



Physical Therapy Alumni Association

Summer 2016

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President's Letter

After serving on the MCPTAA Board for well over 20 years I have witnessed and been involved in many changes such as moving from paper to electronic records and methods of payment, the development of the alumni website, Facebook page, collaboration with the Mayo Clinic Alumni Association, and the decline in the employer sponsored reimbursement of continuing education courses. Throughout all the changes in technology and the reimbursement in healthcare and it's affects on us all, one main theme remains for the purpose of the Mayo Clinic Physical Therapy Alumni Association and that is the desire to support our members and embrace the pride and love we all hold for our profession and Mayo Clinic.

During my term, I would like to focus on developing a successful transition plan for all offices held. The board voted several years ago to set the term of key offices in alternate years but still the handoff has not been as smooth as it should be and leading to some interruptions in services to our members. In order to have a successful succession plan, goals for each office need to be realistic, objective, measurable, and time sensitive ...does that sound vaguely familiar? I have listed my goals below for my term.

President's Goals:

- 1) Increase the percentage of alumni membership in the MCPTAA to 35% of total members living by 12/31/2017.
- 2) Develop a succession and training plan for each board member office by April 2017.
- 3) Each board member will develop both semiannual and annual goals that will propel the MCPTAA into the future at the spring MCPTAA board meeting each year.
- 4) Assure that there are diversified investment plans that offer a secure source of funding for future MCPTAA offerings by 12/31/16.

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- 5) Continually provide resources for class reunions, member mentorship and networking/social interactions to foster a personal connection to the MCPTAA.
 - 6) Facilitate options for the annual CEU meeting, online CEU's and education opportunities that can be accomplished more frequently than annually with options to reduce the financial impact on participants by Spring 2017 board meeting.

I am extremely confident with the skilled current and future board members as well as the valued input of our membership that all of the goals above can be achieved. Please feel free to either contact me personally or any of the board members with your thoughts, ideas or concerns.

Sincerely,
LeRae Scroggins, PT
Almjomo58@yahoo.com

Vice President's Letter

Hello alumnus!

It's an honor to be speaking to you as your new Vice President! Each year as we send out our annual newsletter we hope that it reconnects you with the Mayo Clinic Physical Therapy Program. As you think back on your days in class and many nights studying for exams, think how proud you were when you finally received your diploma. I am proud to say that I am a graduate of the Mayo Clinic Physical Therapy Program and it's an honor to be able to give back to an institution that made such an impact on my life. Whether you are a recent graduate or graduated several years ago, we hope you find enjoyment reconnecting with the updates of the MCPTAA and the Mayo Clinic Physical Therapy Program. Also, we hope that you take advantage of the many opportunities to be involved. Here are some ways in which you can stay connected:

- Active membership – only \$20 annually! This cost of membership has not increased in over 20 years!
- Dale Schaeffer Award – please nominate a fellow alumnus to honor his/her outstanding contribution in the field of Physical Therapy
- MCPTAA Achievement Award – please nominate a current or former Mayo Clinic employee for his/her outstanding contribution to the educational experiences of students enrolled in the Mayo Program in Physical Therapy
- Attend the MCPTAA sponsored conferences
- Join us at the annual fall gathering where you can meet with current students and MCPTAA members. Use this gathering as an opportunity to meet your classmates!

- Contribute financially to the alumni fund
- Utilize the Web site: www.mcptaa.org
- See the latest updates on our Facebook page

Giving Back

For a program that set us each in an excellent trajectory for our professional and personal lives, we each share a unique appreciation for the Mayo Program in Physical Therapy. Sometimes, it is difficult to identify ways to repay that gratitude. A few options include:

- Serve as a Clinical Instructor for current Mayo PT students within your clinic – please contact Aaron Rindflesch, PhD, PT at rindflesch.aaron@mayo.edu
- Donate annually to the Mayo PT Alumni Fund to provide financial assistance for student scholarships, travel expenses to national and state conferences and a variety of other financial needs for the current students
- Join the Edith Graham Society, which honors MSHS Alumni who give or pledge \$1,000 or more to Mayo Clinic including the Mayo School of Health Sciences / PT School – please contact: Contact Robert Giere, director of Alumni Philanthropy, at 1-800-297-1185 or rgiere@mayo.edu or visit: <http://www.mayoclinic.org/development/>

Thank you for being a part of the MCPTAA! We are excited for new courses to come and hope to see you there! Never hesitate to ask questions to anyone on the board and feel free to provide comments or suggestions so we can continue to help the students of the Mayo Clinic Physical Therapy Program strive and succeed!

Sincerely,
Adam Carlson, PT, DPT
Class of 2011
Amcski6@aol.com

MCPTAA Recognition Awards

- Do you know someone deserving that has made a difference in the physical therapy profession in leadership, mentoring, research, education or practice?
- Do you know someone who has contributed to the student educational process? A person that has had an positive and impact on the student that will leave a lasting
- Did you know that we have had no nominations in the last few years?
- There are a large number of potential nominees for the Dale Shaffer Outstanding Alumnus award.
- Did you know Mayo Clinic School of Health Sciences has had an average of 30 physical therapy students per year graduate since 1939?

Please review the criteria below and consider nominating someone you feel deserves recognition!

Dale Shaffer Outstanding Alumnus

Purpose: This award has been established to honor a Mayo Clinic Physical Therapy Alumni for his/her outstanding contribution in the field of Physical Therapy.

Eligibility: Any graduate of the Mayo School of Physical Therapy

Criteria: The recipient will be any person who has made outstanding achievements or contributions to the profession of Physical Therapy. These contributions may include, but not limited to:

1. *Physical Therapy Practice:* Demonstrating service to the profession in patient care, consultation, administration, or as a liaison to other health care professions. (10 points)
2. *Research:* Contributing to the field of Physical Therapy via published research result. (10 points)
3. *Education:* Improving the field of Physical Therapy by fostering the development of quality learning experiences by teaching in an academic, clinical, in-service setting or through development of new teaching methods. (10 points)

4. *Leadership:* As demonstrated in a Physical Therapy setting or any related organization. (10 points)
5. *Innovator:* Developing techniques or approaches to problems in Physical Therapy that are new and further the profession of Physical Therapy (10 points)
6. *Active Participation in the MCPTAA:* Being an active member of the MCPTAA through membership, volunteering assistance or serving on the executive board. (4 points)
7. *Community Service:* being active in service organizations, local, state or federal government on elected or voluntary basis. (3 points)
8. *Professional Organizations:* Being active in any professional organization, including the APTA or special interest groups. (3 points)

Method of Nomination: Nominees must be recommended by a current active Mayo Alumni. Nominations will be made on the form provided by the MCPTAA

Selection Criteria: The Executive Board of the MCPTAA will have the responsibility of evaluating the nominees and selecting a recipient of the award at the annual spring executive board meeting. The outstanding nominee must have 70% of the total points available, with only one award being presented per year. Awards are not necessary each year.

Recognition: The outstanding alumni will be recognized with a plaque at the Annual Fall Meeting, and will also receive free lodging and registration to the program. The recipient's name will be added to the Outstanding Alumni plaque located outside the Physical Therapy School.

10 year history of Dale Shaffer Outstanding Award winners:

- 2007: Denise Kinlaw ('72)
- 2008: Reva Rauk
- 2009: Nancy Erickson
- 2011: Kathy Cieslak

MCPTAA Achievement Award

Purpose: This award is established in order to recognize a current or former Mayo Clinic employee for his/her outstanding contribution to the educational experiences of students enrolled in the Mayo Program in Physical Therapy.

Eligibility: The award is intended to recognize individuals who are paraprofessionals and meet the following eligibility requirement:

- A minimum of 5 years of experience working with Mayo PT students during any of their various educational rotations at Mayo facilities in Rochester

Criteria: Recipients of this award will be recognized because of their contributions in one or more of the following areas:

1. *Education:* Assisting students in their academic experience such as but not limited to:
 - a. Admissions and Orientation to the PT program
 - b. Orientation to Mayo facilities
 - c. Health educational resource materials and facilities
 - d. Overall coordination & assistance with the student's schedules, information about financial aid, etc.
2. *Patient Care:* Assisting students during their clinical rotations at Mayo facilities in Rochester such as but not limited to :
 - a. Orientation to specific clinical sites and facilities
 - b. Providing clinical education services
 - c. Assisting with and supporting the direct patient care of patients in the clinical setting

3. *Research:* Assisting students with specific research-type projects or investigative efforts such as but not limited to:

- a. Data Collection and analysis
- b. Chart Review
- c. Literature searches and review
- d. Audiovisual preparation or presentation

Method of Nomination: Nominations will be accepted from any Mayo Clinic Physical Therapy Program alumnus or current student. Nomination forms will be made available through MCPTAA

Selection Criteria: The Executive Board of the MCPTAA will have the responsibility of evaluating the nominees and selecting a recipient of the award. Presentation of the award will occur at the Annual Fall Conference. Awards may not necessarily be given every year. Except under unusual circumstances, as determined by the Board of Directors, no more than one award will be presented in any given year.

Recognition: Recipients of the award will be presented with a commemorative pin and a \$100 cash award.

10 year history of MCPTAA Achievement Award winners:

2007: Todd Olendieck

2011: Deann Horsman and Carol Cooper

For further information please contact,
Adam Carlson

Alumni Fund Update

Hello Fellow Alumni,

The MCPTAA continues to support the students in the DPT Program through our funding of activities including:

- Sending two students to CSM
- Sending three students to the MN APTA spring conference
- Sending two students to the APTA student conclave
- Provide compensation for a 2nd year tutor in the anatomy lab
- Provide fund assistance for registration in extracurricular teams

- Provide one time gift awards to three students at graduation.

These are only made possible through the continued support and contributions by our alumni. I would like to encourage you to continue to contribute to the success of our future colleagues and leaders. Please look for changes in the future regarding ability to contribute online through the Alumni Center website. Thank you from our Students and MCPTAA Board!

Bryce Beckman, PT, DPT, Class of 2008
Alumni Fund Director

Donation Information

Amount: \$1000.00
 \$500.00
 \$250.00
 \$50.00
 \$

Make Donation to: (optional)

Make Donation on Behalf of: (optional)

Tribute Information: I would like to make this donation a tribute (optional).

Spouse/Partner: I would like to provide information about my spouse/partner (optional).

Physical Therapy Program Update – Summer 2016

Celebrate Denise Kinlaw's Career

Denise Kinlaw retired this year after a distinguished 44-year career at Mayo Clinic. After completing her bachelor's degree at Ohio University in 1970, Denise embarked on a career in physical therapy by enrolling in Mayo's Program in Physical Therapy and spent her entire professional career in Rochester. She became a staff physical therapist in 1972, later earning her certification in hand therapy and spending the majority of her clinical career in Mayo's Hand Clinic. Additionally—as most of you are fully aware—she devoted much of her professional career to the Program. She began teaching content in the Program in 1974 and gradually increased her involvement to the point that she devoted approximately .5 of her FTE to academics and .5 of her FTE to clinical practice. She was appointed Instructor of Physical Therapy in 1974 and promoted to Assistant Professor of Physical Therapy in 1994, an appointment she held until her retirement. Denise was an excellent teacher who demonstrated remarkable patience with students, had the skilled hands which we all still professionally strive to achieve, and would be



known to randomly break out in song during a class or a lab. In recognition of her outstanding teaching accomplishments and contributions, she was the recipient of the Program's Outstanding Classroom Teacher Award in 1992 and a recipient of the Mayo School of Health Sciences Outstanding Educator

Award in 2001, she also received the Dale Shaffer Outstanding Alumni Award by the MCPTAA in 2007. Professionally, she was a long-time member of the American Physical Therapy Association (1970-2016), a member of the association's Hand, Electrotherapy & Electrophysiology and Orthopedics sections, and was also an associate member of the American Society of Hand Therapists. Moreover, she was active in her

church and community. In addition to serving many years with the Girl Scouts of America, Denise also was a member of the Rochester Covenant Church's choir and handbell choir and was a member of the American Guild of English Handbell Ringers.

Congratulations on a well-deserved retirement, Denise!
 You will be missed!

Program Accomplishments and Highlights

Beyond our mixed emotions about losing Denise to retirement, we are pleased to make you aware of some of our 2015-2016 accomplishments and highlights.

Our program was recognized by our peers nationally with a Top 20 ranking in the 2016 US News & World Report rankings of best grad schools for physical therapy.

The Class of 2015 had a 96.4% first-time pass rate on the national licensure examination and their average score of 711.1 on the exam exceeded the national average by over 30 points. As a comparison, a score of 600 represents the minimum passing score. Moreover, while not all of our 2016 graduates have taken the licensure exam yet, 100% of those who completed the exam this past April passed the exam. Their average score of 734.9 exceeded the national average by over 40 points. Graduates of the Program continue to maintain an ultimate pass rate of 100% on the exam and that ultimate pass rate dates back to our first graduating class in 1939. Our graduate outcomes remain excellent, among the strongest of any physical therapy program in the nation. Over the past three consecutive years, the graduation rate of students enrolled in our program has been 100%; the first-time pass rate on the licensure exam is 98.8%; and the job placement rate of our graduates is 100%. Very few programs nationwide can claim those outcomes.

Since our last update provided to you in June of 2015, faculty members authored or co-authored 12 peer-reviewed publications in the 2015-2016 academic year and have 7 additional papers "in press" to be published in 2016 or 2017. Many of the papers include graduates of the program as co-authors. Those works include:

- Yemm B, **Krause DA**. Management of a patient with patellofemoral pain syndrome using neuromuscular training in decreasing medial collapse: A case report. *Physiotherapy Theory & Practice*. 2015;31(3):221-229.
- Klappa SG, **Hellyer NJ**. Service learning in Honduras: Rehabilitation student perspectives on international interprofessional collaboration. *International Journal of Health, Wellness and Society*. 2015;4(3-4):1-15.

- Madson TJ, **Hollman JH**. Lumbar traction for managing low back pain: A survey of physical therapists in the United States. *Journal of Orthopaedic & Sports Physical Therapy*. 2015;45(8):586-595.
- **Youdas JW**, Adams KE, Bertucci JE, Brooks KJ, Steiner MM, Hollman JH. Magnitudes of gluteus medius muscle activation during standing hip joint movements in spiral-diagonal patterns using elastic tubing resistance. *Physiotherapy Theory & Practice*. 2015; 31(6):410-7.
- **Youdas JW**, Hartman JP, Murphy BA, Rundle AM, Ugorowski JM, Hollman JH. Magnitudes of muscle activation of spine stabilizers, gluteals and hamstrings during supine bridge to neutral position. *Physiotherapy Theory & Practice*. 2015; 31(6):418-27.
- **Krause DA**, **Hollman JH**, Krych AJ, Kalisvaart MM, Levy BA. Reliability of hip internal rotation range of motion measurement using a digital inclinometer. *Knee Surgery, Sports Traumatology, Arthroscopy*. 2015;23:2562-2567.
- Sytsma TT, Haller EP, **Youdas JW**, **Krause DA**, **Hellyer NJ**, Pawlina W, Lachman N. Long-term effect of a short interprofessional education interaction between medical and physical therapy students. *Anatomical Sciences Education*. 2015;8(4):317-323.
- Finnoff JT, Bond JR, Collins MS, Sellon JS, **Hollman JH**, Wempe MK, Smith J. Variability of the ischiofemoral space relative to femur position: An ultrasound study. *PM&R*. 2015;7(9):930-937.
- **Hellyer NJ**, Folsom IA, Gaz DV, Kakuk AC, Mack JL, VerMulm JA. Respiratory muscle activity during simultaneous stationary cycling and inspiratory muscle training. *Journal of Strength & Conditioning Research*. 2015;29(12):3517-3522.
- **Hollman JH**, Watkins MK, Imhoff AC, Braun CE, Akervik KA, Ness DK. A comparison of variability in spatiotemporal gait parameters between treadmill and overground walking conditions. *Gait & Posture*. 2016;43:204-209.

- Smith AM, Gaz DV, Larson D, Jorgensen JK, Eickhoff C, **Krause DA**, Fenske BM, Aney K, Hansen AA, Nanos SM, Stuart MJ. Does fair play reduce concussions? A prospective, comparative analysis of competitive youth hockey tournaments. *BMJ Open Sport & Exercise Medicine*. 2016;2:e000074.
- Merriwether EN, Hastings MK, Bohnert KL, **Hollman JH**, Strube MJ, Sinacore DR. Impact of foot progression angle modification on plantar loading in individuals with diabetes mellitus and peripheral neuropathy. *Edorium Journal of Disability and Rehabilitation*. 2016;2:15-23.
- **Youdas JW**, Keith J, Nonn D, Squires A, **Hollman JH**. Activation of spinal stabilizers and shoulder complex muscles during an inverted row using a portable pull-up device and body weight resistance. *Journal of Strength & Conditioning Research*. 2016; In Press.
- Hellem AR, **Hollman JH**, Sellon JL, Pourcho A, Strauss JD, Smith J. Ultrasound evaluation of the lower trapezius in adolescent baseball pitchers. *PM&R*. 2016; In Press.
- Tescher AN, **Rindfleisch AB**, **Youdas JW**, Terman RW, Jacobson TM, Douglas LL, Miers AG, Austin CM, Delgado AM, Zins SM, Lahr BD, Pichelmann MA, Heller SF, Huddleston PM 3rd. Comparison of range-of-motion restriction and craniofacial tissue-interface pressure with 2 adjustable and 2 standard cervical collars. *Spine (Phila Pa 1976)*. 2016; In Press.
- **Lanzino DJ**, Mansch BA, Jones AD, Sander EM, Gill ML, Hollman JH. Life space assessment in spinal cord injury. *Topics in Spinal Cord Injury Rehabilitation*. 2016; In Press.
- **Youdas JW**, Hartman JP, Murphy BA, Rundle AM, Ugorowski JM, **Hollman JH**. Magnitudes of muscle activation of gluteus maximus and hamstrings during normal (grade 5) supine hip extension manual muscle test. *Physiotherapy Theory & Practice*. 2016; In Press.

- **Krause DA**, Stuart MJ, Erickson LN, Hegeman JC, Herrera RM, Weiher HM, **Hollman JH**. Influence of neck laceration protectors on cervical range of motion. *Clinical Journal of Sport Medicine*. 2016; In Press.
- **Hellyer NJ**, Andreas NM, Bernstetter AS, Cieslak KR, Donahue GF, Steiner EA, **Hollman JH**, Boon AJ. Comparison of diaphragm thickness measurements in different postures via ultrasound imaging. *PM&R*. 2016; In Press.

Student Activities

Let's recognize student leadership! **Thomas Mork**, Class of 2016, ran for and was elected as Vice President of the American Physical Therapy Association's Student Assembly at the National Student Conclave, held in October of 2015 in Omaha, NE. As Vice President of the Student Assembly's board of directors, Tom directs the Student Assembly's communication network "The Loop," attends national meetings and performs advocacy activities as chosen by the board.

Advocated lately? One of our first-year students, **Brian Gahlon**, Class of 2018, participated in the APTA's Federal Advocacy Forum from April 3-5 in Washington DC. He was selected as a student representative from the Minnesota Chapter to participate and joined over 250 PTs, PTAs and students who fanned out across the halls of Congress to advocate for our patients and for our profession. In particular, they advocated with particular emphasis on the repeal of the Medicare therapy cap bill (HR 775, S 539) and on passage of a workforce bill (HR 2342, S 1426) that would add PTs to the list of professionals qualifying for the National Health Services Corps, meet needs in underserved areas and enhance education loan repayment by the federal government.

Student Recruitment Highlights

In August of 2015 we enrolled a class of 28 highly qualified students who make up the Class of 2018. The enrolling class profile is as follows:

- 18 women and 10 men;
- Mean age of 24 years, range 21 to 36 years;
- Mean cumulative undergraduate grade point average of 3.76;

- Mean prerequisite grade point average of 3.69;
- Mean scores at the 66th and 61st percentiles, respectively, on the verbal and quantitative subscales of the GRE;
- 10 states of residence represented; 57% of students (16 of 28) from Minnesota.

Through two semesters, the class is performing at a very high level academically and, by the time you read this update, will be enjoying their first full-time clinical experiences.

2016 Graduation Highlights

2,555 students have graduated from our program since the inaugural class graduated in 1939. On May 27, 2016, we graduated 28 physical therapists, the 10th class to graduate from Mayo with the Doctor of Physical Therapy degree. Congratulations to the Class of 2016! We look forward to their professional accomplishments and to their contributions to the Alumni Association. **Desiree Lanzino** gave the keynote address and **Rebecca Brown** gave the student address. The following graduates were recognized for awards presented at the 2016 commencement ceremony:

- **Katie Krump** received the MCPTAA Outstanding Clinician Award, selected by clinical faculty to recognize exceptional clinical performance by a graduating student.



*Outstanding Clinical Award:
Katie Krump*

- **Lauren Erickson** received the Richard L. Beers Award, which honors the graduating student who wrote the most outstanding scholarly paper.



*Beers Award:
Lauren Erickson*

- **Molly Watkins** received the Gordon J. Branes Award, which honors the graduating student with outstanding academic achievement in the physical therapy curriculum.



*Branes Award:
Molly Watkins*

- **Michael Orte** received the Erik J. Aasen Award, which honors the graduating student who best embodies the spirit of Erik Aasen. Erik, a member of the class of 1995, was a dedicated student, compassionate humanitarian and selfless colleague who died tragically in a Thanksgiving holiday traffic accident in 1994.



*Erik Aasen Award:
Michael Orte*

- **Thomas Mork** received the Minnesota Physical Therapy Association's Outstanding Student Award, which honors a graduating student who demonstrates strong academic performance, excellent clinical performance and professionalism.



*MN PTA
Outstanding
Student:
Thomas Mork*

Congratulations to Katie, Lauren, Molly, Mike and Tom for their outstanding achievements in the Program in Physical Therapy!

Keep in Touch

As we reflect back on the past year since our last update in the Alumni Association newsletter, we as a faculty appreciate many things that contribute to the quality of our program. We are fortunate that students who choose to come to Mayo for their education experience are talented and dedicated. Having students of such quality makes our jobs more fulfilling. We are fortunate to be part of a department in which many clinicians genuinely appreciate the opportunity to be involved with our students, in both didactic and clinical settings, which enables all of us to become better physical therapists. Without doubt,

our students benefit from the close collaboration we have with our clinical colleagues. We are fortunate to have the support of the Mayo Clinical Physical Therapy Alumni Association. The MCPTAA board of directors, in particular, is comprised of dedicated individuals who take pride in the fact that they are Mayo graduates and who work diligently to support our program and, most importantly, our students. Last, for those who continue to support our students' scholarships and trips by contributing to the Alumni Association's Annual Fund, know that we appreciate your efforts. Every contribution, large or small, helps.

As always, we invite you to view our web site at <http://www.mayo.edu/mshs/careers/physical-therapy/physical-therapy-doctoral-program-minnesota>.

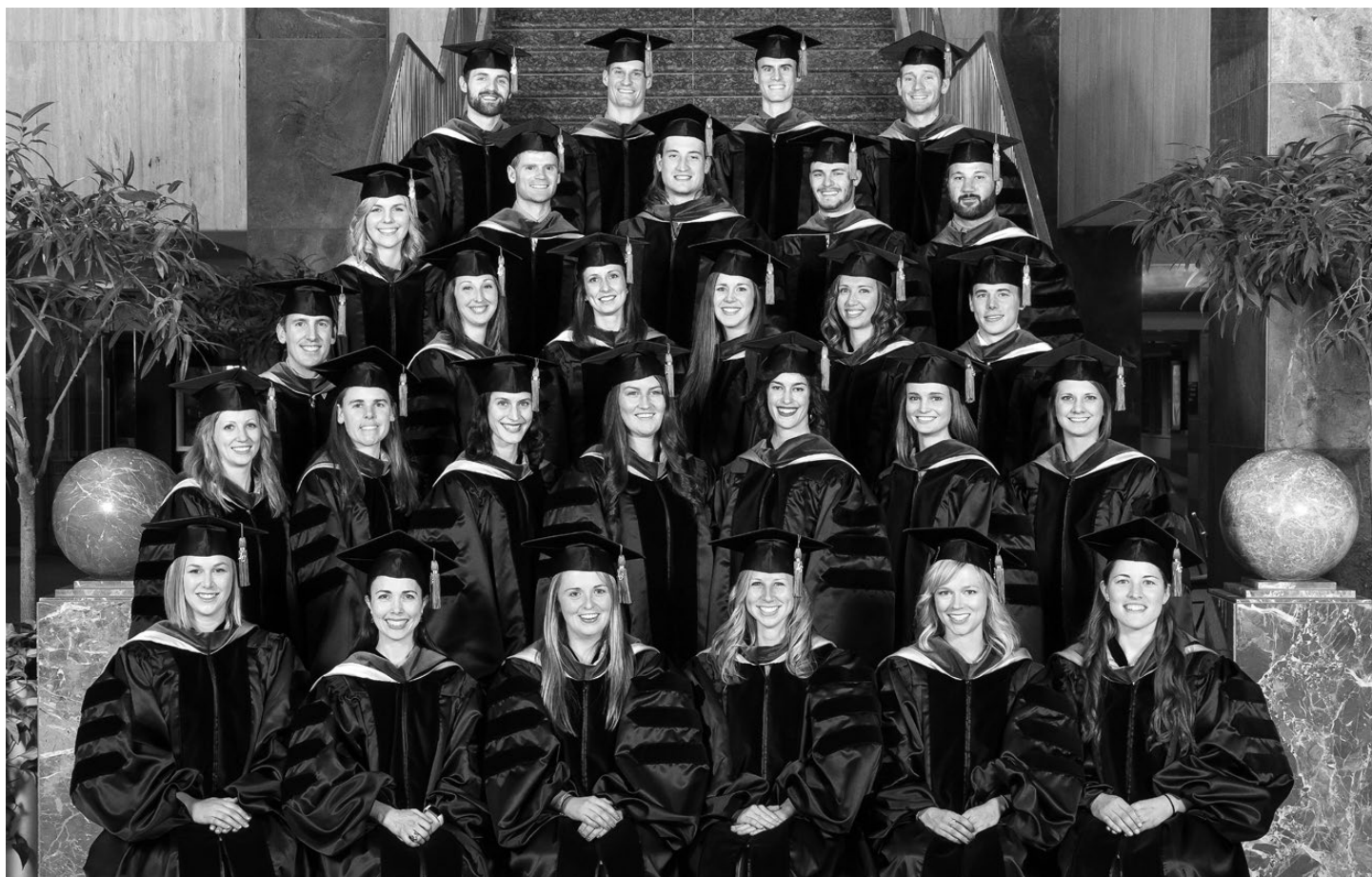
We look forward to and encourage feedback from our alumni on how we can improve our program and the outcomes of our graduates. Please forward your feedback to cooper.carol@mayo.edu or call us at 507-284-2054.

Also, we always like to hear updates about where you are, about your personal and professional accomplishments. We encourage you to contact us, even if only to say "Hi!"

Thank you for your continued support of the Program and your dedication to the profession.

Warm Regards from Program Faculty

Class of 2016



Row 1: (bottom): Sarah Yonkovich, Angela Imhoff, Tess Steele, Danielle Nonn, Julianne Keith, Carly Braun; Row 2: Rachel Herrera, Lauren Erickson, Molly Watkins, Becca Brown, Casey Weiss, Tessah Skoog, Katie Krump; Row 3: Adam Squires, Kelsey McMurchie, Kristen Akerviik, Kelli Rorem, Hannah Weiher, Thomas Mork; Row 4: Megan Roschen, Jonathan Taves, Joel Hegeman, Bradley Peterson, Byram Nash; Row 5: Bryan Olson, Benjamin Dobson, Drew Paradis, Michael Orte

Lucia Dumitrascu Scholarship

The MCPTAA, in conjunction with the generous support of Art Hambrgen, offers an annual “Lucia Dumitrascu Scholarship” used for tuition for one third-year physical therapy student enrolled in the Mayo Clinic Program in Physical Therapy. This scholarship is for \$3500. The scholarship is awarded based on the following criteria:

- GPA of 3.5 or higher
- Professional association or community involvement
- Financial need

The recipient of the second annual scholarship is **Megan McCarthy**. Congratulations to Megan

on this great achievement. Mr. Hambrgen’s generosity towards the Program in Physical Therapy is greatly appreciated.



Megan McCarthy

History of Lucia Dumitrascu Scholarship recipients:

- 2011: Aaron Knighton
- 2012: Kristen Porter
- 2013: Ryan Buus
- 2014: Andrew Bernstetter
- 2015: Kelli Rorem

Fall Gathering

We will be hosting the 4th Annual Fall Gathering with current students, faculty and alumni this fall in conjunction with the Fall Course. The Fall Gathering is Friday, September 16, 2016 at Soldier’s Field Park from 6-9 pm at the Soldier’s Field Park Shelter (near 2nd Ave SW and 7th St SW). The MCPTAA will host a barbecue with food and drink and an opportunity

to connect with others. RSVP by September 7th, 2016 (traver.katie@mayo.edu) is required for attendance and the cost for attendance at the Fall Gathering is included with the Fall Course. If you are not attending the Fall Course and not a current PT student, there will be a \$5 charge per person attending the Fall Gathering. Please join us for this new tradition and time to connect.

Continuing Education

The MCPTAA is proud to offer a high quality annual course. The MCPTAA board works hard to make sure these courses are of good value and applicable to high quality patient care. See below and save the date for the upcoming fall course.

MCPTAA Fall Conference 2016

Mayo Clinic Physical Therapy Alumni Association presents:

Therapy Skills Upgrade: Dementia Management for Rehab Professionals

By Heather Peabody MS, OT/L

September 17-18, 2016

CEUs to be determined

Who should attend:

Physical Therapists, Physical Therapist Assistants, Occupational Therapists, Occupational Therapist Assistants, Speech Pathologists, others who work with dementia patients.

Synopsis;

As our world’s population ages, the incidence of dementia and other dementia illnesses continues to grow. It is important that more healthcare facilities create dementia specific programming. In this course the practitioners learn about the disease process and special considerations for care and treatment planning. By improving the quality of care given to clients with dementia, providers can recognize predictors

of cognitive decline. With the mandate to decrease physical and chemical restraints, practitioners must learn alternate interventions, as the client focus is to keep those with dementia as well as others from harm. Due to the demands of OBRA guidelines, most healthcare providers focus strictly on personal hygiene and nutritional intake. Clients and their family members need activity intervention, social support, programming, and measurement of not only cognition, but also cognitive performance. With demands to utilize evidence-based practice, healthcare professionals also have the responsibility to employ tools and measures to gauge the clients level of dementia, cognitive performance, and independent living skills. Today's seminar provides the tools for affective assessment and therapeutic intervention with the dementia patient. Participants will learn to evaluate cognitive and cognitive performance as well as physical and praxis performance, and utilize effective strategies to enhance independent function, corporation, and behaviors for the client with dementia. Participants will be exposed to and practice cognitive, behavioral, physical performance, and Stage in assessments, learning how to become reliable and interpret scores that can guide treatment planning, care planning, and intervention. The skills and strategies taught in the seminar, can be implemented into practice the very next day to provide better care and achieve better results with our clients that have dementia.

Speaker bio

Heather Peabody, MS, OT/L, is a licensed and registered occupational therapist with more than 15 years of experience specializing in dementia care and care for the severely cognitively and physically disabled. She is the owner of vital spark LLC, and occupational therapy and education company, where she provides consulting services and clinical education For licensed nursing assistants and administrators and practitioners in a variety of settings. She previously served as a program leader and OT for locked dementia units in Bedford, New Hampshire; a nonpharm behavior specialist for a New Hampshire hospital, and provided in-home care. She currently works at St. Joseph's Hospital in Nashua, New Hampshire, and is an adjunct faculty member at the University of New Hampshire occupational therapy

department, instructing psychosocial dysfunction in daily life, and psychosocial valuation and intervention. Heather has a dynamic teaching style, which includes case studies, hands-on experience, acting, comedy, and didactic approaches. She runs hilarity for charity in New England, a volunteer organization that raises money for clients with dementia who need respite services. Her career focus has been on caregiver education, creating career ladder opportunities for nurse's assistants, decreasing burdens for family caregivers, and advocating for clients to be treated at an adult level, not as second-class citizens. Heather is a member of the Allen cognitive network, The New Hampshire Occupational Therapy Association, the American Occupational Therapy Association, hilarity for charity, laugh free or die, and comedy for a purpose. She enjoys the expression and visual arts, and enjoys her time at home with her four young girls

What you will learn

Discuss the etiology of dementia, neurocognitive decline and deficits, staging and progression. How to integrate knowledge of narrow cognitive impairment through understanding brain physiology, and symptoms of differentiated diagnoses. Devise care plans and goals to ensure quality and continuity of care. Perform and document assessment and evaluation measures supported by empirical research to help support evidence-based practice. Utilize effective screening tools and staff development/program development strategies. Learn non-pharmacological interventions and creative interventions to troubleshoot day-to-day problems in caring and managing dementia symptoms in the realms of; behavior, positioning, self feeding, transfers and ambulation, basic activities of daily living, communication, activity planning, and prevention.

Course Schedule:**September 17 — 8:00am to 4:30pm**

8:00-8:30	Pathology and Etiology
8:30-9:00	Theoretical Frameworks: Cognitive Disability FOR Global Deterioration Scale Allen Cognitive Disabilities Model Need Driven Behavior Model, Antecedent Behavior Consequence Mental Model
9:00-9:45	Gathering Data Assessment evaluation/practice Screening Pseudo dementia Rule out Staging
9:45-10:00	15 minute break
10:00-11:00	Gathering Data Continued Modes of Performance Mobility/Endurance Neurological Cognitive Behavioral Specific axis categories
11:00-11:30	Interpreting Data and Making a Plan Hands on assessment/evaluation practice FIM/MDS scoring translation Attainable Goal writing Care plans Profile cards Grouping Outcomes measures
11:30-12:30	Lunch
1:00-2:00	Preventing Problems, and Slowing Decline Agreeing in place Residual skills vs Baseline Nutrition and supplements Medication Excess Disabilities
2:00-2:30	Regulations Nursing Home Reform Act Americans with Disabilities Act Occupational OSHA laws and regulations HIPPA guidelines CMS F-Mandates Omnibus Budget Reconciliation Act Corporate Compliance Patient Protection and Affordable Care Act

2:30-3:15	Treatment techniques: Packaged Interventions Brain Gym Meet me at MoMA Memory Books Multi-Sensory Environments Alzheimer's Stores My Way Mind-Start Smart Tablet Apps Alzheimer & Association Resources Books and Online Resources
3:15-3:35	Family Interventions
3:35-4:10	Communication Interventions
4:10 – 4:30	Questions and Comments

September 18 — 8:00am to 11:15am

8:00-8:45	Physical Interventions
8:45-9:15	Positioning and Transfers
9:15-9:45	ADL Interventions
9:45-10:00	break
10:00-10:30	Behavioral Interventions
10:30-11:00	Discharge planning/FMPs/RCPs and follow-up
11:00-11:15	Questions and Comments

Please look for the 2016 registration brochure in your mail for details on how to register, deadlines, fees, accommodations, parking, location etc..... **THANK YOU, we hope to see many of you there.**

Previous MCPTAA sponsored courses include:

2015 Fall Course

Neck Pain and Headaches

By Dave Wieber, LPT, ATR, MTC

2014 Fall Course

*Beyond Rice and Beans – A Neuroscience Approach to
Complex Regional Pain Syndrome*

*The Low Back is Having Brain Surgery – The Pain of
Lumbar Surgery*

By Adriaan Louw, PT, PhD, CSMT

MCPTAA Website

Don't forget about the current MCPTAA website at <http://mcptaa.org>. The website is intended to help Mayo PT Alumni stay updated on the latest news and information. You can find information about upcoming MCPTAA sponsored courses, post and view class listings, PT school graduation information, find resumes, job openings, and referral locations.

Annual Membership Dues can be paid on the website by clicking the "Membership Dues" tab. After clicking this tab the website features the ability to use PayPal. PayPal is a safe, secure, and speedy way to pay for all of your dues. Under this tab are also forms to print if you prefer to send your dues through the mail.

The PayPal feature is the preferred method to also pay for any Spring or Fall MCPTAA sponsored courses.

Mayo School of Health Sciences Alumni Website

Another way to get connected is The Mayo School of Health Sciences (MSHS) Alumni Association. Mayo School of Health Sciences Alumni Association exists to build collegial relationships, improve life-long learning, enhance communication, and recognize excellence to benefit alumni and support the Mayo School of Health Sciences. The MSHS was established in 1998 to preserve excellence in the field of health sciences and to connect alumni with MSHS and Mayo Clinic in meaningful ways.

Is your profile on the Mayo School of Health Sciences Alumni Association website up-to-date?

New profile features allow you to:

- Provide information about where you work
- Choose privacy options you prefer
- Search for fellow alumni

"We encourage alumni to keep their profiles current because Mayo Clinic staff members access our alumni directory every day to refer patients or find research collaborators or mentors." Says Dawn Davis, M.D., Medical Director, Mayo Clinic Alumni Center

If you haven't claimed your profile yet, visit the MSHS Alumni website at <https://mshsalumni.mayo.edu/> and use the Alumni ID number above your name in the mailing address block to activate your profile and review your information.

Stay Connected with Facebook

Did you know that the MCPTAA has a Facebook page and a Facebook group? If you haven't been to the MCPTAA's Facebook page or group be sure to check them out! Browse the page and group to re-connect

with fellow alumni, learn about upcoming courses offered by the MCPTAA and see the latest news of the MCPTAA and the physical therapy program at Mayo. Be sure to "like" the page and join the group!

Hosting a Class Reunion

Reconnecting with fellow classmates is a highlight of many alumni gatherings. If your class is ready for a reunion (5 year, 10 year, 15 year, 20 year, etc) please contact us so we can help you create a reunion specific to your class needs.

Class of 2010 – 5 year class reunion

In September, six members of the Class of 2010 met in Rochester in to celebrate 5 years since their graduation from the Mayo Clinic Program in Physical Therapy. The gathering was organized by class Ambassadors Stephanie Carlson, Katie King and Beth Hubbard. The reunion included catching up over dinner at Grand Rounds in Rochester.



*Alec, Erin (2010) and Annabelle Schumacher, Andrew Warmuth (2010), Jake Barnes, Katie King (2010), Adam (2011) and Stephanie (2010) Carlson, Beth Cloud (2012), Mike Biebl
Missing from picture-Beth (2010) and Gary Hubbard

Lifetime MCPTAA Membership

Consider becoming a Life Member of the MCPTAA!
Criteria include:

1. 30 years since graduation
2. 15 years of work experience or retirement due to disability

3. 15 years of active membership in the alumni association- (need not be continuous)

*Active membership defined as years paid dues

Ambassador Program

The Ambassador Program was modeled after other successful alumni programs to recruit an Ambassador from each graduating class. The Ambassador serves as a liaison between the MCPTAA and their individual class. This provides improved communication between

alumnus and the MCPTAA, which ultimately leads to greater ease in serving the needs of alums. If you are interested in serving as an Ambassador for your class, please contact me directly.

Alumni Updates

Did you receive a special certification this year (OCS, NCS, etc), get married or welcome a new member to your family? The Alumni Update Section is a new portion of the newsletter to highlight special events and

accomplishments of our alums. If you would like to have an update entered in next year's newsletter please submit the form at the end of this publication.

Don't forget to renew your membership. Please fill out the reverse side with your updated information.

Please take time to let your classmates know what you are doing! If you would prefer, you may submit this info electronically on the association website: www.mcptaa.org

Membership Dues Form

Enclosed is \$20 made payable to MCPTAA to make me an active member for 2016 (Expiring 12/31/2016).

You may pre-pay for 2017. Dues are tax deductible.

Year of Graduation _____

Name _____
(first name) (last name) (maiden name) (former/previous name)

Address _____

E-Mail _____

Is this address new? Yes No

Please send me a record of the dues I've paid since graduation. Yes No

Alumni Update

Current Employer _____

Recent Research/Courses Taught

Address _____

Position Held _____

Type of Practice _____

How Long? _____

Marriages/Births (please include date and name of spouse, if applicable) _____

Recent Awards/Accomplishments _____

**Please mail this form along with payment to:
JoAnn Drake
211 Olson Way
Marshalltown, IA 50158**

Mayo Clinic Physical Therapy Alumni Association
Siebens 9 Alumni Center
Mayo Clinic
200 First Street SW
Rochester, MN 55905

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