

Kennedy Krieger Alumni Association

Fall / Winter 2017 Newsletter

PRESIDENT'S MESSAGE

Greetings and Welcome to the Fall/Winter 2017 Edition of the Kennedy Krieger Alumni Association Newsletter.

I am delighted to let you know that the Association's membership has grown to 216 members. Some of this increase is because of you. Please continue to share information about the KKAA with former colleagues and encourage them join us. We really want to stay connected.

In this issue, along with committee updates, you will read about a member who took a great trip, a member (or two) who got married, one who helped with an amazing community endeavor, another who hobnobbed with the stars, and an update on a project one of our members is involved in. There is also a very informative article about sugar. In addition, you will see some of the photos from our visit to the Institute's 2017 Festival of Trees.

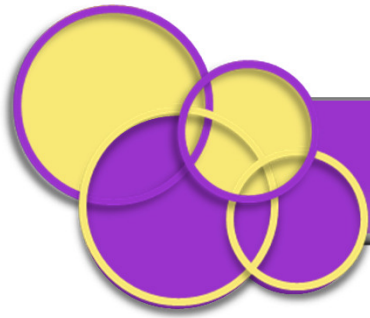
I hope you enjoy this edition of the Newsletter and remember -we are always interested in hearing from YOU.

I wish you and your family a new year that is filled with peace and happiness.

Take Care,

Roni





MEMBERSHIP COMMITTEE

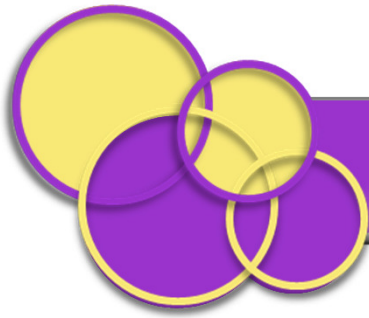


Congratulations to US! There are now 216 of US! Thank you for helping to recruit new KKAA members. Since you received your last newsletter, 20 former KKI colleagues have joined our Alumni Association.

We are happy to welcome Courtnei Pumphrey, Ann Walker-Kennedy, Janelle Carrington and Laura Locher. All were formerly members of the Special Education team at KKI. We are glad that five individuals from the Behavioral Psychology Department are now Association members. They are: Natalie Rolider-Aguilla, Jennifer Ernest, Kelly Bandzolek, Melissa Gonzales and Chynthia Ward.

Rachel Rentech and Chelsea Haverly, both from the Child and Family Support Program are now members. Others who have joined us are Leslie Phillips (Nursing), Pamula Yerby-Hammack (Developmental Cognitive Neurology), Nancy Bjork (IS), Joel Rothwell (CARD), Mary Lashno (OT).

We also welcome Concetta Roby (Professional and Regulatory Affairs), Melanie Branagan (Kirby Research Center), Elisabeth Mekosh (Medical Informatics), Priscilla Flores (Psychiatry) and Bethany Carr (Fairmount School, Speech Language Pathologist).



COMMUNICATIONS COMMITTEE

It is hard to believe the Kennedy Krieger Alumni Association is celebrating its 3rd Anniversary... and that this is our 5th newsletter.

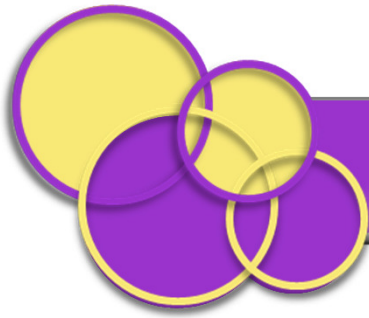
We have gone from a 2 page word document (typed by me) to a very professional looking newsletter with graphics and photographs (prepared by Nichole Reimers).

I hope you enjoy hearing about what our members are doing.

In addition to your enjoyment, I hope you are inspired, inspired to share your news and ideas with us in future editions.

The KKAA Newsletter is published twice a year. It will always contain committee updates, but we also want to hear from YOU. Remember, OUR newsletter is our way of staying connected.

Jean



SOCIAL COMMITTEE

Wow! Magnificent! Splendid! These are some of the adjectives members used to describe the sights at the Festival of Trees. Alumni gathered shortly before 10 AM, chatted with each other, took photos, and strolled around the beautifully decorated trees.

Chrissy Lake with daughter, Ashlynn (15), and son, Nicholas (3), struck a perfect pose in front of the igloo.

Chris Small and his son Parker took a closer look at the beautiful decorations.

Willie Greer, Sandria Day, Pamula Yerby-Hammack, and Delorse Moore caught up with each other after admiring some of the stunning trees.

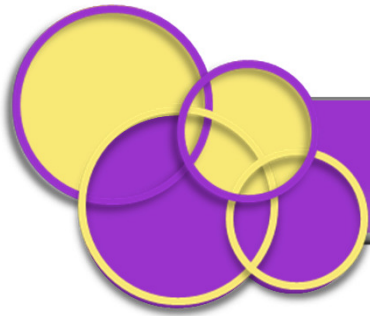
Eva Queen and her daughter, Amanda, continued their tradition of volunteering in the Activity Booth, and Jean Smoot and her husband, Charlie, helped pack up trees after the event was over.

This event seems to get bigger and better each year. We are already looking forward to 2018.



KKAA WEBSITE HISTORY PAGE

As always, we are looking for contributions to our KK Alumni HISTORY PAGE. Do you have any KKI memorabilia? Take a photo and send it to us, or we will try to come to you to photograph the item. We are in the process of building this page, so check it from time to time for new additions.



MEMBER NEWS

*What are our members doing with their time? Has something exciting happened in someone's life? See what everyone is up to and also, **SHARE** your "news" with us in the Spring/Summer 2018 edition, by emailing Jean at smootjean@yahoo.com.*

I Finally Made It To Hollywood— or should I say for a Ride Down Hollywood Boulevard...



Roni Gross (Guest Relations) was lucky enough to attend the 69th Emmy Awards in Hollywood California. She was escorted by her handsome son Herb. You may remember that he is Vice President of Production Finance for the Network that produces The Walking Dead television series. Roni was all decked out in a beautiful red gown and walked the Red Carpet.

She saw Tracee Ellis Ross and shared a hug with Jenifer Lewis (both cast members on the TV show Black-ish). She said that was a real treat.

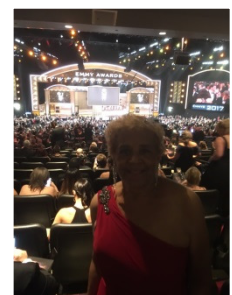
She got a hello and a smile from Jessica Beil. Jessica is married to Justin Timberlake and the star of television series, The Sinner.

Roni said being "up close" with handsome Justin Hartley sent chills up and down her spine. You may remember Justin from "The Young and Restless" when he played Adam Newman. He is currently on the hit show, This Is Us.

Next she rubbed elbows with Michael Ehrmantraut (Better Call Saul).

Now if all this wasn't enough she attended an After Party that was fantastic.

Roni says, "The entire experience was Magical! It was Sensational! It is something I will remember forever!"





MEMBER NEWS

Wedding Bells Rang This Summer For Two Former KKI Employees



Shanna Pool (Assistant Principal, KKI High School) and Steve Cahoon (KKI High School, Technology Education Teacher) were married on July 27, 2017. They had a small outdoor ceremony in Charleston South Carolina where they also celebrated their honeymoon.

Shanna and Steve didn't actually start to date until long after Steve left KKI in 2008. They are both working in Anne Arundel County Public Schools, but are at different schools.

Shanna is an Assistant Principal and Steve works as a Technology Education Teacher.



An Update: The Women in Sports Museum

A “Celebration of Women in Sports” black tie gala took place on October 20, 2017. The gala was held in Sarasota Florida at Michael’s on the Bay at Selby Gardens.

During the event five trailblazing athletes and two scholarship winners were honored.

Peter Fanning (former President, The Marcus Institute and past KKI Senior Vice President) spoke at the gala about what they have accomplished thus far and what their goals are for the future. He went on to say that The Women in Sports Museum will be the first and only stand-alone museum dedicated solely to women in and around sports - past, present and future.

The museum will not only be about preserving the history of women in sports; it will be about encouraging participation in sports for the pure benefits of self-confidence, perseverance, self-respect, leadership and teamwork. It’s about laying the groundwork for healthy, successful lives.

He pointed out that attendees are part of an extraordinary effort to create such a museum, helping make Sarasota a national sports and tourism destination – especially for families and young girls.

For more information about the awards and honorees go to:

<http://www.womenssportsmuseum.org/womens-sports-museum-gala-honor-journalist-athletes/>



MEMBER NEWS

Mangia Mangia Mangia

Mary Rawlings (Neurology and Developmental Medicine) has had some great travel adventures. She topped them all this summer when she celebrated her retirement by taking her first international trip - to Italy.

The 16 day trip was arranged with Italia Mia The Art of Travel to Italy, tour company. They traveled by way of a deluxe coach bus which included a guide and driver for the entire trip. The group started out with 14 and grew along the way to 29, all friends or family of Mary's new friends who spear-headed this trip. The group hailed from New Jersey, Michigan, Pennsylvania and Maryland, some retired, some still working, and even a couple of college students.

They stayed in 4- and 5-star hotels, former abbeys and resorts. Some were luxurious with spas and indoor and/or outdoor swimming pools. Some were resorts with outdoor dining and vistas. Some were former abbeys that Mary said were charming and interesting.

They had local guides for many tours. They visited churches, cathedrals, and monasteries, the Sistine Chapel and the Vatican. At each location the art and architecture were more beautiful than the last. Mary said some of what she saw along the way was even more spectacular than the Sistine Chapel and Vatican.

Breakfast, lunch and dinner were included at nearly every one of their stops, so there was no need to figure out where to go. They ate at country inns, restaurants with panoramic views, and even a hilltop hamlet. They went to wineries, pastry shops, cheese factories, and farm tours or demonstrations with samples or lunch provided. The food and service were wonderful everywhere!

Their itinerary read like a map of Southern Italy! There are too many places to mention, but the highlights included Rome, Naples and Sorrento. In Rome, Mary said that the hotel was centrally located and many sites were within walking distance including the Trevi Fountain, Coliseum and Pantheon.

There are also too many tours to list, but some of the highlights include the famous Bronze Warriors that date back to the early Greek classical period, the excavation site of Pompeii, the Piazza Armerina and a guided tour on Mt. Etna, where they climbed down into a lava tunnel.

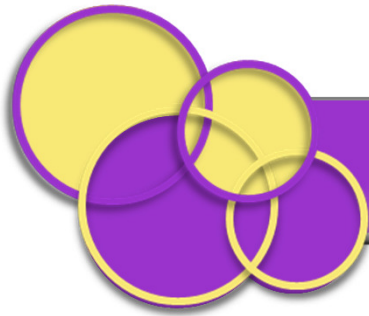
There were demonstrations of mozzarella cheese, wine, and salt making (with tastings of course). There was also a stop for a honey tasting at a honey farm with over 20 different flavorings from sweet to spicy.

The weather was mostly pleasant with temperatures in the high 70s.

Mary visited many cities, towns, and villages on her first trip to Italy, and perhaps someday she will get back to see Northern Italy and the Tuscany area.

"Mangia, mangia!" translated means "Eat, eat!"... And eat she did ...and drank the wine!

Once home, she continued on with trips to New York to visit Lady Liberty and Ellis Island, and Washington, D.C. Mary said Italy was wonderful, but there is still no place like the good ole U.S. of A.!



MEMBER PROFILE

“THE BEYOND OUR DREAMS MARRIAGE RETREAT”

Although Eva Queen (CARD) is no longer employed at Kennedy, she continues to work supporting the special needs community. In August her church, Messiah Community Church in Reisterstown, partnered with Winshape and The Hali Project to bring a marriage retreat to the Baltimore area. Parents of children with special healthcare needs were treated to a weekend getaway, The Beyond Our Dreams Marriage Retreat, at the Turf Valley Resort and Spa, in Ellicott City. Winshape is the philanthropic leg of Chick-Fil-A. The HALI Project was established by Brad and Karen Thompson, the parents of Hali, a child with special needs. Their mission is to inspire people with special needs and their families through teaching and encouragement; and to improve the quality of services these families receive.

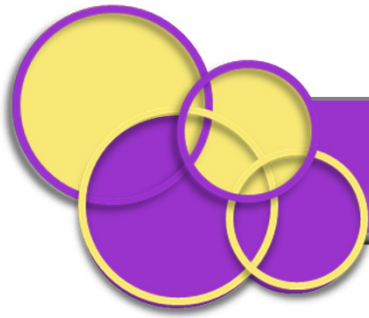
Ten couples attended the retreat. Their children range in age from 5-18 and are diagnosed with cerebral palsy, autism, ADHD, congenital hydrocephalus and developmental delay. They were referred by word of mouth, Parents Place of MD, KKI/CARD and community partners.

The weekend consisted of workshops and group sessions facilitated by Brad who is a Licensed Psychologist. The couples who participated were also able to enjoy the Turf Valley amenities when they were not in session. Activities available included swimming, golfing, or simply relaxing - something these families rarely get to do.

Eva and her husband attended the weekend retreat. They have a 12 year old daughter with congenital hydrocephalus and several other disabilities that are secondary to hydrocephalus. They know first-hand what these families face. Eva says that in the past 12 years they have only been away 3 times as a couple.

You can learn more about the Hali Project and The Beyond Our Dreams Marriage Retreat by visiting Brad and Karen’s website www.thehaliproject.org





HEALTH CORNER

Winter weather, shorter days, holiday parties, baking, eating... SUGAR...OH my...

Do you know how much sugar is in your diet?

Most of us are probably consuming more sugar than we realize because it's added to so many foods and beverages. Added sugars add calories without adding nutrients.

As you know, there is a relationship between added sugars and obesity, diabetes and heart disease. Fruits, vegetables and dairy foods “naturally” contain sugar.

"Added sugars" are the sugars and syrups added to foods during processing.

Foods with a lot of added sugars contribute extra calories to your diet, but provide little nutritional value. To add to this dilemma, added sugars are often found in foods that also contain solid fats, such as butter or margarine, or shortening in baked goods.

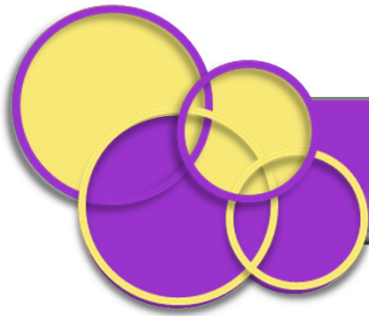
It is recommend that added sugars make up no more than 10 percent of your daily calories.

For a 2,000-calorie diet, that means no more than 200 calories a day should come from added sugars!



Here are some Fast Facts about sugar:

- One teaspoon of sugar has about 16 calories.
- When reading a nutrition label, 4 grams of sugar = one teaspoon
- A 12-ounce can of regular soda has about 160 calories, or about 10 teaspoons, of sugar.
- Ingredients on a nutrition label are listed in descending order by weight. If you see sugar listed among the first few ingredients, the product is likely to be high in added sugars.
- Sugar goes by many different names, depending on its source and how it was made. This can also make it hard to identify added sugars, even when you read ingredient lists and food labels.
- Check for ingredients ending in "ose" — that's the chemical name for many types of sugar, such as fructose, glucose, maltose and dextrose.
- Hopefully with this added knowledge, or review of what you already know, a healthier you will welcome in Spring in 2018.



THE KCAA NEWSLETTER

I hope you enjoyed the Fall/Winter edition of the KCAA Newsletter. Every time I wrap up an issue I think, "That was pretty good." But, my next thought is, "OH my, what am I going to do for the next one!"

The success of our newsletter is really up to you. I need to hear from you with your news, activities, comments, ideas and contributions. I promise it is really painless; you don't have to write a thing! Just send me an Email, I will "interview" you by Email or phone and turn your news into an article.

So, with that in mind, I am looking forward to hearing from you with your ideas and contributions to the Spring/ Summer 2018 edition. Contact me at smootjean@yahoo.com and tell me about your travels, activities and news.

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

To reach us by phone: 410-215-8972

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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.