The annual NUPT Alumni Association Job Fair was held May 27, 2010, with 15 facility representatives and 75 PT and PTA students attending. Proceeds from the Job Fair help support alumni and student activities throughout the year.

WE’RE ONLINE...reconnect with NUPT Alumni on the web: www.feinberg.northwestern.edu

Find us on Facebook at Northwestern Physical Therapy Grad Group

Alumni Weekend April 29-30, 2011
More information available at www.northwestern.edu

Class of 1960 alumni, Mary Kate, Nupta Felder, and Jackie Jones with faculty, Joe Weller at the job fair

president’s message

Donna Frownfelter

Happy New Year! We are excited to update you on what has been happening at NUPT.

First and foremost, we would like to update you on changes to your alumni board. Many thanks to our outgoing Board members, Pat Johnson, Jenna Judah, Betsy Myers, and Pam Stiver, who have worked so hard and shown so faithful in serving and supporting the students, faculty, and alumni. Please see the election bulletin in this issue as we look forward to working with new Board members starting in 2010. Here are some highlights of 2010:

In February, the reception at the Evanston Combined Alumni Meeting was well attended, there was great food and time to reconnect with alumni, family, and new students. Northwestern had multiple facility and student presentations and posters, we were well represented and you should be very proud of them.

Alumni Weekend, April 9-10, 2010, was outstanding with great continuing education at nominal price, great fellowship, and fun. We have been having our Alumni Weekend in conjunction with the medical school to have more opportunities for continuing ed, socialization and up-to-date. During Alumni Weekend, a wonderful reception was held at Zyman Vase Gallery in Chicago’s River North area. The gallery was owned by Board member, Jenna Judah’s mother, who graciously allowed us to have our reception there. Students helped serve and we were able to help raise some money towards travel for students in need. The Alumni Weekend Committee consisting of Jenna Judah, Cindy Wreatson, Pam Stiver, Pam Harrison, did a wonderful job and a good time was had by all. That year our Alumni Weekend was in April 29th and 30th, 2010. Look for the mailed brochure and online for more information. Please try to make plans to join us. If you want to attend events from your class, contact Bill Heinen and he can help get the class information to you. It is really amazing to see people from your class after a few or many years! Remembering some of the crazy things that happened and the facility and clinical times are so much fun. Please try to come; we look forward to seeing you!

As a result of our changing our Alumni Weekend and being more involved with the Medical School, we were asked to serve on the Wind freshmen group to get input regarding the PT school and we are on the Medical School Alumni Board. John Nausham is the Wind freshmen educator and I will be representing us on the National Alumni Board.

A Job Fair was held at NUPT on May 7th with several potential employers presenting to our students as well as students from other schools. This is also a chance for those who help to bring money in to support our students. Thanks to the Job Fair Committee for promoting and managing this opportunity. This year the Alumni Board also helped support the Bear Cares after the White Coat Ceremony. This was a lovely evening that was celebrated June 6th by students, faculty, friends, family and family. We were able to give money to help defray the cost of the evening for all. It was a lovely night with great food and fun.

In September the Class of 2013 arrived on campus. A reception was held and the 79 new students were given NU books bagged with gift from the Alumni Association. WELCOME to the new students who I am sure feel like they are now fully integrated into the learning environment!

In December, this year’s graduating Class of 2010 and the family were all given NUPT Alumni Association Christmas gift. We wanted to celebrate with them and also congratulate the faculty on a job well done, knowing how hard they work to provide excellent educational and mentoring experiences. A lovely reception for the graduates and their families followed the December 4th graduation ceremony.

Over this past holiday break, the Alumni Board worked with the students to select the Student Lounge. Students painted and furnishes rugs and accessories were purchased from IKEA. The results is amazing and we’re so glad the Alumni Board could make the funds available to help the students have a special place. This is one of our goals to try to support many students as we can. We need to let others know that funds are limited and we may not be able to have large scholarships but we can do things that support students. We need to keep in touch with the students and find out their needs and wants and see how we can help.

Another update is the entry-level curriculum at NUPT has been revised and improved beginning with the Class of 2012; more information about that will be given at the Alumni Weekend. One interesting development is the school’s move to develop a clinical preceptorship program that will provide evidence-based practice, inspire students and have a meaningful clinical experience. Towards that end, Peter McMahon, PT, MS, OCS, was hired in September at the Associate Chair of Clinical Practice.

Well I hope you have the feeling that there has been a great deal of activity and we are excited about the future. I am happy to serve as your Alumni Board President. If you have questions or comments or would like to offer your support and help on special projects please contact me. I will look forward to talking with you.

Finally we mentioned last year that the Alumni Board has donated $35,000 towards an interdisciplinary room that use some of the art technology and that we hope in the future would provide streaming video and continuous education for our students. We need to raise another $15,000 towards this room that will be used with current residents and for CE. If you think that you could contribute towards this endeavor, please contact Jeff Neifeld, Development Director, for more information on how you could make a donation. No matter how small they will all add up. Jeff will provide information about helping with all of the PT student scholarships. Today virtually all students need support with their tuition. This is so also a tremendous need. Wishing you all the best in 2011 and hope to see you at the Alumni Weekend on April 29-30, 2011.

Best Regards,

Donna Frownfelter (1985)
President, NUPT Alumni Association


**A Voice of the Young Alumni of NUPTMS.** A section of your alumni association newsletter dedicated to discussing issues facing new graduates, by Nelson Liu.

#### Issue 1: I’ve graduated! Now what?

You’ve just had a huge sigh of relief and finally allow yourself to crack a nervous smile as you stand up and reach for your hat and gown. As your CI sidewalk避开人潮的喧嚣，内心被暖流融化，与世界和自己交谈，这是一次全力以赴的挑战。

How embarrassing, you think to yourself, totally unprofessional? Your CI smiles warmly and congratulates you on your well done with your last 12 weeks of classes. CI insists on being a mechanism, ranking your excellent work in the global search. He is also expert at answering the most frequently asked questions and in the best tradition and the most accurate.

Congratulations, indeed! You’ve completed the last hurdle in your CI education and the only thing left to worry about now for the next few weeks is how to get your entire extended family of 50 to Chicago for graduation and where to get your cousin and his family for your final happy house party with your best friends from the last three years.

As an impending new graduate, many thoughts are sure to fill your mind. How much do you need to study? How much rest do you need? Do you need to save up money for your post-grad life? What will you do with your long weekends? Is this a time for you to finally see your classmate who you haven’t seen in years?

There are some concerns of being a student in your CI schedule and your decision-making process during your CI education. It’s hard to believe that you don’t have a say in whether to take a class or sit one out. In the coming months, however, you will realize that you have to start setting your schedule and your priorities. I think it’s fair to say that unless you are a student with a full-time job, your course objectives dictate what you should accomplish and by what time, and that’s your responsibility, and what’s required of you after your CI education.

You will face new challenges and have to make decisions. The question is: where do you start?

Many possibilities about how you can spend your time in the months after graduation, and, like life itself, there are many pros and cons to the decision you will make. You will be able to schedule your own classes and find your own way to succeed. But it’s important to bear in mind the requirements of your course objectives for graduation. If you don’t pass the exam in the beginning of February, you’re not going to be able to sit for the exam within about two months graduation: “I spent the first 4 months of my life out of the country, and I’m not going to waste any more time,” one recent graduate commented. “Besides,” she added, “I feel like most of the information is still fresh in my head, which makes studying really easy.”

Surely there are many other ways to spend your weeks and months after graduation, and it would be impossible to consider it all. Each decision will come with its own benefits and drawbacks. The question is then: how do you decide? The key is knowing what’s important to you. What are your priorities? Once you’ve figured that out, you can realistically decide on a timeline and then follow it. The point is, everyone’s comfort level, priorities, and timelines differ. Your post-grad life is a journey of self-discovery and exploration. It’s a time to decide what you want to do with your life, to set your own objectives, and to discover new opportunities. You’re finally free. You’re finally the master of your own schedule. Should I take that vacation and how do I plan my CI education? Should I schedule my CI board exam for the earliest opening? Should I just start interviewing for jobs and worry about the board exam later or make a plan for CI education right now? What do I do with my CI board exam? Should I interview for jobs and take the course the next week or save the board exam for later? How do I apply for jobs and licensure easier? Margaret Wente Danilovich, class of 2007, was able to sit for the exam within about two months graduation. “I spent the first two weeks of January pretty seriously studying for the exam 6-8 hours per day,” she stated. “I started working in the middle of January. When I started working, I would study 2-3 hours a day and then 6-8 hours on the weekend. I ended up sitting for the exam in the beginning of February.”

While it’s true that all of the above are valid reasons for taking the board exams early, some have endeavored that idea in favor of another approach to how to plan your CI education and your extended vacations. Some recent graduates go for the vacation idea because they feel the need to “take a sigh of relief and relax for a little bit” according to the nature of their CI education. However, some new grads think the globe to enjoy the new-found free time and to take advantage of the extended break. There are benefits to this approach. Sometimes when you are in the mindset of the highest level of recognition awarded by the Illinois State Board of Education.

Eva Lee Tong (Boynton Beach, FL) and her husband are living on the coast of Florida. She is currently working at Bethesda Memorial Hospital, where she serves as the admissionist for the rehabilitation inpatient unit. Eva Wong (Hong Kong, China) “I have been living in Hong Kong since 1996 and the environment of Green Bay, Wi, for his family. He was formerly with the Green Bay Packers football weekend last fall. Pepper is the Head Athletic Trainer/Physical Therapy Core Team was presented with an Award of excellence in October 2010 through the Those Who excel Award program. An Award for outstanding contribution to the program’s growth.

Rachel Segal Miller (Ann Arbor, Michigan) has taken a position as a physical therapist in the pelvic health center. She is responsible for treating patients with pelvic pain, and associated dysfunctions. “Thank you for all of the wonderful training you provided me at northwestern...it has certainly paid off”. She also is expert at answering the most frequently asked questions and in the best tradition and the most accurate.

Rachel Liu and Margaret Gao

Rachel Liu and Margaret Gao, classmates of 2007, are currently working as physical therapists in Florida and Michigan respectively. They are both excited about the new challenge of working with women and children’s issues and the emphasis on the pelvic floor. They are looking forward to the new opportunities and experiences that they will encounter in the near future. The committee is responsible for the overall function of the Alumninews. The committee is responsible for the overall function of the Alumninews, and it is up to the committee to decide the best course of action in the 12-month curriculum.

Loyce Smith, an alumna of Northwestern University’s Physical Therapy Program, has been named to the 2013 Class of Trustees. Smith is a longtime supporter of her alma mater and has served on the Board of Trustees since 1976. Her contributions to the university are significant and widespread, and she is a true ambassador for NUPT.

The Alumninews is a section of your alumni association newsletter dedicated to discussing issues facing new graduates, by Nelson Liu.
Alumni Weekend April 9-10, 2010, offered several Feinberg School of Medicine and NUPTHMS continuing education and social activities. Over 75 PT attendees celebrated the 82nd Anniversary of NUPT!

Hal Olofsson and Ruben Shehigian, Class of 1960, celebrate their 50-year Class Reunion at the Alumni Reunion Gala held at the Four Seasons Hotel Saturday night.

Alumni at Friday nights’ Fundraising Reception held at the Zygman Voss Gallery.

Laura Miller ('12) explaining her research poster to Gerda Joseph ('78) and Chih-Shun Juang ('85).

Aaron Buchler ('10), Donna Frownfelter ('98), Kristine Uragami ('10), enjoying the Reunion Gala.

Larry Rechlin ('78), 2010 Distinguished Alumnus of the Year, with Cindy Weinstein ('88) and Donna Frownfelter.

Diane Simnick, Cheryl Carlson, Kathleen Hibbard celebrate a 1981 class reunion during the Alumni Weekend activities.

Poster day & Kaleckas Lecture

Nineteen Class of 2010 Synthesis Research Projects were presented as posters preceding the annual Kaleckas Lecture on May 17, 2010. George Wolf, PT, PhD, FAPTA, FAHA, the 2010 Kaleckas speaker, spoke on, From Tibialis Anterior to Tai Chi: the Wild But Wonderful Journey of a Neuro-PT Scientist.

Pam Ottery, Anthony Young, Jr., Ashley Novak, Jennifer Schachner, presented their Synthesis Research Project, Ultrasound Imaging to define an Accurate Pelvic Plane for Hip Radiography and Total Hip Arthroplasty.

NUPT Alumni and friends enjoyed the reception before the Kalackas lecture. Sue Simcock ('73); Betsy Elsaesser ('77), Kathy Martinez, Lois Hedman (MS '87), Cindy Weinstein ('88), June Macchiaverna ('75).
The purpose of the Board is to:

- 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 between 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.

President
Donna Frownfelter PT, DPT, MA, CCS, RRT, FCCP (1969)
Donna is an Assistant Professor, Physical Therapy, Rosalind Franklin University of Medicine and Science/the Chicago Medical School and an Adjunct Clinical Instructor, Department of Physical Therapy and Human Movement Science/Northwestern University Feinberg School of Medicine. She has taught Cardiovascular and Pulmonary Physical Therapy at Northwestern for 30+ years. Dr. Frownfelter has presented continuing education courses and been an invited speaker at many APTA Conferences as well as International Conferences. She is Co-Editor of the text Cardiovascular and Pulmonary Physical Therapy: Evidence and Practice 4th edition, 2006, with Canadian physiotherapist, Elizabeth Dean PT, PhD. She has recently served on the NUPT Alumni Board of Directors as Vice President and President. Donna is enthusiastic about the role of the Board of Directors and the NUPT alumni and the role they can play to support and encourage the current students as well as our alumni. There are many challenges to education and as we strive to continue to attract the “brightest and best PT students” we need to understand the financial and other needs of those students. The Alumni Board can be an important support to the school and the students to try to facilitate the best possible experience as students and then later as alumni. Efforts have been made to continue to produce significant services and ongoing continuing education efforts and we wish to continue to do this in the future through our NUPT Alumni Association.

Vice President
Nelson Liu, PT, DPT, OCS (2006)
I currently reside in Seattle and work as part-time clinical research scientist at University of Washington’s Department of Rehabilitation Medicine. I’m also recently joined the pastoral staff at Blue Sky Church, a non-denominational Christian church in the Seattle area. I was an involved student at NUPT, contributing to the program in informal and formal ways such as serving as the PT representative in Northwestern University’s Chicago Graduate Student Association, volunteering as a tour guide for prospective student weekends, or ushering at graduations. I have served the past two years as a member of the Board of Directors with a particular interest in drawing the new and recent graduates of NUPT. I started a new section in the newsletter aimed at addressing issues faced by most young graduates. I have also been leading an initiative to overhaul the 7th floor student lounge, with the input of the current students. As the VP, I hope to continue carry out the vision of the Board to develop improved alumni relations and increase visibility for the body of NUPT alumni professionally and across the country. Thank you for your consideration.

Director
Prem Batchu, PT, DPT (2008)
Since my graduation from NUPT, Class of ‘08, I have had many enriching experiences as an acute care therapist at Loyola University Medical Center. I have been able to develop a niche in the cardiovascular and pulmonary service line and have created various treatment protocols, become involved in quality initiative programs, and organized a support group for heart and vascular patients. In the past year, I have also had the privilege to be an educator as a CI and as an adjunct faculty member at Midwestern University in the Cardiopulmonary Evaluation and Treatment course. Furthermore, this winter I will be co-investigator in a research study at LUMC that evaluates the benefits of an early mobility program and its impact on length of stay for patients post-cardiac surgery. Additionally, I work with NUPT’s Dr. David Brown in continuing my passion for research and development of therapies to benefit patients that have suffered a stroke. Throughout my experiences to date, I have found that every person or patient we interact with is a learning opportunity - from learning their story to understanding his or her medical presentation. As a member of the NUPTAA Board of Directors, I would like to encourage the development of relationships that allow for sharing of these learning opportunities between students, new therapists, and alumni, thereby promoting our growth as individuals and the growth of our profession.

Kristen L. Davies, PT, DPT (2004)
Over the course of my career thus far, I have realized what a valuable asset I have in my graduate education from NUPT, and am interested in serving on the NUPTAA Board of Directors. I would enjoy the opportunity to contribute to the growth and support of the NUPT program and its current and future students, as well as serve as a bridge between alumni, students and faculty. Since graduating from NUPT in 2004, I have practiced at Advocate Christ Medical Center in a rotating position. Having worked in both inpatient and outpatient settings, my passion is for inpatient rehabilitation with my strongest area of interest being patients with neurologic dysfunction. I have enjoyed serving as a clinical instructor and mentor and in the future hope to become more involved in teaching and clinical research. I currently serve as the Chair of a hospital-wide committee focused on communication, and would enjoy using my experience in this capacity to enhance communication between fellow alumni, students, and NUPT.

Lauren Povlika, PT, DPT (2007)
I graduated from the Northwestern DPT program in December 2007. Since then, I have worked as a staff therapist in private physical therapy clinics, directed physical therapy services in fitness centers, continued to teach in universities and participate in philanthropic events. I specialize in orthopedic and sports physical therapy. Areas of interest are manual therapy, Functional Movement Screening (a biomechanical injury screening tool that was developed by physical therapist, Gray Cook to determine one’s movement imbalances), Pilates-based Rehabilitation, clinical instruction for students and bridging the gap between rehabilitation and optimal fitness. I serve as an adjunct faculty member at George Washington University where I assist the program’s Clinical Conference series. I bring musculoskeletal expertise and help students develop differential diagnosis, clinical reasoning and skills and planning treatment for the complex patient. My philanthropic efforts include an ambassador for the Amyotrophic Lateral Sclerosis Therapeutic Development Institute (ALS TDI). I serve on the Health Advisory Board for Infinity Wellness Foundation, a DC-based organization dedicated to preventing childhood obesity in inner-city schools. Each year I attend a lobbying effort with the American College of Rheumatology on Capitol Hill to speak with Congress on laws and policies affecting health care and arthritis specific conditions. Although many of these efforts are not specifically what I focus on in the clinic, they are institutions and causes that have affected me personally. Currently, I reside in Washington, D.C., where I established physical therapy services in three local gyms. My goal is to develop as a private practitioner and work with personal trainers, fitness instructors, massage therapists and physicians to develop comprehensive care plans for orthopedic patients of all ages and skill levels. I present at local organizations including the National Institute of Health, corporations, schools and health retail businesses, e.g. lululemon athletica. As a member of the Board of Directors, I hope to continue the pursuit of innovative physical therapy practice which has been established in my personal professional mission statement and that of Vision 2010. These include furthering of residencies, evidence-based practice, mentoring and professionalism. I feel the greatest use of resources for developing programming and furthering our profession is best held by those that studied under the same name as each other and also in the current students. Physical therapy is an evolving technical career and I vision Northwestern as a front runner to encourage continual professional growth within its alumni and to its students. This camaraderie will continue to encourage the loyalty and dedication to grow the NUPTAMS program in all sections.

Robyn Bronner Wells-Mangold, PT, DPT (2008)
I graduated from Northwestern University in December 2008, and while a student at NUPT, I served as a student representative to the Board for two years. After graduation, I began employment at Elmhurst Memorial Hospital in the Transitional Care Unit where I saw a primarily geriatric and post-surgical population. I continue to work at Elmhurst Memorial Hospital in the outpatient clinic where I treat patients of all ages with orthopedic and neurological pathologies. Now that I have become comfortable with practice in both inpatient and outpatient care, I am hoping to expand my involvement in PT beyond day to day practice and into the betterment of the profession. To achieve this, I feel that a position on the Board of Directors would allow me to support the continued excellence of NUPT, whose high educational standards are the basis for the advancement of our profession as a whole. I would enjoy this opportunity to serve the Alumni Association and support both the students and the educational goals of Northwestern University Physical Therapy and Human Movement Sciences Program.

Please VOTE for President, Vice President, and (4) Directors. President and Vice President will serve 2-year terms; the 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 _______ Donna Frownfelter
Vice President _______ Nelson Liu
Director (choose 4): _______ Prem Batchu _______ Kristen L. Davies _______ Lauren Povlika _______ Robyn Bronner Wells-Mangold

DEADLINE: Friday, March 11, 2011