

# Medical Alumni Association NEWSLETTER

November 2025 | Issue No. 97



## Grateful and Thankful

This season of gratitude offers meaningful opportunities to reflect on the many things for which we are thankful. At the top of that list is you, our remarkable alumni community. Your Medical Alumni Association and Alumni Relations team remain in awe of the many ways that you support, inspire, and give back not only to your alma mater but also to the next generation of healthcare professionals. Through your dedication to our students and the extraordinary work you do in your own careers, you are helping shape the future of medicine and human health.

Your commitment is recognized and appreciated every day. Whether you attended an event, mentored a student, made a gift, volunteered as a class rep, or simply stayed in touch, we thank you and appreciate all you do throughout the year.

Happy Thanksgiving!

*Your Medical Alumni Association and Alumni Relations Team*

### From the Director's Desk:

Dear Alumni,

We wish you all a very happy Thanksgiving holiday! Please be on the lookout next month for information about **Alumni Weekend 2026, taking place May 1–2**. Materials will arrive in mailboxes at the end of December for those in a reunion year. **Registration opens January 5, 2026**.

We hope to see you there. Please reach out with any questions.

Thank you,  
Babette



**Babette Henderson '21 CERT**

Senior Director, Alumni Engagement

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### Thank You, Northwestern Veterans: Share Your Story and Join the Conversation



In honor of Veterans Day on November 11, we launched the [Alumni Veterans and Service Members Kudoboard](#) to share stories, photos, and reflections. Many alumni have already contributed, offering glimpses into their experiences and the sacrifices they have made.

When sharing your story, feel free to include your rank, years served, and the places you were stationed. Your experiences help illuminate the courage, dedication, and compassion that define both military service and the Northwestern community. Each post strengthens the bond among our alumni and preserves the legacy of those who have served.

The conversation remains open: Your voice matters. Share your message, read the stories of your fellow Wildcats, and help us honor the service and sacrifice of Northwestern veterans, past and present.

Visit the Kudoboard today to read their stories, or to join this ongoing tribute to service, resilience, and commitment. Thank you to all of our alumni veterans!

Alumni Veterans and  
Service Members  
Kudoboard

### MAA Fall 2026 Board Meeting Weekend



Thank you to our dedicated Medical Alumni Association (MAA) Board members! On November 14, board members from across the country gathered in downtown Chicago for our semiannual meeting. Every fall and spring, the Board reconvenes to nurture alumni relationships, foster professional connection, create meaningful mentoring opportunities, and support Northwestern's leadership in medical education, patient care, and research. The Board continues to help shape the future of the medical school.

The Board was thrilled to hear an update on the medical school from **Sandy Sanguino '89, '93 MD, '97 GMER, '99 GMEF**, senior associate dean for Medical Education and associate professor of Pediatrics in the Division of Advanced General Pediatrics and Primary Care and of Medical Education, and Eli Zimmerman, MD, associate dean for Student Affairs and associate professor of Neurology in the Division of Stroke and Vascular Neurology. The board also enjoyed an informative presentation by Kimbra Bell, MD, medical director of the new Northwestern Bronzeville Outpatient Center and clinical assistant professor of Medicine in the Division of General Internal Medicine.

The next day, on November 15, many members of the Board participated in a mentoring breakfast at Method Atrium and, after, headed to Wrigleyville for a memorable football game as the Northwestern Wildcats took on the Michigan Wolverines at Wrigley Field. We invite you to check out our [gameday photo album](#). Although Michigan came away with the win, the purple pride in the ballpark made for a standout game in one of Chicago's most iconic venues.



Thank you to all our board members for your commitment to your alma mater and for another engaging, productive, and inspiring weekend. Want to learn more about the Board and the work of the MAA committees? Reach out to us at [medalum@northwestern.edu](mailto:medalum@northwestern.edu).

MAA Board Football Game  
Photo Album



Dinner with a Doc: MAA Board Edition



In addition to our Saturday morning mentoring breakfast during our fall Board meeting weekend, Board members hosted a number of Dinners with a Doc, which have become one of our favorite traditions. These gatherings provide students with the chance to engage directly with alumni in a relaxed, small-group setting.

Several MAA Board members, including **Thomas E. Bournias, MD, '92 GMER ('24 P)**; **F. Douglas Carr '76, '78 MD**; **Sabrina R. Kendrick '86, MD, '95 GMEF**; **Ada Jain Kumar '94, '97 MD**; **Alan M. Kumar '94, '98 MD**; **David A. Lickstein, '93 MD, '94 GMER**; **Christopher R. Rehm, '98 MD**; **Jeffrey J. Schaidler '83, '85 MD**; **Gregory A. Stainer, '76 MD**; **Nicholas J. Volpe, Jr., '21 MD, MBA**; MAA Board president **Darren E. Wethers, '88 MD**; and **Alice Yeh, '93 MD**, graciously hosted students near campus throughout the weekend. Students had the opportunity to discuss career paths in healthcare, ask candid questions, and build meaningful one-on-one mentoring connections.

On November 5, the Women in Medicine Committee also sponsored a panel of medical professionals in the MD, prosthetic/orthotic, physical therapy, and physician assistant fields, meeting with a class at local high school Westinghouse College Prep via Zoom.

Thank you to our MAA Board members for providing these invaluable experiences for our students!

Interested in volunteering for similar events? Contact Allison Glibowski, assistant director of Alumni Engagement, at [allison.glibowski@northwestern.edu](mailto:allison.glibowski@northwestern.edu) to help support the future of medicine.



**Allison Glibowski**  
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A Celebration of Life: Professor Emeritus James R. Webster Jr., MD, MS



August 25, 1931–June 25, 2025


On October 10, alumni, friends, and colleagues gathered at the Louis A. Simpson and Kimberly K. Querrey Biomedical Research Center to honor the life and legacy of Professor Emeritus **James R. Webster Jr. '53, '56 MD, MS, '60 GMER, '64 GMEF**. The stories shared and moments remembered created a heartfelt tribute to a distinguished physician, mentor, and friend.

We are deeply grateful to the Webster family for their warmth and generosity, and to those who took part in the program celebrating Dr. Webster's lasting influence on medicine and the Northwestern community. We also appreciate those who were unable to attend but held Dr. Webster and his family in their thoughts.

During the program, attendees also learned about the newly established **James R. Webster Jr., MD, Scholarship Fund**, created in his memory. For more information, contact Larry Kuhn, associate dean, at [larry-kuhn@northwestern.edu](mailto:larry-kuhn@northwestern.edu) or 312-503-1717.

We invite you to revisit moments from the day by [exploring our event photo album](#), [reading more in our event recap](#), and [streaming the event recording](#).

Thank you to Dr. Webster's family, friends, colleagues, and alumni from near and far for coming together for this meaningful celebration.



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Explore Our Event Photo Album

Read More in Our Event Recap

Stream the Event Recording



MAA Digital Series:  
Hosted by Joseph Gugenheim, '72 MD



## “Chicago Pizza Redux”

# Chicago Pizza Redux



Joseph Gugenheim, '72 MD

We're thrilled to bring you the newest installment of our MAA Digital Series from our fantastic host and historian, alum **Joseph Gugenheim, '72 MD**.

This month, Dr. Gugenheim revisits a topic that always leaves us wanting more: Chicago pizza. Building on part one of this series, first featured in May 2020, he slices into the evolution of the city's signature style and the pizzerias like Lou Malnati's, Pizzeria Uno, and Gino's East that helped make it a local favorite.

After more than eighty years, new research points to an unexpected origin of Chicago's deep-dish legacy. In this month's presentation, Dr. Gugenheim touches on the often-overlooked Italian restaurateur Ric Riccardo, who was most likely the true inventor of the city's iconic dish. Riccardo's early passing left little opportunity to shape the narrative, allowing others like Ike Sewell and Rudy Malnati to share their own versions for decades.

This episode is a *deep* dive into Chicago pizza that's sure to satisfy. Whether you're a diehard fan or simply curious about the story behind the slice, join Dr. Gugenheim as he offers a flavorful look at the city's culinary history.

Dr. Gugenheim presents **“Chicago Pizza Redux.”**

Thank you, Dr. Gugenheim!

Stream “Chicago Pizza Redux”

## COMING SOON:

*“Iconic Clocks in Chicago”*

Next month, Dr. Gugenheim turns his lens to a familiar sight hiding in plain view: Chicago's iconic clocks. He begins with the beloved Marshall Field clock, a cherished holiday gathering point that has framed winter traditions on State Street for generations. From there, journey to the soaring tower clocks that once guided commuters, shoppers, and skyscraper workers alike, each revealing something about Chicago's architectural ambition and civic identity.

You will explore the stories behind the striking Father Time figure atop the clock at the former Jewelers Building, the massive terra cotta clock faces of the Wrigley Building, and the evolving Chicago Board of Trade clock, to name a few. Along the way, Dr. Gugenheim highlights the craftsmanship, controversies, and quirks that make these structures enduring landmarks woven into the rhythm of the city and the spirit of the season. Meet us under the clock for the next episode of our MAA Digital Series.

*Catch up on all previous episodes of our MAA Digital Series on our [MAA website](#) and [YouTube channel](#).*

## An HCC Conversation on the 12th General Hospital



The [Half Century Club \(HCC\)](#) continues to flourish, reflecting the energy and engagement of our alumni community.

In honor of Veterans Day on November 11, HCC alumni gathered for our latest *Have Coffee and Conversations* session with Katie Lattal, head of Special Collections at Galter Health Sciences Library and Learning Center at Northwestern University Feinberg School of Medicine, which featured an illuminating look at the 12th General Hospital. Alumni veterans added their own memories of dedication, service, and sacrifice, enriching the discussion with their personal insights.

Join us for our next *Have Coffee and Conversations*, held virtually via Zoom in February. Details on our featured speaker and topic are coming soon.

HCC members: Plan to join us for **Alumni Weekend 2026, May 1–2 in Chicago**, our signature event of the year. The Half Century Club will be at the center of the celebration, featuring special programming and meaningful opportunities to reconnect with classmates and the broader alumni community. We invite you to revisit campus and take part in a weekend that honors the legacy of and looks ahead to the future of our alumni community. Stay tuned for more details coming in December.

For more information on how to get involved with the HCC, contact Meghan Monaghan, associate director, or Allison Glibowski, assistant director of Alumni Engagement.



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## Alumni Physician Assistants of Feinberg



Thank you to **Nicolette Smith '23 MMS**, **Annie McRaie '18 MMS**, **Cecilia Kattan '23 MMS**, and **Ashlyn Czapiga '23 MMS**, who led a special Alumni Physician Assistants of Feinberg session for our physician assistant (PA) students on October 29.

The PA students were eager to ask these recent graduates about their experiences and careers. We're grateful to Nicolette, Annie, Cecilia,



and Ashlyn for taking the time to share their insights and perspectives with our PA students.

For more information on this event and our other mentoring programs, contact Allison Glibowski at [allison.glibowski@northwestern.edu](mailto:allison.glibowski@northwestern.edu).

## Wildcats Take Los Angeles



We were thrilled to gather with alumni, friends, and supporters for a festive lunch on November 7 ahead of the Northwestern vs. University of Southern California football game. It was a wonderful opportunity to connect, share stories, and celebrate our Medical Alumni Association community.

We’re working to engage more alumni, families, and friends in the Los Angeles area, and we’d love your help! You can get involved by hosting future events, sharing referrals, and strengthening connections in the community. Email us at

[medalum@northwestern.edu](mailto:medalum@northwestern.edu) to learn more.

Thank you to all our alumni and friends for helping us celebrate in true Wildcat fashion before the game. We look forward to seeing you again soon!

## Pearls of Wisdom: Reflections From Our Half Century Club Members



**Arnold R. Eiser, '74 MD**

In this “Pearls of Wisdom” section of the newsletter, we share words of advice, anecdotes, and tales of the storied careers of our [Half Century Club](#) alumni members.

In this month’s feature, we’re pleased to share reflections from **Arnold R. Eiser, '74 MD** (pictured above):

*“In the summer of 1972 at NUMS, I did an elective psychiatry clerkship. It was not a required clerkship at the time, and I received a stipend from the National Institute of Mental Health for so doing.*

*Three weeks into the clerkship, I was the only “professional,” white coat and all, who showed up for the morning group therapy session.*

*The group’s informal foreman turned to me and asked what do we do now. For a split second, I hesitated, then said close the door, and we will get started.*

*The session ran smoothly without incident.*

*Later, I found out the therapists had canceled the session but had not informed the charge nurse.*

*For better or worse, this early experience has helped me accept the challenges of working across disciplines sometimes with stretched resources, be it founding a hospital nutrition committee in NYC, or leading the bioethics consortium in Chicago, or helping further understanding of dementia, or as an associate editor of the Journal of Alzheimer’s Disease from Philadelphia.*

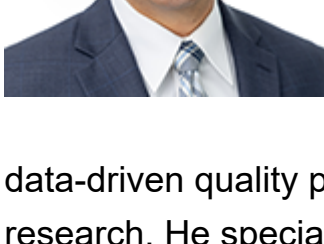
*Early experiences often serve as a model for career trajectory.”*

Dr. Eiser is the author of two books, *Preserving Brain Health in a Toxic Age: New Insights from Neuroscience, Integrative Medicine and Public Health* and *The Ethos of Medicine in Postmodern America*, both published by Bloomsbury Press.

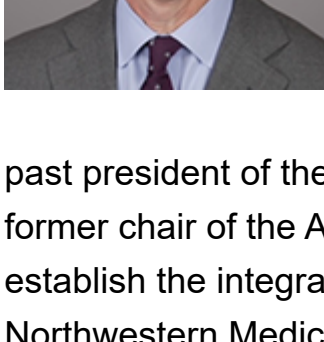
Thank you to Dr. Eiser for sharing his advice and pearls of wisdom with us!

Are you a member of our Half Century Club, our esteemed alumni who graduated 50+ years ago? Then we want to hear from you! Email your “Pearls of Wisdom” to [medalum@northwestern.edu](mailto:medalum@northwestern.edu) for inclusion in an upcoming newsletter.

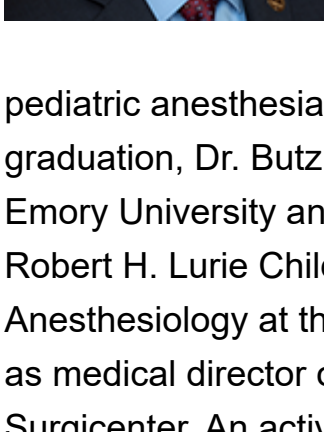
## Congrats Are in Order!



**Hans Arora, '12 PhD, '13 MD, '21 GMEF**, has been promoted to associate professor of Urology at the University of North Carolina School of Medicine. He serves as co-director of Quality Improvement for the Department of Urology and as director of Robotic Surgery in Pediatric Urology, leading efforts to integrate data-driven quality processes across clinical care, education, and research. He specializes in pediatric urology and minimally invasive reconstructive surgery. Dr. Arora also was recently recognized for his dedication to teaching, having been named Urology Attending of the Year by the graduating resident class of 2025. He holds numerous leadership roles at the local, state, and national levels, including president of the Durham-Orange County Medical Society, leadership positions in the North Carolina Urological Association and Medical Society, and chair and board roles in the American Urological Association and American Medical Association’s House of Delegates. Congratulations, Dr. Arora!



**Robert E. Brannigan '88, '92 MD, '98 GMER**, the Janice Binstein Professor and vice chair of Clinical Urology in the Department of Urology at Northwestern University Feinberg School of Medicine and Northwestern Medicine, has been sworn in as president of the American Society for Reproductive Medicine (ASRM). He is a past president of the Society for Male Reproduction and Urology and former chair of the ASRM Research Committee. Dr. Brannigan helped establish the integrated male fertility preservation program at Northwestern Medicine and is the director of the Andrology fellowship. Congratulations, Dr. Brannigan!



**Steven F. Butz, '93 MD, '94 GMER, '98 GMEF**, has been announced as the board chair to the Accreditation Association for Ambulatory Health Care (AAAHC) Board of Directors, effective November 17. He practices pediatric anesthesiology in the Milwaukee area and holds board certifications in anesthesia and pediatric anesthesia by the American Board of Anesthesiology. After graduation, Dr. Butz completed a residency in anesthesia training at Emory University and a pediatric anesthesia fellowship at the Ann & Robert H. Lurie Children’s Hospital of Chicago. He is a professor of Anesthesiology at the Medical College of Wisconsin, where he serves as medical director of the Children’s Hospital of Wisconsin Surgicenter. An active AAAHC surveyor since 2006, Dr. Butz also chaired the AAAHC Accreditation Committee. Congratulations, Dr. Butz!

**Tricia A. Catalino '94, '96 MPT, DSc**, has been elected to serve as the next president of the APTA Academy of Pediatric Physical Therapy (APTA), a role in which she will lead national efforts to advance clinical practice, advocacy, and education in pediatric physical therapy. She serves as the founding director of Hawai’i’s first Doctor of Physical





Therapy Program at Hawai'i Pacific University and, since 2023, as the inaugural dean of its Graduate College of Health Sciences. In May, she was honored with the 2025 Northwestern University Department of Physical Therapy and Human Movement Sciences Alum of the Year Award, recognizing her outstanding

contributions to the profession and to the Northwestern community. Congratulations, Dr. Catalino!



**Jeffrey A. Linder '92, '97 MD, MPH**, chief and professor of General Internal Medicine in the Department of Medicine and the Michael A. Gertz Professor of Medicine at Northwestern University Feinberg School of Medicine, is co-author of a new study published in [JAMA](#)

[Network Open](#) titled “Multiple Suggested Care Alternatives and Decision-Making of Primary Care Physicians” that identifies a “sweet spot” in clinical decision-making for primary care physicians. The study indicates that offering two or more appropriate treatment options significantly increased the odds of high-quality decisions, whereas adding more than two did not improve outcomes. According to Dr. Linder, “To support better care, health systems should design [electronic health record systems] EHRs with thoughtfully curated prompts that nudge physicians toward evidence-based alternatives, whether that’s ordering a test, prescribing a drug, or considering a less-invasive treatment.” Read more in the [Feinberg News Center](#). Congratulations, Dr. Linder!



**Robert J. Rothstein, '74 MD**, has been appointed to the Scientific Advisory Board of Nexalin Technology, Inc., reinforcing the company’s strategic focus on the global mental healthcare crisis, including the treatment of Alzheimer’s disease and traumatic brain injury.

Dr. Rothstein previously held senior roles at the University of Chicago, Harbor/UCLA Medical Center, and Suburban Hospital/Johns Hopkins Medicine. His work also spans urgent psychiatric care, trauma management, and advisory roles with numerous clinical-stage startups. He has served on the Board of the American Board of Emergency Medicine, held editorial leadership positions including with *Annals of Emergency Medicine*, and chaired multiple medical technology companies. Though now retired from clinical practice, Dr. Rothstein continues to consult with various medical device companies. He resides in Oakland, California, with his wife, Pam, and is a proud grandfather of four. Congratulations, Dr. Rothstein!

## Upcoming Events



### Medical Alumni Association: Plan It Purple Calendar

Did you know that the MAA has its very own [Plan It Purple calendar](#)?

With the Plan It Purple calendar, you’ll never miss a Medical Alumni Association event!

You can register for events, download a save-the-date reminder to your calendar, and learn more about other University-wide events and offerings.

Bookmark the MAA calendar or visit the [MAA home page](#) to keep tabs on all of our upcoming events.

Visit the MAA Plan It Purple Calendar



### We Give Blood Drive | Nationwide

*Wednesday, August 27–Friday, December 5, 2025*

Northwestern is competing in the Abbott and Big Ten “We Give Blood Drive” throughout the football season. The drive challenges all Big Ten schools to see which can generate the most blood donations, with the winning school earning a \$1 million gift from Abbott to support student or community health initiatives.

This campaign gives Wildcat students, fans, staff, and alumni the chance to save lives. Donors will also receive a limited-edition T-shirt once they submit their donation for Northwestern via the website or text (while supplies last).

*Learn more and find Northwestern-specific drives on the [Big Ten website](#).*

Give Blood



### Autism Across the Spectrum: From Understanding the Brain to Developing New Treatments | Webinar

*Tuesday, December 2, 2025 | 12–1 p.m. CST*

Autism is a spectrum that spans from mild social and sensory differences to severe forms accompanied by intellectual disability, epilepsy, and other medical challenges. At Northwestern’s Center for Autism and Neurodevelopment, scientists are uncovering how genes and brain circuits shape this spectrum, from its mildest to its most disabling manifestations. Our goal is to understand the biology that drives difficulty—and to develop safe, effective treatments that relieve suffering, improve communication, and enhance quality of life for people across the spectrum. This talk will highlight how discoveries in genetics, brain imaging, and drug development are bringing new hope for children and adults with autism and related neurodevelopmental disorders.

[Peter Penzes, PhD](#), is the director of the Center for Autism and Neurodevelopment, the Ruth and Evelyn Dunbar Professor of Psychiatry and Behavioral Sciences, and professor in the Departments of Neuroscience and Pharmacology.

*Advance registration is required.*

Register for the Autism Across the Spectrum Webinar





## Northwestern Medical Orchestra Fall Concert | Hybrid

Friday, December 5, 2025 | 7:30 p.m. CST

Join the [Northwestern Medical Orchestra](#) for an evening of delightful music including Mussorgsky's *Pictures at an Exhibition*, Saint-Saëns's *Danse Bacchanale*, John Williams's *Superman March*, and more. Come by to enjoy the music and meet the musicians!

**Location: Pritzker School of Law, Thorne Auditorium | 375 East Chicago Avenue | Chicago, Illinois**

Attendance in-person or live stream.

The Northwestern Medical Orchestra brings together members of the medical community, patients, and the local neighborhood through the therapeutic power of music.

For questions or more information about the Northwestern Medical Orchestra, please contact [nmorchestra@u.northwestern.edu](mailto:nmorchestra@u.northwestern.edu).

Register for the NMO Concert



## Midwest Biotech Startup Showcase | San Francisco, California

Monday, January 12, 2026 | 5–7 p.m. PST

Join us for the Midwest Biotech Startup Showcase, held during the J.P. Morgan Healthcare Conference Week, featuring leading life sciences and biotech ventures from Northwestern University, Purdue University, the University of Chicago, the University of Illinois Chicago, the University of Illinois Urbana-Champaign, and the University of Michigan. This showcase will convene investors, industry leaders, and academic innovators to highlight groundbreaking technologies and ventures advancing the future of healthcare.

**Location: Northwestern University San Francisco Office | 44 Montgomery, Montgomery Street, 18th Floor | San Francisco, California**

For questions or more information, please contact the event organizers through the registration page.

Register for the Midwest Biotech Startup Showcase

## Designing & Implementing Simulation-Based Mastery Learning Curricula

**SAVE THE DATE**  
Monday, March 2 – Wednesday, March 4, 2026  
Northwestern Simulation | Chicago, IL

Mastery learning, a rigorous competency-based medical education model, improves patient care quality and reduces healthcare costs. Northwestern Simulation faculty are leading experts in this field. This comprehensive three-day course offers the knowledge and skills needed to design and implement mastery learning curricula.



## SAVE THE DATE: Designing & Implementing Simulation-Based Mastery Learning Curricula | Chicago, Illinois

Monday, March 2–Wednesday, March 4, 2026

Mastery learning, a rigorous competency-based medical education model, improves patient care quality and reduces healthcare costs. Northwestern Simulation faculty are leading experts in this field. This comprehensive three-day course offers the knowledge and skills needed to design and implement mastery learning curricula.

**Northwestern Simulation | Chicago, Illinois**

Stay tuned for more information coming soon.



## SAVE THE DATE: Alumni Weekend 2026 | Chicago, Illinois

Friday, May 1–Saturday, May 2, 2026

Celebrate in Chicago next spring!

Alumni Weekend is the cornerstone event for the Medical Alumni Association. Spend the weekend reconnecting with friends and classmates as you explore campus, participate in lectures and tours, and celebrate at class dinners. We are thrilled to welcome our 2026 reunion classes, as well as all members of our Half Century Club.

Not your reunion year? Not a problem! There's so much to see and do. Plan to spend the weekend with us.

**Don't wait: Secure your hotel for Alumni Weekend 2026 now!**

We've arranged discounted room blocks at several local Chicago hotels, including Aloft Chicago Mag Mile, Omni Chicago Hotel, and The Ritz-Carlton, Chicago. Early booking is strongly recommended, as rooms are limited and offered on a first-come, first-served basis.

Visit the **"2026 Travel and Accommodations"** portion of our [Alumni Weekend website](#) for more information.

**Registration opens January 5, 2026.** See you in Chicago!

Stay tuned for more information coming next month.

Add Alumni Weekend 2026 to My Calendar



## The Art and Science of Bedside Medicine

with Brian Garibaldi, MD

[Listen to the Episode >>](#)



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Check out the latest episode: “[The Art and Science of Bedside Medicine with Brian Garibaldi, MD.](#)”

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Thank you for engaging with us and staying connected to your alma mater!

**M Northwestern Medicine®**  
Feinberg School of Medicine

Medical Alumni Association

