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SEPTEMBER IS RECOVERY MONTH: RECOVERY IS FOR EVERYONE.

*SEPTEMBER IS RECOVERY MONTH. RECOVERY IS FOR EVERYONE: EVERY PERSON, EVERY FAMILY, EVERY COMMUNITY.
For more resources and download media, please visit www.recoverymonth.net; Image credit: www.recoverymonth.net (See more on page 4, 9)*



New Class of Transformative Entrepreneur Accelerator Program with M&T Bank Launches in Howard County

ELLICOTT CITY, MD – Howard County Executive Calvin Ball and Howard County’s Economic Development Authority (EDA) have opened applications for a third cohort of “HoCo Higher,” a transformative entrepreneur accelerator program launched in 2021, in partnership with M&T Bank. The empowering program teaches early-stage and historically under-served entrepreneurs the essentials of business planning, operations, credit building, digital communication, and financial management. Top business mentors, coaches and subject matter experts will lead the intensive eight-week bootcamp at no cost to participants.

“Small businesses are the economic engine that push Howard County

forward and help our community thrive,” said Ball. “This new class of entrepreneurs will be able to reach new heights, access important resources, and build connections with the help of HoCo Higher. I encourage small business owners to apply for this unique and exciting opportunity to learn best practices and set their business up for success.”

Emerging and existing small business owners are invited to apply for this unique opportunity to get in financial shape and learn best practices from trusted financial insiders. Enrollment is based on a competitive application process. The eight-week program begins on Wednesday, September 28, 2022 and will meet weekly on Wednesdays from 6:00 to

7:30 p.m. at the Maryland Innovation Center in Columbia.

Applications can be found online at: https://mtbank.az1.qualtrics.com/jfe/form/SV_7QVDTh6PnkQleM6 and to be eligible to apply, applicants must meet the following minimum requirements:

- At least two years in business operations, and
- Be a Howard County based business and in good standing.

“This public/private partnership is another great way to support our early-stage entrepreneurs,” said EDA President Larry Twele. “We appreciate the County Executive’s leadership and the participation of M&T Bank to support our local small business owners.”

Entrepreneurs selected for the program will follow a curriculum curated by M&T Bank, the region’s top small-business lender. The curriculum will include lessons on legal business formation, obtaining certifications, developing business plans, managing business and personal finances, sourcing capital, pricing strategies, risk management and business insurance, marketing strategies and more.

“We learned so much from the first cohort of HoCo Higher entrepreneurs and look forward to using that knowledge to make the program even better for the next group of business owners,” said

“This public/private partnership is another great way to support our early-stage entrepreneurs,”

Jim Peterson, a vice president and relationship manager for M&T Bank’s Minority and Women Owned Business Banking team

— EDA President Larry Twele.

in Greater Baltimore. “We know the insights they will gain from the accelerator program will help fuel the growth of businesses owned by minorities, women and people of color, contribute to the generational wealth of those entrepreneurs and their families, and spur economic activity throughout Howard County.”

Since the program’s launch, 48 businesses have graduated from the first two cohorts. The County and M&T Bank have provided nearly \$300,000 in grant funding for HoCo Higher. Each participant receives \$5,000, and one business in each cohort wins a \$25,000 prize.



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September is National Recovery Month

Facesandvoicesofrecovery.org

National Recovery Month (Recovery Month) is a national observance held every September to educate Americans that substance use treatment and mental health services can enable those with a mental and/or substance use disorder to live a healthy and rewarding life.

Recovery Month celebrates the gains made by those in recovery, just as we celebrate health improvements made by those who are managing other health conditions such as hypertension, diabetes, asthma, and heart disease. This observance reinforces the positive message that behavioral health is essential to overall health, prevention works, treatment is effective, and people can and do recover.

There are millions of Americans whose lives have been transformed through recovery. Since these successes often go unnoticed by the broader population, Recovery Month provides a vehicle for everyone to celebrate these accomplishments. Each September, tens of thousands of prevention, treatment, and recovery programs and facilities around the country celebrate Recovery Month. They speak about strides made by those in recovery and share their success stories with their neighbors, friends, and colleagues. In doing so, everyone helps to increase awareness and foster a greater understanding about mental and substance use disorders.

Moving forward, there will no longer be a new Recovery Month theme announced each year. Recovery Month has adopted the 2022 theme of *“Every Person. Every Family. Every Community.”* as its permanent tagline. The 2022 Recovery Month observance will work to promote and support new evidence-based treatment and recovery practices, the emergence of a strong and proud recovery community, and the dedication of service providers and community members across the nation who make recovery in all its forms possible.

Recovery Month will continue to educate others about substance use disorders and co-occurring disorders, the effectiveness of treatment and recovery services, and that recovery is possible. All of us, from celebrities and sports figures to our co-workers, neighbors, friends, and family members, throughout our lives have experienced peaks and valleys, both big and small. But with strength, support, and hope from the people we love, we are resilient.

National Addiction Professionals Day, celebrated on September 20, 2022, as part of National Recovery Month aims to celebrate the vital players of the health system and continuum of care: addiction professionals. The day was established by NAADAC to commemorate all the hard work that addiction professionals do on a daily basis.

Previously, Recovery Month was sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA). In June of 2020, SAMHSA announced its decision to retire its annual convening of Recovery Month stakeholders as well as the development of future themes and assets, and the management of the events calendar.

Faces & Voices of Recovery has created a new Recovery Month website that will host all Recovery Month events and assets that make this celebration possible.



YET ANOTHER DROUGHT

Community Affairs

9th Annual 5K & 1 Mile Fun Run will Benefit Seniors, Mission of the Little Sisters of the Poor

A 5K & 1 Mile Fun Run fundraiser will benefit low-income seniors who reside in independent living apartments and assisted living accommodations at Martin's Home. The Little Sisters of the Poor, Baltimore will be holding a Nun Run on Saturday, October 22, 2022 from 8:00 a.m. - 10:00 a.m. at Cathedral of Mary Our Queen at 5200 N. Charles Street, located in Baltimore, Md.

Funds raised will directly support “the residents and the Mission of the Little Sisters of the Poor at St. Martin's Home,” according to St. Martin's Home's website.

St. Martin's Home is in Catonsville, Maryland. The Little Sisters reside there to respond to residents' needs while taking a spiritual approach to aging. St. Martin's Home's website also provides further details about The Little Sisters of the Poor. Together with a diverse network of collaborators, we serve the elderly poor in over 30 countries around the world,” per information provided online.

The vision of St. Martin's Home integrates nurturing communities, encouraging solidarity of the human family and the wisdom of age, and illustrating the shared compassionate love of Christ.

Charm City Run will handle the registration details for the 9th Annual 5K & 1 Mile Fun Run. Visit <https://www.charm-cityrun.com/calendar/little-sisters-of-the-poor-nun-run-5k-and-1-mile-runwalk> to register. Race day registration is scheduled to begin at 6:30 a.m. Online donations can be made via <https://www.littlesistersofthepoorbaltimore.org/donate/> for a virtual 5K and 1 Mile Run/Walk option. Learn about sponsorship opportunities by visiting <https://interland3.donorperfect.net/weblink/weblink.aspx?name=lsbal&id=34>. Please visit <https://www.littlesistersofthepoorbaltimore.org/our-home/> to learn more about St. Martin's Home.

Why Is Prostate Cancer Still the Leading Cancer in Men?

Screenings and Awareness More Vital Than Ever

By Men's Health Network

Prostate cancer is still the leading cancer in American men. Today over 3.1 million men are living with a diagnosis. In 2022, more than 268,000 men will find out they have it—and a projected 34,500 will die as a result. This is an aggressive growth from the 2021 levels of approximately 192,000 new diagnoses with 33,330 fatalities according to the American Cancer Society. “We want all men to be aware of their risk level for prostate cancer, and to have an open dialogue with their healthcare provider about getting an exam. High-risk individuals should start talking to their doctor about getting screened at age 40, normal-risk men at 45.” Said Ana Fadich-Tomsic, MPH, CHES, Vice President of MHN.

Men between the ages of 55 and 84 are at the highest risk for developing prostate cancer, with the most frequently

diagnosed ages being 65-74. High-risk groups include non-Hispanic Black men, those with a family history of prostate cancer, and men who have been exposed to cancer-causing chemicals.

Extremely concerning is the disproportionate number of black men who are diagnosed, and have worse health outcomes. “While prostate cancer affects men of all races and ethnicities, African American men are approximately 50 percent more likely to be diagnosed and at

least twice as likely to die from it,” said Dr. Jean Bonhomme, MD, MPH, Founder and Chairman, National Black Men's Health Network. “Delayed diagnosis, inadequate public awareness and lack of connection to the health care system are contributing factors to this unfortunate outcome.”



Early detections of prostate cancer through screenings like the Prostate-Specific Antigen test (PSA) and digital rectal exams (DRE) have significantly increased the survival rate and early detection rate, leading to better outcomes for men and families.

“On the bright side, there are new urine screening methods that help doctors decide whether a prostate biopsy is really needed.” commented Dr. Bonhomme; “Also, radiation therapy for prostate cancer has improved dramatically over the past ten years with much more precise targeting and fewer compli-

cations.” MHN encourages men to discuss prostate cancer screening options with a doctor. Health professionals are optimistic about the advancement in technology leading to better outcomes for men with prostate cancer. “Thanks to modern therapies, when caught early, prostate cancer can be successfully treated close to 95 percent of the time — with low risk of long-term side effects,” says MHN's Senior Science Advisor Salvatore J. Giorgianni, Jr., PharmD.

Despite the achievements of modern medicine, an estimated 12.6 percent of men will have prostate cancer in their lifetime. The rate of new cases has in recent years begun rising— for the first time since 1995. Since 2014 there has been a 2.6% increase in cases according to the National Cancer Institute.

“Prostate health continues to be a very important part of male wellness, particularly for older men,” says Giorgianni. Men need to become knowledgeable about the signs of prostate problems, particularly prostate cancer, and then do the most important thing and ‘man-up’ by contacting a health care provider to ‘Get It Checked.’ If you don't have a provider, ask family and friends to recommend one.”

A common misconception is that prostate cancer only affects men very late in life. On the contrary, award-winning urologist Dr. Paul Turek distinguishes a concerning trend for younger men; “worldwide, the incidence of prostate cancer has steadily increased in men ages 15 to 40 years at about 2% per year for the last 30 years.” An increase that is concerning for the future of men who typically are outside of the high-risk age group for prostate cancer.

In an effort to raise awareness, please join our Prostate Cancer Awareness Twitter chat on September 22, 2022, at 2:00 pm ET using the hashtag #PCAM22. MHN, our partners at the American Nurses Association, and other partner organizations will be answering questions and hosting discussions on the topics of PCA risk, as well as the importance of getting screened.

Men's Health Network is committed to maintaining a nationwide strategy to increase prostate cancer awareness during September and throughout the year. Organizational partnerships and media engagement are key in making sure men of all ages know the importance of getting their prostate checked, and encouraging loved ones to do so.

For more on Prostate Cancer Awareness Month, visit www.ProstateCancerAwarenessMonth.com – where you'll find free downloadable fact sheets, brochures, posters, links to national advocacy organizations, as well as a link to President Biden's message on prostate cancer, and a social media toolkit.

To learn more about prostate cancer and prostate health, visit the Prostate Health Guide at <http://www.ProstateHealthGuide.com/>, You and Prostate Cancer at www.youandprostatecancer.com and the Men's Health Resource Center at <http://www.MensHealthResourceCenter.com>

Men's Health Network encourages all men to Get It Checked (www.GetItChecked.com).

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Don't Forget to Add This to Your Self-Care Routine

By Chazz Scott

Self-care is a vital tool for creating growth personally and professionally. Many of us think of bubble baths and journaling when it comes to self-care. However, one essential quality not discussed, especially when building new and sometimes difficult routines that can benefit your mind, body, and soul, is practicing grace and patience. Easing up on yourself is a crucial quality we all should cultivate daily to ensure you continue to expand toward who you are becoming.

Maybe your laundry has been piling up for weeks. Perhaps you didn't wake up at the time you planned to. Maybe you said something to someone you wish you hadn't. Or perhaps you haven't had time to go to the gym like you used to. Whatever it may be, these are experiences we sometimes can't avoid because of life's demands and circumstances. Yet, even though these experiences can feel frustrating, they can be powerful opportunities to learn and grow. And to teach us that developing patience and grace is a part of our personal development process. Once we cultivate patience,

“We must learn how to give ourselves grace and permit ourselves to forgive our mistakes and lapses in judgment.”

a mistake, we make it that much harder on ourselves, and we often

they can be powerful tools to allow ourselves to grow through what we may be going through instead of beating ourselves up inside.

Most of us are so hard on ourselves that when we make



Chazz Scott
Courtesy photo

create more prolonged periods of dissatisfaction that may not be required. When we miss the mark or feel like we could have made a better decision, many of us resort to negative self-talk about ourselves or feel terrible. We must learn how to give ourselves grace and permit ourselves to forgive our mistakes and lapses in judgment.

Let's be honest. No one is perfect. We can try as much as we want, but mistakes will come whether we like them or not. This is all a part of the journey. But the journey becomes easier when you realize that developing grace and patience with yourself is a necessary quality that should be practiced and cultivated regularly.

One of the most significant components of developing more patience with yourself is to disrupt the unconscious story you tell yourself when you feel down or feel like you missed the mark.

we almost remain totally unconscious of the continuous negative self-talk that influences all future behaviors even after the event has already happened.

When these negative thought loops begin to arise, recognize them, and disrupt the story you are telling yourself. When you can identify the unconscious story you are telling yourself, you can clearly see the situation for what it is, not as we perceive them to be. As humans, we can easily catastrophize, making situations larger than they need to be.

The next time you face yourself feeling down on yourself, you could say, “sure, this feeling may hurt, but I know what I am learning and growing, and this is all a part of the process.” You can say to yourself, “this feeling may be uncomfortable, but I can tolerate it, and I know that my flaws and inadequacies are something I can work on.” Of course, we are not aiming to perfect here; the purpose of this practice is to ensure we find patience within ourselves and see the misstep for what it really is and not who we are.

The goal here is aiming to become more comfortable with growth. In other words, you like who you are becoming despite the flaws, missteps, and negative feelings that may arise.

So many times, our minds tend to automatically resort to a running list of negative self-talk such as, “maybe I don't have what it takes,” “I should have known not to do that,” or “maybe something is wrong with me.” And as most of us know, our minds tend never to stop once we start this self-destructive thought loop. As a result, throughout the day,

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Baltimorean Receives Cornea from Donor, Nephew Provides Gift of Life to Others

By Andrea Blackstone

Sonia Taylor understands the organ, eye, and tissue donation topic from the perspective of being a recipient and being a donor's aunt. The Baltimorean received a cornea transplant in May of 1994 because she was rapidly losing vision in her right eye. Taylor started having vision problems in her early twenties. Blurry vision led to wearing glasses and prescription changes. Her doctor at the Johns Hopkins Wilmer Eye Institute diagnosed her with a corneal abnormality called keratoconus. It could not be corrected with glasses.

"Contact lenses provided the best vision. However, my doctor recommended wearing them no more than two hours a day. The next solution was to have a cornea transplant," Taylor said.

She recalls being "blown away" by the reality that "somebody would have to die" so that she could receive a cornea transplant."

In a twist of events, Taylor went to church after her eye surgery was scheduled. She struck up a conversation with a stranger there and shared a little about why she appeared to be so antsy. It turned out that the woman was a nurse who worked for Taylor's doctor. After arriving at the Johns Hopkins Wilmer Eye Institute and getting prepared for surgery, Taylor encountered the woman again. The nurse who was present during her surgery made Taylor feel better. After her right eye healed from surgery, Taylor was able to achieve 20/20 vision in that eye with glasses. Although her vision is not like it was in her twenties, it is much better.

Taylor found herself reconnected to the organ donation topic in 2007 when her 21-year-old nephew, Jordan Taylor Brown was killed. He had



Sonia Taylor shares her journey of becoming a cornea transplant recipient, donor's aunt, and donation supporter.
Photo courtesy of Sonia Taylor

just left Taylor's house in Baltimore. After the incident, Taylor and her family met at Sinai Hospital where Jordan was taken. Living Legacy Foundation of Maryland's (LLF) role is an "organ procurement organization for Maryland," according to LLF's website. A nurse who worked for the foundation approached Jordan's mother—Loretta Brown and Taylor because Brown's license reflected that he wanted to be an organ donor.

Although no one in his family knew until the tragedy occurred, Jordan's mother decided to honor his wishes to be an organ donor after Taylor influenced her to go through with it. Jordan saved seven people by donating different organs. He also restored sight in others by donating his corneas.

"After that I decided because I had gotten a cornea that I was going to make sure that Jordan's legacy lived on forever and that I would make sure that I tell people the importance of being an organ, eye, and tissue donor," Taylor said. "It's important to share with your family that you are an organ, eye and tissue donor because if something tragic happens to you, they're not thinking about your wishes to save other lives."

Taylor became involved with LLF as a volunteer. She wanted to remind people, especially in the African American community, how important it is to give someone a second chance at life. A generous stranger gave her a second chance by enabling her to see.

More steps were taken to preserve Jordan's legacy. Taylor, Jordan's brothers (Sterling and Travis Brown), along with his mother and cousins started the Jordan Taylor Brown Foundation in 2008. Hosting basketball tournaments; hosting school supply giveaways; providing mentoring activities and assisting families with Thanksgiving and Christmas donations in Baltimore are some of the ways Jordan's legacy is celebrated through the foundation. Taylor also said that Living Legacy Foundation and Donate Life of Maryland are partners. She is an ambassador for both organizations and a LLF board member.

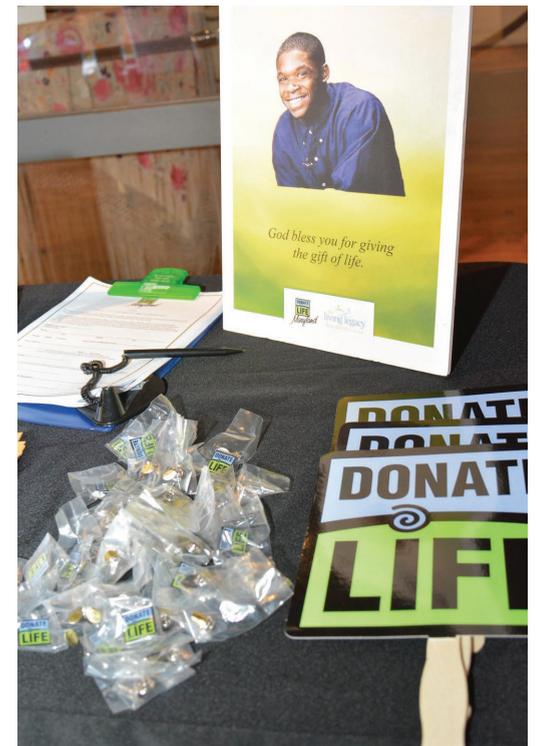
"I'm so grateful that Jordan was able to offer the gift of organ donation to families – just like my

donor offered to me," according to information provided on LLF's website.

She also reminded that choosing to become a donor does not mean that doctors will not attempt to save a person's life if tragedy strikes. She recommends researching fallacies to understand more about the topic. Taylor also reminded that kidney donors can be living.

"In the African American community, I know there are several people who need kidneys who are on dialysis and things like that, so you can help other people live long if you just say yes to being an organ, eye and tissue donor."

Visit <https://register.donatelifemaryland.org/> to sign up to become an organ donor in Maryland.



A photo of Jordan Taylor Brown, who gave the gift of life by being an organ donor, is displayed.
Photo courtesy of Sonia Taylor

Light of Truth Center Supports Women in Recovery, Hosts Upcoming Fundraiser

By Andrea Blackstone

National Alcohol and Drug Addiction Recovery Month offers a time to celebrate Reverend Vaile Leonard's commitment to support women recovering from addictions and provide housing for them since 1999. Leonard, founder and CEO of Light of Truth Center, Inc. (LTC), decided to start a "love-based leadership organization" to help other women who were also seeking to walk a life of sobriety. Leonard has been in long-term drug and alcohol recovery herself for 30 years.

The Baltimorean's journey expanded after picking up a sponsee from a recovery house, Leonard was "overwhelmed" by deplorable conditions she observed.

"I often describe it as a spiritual experience because I just began to weep," Leonard said, feeling that people could be treated better. "From that moment to this very moment, I have been on fire for serving women. For providing safe space. For providing space that is clean, that is conducive to recovery, and that is loving and caring."

According to information provided on LTC's website, the non-profit organization "embraces a new innovative, three-phase process of recovery, transition, and restoration. It is described as "an innovative residential and outpatient therapeutic treatment program providing the necessary tools and techniques to aid recovering women with the life enhancing skills they need to succeed in their recovery journey."

Leonard explained that some women find LTC through other programs that last from one to six months. Since other housing accommodations are needed afterwards, referrals are made in those cases. Others discover Light of Truth Center through the website. Four houses and a training center are



Reverend Vaile Leonard founded the Light of Truth Center, Inc. in Baltimore, Maryland to provide resources for women who need recovery support.

available to women who need support. The confidential addresses are in Baltimore.

Leonard added that women who are at least 21 years old can remain in the LTC program's clinical service and some form of leveled housing as long as they choose. Options range from including low intensity residential treatment to outpatient clinical services.

"I don't tell people how long it takes to recover. That's personal and we will support you as long as you choose," Leonard said.

She noted that people generally hear horror stories connected to addiction instead of long-term recovery successes.

"Rarely do we hear those stories that these same people do recover," Leonard said. "They do rebuild their lives and many of them become major

players in community services and nonprofit organizations."

Vanessa, who is LTC's longest participant, is an example of someone else who is walking a long-term drug and alcohol recovery journey. She desired to be somewhere safe after needing housing and finding herself unable to work. Vanessa began talking to Leonard about her situation.

"I'm 19 years clean," she said. "I've been here for 10 years."

Vanessa has her own private room in what she described as "a very nice house."

"The Light of Truth told me to learn to love yourself, and let others love you, and that's what I found," she said.

Tina, who has been clean from alcohol for a little over 16 months, is new at LTC. Her daughter did not want her to live alone in an apartment after

participating in a different program. A friend helped her to apply to LTC.

"I decided to come to this program because it fits my needs. It's not somewhere that I need to worry about ever really having to leave," Tina said. "The people that are here are extremely loving, extremely caring."

Erica, a peer recovery housing specialist, completed LTC's program. She was initially in a few rehab programs because of alcohol and crack cocaine. LTC was highly recommended to her after she had been clean for nearly a year. She has the responsibilities of a house manager, but she also works with the ladies in a family-oriented environment.

"I feel like I've grown a lot as far as how to help other people, because I didn't know how to help myself, but now I'm learning how to help other people," Erica said.

LTC has been greatly impacted by COVID, according to Leonard. The public can support women like Vanessa, Tina, and Erica by attending LTC's 23rd annual fundraiser on Friday, Sep 30, 2022, at 7:00 p.m., 3605 Coronado Rd. in Milford Mill, Md. The upcoming event will include a celebration of recovery; dinner; entertainment; and dancing. It marks the first in-person fundraiser since the pandemic began.

"Every penny of it goes directly to either programming or you know something for the women," Leonard said.

Visit <https://www.eventbrite.com/e/ltc-23rd-annual-fundraiser-tickets-399290798527> to purchase tickets. Individuals who cannot attend the fundraiser in-person may use a Zoom link <https://us02web.zoom.us/j/89016731575?pwd=NVZtOEExac25vRGRVK1pCdZnKN1h2dz09> to view the event. Learn more about LTC via <https://www.lightoftruthcenter.org>.

Kidney and Funds Needed for Baltimore Man with a Spirit of Service

By Andrea Blackstone

Roosevelt V. Boone III's journey to find a living kidney donor and raise funds to support his pursuit of overcoming a serious health challenge serves as a lesson in faith. The Baltimorean recently created a GoFundMe account to spread the word about his hope-filled mission.

"I have been accepted into the transplant institute at NYU under Dr. Robert Montgomery and Dr. Ali," Boone wrote on his GoFundMe page. "I need your financial assistance because my insurance will only cover 80% of my medical cost for services rendered outside the state in which I reside. The remaining 20% could be as much as \$250,000. In addition, I will need reasonable accommodations for an estimated two-to-four weeks during the postoperative transplant stage so the doctors at NYU can follow me until I am able to return home. If I can find a living donor, I will have a living donor transplant."

Enduring dialysis treatment three days a week has not stopped Boone,

"I don't want to just be here and die. I want to offer some things. I've got knowledge. I've got experience. I've got love, and I've got joy within myself."

who regards himself as a spiritual person, from striving for a better tomorrow. Dialysis is what keeps him living, but the procedure he describes as "lifesaving," ultimately destroys organs, lessens focus and memory, and is physically draining. Since Boone was diagnosed with high antibodies, a kidney transplant would be more challenging.



Roosevelt V. Boone III is searching for a kidney donor and seeking financial support to get a life-saving kidney transplant.

Photo courtesy of Quinten M. Davis

He explained that only two jurisdictions are conducting this type of transplant and have been sanctioned by the FDA. His current options to get the operation would be heading to NYU Langone Medical Center, New York, or in California.

Boone had a kidney transplant that was conducted at John Hopkins Hospital in 2011. Blood work determined that a virus took him down an unfortunate path.

"I was doing everything right, but the virus caused me to lose the functioning of that kidney, and I got into a particular program to get another transplant, but my antibodies were too high," Boone said.

High blood pressure caused the initial problem that left Boone needing a kidney and ultimately coping with

end stage renal disease.

"I am open to people at this stage who would be willing to donate a kidney," Boone said.

He explained that a donor could live any place in the U.S. Boone wants to proceed with a transplant at NYU Langone Medical Center.

According to NYU Langone Transplant Institute's information, when their doctors can "perform kidney and liver transplants from living donors, this allows for shorter wait times and improved health for kidney and liver recipients."

Boone added that he believes that some people, especially in the African American and Latino communities, misunderstand the process of becoming a living organ donor.

"The donor has to go through

a litany of tests to make sure that they're medically sound," Boone also explained.

The National Kidney Foundation (NKF) is the "largest, most comprehensive and longstanding organization dedicated to the awareness, prevention and treatment of kidney disease." NKF provided information online stating that "as long as the donor is evaluated thoroughly and cleared for donation, he or she can lead a normal life after the surgery."

Boone hopes to find someone who will step up to assist him.

"I don't want to just be here and die. I want to offer some things. I've got knowledge. I've got experience. I've got love, and I've got joy within myself," Boone said.

The Alpha Phi Alpha Fraternity, Inc. member who attended University of Maryland, College Park has worked on behalf of marginalized communities and their residents. Boone also worked and volunteered on major human rights initiatives, according to his GoFundMe page. He was a founding board member of the Southern Christian Leadership Conference (SCLC) in Prince George's County, Maryland and has held leadership positions across various sectors.

Boone cannot currently work due to health challenges, but he volunteers on boards when he is able, in addition to contributing to the community in other ways. Boone wants to resume working with different organizations and individuals at a high level. He is a believer that he is on the planet to serve.

"I'm asking people to give whatever their heart tells them to do," Boone said, referring to his fundraiser.

Individuals who want to volunteer to help Boone should send a message through his GoFundMe page

Donations may be made via <https://gofund.me/60918fca>.



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Foreclosure Prevention Tips

By Aja' Mallory

Question: I just received a notice in the mail that my home was going into foreclosure. What do I do now?

Answer:

Receiving a notice that your house is going into foreclosure can be stressful. Especially if you have missed payments due to life circumstances such as financial hardships, death, or illness. However, all hope is not lost. It is very important that you do not allow the stress to overwhelm you to the point you are paralyzed from acting. Below are some tips to follow.

1. Contact your mortgage servicer as soon as possible.

The contact information for your servicer is on your monthly statement. Tell your servicer if you are experiencing financial hardship due to the COVID-19 pandemic or for any other reason. Ask your servicer to evaluate your eligibility for programs to avoid foreclosure – this is called a “loss mitigation review”.

2. Remain in contact with your servicer throughout the loss mitigation review process.

It is extremely important that you always remain in touch with your lender. Do not cut off communication with your lender. The earlier you are able to work with your lender in the foreclosure process, the better. If you haven't contacted your lender, contact them immediately.

- Check your mail frequently
- Respond to voicemails and requests from your lender
- Make sure your lender/servicer has updated and correct contact information for you.
- Keep a written record of all

your interactions with your servicer, including who you spoke with and when.

- If you are unresponsive or they are unable to reach you, your servicer may proceed with the foreclosure process.

3. Know your rights as a mortgage borrower in Maryland. You have the right to:

- Receive timely answers to your questions and a prompt response from your servicer after you ask to be reviewed for options to avoid foreclosure.
- Receive an accurate copy of your payment history if you request this from your servicer.
- Be informed about all your loss mitigation options. Ask additional questions if you do not understand the financial implications of your options.
- Ask your servicer for their appeals process if you would like to dispute the results of a loss mitigation review.
- Participate in mediation session with your servicer if you are served with foreclosure papers and your home is your primary residence.

4. Contact a housing counselor.

A housing counselor can assist you with determining what your options might be and help provide necessary documents to your lender. The state of Maryland operates a hotline which can connect you to free qualified housing counselors in your community. Call 877-462-7555. The state of Maryland also operates a financial assistance fund called the Housing Assistance Fund. You can apply online at <https://marylandhaf.com/prescreening> or call 833-676-0119, Mon-Fri 8 a.m. to 7 p.m.

Additionally the City of Baltimore has an assistance fund for residents called the Emergency Mortgage and Housing Assistance Program. You can apply for this program at <https://dhcd.baltimorecity.gov/hho/emergency-mortgage-housing-assistance-program> or call 410-396-3023.

5. Contact a nonprofit legal services organization.

Often after speaking with a housing counselor, the housing counselor will refer you to a nonprofit legal services organization if they have identified an issue that requires the assistance of an attorney. An attorney can represent you in mediation to assist in resolving any outstanding issues regarding the foreclosure prevention options that are available. In addition to mediation representation, an attorney may also be able to assist you if the lender has not met the foreclosure requirements. If you believe that your lender has not met the foreclosure guidelines, please contact an attorney as soon as possible.

“It is extremely important that you always remain in touch with your lender. you are able to work with your lender in the foreclosure process, the better.”

6. Beware of Foreclosure Prevention Scams

There are a number of fraudulent “mortgage assistance relief” services and “foreclosure consultant” scams that take advantage of people during this traumatizing process. There are ways to protect yourself from these scams:

- Do Not Pay anyone in advance to assist with a loan modification. This is illegal in MD, unless paying an attorney retainer.
- Do Not Send your payments to anyone other than your servicer.
- Do Not Believe anyone that guarantees that they will save your home

If you believe you are a victim of a foreclosure scam, please contact the Office of Commissioner of Financial Regulation at 410-230-6077 or email dlfrcomplaints-labor@maryland.gov.

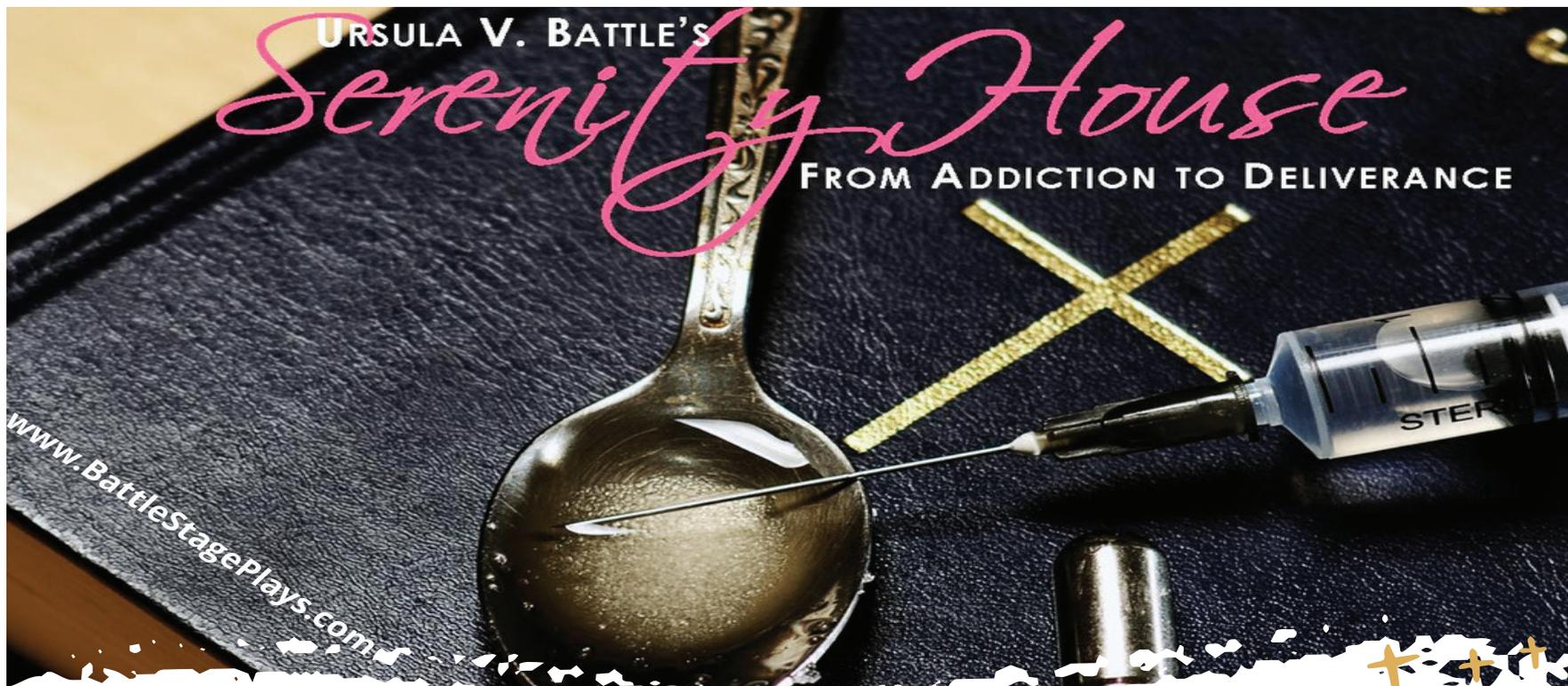
Aja' Mallory is a staff attorney at the Maryland Volunteer Lawyers Service. Her practice focuses on housing and consumer issues for Marylanders of limited means.

Do you have a question you would like to see addressed in this column? Email ask@mvlslaw.org to submit your question.



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CITY OF BALTIMORE DEPARTMENT OF RECREATION AND PARKS NOTICE OF LETTING

Sealed Bids or Proposals, in duplicate addressed to the Board of Estimates of the Mayor and City Council of Baltimore and marked for **BALTIMORE CITY NO. RP21820 CHICK WEBB RECREATION CENTER** will be received at the Office of the Comptroller, Room 204 City Hall, Baltimore, Maryland until 11:00 A.M. **November 2, 2022**. Positively no bids will be received after 11:00 A.M. Bids will be publicly opened by the Board of Estimates in Room 215, City Hall at Noon. The proposed Contract Documents may be examined, without charge, at the Dept. of Rec & Parks at 2600 Madison Ave, Baltimore, Md. 21217 by appointment only on Wednesdays and Fridays, 8:30am – 4:00pm by emailing benitaj.randolph@baltimorecity.gov as of **September 23, 2022** and copies may be purchased for a non-refundable cost of **\$200.00. Conditions and requirements of the Bid are found in the bid package.** All contractors bidding on this Contract must first be prequalified by the City of Baltimore Contractors Qualification Committee. Interested parties should call (410) 396-6883 or contact the Committee at 4 South Frederick Street, 4th Floor, Baltimore, Maryland 21202. **If a bid is submitted by a joint venture (“JV”), then in that event, the document that established the JV shall be submitted with the bid for verification purposes.** The Prequalification Category required for bidding on this project is **E13001 Three Story and Under**. Cost Qualification Range for this work shall be **\$15,000,000.00 to \$19,500,000.00**. A “Pre-Bidding Information” session will be conducted via Microsoft Teams at **10:30 A.M. on Oct. 4, 2022**. Email your contact information to LDecker@baltimorecity.gov to receive an invite to the Microsoft Team(video conference meeting) no later than **Oct. 3, 2022 at 1:00 PM**. Principal Items of work for this project are Selective demolition of existing site amenities and small portions of existing structure; modifications to, and establishment of new site utilities; interior and exterior restoration and renovation of existing recreation center; construction of a new addition; provision of new sitework including paving, landscaping, fencing, playground, lighting, and signage. The MBE goal is **27%** and WBE goal is **10%**.

APPROVED: M. Celeste Amato, Clerk, Board of Estimates

CITY OF BALTIMORE DEPARTMENT OF RECREATION AND PARKS NOTICE OF LETTING

Sealed Bids or Proposals, in duplicate addressed to the Board of Estimates of the Mayor and City Council of Baltimore and marked for **BALTIMORE CITY NO. RP21834 AMBROSE KENNEDY & PATTERSON PARK POOL RENOVATIONS** will be received at the Office of the Comptroller, Room 204 City Hall, Baltimore, Maryland until 11:00 A.M. **November 2, 2022**. Positively no bids will be received after 11:00 A.M. Bids will be publicly opened by the Board of Estimates in Room 215, City Hall at Noon. The proposed Contract Documents may be examined, without charge, at the Dept. of Rec & Parks at 2600 Madison Ave, Baltimore, Md. 21217 by appointment only on Wednesdays and Fridays, 8:30am – 4:00pm by emailing benitaj.randolph@baltimorecity.gov as of **September 23, 2022** and copies may be purchased for a non-refundable cost of **\$200.00. Conditions and requirements of the Bid are found in the bid package.** All contractors bidding on this Contract must first be prequalified by the City of Baltimore Contractors Qualification Committee. Interested parties should call (410) 396-6883 or contact the Committee at 4 South Frederick Street, 4th Floor, Baltimore, Maryland 21202. **If a bid is submitted by a joint venture (“JV”), then in that event, the document that established the JV shall be submitted with the bid for verification purposes.** The Prequalification Category required for bidding on this project is **G90073 Swimming Pool Construction and Repair**. Cost Qualification Range for this work shall be **\$1,800,000.00 to \$2,200,000.00**. A “Pre-Bidding Information” session will be conducted via Microsoft Teams at **10:00 A.M. on October 5, 2022**. Email your contact information to raymond.nyakoe@baltimorecity.gov to receive an invite to the Microsoft Team(video conference meeting) no later than October 4, 2022 at 12:00pm. Principal Items of work for this project is Swimming Pool Repair. The MBE goal is **1%** and WBE goal is **10%**.

APPROVED: M. Celeste Amato, Clerk, Board of Estimates

Legal Notice

CITY OF BALTIMORE DEPARTMENT OF GENERAL SERVICES NOTICE OF LETTING

Sealed Bids or Proposals, in duplicate, addressed to the Board of Estimates of the Mayor and City Council of Baltimore and marked for **GS 19825R – Market Center Garage Renovation**, will be received at the Office of the Comptroller, Room 204, City Hall, Baltimore, Maryland until 11:00 A.M. on **WEDNESDAY, November 02, 2022**. Board of Estimates employees will be stationed at the Security Unit Counter just inside the Holliday Street entrance to City Hall from 10:45 A.M. to 11:00 A.M. every Wednesday to receive Bids. Positively no bids will be received after 11:00 A.M. The bids will be publicly opened by the Board of Estimates in Room 215, City Hall at Noon. Bid opening proceedings can be also viewed live at <https://www.charmtvbaltimore.com/live-stream> at 12:00 noon. Bid tabulation sheets detailing the bids received will be publicly posted to the Comptroller’s website by COB on the date of bid opening.

The Contract Documents may be purchased for a non-refundable cost of **\$50.00** by contacting Azza Rizkallah at azza.rizkallah@baltimorecity.gov as of **FRIDAY, September 23, 2022**.

Conditions and requirements of the Bid are found in the bid package.

All contractors bidding on this Contract must first be pre-qualified by the City of Baltimore Boards and Commissions. Interested contractors should call 410 396-6883 or contact the Office of Boards and Commissions at 4 South Frederick Street, 4th Floor, Baltimore, MD 21202. **If a bid is submitted by a Joint Venture (“JV”), then in that event, the documents that establish the JV shall be submitted with the bid for verification purposes.** The Prequalification Category required for bidding on this project is **G90039 – CONCRETE & MASONRY REPAIRS**

The Cost Qualification Range for this work shall be **\$100,000.01 to \$500,000.00** A “Pre-Bidding information” session will be conducted at **the site: 221 N. Paca St, Baltimore, MD 21201 on TUESDAY, OCTOBER 04, 2022 at 10:00 a.m.**

Principal Items of work for this project are:

General Requirement

Thermal & Moisture Proofing Roof Top Equipment Support

The MBE goal is **20%**
The WBE goal is **6%**

CONTRACT NO. GS 19825R

APPROVED:

Erika McClammy

Clerk, Board of Estimates

APPROVED:

Berke Attila

Director, Department of General Services

Legal Notice

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Notice is hereby given that this lien sale shall be conducted online at www.storage-treasures.com where additional information about the sale and the contents to be auctioned will be posted at least three (3) days before the sale date. The contents will be sold to the highest bidder on 10/04/2022 at 2PM

Unit # Name

3012	Weaver, Yasmeen
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3106	Bailey, Lakeisha
2147	Diarisso, Mamadou
2066	Miller, Larry
4036	Tyner, James
2143	Bell, Thomasena R.
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3105	Hernandez, Eva
1022	Ndjami, Eden

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PRIZE **\$40.00**
FORTY

SPIN 4

MNYBAG	MNYBAG	MNYBAG
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PRIZE **PROGRESSIVE JACKPOT**

SPIN 6

Fast PLAY \$2.00

Gold Fish

CURRENT PROGRESSIVE JACKPOT: **\$2,500**

SPIN 2

ONEY	TWOY	THREY	FOURY	FIVY	SIXY	SEVY	EIGHTY	NINETY	ONEY
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PRIZE **\$40.00**
FORTY

SPIN 4

MNYBAG	MNYBAG	MNYBAG
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PRIZE **PROGRESSIVE JACKPOT**

SPIN 6

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21 TWONE	16 SIXTN	7 SEVEN	20 TWNTY	3 THREE	29 TWNIN
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