



The League for People with Disabilities is committed to offering individuals the opportunity to gain independence, increase self-sufficiency and to improve the quality of life. This mission guides our actions and decision making.

March Newsletter

My League Story:

Kimberly Bell, *Multiple Sclerosis Day Program Participant*



Meet Kim, a participant of the Multiple Sclerosis (MS) Day program at The League. For years, Kim has found connections in the group. She says, "I go there, and I'm understood. I get to laugh. I get to think. I get to be silly. And I enjoy the games and the fellowship." Every participant in the MS Day program understands the obstacles associated with multiple sclerosis. As Kim describes it "a lot of people have these symptoms as well: numbing and tingling, balance issues, pain and bladder issues and sometimes even vision. Memory and cognition [problems] can also be symptoms."

Interacting with other participants with multiple sclerosis as well as staff who are educated on the disease, Kim is unafraid to open up, get silly, create strong friendships, and to "go with flow." The MS Day program provides a safe space where participants don't feel obligated to perform the same way they do "out in the world."

Since the start of quarantine, Kim has been busy aiding 4 kids with virtual learning. In her words, "now I'm able to participate [in the program] more than I did before. The pandemic put a hole in some lives. I never felt a hole. I have 4 kids at home virtually learning, and it's been a challenge. But I'm able to jump on [Zoom] in between here and there to join the Day program group, and those groups have helped keep me sane."

Her current favorite class, Therapeutic Art, has allowed her to set aside time for herself to create, quench her thirst for knowledge, and enjoy time with her Multiple Sclerosis Day program friends.

Multiple Sclerosis causes Kim and others to suffer through various unpredictable symptoms that are not always visible to others. Through it all, Kim refuses to allow this disease to control her everyday life. She says, "we don't let it stop us" and wants people to remember that "not all disabilities are visible."

The League would like to thank Kim for sharing her story with us. If you have a story that you would like to share about how The League has positively impacted you or a loved one's life, please email Tue Trinh at ttrinh@leagueforpeople.org.

March is Multiple Sclerosis (MS) Awareness Month

March is MS Awareness Month, and The League would like to take the opportunity to remind the community that we offer services to individuals with MS through our MS Day Program. Developed in conjunction with the University of Maryland Rehabilitation & Orthopaedic Institute, the MS Day Program is designed to help individuals achieve their highest possible level of independence and quality of life.

If you or someone you know has MS and might be interested in learning more about the program, please click here [The League's MS Day Program](#) or contact Jessica Hutchison, *Manager, Multiple Sclerosis*

Day, 410-323-0500 x384
or jhutchison@leagueforpeople.org



The League's Virtual Community Gathering

You are invited to join us on Zoom on Wednesday, March 24th from 12:30 - 1:00 PM for *The League's Virtual Community Gathering*. This is an opportunity for you to hear more about what's happening at The League, current programming as we navigate the COVID-19 pandemic, exciting updates and future plans!

For more information and to register, please click here: [The League's Virtual Community Gathering](#).



Please Join Us! 4th Annual #OMGFOOD Virtual Event



Tickets are on sale NOW for the 4th Annual #OMGFOOD event! Please join us on Saturday, April 24th for this unique virtual event experience featuring a three-course dinner by *La Cuchara*, a culinary kit featuring a variety of exciting items, access to an engaging virtual event program and the opportunity to participate in the online auction.

[EVENT INFORMATION HERE](#)

[PURCHASE TICKETS HERE](#)

If you are interested in learning more about our sponsorship opportunities for event and/or how you can donate to our online auction, please contact Lauren Yankolonis at lyankolonis@leagueforpeople.org or 410-323-0500 X308.

We hope you can join us on April 24th as we celebrate the important work of The League, and raise funds to support our programs!

The League on Social Media

Are you engaging with The League on social media? Please like, follow and share important information about The League on our Facebook, Linked In & Instagram pages!



Friendly Reminder, SCALE Program Facebook Page: Please be aware that effective April 1st, The SCALE Facebook page will be discontinued. We will post all SCALE information on The League's Facebook page. Make sure you like The League's Facebook page to stay up-to-date on SCALE and general League updates too!

Final Note from Our President & CEO

Dear Friends of The League,

One of The League's participants in services was recently featured on the cover page of The Baltimore Sun. The article, "*Prioritized for vaccines, but access hurdles remain*", highlighted the issue that individuals with disabilities and their caregivers are having as they try to access the COVID-19 vaccine.

In case you missed it, here is a link to the article that I was happy to participate in: "[Prioritized for vaccines, but access hurdles remain](#)".

The League continues to provide services, virtually and some safely in person, and our programming remains consistent and essential to our participants. I extend the invitation to you to join us on Wednesday, March 24th for [The League's Virtual Community Gathering](#), as an opportunity to hear more about the work that we are currently doing throughout the COVID-19 pandemic.

Thank you for your ongoing support of The League, and I hope to see you at [Virtual CLUB111](#) this Saturday, March 13th at 6:00 PM!

Sincerely,



David A. Greenberg
President & CEO



Your gift to The League's Annual Fund allows The League to continue providing important services in our community. Donations can be made online through the button below:

Please Support Our Annual Fund!

You can also mail a check made payable to "The League for People with Disabilities" to:
The League, c/o Annual Fund
1111 E. Cold Spring Lane
Baltimore, MD 21239

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For more information, you can visit our website at www.leagueforpeople.org, and follow us on our Facebook page; "The League for People with Disabilities".

