



JULIE CENTER NEWS

Spring 2016

Did you hear that? The collective sigh of relief heard everywhere, “Ahh! Spring is finally here.” Mother Earth is once again blessing us with the sights and sounds of a new season – Spring! We can finally shake off our overcoats, mittens, and snow boots. Store the snow shovel until next winter and get the spade, shovel, and rake ready for planting. Hibernation is officially over.

Embrace the life affirming joy of spring!

Our busy lives have us jumping and running from one thing to another. We often spend too much time thinking of the past and worrying about the future. Hundreds of books and blogs guide us to stay in the present moment. Sun salutations and meditation exercise our mind and body to feel present. Is it working? It could be that all we need is to take a walk. The months of spring allow us to be present. Who can pass up

walking in the neighborhood, feeling a cool breeze on your face, and stopping to notice buds and blossoms? You might even have a bounce in your step and you can't help but whistle or sing,

Zip-a-dee-doo-dah
Zip-a-dee-ay
My, oh my
What a wonderful day

If I see you on the street singing this song and you have a bluebird on your shoulder, I know that I will be witnessing true happiness!!

It is a happy time.☺

While you are out on your walk take notice of the wonderful brick work on the sidewalk in front of the building and the inspiring words and mural over the basement window and door. In 2005 a small group of neighborhood youths worked with Barbara Moore and Ashley Clemmer to create these wonderful works of art. They spent days finding the designs for the brick work, creating the Styrofoam molds, and laying the concrete designs and the bricks. The kids chose designs from several cultures. The sun represents happiness in Latin American cultures, the crossroads is taken from Native American cultures and represents wisdom at the crossroads, and the crescent symbol is Nigerian for strength. They

put their own American footprints for journeying. Once they had the symbols the group worked on the phrase. What they wrote is very inspirational.

*As you journey through life
May you have the strength
To choose wisely at every
crossroads
And may you find happiness*

The mural that accompanies the phrase was created by Ashley Clemmer who was studying for her MA in community art at MICA.

So, let's take the kids' advice and journey through life with strength. Choosing wisely at every crossroads and finding happiness.

Borrowing from Pharrell Williams, “Clap along if you feel like happiness is the truth. Clap along if you know what happiness is to you.”

Thanks for YOU and for your love and support.

*Blessings on each of
you for a Happy
Spring!*



Earth laughs in flowers
Ralph Waldo Emerson



Noteworthy

Night at the Opera

Our first *Night at the Opera* was a huge success. Friends gathered at the Fells Point Corner Theater to enjoy good company, food, and the extraordinary voices of Jose Sacin and Taerra Pence along with pianist Milena Gligic. I can't wait until next year!

Sunday Supper

In February we held our first Sunday Supper. Marlo Cutler, an integrative nutritionist and neighbor, shared her culinary skills and knowledge to a willing group of folks. Over a delicious meal we shared nutritional information and ideas for future suppers and ways to address food and health issues.

Community Outreach

Ms. Phyllis Savoy keeps the Food Pantry at the Commodore John Rodgers School running smoothly. She works closely with school staff to identify families and outreaches to the community. The Food Pantry continues to be a much needed resource for families and the community.

Adult Education

Ms. Victoria Moore, our Notre Dame Americorps member, has become a reliable fixture at the McElderry Park Resource Center. She provides individual and group lessons in the basics of the GED

program. Each are progressing at their own pace.

Workforce Readiness

This past February seven students graduated from the Preschool Pre-service training. Each completed 100+ hours of instruction and hands on learning in child care classrooms. Since graduation, six are working in child care centers. Bravo!

Youth

Youth programs have been dynamic this year! Americorps member, MacKenzie Keefe, is working with preschool and elementary school children at a local Head Start program and elementary schools as well as with Living Classrooms, and Banner Neighborhoods. She is also working with the Refugee Youth Project to mentor a teen. She is busy, but loving it! Victoria Moore is leading the new Youth United in Leadership Orientation. Teens ages 13-17 engage in activities with mentors that help develop and strengthen their ability to communicate concerns and ideas facing themselves, their families, and their community.

The Summer Camp staff are busy planning for the 2016 Summer Peace Camp. Bring on the fun!!

Health Promotion

Ms. Carm Dorsey maintains her place in the public health nursing hall of fame! She

continues to be a resource for the elderly in the community providing needed case management for many.

A new semester has started for the student nurses at JHU. This public health nursing clinical exposes the students to the complexities of managing chronic illnesses and how the health of a community effects the health of its residents. We are grateful to have them.

Special THANKS!

✓ **for generous gifts:**

- *You, our supporters*
- *Christmas Concert participants*
- *Night at The Opera participants*
- *Margaret & William Judy*
- *Brian Judy*
- *Gayle & Craig Adams*
- *Michael Curley*
- *Joseph & Valerie Baumgartner*
- *Ann Miller*
- *Nelson & Lily Adlin*
- *Mike Burdinski*
- *Sisters of Notre Dame de Namur*

✓ **for outstanding services:**

- *Night at The Opera sponsors: Bob Cockey (Cockey's), Sean Young (Water for Chocolate), Andy Norris (Bertha's).*
- *Volunteer: Marlo Cutler*
- *Building repairs: Barbara Moore, Kurt Schiller*
- *Technology: John Gos*

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*Belinda Davis Carm Dorsey,
Victoria Moore MacKenzie Keefe
Phyllis Savoy Laura Syron*

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