

Fall/Winter 2018 Newsletter

Greetings! I am delighted to introduce the Fall/Winter 2018 edition of the Kennedy Krieger Alumni Association Newsletter. It is packed with information from YOU-- this is how we stay connected.

While perusing this edition, you will notice that the Membership Committee section has been revised to include the length of time each new member worked at Kennedy Krieger Institute. I am sure you will be impressed. With the addition of our newest members, the KKAA membership has grown to 242.

The *NEW* feature—WHERE IN THE WORLD debuts in this edition. Alumni have shared information about their travels as well as some incredible photographs. I think you will be awestruck after seeing them.

There have been a couple of changes in the senior staff at Kennedy Krieger Institute. A couple of long time leaders have retired. You will find more information in the KENNEDY KREIGER NEWS section.

I hope you will pay close attention to the Health Corner; the information there is valuable and timely.

Thank you for sharing information and your amazing stories, they are helping us STAY CONNECTED.

I hope peace and love will be yours throughout the coming year.

Take care,

Roni



MEMBERSHIP COMMITTEE



Beginning with this newsletter, we will include the length of time each new KKAA member worked at Kennedy Krieger.

A special welcome to **Gayne Barlow-Kemper** (18 years, Early Head Start), **Stephanie Barrow** (24 years, Special Education) and **Linda Baynes** (23 years, Special Education). We also recognize **Leah Boyd** (18 years, Administration), **Suzanne Heisler** (10 years, Behavioral Psy.) and **Christopher Hornung** (8 years, Nursing). We are happy that **Matt Statton** (6 years, Motion Analysis), **Stacey Kowalski** (6 years, nursing), and **Kimberly Leffler** (7 years, TFC) are now members of KKAA. We are pleased that **Patty Porter** (25 years, Educational Srvs.) and **Joseph Pillion** (34 years, Audiology) have joined the Association.

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.



COMMUNICATIONS COMMITTEE

Take a look at our KKAA website it has been updated! Our website is where you can find the most recent edition of the KKAA newsletter, a History page, membership list, photos of events, information about upcoming events, and a contact form for people who would like to join. Make sure that you let us know about changes to your address, phone number or email address so we don't lose our ability to be in touch with you. The KKAA Newsletter is published twice a year. It will always contain committee updates, but we also want to hear from YOU. Also, consider joining our Facebook page, this is how we stay connected!

As I wrap up the Fall/Winter edition of the KKAA letter, I am thinking of 2019 and wishing all of you the best. I hope you enjoyed reading about our VERY active alumni and will consider contributing to our Spring/Summer edition with your news, activities, comments, ideas and contributions.

Just send me an Email, I will "interview" you by email or phone and turn your news into an article.

Contact me and tell me about your travels, activities and news.

Let's stay connected!

Jean



COMMUNICATIONS COMMITTEE

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
KKA A Newsletter smootjean@yahoo.com

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

[KKA A Website](#)
[History Page](#)

*Do you have anything interesting to contribute to
the [KK Alumni History Page](#)? Take a photo and send it to us,
or we will try to come to you to photograph the item.*

*We would love to continue to build this page
and hope to hear from you!*

SOCIAL COMMITTEE

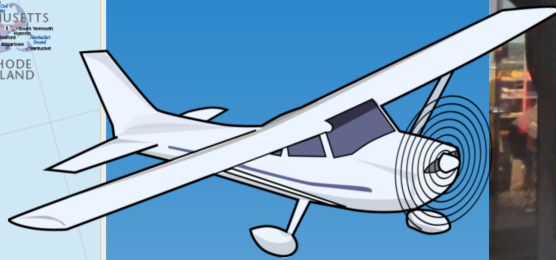
Our 2018 Reunion was wonderful! It was great seeing former coworkers and friends. Be sure to look for information about our upcoming 2019 Reunion that is being planned for this Spring.

Some of our Alumni enjoyed receiving complimentary tickets to the Kennedy Krieger Institute's Festival of Trees. Most attended with family and friends and relished the experience.



MEMBER NEWS

What are you doing with your time? Has something exciting happened in your life? We would love to know what you are up to. **SHARE** your “news” with us in the next edition, **Spring/Summer 2019**, by emailing Jean at smootjean@yahoo.com



A MOVE BACK TO THE EAST COAST

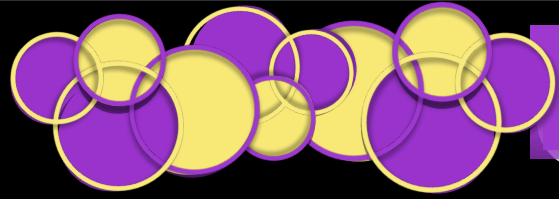
After spending four years in Columbia, MO, SungWoo Kahng (Behavior Psychology), his wife Lisa Toole (Behavior Psychology), their son, Grayson, and their two dogs, Sprocket and Twinkie have moved back to the East Coast. SungWoo is working for Rutgers as the Director of Academic Programs in Autism and ABA. His responsibilities include new program development, teaching courses, and conducting research. Lisa is working as a behavior analyst for the Rutgers Developmental Disabilities Center's outreach program. She provides school-based and in-home consultation to children with ASD and their families. Grayson



Roni Flies- Without a Plane!

If you were walking past the iFly complex in White Marsh on a very warm August day and just happened to look inside, you may have seen Roni Gross in the Indoor Skydiving Wind Tunnel.

Roni Gross (Guest Relations) flew up/down, forward/backward and performed the left/right 360 degree turns. She did admit that her legs were a bit *wobbly* after the adventure. On hand for moral support was friend Toni Griffin who had already experienced an indoor dive. Both ladies plan to skydive (yes, from an airplane) in the Spring.



INTO AFRICA

In June Sharon Glennen (**Assistive Technology?**) and her husband Wayne flew to Uganda for the start of a two week journey through Africa. On their first day they drove to the western side of the country, getting an “African Massage” from the rutted roads along the way! They spent a week traveling to national parks that stretched from the northwest to southwest edge of Uganda. Kibale National Park is known for their chimpanzees so they spent a day hiking in misty rain through thick jungle looking for them. As the day brightened they were rewarded as a group of semi-habituated chimps began to wake up. Their ear-shattering hoots made them realize that they were surrounded by chimps! They were amazed to see how they would come near then run off, zooming through trees with amazing speed and agility.

On week two, they arrived at the Bwindi Impenetrable Forest. Bwindi is one of the few places on earth where mountain gorillas are found. The gorillas live in the wild but are habituated to accept humans. They started in the wee hours of the morning and were assigned to the Busigny gorilla family. Park rangers went ahead to locate the group. When they radioed back to camp that they had been spotted they set off. Bwindi is a thick mountainous jungle and they quickly found out that is why it’s called the “impenetrable forest.” They had to bush whack straight up and down the mountain for two hours. After two hours the rangers motioned for them to stop, and pointed to a tall mahogany tree in the distance. High up in the branches they spotted a large silverback male, a large female, and four juveniles, including a baby that the mother carried. They slowly and silently approached the tree, watching the family move from one branch to another. And then the magic happened. The family climbed down and they were able to move closer. Soon the silverback was sitting 5 feet away happily munching on plants while two of the “toddlers” played just above their heads. Mama was also near, with her baby nuzzled safely in her arms. This coexistence between humans and gorillas was one of the most incredible moments they have ever experienced.

An hour later the family moved off and we started the trek out of the jungle.

After Uganda they flew to Tanzania. When they landed, Kilimanjaro was on full display, jutting straight out of the African plains. They spent most of their time in the Serengeti. The Serengeti is “Lion King” country, flat grasslands that stretch for miles

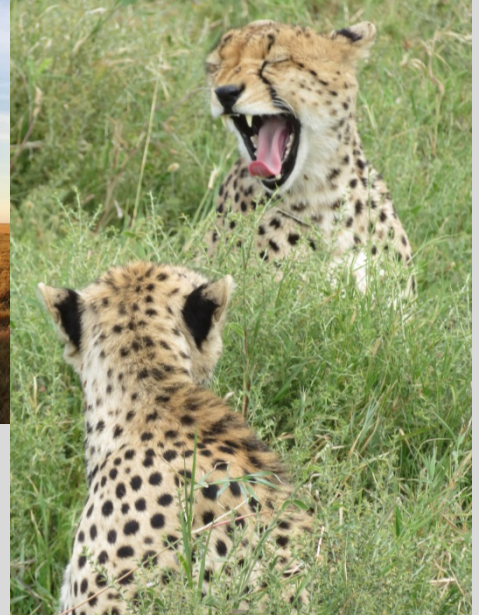
MEMBER NEWS

A highlight of the trip was a morning balloon ride, watching the sunrise while the plains of Africa woke up below them. Migrating herds stretched from one edge of the horizon to the other on their meandering path to Kenya. Their final stop was the Ngorongoro Crater. The crater, on the edge of the Rift Valley, sits in a sunken volcano caldera. The crater floor is a fishbowl of animals stretching from one side to the other. Lions coexist with elephants, hyenas, hippos, water buffalo, rhinos, antelope, and more. The day was spent crisscrossing the volcano floor, the night was spent at the top watching the sunset over the edge of the caldera.

Africa is a huge continent. They traveled for miles, but on the map it was just a small circle from one side of Lake Victoria to the other. Two weeks wasn't nearly enough time to see everything that Africa has to offer. They were awe inspired by what they saw and have memories of the many warm and friendly people they met along the way.

Sharon and her husband did a lot of research to plan for this trip, www.safaris.com was one

that helped them decide where to go and they can't wait to go back.





MEMBER NEWS

A Rewarding and Educational Experience

Delores Moore (Pediatric Rehab) spent a week in Douglas, Arizona with the SSNDs (School Sisters of Notre Dame) where they worked at the border and in Aqua Prieta, Sonora Mexico at the Wings of Angels Clinic.

The Wings of Angels is a free clinic run by volunteers, therapists, SSND nurses, a dentist and an administrator/coordinator. In addition to seeing patients in the clinic they do home visits, construction adaptations to homes for handicapped accessibility and provide free medical supplies and equipment that they receive through donations from hospitals throughout the U.S.

While she was there Delores went on a few home visits with the nurse. Thanks to all the experience she gained while working at KKI, she was able to make many helpful suggestions for care in the home and administration in the clinic. She also promised to let other facilities know of their needs when she returned home.

Delores had the opportunity to spend time in the community where she visited a small furniture-making business, restaurant and sewing shop, and farm in Sonora. The men make beautiful sturdy chairs, sofas, tables, flower boxes and other items out of pallets that they purchase for \$1.67. The women have a family style restaurant where they cook simple meals with the produce and chickens they raise on their farm. The Sisters and volunteers have trained them to sew aprons, potholders and mitts, hand bags and quilts which they also sell at the restaurant. The local coffee farmers have formed a cooperative that allows them to sell their products directly to U.S. consumers via churches and non-profits. In addition, several of the local Catholic churches have days where they sell Fair Trade products.

The farm had a greenhouse where they received a large donation of seeds that they had not used. Delores spent one morning helping organize things and planting seeds. She was so happy when the Sisters sent her some photos showing the new sprouts!

Delores found the experience to be very rewarding. As she promised while visiting, she is reaching out to anyone who may be interested in volunteering. They are especially in need of OTs, and PTs for any amount of time they can give. They are also in need of medical equipment, nursing supplies, chucks and adult size diapers. The SSNDs will provide housing and daily transport to any volunteers.

MEMBER NEWS



FUN AT THE FESTIVAL OF TREES

Maie Shulke (Nursing/PACT) had a great time at the Festival of Trees with her grandchildren. The photo with the snowman are Anna(10) and Matthew(7) Shulka. The other is of Anna holding Juliana Lake(8 months). Juliana is the daughter of alumni Chrissy Shulka Lake.



Paula Gonce (Behavioral Psychology) went to the Festival of Trees with her youngest brother, his wife and her two nieces. They really enjoyed the rides and seeing all the wonderful Christmas trees, wreaths and displays. Paula was recently hospitalized with acute pancreatitis. She is thankful for all the love and support she received during her recovery. Toni Griffin attended with her sister Joanne Bradley.



A Family Thanksgiving AND a Trip to Australia



Marge Fessler (Neurology and Developmental Medicine), and her husband hosted Thanksgiving this year. They were joined by both of their sons (from Poughkeepsie and DC), their wives, and all six grandkids (ranging in age from 5-month old twin babies to age 17). Needless to say it was a busy day and one to be thankful for!

Then, in January Marge and her husband will be taking a trip “down under.” They will go on a two week Viking cruise to New Zealand and Australia. The plan is to add a week on each end to see more of Auckland and Sydney and to visit a cousin living in Wellington. He is excited to have family visiting him.

We are looking forward to seeing some pictures for our *Where in the World* feature.

Member on the Mend

Dr. Ron Walcher (NDM) has had quite a few challenges over the last few months. He had a heart attack, recovered and returned to the golf course, only to fall and break his knee cap in 4 places!

He is now recovering nicely and walking with a walker. By the time you receive this newsletter he will probably be walking without any assistance! His goal is to be able to return to playing golf by the spring.

MEMBER NEWS



Crusin' The Italian Coast

Alvonia Allen (Neurology and Developmental Medicine/CDL) and her husband Ronald celebrated their 40th anniversary with an 8 day trip to Italy. They traveled from Philadelphia to Venice and then took a Norwegian cruise ship to Athens, Croatia, Santorini, Pompeii and Rome. After the cruise they stayed a night in Vatican City, just steps away from St. Peters. It was truly a trip to remember.



Lynn Woods (Nursing/Leap/High School) went on a cruise to Cuba in November. There were 32 people traveling in her group including 6 of Lynn's friends. They had a wonderful time in Havana where they spent 2 days. They rode in vintage cars, toured the city, went to a cabaret and experienced the culture.





Where in the World???

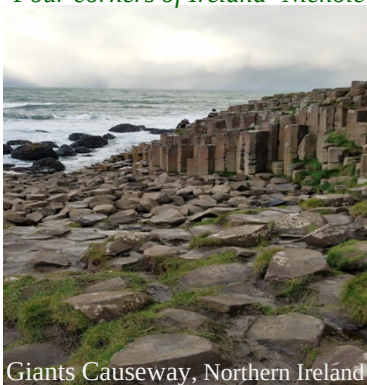
“The Sagrada Familia is an icon and the most visited monument in Barcelona. Work on the Sagrada Familia began in March 1882. With luck it will be completed 143 years after



A Helicopter ride over the Grand Canyon submitted by Jean Smoot



Four corners of Ireland- Nichole Reimers



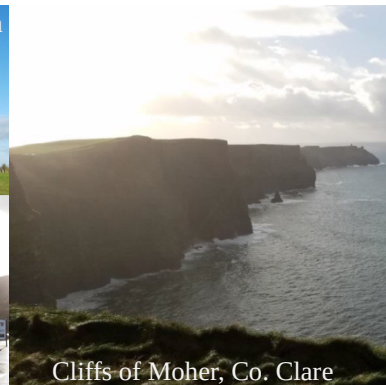
Giants Causeway, Northern Ireland



Newgrange, Co. Meath



Ladies View, Co. Kerry



Cliffs of Moher, Co. Clare



Kennedy Krieger News



Lana Warren, former Senior Vice President for Clinical Programs retired in December after being at KKI for 38 years. We understand that she is currently residing in Florida. A reliable source has told us that Lana has taken up paddle boarding and enjoying many other pleasures.

Lainey LeBow-Sach has also announced her retirement. Lainey served as Executive Vice President of External Relations and had been a member of the Kennedy Krieger team for 23 years. We are confident that she will continue her very important work in the community.



We look forward to both of them joining the Alumni Association.

HEALTH CORNER

What is the difference between a cold and the flu?

The flu and the common cold are both respiratory illnesses but they are caused by different viruses. Because these two types of illnesses have similar symptoms, it can be difficult to tell the difference between them based on symptoms alone. In general, the flu is worse than the common cold, and symptoms are more common and intense. Colds are usually milder than the flu. People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems, such as pneumonia, bacterial infections, or hospitalizations. Flu can have very serious [associated complications\(https://www.cdc.gov/flu/about/disease/complications.htm\)](https://www.cdc.gov/flu/about/disease/complications.htm)

How can you tell the difference between a cold and the flu?

Because colds and flu share many symptoms, it can be difficult (or even impossible) to tell the difference between them based on symptoms alone. Special tests that usually must be done within the first few days of illness can tell if a person has the flu.

What are the symptoms of the flu versus the symptoms of a cold?

The [symptoms of flu](#) can include fever or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches and fatigue (tiredness).

Cold symptoms are usually less severe than the flu. Colds are usually accompanied by a runny or stuffy nose.

Is it a cold or flu?



Signs and Symptoms	Influenza	Cold
Symptom onset	Abrupt	Gradual
Fever	Usual	Rare
Aches	Usual	Slight
Chills	Fairly common	Uncommon
Fatigue, weakness	Usual	Sometimes
Sneezing	Sometimes	Common
Stuffy nose	Sometimes	Common
Sore throat	Sometimes	Common
Chest discomfort, cough	Common	Mild to moderate
Headache	Common	Rare