

## Spring/Summer 2023 Newsletter

Greetings! Welcome to the Spring/Summer 2023 edition of the Kennedy Krieger Alumni Association Newsletter.

A lot of very interesting things have happened since our last newsletter. A new section entitled **KKAA is Almost Everywhere**, has been added. This new segment will help us *stay connected* to members who live in other parts of the country and around the world. Our website has undergone a makeover; so please let us know what you think—the address is the same [www.kkalumni.org](http://www.kkalumni.org).

The Social Committee hosted our 6<sup>th</sup> Annual KKAA Luncheon at Bluestone Restaurant. It was so good to see many familiar faces. I am very excited to share that eleven former Kennedy Krieger employees have joined the Association, and their names are in the Membership section. There are now 322 Alumni members!

Some of our members have shared some amazing things. One member has started a new job, while another is focused on helping people locate services to help address their mental health needs. It was fascinating to hear about the member who breeds show dogs - some are champions. Then, there is the alum who is a member of a well-known choral group. And wait until you read about the trip that a member and his family took to the Middle East. They even rode camels—yes, *I am jealous!*

Dr. Zimmerman's awesome submission is included in the **I Remember When** section, and as always, the Health Corner offers some valuable information that is designed to help us stay in tip-top shape.

Lastly, some KKAA members logged in to hear the virtual presentation, "Medicare and Social Security with Tim Barnaba". If you were not able to participate, email us at [webmaster@kkalumni.org](mailto:webmaster@kkalumni.org) and we will send you a copy of the presentation slides.

I hope that you will enjoy this edition of our newsletter. Please continue to share updates, your travels, memories, and suggestions with us. We truly want to hear from YOU so we can *stay connected*.

Please enjoy your summer and take good care of yourselves.

Take care,

*Roni*



## MEMBERSHIP COMMITTEE



**Abene Brown-Elhillal** was a member of the Department of Family and Community Interventions for 13 years.

**Briana Czerwinski** spent 8 years in the Physical Therapy Department

For 12 years, **Angela Fadely** worked in the Psychiatry Department's Mental Health Program.

**Cathy Groschan** spent 27 years in the Center for Autism and Related Disorders.

The Special Department was **Sandra Kerrigan's** work location for 10 years.

**Bridget McCuster** was a member of the team at PACT for 17 years.

**Mary Katherine Thomas** was a part of the Special Education Program for 25 years.

**Dr. Elizabeth Thompson** headed the Department of Family and Community Interventions for 27 years.

**Daryl Dutrow** worked in Medical Administration for 18 years.

**Brenda Rochester** spent 10 years in the Department of Neurogenetics.

**Anita Marine** was a member of the team at PACT for 13 years.

Formerly a member of the Department of Nursing for 7 years, **Stephanie Venable** has joined KKA.

**Kennedy Krieger Alumni Association now has 322 members!**

Remember, if you know former KKI colleagues who have not joined the Kennedy Krieger Alumni Association, please send us their contact information so we can extend an invitation to them to become a member.

The Alumni Email address is [webmaster@kkalumni.org](mailto:webmaster@kkalumni.org).



## SOCIAL COMMITTEE

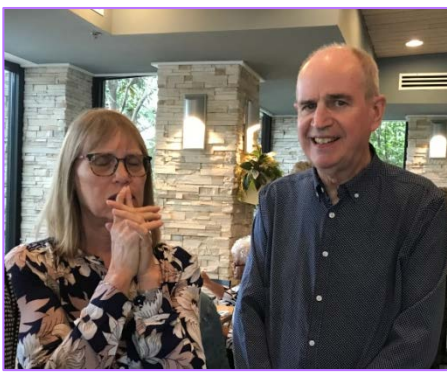
Our 6<sup>th</sup> Annual Kennedy Krieger Alumni Association Luncheon was held at **Bluestone Restaurant** on April 22, 2023.

We had an awesome time;  
and it was really good to catch up with each other  
while dining on a lovely buffet luncheon.

We had fantastic raffle prizes, and the winners were **Ed Denning** (Special Education), **Seneith Smith** (Neurogenetics), **Wanda DeWitt** (Family Center/PACT), and **Bernadette Irwin** (Family Center).

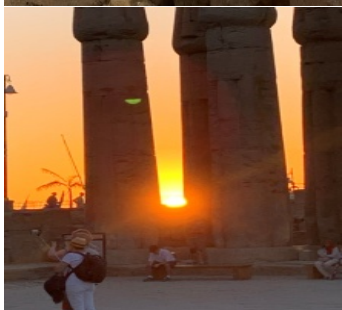
*We look forward to seeing you at our next gathering.*





## MEMBER NEWS

As always, I am so grateful to our members when they share their news and stories. This is what makes our newsletter interesting. SHARE your "news" with us in our next edition, by emailing Jean at [smootjean@yahoo.com](mailto:smootjean@yahoo.com) Here is our latest Member News for your enjoyment...



### MARC YOUNG'S EXCITING TRIP

In March of this year Marc Young (Special Education) ventured to the Middle East for a 2-week vacation with his wife, Angela. They started their journey by flying from Dulles in DC to Frankfurt Germany, then to Tel Aviv, where they took a bus to Jerusalem. They went with a tour group called Roads Scholars. Marc highly recommends them for several reasons: excellent tour guides, all accommodations and meals are planned for you, and they provide excellent security. They started in Israel and visited Jerusalem, Palestine, Nazareth and Bethlehem. They also visited a kibbutz and the Wailing Wall. They then proceeded to Jordan where they saw ancient ruins built by the Romans 5,000 years ago, including the cities of Petra and Jarash.

They completed their trip in Egypt, where they traveled up the Nile and ended their trip in Cairo. Along the way, they rode camels, visited burial sites in the Valley of Kings and explored the inside of the great Pyramids.

*The picture with the sunset was in the city of Jerash in Jordan.*

*The Great Pyramid and the Sphinx were outside of Cairo in Egypt.*

### A New Job 👍

Chrissy Lake (Care Management) is starting a new job at Goucher College. She will be the Assistant Director of Accessibility Services. Her job will involve advising and ensuring that students with special needs have their living and academic accommodations in place. She is looking forward to starting this next chapter in her life.

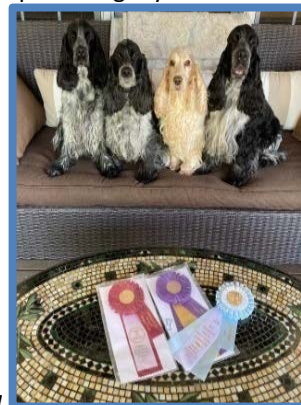
She also has exciting news about her oldest daughter, Ashlynn. She will be graduating with an SLP degree in December and is looking into grad schools. Her youngest, Juliana starts Kindergarten in the fall and Nicholas is in 3rd grade.

### The Church Family is Keeping Busy

Robin Church (Special Education) and her husband, Greg, have four show/competition dogs. Robin spends much of her time training and working with the dogs. Fiona (the mama) and her two kids (Jack and Jill) compete in agility. Jack is also a Grand Champion in the show ring and is competing in "nose work". Nose work is their newest dog sport adventure. Emma, the oldest, is home most of the time ruling the household!

Greg is still working but finds time to follow everything "Ravens" related. They have a lot of adventures planned over the next few months. This summer they will travel to Cooperstown to watch their 13-year-old grandson in a baseball tournament, take their 7th Viking Cruise on The British Isles Explorer, and then take a River Cruise from Amsterdam to Basel.

Robin says life is good and they are grateful for good health and good friendships!



*From left to right: Jack, Emma, Fiona, and Jill.  
Fiona is the Mama of Jack and Jill. All champions!*



## MEMBER NEWS

### **A Fabulous Jamaican Vacation**

Miriam Cypress (Nursing) celebrated her 73rd birthday on May 2<sup>nd</sup>. Her daughter, granddaughter and goddaughter planned the five-day trip to Jamaica; and they stayed at a beautiful resort in Montego Bay! Her sister also traveled with them. According to Miriam, the highlight of the trip was when they went on a boat cruise to see the sunset. They had jazz music playing, dancing and great food. Miriam said, "We had a blast!"

### **PAM YERBY and MARIAM CYPRESS Spread the Word**

After Pam Yerby-Hammack (Developmental Cognitive Neurology) had her own mental health struggles, she felt energized to spread the word about the resources that helped her. Pam started offering workshops about mental health services in the community. Pastor Miriam Cypress attended one of these workshops. She stated, "I wanted to learn more about how to help people and what to do when I see people dealing with mental health or other issues." She said she has learned so much that she will be able to apply in her work, and that Pam will be coming to her church to do a workshop series. For more information contact Pam at [preacherpam@gmail.com](mailto:preacherpam@gmail.com)

### *~ She's Got the Music in Her 🎵*

Dr. Martha Denckla (Developmental Cognitive Neurology) has "had the music in her" since her days in high school and college, when she sang any time she had the opportunity, in both chorus and musicals. Her love of music was put on hold as she went through medical school, raised her family, and worked for 30 years at Kennedy Krieger as the Vice President, Department for Developmental Cognitive Neurology. When she retired in 2017, at age 80, she wanted to go back to singing. But, music had to take a back seat one more time while she fulfilled a longstanding commitment to write a book! "Understanding Learning And Related Disabilities: The Inconvenient Brain" was published in 2018 and includes all the information she has gleaned during her nearly 50 years working with children. Her goal was to put this information in an easy-to-handle paperback format that could be used by both families and professionals to help them acquire the knowledge needed to enhance the lives of children with learning disabilities.

♪ Goal #1- write a book – Done!

♪ Goal #2- start looking for singing opportunities.

An Internet search found, "Encore Creativity for Older Adults". This seemed like a perfect fit. Encore is the largest choral arts organization for adults 55 and older. There are no auditions to become a member. You just need to have a love of music and singing.

Dr. Denckla sings alto and was encouraged to have some voice lessons to "get her voice back in shape". She not only got her voice back in shape, she improved her range enough that she can also sing tenor. She started with the group CHORALE, which performs classic lighthearted music. One of her favorite performances was "Blue Sky" with a scat section and "Bridge over Troubled Water". She then joined another group, ROCKS. They concentrate on music through the decades and have performed numbers by artists, like Elvis and Earth Wind and Fire.

Dr. Denckla is full of enthusiasm about the whole experience. "I've had a great time with both groups. The ROCKS was more of an innovative "stretch" for me. Conductors that I've had are great young people, infusing us seniors with their energy. Some great features for seniors are the daytime sessions and the ability to sit while singing."

There is so much more to tell about this organization. They have multiple locations, perform concerts, have summer camps and provide scholarships. Check out their website <https://encorecreativity.org/>



## KKAA Is Almost Everywhere

*By Jacqueline Cross-Daniels*

We are introducing this new column (KKAA Is Almost Everywhere) which will spotlight Kennedy Krieger Alumni Association members who have relocated from the Maryland area to live a new phase of life. Our members are experiencing joy and happiness in many different states, territories, islands, and continents and doing such exciting things. We want to share their stories with you.

This inaugural column features Dr. Elizabeth Thompson, who as VP of the Department of Family and Community Interventions, specialized in child and family stress and therapeutic foster care. After 30 years in the field, she promised herself that she was going to enter this next chapter with a blank canvas on which to create the life of which she had always dreamed.

Her paradise is Costa Rica. For three months later this year, she will travel the country to decide whether she is driven to reside either on the Pacific Ocean or Caribbean Sea coast, or in a city or the mountainous region.

Dr. Thompson fell in love with the people of Costa Rica during a visit there several years ago and began the process of immersing herself into the Latin culture. After her vacation, she returned to Baltimore and took classes to learn Spanish, dove into researching the people, the land, and foods. Dr. Thompson is determined to be seen as a local upon her relocation.

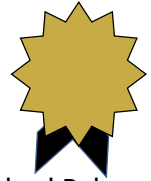
Dr. Thompson pictures her future with succulent Latin cuisine, interesting books, lying on the beach, hiking, taking some college courses and making friends, but primarily taking time to listen and reflect. Hurrah to you Dr. Thompson for taking the leap to fulfill your dream!

If you live outside of the Maryland area or plan to relocate, please drop us a line at [webmaster@kkalumni.org](mailto:webmaster@kkalumni.org).

We would like to feature you in an upcoming column.



### The Daily Record's Health Care Hero Awards and Top 100 Women



**CONGRATULATIONS** to **Dr. Alec Hoon**, former Director of the Phelps Center for Cerebral Palsy and Neurodevelopmental Medicine, **Beth DiPietro**, Assistant Vice President of Inpatient Nursing, and **Dr. Cristina Sadowsky**, Clinical Director of the International Center for Spinal Cord Injury, for being honored by The Daily Record.

Dr. Hoon and Beth are part of the Daily Record's Healthcare Heroes Awards, honoring organizations and individuals who have made an impact on the quality of health care within our state. Dr. Hoon received the Lifetime Achievement Award and Beth was recognized as a Nurse of the Year.

Dr. Sadowsky was named to The Daily Record's Top 100 Women list, joining a group of fellow high-achieving women who are making an impact through their leadership, community service and mentoring.

### *I Remember When...*



Some of his favorites are the years when they dressed as the Simpsons and the Wizard of Oz. Halloween dress up added a lot to the spirit of collaboration among staff and service to KKI, our patients and families. Here is a picture from the "Simpsons".

Dr. Andy Zimmerman (Neurology and Developmental Medicine) has been practicing part time in a clinic at the Massachusetts General Hospital on Cape Cod, but he retired on June 30th. He and Susan are enjoying life on the Cape, with lots of good friends and neighbors an excellent libraries.



His favorite memories of KKI are the Halloween skits that the staff put on, when groups from various clinics and programs would dress up and perform their shows in the lobby at 707 N. Broadway. The judging was serious, competition was fierce... and it was great fun.



### **Stop the Clot**

Recently, Al Roker, from The Today Show, was absent from reporting the weather for two months. The 68-year-old said in mid-November that he had been admitted to the hospital with a blood clot in his leg that sent clots into his lungs.

Did you know, on average, one American dies of a blood clot every six minutes?

#### **Understanding Blood Clots**

A blood clot in one of the large veins, usually in a person's leg or arm, is called a deep vein thrombosis, DVT. When a blood clot like this forms, it can partly or completely block the flow of blood through the vein. If not treated, it can move or break off and travel to the lungs. Likewise, blood clot in the lung is called a pulmonary embolism, PE. It can cause death and requires immediate medical attention.

#### **Know Your Risks**

Three major risk factors are:

- Cancer
- Hospitalization & Surgery
- Pregnancy
- Other risks can include: family history, smoking, immobility or sitting for long periods

#### **Recognize the Signs and Symptoms**

DVT (Arm or Leg) – *If you experience any of these symptoms, call your doctor as soon as possible.*

- Swelling of your leg or arm
- Pain or tenderness not caused by an injury
- Skin that is warm to the touch, with swelling or pain
- Redness of the skin, with swelling or pain

PE (Lung) -- *If you experience any of these symptoms, seek medical attention immediately.*

- Difficulty breathing
- Chest pain that worsens with a deep breath
- Coughing up blood
- Faster than normal or irregular heartbeat

To learn more about blood clots and to spread the word, visit [stoptheclot.org/spreadtheword](http://stoptheclot.org/spreadtheword)



## MEMBER LIST

Jennifer Accardo  
Lena Abrams \*  
Margaret Adams  
Maureen Adams  
Britten Agostino  
Rebecca Albury  
Alvonia Allen  
Michael Allen  
Barbara Allgood-Hill  
Marie Andachter  
Connie Anderson  
Mary Anderson  
Jennifer Ashley  
Eileen Atkins  
Jean Augustyniak  
Joy Auslander  
Hanna Ballard  
Kelly Bandzwolek  
Gayne Barlow-Kemper  
Stephine Barrow\*  
Linda Baynes  
Jane Beasley \*  
Dawn Beckner  
Jessica Becraft  
Michael Bender  
Dori Bethouille  
Nancy Bjork  
Kenneth Bleile  
Traci Blow  
Rosalee Blyther  
Melissa Boling  
Jim Boscoe  
Estelle Bouchard  
Bernice Bowen  
Thelma Bowler  
Leah Boyd  
Kathy Brady  
Melanie Branagan  
Abena Brown-Elhillal  
Brenda Bryant  
Kim Buckheit  
Irena Bukelis  
Linda Bull  
Sarah Calhoun  
Paula Cameron  
Catherine Capel  
Angela Carbonell-Mulligan

Bethany Carr  
Janelle Carrington  
Mariana Castillo  
Rudolph Chapple  
Julia Chavez  
Shawn Chinn  
James Christensen  
Jean Christianson  
Gregory Church  
Dr. Robin Church  
Devon Coals  
Elizabeth Commins  
Anthony Concepcion  
Lorraine Condon  
Andrew Corroran  
Kristy Council  
Donna Crane  
Jacqueline Cross-Daniels  
Jeanette Curry  
Stephanie Cute  
Miriam D. Cypress  
Briana Czerwinski  
Charlene Davis  
Charretta Davis  
Sandria Ann Day  
Cary Delavigne  
Martha Denckla (Bridge)  
Eddie Denning  
Wanda Dewitt  
Heidi Diliberto  
Jessica Ditto  
Alma Durm  
Daryl Dutrow  
Rebecca Ebberts  
Jennifer Ernest  
Katie Ernest  
Angela Fadely  
Peter Fanning  
Carolyn Ferguson-West  
Marge Fessler  
Priscilla Flores  
Haley Ford  
Margaret Forte'  
Marsha Freed  
Arlene Friedman  
Suzanne Funk  
Chantel Gaines

JackieGalluzzo-Sumner  
Laura Gertz  
Shannon Gettier  
Yvonne Glass  
Sharon Glennen  
Andrea Goffus  
Melissa Goldberg, Ph.D.  
Gary Goldstein  
Paula Gonce  
Melissa Gonzalez  
Estelle Goode  
Nancy Gracie  
Cindy Graham  
Gail Graham  
April Greer  
Willie Greer  
Angela Grier  
Toni Griffin  
Cathy Groschan  
Roni Gross  
Crystal Guengerich  
Bobbi Guizzotti-Boney  
Kate Gutshall  
Melanie Haik  
Kelly Hardesty  
Taisha Harrington  
Rochelle Harrison  
Felicia Harris-Smith  
Susan Harryman  
Chelsea Haverly  
Patricia Headley  
Rebecca Heggemeyer  
Geraldine Heggins  
Suzanne Heisler  
Nancy Hewell  
Carole Hickman  
Dr. Arthur Hill  
Doris Hill  
Joan Hines \*  
Cindy Hoffman  
Neil Hoffman  
Ruth Hoffman  
Ashley Hogan

Jennifer Hogue  
Tova Hoicowitz  
Christopher Hornung  
Roxanne Hughes-Wheatland  
Bernadette Irwin  
Heather Jennett-Sponberg  
Shirley Johns  
Bridget Johnson  
Kevin Johnson  
David Kadis  
Sung Woo Kahng  
Kristen Kalymon  
Esther Kang  
Alice Kau  
Elizabeth Kent  
Sandra Kerrigan  
Helen Kimmel  
Robyn Kincer  
Arethusa Kirk, M.D.  
Fran Knorr\*  
Stacey Kowalski  
Jackie Krick  
Kara Kristaponis  
David Kuhn  
Stephanie Kuhn  
Jane Kunze  
Mi-Kyong Kwon  
Chrissy Lake-Shulka  
Dina LaReau  
Mary Lashno  
Joanna Lawyer  
LainyLeBow-Sachs  
Lori Lee  
Kimberly Leffler  
Terri Leishear  
Terri Levin  
Audrey Leviton  
Aaron Lewis  
Mary Ellen Lewis  
Sheila Lewis  
Anita Liu  
Laura Locher  
Lisa Lorden  
Jessica Lough  
Sandra Loveless  
Barbara Lukasevich  
Allison Lundahl



## MEMBER LIST cont.

Laverne Madden  
Anita Marine  
Jennifer Markowitz  
Catherine Mayo  
Bridget McCuster  
June McIver  
Keisha Meade  
Elisabeth Mekosh  
Judith Miller  
Marigot Miller  
Sue Miller  
Shernica Miller  
Christopher Moore  
Delores Moore  
Laura Moore  
Elizabeth Moore  
James Morrell  
Karen Murphy-Keddell  
Mary Nasuta  
Patricia Neal  
Colleen O'Brien-Enders  
Folasade Onasanya  
Edore Onigu-Otite, MD  
Kathleen Oppenheimer  
Juliet Oroszy  
George Papuchis  
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Evelyn Patterson  
Beth Pendergast  
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Elizabeth Petersheim  
Joanna Peterson  
Matthew Peterson  
Leslie Phillips  
Frank Pidcock, MD  
Joseph Pillion  
Shari Pincus  
Shanna Pool  
Patty Porter  
Victoria Proctor  
Courtnei Pumphrey  
Caryn Putchat  
Eva Queen

Novella Ragins  
Martina Rao  
Mary Rawlings  
Janice Reaves-Robinson  
Kathleen Redifer  
Barbara Reed  
Carolyn Reeder  
Nichole Reimers  
Rachel Rentch  
Lori Revitz  
Sharon Riccitelli  
Jody Roblyer  
Concetta Roby  
Brenda Rochester  
Vanessa Rodriguez  
Natalie RoliderAguila  
Tom Ross  
Joel Rothwell  
Emily Rubio  
Belinda Russell  
Jessica Ryan  
Julia Ryder  
Rachel Salamone  
Michael Schlund  
Lynne Schroeder  
Lisa Schwartz  
Dianne Sestero  
Brittney Shaffer  
Dorothy Shiffler  
Gabe Shleifer  
Heidi Shoemaker  
Maggie Shulka  
Emily Shumate  
Dr. Charles Silberstein\*  
Bonnie Sue Simms  
Chris Small  
Charmaine Smith  
Seneith Smith  
Jean Smoot  
Carol Solberg  
Robin Sommer  
Lynn Speedie  
Matt Statton

Rebecca Stern  
Victoria Stinnett  
Marjorie Strama  
Annie Stuchell  
Kunise Stroh  
Annie Sutton  
Tami Swearingen  
Kay Taylor  
Alicia Taylor  
Tessa Taylor  
Julie Tefft  
Dr. George Thomas \*  
Mary K. Thomas  
Nancy Thomas  
Dr. Elizabeth Thompson  
Deb Tolley  
Pam Tsapalas  
Trinity Tumban  
Frank Updike  
Jennifer Vance  
J.RonaldWalcher  
Ann Walker-Kennedy  
Catherine Walton  
Cynthia Ward  
Paul Watkins  
Barbara Wayland  
Kim Weinert  
Maureen Wheeler  
Lauren White  
Peggy White  
Terri Whitmore-Howard  
Arthur Wilke  
Darlene Williams  
Jasmyn Williams  
Alvin Winn  
Carmen Wise  
Elizabeth Wohler  
Lynn Woods  
Tanya West Wynn  
Stephanie Venable  
Pamula Yerby-Hammack  
Carrie Yost  
Marc Young  
Andrew Zimmerman, MD

\*deceased member



## COMMUNICATIONS COMMITTEE

**OUR NEW AND IMPROVED WEBSITE IS UP AND RUNNING**; come and visit! You can view our membership list, past newsletters, history page and photographs of members and events. If you know of someone interested in joining the Alumni Association, they can call or email us, or they can complete a contact form on the website. This is a work in progress so look for more upgrades in the coming months. Let us know what you think!

If you enjoy our newsletter, know that it is your input, suggestions and ideas that make it successful. Keep in touch. Don't think your input is not "newsworthy"! You can contact me at the KKAAs email address ([webmaster@kcalumni.org](mailto:webmaster@kcalumni.org)) or at [smootjean@yahoo.com](mailto:smootjean@yahoo.com). Remember, you won't need to do the writing. We can talk by phone or communicate by email, and I will take care of the rest.

Every time we send an email or send mail, we get many returns. If you aren't receiving our communications, we need an updated email or mailing address. Please keep us up to date with your current information.

We don't want to lose our ability to stay in touch with you.

Let's stay connected!

*Jean*

### **HOW YOU CAN STAY IN TOUCH**

Join our Facebook group, Kennedy Krieger Alumni

Check out our Website [kcalumni.org](http://kcalumni.org)

We keep it simple; we have one main mail address...

email the Alumni at [webmaster@kcaluemi.org](mailto:webmaster@kcaluemi.org)

President Roni Gross at [webmaster@kcalumni.org](mailto:webmaster@kcalumni.org)

Vice President Jean Smoot at [smootjean@yahoo.com](mailto:smootjean@yahoo.com)

Membership Committee at [webmaster@kcalumni.org](mailto:webmaster@kcalumni.org)

To reach us by phone: 410-215-8972

KKAAs Newsletter [smootjean@yahoo.com](mailto:smootjean@yahoo.com)

Be sure to keep us up to date with any changes in your email address, your mailing address or phone number.