

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. Send information and inquiries to the news editor, Bill Healey, via email at b-healey@northwestern.edu phone: (312) 503-3346; fax: (312) 503-4398.

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In this Issue

Alumni News
2006 Alumni Weekend
Faculty News
Letter to the Editor
First Randy, Now Karen
Partners in Philanthropy - Mark Kaufmann
Alumni Focus

President's Message



We are just finishing the holidays as I write this letter. It gives me an opportunity to reflect on the past year. 2006 was a great year for the Alumni Association. I want to thank the outgoing board members for their dedication, assistance, and support over the years. The Development Committee has seen increased donations which are much needed by the University and Department to continue to assist students by means of scholarships. The Alumni Weekend Committee put together a program given by alumni speakers on a variety of topics. Attendance and participation continues to grow.

I had the opportunity this past December to attend graduation for the PT students at Northwestern. It makes me proud to see Northwestern University continue to educate and train the finest PT professionals. This process however includes the efforts of many people including a high caliber student body, dedicated faculty, a world renowned university, clinical instructors, and a supportive alumni association!

2007 heralds the 80th Anniversary of the NUPT programs. During this year, I ask each and every one of the members to continue to support your alumni association and Northwestern University. Opportunity abounds for all of us. I challenge everyone to give generously of your time and financial resources to Northwestern PT. Consider running for a board position, become a mentor or clinical instructor for students, attend the exciting Alumni Weekend that is being planned, and most importantly, financially support and contribute to the scholarship funds.

You should have all received a letter from the Development Office for our annual campaign requesting your financial support. Thank you to all of you who have contributed to the campaign. If you have not contributed, I urge you to reconsider as our students and our profession needs our support. Perhaps 2007 is the year for you to review your estate planning and consider Northwestern University Physical Therapy Department as a recipient of your hard-earned fruits. The Development Office is more than willing to answer any questions that you may have and help assist you in this endeavor.

I want to welcome the new board members and thank the returning board members for their support and dedication. To have served as your association president for the past two years has been a humbling experience. Thank you all for your support as I start another term as president. I look forward to meeting you at a function as well as welcome back many of the alumni that I have had a chance to meet over the years. My wish for you all is that 2007 is a terrific and prosperous year!

Sincerely,



Larry Rechlin ('78)
President, NUPT Alumni Association



Congratulations! Class of 2006

Alumni News

1957 REUNION YEAR

Robert Babbs, Jr. (Chicago, IL) received the 2006 Distinguished Alumnus of the Year Award during Alumni Weekend 2006. Bob shared his thoughts after receiving the award...

To be considered for this award is very special; to receive it is indeed an honor. It stands out because it is bestowed by the institution where I received my professional education. Many of my professional values were instilled there and hopefully reflected during the course of my years in the practice of physical therapy. The day was particularly meaningful because it happened to be received on the same day that NUPTAA paused to recognize the life of my first physical therapy mentor, Elizabeth Wood. She took me under her wing and got me involved in my first research and writing experience; she also prompted me to run for my first IPTA office. This award also provided an opportunity for reflection. I was extremely fortunate to be blessed with a superb support system of family, mentors, co-workers, and colleagues. Their encouragement was vital to my participation in professional activities throughout my career. These fantastic people helped to shape many of my values, goals and beliefs. This award recognizes them collectively and I thank NUPTAA and the Awards Committee for this honor.



1975

Ruth Brown (Grover Beach, CA) visited NUPT in September 2006 for the first time in 30 years and stated that her visit was one of the highlights of an already outstanding year. Ruth was given a tour of the labs and classrooms and was introduced to the current faculty and graduate students. Ruth commented, "What impressed me the most was seeing how our profession is making the transition from clinical work to evidence-based practice and how that transition is happening because of our DPT programs. I wish I could do it all over again!" After spending the last 24 years at a small, community-based, non-profit hospital, Ruth is starting a new position at a free-standing, non-profit home health agency. Ruth's clinical career included working with patients in home health, acute care, transitional care, and 20 years in an outpatient cardiac and pulmonary rehabilitation setting.

1976

Jean Kestner (Glen Carbon, IL) started a new position as Director of Risk and Support Services for SSM Rehab, a rehabilitation hospital in St. Louis, MO. Jean recently served as a 2006 Senior Examiner for the Excellence in Missouri Foundations' Missouri Quality Award.

Vicki Liskey Naughton (Virginia Beach, VA) and **Linda Michener Parduhn** (New Buffalo, MI) couldn't make their class 30-year reunion at Alumni Weekend but sent this picture and best wishes to everyone!



Karen Freeman Ortmann (Chicago, IL) is the Chief Operating Officer at Marianjoy Rehabilitation Hospital in Wheaton, IL, which recently completed a new, 120 all-private room replacement hospital with integrated healing features. Karen actively promotes research and evidence-based practice to promote clinical excellence and quality at Marianjoy. Karen currently serves on the American Hospital Association Governing Council for Rehab and Long-Term Care.

1984

Kevin Wilk (Birmingham, AL) was recently elected President of the Sports Section of the American Physical Therapy Association. Kevin is also working on the 2nd edition of two of his books, *The Athletes Shoulder*, and *Orthopaedic Rehabilitation*. Kevin's daughter, Summer, has begun Graduate School at Northwestern University studying psychology.

1985

Julie Lundquist (Denver, CO) received a Master of Healthcare Systems from the University of Denver in 2000 and is currently the Director of Quality and Risk Management for Spalding Rehabilitation Hospital in Denver.

1989

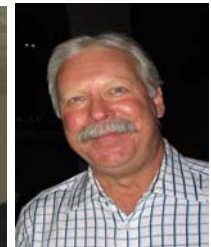
Sharon Brown Skidmore (Anchorage, AK) received her DPT in 2005 from the Arizona School of Health Sciences. Sharon has a pediatric private practice in Anchorage, Alaska.

Alumni Weekend October 6 & 7, 2006



Pictures from left to right, top to bottom

- Lunch with Class of 2007 and 2008 student volunteers
- Peter McMenamin, Sally Edelsberg, Robert Babbs, Jr.
- Class of 1976
- Karen Ortmann, Jules Dewald
- Karen Auckland, Larry Rechlin, Susan Simcock, Gerda Joseph
- Jean Callahan, Marilyn Holt, Hana Hovorka
- Betsy Myers, Karen Hayes
- Jean Kestner, Pamela Hatton,
- Pat Gardner
- Russ Foley, Joe Farrell
- Sunday River Boat Cruise



Faculty News:

Kristin Krosschell was promoted to assistant professor in September 2006. Kristin was an invited presenter with several colleagues at the FSMA Family Meeting in San Diego, July 2006, on the topic, *Clinical management of children with spinal muscular atrophy: Physical therapy, occupational therapy, orthopedic and orthotic intervention*. Kristin and colleagues presented the following 2 posters at the 11th International Congress of the World Muscle Society in Brugge, Belgium, October 2006: *Reliability of the Modified Hammersmith functional motor scale in children less than 30 months of age; Relationship between outcome measures assessing strength and function in children with spinal muscular atrophy (SMA) type 11 and 111*. Kristin, fellow faculty Jules Dewald and Mike Ellis, researcher DJ Gaebler-Spria, and DPT student Theresa Sukal presented a poster entitled, *Cerebral palsy research registry: A multi-center effort to support cerebral palsy research*, at the AACPD Meeting, Boston, September 2006.

Kristin made the following platform presentations at the 10th Annual International Spinal Muscular Atrophy Research Group Meeting held in conjunction with the International Child Neurology Congress in Montreal, 6/2006: **Krosschell KJ**, Maczulski JA, Scott C, Wood J, Bollman E, Mancini C, Stokes A, Wride M, Swoboda KJ, for Project Cure SMA. *Add on modules to delimit ceiling effects while testing pts with Spinal Muscular Atrophy using the MHFMS-SMA.1* Crawford TO, **Krosschell K**, Maczulski JA, Mandir I. *Stability of direct measurements of muscle power in young children with SMA*. Swoboda KJ, Scott C, Wood J, Reyna SP, Wride MC, Stokes A, **Krosschell K**, Maczulski JA, Crawford T, Kissel J, Schroth M, D'Anjou G, Simard L for Project Cure SMA. *Phase 1/11 Study of Valproic Acid: An open label assessment of safety, tolerability and dosing in SMA subjects greater than 2 years of age*.

Alice Salzman and **Gail Huber** received a grant from the Augusta Webster Educational Innovation Grants Program. The project is entitled, *Analysis of a Summative Cross-Course Examination Using Standardized Patients and Creation of a Process to Develop Additional Cross-Course Examinations*. The purpose of the project is to analyze the training process and scoring for a summative cross-course examination using a simulated patient encounter and to develop a process to create other cross-course examinations that use simulated patient encounters.

Toni Sander ('87) spent 2 weeks in July in Peru with Health Volunteers Overseas (HVO) working with physical therapists in two different public hospitals in Lima. The focus of HVO is to both teach and work with local health care practitioners in developing countries. Toni used the International Classification of Function, Disability and Health as a structure to present to the therapists a patient management process for people with low back, sacro-iliac and hip pain. Her time with the therapists was spent in both lecture and patient care. The wonderful Peruvian therapists introduced her to the culture, museums and food, so that this was a complete international experience. If you are interested in knowing more about HVO activities, contact Alice Salzman at a-salzman@northwestern.edu or look for the HVO booth at national conferences.

Publications

Congenital Spinal Cord Injury, **KJ Krosschell**, MJ Pesavento, in *Neurological Rehabilitation*, 5th edition, ed. D.A. Umphred, Elsevier, St. Louis, MO, November, 2006.

Krosschell KJ, Maczulski JA, Crawford TO, Scott C, Swododa KJ. A modified Hammersmith functional motor scale for use in multi-center research on spinal muscular atrophy, *Neuromuscular Disorders*, 16(2006): 417-426.

1990

Former classmates **Debra Goldman** and **Matt Fields** and their 10-year old son Jack have been living in Montclair, NJ, for the past 4 years, after living in NYC until 2002. Debra has a private practice specializing in pelvic floor dysfunctions and orthopedics while Matt is currently head therapist for Mountainside Hospital Sports Medicine Center. Matt & Debra will be celebrating their 14th wedding anniversary in September.

1995

Renee Johnson (Grayslake, IL) currently works with school children in the Special Education District of Lake County. Renee and her husband, Eric, have 3 daughters, Britta (aged 6 yrs.), Svea (4), and Kaija (2).

1996

Tricia Catalino is living in Chicago with her husband of 6 years and two dogs. Tricia works in the Early Intervention (EI) system providing PT services to infants and toddlers and just recently left a non-profit agency after 9 years to start a EI private practice. Congratulations to Tricia who received her Pediatric Certified Specialty credentials this year and a M.S. in Rehabilitation Sciences from the University of Oklahoma (a web-based program supported by a grant from the US Department of Education for PT's and OT's working under IDEA).

1999

Diana Abu Jamra Sahakian (Mount Prospect, IL) recently opened her own private outpatient practice, *Stay Fit Physical Therapy, Inc.*, in downtown Mt. Prospect.

2000

Caleb Stewart (DPT, '02) is the owner of a private practice clinic, Performance Physical Therapy and Rehabilitation, in Lompoc, CA. Congratulations to Caleb who recently received his Orthopedic Certified Specialty credentials.

2002 REUNION YEAR

Krista Ferguson (Chicago, IL) was the first recipient of the **Young Alumnus of the Year Award** presented to her during the 2006 Alumni Weekend.



2003

Jessica Dawson Benes (Simpsonville, SC) and husband Kent welcomed Kaia Nicole on May 19, 2006.

2005

Jamie Condo Nicoloff (Canton, MI) got married in March 2006, moved to Michigan and welcomed a baby boy in August 2006.

Letter to the Editor:



In January 2006, I received a card from Christina Eaton, daughter of alumnae, Sylvia Lukonen Dragneff ('43), who had passed away. I was touched by the card and e-mailed Christina to ask if I could share Sylvia's story with other alumni. Below is a compilation of the card and subsequent e-mail response from Christina. *Bill Healey*

Hello,

I am writing to inform you of my mother's passing this year. Her name was Sylvia Maria Lukonen Dragneff and she graduated in 1943 from your institution in physical therapy. Upon her graduation from Northwestern, she enlisted in the U.S. Army and was sent overseas, serving in North Africa and Rome, Italy, as a physical therapist. It was in Rome where Mom, PT, met her husband-to-be patient, Nicholas W. Dragneff, who also was stationed in Italy and ended up in Rome due to an injury. She returned stateside in late 1946 and in March 1947 they were married. In April 1952 they adopted me from Germany (I being one of the last children to be adopted through the Displaced Person's Act).

Mom loved her profession as a RN/PT and spent many years working with several different types of patients. When I was a little girl I used to go with her to her treatments

of her patients with multiple sclerosis. She had a private practice and did home therapy for years for those who were unable to get out and about. It was in Seattle that my Mom first worked at Children's Hospital and then Virginia Mason Clinic as a PT and then going into private practice for many years (that is when I joined her journeys to many of her patients homes). In 1971 she and my father moved to Camano Island, WA, where they lived for 30 years and it was during this time (all of it) that she led an exercise class at the local nursing home called, "Exercise With Sylvia". She volunteered her time there every week until she was 93; also doing foot massages for patients on a weekly basis. When she was 89 she had a fall which shattered her humerus but she followed her own life advice of "exercise every day" and she was able to make a full recovery by putting into practice what she had learned so many years earlier in her training. She exercised every day until she became so uncomfortable with her stomach cancer. Truly a remarkable inspiration and someone who truly believed the benefits of never giving up.

I have shared some of this with you just so you could know her a little more and see how Northwestern University was the foundation of a lifetime commitment of service to others.

Sincerely,
Christina Eaton

First Randy, now Karen

After 33 years of teaching and scholarly service to NUPTHMS and the profession, Karen Hayes, PT, PhD, retired from her full-time faculty position and her role as Director of Professional Education on August 31, 2006. Following her retirement, Karen is honored with the title, professor emeritus, and continues teaching on a part-time basis. I hope you enjoy the following discussion with Karen and she reflects on her career. Bill Healey



It seems like your transition from full-time faculty member and Director of Professional Education to part-time faculty member has been a smooth one. I was thinking you might have had a more difficult time making the change since you had spent 33 years at NUPTHMS. Why do you think it went so smoothly?

The transition went smoothly for the program because I knew who was taking my position and we had several months to exchange information. Personally, my identity is not based on a title or position, so I do not feel diminished because I am no longer in that role. In addition, I was ready for a change in my life.

What are you doing with your time?

I'm still coming in to the office two days a week and am working on a Synthesis Project and doing some teaching. I also am doing a lot of manuscript reviews and I continue to serve on the Editorial Board of the Journal of Physical Therapy Education. In addition, I am continuing to work on the Mechanical Factors in the Progression of Knee Osteoarthritis project team. I also spend time gardening, bird-watching, and planning an exotic trip.



Consider all the people you met and interacted with over your career. Who in the Northwestern community significantly impacted you personally and/or professionally and why?

Probably my single biggest mentor was Sally Edelsberg. We had been friends before I took the position, so I was comfortable asking her for guidance. I had no particular preparation in education, and I had a lot to learn. Sally advised me on educational issues and helped me develop an interest in professional education. It was a logical next step to get my master's degree and subsequently my doctoral degree in education. As I developed, she asked me to take on leadership roles and administrative positions. She guided me in developing new skills and suggested that I needed to be more involved in national APTA efforts. She introduced me to people and supported me as I became involved and took on committee and task force assignments.

Michael Ravitch, PhD, also was a major influence on me. He was the Director of the Office of Medical Education when I began my doctoral work. In that he had a joint appointment in the School of Education and Social Policy, it was natural for me to have him as my advisor. I took courses from him, and he introduced me to other influential people in decision-making and medical education. He was the Chair of my candidacy and dissertation committees. I learned so much from him; he continued to be a friend and colleague until his death.

I am privileged to be able to work with Leena Sharma, MD, who is the principal investigator on several arthritis grants with which I have been associated. It has been a pleasure to work with her, learn from her, and advise her about physical therapy.

Who in your national organizations?

Within the APTA and the Association of Rheumatology Health Professionals there are too many people who influenced me to name them all. I learned something from each one and feel privileged to count them among my friends.

You told me that before starting at NUPT in 1973, you were the director of PT services at McNeal Hospital. Why did you take the job at NUPT?

After I left MacNeal, I went to work in an orthopedic outpatient clinic. At that time in the development of physical therapy, patient care was pretty routine and very much under the prescriptive control of physicians. As a result, I was a bit bored. When Sally Edelsberg asked whether I might be interested in doing some part time teaching at NUPT, I gave it serious consideration – mostly because I was very shy and thought it might be good therapy for my shyness. After a taste of the academic life, I became very excited about being in an environment in which learning was rewarded.

When did you realize that NUPT might be the place from where you would retire?

At the time I began at Northwestern, I didn't really consider that I might retire from NUPT. As I got more and more involved with teaching, I really wanted to learn more about education, realizing that in professional education, faculty members are recruited for their clinical expertise, rather than their knowledge and skill in educational matters.

After two graduate degrees in education, it was pretty clear that I was not going back to the clinic. I lasted so long at NUPT because I enjoyed it and had no reasons to change. Even if I had wanted to, I knew too much about the skeletons in the closets of the other programs to want to change. My father was a role model for me, and he worked for the same employer all of my life, so longevity in a job was a value in my eyes.

If you hadn't joined and stayed on as faculty, what else might you have done?

That question is hard to answer. I probably would have continued to practice clinically, because I had never really considered any other career.

What do you perceive to be the current hot topics in PT student education?

The most important issue for me is to graduate students who deserve the title, "doctor". The title implies to me someone who takes responsibility, practices in a scientifically sound manner, attends to current research, and tries extremely hard to provide the best care possible by listening to the patient's concerns and analyzing the patient's problems. Professional curricula and students must both aim for rigor of thinking and performing.

A second big issue is the disparity in the education proved by the various programs. While all programs must meet the accreditation criteria, there is little information to guide the admissions process, so programs have different prerequisites and calendars. Without standardization, we endanger our efforts to be recognized as a doctoring profession. We need to standardize prerequisites and admissions requirements, including the use of the GRE and clinical expectations prior to admission. A centralized application service would help, but programs need to find evidence and agree on what is really useful for determining the best applicants.

Student financial aid is a big concern for me. Physical therapists do not have the earning potential to manage the debt levels that they incur. The profession needs to gain access to loan forgiveness programs.

What has been the most enjoyable part of your job?

Without a doubt, the most enjoyable part of my job was (and still is) to interact with faculty and students in creative ways. The faculty became my family and I value their intelligence, ingenuity, and dedication.

How are you different as a teacher today compared with your first year of teaching?

Over the years of teaching, I grew more confident in what I knew and could do. I relied less on structured classroom activities (lecture) and grew more comfortable with interactive sessions, discussions, and independent learning with one-on-one mentoring. I never really wanted to be the "sage on the stage" (too shy) but didn't really know what else I could do. It is much more satisfying to be the "guide on the side" and watch students grow.

I feel a sense of loss with you retiring this past year and Randy Perkins the year before. I especially feel this during lunch, a time when you and Randy would be found occupying the same corner of the lunch table, engaging whomever was there in lively and welcoming conversation. Any advice on what to do at lunch?

I really advise **having** lunch. I know that the faculty are busier than ever these days and are working through lunch more and more. Everyone needs a mental break during the day and to revitalize both mind and body with nourishment. Besides being refreshing, lunch is a time to catch up with colleagues as people. Without the humanity experienced in a social situation such as lunch, work becomes less satisfying. I also found that some really creative ideas and solutions to vexing problems were generated in the informality of the lunchroom.

Over the last 2-3 years, you have helped develop an alumni mentoring program that links NUPT alumni with current PT students. What are your hopes for the future of this program and how can alumni be involved?

I am really proud of the ADAPTS program. It was something I had always thought could be possible, given our large alumni base. Since retiring, I have volunteered to have protégés, and three first-year students selected me. I am flattered and hope that I can continue to contribute to the program. Students have indicated to us that they appreciate regular e-mail contacts, but it is face-to-face contacts that they value the most. I hope that current and future ADAPTS volunteers will use both e-mail and personal contact when interacting with their protégés and that the program will continue for many years to come.

I've seen your beautiful garden and landscaping at your home in Downers Grove. What do you get out of all that planting?

Gardening is healthy exercise for me, as well as a creative outlet. I love nature and natural beauty, so gardening is a natural outgrowth of that love. Besides its own beauty, the garden attracts wildlife, and I enjoy watching the birds and the occasional fox, coyote, and skunk that come to visit. The garden gives me a place to relax and enjoy my surroundings.



Karen may be contacted at k-hayes@northwestern.edu or NUPTHMS, 645 N. Michigan Ave., Suite 1100, Chicago, IL 60611.

Alumnus Mark Kaufman Says Thanks by Giving Back

By Cheryl SooHoo

When Mark Kaufman (NUPT 1989) decided to open a physical therapy facility in 1991 in Chicago's Gold Coast area, he hoped to provide outstanding outpatient rehabilitation services and share his expertise with the community. He achieved both objectives in short order and soon found himself launching a second PT facility in 1994. Twelve years later, this founder and president of AthletiCo now oversees 35 Chicagoland facilities—the newest one opening its doors in December.

"When I started as a physical therapist, there were either small individually-owned storefront operations or big national players providing outpatient rehab services," recalls this Northwestern alumnus and donor. "My original goal was to reach out to an untapped market and create a one-man 'mom and pop' facility. The day I signed the 10-year lease for my first very own storefront, my hand was definitely shaking!"

While this native of Olds, Iowa, has been busy expanding AthletiCo, he hasn't forgotten the role Northwestern has played in his life and the importance of giving back. Undeniably Mark's hand was firm and his conviction strong this September when he committed to supporting Northwestern's Department of Physical Therapy and Human Movement Sciences with a gift of \$200,000.

"Since opening AthletiCo 15 years ago at the age of 26, I took some time for reflection these past few years," says Mark, who resides in Oak Brook with his wife Mary Ann and their three daughters. "I am thankful for our staff, family, and friends as well as my education. The strong general PT training I received at Northwestern provided me with the method to practice physical therapy and the foundation for our company. Making this commitment was a way for me to show thanks for the success that my schooling helped me to achieve."

Oak Brook-based AthletiCo offers general rehabilitative services as well as develops fitness and performance programs for athletes at all levels to performing artists. "Weekend warriors" could easily find themselves undergoing therapy next to a Chicago Bears player or a dancer with the Joffrey Ballet. Through AthletiCo Mark, who also holds bachelor's and

master's degrees in exercise and sports sciences from the University of Iowa and University of Arizona, respectively, has combined his interest in athletics and physical education with his desire to help individuals care for and prevent injuries resulting from every day to high performance activities.

Working with some 1,000 employees and 26 partners, Mark has built his business by giving talented clinicians—many PT professionals—the opportunity to manage and enjoy ownership in facilities that expertly tailor care to patient needs. Given AthletiCo's proximity to the Feinberg School of Medicine, the company has capitalized on Northwestern's strength in training well-rounded physical therapists who understand the importance of delivering quality outpatient rehabilitation services in today's health care and reimbursement environment.

"I am extremely proud of our Northwestern pipeline," says Mark. "I sit in on most interviews. Whenever the job candidate is a Northwestern alum, we talk about faculty members and the physical therapy program."

Mark's donation will help support educational and scholarship needs in the department where he learned to become a physical therapist. A portion (\$5,000) from the first three annual payments will be used as expendable scholarship monies to support one student each year, starting with the first Kaufman scholar in 2007. The remainder of this alumnus's generous gift will go toward establishing the Mark and Mary Ann Kaufman Enrichment Fund.



Beyond immediate funding for the best and brightest students, Mark hopes to ensure through his gift that others will benefit from a Northwestern PT education in the long term—something that should never be taken for granted. "My graduate program at Arizona was dropped due to lack of funding," explains Mark. "The downfall of that program really opened my eyes. It made me realize that if we, as alumni, don't support programs that are important to us, they could disappear."

Through their philanthropy and commitment, caring and generous individuals are helping us achieve our research and teaching missions each day. Private support accelerates the pace of progress by providing the necessary resources to retain distinguished faculty, support talented students, provide needed educational equipment and materials, and spearhead new research initiatives in the Department.

In addition to an annual gift, donors can help through the following two giving options:

Charitable Gift Annuity: life income plans

As people approach or start to think about retirement, they often wonder how they will ensure a steady income for themselves while maximizing whatever tax breaks are available. In addition, many people think about their commitment to their favorite charities and want to continue to support causes they care about, even when forced to live on a fixed income.

Many individuals have used gift annuities to accomplish both income and philanthropic goals. A **Charitable Gift Annuity** is part investment and part gift. It can be an excellent option for donors who want to secure their own financial stability while ensuring some level of support for the Department of Physical Therapy. An annuity can be particularly attractive to the donor who wants to receive income from assets that have risen sharply in value, such as stocks. A charitable gift annuity can provide:

- supplemental income payments for your lifetime (and the lifetime of your spouse);
- significant tax breaks at the time of the gift and every year thereafter; and
- support for the Department of Physical Therapy for generations to come.

Bequests: support through your estate plans

Many individuals choose to provide support using their estate plans. Donors can make a provision in their will or trust and make the Department of Physical Therapy a beneficiary. Bequests can be a specific piece of property, a specific dollar amount or a percentage of the donor's estate after all debts, taxes, expenses and other specific bequests are paid.

The support designated in a bequest can be for unrestricted support for the Department, or donors can choose to support a specific funding need, such as scholarships. Naming opportunities are available at certain levels where donors can memorialize themselves, a loved one, or their favorite professor.

For more information on Charitable Gift Annuities or Bequests, please contact:

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Alumni Focus



Phyllis Gray ('56)

How many different jobs have you had since graduation and what has been the most interesting or influential?

I have done 0-3 Early Intervention for a year, pediatrics, acute care, neurological rehab, outpatient, ICU, SNF, home health ... innumerable jobs. Working at Schwab Rehabilitation Center was the most influential. But my work at Michael Reese Hospital, Evanston Hospital working with Dr. Pearlstein, a world-famous pediatric physician, St. Francis Hospital, and many more all contributed to my experiences and knowledge.

What are some of your favorite NUPT school memories?

Working together in amazement in gross anatomy with the cadavers.

Who was your most influential teacher at NUPT?

Miss Wood.

Why did you decide to attend this year's Alumni Weekend?

I felt that it was time for me to reaffiliate with some of my old classmates.

What was the most enjoyable event of the Alumni Weekend and why?

The relaxed evening at Sally's lovely home where we explored ways to get more African Americans into PT.

What part of being a PT do you find the most enjoyable and why?

Starting off with a new patient who can barely roll over and upgrading the patient through supine strengthening until he is ready to be taught the dynamics of transferring supine to sit. Doing sitting balance and leg strengthening in sitting until he is ready to be taught sit to stand in the parallel bars. Working on standing balance and beginning the weight-shifting and dynamics of gait until the patient is ready for an assistive device and then progress the patient toward independent gait. This I love.



Jean Callahan ('76)

How many different jobs have you had since graduation and what has been the most interesting or influential?

I worked in Champaign, IL at Mercy Hospital for 2 years. My husband & I then decided we had had enough of the Midwest, quit our jobs, and moved back to Portland. I spent 12 years at the Oregon Health Science University and since 1990 at Legacy Emanuel Hospital. I've worked part-time ever since our oldest child was born in 1981. I think I've done a little bit of everything from peds to rehab to acute care. I was the Coordinator for the SNF Unit at Emanuel Hospital until they closed us after PPS was implemented. I especially like working with the geriatric population and learning about their life stories. The acute care schedule suited my life the best when my kids were all still in school so that's where I've ended up. I work 2-3 days/week and my goal this year is to develop a program for the at-risk, bedrest pregnant women. Emanuel is a Level 1 trauma center so we get to see it all! It also has the Oregon Burn Center, but that's not my favorite area.

Other than work, what have you been doing since graduation?

My husband and I moved back to Oregon in 1978. After my daughter Erin was born in 1981 I started working part-time. Our son, Dan, was born in 1984 and Brenna in 1986. When the kids were little I was more of a stay-at-home Mom, worked 1 weekend a month and taught childbirth classes. Erin has just graduated with a Nursing degree and will be joining me at Emanuel. Dan graduated from University of Denver and is back here working as a Project Manager for Howard Wright Construction Co. Hopefully, in 2 years, once my daughter Brenna graduates from Oregon State, I can retire - though she is talking about going to OT School! I was NDT certified many years ago and a certified Childbirth Educator. Always thought I'd go back to get my Master's degree, but once the kids arrived that never happened.

What are some of your favorite NUPT school memories?

The anatomy lab and the dobermans that guarded the building; ice skating at the frozen park a couple blocks away late at night after we were done studying - I still have my ice skates!

Who was your most influential teacher at NUPT?

I'm not sure I could pick just one. They were all great, but I think Sally really instilled in us a sense of pride in the profession. Nan's massage class had to be my favorite.

Why did you decide to attend this year's Alumni Weekend?

The fact that it was our 30-year class reunion was a major draw as I thought more of us would show up. The past 4 years we'd been flying to Denver at just about the same time for Parents Weekend and I couldn't manage both trips.

What was the most enjoyable event of the Alumni Weekend and why?

It was all great! The instructional courses were interesting, the gathering at Sally's was fun, and the boat tour was spectacular. The best times were when we had time to just talk and catch up with each other.

What part of being a PT do you find the most enjoyable and why?

The best part is the people. I've worked with some amazing therapists and all the different clients, some of whose names I still remember 30 years later. Also, the fact that we have a positive affect on people's lives and are able to help them through some rough times is very rewarding. I could not have wished for a better profession.

Announcements

PhD level graduate study involving several NUPTHMS faculty is offered in a newly established specialization in Movement and Rehabilitation Science (MRS) within the Northwestern University Interdepartmental Neuroscience (NUIN) umbrella program. The first class of accepted applicants will begin in fall, 2007. For more information, please contact Mark W. Rogers, PT, PhD, Associate Chair of Post-Professional Studies, at 312-9086783 or m-rogers@northwestern.edu.

NUPTHMS is hosting the first annual **Summer Institute** in July 2007. Several days of continuing education, networking opportunities, and summer-in-Chicago social activities are being planned. For more information, please contact Bill Healey, PT, EdD, at 312-503-3346 or b-healey@northwestern.edu.

2007 Board Members

Robert Babbs Jr. ('57), Pauline Wei Brannigan ('92), Julie Giers Cook ('95), Gia Fruscione DeFranco ('03), Sally Edelsberg (Honorary member; MS'72), Paula Goga Eppenstein ('81, MS '92), Donna Frownfelter (Vice President; '69), Jineane Heybeck ('80), Patricia Johnson ('84), Jenna Voss Julian ('00), Jean Abrahamson Kestner ('76, MS '87), Larry W. Rechlin (President; '78), Pamela Dennis Simon ('75), Joe Sorg ('75), Gary Sutton ('78), and Donna Wendt Zielke ('93). Class of 2007 & 2008 representatives to be elected.

Upcoming Events

March 24, 2007 Board of Directors Meeting, Chicago

June 27-30, 2007 APTA Annual Conference & Exposition, Denver

October 12-13, 2007 Alumni Weekend, Chicago

NUPT. Celebrating 80 years of physical therapist education 1927-2007

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