

Greetings! Welcome to the Spring/Summer 2019 edition of the Kennedy Krieger Alumni Association Newsletter. This publication is one of the instruments that is helping us **STAY CONNECTED**.

Since you received your last KKAA newsletter, 16 former Kennedy Krieger Institute colleagues have joined the Alumni Association. I am sure you will recognize some of the names while browsing the Membership Committee section of this publication.

The Social Committee hosted our annual luncheon at the Blue Stone Restaurant in Timonium. It was great seeing everyone and “catching-up.” There was a poignant moment during the luncheon--Bonnie Simms shared a touching story about former colleague—Elmer Anderson. You can read more about Bonnie’s story in the **I REMEMBER WHEN** section.

It appears that several members have taken some very exciting trips while others have engaged in important volunteer activities. I truly enjoy reading about members’ volunteer undertakings, sensational travels and fun adventures. I am sure that other alumni will take pleasure in reading them as well in **MEMBER NEWS**.

Now that summer is officially here, many of us will be spending more time out of doors. The **HEALTH SECTION** offers ways to identify and avoid contact with that pesky poison ivy as well as suggesting some proven remedies if needed.

Kudos to you for sending information for inclusion in each newsletter. Your fantastic stories and delightful photos go a long way in **KEEPING US CONNECTED**. Until the next issue, please enjoy your summer and stay safe.

Take care,

Roni



MEMBERSHIP COMMITTEE

The Kennedy Krieger Alumni Association's membership has grown to 258, and we are extremely pleased to welcome our new members. We have included the names of their former KKI departments and the length of time they worked at KKI:

- **Melissa Goldberg**, Ph.D. (19 Years, Developmental Cognitive Neurology)
- **Allison Lundahl** (9 Years, Behavioral Psychology)
- **Lainy LeBow-Sachs** (23 Years, External Relations)
- **Felicia Harris-smith** (17 Years, Neurogenetics)
- **Deb Tolly** (19 Years, Information Systems)
- **Maureen Wheeler** (15 Years, Special Education)
- **Annie Sutton** (9 Years, Social Work)
- **Jean Christianson** (41 Years, Social Work)
- **Colleen O'brien-enders** (27 Years, Social Work)
- **Hanna Ballard** (5 Years, PACT)
- **Carly Delavigne** (5 Years, REACH)
- **Esther Kang** (9 Years, Nursing)
- **Barbara Reed** (18 Years, Nursing)
- **Brenda Bryant** (23 Years, Nursing)
- **Angela Grier** (12 Years, Nursing)
- **Evelyn Patterson** (21 Years, Nursing)

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

On April 24th, Kennedy Krieger Alumni enjoyed a luncheon at the Blue Stone Restaurant in Timonium. It was great catching up with former coworkers while enjoying a delicious menu of filet mignon and crab cakes.

When the group was asked which member in attendance had worked at Kennedy Krieger the longest, it turned out that person was Diane Sestero (Behavioral Psychology). Diane worked at Kennedy Krieger for 37 years.



Nichole Reimers (Office of Philanthropy) was also recognized for her exceptional contributions to KKAA. We are extremely grateful to Nichole for her assistance with the newsletter and for her work with the membership database.

Enjoy pictures from the event on the next page. Hope to see you there next year!

SOCIAL COMMITTEE



SOCIAL COMMITTEE



MEMBER NEWS

What have you been doing since you left Kennedy Krieger? Do you volunteer? Have you had a great trip, a new or interesting hobby, a move, exciting family news? We would love to hear all about it!

SHARE your “news” with us in the next edition, Fall/Winter 2019, by emailing Jean at smootjean@yahoo.com

Keeping Busy with Travel and Family

Marge Fessler (Neurology and Developmental Medicine) and her husband will be going on a week-long river cruise from Paris to Normandy in October. They certainly have become quite the world travelers as they visited Australia and New Zealand last year.

Their oldest granddaughter is graduating from high school in June and will be attending NYU. Their second oldest granddaughter had her bat mitzvah in May and their DC-based grandson turned three on **May 24th**, and his twin sisters turned a year old on **June 15**. Lots going on!!

This photo was taken in February during a previous trip. In the background are the Sydney Opera House and the Harbor Bridge.



MEMBER NEWS

Maggie Shulka ROARs For Kids

On April 27th Maggie Shulka (Nursing/Pact) attended the ROAR for Kids at Oregon Ridge where she did the 5 K walk. ROAR is an annual event held to benefit Kennedy Krieger.

The weather was great, and she enjoyed seeing former coworkers from Pact. This year over 1,000 people participated in ROAR, and they raised \$105,000 for the Kennedy Krieger's Center for Autism and Related Disorders.



600,000 Sandhill Cranes Migrate

Jackie Krick (Nutrition) went to Nebraska in March to experience the spring migration of the Sandhill Cranes. The cranes fly up from Mexico and stop over on the Platte River to rest and refuel before flying on to Canada, Alaska and Siberia. Jackie said the experience exceeded her expectations. Imagine, 600,000 cranes!

During the day they glean corn and insects in the fields and at night they roost in the Platte River. In the morning they leave the river and the cycle starts again. They sleep in the river to avoid predators in the fields such as foxes. It was amazing to see and hear! Jackie and her group were at the river's edge just before dawn, and again at dusk to see this beautiful ballet, which has been going on for tens of thousands of years. She feels so lucky to be able to see this beautiful site!

If you would like to read more about the Sandhill Cranes go to:

<https://news.nationalgeographic.com/2018/04/sandill-cranes-migration-nebraska-animals-spd/>



MEMBER NEWS

A Move and A New Lifestyle

June will mark one year since Leah Boyd (Administration) and her family moved to New Smyrna Beach, Florida.

Almost every weekend Leah and her husband, Matt, ride their bikes on the beach, before their son Jordan even gets out of bed. They find that it is so peaceful early in the morning. They have a waterfront loop that Leah likes to walk. It's about 4 miles and she sees dolphins almost every time! They also bought a 1973 dune buggy that they drive around town in. Leah's traffic issue today was that the drawbridge was raised to let a sail boat go by!

In the beginning of May, Leah started a new job as a Team Administrative Assistant in the Office of the CFO at Embry-Riddle Aeronautical University. She loves it there; especially seeing the planes take off daily. Matt went from building roof decks in Baltimore to building Tiki huts on the beach!

Jordan surfs some weekend with volunteers from the Oceans of Hope Foundation. He absolutely loves it, and Leah and Matt are so proud of him for trying something new. He also likes to ride his trike to Dairy Queen for dinner.

The family is enjoying their new lifestyle but still miss their friends and family in Maryland and at Kennedy Krieger.



MEMBER NEWS

Talk About a Busy Year

Joe Pillion and his wife, Stina have had a year packed with travel and adventure since Joe retired in June 2018. They have taken a number of trips. They went to Ohio for an Ohio State football game and a mini grad school reunion, to Minnesota and Maine to visit family, and to Niagara Falls, Toronto and Montreal. Their biggest trip was a 16 day adventure to Patagonia where they hiked over 70 miles in Argentina and Chile. The mountain views were amazing and they kayaked right up to a glacier.

In September they went on a week-long mission trip to Puerto Rico to do hurricane clean up. The purpose of their trip was to do clean up and repairs. There were 15 people on the Mission from Lutheran Churches across the Delmarva.

They plan on doing less travel this year, but will still be busy. They recently moved into a new home in Lewes Delaware. It is right on the new Lewes Georgetown bike trail. They will be able to get to the beach this summer on their bikes without having to fight the traffic. Joe also volunteers at the Lewes library and exercises on bikes just about every day.



And, after all that, they have also had exciting family news. Their daughter Kaitlin presented them with their first granddaughter in July. Her name is Clara Rose. They plan to visit Kaitlin and her family often in Baltimore, where they live.



Views of the Andes



Glacier seen while kayaking

MEMBER NEWS

Operation Christmas Child

Right before she retired in May of 2018, Patty Porter (Education) became a year-round volunteer for Operation Christmas Child (OCC). This is a church-to-church ministry that emphasizes evangelism, discipleship and multiplication. This group packs and sends shoebox gifts (also called Gospel Opportunities) to children overseas.

This ministry started in 1993. Since then millions of shoeboxes have been sent to 100 different countries. Churches, student and community groups and individuals pack shoeboxes that contain clothing, school supplies, hygiene items, toys, stuffed animals and much more. At Outreach Events in foreign countries, children are given a shoebox and a booklet containing the Gospel called The Greatest Gift, which is presented by trained OCC volunteers from that country.

As a member of the Church Relations Team, Patty supports the OCC ministry by affirming Project Leaders of local churches that packed shoeboxes the previous year and engaging new churches to pack shoeboxes. Patty sees this as a natural extension of her work at KKI because she continues to help children in need, and she finds it equally as fulfilling.

If you are interested in packing a shoebox or having your church or community group become Involved contact Patty for more information at pattyporter77@gmail.com or (410) 262-0360



Hannah Ballard Wears the Cap and Gown

Hannah (PACT) said she “finally” graduated from the University of Maryland School of Social Work, where she proudly obtained her Masters Degree. She will be taking her State Exam and would love to return to Kennedy Krieger in a Social Work position. Hannah says she misses her former co-workers and the kids.

She also found time for some fun when she traveled to Costa Rica with close friends to celebrate a bride!





MEMBER NEWS

Eva Queen's Company Continues Their Advocacy

Eva Queen's (CARD) company, Community Advocates 4 You, was chosen to participate in Partners in Policymaking Maryland 2019. This is a 9 month national leadership program. Their goal is to teach individuals with intellectual/developmental disabilities and their families how to advocate for themselves using the legislative process. The program is sponsored by the Developmental Disabilities Council, and facilitated by the ARC of Maryland.



Community Advocates
4 You, Inc! (CA4Y.)



An Inspiring Story of Success

Mary Rawlings has some exciting family news. Her youngest nephew, Steven Rawlings graduated from Harford Community College with an AA in Political Science and an AA in Psychology. There are special circumstances that made this such a proud and poignant moment for his family. Steven's venture into college life started in 2012 after he graduated from high school. Over the years, after a lot of personal soul searching and adversity, he graduated with Honors and gave the Student Graduate Address at Graduation this spring.

Steven offers this advice: "To adults considering a return to school, consider the following statement – one that really impacted me personally. *Today is the tomorrow you were worried about yesterday.*" You can read more about Steven and his journey on the Harford Community College website, Success Stories/Steven Rawlings.

<https://www.harford.edu/about/offices-and-departments/Communications/student-success-stories/steven-rawlings.aspx>



Kennedy Krieger News

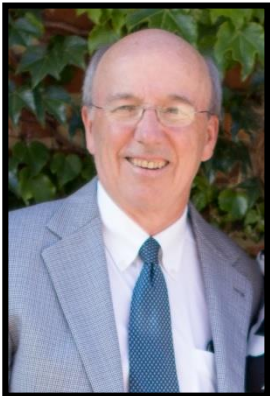


Dr. Robin Church will retire from Kennedy Krieger Institute on November 1, 2019. Dr. Church joined Kennedy Krieger on July 8, 1974. Her current role is that of senior vice president of educational programs.

Dr. Church plans to enjoy more time with family, her show dogs and traveling.

Patrick Millard retired from Kennedy Krieger after 26 years of service in the Institute's educational programs. Patrick served as Director of both the Lower and Middle Schools.

He will begin his much deserved retirement on July 1, 2019.



Dr. Frank Pidcock will step down from his current position as vice president for Rehabilitation at Kennedy Krieger Institute on September 30, 2019. Dr. Pidcock will be staying on at Kennedy Krieger in a part-time capacity. Dr. Pidcock joined the staff at Kennedy Krieger in 1994. He has served as a member of the Johns Hopkins Medical School Council and as president of Kennedy Krieger's medical staff.

After 31 years of leadership and dedication to the patients, families and staff members of Kennedy Krieger Institute, **Tami Swearingen**, chief nursing officer and senior vice president of healthcare quality, has announced her retirement, effective January 1, 2020.

Tami joined the Kennedy Krieger team on July 11, 1988. She plans to travel, volunteer and consult with healthcare agencies to help them navigate the accreditation process.



Kennedy Krieger News



A special event was held on June 17th to honor **Dr. Saku Bai Naidu** and to recognize over 30 years of care she provided to her patients and their families. Dr. Naidu is known worldwide as an expert in the field of Rett Syndrome.

I Remember When

I Remember When is a new feature suggested by several of our members.

If you would like to share some of your memories about Kennedy Krieger, please let us know.

Before the Kennedy Krieger Lower and Middle Schools moved to Fairmount Avenue in 1992 they were on the 2nd floor at 707 North Broadway. At that time there was a kitchen on the lobby level where meals were prepared for the school students and inpatients. Bonnie Simms (KKI School) remembers that Elmer, the “*chef*” would send the food to them using a dumbwaiter, and when the students had a birthday she would send Elmer a piece of cake via that dumbwaiter.



HEALTH CORNER

LEAVES OF THREE, LEAVE THEM BE

There is nothing worse than coming in from a walk in the woods or day of gardening to find that someone has gotten poison ivy.

The exposure to this plant can range from a miserable rash to a serious allergic reaction, so it is important to be able to identify what is, and what is not poison ivy.

What does poison ivy look like?

Poison ivy leaves are compound leaves, that is, each leaf is composed of three leaflets. In each set of leaflets, the middle leaflet has a longer stem than the two side leaflets. The stems of the two side leaflets are always directly opposite each other. On the poison ivy vine, the sets of three leaflets are never directly opposite each other. The veins of each leaflet are alternate along the main vein.

Poison Ivy ALWAYS has LEAVES of THREE



NEVER HAS MORE



Poison Ivy ALWAYS GROWS LEFT THEN RIGHT



NEVER SIDE BY SIDE

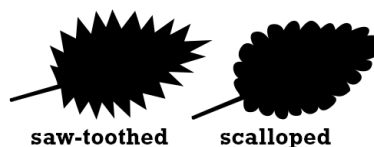


NEVER HAS THORNS



of any kind

NEVER HAS EDGES LIKE THESE



saw-toothed

scalloped

HEALTH CORNER



Here are just a few examples of what is not poison ivy:



Box Elder seedlings can look very much like poison ivy with compound leaves with three leaflets. However, the leaflets are arranged on the stem opposite from each other, not alternatively like poison ivy.



Indian strawberry has serrated leaflet edges. The edges of poison ivy can be somewhat jagged but are not serrated.



Brambles have prickles on the stems, which poison ivy never has. The leaflet edges also have finer serrations than poison ivy.

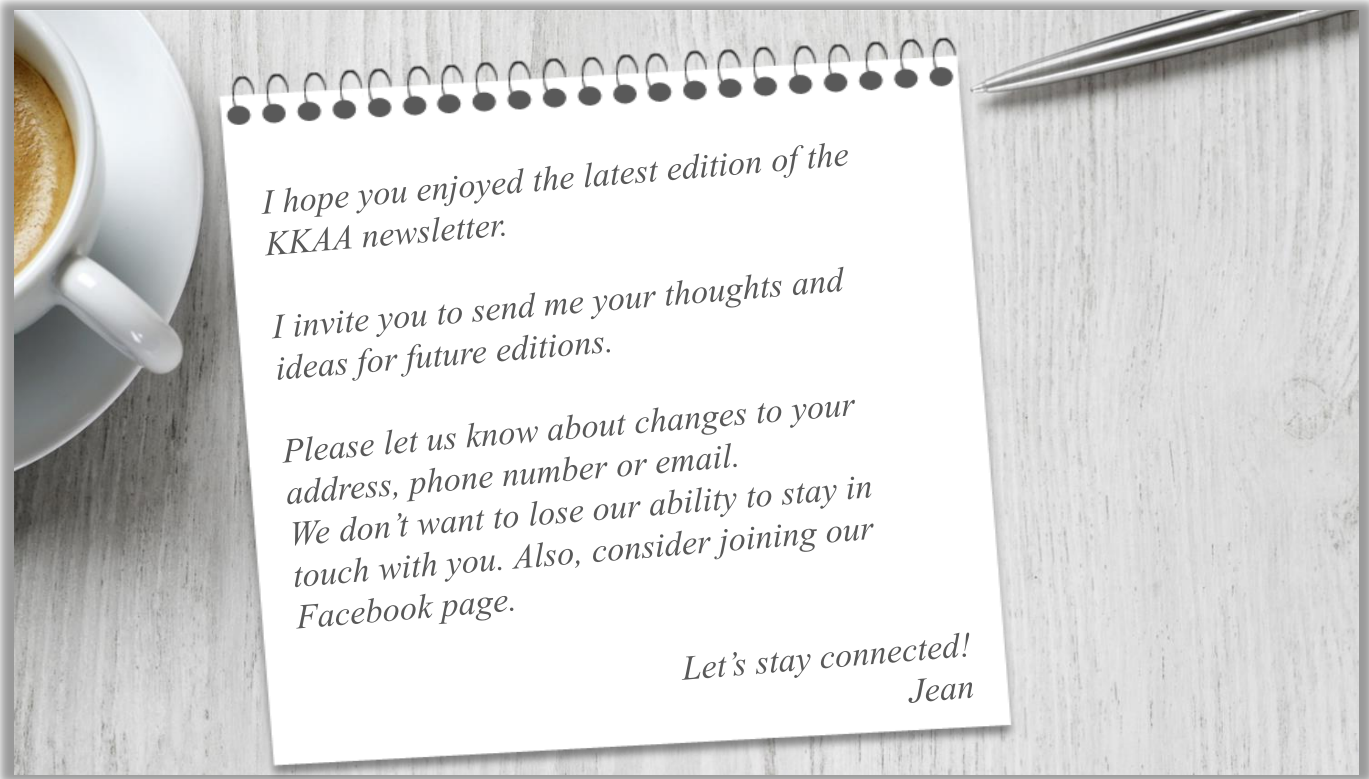
What to do if someone has come in contact with poison ivy:



- Rubbing alcohol can remove the urushiol oil from the skin, which is what causes the poison ivy rash.
- Clean the exposed area as soon as possible after contact with poison ivy, particularly within the first 10 minutes of exposure. If going camping or hiking, it is a good idea to carry alcohol wipes at all times.
- Hydrocortisone creams and calamine lotion are two products commonly used to reduce itching and swelling.
- Aloe Vera gel, taken from the Aloe Vera plant, is another soothing topical poison ivy remedy.
- Cool compresses, oatmeal baths and oral antihistamines all can be used to help with itching. Always administer oral medications according to package instructions and consult your physician for any questions or concerns you may have.



THE KCAA NEWSLETTER



*I hope you enjoyed the latest edition of the
KCAA newsletter.*

*I invite you to send me your thoughts and
ideas for future editions.*

*Please let us know about changes to your
address, phone number or email.
We don't want to lose our ability to stay in
touch with you. Also, consider joining our
Facebook page.*

*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...

Alumni email: webmaster@kcalumni.org
President Roni Gross: webmaster@kcalumni.org
Vice President Jean Smoot: webmaster@kcalumni.org
Membership Committee: webmaster@kcalumni.org

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