



Tracy's Kids

2022 Annual Report
www.tracyskids.org

Message from Matt Gerson, Founder and President of *Tracy's Kids*

Tracy's Kids was able to put COVID behind us in 2022. All of the programs got back to normal -- or mostly back to normal -- thanks to the heroic dedication of our miraculous team of Art Therapists. I know I speak for the *Tracy's Kids* Board and the 5,000 patients, siblings and parents we serve every year in saying, "thank you!!"

A 2022 highlight was the naming of our program at Children's National Hospital, "The Marcelle and Patrick Leahy Art Therapy Program." The Leahys have both been involved with the charity since its inception, with Marcelle on our Board for over a decade. Many of their senate colleagues and friends attended the June ceremony that created a lasting legacy in Washington, the city that was their second home for 47 years.

Another memorable event took place when Maryland First Lady Yumi Hogan visited Baltimore's Sinai Children's Hospital to present us with a \$20,000 check from the Foundation for the Preservation of Government House of Maryland. Mrs. Hogan -- a gifted artist and Art Therapy enthusiast -- greeted caregivers and patients when presenting the gift that was used to support all the work *Tracy's Kids* has done for the Baltimore community.

But the biggest news of all was Tracy Councilill's decision to retire from daily art therapy at Georgetown Hospital after 31 years. Her service was indispensable for those she helped guide through their darkest times. I recognized a long time ago that Tracy was put on this earth to do what she does. Because of the model that she developed, *Tracy's Kids* has fundamentally changed the standard of care for pediatric oncology in the region. Her patience, compassion, commitment, and professionalism -- along with that comforting North Carolina accent -- have been invaluable to tens of thousands.

Tracy is as heroic to her admirers as better-known GOATs. Our Giant Of Art Therapy created environments where kids can just be kids -- not "sick kids." And because they feel so comfortable, patients and their siblings actually look forward to going to the clinic -- a sentiment we hear over and over and find hard to believe each and every time. Lucky for us, Tracy continues on as our invaluable Program Director.

I know that an enormous network of families, Art Therapists and medical professionals join me in wishing Tracy and Don the very best in their retirement and much success and enjoyment in the endeavors that lie ahead.

Here's to a successful 2023 -- when we will be celebrating our 25th anniversary.

Sincerely, Matt Gerson

Our Mission

Tracy's Kids helps young cancer patients and their families cope with the emotional stress and trauma imposed by cancer and its treatment. We are dedicated to helping the children and families we serve to be emotionally prepared to fight cancer as actively as possible—and prepared for the time when they are cancer free.

What is art therapy?

Art therapy is a mental health profession in which patients and Art Therapists use the creative process and the resulting artwork to explore feelings, reduce anxiety, and improve social skills and confidence. The **Tracy's Kids** team of Masters-trained and credentialed Art Therapists offer a wealth of art media and approaches to patients from toddlers to twenty-somethings.

Processing medical trauma

Young people who endure long courses of treatment or sudden, life altering diagnoses often experience overwhelmingly scary events. Events too frightening to be remembered and understood are stored as non-verbal memories. Smells, sounds, visual images, and bodily sensations can trigger distress if they match the sensory memories of the traumatic event. Visual communication helps our patients identify troubling sensations and memories, put their feelings on paper, and reflect on their experiences in both art and words, gaining distance from scary events.



"When I come [to the art room], it makes me courageous, and then I feel brave when I go to chemo." --Ruby, age 7



In 2022, the Tracy's Kids programs provided 11,067 hours of art therapy, over 15,544 art therapy contacts with patients and family members, and 1,337 hours of consultation with treatment teams.

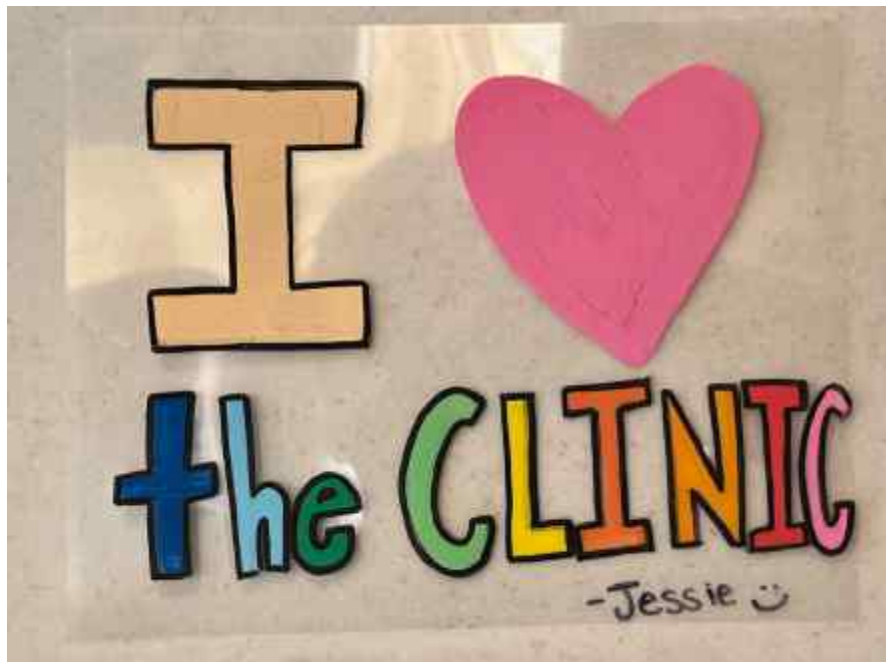
Tracy's Kids' Work

In 2022 *Tracy's Kids* operated at six treatment centers across the country--three in the Washington, DC Metropolitan area, one in New York City, one in Baltimore, and one in San Antonio, Texas. All of our services are offered at no cost to the patients and families we serve. Our patient-centered, open studio approach for inpatients and outpatients allows us to provide support during all phases of cancer treatment.

Tracy's Kids began at the Lombardi Cancer Center of Georgetown University Hospital in 1991 and has grown from one art therapist at one hospital to ten art therapists at seven locations in five states. They are integrated members of the medical teams and work directly with physicians, nurses and medical professionals to help address the multi-faceted needs of each patient.

Tracy's Kids provides opportunities for relaxation, confidence-building, and self-expression. Using art to identify fears and feelings, whether conscious or unconscious, the *Tracy's Kids* program allows young patients and their siblings and parents to gain some control over the difficult experiences they are going through.

Year after year, parents tell us that their children come to our clinics eagerly anticipating the art projects they will do. Shifting the focus from medicine and discomfort to creativity makes treatment days less stressful. Art therapy can't replace the soccer games, sleepovers and normalcy that are lost during cancer treatment, but through art kids are able to experience themselves not "just" as a patient or sick kid, but as creators, in charge of their art and engaged in meaningful work. We help them find what they are able to do and what they enjoy, cultivating resilience and hope that the illness will not be forever. And in the process they can trust our trained art therapists with whatever is on their minds.



In 2022, *Tracy's Kids* largely completed Phase 1 of our PCATS art therapy research study, with participants enrolled at our Georgetown and Children's National Hospital locations. Phase 2 is set to begin in 2023 with other *Tracy's Kids* hospitals set to participate. Preliminary findings suggest that our work has a strongly measurable positive effect on patient mood, sense of agency, and diminishing sense of isolation. The study is a collaboration between our hospital partners and the National Endowment for the Arts.

Tracy's Kids and Families

Tracy's Kids focuses on the children undergoing cancer treatment, but the impact of this disruptive and scary chapter of their lives extends well beyond the patient. We know the entire family suffers when a child has cancer, and we encourage siblings, patients and other family members to work with our art therapists whenever they can.



During 2022, we had the unusual opportunity to work with two siblings who were both leukemia patients. The oldest child, Haley finished high school and started college while undergoing chemotherapy.

But her ***Tracy's Kids*** story began years before when her younger sister Myla was diagnosed with leukemia. Art therapy helped Myla express her pain with dignity, and was also a pivotal support for her siblings.

Haley handled her diagnosis with grace not only because she is an extraordinary young woman, but also because she knew she could count on ***Tracy's Kids*** for support.



When Tracy retired, Myla and Haley's mom wrote her a note, saying, "By watching you, I learned ways to help my children get through things that they felt were impossible. Because of you, I was able to be the mom they needed. Because of you, we made a masterpiece of fond memories out of the uncontrollable treatment schedule that was given to us."

2022 Grants to Provide Art Therapy

In 2022, Tracy's Kids awarded \$529,177 in grants to our seven art therapy program sites.

In 2022, *Tracy's Kids* granted the Georgetown Lombardi Comprehensive Cancer Center \$90,351 for their art therapy program.

2022 was Tracy Councill's last as the *Tracy's Kids* art therapist at Medstar Georgetown University Hospital. After 31 years, Tracy retired from clinical work at the end of 2022. Long the focus of life in Lombardi's pediatric oncology outpatient clinic, Tracy's Kids fostered an inviting atmosphere of relaxation while inspiring reflection through creativity. Creating art in the midst of treatment allows patients to process and respond to their experiences in a healthy and empowering way. Georgetown Hospital's motto "*cura personalis*" means

"care of the whole person," and our program focuses not only on the needs of patients, but of their family members and the medical team as well. We look forward to supporting the program with a new art therapist



Tracy's Kids at Georgetown serves patients across the pediatric oncology spectrum, with a special focus on adolescents and young adults. Young professionals, college, high school, and elementary-age patients work together at the art tables, exploring a variety of challenging media.



During their holiday visit to the kids at the **Lombardi Cancer Center**, the **Washington Capitals** presented Tracy with a retirement gift--a personalized jersey signed by the team!

In 2022, *Tracy's Kids* at **Lombardi** provided 1,488 hours of art therapy sessions, 1,620 patient contacts, and 207 hours of consultation with treatment teams.

In 2022, *Tracy's Kids* granted Children's National Hospital **\$170,929** for their art therapy program.

Children's National has the Washington DC area's largest pediatric oncology program, with a 30-bed inpatient unit that is often filled to capacity, in addition to a twelve-bed Bone Marrow Transplant unit.

Beth Tutt, Lauren Schlenger and **Alby Gyimah-Boadi** make up the Tracy's Kids team at Children's National Hospital. 2022 brought reinstatement of the Summer Scribbling Siblings Program and restored access to the art room for both inpatients and outpatients, as pandemic restrictions lifted.

When three-year old Miles was a patient at Children's National Cancer and Blood Disorders Center, it was art therapy that inspired him to get out of bed. The chance to grab a brush got him moving. Art encouraged Miles, and that incentive was important. After an unexpected stay in the Pediatric Intensive Care Unit, Miles had to rebuild his strength and practice standing. "Art therapy was such a huge motivator for him," says his mom, Leslie. "He made such a strong connection with the Tracy's Kids art therapists."



Wes' Mom writes, "we were at Children's National Hospital yesterday. Having a ready to-go paint set-up makes port access and labs go a lot faster!! We are so grateful to Tracy's Kids."

*"The art therapy that **Tracy's Kids** provides patients in our Cancer and Blood Disorders Center is essential to healing. It is often just as important as the medicines and therapies we provide." -- **Jeffrey Dome, MD***

Scribbling Siblings returned in 2022 after a two-year hiatus due to COVID-19. This summer, former intern Alice Yun provided 12 weeks of support to Scribbling Siblings. She recognized patient siblings with displays in the "Hall of Heroes" and helped participants create a large, collaborative mixed-media painting, which will be hung in the Center.

Tracy's Kids at **Children's National Hospital** logged 2,904 hours of art therapy, 3,491 patient contacts, and 373 hours of consultation with treatment teams in 2022.

In 2022 **Tracy's Kids** granted PSV's Center for Cancer and Blood Disorders and Inova Children's Hospital \$75,000 for their art therapy program.

The **Tracy's Kids** program at PSV provides a safe, therapeutic, and fun space for patients of all ages and their family members to process the emotional stress and anxieties that often go hand-in-hand with the diagnosis of a chronic medical illness.

Catherine Rubin leads the **Tracy's Kids** Program at the 22-bed **L.J. Murphy Children's Hospital in Fairfax**, helping inpatients process medical challenges, relax, and gather with small groups of other patients who work creatively together.



In recognition of Childhood Cancer Awareness Month in September 2022, Catherine Rubin organized an art exhibit at the hospital. She hopes to make the show an annual event.

Jess Girard works full-time at the outpatient Infusion Center. **PSV's Center for Cancer and Blood Disorders** is housed in the Inova Schar Cancer Institute. Their common spaces were reopened in 2022. Jess works with patients individually in exam rooms, at their infusion chairs, and in the art area, adapting to the needs of the patients present each day. With caring for the whole family a priority for **Tracy's Kids**, Jess has also been able to create a protocol for siblings to tour the clinic and spend some time with her in the art room, even though they cannot routinely accompany patients for their infusions.

During 2022, the **Tracy's Kids** program at **PSV** provided 1,373 hours of art therapy, 3,008 patient contacts, and 142 hours of consultation with medical teams. At **Inova Children's Hospital**, we provided 1,000 hours of art therapy, 903 patient contacts, and 64 hours of consultation with medical teams.

In 2022, *Tracy's Kids* granted Methodist Children's Hospital in San Antonio \$33,666 for their art therapy program,

The *Tracy's Kids* program at Methodist Children's Hospital in San Antonio, TX serves a very large and growing population at a regional medical center. Art Therapist **Courtney Martin**, who is in her eighth year at Methodist, is well-integrated into the medical and psychosocial support teams. Due to some administrative issues, the Tracy's Kids program went part-time in 2022, but we expect it to return to full-time during 2023.

This year the Hematology-Oncology and Bone Marrow Transplant programs at Methodist continued to grow at an exponential rate. Pandemic restrictions still shuttered common spaces on both inpatient and outpatient units during 2022. Courtney works hard to meet the needs of a 23-bed Bone Marrow Transplant Unit, a 16-bed inpatient unit and a burgeoning outpatient clinic.



In 2022 *Tracy's Kids* at **Methodist Children's Hospital** provided 567 hours of art therapy sessions, 1,225 patient contacts, and 96 hours of consultation with treatment teams.

In 2022, *Tracy's Kids* granted New York Presbyterian Hospital \$65,553 for their art therapy program.

Sarah Fine is the *Tracy's Kids* art therapist at the **New York Presbyterian Phyllis and David Komansky Children's Hospital**. She works closely with clinical teams to provide individualized art therapy sessions to inpatients in the General Pediatric Unit and Pediatric Intensive Care Unit, outpatients in the Pediatric Hematology/Oncology Clinic, and their families.

Sarah initiates art therapy at the time of diagnosis. Developing a therapeutic alliance at the beginning of treatment provides a strong foundation for supporting kids and families through all the challenges they will face. When they go home after the initial treatment in the hospital, patients return for outpatient care. On their first day at clinic, Sarah orients them to the open studio space and invites them to create while receiving chemo. The ever-changing art display in the clinic reflects the feelings and experiences of artists of all ages, and allows patients to feel a sense of belonging.



Emilia's representations of "fear" and "joy," made as she processed her feelings about treatment.



A young patient's "control panel" helps her feel more in charge of her emotions when she comes to clinic.



Patients, family members and staff contributed to a montage of art and inspirational quotes titled "Grow Through What You Go Through," displayed outside the Nurse's Station.

In 2022, *Tracy's Kids* at New York Presbyterian Hospital provided 999 hours of art therapy, 2,465 patient contacts, and 70 hours of consultation to treatment teams.

In 2022, *Tracy's Kids* granted the Herman and Walter Samuelson Children's Hospital at Sinai in Baltimore \$50,515 for their art therapy program.

Danielle Eichner and **Peyton Kirkendall** are the Tracy's Kids Art Therapists at Sinai. Peyton is the full-time, in-person anchor for the program, working with patients in the hospital and the outpatient clinic.

Danielle works part-time, as the art therapist for the **Late Effects/Survivorship** program that opened in 2022. Both Danielle and Peyton work with a number of off-treatment patients in individual sessions, either in-person or via Zoom. They both facilitate ad hoc special interest groups, such as a grief group for siblings and parent/caregiver support.



Twin brothers who are both receiving cancer treatment had an art party to celebrate their birthdays in clinic, along with their younger sister.



Joshua's holiday gifts for his family and friends



Mayco explores color mixing with Peyton

Joey, a young adult patient, taught a painting class for a younger patient, and art therapy, music therapy and child life interns.



During 2022, the *Tracy's Kids* program at Sinai provided 1,358 hours of art therapy, 1,754 patient contacts, and 227 hours of medical team consultation.

In 2022, **Tracy's Kids** granted The Henry M. Jackson Foundation \$43,163 for their art therapy program.

In May of 2022, **Kristin Ramsey** stepped down as the Tracy's Kids Art Therapist at **Walter Reed Military Medical Center**. **Sara Cantrell** was hired and the program resumed in the summer of 2022. The WRMMC team's receptiveness and appreciation for Tracy's Kids supports a multi-faceted program that has become integrated into their practice in a very short time. In fact, their chief physician describes art therapy as "the standard of care" in pediatric oncology at WRMMC--meaning art therapy is fully integrated into their overall treatment model.



Several years ago, inspired by her work in art therapy, a young inpatient organized an "art show" on the inpatient unit, inviting other patients and her care team to make art for the show. Her initiative inspired the hospital to engage a professional mural artist to transform the dull, clinical-looking unit into a kid-friendly space that engages the imagination. The space was dedicated this year, and the young patient who started it all--now twelve-years old--did the honors of putting up the first art piece on the new display boards.

Patients range in age from the youngest toddlers, to married, active-duty soldiers. The art therapy program takes great care to make sure that no matter what age, our patients and their families feel welcome and know that art therapy is there to support them.



During 2022, the **Tracy's Kids** program at the **Henry M. Jackson Foundation** provided 1,264 hours of art therapy, 416 patient contacts, and 205 hours of medical team consultation.

Community Support

In August, Yumi Hogan, the First Lady of Maryland, visited LifeBridge Health, and presented a \$20,000 check to support the Tracy's Kids program there.



Nineteen DC area Lions Clubs International chapters hosted art supply drives for Tracy's Kids. In February they brought us four carloads of beautiful sketchbooks, canvases, paints, paper and all sorts of supplies—and money to buy more!

One of our most steadfast community connections is to the Knights of Columbus Arlington Council 2473. This year a downpour drove their Derby Day fundraiser indoors, but they truly outdid themselves, raising over \$20,000 for Tracy's Kids!



Danby, daughter of a former Tracy's Kids art therapist, held an art fundraiser for Tracy's Kids as a school service project.



Lycee Rochambeau French International School in Bethesda, MD, donated \$300 from their annual Penny Drive to support Tracy's Kids, in honor of a young patient we worked with 15 years ago, who was a student at the school.

Special Events in 2022



In June we renamed our program at **Children's National Hospital, "The Marcelle and Patrick Leahy Art Therapy Program."** Senator and Mrs. Leahy have championed *Tracy's Kids* for 24 years, with Marcelle on our Board of Directors for over a decade.



*Thanks to **Ted Leonsis, Hakeem Jeffries** and all who participated in our first post-COVID fundraiser. It was especially important that we relaunch with a bang so we arranged for Ovi to score 767 and the Caps to win in a shootout.*





*In November, former **Tracy's Kids** participant and current Art Therapy Graduate Student **Serena Wade** was awarded The Irene Rosner David Scholarship by the American Art Therapy Association. The award recognizes those who understand the role of the medical art therapist. Serena remembers that her diagnosis, "hit my family hard, and I felt pressure to stay positive for them. I cared for myself through art therapy, which gave me the freedom to express myself." She added, "it was as crucial to my healing as the chemotherapies and radiation. It also helped me find a purpose -- to give back to the community that has helped shape me into who I am today, and help children going through a trauma I understand all too well."*

Shown below, some of our former patients and siblings representing **Tracy's Kids** at the Bowie Baysox Knock Cancer Out of the Park night!



*In October, the **Daughters of the American Revolution** presented Tracy Council the **Mary Smith Lockwood Medal**, a national award which honors the achievements of an unconventional educator. The award recognizes Tracy's role in teaching patients, families and staff members a whole variety of art techniques and processes, but moreover the lessons about life that Tracy has both learned and taught at the clinic art table.*



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Tracy Councilill, MA,
ATR-BC, LCPAT Program
Director, Art Therapist,
Lombardi Cancer Center
MA, Art Therapy, GWU
BFA, Painting and
Printmaking, Virginia
Commonwealth University



Catherine Rubin, MS,
ATR-BC Art Therapist—
PSV, Inova (PT) MPS,
Creative Arts Therapy,
Pratt Institute
BA, English Literature,
American University



Matt Gerson
Founder and
President



Lauren Schlenger, MA,
ATR-BC Art Therapist
Children's National
Hospital, MA, Art Therapy
GWU



**Sarah Fine, MPS, LCAT-
LP,** Komansky Children's
Hospital, NYP **MPS,**
Creative Arts Therapy,
School of Visual Art, BA,
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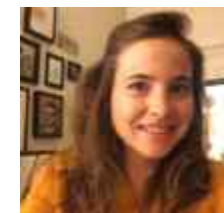
Courtney Martin, MA,
ATR-BC Art Therapist—
MCH
MA, Art Therapy, Drexel
Univ. BA, Art History,
Bloomsburg University of
Pennsylvania



Traci Hatch,
Business
Director



Alberta Gyimah-Boadi,
MA, Art Therapist,
Children's National
Hospital, MA, Art
Therapy, GWU, BA
Human Relations, Trinity
Washington University



Danielle Eichner, MA,
ATR-BC Art Therapist,
Sinai
MA, School of the Art
Institute of Chicago BFA,
Maryland Institute
College of Art



Marcy Romm
Board Treasurer
Manager of
Corporate Affairs



O. Peyton Kirkendall,
MA, LCPAT, ATR-BC Art
Therapist Sinai, MA, Art
Therapy, GWU, BA,
Studio Art and Art
History, Washington
College



**Beth Tutt, MA, ATR-
BC, LGPAT Art
Therapist, CNMC
MA, Art Therapy, GWU
BFA, Southern Oregon
University,
Concentration in Painting**



**Sara Cantrell, WRMMC,
MA, ATR-P, LGPAT. M.A.
Art Therapy, The George
Washington University,
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