Mission: NUPTAA facilitates a collegial relationship among our physical therapy graduates and promotes continued interest in, communication with, and support of physical therapy education programs at Northwestern University.

Dear NUPTHMS Alumni –

We live in a social media world. Sites like Facebook, Twitter and LinkedIn fill the internet and occupy an astounding part of our day. Since it is so easy to contact colleagues and classmates through electronic means, we must ask – does engagement in an Alumni Association matter? The answer to that question is, of course, a resounding YES! Yes – because the Northwestern University PT Alumni Association (NUPTAA) has such a varied and vital mission beyond what electronic means can provide.

Of course, NUPTAA keeps you in contact with your classmates and professional colleagues. Our mission – to facilitate a collegial relationship among our graduates and promote continued interest in, communication with, and support of the PT education program at NU – speaks to the multi-faceted goals of our organization.

In the last year, we have been active in helping alumni develop meaningful, personal connections with NUPTHMS. We have hosted free and substantially discounted continuing education courses for alums (1), regional social gatherings, and collaborative events with NUPTHMS faculty and students including the Poster Session at Alumni Weekend, graduating and new class receptions, (2) and Combined Sections Meeting reception(3). The Alumni Association has also supported NUPTHMS through upgrades to its audio-visual capabilities, and provided ongoing improvements to the student lounge. This past year we also created the Distinguished Alumni Wall to highlight the professional achievements of our notable alums for all those who visit the NUPTHMS department (4).

In the coming year, we will be expanding our services to provide mechanisms to connect you with job opportunities with other Northwestern graduates. We will be launching mechanisms to increase your awareness of the many volunteer opportunities for alumni who wish to donate time to support current students, other alumni, the department, and our profession. We want to have engagement opportunities for all Northwestern graduates at every stage of their professional lives. Do you have an idea for making NUPTAA an even more helpful organization for NUPT alums? Please share it with us so that we can be the best resource possible. On behalf of the Board of Directors, we thank all of you for your support, and invite you to become even more active in our mission. We look forward to connecting in April at Alumni Weekend!

All the best,

Margaret Wente Danilovich, (2007), President, NUPT Alumni Association

Margaret Wente Danilovich, (2007), President, NUPT Alumni Association
Susan Davis, PT, (Red Bank, NJ) has a private practice in NJ, Joycare Onsite, LLC, where she provides physical therapy to pets in their home, in clinics, animal shelters, farms and zoos. She published a book in 2013 titled, Physical Therapy and Rehabilitation for Animals: A Guide for the Consumer.

John Wagner (Carroll, OH) has worked 31 of his 35 years since graduation in pediatric PT, 17 of which were at Forest Rose School serving children with special needs. This center-based program is part of the Fairfield County Board of Developmental Disabilities in Lancaster, OH. In March, John received their highest honor, the Distinguished Service Award, for developing a training program with power wheelchairs for the more severely involved children.

Kevin Wilk (Birmingham, AL) and Paul Hildreth (1981; New Orleans, LA) represented NUPT well at the Louisiana Physical Therapy Association fall meeting in Baton Rouge. Paul commented, “Considering at best we have eight NUPT grads in LA, MS and AL, it was 2/8 or 25% attendance!”

Theresa Sukal Moulton and husband Steve (Chicago, IL) were happy to announce the birth of daughter Imogen Eleanor Moulton this past October. Big brother Theo is smitten — for now at least!

On October 29th, Laura Miller, DPT, PhD, (Chicago, IL) successfully defended her dissertation, Quantification of Abnormal Coupling Between the Paretic Upper Arm and Hand of Individuals with Chronic Hemiparetic Stroke Using Neurophysiological and Biomechanical Measurements. Congratulations Laura!

Lindsey Plass and PTHMS faculty member Jane Sullivan (MS’87) took a selfie outside APTA headquarters this past July. Lindsey started her orthopedic physical therapy residency at Johns Hopkins Medicine this year.

Baby Labs at NUPTHMS! Several alumni and their children participated in this fall’s Issues Across the Lifespan Baby Labs. Thank you alumni & kids! Consider participating next fall by contacting Kristin Krosschell at k-krosschell@northwestern.edu.

Beth Holland’s (Naperville, IL) sons Charlie (2½) and Henry (16 months) stuck together most of the morning.

Adriana Potter and husband Robert (Elmhurst, IL) brought their two sets of twins to class.

Paul Bissler (Chicago, IL) reconnected with classmate Christopher Shertoll (Lemont, IL), while sons enjoyed the lab.

Adam Jenkins completed the lab assignment while his wife Julia and daughter Charlotte helped out in the lab.

Faculty members Mark Sleeper, PT, PhD, OCS, and Tobey DeMott, PT, left PTHMS this summer. Mark accepted a position in the Department of Rehabilitation Science at the University of Buffalo, State University of New York. Tobey accepted a position at an outpatient PT clinic in Downers Grove while still assisting in several NUPTHMS courses. A farewell party for Mark and Tobey was held in July at the Ritz Carlton Hotel.

Welcome to new faculty members Ameé L. Seitz, PT, DPT, PhD, OCS, and Jeff Hartman, PT, DPT, MPH, who joined the department this summer.
President
Margaret Wente Danilovich PT, DPT, GCS (2007)
It has been a great honor to serve on the Northwestern Alumni Association Board as a Director for 3 years and an additional 2 years as President. I am seeking a 2nd term as President so that I can continue serving the school that has prepared me so well for my professional career.

I entered Northwestern knowing that I wanted to pursue a career working with older adults. At Northwestern, I met faculty members who cultivated this area of interest and provided opportunities for me to grow both professionally and personally. After graduation, I had the great privilege to work with other Northwestern alumni who encouraged me to advance my education. I am currently finishing my PhD at the University of Illinois at Chicago in Public Health with a focus in gerontology and am on faculty at NUPTHMS. It is now my privilege to assist in cultivating the development of the next generation of NU physical therapists.

The Alumni Association continues to grow every year, making service to this organization a gratifying experience. Being a part of initiatives such as bringing free and reduced cost continuing education to our alumni, developing networking opportunities for our alumni who reside outside of the Chicagoland area, strengthening the relationship between the Alumni Association and NUPTHMS, as well as the Feinberg Medical Alumni Association, and assisting current students make me a very proud Alumni Association member. I hope to continue to serve as President to further develop these efforts to broaden the educational, networking, and service opportunities for all NUPT alumni.

Director
Marisa Alcaro, PT, DPT (2010)
Though her trophy case would never be full of recognition for athletic achievements in softball, volleyball or soccer, you’d be hard-pressed to find an individual who could beat Marisa Alcaro in competitions for the limbo or list making.

This Pennsylvania native travelled 422 miles to Chicago in 2008 to obtain her doctoral degree in physical therapy from Northwestern University after receiving an undergraduate degree in Kinesiology from the Pennsylvania State University. On one of her many lists, she set a goal to work at the Rehabilitation Institute of Chicago (RIC) after graduation and landed a job in the Arthritis Center in 2011. Later that year, she transitioned to the Outpatient Allied Health department, caring for patients with neurologic, orthopedic, and pulmonary dysfunction. In addition to providing patient care, Marisa helped develop RIC’s bone health clinic, served as a clinical instructor, and is a specialist within a RIC program focused on the use of outcome measures in clinical practice. Outside of the clinic, Marisa has served as clinical faculty in NUPT’s Management of Patients with Cardiopulmonary Dysfunction course.

Marisa’s skill set is not limited to physical rehabilitation. When she’s not in the clinic (or making lists), you might find her training for a half marathon, volunteering through a local Chicago organization such as Tutor Chicago, racing to the top of the Willis Tower to raise funds for RIC’s new hospital or making homemade pasta and sauce from a family recipe. There is no challenge Marisa won’t attempt to take on (or slide under).

George Cachares, PT, MS (1981)
Since finishing the PT program at Northwestern in 1981, I have had some of the best experiences as a physical therapist and have had the opportunity to work among a variety of talented professionals in acute care, rehab, outpatient and home health care. Since 1990, I have been partnered in ownership of Southwest Physical Therapy in Oak Lawn, IL. We run an outpatient clinic and also work in contract with a number of home health agencies providing PT, OT and ST services. I have been actively involved with the Private Practice Section of APTA for over 20 years as well as past president of the INPT (formerly the Illinois Private Practice Forum). I have served over 15 years at NUPTHMS as an adjunct for faculty for review of “PRD” business proposals and presentations. I believe in the strong ideals that support independent practice of physical therapy and am concerned for the preservation of our future as well as being recognized by payers for the superior education of US educated and trained physical therapists. I am willing to run for director of NUPTAA to further facilitate meaningful communication, idea exchange and professional enrichment of alumni of Northwestern, near and far. Thank you and “Go Wildcats!!”

Christine Posejalder Esler, PT (1988)
My physical therapy degree from Northwestern in 1988 was my second Bachelor’s Degree. Prior to becoming a PT, I obtained a Dance Degree from UNCSA (discovering therapy from the patient side). Upon graduation from NUPT, I moved to Florida and worked at the Brain Injury Rehab Center (BIRC) of Orlando Regional Medical Center. My interest in Neuro Rehab developed at Northwestern as the program still resided in the RIC. I returned to the Chicagoland area in 1990 and have worked in numerous West Suburban settings: Neuro Rehab at Marianjoy and RehabCare at Copley Hospital, Outpatient PT at Baxter Clinic in Barrington, Delnor and Central Dupage Hospitals, Subacute Rehab and HHC at PineView CC in St Charles, and Acute Care at Delnor & Central Dupage Hospitals. I am currently an Acute Care Clinician at Cadence Healthcare (the merger between Delnor and CDH) and practice part-time at both locations.

The changes in my work environments have made me very knowledgeable, flexible and experienced in a full scope of providing physical therapy. My current position allows me to interact with numerous patient care providers and students who observe/interm through area school health occupation programs. Upon attending my recent, NUPTAA event (alumni weekend April 2013), I taught Spanish for Physical Therapists, a continuing education opportunity provided by Northwestern. I also volunteer as clinical adjunct faculty for the Electrophysical Agents program at Bradley University where she presents lectures on fitness promotion for older adults, elder abuse prevention and frailty compression. She has given presentation on frailty compression, incontinence management, and documentation at the Illinois Health Care Association fall convention.

She maintains professional membership in the Geriatrics and Health Policy Administration sections of the American Physical Therapy Association. She presents health promotion courses annually for the Knox County Home Extension Class Day.

Since graduation from Northwestern University Programs in Physical Therapy, I have had a broad range of experiences in the profession of physical therapy. My appreciation of the education I received and the opportunities I have had expands every year that I practice. I have a deep gratitude to Northwestern University, the professors and my classmates.

Kristin Liebl, PT, DPT (2005)
After graduating from Northwestern in December of 2005, I started my career in physical therapy at Rush University Medical Center and quickly worked my way into being a clinical manager of inpatient and day rehabilitation. Since the beginning of my career, I also had a personal goal to learn Spanish in order to improve communication with Spanish-speaking patients. In 2011, after nearly 7 years at Rush, I moved to Madrid, Spain, in order to improve my Spanish skills. After completing a TEFL certification to teach English, I spent time in hospitals and businesses throughout Spain teaching English for a year. Now back in Chicago and the world of physical therapy, I dedicate my time to serving others through my two passions: physical therapy and languages. Currently, I serve as clinical adjunct faculty for the Electrophysical Agents here at Northwestern and also once at UIC for Biophysics. In June of 2013, I taught Spanish for Physical Therapists, a continuing education opportunity provided by Northwestern. I also volunteer my physical therapy services here and abroad with organizations such as Dare2Tri and Adaptive Adventures as well as abroad with the Range of Motion project, working with the underserved in Zacapa, Guatemala and la Fundacion Hermano Miguel in Quito, Ecuador. If elected to the Alumni board, I hope to play an important role in bridging gaps and assisting in opportunities for Northwestern alumni and students to participate in educational as well as volunteer opportunities both here and abroad.

Teri Jo Thompson Lientz, PT, MPT, AIC (1995)
I graduated from NUPT in 1995 with a Masters in Physical Therapy. Since this time, I spent the first part of my career as an outpatient physical therapist in a small clinic in Gig Harbor, Washington and as an athletic trainer at a large...
Margot McCloy, PT, DPT, NCS (2006)
Margot is a physical therapist at Marianjoy, Oakbrook Terrace in an outpatient clinic that serves a variety of orthopedic, neurological and chronic pain population. Finding this ‘best of both worlds’ setting where her interest of anatomy and active lifestyle with orthopedics was integrated with her professional interest of working with neurological population which was likely inspired from some of her favorite faculty at NUPT. After working with a diverse neurological population and through introspective analysis, Margot found an intuitive draw towards the neurological population and wanted to dedicate herself to learning and testing her knowledge, she earned her Neurological Clinical Specialist certification in 2012. Margot has been an APTA member since 2004 and is part of the Neurology Section. She is also a CarFit technician through AARP, which assesses the fit and settings of a car to ensure optimal posture and safety.

Mary McVearry, PT, DPT, WCS (2008)
Following graduation from NUPT, I moved back home to the Washington, D.C. area where I first worked in an outpatient orthopedic clinic for a year before landing my current job as the pelvic floor physical therapist at Walter Reed Army Medical Center. At Walter Reed, I work in the Urogynecology clinic, treating both women and men with any type of pelvic dysfunction from pregnancy/post-partum related issues, pelvic pain, urinary and bowel incontinence, to traumatic injuries of the pelvis. Working within the Urogynecology fellowship program at Walter Reed has also enabled me to become involved in various research projects. In 2012 I received my WCS board certification and I am currently working toward becoming AASECT certified (American Association of Sexuality Educators and Therapists). I was honored to received the 2012 Rehabilitation Award from AMSUS (Association of Military Surgeons of the United States) and to become appointed as an Assistant Professor in Obstetrics and Gynecology by USUHS (Uniformed Services University of Health Sciences) in May 2013. I have been an active member of the Section on Women’s Health of APTA since graduation, holding state and regional representative positions, and currently serve as the Membership Chair. I am very passionate about teaching, I have lectured at various local PT schools and other departments within Walter Reed and have served as a lab assistant for Section on Women’s Health post-graduate courses. One of the many highlights thus far was teaching PTs and PT students in Kigali, Rwanda last January. I am truly flattered by this opportunity to potentially join the NUPTAA Board of Directors and become more involved with alumni and students. In addition to serving on the Board, one new initiative I’d like to develop to strengthen NUPTAA is a volunteer program for alumni and students to teach and train PTs/PT students in developing countries.

Please VOTE for (1) President and (4) Directors. President will serve a 2-year term. Directors will serve 3-year terms. Return the ballot (by mail, fax, or e-mail) to:
NUPTAA Nominating Committee, c/o Bessie Ward, 645 N. Michigan Ave., Suite 1100, Chicago, IL 60611. FAX: 312-503-4398; EMAIL: b-ward@northwestern.edu

President: ☐ Margaret Wente Danilovich

Director (choose 4):
☐ Marisa Alcaro  ☐ George Cacheses  ☐ Christine Posejpal Esler
☐ Marilyn Holt  ☐ Kristin Liebl  ☐ Teri Jo Thompson Lientz
☐ Margot McCloy  ☐ Mary McVearry  ☐ Lindsey Plass

DEADLINE: Thursday, December 31, 2014
ONLINE surveymonkey ballot closes: Monday, December 15, 2014
The following NUPT alumni were recognized as APTA Board-Certified Clinical Specialists during the CSM opening ceremony on February 3, 2014. Congratulations!

Joseph P. Baumgaertner, PT, OCS (Orthopedic) (1979)  
Stephen P. Baynai, PT, DPT, OCS (2010)  
Lauren A. Binder, PT, DPT, OCS (2008)  
Paul J. Bissler, PT, DPT, OCS (2009)  
Lilliana B. Caridad de Armas, PT, DPT, OCS (2008)  
Susan M. Horvath, PT, DPT, OCS (2005)  
Kathleen R. Kriz, PT, DPT, OCS (2008)  
Stephanie A. Mountford, PT, DPT, OCS (2008)  
Thomas Rizzo, PT, DPT, OCS (2006)  
Mary E. Rogers, PT, DPT, NCS (Neurologic) (2007)  
Michelle M. Trenkamp, PT, DPT, OCS (2006)  
Nicola K. Walton, PT, DPT, OCS (2007)  
Melissa J. Winterhalter, PT, DPT, OCS (2009)  
Rie Yoshida, PT, DPT, NCS (2006)  
Andrea C. Zujko, PT, DPT, COMT, OCS (2002)  

Faculty  
Carolina Carmona, PT, DPT, NCS

Alumni Weekend April 11-12, 2014, offered varied continuing education and social activities. Thank you to all the presenters and welcome back alumni!
Each year, the NUPTAA recognizes NUPT alumni for their contributions to the department, profession, and wider community. This year's awardees were:

NUPT Alumni–Consider participating in the Hillside Health Care International Community-Based Rehabilitation Program

Where are we?

Hillside Clinic is located just outside of Punta Gorda in Toledo District, the southern-most district of Belize, Central America. While in Belize explore Mayan ruins, nature reserves, national parks, and the barrier reef!

Who are we?

The rehabilitation program employs a long-term director and local technician who work alongside folks from Hillside’s medical program. In addition to employing Belizeans as clinical managers, interpreters, intake personnel, pharmacy technicians, grounds keepers, security, and housekeeping, the clinic relies on short-term medical volunteers and students from physical therapy, medicine, nursing, pharmacy, and public health.

Travel

International flights arrive in Belize City. From there, you can travel to Punta Gorda via plane (~1 hour) or bus (~6 hours). Tropic Air and Maya Island Air provide in-country flights, and the James Bus Line provides bus service throughout the country.

Guest Preceptor Information

Length of stay–Minimum of 2 weeks with a preference for 4 to coincide with student rotations.

Accommodations

On-campus housing is limited, but several off-campus options exist. Please notify the director as soon as possible if you are interested in volunteering. They will be able to discuss your options.

Expenses

Administrative Fee: $100USD
Housing: $100USD per week for on-campus lodging if staying less than 4 weeks (no on-campus lodging costs for volunteers staying more than 4 weeks). Off-campus prices will vary.

Food

$20-$40USD per week.

Leisure Activities

This will vary depending upon your interests. Prior preceptors have enjoyed kayaking or fishing, visiting local ruins, swimming in Blue Creek, and taking weekend excursions to Guatemala or the Sapodilla Cayes.

For more information

Please contact our rehabilitation director: rehabdirector.hillside@gmail.com or visit our website: http://www.hillsidebelize.org/
Seventy-seven graduates received their DPT degrees on Saturday, April 19, 2014 at Navy Pier. James Gordon, EdD, PT, FAPTA, delivered the commencing address, Back to the Future: From RPT to DPT. Dr. Justin Moore was the Class Speaker. The Clinical Education Award was presented to Drs. Ann Green, Rachael Neumann, Maria-Elena Sisneroz, Lauren Snyder, Lynne Tamplin, and Rachel Winter. The Community Engagement Award, a new award this year given to member(s) of the class who demonstrated superior commitment to community health in the Chicagoland area, was presented to Drs. Jeremy Campbell and Tiffany Woods.

The 8th Annual NUPT Alumni Association Job Fair was held July 31, 2014 with 16 facility representatives and PT and PTA students attending. Proceeds from the Job Fair help sponsor alumni and student activities throughout the year.

Nineteen Class of 2015 Synthesis Research Projects were presented as posters preceding the Seventh Annual Ann Putnam Kaleckas Lecture on March 31, 2014. Amy Bastian, PT, PhD, the 2014 Kaleckas Visiting Lecturer, presented, Leveraging Motor Learning Mechanism for Rehabilitation.
WE’re online... reconnect with NUPT alumni on the web: www.feinberg.northwestern.edu/nupthms

Northwestern University Physical Therapy Alumni Association

Upcoming 2015 Alumni Association CE Course Opportunities

FREE CEU courses for Alumni!

Predicting the Clinical Course of Whiplash...is it possible? 
Presented by Jim Elliott, PT, PhD
Tuesday, February 17th, 2015, at Marianjoy Rehabilitation Hospital Conference Center 26W171 Roosevelt Road in Wheaton 5:30–6:00pm dinner 6:00–7:30pm course (1.5 CEUs)

What Do I Do With a Challenging Student: For New & Experienced CIs. 
Presented by Chandi Edmonds, PT, DPT & Nora Francis, PT, DHS, OTR
Thursday April 16th, 2015 at NUPTHMS 6:00–6:30pm dinner 6:30–8:00pm course (1.5 CEUs)

NUPT Alumni Weekend is Friday & Saturday, April 17-18, 2015

Friday activities include
CE courses Cervical Spine Functional Anatomy Review, presented by Roberto Lopez-Rosado, PT, DPT, MSPT, MA, Justin Drogos, PT, DPT, NCS, and Larry S. Olver, PT, DPT, MS, OCS, FAAOMPT;
Examining and Evaluation of the Mid and Upper Cervical Spine: A Case-Based Approach, presented by Larry Olver;
Physical Therapy Management of Patients with Cancer, presented by Beth Holland, PT, DPT, NCS and Elizabeth Campione PT, DPT, CLT-LANA;
Alumni Happy Hour at Timothy O’Toole’s.

Saturday activities include
CE course Translating the Biomechanics of the Vestibular System to Differential Diagnosis, presented by Janet Helminski, PT, PhD;
Fun run/walk at Lake Shore Park; Family Fest at Lurie Children’s Hospital; Chicago Architecture Boat Cruise; Alumni Association meeting and luncheon with Awards presentation; and Class Dinner at Bellwether Restaurant in Chicago.

Register online at the PTHMS Alumni Homepage or look for the brochure in the mail this winter.