Sixteen Class of 2012 Synthesis Research Projects were presented as posters preceding their Synthesis Project, Janny Rodenburg, Courtney Freiberger, faculty preceptor Fang Lin, Jamie Loomis, and Ali Hinsberger presented their Synthesis Project, Biomechanical Analysis of TKA Patients in Active Task Challenging Extremity Hip ROM.

From the Job Fair help sponsor alumni and student activities throughout the year.

More information available at www.feinberg.northwestern.edu/nupthms
Alumni Weekend April 29-30, 2011, offered several Feinberg School of Medicine and NUPTHMS continuing education and social activities. Over 80 attendees celebrated the 83rd Anniversary of NUPT!

Lynn Steffes ('81), 2011 Distinguished Alumnus of the Year, with Cindy Weinstein ('88) and Donna Frownfelter ('65).

Alumni Weekend 2011 was a big reason for the Class of 1976 to get together and celebrate their 35-year graduation anniversary.

Jodi Eckenhoff ('96), Babette Sanders, Jim and Marjorie Hilliard enjoying the Reunion dinner at the Ritz-Carlton Hotel during Alumni Weekend.

Janet Helmioksi ('88), 2011 recipient of the Research Achievement Award, with Cindy Weinstein ('88) and Donna Frownfelter.

Jodi Eckenhoff ('96), Babette Sanders, Jim and Marjorie Hilliard enjoying the Reunion dinner at the Ritz-Carlton Hotel during Alumni Weekend.

combinedsectionsmeetingneworleans2011

New Orleans hosted the largest gathering of PT professionals at the APTA Combined Sections Meeting February 9-12, 2011.


Class of 2010 graduates Christa Nelson, Ashley Austin, and Kari Schmidt let the good times roll at the NUPT Reception in New Orleans.
The purpose of the Board is:

- Serve as the official voice of the NUPT Alumni Association.
- Hold the authority and responsibility to establish policies and procedures that ensure the timely and effective functioning of the Association.
- Act as channels of communication among alumni and the Department of Physical Therapy and Human Movement Science.
- Establish the goals and priorities of the Association annually.
- Conduct the business of the Association through participation in scheduled meetings and timely communication between meetings.
- Attend a minimum of 2/3 (two thirds) of the meetings scheduled during a term of office as well as participate in assigned committees.

Marilyn Holt, PT, MHS, GCS (1976) currently serves as Director of Clinical Rehab Services at LTC Support Services. She has held this position since 2005. Marilyn achieved Board Certification as a Geriatric Clinical Specialist in 2006. Marilyn serves as an affiliate instructor in the physical therapy 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 is also a member of the Illinois Physical Therapy Association, where she serves on the Ethics committee. 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. Marilyn resides in rural Rio, Illinois where she lives with her husband. She has four children. Her youngest daughter is beginning the professional physical therapy program at Clarke University in Dubuque, Iowa.

June R. Macchiaverna, PT, MBA (1975) I have been associated with NUPT not only as a graduate and participant of the Alumni Association but also as a part time faculty member. My affiliation with Northwestern does not end with the Physical Therapy Program. I was the Director of Rehabilitation Services at Northwestern Memorial Hospital and received my MBA from the Kellogg Graduate School of Management, Northwestern University.

I have an extensive history in Physical Therapy beginning at the University of Chicago Hospitals and Clinics where I initiated my clinical practice and teaching of NUPT students both in the clinic and the classroom. My career veered toward the management of Physical Therapy practice and I became the Director at Northwestern Memorial Hospital. From that role, I branched into the corporate sector, working at Baxter International and Caremark, Inc. In both organizations I was responsible for outpatient Physical Therapy operations. I spent my most recent twelve years at HealthSouth Rehabilitation Corporation as the Region Clinical Coordinator, allowing me to focus on the clinical components that make up a successful physical therapy operation. I am currently practicing in a geriatric setting and establishing a supplemental staffing program.

Throughout the years I have participated as a delegate to the HOD, Eastern District committee chairs (Continuing Education, Nominating), and IPTA First Speaker of the Assembly and Treasurer.

I have participated in NUPT Alumni Association as President from ’79-’81 and Vice President from ’84-’86 I am currently finishing up a term as a member of the Board of Directors since ’08. As a Board member I have participated in multiple events and committees including acting as a member of the editorial board for Northwestern University Feinberg School of Medicine, Ward Rounds publication. I believe I have been a productive member of the Board and would like to continue this journey another term.

Karen Stevens, PT, DPT, MS, OCS, (1986, MS 1996) received her BA in Anthropology, and BS and MS in Physical Therapy from Northwestern University. So, she bleeds purple! Her clinical practice has been primarily in the orthopedic area. Karen is a Board Certified Orthopedic Specialist through the American Physical Therapy Association. She is currently a part-time Assistant Professor at Rosalind Franklin University of Medicine and Science. She has been involved in teaching at the university level for over 13 years. She has published in the American Journal of Podiatric Association and presented at national American Physical Therapy Association meetings. She is a member of the APTA, and has been involved in community service activities including Kid’s First health screenings in Lake County, Illinois, and Lead America. She enjoys the connection between academia, the clinic, and the community, and would like to continue to bring this experience and interest to the NUPT Alumni Association Board of Directors.

Rachel Tappan, PT, MPT, NCS (1996) It’s been fifteen years since I received my MPT from Northwestern and I’m still only two blocks away. I work at the Rehabilitation Institute of Chicago, where I perform multiple roles. In my current clinical practice, I primarily treat people with neurologic or pulmonary diagnoses in the outpatient setting. I was certified as a Neurologic Certified Specialist in 2008. I also work in the Neuroplasticity Lab in the Sensory Motor Performance Program, where we conduct research utilizing non-invasive brain stimulation to better understand how the brain controls human movement with and without pathology. I’ve also taught in continuing education courses for RIC. Prior to my current positions at RIC, I held various clinical and managerial positions in acute care and day rehabilitation.

For the last four years, I’ve had the privilege of assisting as guest faculty in the NUPHTM DPT program, where I enjoy interacting with students as they learn our profession. My varied experiences in the physical therapy profession and my enthusiasm for the NUPHTM program would make me an asset to the Board of Directors. Thanks for your consideration.

Cynthia (Cindy) Weinstein, PT, (1988) received her Physical Therapy degree from Northwestern University Medical School Programs in Physical Therapy (NUPT) in 1988. She is currently working on her transitional DPT from Rosalind Franklin University. Since graduating she has worked in a variety of clinical settings including the Rehabilitation Institute of Chicago, Evanston Hospital, and Swedish Covenant Hospital. Her areas of clinical interest are geriatric and neurological rehabilitation. Currently, she is the Physical Therapy manager at Westminster Place in Evanston Illinois, a Presbyterian Homes facility, and regularly supervises students from Northwestern.

I feel that the involvement of alumni contributes tremendously to the culture and reputation of NUPHTM. In my tenure as a member of the Board of Directors over these last 3 years, I have been fortunate to work with and learn from fellow alumni who are passionate about Physical Therapy and dedicated to furthering the mission and vision of the university. As someone who lives locally, I have been able to contribute to the planning and implementation of events such as Alumni Weekend and the pre-graduation reception. Being a member of the Awards committee has given me the opportunity to interact with many esteemed and accomplished alumni and to appreciate the depth and breadth of opportunities available by virtue of a Northwestern education.

I would welcome the opportunity to serve on the Board of Directors for another term and to continue to serve the Alumni Association and the Department of Physical Therapy and Human Movement Sciences in whatever capacity I am needed.

Please VOTE for (4) Directors. 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

Director (choose 4): ______ Marilyn Holt ______ June Macchiaverna ______ Karen Stevens ______ Rachel Tappan ______ Cindy Weinstein

DEADLINE: Monday, October 3, 2011
On the typical day, Andrea’s clinic busies itself with dozens of providers who shuffle in and out ofexam rooms, taking subjective histories, and providing patient education. Scores of patients fill the crowded waiting room and chatter fills the air. The clinic is so busy a long line forms out the entrance. Dozens, maybe hundreds of patients come through this clinic, and, at the end of the day, the total billable hours amountsto a staggering zero. Andrea is not working at your typical clinic in the US. It’s a free clinic in rural Honduras, run by volunteers of Global Brigades, the world’s largest student-led global health and sustainable development organization.

“I have always been drawn to volunteering and giving back to other people whenever possible,” said Andrea Riemer, PT, DPT, N2009. “It was a crucial component of making this trip so successful,” recalled Andrea.

Of course, travel abroad is not as easy as getting in your car and driving to the next town, particularly when, like most PT’s, Andrea has a busy clinical practice with a schedule that often has few open hours. The first step in her process was to find some time off of work. Unfazed, Andrea was able to clear her schedule with her managers. “The best thing is to discuss the opportunity with your manager,” Andrea suggests. Depending on the vacation request policy of the individual clinic, sometimes the biggest barrier is finding the time frame available for you to take off from the clinic that would coincide with the particular project you may be interested in. For young clinicians, your challenge may simply be not having enough accrued time off for a venture that would require more than a few days. One might need to be creative with the clinic and find ways to take extended time for such projects, such as taking unpaid leave. However, Andrea added, “the experience is well worth the time.”

Once your clinic clears your time off request, the next steps are various details that come with traveling abroad. Depending on your volunteering organization’s availability, you must find out which language background you will need to know. There may be necessary travel details pertaining to the country in terms of visa requirements and travel advisories. As part of your assignment as the volunteer, your organization may send you some essentials with regards to your travel plans, vaccinations, and immunizations, appropriate supplies for a successful mission, and of the, fundraising objectives.

If you decide to travel abroad for your volunteer work, often the biggest challenge is finding the time within your normal workday to commit to an clinic and provide patient education is hard enough in your native tongue. To do so successfully in a language you’re unfamiliar with is no small task. Andrea recalls such challenges, “I conducted my first clinic in her initial to Honduras and had not attempted to co-host this clinic with a positive attitude, polishing up on her Spanish on her next successive trip.” I have found this section to be a little easier each trip,” she observed. However, maybe hundreds of patients come through this clinic, and, at the end of the day, the total billable hours amountsto a staggering zero. Andrea is not working at your typical clinic in the US. It’s a free clinic in rural Honduras, run by volunteers of Global Brigades, the world’s largest student-led global health and sustainable development organization.

Despite the various barriers to her work, Andrea remains steadfast in her resolve because she witnessed firsthand how her group has had on individual patients whom she had interacted with. She recalls of some of the instances where the clinic was packed to the brim with hundreds of patients coming through the clinic. Andrea describes her experience serving to teach us to treat each patient with the kind of care and support that we would offer to our friends and family. As a result, Andrea has returned to Honduras twice and hopes “to go on this volunteer trip abroad at least once a year for the next few years.” Andrea encourages anyone who is considering volunteering abroad to “just do it. It is never too late.” For example, her team has expanded from basic medical service to include dental services, specific gynecological and prostatic testing, and public health education. In the future, she says, “we plan to set up a PT clinic with an affiliated hospital and to train local students and local universities with the skills needed to assist their community. The impact of volunteering is huge on the patients and the volunteers themselves. Volunteer leaves with a changed perspective of the world and their role in it. The experience can even light a fire and renew the passion for those who decide to volunteer.”

Not everyone is called to serve in a remote village overseas. Not everyone is meant to travel to faraway lands to help amputees. Not everyone is supposed to live in exotic countries to do their work. The needs internationally are great indeed, but not everyone is called to leave the US to serve the under-served in their own cities. Even beyond that, perhaps Andrea’s experience serves to teach us to treat each patient with the kind of care and support that we would offer to our friends and family. As a result, Andrea has returned to Honduras twice and hopes “to go on this volunteer trip abroad at least once a year for the next few years.” Andrea encourages anyone who is considering volunteering abroad to “just do it. It is never too late.” For example, her team has expanded from basic medical service to include dental services, specific gynecological and prostatic testing, and public health education. In the future, she says, “we plan to set up a PT clinic with an affiliated hospital and to train local students and local universities with the skills needed to assist their community. The impact of volunteering is huge on the patients and the volunteers themselves. Volunteer leaves with a changed perspective of the world and their role in it. The experience can even light a fire and renew the passion for those who decide to volunteer.”

As physical therapists we have been given a privilege and honor of helping to make better the lives of those we serve, no matter the context. It is easy to miss that greater purpose given the pressures and demands of daily clinical work that we face. Sometimes it is easy to take your mind off of your daily grind to see that purpose again. Sometimes it means taking a time. Sometimes it means volunteering.

Note: Andrea would love to answer any additional questions about her experience. You can reach her at AndreaR19@hbon.com.