

# NUPTAA

NORTHWESTERN UNIVERSITY PHYSICAL THERAPY ALUMNI ASSOCIATION NEWSLETTER

The purpose of NUPTAA is to further a spirit of fellowship among the physical therapy graduates and to promote continued interest in, communication with, and support of the NUPT programs.

This newsletter is published twice a year, winter and summer. Send information and inquiries to the news editor, Bill Healey, via email at [b-healey@northwestern.edu](mailto:b-healey@northwestern.edu) phone: (312) 503-3346; fax: (312) 503-4398.

Send change of address to Alumni Office, 645 N. Michigan Avenue, Suite 1100, Chicago, IL 60611

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CONGRATULATIONS CLASS OF 2007!

### Mark Your Calendars! Upcoming Alumni Activities.....

NUPT Alumni Association Board of Directors Meeting is scheduled for Saturday, April 5, at NUPTHMS.

The First Annual Ann Putnam Kaleckas Lecture, April 22, 2008, 5:00 p.m.  
Speaker: Shirley Sahrman, PT, PhD, FAPTA

NUPT Alumni Weekend 2008 is scheduled for **Friday and Saturday, October 3-4**. More information will be available in the Summer newsletter, Alumni Weekend brochure summer mailing, on the web, or contact Bill Healey.

## President's Message



The start of the New Year is a great opportunity for reflection. The events that happened in the previous year are reflected upon and the opportunities of the New Year are assessed in an effort to make the New Year bigger and better.

In 2007, the NUPT Alumni Association and the Board of Directors continues to support the PT Department at Northwestern. Graduation and incoming student receptions were provided to the students as a means to link them with the Association. Alumni serve as mentors not only to students currently enrolled at Northwestern but also often in lifelong mentoring relationships as the graduates enter the workplace and develop and evolve their professional practices.

Scholarships and gift giving continues to grow through the generosity of many alumni. This financial support to the University helps not only individual students but helps the Department of Physical Therapy and Human Movement Sciences as well Educational offerings through Alumni Weekend as well as the newly implemented Summer Institute continue to provide an opportunity for alumni to stay in touch with the Department, classmates and other colleagues.

A job fair was successfully implemented in 2007 by the Alumni Association to facilitate employee – employer opportunities for current students as well as NUPT alumni. These are a few of the activities that your Alumni Association has worked on this past year. It is through the voluntary efforts and hard work of alumni and members of the Board that made 2007 a successful year.

In 2008 the Association is striving to increase attendance at Alumni Weekend and other educational offerings; involve greater member participation in Association-sponsored activities; and increase financial support and gift giving by the members to allow greater numbers and dollar amounts of scholarships. I am asking each one of the alumni to increase their participation and involvement in the association by volunteering during an activity, attending an educational offering, and financially supporting our students and association. If you have not returned your annual gift back to the University, please do so within the next few weeks.

I want to thank those outgoing Board Members for all their efforts and contribution of their time over their term of office. I welcome our new Board to their elected positions. With all of OUR efforts we can together make 2008 a successful and outstanding year for ourselves, the students, and the NUPT department. I wish you and your family a very prosperous and enlightening 2008!  
Sincerely,

Larry Rechlin ('78)  
President, NUPT Alumni Association

**WE'RE ONLINE...**  
Reconnect with NUPT Alumni on the web at:  
[www.feinberg.northwestern.edu/nupthms](http://www.feinberg.northwestern.edu/nupthms)

## Alumni News

**1969**

**Donna Frownfelter**, (Glenview, IL) was co-editor with Marilyn Moffat on the 2007 book, *Cardiovascular and Pulmonary Essentials*. NUPT faculty who wrote chapters in the book included **Toni Sander** (MS'87) on lymphoedema and **Steve Sadowsky** on respiratory failure.

**1976**

**Marilyn Holt** (Rio, IL) was certified as a Geriatric Certified Specialist by the APTA Board of Physical Therapy Specialties in 2007.

**1978**

**Karen Aukland** (Lombard, IL) wrote an article, *Options...by Degree!*, that appeared in the October-November Issue of the *Illinois PT Priority*.

**Larry Rechlin** (Naples, FL) was interviewed in the article, *Alumni Associations: Connecting Past, Present and Future PTs*, in the October issue of *PT Magazine*.



**1981**

**Paul Hildreth** (New Orleans, LA) was elected to the APTA Nominating Committee.

**1982**

**Marlene Wesol-Cid** (Chicago, IL) is working at West Suburban Hospital, Oak Park, IL on the subacute rehab unit. Marlene and husband, Joseph, have 2 daughters, Kristina who is a pre-PT student at NIU, and Samantha who is an active 6th grader. Marlene is actively involved in her children's school and extracurricular activities as well as her church's "Contemporary Choir".

**1983**

**Patricia Byrne-Bowens** (Chicago, IL) was certified as a Pediatric Certified Specialist by the APTA Board of Physical Therapy Specialties in 2007.



**1989**

**Linda Tieman Roherty** (South Elgin, IL) serves as a mentor through the APTA in the specialty of lymphedema management.

**1995**

**Aben Cooper** (Chicago, IL) is Director of Rehabilitation Services at Thorek Hospital, Chicago, and is currently enrolled in a MBA program at UIC. Aben recently participated in a December panel discussion with 2nd-year PT students on, *Managing Role-Related Stress and Burnout*.

**1999**

**Amy Norris Miller** (Palatine, IL) was certified as a Geriatric Certified Specialist by the APTA Board of Physical Therapy Specialties in 2007.

**2000**

**Jennifer Hilb Kahn** (Chicago, IL) was certified as a Neurologic Certified Specialist by the APTA Board of Physical Therapy Specialties in 2007. Jennifer and husband Lenny welcomed son Joshua Tyler on 6/30/07. Jennifer works at the Rehabilitation Institute of Chicago and assists in several NUPT classes.

**Kelli Weinberg** (Mount Prospect, IL) successfully passed the Certified Wound Specialist exam. Kelli has been assisting in the NUPT Lymphatics and Integument Dysfunction course at NUPT the last 2 years and serves as a guest lecturer at Governor's State University's physical therapy program (in Illinois) on various wound care topics. Kelli, her husband, Uri, and sons Jacob and Ethan welcomed Liam Joseph on 9/21/07. Kelli continues to work as a registry PT at Evanston Hospital, Evanston, IL.

**2002**

**Susan Hardin** (Chicago, IL) was certified as an Orthopedic Certified Specialist by the APTA Board of Physical Therapy Specialties. She also assisted in classes at NUPT this past spring.

### In Memoriam

Jeanne Schenck('40)

## A Day in the Life of Robyn Bronner, Class of 2008

The day starts at 5:15 a.m. Technically, it should have started at 5:00, but until I devise an electric zapper that attaches my big toe to my alarm clock, I will always fight a battle with the snooze button. I fall out of bed and stumble around my apartment in the pre-dawn light. Eventually, I launch myself out of the apartment building and arrive downtown by 6 a.m. I meet a friend at the gym for a weight lifting class called *Buff, Lean, and Mean*. Somehow, I draw attention to myself and am berated by the instructor for using measly five-pound weights. I am chastised until I grab the nine-pound weights off the rack; for the rest of the hour I tell myself delayed-onset muscle soreness is never really that bad... Right? A workout and a shower later, I'm off to the 7/11 for a morning tea because it's the cheapest I've found without straying from the most direct route to school. I arrive at 645 N. Michigan Ave, 7<sup>th</sup> floor, just before 8 a.m. when the first class of the day begins.

Five minutes into listening to Bill Healey introduce the topic of the day, which is communicating with individuals who have speech and language problems, I realize I'm ravenously hungry. I delve into the depths of my lunch sack, which yields nothing enticing. At 8:50, we get the first break of the morning and I sprint to the elevator and across Erie Street to the Corner Bakery for a morning snack. I get back just in time to sit down with my group, where we have started our discussion with a person who has expressive aphasia.

When 10 a.m. rolls around, Cardiovascular and Pulmonary P.T. begins with a lecture/lab on airway clearance techniques. By 10:30 a.m. Donna Frownfelter has the whole class practicing a forced expiratory technique called "the huff". Everyone was more than a little alarmed at Donna's demonstration of the huff, and I find it even more alarming when the whole class is attempting the technique. It's almost 11:30 and I finally cave to my desire to rip my lunch sack open with my teeth and carnivorously devour my peanut butter and jelly sandwich. I get stares from several classmates irritated by the chewing sounds that are blocking out Donna's lecture.

At the conclusion of class at noon, I stash my bags in the locker room and grab my lab coat, and my first-year companion and I embark on our public transportation trek to our Patient Management Experience. We were assigned to the outpatient physical therapy department at the University of Illinois at Chicago (UIC) Medical Center; once there, we assist in evaluating and intervening in one or two patient cases. Later on in the term, we'll give a presentation to a small group of peers and a faculty member about what we observed and performed on this trip.

At 3:00, we leave UIC and head back to school. The first year student who accompanied me to UIC mentions that he will be returning to the cadaver lab to review structures before a test at the end of the week, and I have plans with classmates to practice some neurological examinations. I eventually head home from school at about 6 pm.

The rest of my day involves food, a couch, and several books and binders. Life as a student can be exhausting some days, but I am always cheered by the thought of the day when I can sign my name, Robyn Bronner, PT. And no matter how much I gripe, there are always perks to student life; namely, student discounts, spending the government's money on things other than tuition with reckless abandon, going to school on the Magnificent Mile, and making friendships that will last a lifetime.



## Awards Committee

Presented during 80<sup>th</sup> Anniversary Dinner, October 13, Alumni Weekend 2007

**Julie Cook, Committee Chair**



The recipient of the *2007 Distinguished Alumnus of the Year Award* is **Elizabeth "Beth" Coulson ('77)**. I think the words of her peers and colleagues who wrote letters of recommendation capture her true character and support the committee's selection: "Through all these activities (referring to C.V.), Beth has demonstrated her leadership skills and has been a mentor to students and clinicians alike.".....

"Though the majority of her time is now spent in legislative activities, she remains first and foremost a physical therapist and continues to represent Northwestern and the profession admirably."....."She was an unwavering advocate for students and committed to educating the next generation of PTs to the highest level. Student, faculty, and administrators consistently praised Beth for her high standards, tremendous intellect and dedication to Physical Therapy." To the awards committee, it was these comments that captured the true essence of the award and further supported the committee's choice of Elizabeth "Beth" Coulson as this year's recipient. Beth Coulson's career includes clinical work in the hospital, school, and home-health settings, various positions at Roselind Franklin University (North Chicago, IL) since 1981 including Chair, ACCE, Adjunct Faculty, and Associate Professor. She has served in numerous positions at the district, chapter, and state levels of the American Physical Therapy Association in the areas of legislation and judicial committees. She currently is serving her 5<sup>th</sup> term as Illinois State Representative and trying to impact the broader public spectrum to the best of her ability. Beth continues to be a dedicated alumnus of Northwestern University as she has served as a previous Alumni Association board member and past president as well as a guest lecturer and graduation speaker.



The recipient of the *2007 Research Achievement Award* is **Dr. Karen Hayes ('65)**. Again, the words of her peers and colleagues who wrote letters of recommendation capture Karen's true character and support the committee's selection. "I believe Dr. Hayes's work record duly reflects that of an individual who has engaged in a productive career. She has served as either the principal investigator or co-

investigator on research grants totaling in excess of \$980,000 during her career. In addition to her own research activity, she has served as a research mentor on graduate thesis committees of 34 students, 21 of which she was chair of the committee."... "Dr. Hayes's research spans both breath and depth with major areas of influence in arthritis, clinical education, reliability and validity of PT tests and measures, and interventions for orthopedic PT. She provides unwavering service in her role as a consultant and reviewer and through her work on foundations, federations of state practice boards, associations, sections, IL state chapter, and university and international research network activities."... "Dr. Hayes has a unique ability to think scientifically across several discipline lines – physical therapy, biomechanics, epidemiology, biostatistics, clinical practice, and intervention development."... "Dr. Karen Hayes has taught me, by example, that the most meaningful way to grow a field is to mindfully grow and nurture individuals." To the awards committee, it was these comments that captured the true essence of the award and further supported the committee's choice of Dr. Karen Hayes as this year's recipient. Dr. Karen Hayes's academic career (all at NUPT) includes a wide range of academic appointments including instructor and assistant professor early in her career eventually being appointed to graduate Faculty and Associate Professor during the last 20 years of her career. With a change in leadership at NUPT in 1998, Dr. Hayes also assumed the duties of Director of Professional Education. It is for these reasons that the committee feels we, as alumni, are fortunate to have such a compassionate and dedicated members receive such well-deserving awards.

## FACULTY NEWS

Congratulations to **Alison Chang** on her successful acquisition of a Health Professional New Investigator Award from the American College of Rheumatology, Research and Education Foundation. This award will provide support for her research over the next two years.

**Timothy Hain, MD**, was listed in the January 2008 Chicago Magazine "Best Specialists" issue for his expertise on dizziness and balance disorders caused by problems in the inner ear and on head-neck postural control in whiplash.

**Nora Francis** and **Alice Salzman** presented an APTA Clinical Instructor Education and Credentialing Program, co-sponsored by Schwab Rehabilitation Center and the Department of Physical Therapy and Human Movement Sciences, Northwestern University, Feinberg School of Medicine, Chicago, IL, September 15 & 16, 2007.

Congratulations to **Dr. Fang "Amanda" Lin** on her success fulacquisition of a three year RO3 grant from the National Institutes of Health, National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS)! 1R03AR054039 - 01A1 Title: Define an accurate pelvic plane for hip radiography and total hip arthroplasty. Duration: 09/01/2007 – 07/31/2010.

Congratulations to **Jane Sullivan, Lois Hedman, and Jules Dewald** for their successful acquisition of a 1-year research grant from EMPI (a leading distributor of electrical stimulation devices). This project will explore a novel use of electrical stimulation to determine if sensory amplitude electrical stimulation combined with task-specific exercise results in reduced impairment and improved function in the hemiparetic arm following stroke.

## PUBLICATIONS

Sullivan KJ, **Brown DA**, Mulroy S, Ge T, Azen SP, Winstein CJ; for the Physical Therapy Clinical Research Network (PTClinResNet). Effects of Task-Specific Locomotor and Strength Training in Adults Who Were Ambulatory After Stroke: Results of the STEPS Randomized Clinical Trial. *Phys Ther*. 2007;87:1580-1602.

**Chang A**, Hurwitz D, Dunlop D, Song J, Cahue S, **Hayes K**, Sharma L. The relationship between toe-out angle during gait and progression of medial tibiofemoral osteoarthritis. *Ann Rheum Dis*. 2007;66(10):1271-5.

Beer RF, Ellis MD, Holubar BG, **Dewald JP**. Impact of gravity loading on post-stroke reaching and its relationship to weakness. *Muscle Nerve*. 2007 Aug;36(2):242-50. Sukal TM, Ellis MD, **Dewald JP**. (Nov, 2007) Shoulder abduction-induced reductions in reaching work area following hemiparetic stroke: neuroscientific implications. *Exp Brain Res* 183(2):215-23.

**Francis N, Salzman A**, Polomsky D, Huffman E. Accommodations for a student with a physical disability in a professional physical therapist education program. *Journal of Physical Therapy Education*. 2007;21(2): 60-65.

Lundquist K, **Francis NJ**. 2007 Exercise and depression in older adults. *Geriatrics* 14(4):10-12.

Keshner EA, Streepey J, Dhaher Y, **Hain T**. Pairing virtual reality with dynamic posturography serves to differentiate between patients experiencing visual vertigo. *J Neuroengineering Rehabil*. 2007 Jul 9;4:24.

**Hedman LD, Sullivan JE, Hilliard MJ, Brown DM**. Neuromuscular electrical stimulation during task-oriented exercise improves arm function for an individual with proximal arm dysfunction after stroke. *Am J Phys Med Rehabil*. 2007 Jul;86(7):592-6.

Kathryn J. Swoboda, John T. Kissel, Thomas O. Crawford, Mark B. Bromberg, Gyula Acsadi, Guy D'Anjou, **Kristin J. Krosschell**, Sandra P. Reyna, Mary K. Schroth, Charles B. Scott, and Louise R. Simard. Perspectives on clinical trials in Spinal Muscular Atrophy, and Consensus statement for standard of care in Spinal Muscular Atrophy. *J Child Neurol* 2007; 22: 957-966.

**Kristin Krosschell** is a member of the International Care Committee for SMA's Standard of Care Committee that published this document.

**MacKinnon CD**, Bissig D, Chiusano J, Miller E, Rudnick L, Jager C, Zhang Y, Miller ML, **Rogers MW**. Preparation of Anticipatory Postural Adjustments Prior to Stepping. *J Neurophysiol*. 2007 Jun;97(6):4368-79.

**Makhsous M**, Rowles D., Rymer WZ, Bankrad J, Nam EK, Chen D, **Lin F**. Periodically relieving ischial sitting load to decrease the risk of pressure ulcers. *Arch Phys Med Rehabil*. 2007 Jul;88(7):862-70

**Makhsous** et al., Evaluation of a New Sitting Concept Designed for Prevention of Pressure Ulcer on the Buttock Using Finite Element Analysis', *Medical & Biological Engineering & Computing*. In Press.

**Makhsous M**, Priebe, M., Rowles D., Zeigler, M., Chen D., **Lin F** Measuring Tissue Perfusion during Pressure Relief maneuvers: Insights into Preventing Pressure Ulcers. *The Journal of Spinal Cord Medicine*: 30(5), 63-73, 2007

# A new adventure for Mark and Lynn

Dear Colleagues,



Effective April 30, 2008, Mark has accepted a position as vice chair for research and director of the PhD program in physical rehabilitation science in the department of physical therapy and rehabilitation science at the University of Maryland, school of medicine, in Baltimore. Mark has provided multiple contributions to the department of physical therapy and human movement sciences (PTHMS) over the last 20 years. In the area of physical therapy education, Mark has introduced the concept of the 'motor control framework' an approach that allows clinicians to analyze movement disorders based on motor control principles. Mark also has been instrumental in designing an integrated neuroscience course incorporating neuroanatomy, neurophysiology and neurology related to the sensorimotor system in a 2 trimester course.

Research wise Mark has become a well-known investigator in the area of postural control in aging. His research has been both basic and applied and is now expanding in the area of interventions research for the preservation of posture and balance in the aging. Mark has also been expanding his research in the area of Parkinson's Disease, using posture assisted locomotion (PAL), and Stroke.

At the administrative level Mark has served as director of research, interim chair of the department, and currently as the associate chair of post professional education during his tenure at PTHMS. David Brown will assume the responsibilities for the position of associate chair of post professional education.



Lynn has served the department for the last 14 years as the Manager of Admissions and Student Affairs. Lynn has been crucial in setting up our web-based admission's system as well as associated databases containing information of current and past applicants and physical therapy students. Lynn also played an important role in web management and graphic design for the department.

I'm sure that you will all join me in wishing Mark and Lynn the very best as they take advantage of this great new opportunity. We hope to stay in touch with Mark and Lynn both at a personal and professional level. Mark can be reached at m-rogers@northwestern.edu and Lynn at lynncrogers@gmail.com.

Sincerely,  
Jules Dewald

## Welcome Class of 2009!



On August 30, Class of 2009 students met alumni, current students, and faculty at the New Student Reception. This event is held annually at the end of a 3-day orientation for the new class.



## Congratulations Class of 2007!

The Alumni Association, Children's Memorial Hospital, Evanston Northwestern Healthcare and Northwestern Memorial Hospital sponsored a reception for the Class of 2007 on December 14, 2007, a day before graduation. This event is held annually to welcome graduates to the Alumni Association.



Clockwise from top left.  
- Nora Francis, Sonia Palmer.  
- Amy Atchison, Sarah Schwinn, Britt Runft, Nicola Bell.  
- Kathleen McGaghie, Monika Pawar.  
- Lisa Oates-Ulrich and her mother.  
- Alison Balmat and her parents with Steve Sadowsky, Robert Kennedy and Terri Jacobs.



## PARTNERS IN PHILANTHROPY

Alumni of the Department of Physical Therapy and Human Movement Sciences, along with several friends, have shown their support for scholarships and program initiatives through their philanthropic gifts. Since the beginning of the new academic year on September 1, 2007, the following support has been received:

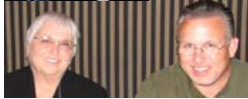
Janet L. Hemzacek Scholarship Fund: \$3,000 from 3 donors  
Physical Therapy Gift Fund: \$1,385 from 8 donors  
Physical Therapy Scholarship Fund: \$1,670 from 12 donors  
Sally C. Edelsberg Scholarship Fund: \$2,600 from 24 donors  
Wood/Voss Scholarship Fund: \$885 from 10 donors

We appreciate the support of all donors to date. If you would like information on making a gift or learning about opportunities to include the Department in your estate plans, please contact Jeff Nearhoof at 312 503-3088 or at [j-nearhoof@northwestern.edu](mailto:j-nearhoof@northwestern.edu).



**Top:** Board of Directors and Half-Century Club. **2nd row:** Randy Perkins, Melinda Nygren Pierce, Cynthia Weinstein; Jean Abrahamsen Kestner, Babette Sanders, Maribeth Otte, Robyn Bronner. **3rd row:** Rick and Pamela Simon; Nelson Liu, Allison Chang; Caryn Vassallo Rossi, Lynn Hood Buccella. **4th row:** Pauline Brannigan, Bill Healey; Peter McMenamin, Karen Hayes, Beth Coulson, Robert Babbs, Jr.; Gerda Joseph, Kristina Marcussen; **Bottom:** Mark Baginskis, Larry Rechlin, Deborah Scheffrin, Alison Chang, Paul Hildreth, Jean Kestner, Paula Goga Eppenstein, Robyn Bronner, Gary Sutton; Lynn Hood Buccella, Caryn Vassallo Rossi, Sandra Hall Hartner, Sheryl Lucero Depakakibo, Marlene Wesol-Cid, Diane Simnick, Melinda Nygren Pierce.





**Half-Century Club Lunch a Big Success during Alumni Weekend!**

Five graduates from the class of 1957, one graduate from 1956, and one graduate from 1952 enjoyed a wonderful lunch at a downtown Chicago restaurant with their families, friends, Sally Edelsberg, Larry Rechlin, Jules Dewald, and Bill Healey on Friday, October 12, as part of the 2007 Alumni Weekend festivities. Attendees included Dorothy Danielson ('52), Phyllis Grey ('56) & guest, and 1957 classmates Robert Babbs, Jr., & his wife, Diane Eberhardt, Karin Green & her son, LuAnn Joys, and Wendell Venerable & his wife & daughter. The 2008 Half-Century Club Lunch will be held during this fall's Alumni Weekend on Friday, October 3. Graduates from before and including the Class of 1958 and their families or friends are invited.

- Pictures (top to bottom):
- Half-Century Members; Angela Venerable Joyner, Shirley & Wendell Venerable
  - Robert & Julia Babbs
  - Jules Dewald & Dorothy Christofferson Danielson
  - Karin Green & son



**Columbia Fleeces For Sale**

**NUPT Students Raising Money for Foundation for Physical Therapy**

In order to raise money for the Marquette Challenge and Foundation for Physical Therapy, NUPT students are offering custom-made Columbia Fleeces. These very soft, full-zip fleece jackets are Charcoal Grey, include a NU Physical Therapy logo, and are offered in all sizes. Each fleece raises \$5 for the Foundation. Send your order today. Please mail this form with a check made out to **S.J Broers Co.** for \$40 by March 7, 2008 to Bill Healey, NUPTHMS 645 N Michigan Ave Suite 1100, Chicago, IL 60611. LIMITED SEASONAL OFFER!!!

Name: \_\_\_\_\_

Shipping Address: \_\_\_\_\_

\_\_\_\_\_

Womens:	Mens:
<input type="checkbox"/> S	<input type="checkbox"/> S
<input type="checkbox"/> M	<input type="checkbox"/> M
<input type="checkbox"/> L	<input type="checkbox"/> L
<input type="checkbox"/> XL	<input type="checkbox"/> XL
<input type="checkbox"/> XXL (add'l \$2.75)	<input type="checkbox"/> XXL (add'l \$2.75)

**WE'RE ONLINE ... Reconnect with NUPT Alumni on the web at: [www.feinberg.northwestern.edu/nupthms](http://www.feinberg.northwestern.edu/nupthms)**

**MARK YOUR CALENDARS!!  
Alumni Weekend October 3-4, 2008**

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