HAMPDEN COMMUNITY COUNCIL
BOARD OF DIRECTORS

Executive Officers
Matthew Stegman, President
hccpresident@gmail.com
Eli Lopatin, Vice-President
David Stysley, Treasurer
hctreasurer@gmail.com
Mary Rose Cook, Secretary
2018–19 Board Members
Katharine Fernstrom, Newsletter Chair
Martin Burian & Olgi Fager
Jeanne Davis, Kathy Krampien
Chas Eby & Noree Pratt
Daniel Ewald

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Hampden, Maryland 21211
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www.hampdenhappenings.org

JULY HCC MEETING
The next HCC meeting is on July 29th, 2019.
Plan to join us at 7:00 pm at the Roosevelt Park Recreation Center on West 36th Street.
The agenda will include committee updates and discussions of the most important issues of the day for business owners and residents of Hampden.

Friends,
This month’s Presidents Message is a little bit sweeter for me since it’ll be my last for this term. I am leaving the HCC board in July to spend more time with my wife, Theresa, as she undergoes treatment for Hodgkin’s lymphoma. Her long-term prognosis is very good, and we both plan to stay involved around the neighborhood once she’s back to full health. I want to thank everyone who has reached out to us over the last few weeks. Your support has meant so much.

I want to thank everyone reading this for the opportunity to lead the HCC these past two years. I’ve had a lot of fun, met so many of my neighbors, and hopefully helped make our neighborhood a better place to live. It really has been my privilege. I know as I step down, Hampden will be in good hands. Our board is full of committed neighbors from every corner of the neighborhood and everyone will work hard to strengthen our community.

As most of us know, June saw the 75th anniversary of D-Day, and this month brings around that most patriotic of holidays, Independence Day. Hampden has a long history of military service, and of honoring the neighborhood I noted at least four different memorials to those who served in various conflicts.

These include the mural on Hampden Hall recognizing Hampdenites who have received the congressional medal of honor, a memorial on the Johns Hopkins campus at the corner of San Martin and Wyman Park Drive, the stone memorial at Keswick and 33rd, and the memorial and flag pole at Falls Road and Weldon. If there are any you know about that I may have missed, or you have memories you’d like to share in a future issue of Hampden Happenings, please send them along to hccpresident@gmail.com.

Finally, please note that the Roosevelt Park pool will resume normal summer hours beginning June 22nd. At just $2 per session or $30 for a season pass, it’s a heck of a deal and a great way to keep cool. Roosevelt Park is also one of just a handful of City pools that offer evening hours for the lap swimmers out there. You can find pool info and details on other summer recreation opportunities at bcrp.baltimorecity.gov.

Have a wonderful summer, and thank you again for the opportunity to lead the HCC.
Matt Stegman, HCC President

Hampden Bubble Parade
By Dan Ewald

For the fifth year, Hampden was host to a Bubble Parade, organized by Uncustomary. A range of people, from tots to seniors filled the air on June 2 with bubbles, streamers, and laughter. Set a reminder to get in on the fun next year.

STEP INTO SUMMER SAVINGS

Grilled Garlic Chicken

By Jon Emets

With the warm weather comes grilling. In my family, that means garlic chicken. This is not fast food, nor for the grilling neophyte, but the effort is well worth it. What makes this dish different is the constant application of the marinade during cooking, allowing some of the garlic & parsley to stick to the chicken, while some falls on the coals to smoke the chicken during grilling. The trick is not to allow flames to scorch the chicken – keeping the flame in check with a lid is crucial. When finished, you should have a lovely crisp skin and fragrant, savory meat. As usual, adjust ingredients as you like, I usually eyeball it all. Just don’t skimp on the garlic. Don’t let the summer go by without giving it a try! Happy Homeoookin’!

1) Mix chopped garlic and parsley, lemon juice, oil, water, salt and pepper to make a marinade.
2) Place chicken into marinade, coat well. Refrigerate for at least 2 hours – overnight.
3) Make a large charcoal fire. When the coals are covered in ash, set out chicken on the grill skin side down. Cover the grill the moment you see live flame!
4) After the first 5 minutes, flip chicken, and apply more marinade with a brush, making sure that some of the garlic / parsley mix gets on the chicken.
Cook another 5 minutes. Continue flipping and applying marinade until the chicken is cooked through.
5) During the last 15 minutes of cooking, do not apply any further marinade. Allow the chicken to cook flipping a couple more times to make sure all the marinade is thoroughly cooked.
6) Because I use thighs, I find cooking time takes about 40 minutes. Continue to cook until the chicken registers 165 degrees Fahrenheit on an instant-read thermometer. Remove from grill and allow chicken to rest for 10 minutes.
7) Dig in and enjoy one of the best tastes of summer!

Hampden Homeoookin’: Garlic Chicken

Grilled Garlic Chicken

- 6 chicken thighs, bone in, skin on.
- Or an equivalent amount of your favorite parts
- 8-10 cloves of garlic, chopped
- Approx. 1 cup chopped flat parsley
- Juice from 2-3 lemons
- 1 cup olive oil
- 1/2 cup water
- 3 tablespoons kosher salt
- 2 teaspoons black pepper

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Harm Reduction in Hampden

By Rev. Jim Muratore

March 28th marked the one-year anniversary of the Community Risk Reduction Services’ partnership with St. Luke’s Church on the Avenue, the first fixed site for Syringe Exchange Services in the state of Maryland. And while anniversaries are usually triumphant celebrations, we allowed this one to slip by unnoticed. No amount of fanfare could counter the truth of the matter: opioid related deaths in Maryland continued to increase by 5% last year with 2,149 reported deaths, and at least 12 people from the Hampden community have fallen to overdose since November. We still have a lot of work to do.

I am grateful for the people of St. Luke’s and for the Hampden community, its residents and business owners, for supporting this initiative. I am most grateful for and proud of those who take the risk to trust us and utilize these services. A great deal of thanks is owed to the Community Risk Reduction Services & Healthcare for the Homeless staffs, and especially to our committed team, Culi Fager, Susan Borchadt, Ashley Wilkes, and Jenny Erhardt.

Since we opened, the exchange has welcomed over 100 individuals who make regular use of the program at various intervals. On average, we now see 10-15 people each week, all of whom are community residents. Over 600 people have received Narcan training and free doses of Naloxone. This service alone has saved the lives of several of our neighbors. And while the prevalence of Fentanyl complicates the efficacy of Naloxone, our site now provides Fentanyl test strips, a hopeful tool for OD prevention.

In addition to the exchange, Culi Fager has been forging partnerships including Healthcare for the Homeless who now provide outreach during the exchange hours every week. The HCH staff is able to support individuals and walk alongside them through decision-making and help connect them with clinics, healthcare, and insurance. We are also exploring ways to expand services offered and seeking the means to provide meals on a weekly basis. In closing, we may have skipped the cake and confetti, but this anniversary also marked the opening of the second fixed site for syringe exchange in Baltimore at New Covenant Community United Church of Christ in the Morrell Park neighborhood.

The Gospel of Harm Reduction is spreading, and we invite you to join in sharing it.

A complete version of this article can be found on the church blog at churchontheavenuehampden.org

What’s New at St. Mary’s Outreach Center

By Tasha Carnish / 3500 Roland Avenue / Baltimore, MD 21211 / 443-366-3106 / www.smoceanbaltimore.org

Save the Date for What We Remember

We are delighted to announce that our What We Remember fundraiser is returning on November 7. The theme this year, “Tell Me a Funny Story,” will highlight the importance of keeping a sense of humor throughout our lives, especially through the aging and caregiving processes. Stay tuned for more information on sponsorship and ticket sales.

Dental Care

Accessing affordable dental care is a challenge for many of our community members. In 2018, a bill was passed and signed in Maryland to create a pilot program for adults 65-64 to receive limited dental coverage if they have Medicaid and Medicare. An estimated 38,500 people in Maryland will have coverage through the Maryland Healthy Smiles Dental Program for the first time and can access a maximum of $800 in benefits each year. Those who are eligible will get a welcome packet from SKYGEN USA in the near future. We are excited for the launch of this program, and if the pilot program is successful, there is potential for expanding dental access to other Medicare and Medicaid beneficiaries.

If you think you may be eligible and have any questions, reach out to us at 443-366-3106.

UPCOMING AT SMOC

Summer BBQ:

Wednesday, July 24, 11:30 AM – 1:30 PM at St. Mary’s Outreach Center

Rain or shine, join us for some food and fun to celebrate the summer. We will enjoy games and some lively music and our menu will feature hot dogs, favorite picnic sides, and an ice cream sundae bar.

Our friends and partners at MedStar Total Elder Care, Autumn Lake Alice Manor, and other local organizations will be on hand to make this event a success. Space is limited, call 443-366-3106 to RSVP today.

HAMPDEN’S RESIDENT HOME BUYING/SELLING TEAM

WE WORK WHERE WE LIVE!

Sellers Market: Low inventory in Hampden, in need of homes to sell!

You could own your own home for less than rent - STOP PAYING SOMEONE ELSE’S MORTGAGE

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Christina Dudley
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We Work Where We Live!
Hampden Family Center: News and Events
By Ashley Wilkes / 1104 W. 36th Street / Baltimore, MD 21211 / 410-467-8710 / www.hampdenfamilycenter.org

SAVE THE DATE! Taste of Hampden at Union Craft Brewing
Date: Thursday, September 26, 6 – 9pm

Enoch Pratt Free Library
The Enoch Pratt Free Library’s Hampden Branch is up and running at the Center while their branch is undergoing renovation! It is important that library services remain available in the neighborhood while the branch is closed, and we’re thrilled to partner with the Pratt to ensure a continued library presence in Hampden. Stop by during their operating hours to browse collections, pick up books on hold, use the computers or attend weekly children and adult programming. Check our website for program details and dates and stay tuned for a full list of computer classes.

Hampden Library Hours at the Hampden Family Center:
Tuesdays: 10 am – 5:30 pm
Wednesdays: 10 am – 5:30 pm
Thursdays: 12 noon – 8 pm

Hyper tension Class through MedStar Union Memorial Hospital
Schedule: Tuesday, August 6, 5 – 7 pm

Individual and Family Counseling
Family & Children’s Services of Central Maryland offers counseling on-site every Thursday. Please call the Center at 410-467-8710 for an appointment to complete a referral form.

Women, Infants and Children (WIC)
WIC is a supplemental nutrition program serving women who have children five years and younger and/or are pregnant or six months postpartum. Call 410-614-4848 for an appointment.

Keswick Campus: News and Events
By Devon Ellis / 1104 W. 36th Street / Baltimore, MD 21211 / 443.473.6397 / www.prattlibrary.org

The renovation of the Hampden Library is finally getting underway!
While the renovations are getting started, our pop-up library has moved into our new temporary quarters right around the corner, three days a week, at the Hampden Family Center, 1104 W. 36th Street. Come and see us there! The Hampden Library’s new temporary quarters are right around the corner, three days a week, at the Hampden Family Center. 443.473.6397.

Baby and Toddler Storytime
Wednesday mornings at 10:30 - 11:30 am, birth to 36 months, with their caregivers (EXCEPTION: will NOT meet on June 12)
Bring Babies and Toddlers to the library to enjoy our lap program, with music, rhythm, songs, fingerplays, nursery rhymes, a story, and movement.

Happy Summer Reading!
Win a $100 gift card to Barnes & Noble! For every title they read they can enter to log the number of titles they read, and to win fun prizes. Grownup readers can get to pick the books to read, then keep a record of the amount of time spent reading, to win fun prizes. Growup readers can log the number of titles they read, and for every title they read they can enter to win a $50 gift card to Barnes & Noble! Happy Summer Reading!

Summer Challenge
The Summer Reading program for ALL AGES starts on Wednesday, June 12 and runs through August 14. Sign up at the library. All ages can participate, from babies in the “Read to Me” level, school age kids, teens, and grownup readers. The theme is “A Universe of Stories!” You get to pick the books to read, then keep a record of the amount of time spent reading, to win fun prizes. Growup readers can log the number of titles they read, and for every title they read they can enter to win a $50 gift card to Barnes & Noble! Happy Summer Reading!

Adult Book Conversation Group
Gone With the Wind by Margaret Mitchell, 1936. In this eminently readable and discussable classic historical novel, Scarlett O’Hara sets about to salvage her plantation home after the Civil War sweeps away the genteel life to which she had become accustomed.

All are welcome to participate in the book conversation group, even if you haven’t read the book!

Hampden Library Hours at the Hampden Family Center:
Tuesdays: 10 am – 5:30 pm
Wednesdays: 10 am – 5:30 pm
Thursdays: 12 noon – 8 pm

Vacation Bible School For children entering K – 5th grades in the fall
Free T-Shirt and School Supplies for Every Child
July 29 – August 2
6pm - 8pm
Register Online: www.villagechurchbaltimore.com/vbs
Questions? (443) 595-6447

Get a Mid-Year Check-Up on Your Health!
Event: Cook Smart Demonstration
Date: Tuesday, July 16
Time: Noon - 1:30 pm

Event: Living Healthy with High Blood Pressure
Date: Tuesday, July 23
Time: 10:00 am - Noon

Event: Cooking Right with Coach Karen
Date: Thursday, July 18
Time: 1:30 pm - 3:00 pm

Event: Group Acupuncture led by Laura Sicari, Lac
Date: Saturdays: August 7, 21, 28
Time: 12:30 pm - 1:30 pm

Event: Kidney Screening Day
Date: Thursday, August 15
Time: Morning

Become a Wise & Well Member Today and Save on Class Fees! (Gift certificates are available for purchase)
Interested? Contact us at: CommunityHealth@ChooseKeswick.org or call us at 410.662.4363

Keswick Campus | 700 W 40th St.
Baltimore, MD 21211
IF YOU’RE INTERESTED IN THE FUTURE OF HAMPDEN, please consider joining the Hampden Community Council. The HCC is a voice for everyone in Hampden – homeowners, businesses, teenagers, seniors, newcomers and old-timers. The more members we have the farther your voice can reach. Your membership fee supports our newsletter and improves our community through education, clean & green and zoning committees, to name a few. Help Hampden continue to thrive.

**HCC MEMBERSHIP REGISTRATION**

- □ NEW MEMBER
- □ RENEWING MEMBER

Name(s) ____________________________________________________________

Street Address ____________________________________________ Zip _______

Phone ___________________ Fax ___________________ Email ___________________

Business Name (if registering for a business membership) __________________________

□ BUSINESS ($50)  □ FAMILY ($30)  □ INDIVIDUAL ($20)  □ SENIOR/STUDENT ($10)  □ $______ ADD’L DONATION

In addition to my HCC membership, I would like to serve on/learn about the following committee(s):  (OPTIONAL)

- _____ Zoning
- _____ Crime & Safety
- _____ Membership
- _____ Education
- _____ Fundraising
- _____ Newsletter Distribution
- _____ Clean & Green

Please make checks payable to Hampden Community Council.
The HCC is a non-profit 501(c)3 Organization. All dues and additional donations are 100% tax deductible.

Please fill out this application and mail it, along with your check, to:

Hampden Community Council
ATTN: MEMBERSHIP
PO Box 19957
Baltimore, MD 21211