilitation Hospital Emily Howatt Pliskatt Pediatric Unit." The renaming of the unit was a tribute to the life and memory of the late Emily Pliskatt, whose husband, Charles "Chuck" Pliskatt of Foxfire Village, North Carolina, made a generous donation to Good Shepherd Pediatrics' inpatient and outpatient programs. Sadly, Chuck passed away on February 25, but not before seeing the rededication bearing his beloved wife's name which was shared with him in a video.

Emily dedicated much of her life to helping children and young people through a variety of volunteer efforts. After her passing in 2012, Chuck's one desire was to recognize his wife's generous spirit. He learned of Good Shepherd's work on behalf of children from his former

pastor and knew that Emily would approve.

Joining staff, board members and donors at the ceremony were Tara and Chris Webb of Bethlehem whose son Johnny was born at just 27 weeks and spent six months in Good Shepherd's pediatric inpatient unit, leaving stronger and healthier than when he arrived. "He became a thriving one year old," says Tara. "But he wasn't just a patient in room 105, he was loved on and he had 15 moms that I shared him with. To say how grateful I am for someone like Chuck donating not only his money but the memory of his wife to this facility is so amazing. Johnny probably would not have been here if it were not for the entire staff. To this day we call Good Shepherd our dream team because they turned Johnny into something we never thought he'd be."

(Chuck and Emily's story, *A Love Story Stitched in Time* appeared in the Winter 2015 issue of *Sweet Charity*. Look for it on the web at SweetCharityOnline.org under Past Issues.)

Tara Webb and Good Shepherd President & CEO John Kristel unveil the new name for the pediatric unit as Chris and Johnny Webb look on.



Gifts of Love



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Golf & Tennis Invitational for Pediatrics

Monday, September 12
Lehigh Country Club, Allentown

Proceeds benefit the
Good Shepherd Pediatrics Program.

For more information, visit GoodShepherdRehab.org/Golf or
contact Andrew Block at 610-776-8311.



Bob Ford

A Friend in Need and in Deed



ays before every Good Shepherd Golf & Tennis

Invitational, organizers anxiously begin watching the weather forecast. Will it rain? Will it be fair and sunny? Will there be a cold snap? As uncertain as the weather may be though, there was always someone you could count on to make things right: Robert "Bob" Ford. With his characteristic hale and hearty greeting, wide smile and warm embrace, Bob made every event a success, just by being there, and made everyone he knew feel like they were his best friend.

Bob's passing at age 81 on

January 6 leaves a void that perhaps may never truly be filled. Bob was one of a kind, deeply devoted to the fund raiser he, Herb Westman and Ray Mulligan helped launch in 1988 for Good Shepherd's Pediatrics Program. The Good Shepherd Celebrity Golf Classic, as it was then known, was a two-day event featuring prominent sports and entertainment figures whose fame added considerable cache to the event.

Singer Dinah Shore, Dallas Cowboys quarterback and sports commentator Don Meredith, television game show host Dennis James, comedian Woody Woodbury, New York Yankees baseball

catcher and later manager Yogi Berra, NFL Hall of Famer Chuck Bednarik, crooner Perry Como, astronaut Neil Armstrong, and dozens more were among the roster of stars to appear over the years. And always, behind the scenes, Bob, who served as member and chairman of the executive committee for 28 years, was hard at work, using his persuasive charm and charisma to pitch the Good Shepherd mission and attract the many celebrities he would proudly come to know on a first-name basis.

For Bob, a former basketball standout, it was a natural fit. Bob was voted into the Basketball Hall of Fame at Pottsville Catholic High School and St. Francis University, and inducted into the Schuylkill County Hall of Fame. Bob's generous heart and desire to give back to his community also drew him to Good Shepherd.

After 20 years, the celebrity component of the event was discontinued but Bob's passion never faltered. In 2013, the Bob Ford Volunteer Leadership Award was established. Fittingly, Bob was the first recipient, honored for his fund raising skill and outstanding results which date back to 1987.

"Bob was a role model for philanthropic volunteer leadership," says David Lyons, vice president, development at Good Shepherd. "We were so honored to call him a friend and to have had the opportunity to recognize him, along with his wife, Mary Elaine, with a Raker Memorial Award in 2000, our highest honor bestowed upon philanthropic and volunteer leaders."

Andrew Block, development director, worked closely with Bob for several years. "I'm so grateful I had the opportunity to work with Bob," says Andrew. "He was a natural leader and a personal inspiration to me. I'll really miss his commanding presence, outgoing personality and giving heart. He was just the best of the best."

Memorial donations in Bob's memory may be made to the Good Shepherd Pediatrics Program using the envelope in this issue or on the web at SweetCharityOnline.org

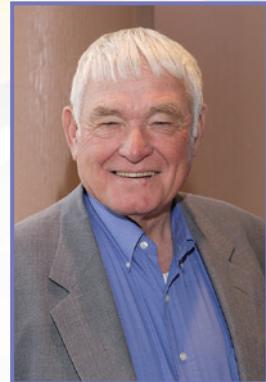
"He was a natural leader and a personal inspiration to me. I'll really miss his commanding presence, outgoing personality and giving heart."

— Andrew Block
development director

IN MEMORIAM

The Good Shepherd family lost two longtime friends and supporters in December 2015 with the passing of Elmer D. Gates, 86, on Monday, Dec. 14, and Richard "Dick" Fleming, 91, on Dec. 24.

Elmer Gates' friendship with Good Shepherd began in 1991 when he chaired the Good Shepherd Celebrity Classic reflecting his love for Good Shepherd's mission serving children with disabilities. He continued to support that event philanthropically over the years and contributed generously to the Sally Gammon Fund for Pediatrics.



In 2000, Elmer brought his leadership skills to help in the early stages of Good Shepherd's capital campaign by serving as chairman of the leadership committee. His efforts helped lead to a \$5 million state Redevelopment Capital Assistance Program grant for the rehabilitation hospital's campus transformation project resulting in a beautiful campus and the Health & Technology Center.

Elmer received the Raker Memorial Award in 2005 recognizing his contribution to the Raker family legacy of caring.



Dick Fleming's relationship dates back to 1986. His commitment and philanthropy was shared by his late wife Roberta (Peggy) and grew over the years, strengthening Good Shepherd's mission in several arenas. The couple received the Raker Memorial Award in 2008, just four months prior to Peggy's passing that June.

In 2006, the Flemings established the Fleming Family Endowment Program for Assistive Technology and Research at Good Shepherd. The endowment will provide perpetual support for Good Shepherd as a Center of Excellence in its development and use of assistive and rehabilitation technology, and will serve countless people with disabilities for generations to come. In recent years, Dick continued to thoughtfully advise and support Good Shepherd's adaptation and use of telemedicine.

Dick's deep concern for the quality of hospital care, patient outcomes, and the education of nurses led him to support the creation of a Fleming Family Endowed Scholarship for Nursing at Good Shepherd. Each year in perpetuity \$7,500 in scholarship funds will be awarded to selected nurses who are advancing their academic credentials.

On the softer side, Dick donated Peggy's stuffed animal collection to the pediatric outpatient program. He personally delivered the collection.



Spring 2016

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Allentown, PA Volume 109, Issue 1

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