



Updated Arboretum Plan Coming Soon

A Mt. Washington Arboretum modernization plan is expected to be ready for consideration by the Mt. Washington Preservation Trust (MWPT) and the Mt. Washington community this fall. MWPT Inc.'s Board of Directors recently announced the selection of EnviroCollab, LLC, www.envirocollab.com, a full-service landscape architecture, planning, and urban design studio located in Baltimore City, as the strategic planning consultant for the public facility located at Lochlea and Kelly Avenue along Western Run stream.

Led by Founding Principal Heidi Thomas, EnviroCollab was selected through a competitive bidding process in part because placemaking is their passion and they specialize in sustainable design, collaborative engagement, and community advocacy.



The pergola at the Mount Washington Arboretum headed for an upgrade.

The Mt. Washington Arboretum established more than 25 years ago is maintained by Mt. Washington Preservation Trust volunteers and through charitable contributions to the MWPT, a registered 501(c)3 non-profit organization, for the benefit of the general public and

the residents of Mt. Washington.

Tarah Ranke, President of the MWPT, said that following the landscape architect selection, the modernization proposal will be presented to the community at large for approval. Miss Ranke said the meeting date

See Aboretume, page 7

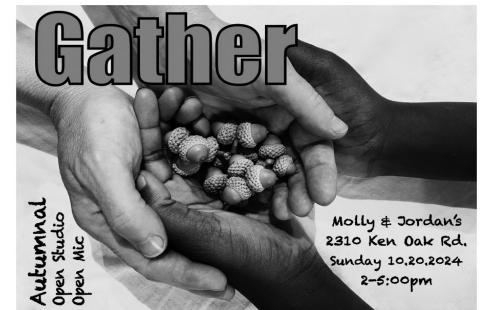
A Unique Opportunity to Gather

When the Tierneys moved to Mt. Washington in 2019, they quickly noticed the enormous array of artistic talents throughout the neighborhood. Jordan is a sculptor who uses found objects from the Jones Falls urban stream to convey powerful ideas about our relationship with the earth and the changing climate. You can see her work at www.jordantierney.com. Molly is a guitarist and vocalist, and singing is her greatest joy.

They aimed to foster a sense of community and togetherness, which led to their

first community event in 2022. They named it Emerge, a nod to the end of the COVID lockdown and the departure of Brood X Cicadas. Dozens of neighbors gathered in their yard for an afternoon of music, art, and company.

Since then, they've hosted twice-annual community events—in the fall, Gather, and in the spring, Emerge. These events are designed to be inclusive and feature an open studio with an art-making activity Jordan curates. Most recently, neighbors made prayer flags that can be seen hanging



throughout the neighborhood. Also, Molly leads an afternoon-long open mic for musicians and poets of all types. Neighbors step to the mic with their instruments or writing for a breathtaking expression of love, compassion, and joy.

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CONTACT THE MWIA NEWSLETTER

The Mount Washington Improvement Association newsletter is distributed four times a year to all residents of Mount Washington. It includes information on the news, people, activities, and businesses of the neighborhood, as well as the actions of the Association's Board of Directors. Contact the newsletter at newsletter@mwia.org with story ideas, calendar listings, volunteer opportunities, and other inquiries. Advertising in the newsletter generates revenue to support the MWIA and the community. Interested advertisers should contact advertising@mwia.org for information on rates and publications. Advertising specifications are available online at www.mwia.org/mwia-newsletter.

Editor, Ellie Mitchell
ellie@elliemitchell.org

GET TO KNOW THE PARK SCHOOL

PRE-K — GRADE 12 PROGRESSIVE EDUCATION

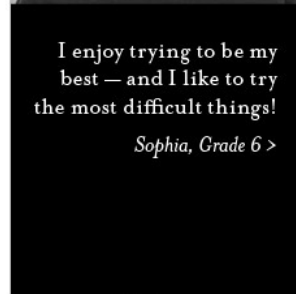


The Park School of Baltimore is a Pre-K through Grade 12 community with the mission of supporting young people in becoming confident questioners and responsible citizens of the world. www.parkschool.net



I want to discover something that no one has ever even thought of.

< Ezra, Kindergarten



I enjoy trying to be my best — and I like to try the most difficult things!

Sophia, Grade 6 >



I love analyzing text — the smallest details — in my English courses. And having the opportunity to express myself: my thoughts, opinions, and emotions.

< BaileyNicole, Grade 11



School Spotlight

School Corner: Greetings, Mount Washington Neighbors!

The Mt. Washington School begins the new school year with positive momentum. Our students are now enjoying two new playground structures, which were installed over the summer---one for our littlest students (pre-K and Kindergarten) behind the school; and the other for our upper elementary students in the main playground area. BCPSS also supplied us with brand new furniture and smart boards for every single classroom in both the elementary and middle school buildings. In addition, the district is refurbishing our auditorium/gym with new flooring and wall tiles. Our school has long been in need of some refreshing!

We have a new website! Please visit: <https://www.baltimorecityschools.org/o/themws> to get more information about the school, programming, and volunteering opportunities (we welcome our neighbors to lend helping hands before and after school, during recess, and in the classroom from time to time). If you would like to make a donation to our PTO, please visit our Friends of the Mt. Washington website here: <https://mountwashingtonschool.squarespace.com/donate>. All proceeds go toward funding enrichment programming, including field trips, after-school clubs, and much-needed equipment.



As we look ahead, The Mt. Washington School will be undergoing the recertification process for our International Baccalaureate (IB) program for the middle school years. We are also researching the possibility of extending the IB program to our elementary school years in the near future. We will keep the community posted about these developments. We hope you all come out and join us for our pumpkin patch in October at the Mt. Washington Farmer's Market, and later, at our Winter Holiday Market in December!

With best wishes,
Toja Okoh
School Family & Community Council Chair
The Mt. Washington School

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Community Calendar

Watch for announcements for regular community clean-ups, and please help keep our parks and trails clean by practicing leave-no-trace principles.

Mount Washington Farmers Market

Every Sunday
10:00 AM -2:00 PM
Northwest Park
2101 W. Rogers Ave., Baltimore, MD 21209
For more information, visit:
<https://www.mwfarmersmarket.org/>

Gather

October 20, 2024
2:00 PM to 5:00 PM
Neighbors are invited to share the afternoon and their creative abilities at the Tierney home at 2310 Ken Oak Road.

Community Dumpster

November 9, 2024
Est. 8:00 AM to 12:00 PM
The dumpster will be dropped off at 2405 W Rogers Avenue. The drop-off time will be announced on the listserv, the announcements list, and Facebook.

Novem-BEER

November 9, 2024
2:00 PM to 4:00 PM
Join MWIA in the Mount Washington Arboretum for a happy hour in nature - connecting with neighbors.

MWIA REI Book Clubs - Salvage the Bones

by Jesmyn Ward
November 17, 2024
2:00 PM
Join the REI Book Club for a discussion of this award-winning novel - register at <https://bit.ly/REISTB>

Ignite Your Creativity at Baltimore Clayworks: September Highlights and Upcoming Events

As the vibrant leaves of autumn begin to grace our neighborhood, Baltimore Clayworks is ready to light up the season with a host of exciting events and programs that blend creativity, wellness, and community spirit. We're thrilled to share what's in store for the Mt. Washington community this fall.

Fire Fest 2024

Mark your calendars for October 19, 2024, 5:30 - 8:30 pm as Baltimore Clayworks hosts the much-anticipated Fire Fest 2024! This annual event is a spectacular celebration of the elemental forces that shape our art. It's an opportunity to witness the transformative power of fire in the world of ceramics, connect with local artists, and maybe even try your hand at creating something.

Healthy Aging Month

September is Healthy Aging Month, and at Baltimore Clayworks, we believe in the power of creativity to enhance well-being at any age. Engaging in pottery and ceramics isn't just about making art—it's a holistic experience that supports physical health, mental clarity, and emotional balance. Whether you're a seasoned artist or new to clay, we invite you to explore how this timeless craft can contribute to a healthy, balanced life.

Nature Sacred: Cultivating Peace and Connection

Our ongoing partnership with Nature Sacred continues to blossom, bringing the healing power of nature into our creative space. The Nature Sacred program at Baltimore Clayworks offers a sanctuary where art, nature, and community converge. This sacred space is open to all, providing a place for reflection, creativity, and connection. Throughout the fall, we'll be hosting a series of events and workshops in our Nature Sacred space, encouraging visitors to engage with the natural world as a source of inspiration and peace including yoga sessions!

Fall Programming: Something for Everyone

As we transition into the cooler months, Baltimore Clayworks' programming remains as diverse and vibrant as ever. From introductory pottery classes to advanced ceramic techniques, our fall schedule offers something for everyone. We're particularly excited about our youth programming, which provides young artists with the opportunity to explore their creativity in a supportive, inspiring environment.

For more information on any of these events or to register for classes, please visit our website at www.baltimoreclayworks.org or contact us at 410.578.1919. We look forward to welcoming you!

Mt. Washington Pediatric Hospital Community Health Needs Assessment Sets Course for a Bright Future

BY LOREN BLINDE
for Mt. Washington Pediatric Hospital

On June 27, Mt. Washington Pediatric Hospital's (MWPH) board of trustees approved its latest community health needs assessment (CHNA). The CHNA, completed every three years, results from a detailed, community-led evaluation and assessment process that identifies the health needs of Baltimore City residents.

"The CHNA is important because it drives the hospital's community benefit programming for three years," said Tamara EnglandWilson, DMin, MWPH's director of community benefit. "It helps us to see the community's needs from the community's perspective instead of us coming up with programs that address our own priorities."

MWPH and the Baltimore City Hospital Collaborative worked together throughout 2023 to gather the perspectives of residents, community members, partner organizations, and other stakeholders to determine what they viewed as the top health priorities. The city uses that broad input to identify Baltimore's priorities. For this CHNA cycle, Baltimore selected mental health, access to care, and chronic health conditions.

After that process, the hospital develops an implementation plan in collaboration with community partners. MWPH works with several community organizations through the Community Health Advisory Board (CHAB). The hospital's CHAB strategic team worked with a facilitator to understand the city's priorities and what was happening in MWPH's service area, leading to goals and objectives for the hospital to address.

MWPH adopted the city's three



priorities and added two others—violence and safety, as well as social determinants of health—for a total of five priority areas. After three years, programs will roll out slowly and intentionally, resulting in measurable progress in the priority areas.

"Since I arrived in October of last year, my work has been focused on developing an intentional and deliberate approach to programming to improve the health of persons in our service area who do not have the same access to healthcare that others have," Dr. Wilson said. "Dr. Klein has provided a valuable framework to help us all view community benefit through the proper lens of equity, ensuring that our work meets federal and state regulatory guidelines. With this, I believe we are on the right path."

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Sustainable Living: Age In Place – Making Your Home

BY LIBBY BAKER

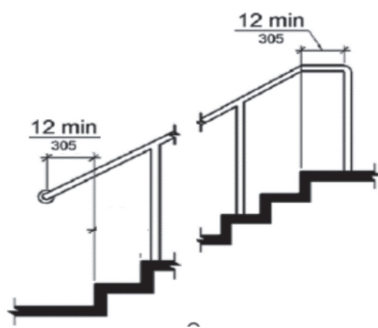
Libby.baker1@gmail.com

& FRANK LEE

techedteacher@gmail.com

Black Ice season is coming soon. Do you know someone who struggles to get through your front door? Are you ever annoyed that you must climb stairs to use a bathroom? Maybe there is one stairstep that frequently trips someone up? Few of our homes were ever designed or maintained for persons with disabilities. Such disabilities can be temporary or permanent. Rarely do our homes have a Roll-In On-Grade Entry from parking to main floor. Sometimes, a tiny impediment becomes a nightmare, and the house goes up for sale.

Take time now to notice physical challenges and barriers that may seem insignificant but could affect livability as family members age or recover. Here are some low—and medium-cost adjustments that have improved livability for us, our family, and our friends in recent years.



Entry Steps, Front and Back

You may notice someone hesitating at the top or bottom step. Americans with Disability Act (ADA) requires railings to extend 12 inches past both bottom and top tread noses. Few residences do this. Where you can extend railings one foot past the top and bottom nosings. You will notice seniors less hesitant to get onto and off of stairs; also, anyone recovering from leg or back pain.

Even a curb, or single step without railings can be challenging for some. Here is a railing at our front door for just a single step. This short railing regularly gives assistance: Balance is held when descending this step.



Rails Both Sides

Some individuals may need railings on both sides. Where practical, space them 36"-42" apart for two-handed use.

Springy Basement Steps

Basement stairs sometimes have under-structured Stringers, as the builder anticipated side walls for stair support. Our basement stairs bounced, with every step feeling very creaky and creepy. We fully braced the stringers down to the floor slab and added railings and guard rails to both sides. Now, this stair is very secure, safe, and even fun for toddlers.

Gentle Steps (\$ or \$\$)

Steps too high can be a challenge. Irregular step heights are even worse AND more dangerous. Notice this where porch steps have settled differently from the house; top and/or bottom steps are crooked. My mother stayed an extra eight years in her home largely because we recast her kitchen steps into this very easy-to-use pitch we call Gentle Steps.

Gentle Steps: 6-inch risers with 12-inch treads.

You may experience this easy stair-pitch in public buildings. Our Greenspring

porch steps had extremely irregular riser heights and slopes. Our mason was able to add new 6" riser x 12" treads directly over the settled irregular stone steps. This build-over was not very costly. So, if steps are irregular heights, or all risers are too high, say 8+ inches, consider a makeover with Gentle Steps.

Main Floor Toilet (\$\$)

If lacking, add a Powder Room on the main floor. This is a significant investment, space trade-off, and/or an actual Addition. At some point, a family member or guest may be temporarily confined to the first floor.



Affordable Accessible Bathtub

Tubs do not require complete replacement to make them easier to step over and use safely. A transfer seat makes a tub or shower accessible for less than \$70. Stand-up showers still work well with the bench, and one can reach one's toes without danger.

Tub Handrails (\$) are invaluable. Many configurations are available. >>Not for DIY<< Have a professional measure, purchase, and install onto the structure for safe weight bearing and water seal.

This list could be ten pages long. Take time now to observe and improve ease and safety in your home before you are less able to accomplish it.

“Aboretum” continued from page 1

of that presentation will be announced in the coming weeks. The MWPT will award up to a total of \$16,000 towards the modernization and strategic planning process.

This opportunity is made possible by the generous support of donors like you, and from partners through the Pimlico Local Impact Aid Neighborhood Initiative

Competitive Grants opportunity; made available by the Pimlico Community Development Authority (PCDA), the City of Baltimore Departments of Planning and Recreation and Parks, and the Mayor of Baltimore.

To learn more or to support the modernization plan through a tax-deductible contribution visit, <https://>

www.mwpt.org/donate.

For questions or further information, contact Tarah Ranke, President, MWPTTrust@gmail.com

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Find Joy and Peace Playing with Paint

BY ALANA MCFALL

I know all too well the stress and grind of “Adulting.” I long for moments of peace, relaxation, and joy. I rarely find them, but I have learned they find me at times when I tap into my creative spirit.

This year, I took on a big challenge: paint every day for 365 days and share my work on Instagram. Contrary to my intentions of making joyful time for art-making, I was a bundle of nerves for the first two weeks, producing work that was, honestly, pretty stiff and uninspired.

Day 13 was the peak of my frustration. I spent over six hours creating what was supposed to be a perfect cluster of buoyant balloons, but the result was a disaster—flat, lifeless, heavy, and sad.

On Day 14, I was so stressed out by the entire endeavor that I posted a journal entry instead of a painting. I wrote, “Because I have opened myself to evaluation and judgment (by making my work public), I am feeling a lot of pressure, having a very hard time relaxing, loosening up, and just playing with paint.”

“Playing with paint” is a phrase I use with my adult students at The Painting Workshop all the time. Relax, I tell them, we are only playing with paint. (Interestingly, I have never needed to say this to the children I work with!)

During a children’s art class on Day 15, I had the kids gather snowballs. Inside, we placed them on watercolor paper, dripped food coloring on them, and watched the colors melt and blend into an artful mess. When the puddles dried we turned them into art using watercolor paint, markers and colored pencils. The children joyfully embraced their creations.

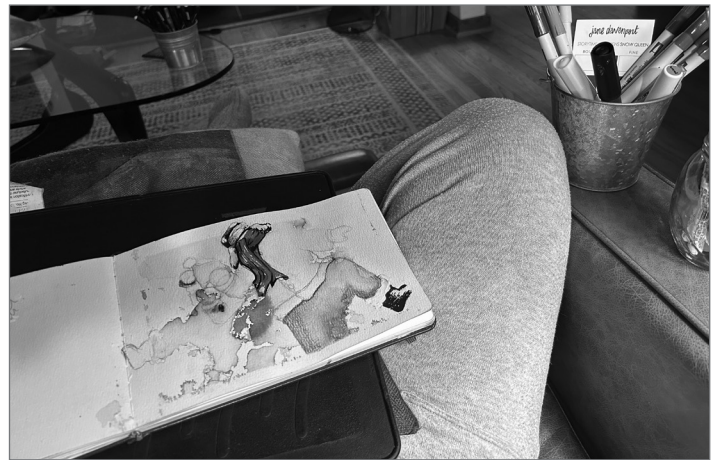
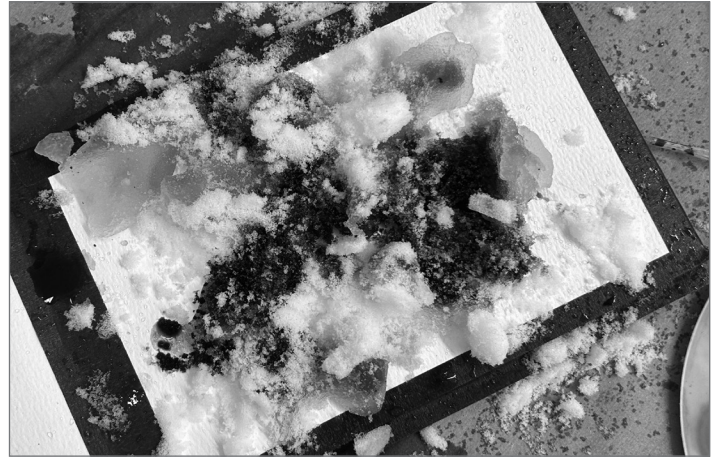
Inspired by this playful approach, I went home and created what became my favorite piece from this entire challenge. I made my own melted snowball, food coloring mess and when it dried I played with paint. The time flew by, and I ended up with a painting full of depth, light, and joy—everything I had hoped for but hadn’t

achieved with those stiff balloons.

As we age, the pursuit of success and societal approval overshadow the simple act of creative expression. When creating in a space where one can experiment and play without worrying about the end result, art invites us to reconnect with a childlike sense of wonder and imagination, freeing us from the constraints of judgment and self-criticism. In this space, joy and accomplishment come naturally.

The transformative power of art happens best in a safe, supportive, non-judgmental environment. That’s why, at The Painting Workshop, we offer a variety of adult classes designed to spark creativity and personal growth.

One standout offering is “For the Love of Sketchbooks” an innovative course led by Olivia Bankard, a licensed art therapist and practicing artist. Themes like overcoming perfectionism, reconnecting with your inner child, and practicing mindfulness are central to this 8-week course beginning in mid-October.



From starting point to finished product.

Another upcoming opportunity, created and facilitated by local artist and teacher Phelix Blais-Evers, is “Abstract Attraction,” a dynamic exploration of abstract art and artists—a combination of

art history and art play for curious adults who want to explore a wide range of materials.

I invite you to reconnect with that childlike sense of imagination and wonder, free from judgment and self-criticism, as you engage your own inner creativity.

If you do this best solo, go for it! If you would enjoy the company of other stressed-out adults looking to loosen up with judgment-free art exploration, join us at The Painting Workshop. In either case, I challenge you to “play with paint” or other art materials.

The Painting Workshop is located in the Mount Washington Village at 5616 Newbury St., Baltimore, MD 21209.

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MESSAGE FROM THE PRESIDENT

As I embark on the presidency of the MWIA this fall, I want to thank Ellie Mitchell, the immediate past president, for her guidance in my transition and for her continued support of the MWIA as newsletter editor! I am grateful to have an engaged board of neighbors who have lived in this wonderful community for many, many years and some who are relative newcomers. Together, we look forward to continuing to work to sustain and improve Mt. Washington for us all.



Ellen and Jeff Spokes take in the Bruce Springsteen concert at M&T Bank Stadium.

Since our family moved here 14 years ago, there are so many things that I have grown to love about Mt. Washington. I love its location and the access to downtown Baltimore via Light Rail. I especially love being able to hop on the bike trail and bike to work! I love the greenery and the diverse architecture. And I especially love the convenience of the MW Farmer's Market, so I no longer must drive

downtown for fresh produce and other delicacies. Our neighborhood truly has it all!

Fall in Mt. Washington is really my favorite season with its cooler temperatures and the turning of the leaves throughout the neighborhood. Of course, that also means that many of us have an abundance of leaves to rake, but that provides an opportunity for outdoor activity too!

This fall, the MWIA is once again sponsoring NovemBEER at the Mt. Washington Arboretum. Join us on Saturday, November 9th. Help us plan for the head count by send your RSVP for NovemBEER to social@mwia.org!

I hope you all get out to enjoy the neighborhood and your neighbors, take advantage of the activities the MWIA is sponsoring and engage with us. We welcome your support but also your input. Please don't be a stranger! Be an active neighbor.

Sincerely,

Ellen Spokes
President, MWIA