

Greetings and welcome to the Fall/Winter 2021-2022 edition of the Kennedy Krieger Alumni Association Newsletter.

I hope you are feeling as pleased as I am that the Omicron variant is disappearing as fast as it arrived, and the positivity rate has decreased drastically across the country. I heard one state's governor refer to the pandemic as the "endemic"—I sure hope what this "new" word implies is true. It is equally satisfying that many more folks chose to get vaccinated.

I am more than **READY** to socialize freely again, and enjoy companionship and a good meal with friends and former colleagues. The good news is that we are resuming our Annual KCAA Luncheon! Additional information about the Luncheon is in the Social Committee section of the Newsletter.

Also in this edition, we welcome new members to the Kennedy Krieger Alumni Association. The Association currently has 290 members. Their names, former department, and length of service are listed under the Membership Committee heading. Remember, if you communicate with a former KKI colleague, please invite them to join KCAA.

If you want to know what members have been doing since the last newsletter, check out the Member News section. Under the Kennedy Krieger News tab you will read about a long-time Institute staffer who is leaving the post that he has held for over 40 years.

Of course, you won't want to miss the Health Corner, which offers tips for having a healthy Spring.

Please enjoy this edition of the Kennedy Krieger Alumni Association Newsletter. I hope you will continue to send your updates so we can *keep in touch*. Also, please email KCAA at webmaster@kcalumni.org and let us know if you have moved or have a new email address.

Let's Stay Connected!

Take care,
Roni



MEMBERSHIP COMMITTEE



We welcome the following new members to the Kennedy Krieger Alumni Association:

- *Stephanie Cute* who was a member of the Speech and Language team for nearly eight years.
- Currently residing in Iowa, *Kenneth Bleile* worked in the Communication Sciences and Disorders Department.
- *Rachael Salamone* spent approximately five years as a colleague in the Department of Nursing.
- For 38 years, *Audrey Leviton* led the teams at PACT and the Child and Family Support Programs.
- *Lynne Schroeder* joins the Association after spending 16 years as a member of the Human Resources Department team.
- *Kendra Peay, M.D.* was a part of the Department of Psychiatry at the Kennedy Krieger School.
- *Irena Bukelis* spent 10 years as a member of the Psychiatry team.

Kennedy Krieger Alumni Association now has 290 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

You are Cordially Invited to Attend

THE 3RD ANNUAL
KENNEDY KRIEGER ALUMNI ASSOCIATION
LUNCHEON

SATURDAY, APRIL 23, 2022

1:00 PM TO 3:00 PM

AT

BLUESTONE RESTAURANT
11 WEST AYLESBURY ROAD
TIMONIUM, MD 21093

WE HOPE YOU WILL JOIN US.
RSVP BY APRIL 3, 2022
VIA EMAIL webmaster@kkalumni.org
OR CALL 410-215-8972

*Remember, there is no charge to attend our luncheon.
This is another way for us to Stay Connected.*



HEALTH CORNER

8 Strategies for a Healthy Spring

Help prevent chronic diseases like type 2 diabetes, heart disease and cancer with these 8 healthy habits for spring.

Learn more ways to stay healthy and prevent chronic disease at www.cdc.gov/chronicdisease.

Move More, Sit Less

Get at least 150 minutes of moderate-intensity aerobic activity (e.g. at least 20 minutes a day or 30 minutes on 5 days) every week, plus muscle-strengthening activities at least 2 days a week.

Brush Your Teeth

Brush twice a day with fluoride toothpaste

Eat a Healthy Diet

Try healthy food choices like fruits, vegetables, whole grains, lean meats and low-fat dairy products.

TIP: Make half your plate fruits and vegetables and half your plate whole grains.

Rethink Your Drink

Substitute water for sugary or alcoholic drinks to reduce calories and stay safe.

Be Sun Safe

Wear long-sleeved shirts, long pants, a wide-brimmed hat and sunglasses when in the sun. Always use a broad-spectrum sunscreen with at least SPF 15.

TIP: Wear sunglasses that block both UVA and UVB rays for the best protection.

Don't Use Tobacco

You can do it!

Call **1-800-QUIT-NOW** for free support.

Learn Your Health History

Talk to your family and your doctor about your family health history.

Get Enough Sleep

Adults need at least 7 hours of sleep at night.

Did you know: Kids ages 6-12 need 9-12 hours of sleep a night. Teens ages 3-18 need 8-10 hours of sleep a night.

And, since laughter is the best medicine... Have a laugh on us!

- Don't be worried about your smartphone or TV spying on you. Your vacuum cleaner has been collecting dirt on you for years.
- If you can't think of a word, say "I forgot the English word for it." That way people will think you're bilingual instead of an idiot.
- I'm at a place in my life where errands are starting to count as going out.
- I'm getting tired of being part of a major historical event.
- I don't always go the extra mile, but when I do it's because I missed my exit.
- At what point can we just start using 2020 as profanity? As in: "That's a load of 2020." or "What in the 2020?" or "Abso-2020-lutely."

MEMBER NEWS

It's 2022! I hope everyone is happily getting back to visiting with family and friends, traveling, volunteering and other enjoyable activities. We would love to hear about it! Share your "news" with us in the next edition, by emailing Jean at smootjean@yahoo.com



TEACHING ABOUT OPPORTUNITIES IN LINGUISTICS

Kathleen Oppenheimer is a former speech-language pathologist at KKI. She has been volunteering teaching linguistics to elementary school students. During the height of the pandemic, Kathleen started working with some fellow PhD students to create engaging Zoom activities where they introduced linguistics concepts to young students as part of their school's virtual STEM nights.

Many people don't know about linguistics or language science until college or later, so Kathleen and her group are trying to change that by introducing younger students to this career opportunity. Since their Zoom activities, they have expanded to giving presentations and assemblies to four different elementary schools. They have a website that offers **free, virtual STEM presentations about the science of language**, and are always looking for new audiences.

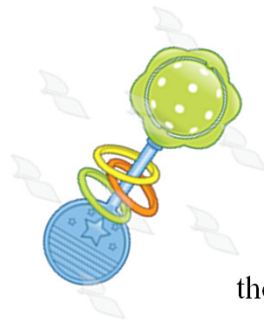
<https://koppen3.wixsite.com/languageScientists>

MARGE ON THE MEND!



Marge Fessler (Center for Development and Learning) had total knee replacement surgery in December. We are happy to hear that she came home the same day and her recovery is going very well. She is looking ahead to more exercise as the weather warms up and hopefully, some travel in 2022.

PAULA WELCOMES A NEW GRANDSON



Paula Cameron had a tough start to 2021, including a personal loss and some serious medical challenges. We wish her all the best and are so happy to hear that the year ended on a joyous note.

Paula is a grandma! Jordan Alan Toronoto was born on September 10, 2021. Jordan is the son of Paula's daughter, Erin and her husband, Jason, and the nephew of KKI Employee, "Aunt" Megan Cameron.

LAINY KEEPING BUSY

Lainy Lebow-Sachs may be retired from KKI, but she is keeping very busy. She is involved with many organizations, raising money for them and doing political work for candidates she cares about. If that isn't enough, she is walking, doing Pilates and riding an indoor bike. She is off to the sunny state of Florida in February.

She is happy to say her children and grandchildren are all doing great with 3 grandchildren in college and one graduating in June.



Where in the World???

A TRIP TO ENGLAND FOR PATTY PORTER

Patty Porter (Inpatient Education Department) and her husband Pete, went to England for **18** days to visit their daughter, son-in-law and two grandsons, Jack (**6**) and Ben (**4**). Patty's family moved there in June for **3** years, and this is their first visit to see them in Ilkley, which is about **4** hours north of London. They had a lovely time exploring their little town and sampling the local cuisine. Patty and Pete took the train to Seaham on the northeast coast to hunt for sea glass for **2** days while their grandsons were still in school. They had great weather and found some nice pieces.

Once the boys' school vacation started, they all took the train to Edinburgh, Scotland. They stayed there

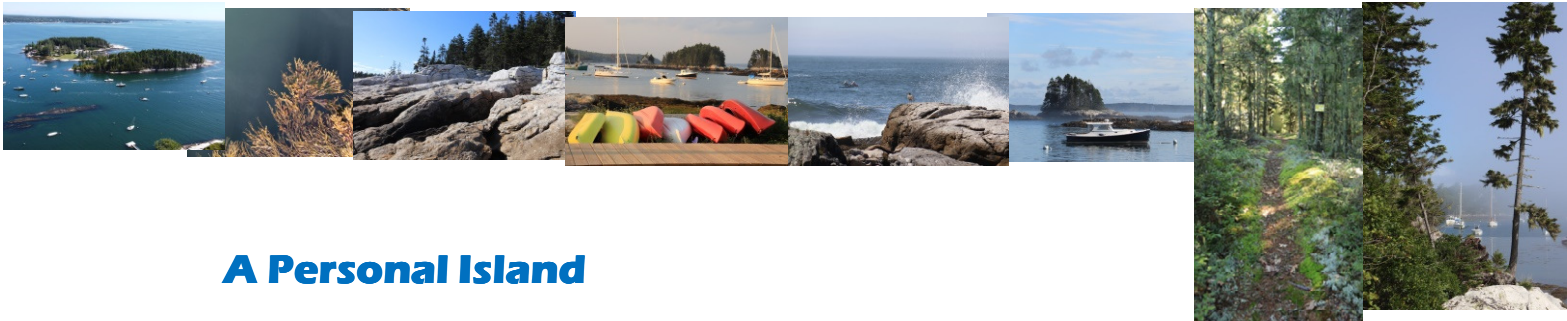


for **5** days, taking in all the sites, including Edinburgh Castle and the Palace of Holyroodhouse, where the Queen stays when she is in Scotland. They took one morning to go sea glass hunting on Portobello Beach, and they found some nice pottery and glass. While in Scotland, they toured the Britannia, which Patty said is gorgeous.

Patty and Pete got to spend time with the boys when their parents returned to work. They played games, went to the park and got ice cream. Although somewhat cooler than here, the weather was perfect. They had a wonderful trip and are looking forward to seeing them again soon.

Patty also designed **2** wreaths for the Festival of Trees; something she does every year.

One of her wreaths even won a ribbon!



A Personal Island

In August, Nichole Reimers (Guest Relations/Philanthropy) spent a week on an island in Five Islands Maine. There was no TV or internet, just the opportunity to connect with nature. Days were spent kayaking, swimming, exploring the island and taking pictures, making it a magical experience.

KENNEDY KRIEGER NEWS

Bruce Shapiro, MD, has announced his intent to retire. Dr. Shapiro was Vice President of Training and Director of the Maternal and Child Health Leadership Education in Neurodevelopmental and Related Disorders program (LEND), where he oversaw and coordinated the interdisciplinary training of more than 5,000 trainees. Dr. Shapiro has been an integral part of Kennedy Krieger for more than 40 years, most recently as the “inspirer-in-chief”, shaping physicians to be the next leaders in neurodevelopmental medicine. In short, anyone practicing in the field of neurodevelopmental medicine knows Bruce Shapiro’s name and/or has benefited from his work in some way. Dr. Shapiro’s shoes are indeed large ones to fill!

I REMEMBER WHEN

Please send us some of your memories of the time you spent at Kennedy Krieger and we will include them here.



COMMUNICATIONS COMMITTEE

As always, I hope you enjoyed our latest edition of the KKAA Newsletter. Let me know your ideas for upcoming editions. Your input is what makes our Newsletter great!

During the past year have you been receiving emails from the KKAA?
If you haven't been receiving our emails, we either don't have your email address or it has changed. Please let us know what your current address is.

The Alumni email address is webmaster@kcalumni.org

Also, if your address or phone number have changed, let us know. 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

To reach us by phone: 410-215-8972

KKAA 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.



Kennedy Krieger Alumni Association

Membership List

- 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 Bethoulle
- Nancy Bjork
- Traci Blow
- Rosalee Blyther
- Melissa Boling
- Jim Boscoe
- Estelle Bouchard
- Bernice Bowen
- Thelma Bowler
- Leah Boyd
- Kathy Brady
- Melanie Branagan
- Brenda Bryant
- Kim Buckheit
- Sarah Calhoun
- Paula Cameron
- 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
- 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
- Margaret Galluzzo-Sumner
- Laura Gertz
- Shannon Gettier
- Yvonne Glass
- Sharon Glennen
- Andrea Goffus
- Melissa Goldberg, Ph.D.
- Gary Goldstein
- Paula Gonc
- 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
- Ashley 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
- Arethusia Kirk, M.D.
- Fran Knorr *
- Stacey Kowalski
- Jackie Krick
- Kara Kristaponis
- David Kuhn
- Stephanie Kuhn
- Jane Kuntze
- Mi-Kyong Kwon
- Chrissy Lake-Shulka
- Dina LaReau
- Mary Lashno
- Joanna Lawyer
- Lainy LeBow-Sachs
- Lori Lee
- Kimberly Leffler
- Terri Leishear
- Terri Levin
- 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 Mclver
- Keisha Meade
- Elisabeth Mekosh
- Judith Miller
- Marigot Miller
- Sue Miller
- Shernica Miller
- Christopher Moore
- Delores Moore
- Elizabeth Moore
- James Morrell
- Karen Murphy-Keddell
- Mary Nasuta
- Patricia Neal
- Colleen O'Brien-Enders
- Edore Onigu-Otite, MD
- Kathleen Oppenheimer
- Juliet Oroszy
- George Papuchis
- Danielle Parker
- Evelyn Patterson
- Beth Pendergast
- Elizabeth Petersheim
- Joanna Peterson
- Matthew Peterson
- Leslie Phillips
- Frank Pidcock, MD
- Joseph Pillion
- Frank Pidcock
- Shari Pincus
- Shanna Pool
- Patty Porter
- 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
- Sharon Riccitelli
- Concetta Roby
- Vanessa Rodriguez
- Natalie RoliderAguila
- Tom Ross
- Joel Rothwell
- Emily Rubio
- Belinda Russell
- Julia Ryder
- Michael Schlund
- Lisa Schwartz
- Dianne Sestero
- Brittney Shaffer
- 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
- Kay Taylor
- Alicia Taylor
- Tessa Taylor
- Julie Tefft
- George Thomas*
- Nancy Thomas
- Deb Tolley
- Pam Tsapalas
- Trinity Tumban
- Frank Updike
- Jennifer Vance
- J.Ronald Walcher
- 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

** Deceased Member*