

Greetings!

Welcome to the Spring/Summer, 2022, edition of the Kennedy Krieger Alumni Association Newsletter.

Summer is finally here! I am looking forward to spending more time outside, taking a few trips (if the gas prices decline) and catching up on some of that long overdue closet rearranging. I also plan to catch-up with some of you, via telephone calls during the summer.

I want to share a few updates and you will find more details when you peruse the Newsletter. First, I want to say that we had a magnificent time at KKAA's 5th Annual Luncheon. The food was excellent and so was the camaraderie. It was such a joy to see so many of you that I have not seen in years. There were a few technical difficulties with our ZOOM connection; so, genuine apologies to Peter Fanning and Lynn Speedie.

Appreciations to Jackie Krick for sending us those great quips ,and to Tami Swearingen for sharing a special memory for the *I Remember When* section.

We welcomed 12 new members to the Association! Their names are in the Membership Committee section. And we currently have 302 former colleagues who have joined the Kennedy Krieger Alumni Association.

Association Members continue to be recognized for their thoughtful and generous work. I urge you to read about their admirable efforts and accomplishments in *Member News*. I am sure you will be impressed.

Be sure to scan the Health Corner for essential information about the benefits of getting enough sleep.

I hope enjoy this edition of the Kennedy Krieger Alumni Association Newsletter and continue to send us your updates so we can *keep in touch*. Also, remember to email us at webmaster@kkalumni.org to let us know if you have moved or have a new telephone number or email address. *Let's Stay Connected!*

Have a GREAT Summer and Take Care,

Roni





MEMBERSHIP COMMITTEE



*We happily welcome the new members listed below
to the Kennedy Krieger Alumni Association.*

- **Hillary Stalknecht** was a member of the team at CARD for seven years.
- **Jennifer Reesman** spent 10 years at Kennedy Krieger in Neuropsychology and CCFTS.
- For more than 26 years, **Angela-Marie Carbonell-Mulligan** worked in the Physical Therapy
- **Laura Moore** was a member of the Nursing Department team for 29 years.
- For five years, **Jody Roblyer** worked in KKI's Feeding Disorders Program.
- Welcome, **Dorothy Shiffler**, who was a part of Audiology team for 25 years.
- **Sharon Ramos** was a member of KKI's team for approximately 20 years.
- **Lori Revitz** has joined after spending more than 15 years in the Social Work Department.
- **Linda Bull** spent 14 years as a member of the Child and Family Support Program.
- **Cathy Capel** worked in the Nursing Department for 36 years
- **Victoria Proctor** spent 21 years in Nursing.
- **Chantel Gains** shared her talents in Behavior Psychology and the Kennedy Krieger School for more than 20 years

Kennedy Krieger Alumni Association now has 302 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.



SOCIAL COMMITTEE

Kennedy Krieger Alumni Association members spent a lovely afternoon at our 5th Annual Luncheon. This year's luncheon was held on Saturday, April 23rd at the BlueStone Restaurant, where we dined on a five-star meal!

Although the food was delicious, the best part of the day was seeing and reconnecting with friends and former colleagues. There were a lot of hugs and laughter, with many of us sharing some "memorable moments".

KKAA's Board members presented an "*Abundant Appreciation*" award to **Jim Anders** for his continuous support of the Association. Peter Fanning attended part of the Luncheon via Zoom, where he highlighted Jim's valuable contributions to the KKAA. We had a few technical difficulties, but we were happy that he was with us virtually!



The Social Committee is already planning next year's luncheon. We hope to see you there!





MEMBER NEWS

I have to say, I am so grateful to our members when they share their stories. This is what makes our newsletter interesting. I know everyone is happy to get back to a more normal life, visiting with family and friends, traveling, volunteering and enjoying other activities. We would love to hear about it. SHARE your "news" with us in the next edition, by emailing Jean at smootjean@yahoo.com

Delores Moore Chairs International Campaign

If you know Delores Moore, then you know that she works toward fairness in many causes that are important to her. Delores is currently part of a team of dedicated volunteers involving a letter writing campaign to request that six African American Catholics be canonized. More than 3,159 letters have been sent to Pope Francis and, according to Delores, this initiative has drawn media attention around the world. For more information about this important undertaking, contact Delores at deloresmoore1949@gmail.com

Jane Kunze Enjoys Retirement.

Jane (Neuropsychology) still enjoys reading and doing jigsaw puzzles, but she is also making the most of post retirement free time by going to concerts and lectures and catching up with friends. One of her favorite activities is helping take care of the adorable little girl next door. Elise is almost 2 ½ years old and loves to play with her dolls.

Jane hasn't taken any trips lately, but hopes to do so in the near future. We are looking forward to hearing all about it!

I Found a Quilted Heart

Have you ever heard about a project called *I Found a Quilted Heart*? You may have heard about other similar projects involving painted rocks. Jean Smoot (Nursing, Care Management) has been placing hearts in parks and trails as she travels. You can view pictures and (often inspiring) stories of many of the hearts that have been found around the United States and the world at ifoundaquiltedheart.com

Volunteering Brings New Joy

Ed Denning (Kennedy Krieger School) shares his retirement journey: "When I retired in 2015, I missed meaningful work, but quickly found contentment in reading (signed up for a library card!), theatre subscriptions at Everyman, Center Stage, Vagabonds and the Hippodrome, yard work and long walks; and in spending more time with family in North Carolina..

In 2021, out of the blue, I realized volunteerism could bring a different type of pleasure. Kevin Drumheller, a former employee at the Kennedy Krieger Middle School, is now CEO of The Richcroft Organization (richcroft.org), a collection of group homes and day programs for adults with intellectual and developmental disabilities throughout Central Maryland. Kevin asked me to join its Board of Directors and I now serve as Board Secretary. I must say that it feels good to be back in the game! I still love my freedom, but it's nice to also contribute to the field which nourished me for 40+ years."



Ann Moser Tribute



On June 24, 2022, the United Leukodystrophy Foundation (ULF) held a Tribute Gala honoring Kennedy Krieger's Ann Moser and her amazing legacy. While the event was in Illinois, there was an opportunity to attend virtually.

Dr. Hugo Moser and Ann Moser were instrumental in building the ULF to be a resource for families affected by Leukodystrophies while the disease family was relatively new and lacking in research. Dr. Moser passed away in 2007, but Ann has continued to carry the torch for developing innovative treatment strategies, improving diagnosis practices, and championing efforts in newborn screening for Leukodystrophies.

The ULF created a digital luminary display that provided a chance to "light" a digital candle to celebrate the impact Ann has had on the Leukodystrophy community.

Recognitions of Excellent Services

The Rose Award was presented to **Benita Griffin**. The award is given to an *exceptional member* of the Nursing Department team.

This team member is someone who consistently demonstrates qualities that exceed expectations; such as presenting a positive attitude, is dependable, trustworthy, an outstanding role model influencing positivity, and goes above and beyond!

Benita received a lovely statue and a certificate.

For additional information about KKI's Rose Award, please visit www.kennedykrieger.org/roseaward



Annie Stuchell, RN, is the recipient of the *DAISY Award for Extraordinary Nurses*. The award was established in memory of J. Patrick Barnes by members of his family in recognition of the care that he and his family received from nurses while he was ill. Annie received a certificate which reads "*In deep appreciation of all you do, who you are and the incredibly meaningful difference you make in the lives of so many people.*" To read some of the comments written about Annie by her peers, visit

<https://www.daisyfoundation.org/daisy-award/honorees/annie-stuchell>

Annie is also retiring after working at KKI for 34 years. Members of the Nursing Department and other KKI staff gathered at a farewell reception where they enjoyed a desert buffet. Annie plans to travel across the country during the summer and then relocate to Buffalo, New York. She intends to return to Baltimore during some of winter months to catch up with friends and volunteer at Kennedy Krieger.



HEALTH CORNER

It is important to get enough sleep to help keep your mind and body healthy.

Most adults require 7 or more hours of good quality sleep each night.
Children need even more, ranging from 8-10 for teens to 12-16 for babies!

There are many benefits to getting enough sleep including:

- Improved memory
- When we sleep, we process all the stimuli that we have taken in while we are awake. This triggers changes in the brain that strengthen neural connections helping us to form memories.
- Getting sick less often
- Lack of sleep makes you more prone to illness because your immune system isn't performing at its peak.
- Helping you keep a healthy weight. In addition to hormonal changes in the body when we don't get enough sleep, we are also more likely to make unhealthy eating choices when we are overtired.
- Lowering your risk for serious health problems. Sleep deprivation can have very detrimental health impacts and has been linked to chronic diseases such as diabetes and heart disease and can even lead to obesity. Reducing stress and improving your mood It goes without saying; we all know how we feel when we haven't gotten enough good sleep!

If you are having trouble sleeping, establishing a bedtime routine and creating a comfortable sleep environment may help. It may seem like common sense, but you may want to look at your daytime routine, think about when you get your physical activity or drink caffeinated beverages and if you take a nap during the day.

If you are interested in learning more, check out the US Department of Health and Human Services website <https://health.gov/myhealthfinder/healthy-living/mental-health-and-relationships/get-enough-sleep> Included in this link is a Guide to Healthy Sleep that is packed with great information.



HAVE A LAUGH ON US!

- ❖ I ate salad for dinner last night.
Well, mostly croutons and tomatoes.
Really it was just one big round crouton covered with tomato sauce and cheese.
FINE, it was a pizza! Are you happy now?
- ❖ I just did a week's worth of cardio after walking into a spider web.
- ❖ Kids today don't know how easy they have it.
When I was young, I had to walk 9 feet through shag carpet to change the TV channel.
- ❖ I may not be that funny or athletic, or good looking, or smart, or talented...
I forgot where I was going with this.
- ❖ I love approaching 80, I learn something new every day and forget 5 other things.
- ❖ And something to think about...
 - Which letter is silent in the word "Scent," the S or the C?
 - Why is the letter W, in English, called double U? Shouldn't it be called Double V?

Kennedy Krieger Alumni Association Membership

July, 2022

* *Deceased Member*

- Jennifer Accardo
- Lena Abrams *
- Margaret Adams
- Maureen Adams
- Britten Agostino
- Rebecca Albury
- Alvonnia 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
- 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
- Shawn Chinn
- James Christensen
- Jean Christianson
- Devon Coals
- Elizabeth Commins
- Anthony Concepcion
- Lorraine Condon
- Andrew Corroran
- Kristy Council
- Donna Crane
- Jacqueline Cross-Daniels
- Jeanette Curry
- Stephanie Cute
- Miriam D. Cypress
- Charlene Davis
- Charretta Davis
- Sandria Ann Day
- Cary Delavigne
- Martha Denckla (Bridge)
- Eddie Denning
- Wanda Dewitt
- Jessica Ditto
- Alma Durm
- Rebecca Ebberts
- Jennifer Ernest
- Katie Ernest
- Peter Fanning
- Carolyn Ferguson-West
- Marge Fessler
- Priscilla Flores
- Haley Ford
- Margaret Forte'
- Marsha Freed
- Arlene Friedman
- Suzanne Funk
- Chantel Gaines
- Jackie Galluzzo-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
- 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
- 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
- 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
- Laverne Madden
- Jennifer Markowitz
- Catherine Mayo
- 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
- EdoreOnigu-Otite, MD
- Kathleen Oppenheimer
- Juliet Oroszy
- George Papuchis
- Danielle Parker
- Evelyn Patterson
- Beth Pendergast
- Kendra Paey, MD
- Elizabeth Petersheim
- Joanna Peterson
- Matthew Peterson
- Leslie Phillips
- Frank Pidcock, MD
- Joseph Pillion
- Shari Pincus
- Shanna Pool
- Patty Porter
- Victoria Proctor
- Courtney Pumphrey
- Caryn Putschat
- 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
- 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
- Kunise Stroh
- Annie Sutton
- Tami Swearingen
- Kay Taylor
- Alicia Taylor
- Tessa Taylor
- Julie Tefft
- George Thomas *
- Nancy Thomas
- 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
- Pamula Yerby-Hammack
- Carrie Yost
- Marc Young
- Andrew Zimmerman



COMMUNICATIONS COMMITTEE

If you enjoy our newsletter, know that it is your input, suggestions and ideas that make it successful. Keep in touch. Don't ever think your input is not "newsworthy"! You can contact me at the KKAA address or at smootjean@yahoo.com. Remember, you don't have to write anything. We can talk by phone or communicate by email and I will take care of the rest.

IMPORTANT

Every time we send an email or USPS mail, we get a number of returns. If you haven't been receiving our communications, we don't have your current home or email address. Please keep us up to date with your current information.

The Alumni Email address is webmaster@kcalumni.org.

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

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

email the Alumni at webmaster@kcalumni.org

President Roni Gross at webmaster@kcalumni.org

Vice President Jean Smoot at webmaster@kcalumni.org

Membership Committee at webmaster@kcalumni.org

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