



ALUMNI ASSOCIATION  
DEPARTMENT OF PHYSICAL THERAPY  
SCHOOL OF MEDICINE  
UNIVERSITY OF MARYLAND

Fall 1999 • Issue 6

# Class Clowns

## Healing with Humor

Graduation '99

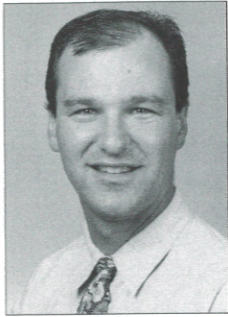
Alumni Survey





## President's Message

Photo by Laura Steber



Fellow Alumni,

Let me first say that I am truly honored and excited to serve you as president of the Alumni Association. It is certain that the year 2000 will continue to bring change to the field of physical therapy, but be assured that your alumni board will continue to be dedicated and responsive to the needs of our alumni, school and students.

Already this year has been productive and successful. We extend our congratulations to the Class of 1999 (see page 14) and also to the forever young Florence Kendall who received an honorary doctorate from the University of Maryland for her lifelong contributions to our profession (see page 17). Congratulations also to Julie Miller, recipient of this year's Senior Alumni Award.

As always, many of our alumni have contributed directly to the association's success. In conjunction with their 20-year reunion, four members of the Class of 1979—Roy Bechtel, Jonathan Cooperman, Brian Miller and Steve Tepper—each presented special topics as part of a continuing education weekend held at the school in June. We are grateful to them for their willingness to share their time and expertise.

Included in this issue are two items that I ask you give special attention. One is an application for the Alumni Association's Mentorship Program, a project that we feel will be a valuable resource for our current students. The other is a short survey that will help us provide the services that you, our alumni, feel would be the most beneficial. A return envelope is provided for your convenience.

As we are all aware (many of us are experiencing first-hand), the past year has been challenging for our profession, academic department and recent graduates. Through it all, it is imperative that we never lose sight of the impact that we have as clinicians, educators and researchers on the lives of patients and students. As we enter the new century, let us continue to focus our energies and efforts on advancing our profession, the care of our patients and our department. The Alumni Association will continue to be here, to respond to the changes and provide the necessary support for our alumni, department and students.

Best wishes,

Steve Bell '89  
President  
UM PT Alumni Association

# PT

Fall 1999 • Issue 6

## Features

- 4 Cover Story—Class Clowns
- 14 Graduation '99
- 17 Florence Kendall receives honorary degree

## Departments

- 2 President's Message
- 3 Director's Column
- Department News
- 8 Alumni Event
- 9 Survey
- 10 Mentorship Application
- 11 Class Notes
- 19 PT Merchandise Order Form



4 Class Clowns



17 Florence Kendall



14 Graduation

*PT* is a publication of the Alumni Association of the Department of Physical Therapy, University of Maryland School of Medicine. It is produced two times a year.

**Editor & Director,**  
Annual Giving and Alumni Programs  
Kim Vickers  
kvickers@physio.umaryland.edu

**Copy Editor**  
Patricia Young

**Design**  
Erni Peterson

**Cover Photo**  
Kevin Weber

Alumni Association  
Department of Physical Therapy  
University of Maryland  
100 Penn Street  
Baltimore, Maryland  
21201-1082



Director's Column

Photo by Kevin Weber



In the four years that I have worked for the department, I have observed many changes in the field of physical therapy. Recently, these changes have started to have profound effects on the lives of our alumni and current students.

The Alumni Association is concerned about these effects and wants to be of assistance to both alumni and current students. As a result, we are adding a career opportunity page to this newsletter. This

page will also include scholarship information for students. The association will also reestablish its mentorship program—in order to link current students with alumni. If you are interested in being a mentor, please complete the form in this newsletter and send it to me in the envelope provided.

In order to be of more assistance to our alumni and to better plan our activities—we need to hear from you. Please take a moment and complete the enclosed alumni survey and return to me in the envelope provided. We truly value your input and suggestions.

As we all face this new and uncertain future together, I would like to encourage you, our alumni, to let your voices be known not only to the Alumni Association, but to your friends, family, patients, professional organizations and political leaders.

I look forward to hearing from you soon.

Kim Vickers  
Director of Annual Giving and Alumni Programs

Upcoming Feature



See how much the Physical Therapy job market has changed since you graduated. In the next issue of *PT*, follow three graduates from the Class of 1999 (including Julie Miller pictured here) as they search for their first physical therapy job.

How Do We Measure Up?

In order to continue our accreditation, the department is required to provide assessments from our graduates (i.e. you!). In an attempt to meet this requirement, we initiated an exit survey starting in 1995 to be completed by students before they graduate.

Unfortunately, the response to these questionnaires has been poor (one to nine responses received). To improve the validity of the survey (and the value of the feedback), we have contracted with the Department of Epidemiology to interview recent graduates by phone. We hope that when you receive the phone call, you will take the time to answer the questions. Your feedback is critical to our ability to maintain and improve the quality of excellent education you expect from your alma mater.

Your responses are welcome and should be addressed to Dr. Paul A. Anderson, panderso@physio.umaryland.edu (email), (410)706-5208 (phone) or (410)706-5980 (fax).

Annual Research Day

Three research projects from the 1999 MPT students and one graduate research project were presented to students and faculty at the Annual Research Day on April 30. Dr. Rebecca Craik, professor and chair of the Physical Therapy Program at Beaver College was the invited guest speaker and judge for the research award. Dr. Craik started the morning with a talk entitled, "Is habitual gait speed a sensitive indicator of performance?" Neeta Kalappa was awarded the research award at the pre-commencement ceremony on May 19 for the project entitled: "Is skeletal muscle dysfunction a potential mediator of fatigue in women with systemic lupus erythmatasus?"

Photo by Kevin Weber



Department Chair Dr. Mary M. Rodgers was promoted from associate professor to professor in May. Dr. Rodgers becomes the first full professor in the department's history. Congratulations Dr. Rodgers.



# Class Clowns

by Michele Wojciechowski

*Two graduates of the University of Maryland, Baltimore's Department of Physical Therapy talk about their work with humor in medicine.*

Kathy Davis '91 and Linda Harvey '91 admit that if you were to ask members of their graduating class to cast a vote for the funniest students, their names would not be first on the list. Yet through their work in humor in medicine, these two alums may just be proving the adage true that "Laughter is the best medicine."

## Healing with Humor

"I don't think I'm a particularly funny person," Linda Harvey chuckles.

So how did someone who says that she's not funny—and who, in fact, describes herself as "stoic"—come to write a book entitled *Humor for Healing: A Therapeutic Approach*?

Harvey says that she has always made an effort to relax her patients by using one-liners and little quips. But when she began working with a patient who has cancer, she saw the effect of her humor. Besides simply telling jokes, Harvey once showed up in the treatment booth wearing a clown nose—one week after she had sinus surgery. Another time, she literally fell off her stool when the patient admitted to finally heeding a suggestion Harvey had made and benefiting from it. Harvey's antics made a difference. As she writes in her book:

"For just those few fleeting moments, life could return to happiness instead of worry and fear. It seemed that with the laughter there also was a return of hope and faith."

Harvey continued her antics because she witnessed first-hand how humor can make a difference. She has a "magic light





bulb” that she uses for patients who, like her cancer patient, try the exercises that she recommends and see results. When they say something like “I finally tried [the exercise], and I felt much better,” Harvey grabs her magic light bulb, holds it over their heads, and blinks it on and off indicating that they have got the right idea.

Wearing clown noses, doing pratfalls, and using a magic light bulb? These don’t seem like the actions of someone who isn’t funny.

“I’m usually not the crazy one,” insists Harvey. “But those are the things that I try to work on.”

Another experience that inspired Harvey to write her book came about through a stress management course. Harvey is a doctorate candidate in Sports Psychology, and is working on a minor in Stress Management. In one stress management class, she needed to develop a protocol for managing stress. Harvey could choose any topic, but had to create a certain number of lessons that could be taught in a class—much like a lesson plan.

Harvey decided to take a follow-up class in which students would refine the work from the previous class and actually present it to their peers. In all, she would spend a year working on the project.

“I decided that if I was going to spend that much time doing [the project], I was doing it on something fun,” says Harvey. “And that’s how it ended up being on humor.”

When her work was finished, Harvey decided to get it published. Since there were only a few books about humor and health care workers, she thought she had a good chance to fill a need. Harvey spoke with a number of companies, but to no avail.

Then her luck changed. Two years ago, when Harvey was at the National



Kathy Davis '91

APTA Conference, she took her prospectus to several publishers; one of them liked it immediately. Harvey completed a rewrite in four months while working full-time and attending school.

Hmmm. That sounds stressful.

“I thought it was kind of ironic that the stress management class and [*Humor for Healing*] were probably the most stressful things I’ve had to do,” Harvey quips.

*Humor for Healing: A Therapeutic Approach* is meant to be used as a textbook for humor classes being taught at medical schools. It covers topics like the physiological effects of stress, defining humor, the effects of humor on physiology, utilizing humor in patient care, steps for developing humor, and relapse prevention. But the book also gives examples on using humor with patients.

As health care workers know, most patients are uncomfortable about undressing—for the exam, that is. So a crucial time to use humor, says Harvey, is when it’s time for a patient to put on a gown. Instead of saying something like, “Go behind the curtain and strip down to your underwear,” Harvey says, “Ms. So & So, we’ve got this wonderful designer gown that I know you are just dying to get into. Would you mind going behind the curtain and changing into it for me?”

Now that she’s doing some hospital care, Harvey also comments on accessories. When she uses a plain, dull white gate belt on a patient as a safety device, she says “I know this belt goes just won-



Linda Harvey '91

derfully with your ensemble here, but would you mind wearing it?” or “I know you love the way this belt goes with your gown, but you have to remember to give it back to me when we’re finished.”

“Humor builds rapport very quickly,” says Harvey. “It helps to break the ice.”

## Bringing Humor to the Classroom

So does Kathy Davis think she’s funny? “It depends on your definition of funny,” she says.

Actually, Davis says that she has a good sense of humor. And now she’s using it more than ever.

For the last couple years, Davis has been teaching a class called “Humor in Medicine.” It began after Davis, a full-time assistant professor and an academic coordinator for clinical education in the Department of Physical Therapy, was dis-

**Continued on the next page**



*Davis begins each class with a joke because research has shown that humor and laughter stimulate memory, retention and alertness. "I also tell a joke because it builds rapport."*

cussing with Denise Bender, a full-time assistant professor in the department, how humor can be appropriate and inappropriate. Bender asked Davis to give a lecture on humor so that students could learn about it, especially in regard to their patients.

After the lecture, several students remarked that the topic was interesting, but they didn't know a lot about it. With that, the idea for "Humor in Medicine" was born.

This class was a natural extension for Davis. She has always used humor with her patients and students. In fact, she begins each class with a joke.

"Research has shown that humor and laughter stimulate memory. It releases chemicals in the body which stimulate memory, retention and alertness," says Davis. "I also tell a joke because it builds rapport."

Davis says that she tells different jokes for each class—depending on the class' sense of humor—and since she doesn't often remember the jokes, she reads them. She does recall telling a class on a particularly difficult day that she was getting a home endarterectomy kit to get the blood flow going to her brain.

For those not involved in the medical field, that joke may not seem funny because it may not be understood. And that's exactly one of the points Davis makes in her class—not all people find the same things funny.

In *Humor in Medicine*, Davis covers topics like the history of humor and how it applies to patients by age, the development of humor and how it changes from birth to geriatrics, and how humor is different in various cultures.

To illustrate some of these points, Davis uses videos she has compiled that cover comedians throughout time, beginning with Charlie Chaplin and ending

with Eddie Murphy. When discussing cultural humor, she brings in tapes of England's "Mr. Bean." She even has a tape of medical humor compiled from movies and television shows. Davis wants her students to realize that what they think of as being humorous may not be so for others.

"Our grandparents were raised with a different sense of humor than we have today," says Davis. Knowing that various generations and cultures have different ideas about humor will help the students in class and in the future. "That's how we can decide what's appropriate, what's inappropriate, why [patients] laugh, and why they don't."

For example, before one class, Davis began with the joke "Things You Don't Want to Hear in Surgery." Some answers were: "Better save that; we'll need it for the autopsy;" "And now we remove the subject's brain and place it in the body of an ape;" "I wish I hadn't forgotten my glasses;" and "Fire! Fire! Everybody out!" To the students, and even to people not in the medical field, these jokes are funny. But tell them to a nervous patient heading into surgery, and, well, they may not see the humor in it.

Davis also teaches how to assess the students' or patients' humor by using humor assessment scales, how to apply humor in medicine with regard to patients, and how some patients use humor when in denial or as a defense mechanism. On the last day of class, Davis brings in "Toodles the Clown" who teaches students how to make balloon animals and do card tricks. But there's another lesson to be learned with Toodles.

Davis says that she is not fond of clowns. In fact, she thinks that they can be intimidating. No, she wasn't attacked by a clown as a child; they're simply not her kind of humor. And that's exactly

what she wants the class to understand.

"Clowns don't represent all types of humor. There's tons of different kinds of humor. Some people just don't think clowns are funny," says Davis. "[Students] need to understand...that what's funny to them, and what seems funny to the rest of the world, is not necessarily funny to the person you're talking to."

Although people have always been interested in humor, Davis says, they didn't tend to associate it with medicine. But now all that is changing. Since she has been teaching the *Humor in Medicine* class, Davis has been asked to speak about humor in health care at the University, at APTA conferences, at Mount Washington Pediatric Hospital and for *Nursing Spectrum* magazine. "I never dreamed it would take off like this," she admits.

Although their classmates would be surprised that the two women who sat in the back of the lecture hall and didn't say a word are now teaching and writing about humor in medicine, Harvey and Davis don't seem to mind. After all, as they well know, funnier things have happened.

*Michele Wojciechowski is a freelance writer living in Baltimore.*



**GOT A GOOD JOKE?** Kathy Davis is looking for you. She collects jokes from people every time she speaks about humor. If you have a good, clean joke that you would like to share, e-mail her at [kdavis@physio.umaryland.edu](mailto:kdavis@physio.umaryland.edu).

**TO GET THE BOOK** Linda Harvey's book *Humor for Healing: A Therapeutic Approach* is available through [www.barnesandnoble.com](http://www.barnesandnoble.com) and [www.harcourt.com](http://www.harcourt.com).





## Celebrating 20 Years

Classmates from the Class of 1979 celebrated their reunion by meeting with long-time friends and by giving back to the department and the Alumni Association. We would like to extend a BIG THANK YOU to Jonathan Cooperman, Roy Bechtel, Brian Miller and Steve Tepper for donating their time to teach an exciting continuing education series for our alumni. After the series ended on Saturday, June 19, classmates met at Camden Pub for wings and beer. Pictured here from left to right are Jonathan Cooperman, Barbara (Lange) Levenson, Steve Tepper, Roy Bechtel, Brian Miller and Richard Levenson.

## Nominate a Great Alumni

We are currently accepting nominations for the 1999 Alumni of the Year Award. This award was established in 1988 as a way of honoring outstanding Physical Therapy alumni.

Nominees for this award must be graduates of the University of Maryland, Baltimore Physical Therapy program who have made outstanding contributions or achievements in the physical therapy profession. Achievement will be considered in areas such as: academics, administration, clinical practice, research, community service, professional associations, our department or Alumni Association.

Letters of nomination must include the nominee's name and class year, as well as the reasons for nomination. Responses must be received in the Alumni Office by September 15, 1999.

We are also accepting nominations for our Alumni Association Board. Responsibilities include attending 10 monthly meetings per year and Alumni Association sponsored events.

Please send your nominations to Kim Vickers c/o Physical Therapy Alumni Office, 100 Penn Street, Room 115, Baltimore, MD 21201.

## There's a hospital

in Maryland where doctors are pioneering the

development of advanced procedures, where

multi-disciplinary specialists work as a team to deliver

the highest quality clinical expertise and treat-

ment success. An institution with a long history of inno-

vative techniques that greatly improve patient

care and comfort. Techniques, doctors from around the

world come here to learn. Who's leading these medical

advancements?



University of Maryland Medicine

FOR REFERRALS AND MORE INFORMATION, CALL: 1-800-492-5538



UNIVERSITY  
OF MARYLAND MEDICINE

[www.umm.edu](http://www.umm.edu)



# Events

Thanks to all the alumni and students who made the association's party on June 5, such a success.



The famous Florence Kendall (far right) socializes with Maryland alumni (from left to right) Lee Miller '78, Matthew Daab '99 and wife Cristy (Chua) Daab '00.



Kathleen (Laurie) Edinger '89 celebrates her 10-year reunion with classmate Steve Bell.



Karen (Unerfusser) Bewley '69 (left) and Peggy Schmitt '69 share their class yearbook from 30 years ago.



Department Chair Dr. Mary Rodgers shares her birthday cake with Alumni Association President Steve Bell and the rest of the party-goers.



The Class of '74 got wild and crazy at their mini-reunion with classmates (from left to right) Barbara Oremland, Jonathan Heller, Cheryl Resnik, Gerry Stone, Karen (Greenberg) Basham, Judy (Moresco) Davidson and Lynne (Jarczynski) Smejkal.

The Class of '83 was well represented by (from left to right) Marian Kirk, Patti (Wells) Ireland, Mary Beth (Etherton) Massari, Kathy (Quayle) Specht and Karen (Hogan) Cole.





# Alumni Survey



## We Need Your Help

In order to better serve the Physical Therapy alumni, we need to hear from you. Please take a moment and complete the survey below and return it in the envelope provided.

### Continuing Education

What motivates you to select a course for continuing education? Please check all that apply.

- Date
- Topic
- Location
- Time
- Price
- Instructor

What continuing education topics would you like us to offer in the future?

---

---

### Events

What type of events would you be interested in attending?

---

---

### Email/Web Page

Do you have an email address?      Yes      No

Are you interested in receiving Alumni Association information via email?      Yes      No

If yes, please include your email address:

---

Would you be interested in receiving Alumni Association information via a web page format?      Yes      No

### PTAA Newsletter

Please rate the items found in each issue of our alumni newsletter on a scale of 1 to 5, with 5 being an excellent rating and 1 being a poor rating.

Feature Story	1	2	3	4	5
Class Notes	1	2	3	4	5
Event Coverage	1	2	3	4	5
Upcoming Event Notices	1	2	3	4	5
Continuing Education Information	1	2	3	4	5
Career Opportunities	1	2	3	4	5

Do you have any suggestions for items you would like to see added as a regular feature in our newsletter?

---

---

---

---

Do you have suggestions for future articles?

---

---

---

---

Comments:

---

---

---

---

### Other

Would you be interested in helping the association and the department in any of these areas? Please check all that apply:

- PTAA Board Member
- Mentor Program (see form on back of page)
- Lab Assistant
- Assist with Admissions

Please help us with comments or suggestions on how the PTAA can work to further benefit our alumni.

---

---

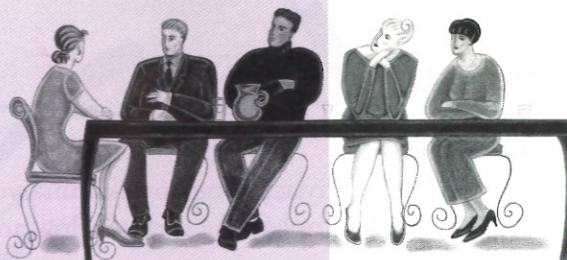
---

---

*Thank you for participating in our survey!*



## Students Need Alumni Mentors



The Alumni Association is planning to reinstate its mentorship program, which links students with alumni mentors. The program was designed to provide students an opportunity to build relationships with alumni in order to network with professionals, learn more about specific areas of physical therapy and receive real-world information. If you are interested in participating in this valuable program, please complete the application below and return it to the Alumni Office in the envelope provided.

*Thank You*

In June, third-year students enrolled in Administration Issues had the opportunity to prepare resumes and participate in practice employment interviews. A special thank you to the following list of physical and occupational therapists who donated their valuable time in order to make this experience a success.

Karen Bennett  
 Margaret Finley '87  
 Leslie Glickman '64  
 Janet Hale  
 Eileen Harrity '86  
 Mary Hinton  
 Diana Johnson  
 Tonas Kalil '85  
 Brad Kirkes  
 Robin Korotki '80  
 Julie Kreif  
 Sherri Lamathe  
 Steven Lindsay  
 Harvey Litofsky  
 Lori Mizell  
 Karen Murdock  
 Bill Neill  
 John Nietubicz '85  
 Mark Schlichter '76  
 Ed Schmauss  
 Cindy Schrum '85

### Mentorship Program Application

Name: \_\_\_\_\_ Class Year: \_\_\_\_\_

Home Address: \_\_\_\_\_  
 \_\_\_\_\_

Home Phone: \_\_\_\_\_

Are you an APTA Member? Yes  No

Place of Employment: \_\_\_\_\_

Work Phone: \_\_\_\_\_

Title: \_\_\_\_\_

Clinical Experience and Interests (Please check all that apply):

<input type="checkbox"/> Acute Care	<input type="checkbox"/> Geriatrics	<input type="checkbox"/> School System
<input type="checkbox"/> Rehab	<input type="checkbox"/> Pediatrics	<input type="checkbox"/> Hospice
<input type="checkbox"/> Outpatient	<input type="checkbox"/> Private Practice	<input type="checkbox"/> Assisted Living/Nursing Home
<input type="checkbox"/> Inpatient	<input type="checkbox"/> Home Health	<input type="checkbox"/> Work Conditioning

Comments: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_



50s

**Ellen (Adams) Gutow '58**

is enjoying retirement and traveling every chance she gets. Her trips last year included visiting Greece and Turkey. This year, Florida and Italy are on the docket.

**Dixie (Smith) Miliner '58**

retired last year after 40 years, the past 17 of those were spent with Howard County public schools.

60s

**Donald Hiltz '61** sold his practice in Gasden, Ala., in 1994. He now performs investigations for both the PT and social work boards as a certified administrative law investigator. He and his wife Debbie and son Tommy (8) reside in Rainbow City, Ala.

**Herschel Budlow '62** has a private office in Pikesville, Md., where he has specialized in orthopedic and sports PT for the past 37 years. He is also a PT consultant to several area fitness clubs. Herschel and his wife of 34 years, Barbara, have two sons, Gilbert and Paul, and now have a 5-month-old granddaughter.

Life is good for **Jeanne (Scanlon) Scheele '68**. She is working part-time in a

small PT-owned practice specializing in women's health. Her two daughters are married and Jeanne will soon be a grandmother.

70s

**Caren (Teague) Ippolito '71**

has four children. Stephen (21) attends Boston University, Anna (19) is at the University of Florida, Tess (16) and Lara (14) are both students at Tampa Preparatory School.

We were happy to hear from lost alumna **Nancy (McGovern) Vincent '74** who has moved often over the past 25 years due to her husband's military career.

**Marlene (Fischer) Bandfield '75**

has been self-employed in a private pediatrics practice for the past 25 years. She lives in northern New Jersey with husband David, a director for CBS News in New York, and two children Caitlin (13) and Sean (9).

**Linda Zant '75** and husband Julius celebrated their 25th wedding anniversary in August this year. Of their three children, they have one in college spending the spring semester in Madrid, Spain, a second entering college in the fall and one still in the nest.



Double Delight! James Harald (left) and Peter Raymond were the perfect holiday gift for Teresa (Ingram) Aagaard '89 and husband Harald. The twins were born Thanksgiving Day, November 26, 1998.

80s

**Jerome Danoff '82** has been appointed chairman of the Department of Physical Therapy at Howard University in Washington, D.C.

**Cindy (Shook) Ruth '82**

is employed by the University of Maryland Medical System.

**Linda Downes '83**

became a proud grandmother October 4, 1997, to grandson Patrick Aidan Walker.

**John Blankfield '83** works 32 hours each week doing home care, in addition to the occasional contract assignment. He recently moved to his mountain property in New Mexico where he is building an environmentally safe home in his spare time.

**Kathy (Malkus) Hoeck '84**

works part-time in an outpatient orthopedic setting. She has two sons, Sam (6) and Jonathan (3). Sunny San Diego continues to agree with her and visitors are welcome!

**Karen (Barber) Brazkinski '88**

has moved back to the East Coast because of her husband's new job. She will look for a part-time job in outpatient orthopedics in her new town of Morgantown, N.C. Her two sons are Michael (3) and Connor (16 mos.).

**Susan (Fischer) Rowan '89**

bought a new house with husband Gerry in Monkton, Md.



Ginger (Cooper) Clark '96 has her hands full with new arrival Joseph Cooper Clark and his big brother, Reece.



## KEEP IN TOUCH

We enjoy hearing from alumni and hope you enjoy getting the scoop on the activities of your classmates and friends.

We had a wonderful response from our alumni and had more news than space.

We will make every effort to put the news we couldn't print this time in the upcoming edition.

### 90s

#### **Julie (Bondroff) Shein '92**

married David Shein on November 25, 1998. Julie is the Clinical Manager at Sunspectrum/Matrix Outpatient Rehab in Chevy Chase, Md.

#### **Theresa (McCleary)**

**Sturm '95**, along with her business partner, recently purchased a physical therapy practice in the Silver Spring, Md. area. The name of the new practice is Atlantic Physical Therapy and Rehabilitation Center.

**Kristie Bombaro '96** was a guest lecturer at University of Maryland's Eastern Shore on burn care and a summer counselor for the Mid-Atlantic Burn Camp.

**Renee Gelles '96** is a staff PT at Altoona Hospital Outpatient Physical Therapy department. She is an APTA-credentialed Clinical Instructor and a volunteer for Big Brothers/Big Sisters of Central Pa.

**Michele Sowers '96** traveled as a missionary to India in November and December of 1998 and will return again the same time this year. She continues to work for Altoona Hospital in subacute SNF/LTC and helps to run the Stroke Support group.



Kathy Davis '91 shares her University of Maryland spirit with Peter Noone, of Herman's Hermits, during a recent cruise.

#### **Alison (Chouinard)**

**Suarez '96** is moving to Greensboro, N.C., and would like to make contact with other alumni in the area. Please contact the Alumni Office for information.

**Shenaz Hussain '97** is currently working for Washington, D.C. public schools.

**Jeffrey Jones '97** and **Natalia Brener '98** were married on April 17, and honeymooned in Thailand.

**Ted Wong '97** and **Karen Gordes '98** will be married on September 25. Together, they bought a house in Germantown, Md.

#### **Colleen (Lee)**

**Armentrout '98** was married on May 23, 1998, to Kyle Armentrout. The couple bought a new home in Apex, N.C., in January.

**Temma Bernstein '98** is working for NovaCare outpatient division in Westminster, Md.

#### **Christine (Gregorio)**

**Brannen '98** is expecting her first child in October 1999.

#### **Lisa Goodfriend '98**

is employed by Howard County General Hospital.

#### What an Aunt! **Becki**

**Martin '98** helped deliver her nephew, John Martin Gallo, on January 9, 1999. Thanks to a proud Aunt Becky, he was born healthy to Theresa and Paul Gallo.

#### **Laura Migliorese '98**

is employed at the National Rehabilitation Hospital in outpatient rehab.

**Kirk Miller '98** works full-time in private practice in orthopedics and part-time at Fallston General and Harford Memorial Hospitals.

#### **Elena (Rice) Regitz '98**

married Clark Regitz on November 28, 1998. The couple now lives in Atlanta, Ga., and is expecting their first child. Elena is working at two nursing homes.

#### **Ralph Truitt '98**

is working at the Baltimore Sports Rehab and PT.

**Lisa Waterman '98** is working as an aquatic physical therapist in Glen Burnie, Md.

**Mike Williams '98** is a Clarian Health employee. He is rotating to Indiana University Hospital after six months in acute neuro. He also volunteers in an outpatient aquatic program for MS patients.

**Marshall Yount '98** is employed by the Spine and Rehab Centers of America, a multi-specialty orthopedic rehab facility. He has a 3-year-old son, Marshall Brandon.



Gina Piccolo '98 gives early gait training to son Brayden Anthony Klein.

Please help keep us informed.  
Write to Class Notes, Alumni  
Office, c/o Department of  
Physical Therapy, 100 Penn St.,  
Baltimore, MD 21201. Or,  
get in touch by phone  
(410) 706-1816, or  
fax (410) 706-6387.





## Births



Ann Airey '98 and husband Scott show off their daughter Lauren.

TWINS! James Harald and Peter Raymond born Thanksgiving Day, November 26, 1998, to Harald and **Teresa (Ingram) Aargaard '89.**

Connor Michael born August 13, 1998, to **Heather (Cook) Blair '89.**



Theresa (Catterton) Levendusky '90 and husband Michael show-off their twins Brandon (left) and Sarah (right).

TWINS! Brandon and Sarah born March 24, 1999, to **Theresa (Catterton) Levendusky '90.**

Kelly Ann born April 16, 1999, to **Laura (Fitzgerald) Flynn '92.**

Seth Daniel born March 30, 1999, to **Deborah (Foster) Gordon '95.**

Joseph Cooper born January 26, 1999, to Daniel and **Ginger (Cooper) Clark '96.**

Mark Anthony born February 12, 1998, to **Melanie (Scharf) Jacoby '97.**

Brayden Anthony Klein born December 22, 1998, to **Gina Piccolo '98.**

Madison Marie born October 9, 1998, to **Gordon "Bud" Ward '98** and wife Kristy.

*Class Notes is edited by Meg Feroli, alumni assistant.*



## "Mortgage or Home Equity?" Call SECU!

### Great mortgage rates for:

- Fixed
- Adjustable
- Refinancing
- FHA and VA
- Jumbo

### Use home equity to:

- Buy a car
- Take a trip
- Pay tuition
- Remodel
- Pay off debts



410-296-SECU or 1-800-TRY-SECU  
(select Option "2")

Rates online: [www.secumd.org](http://www.secumd.org)

8503 LaSalle Road  
Baltimore, MD 21286-5955

Just \$10 in a Share Savings account opens your SECU membership. Accounts insured to \$100,000 by NCUA. University of Maryland alumni, students and employees can join State Employees Credit Union of Md., Inc.





# Graduation At Last



On May 19, the Department of Physical Therapy proudly graduated its fifth MPT class. The pre-commencement ceremonies were held in the ballroom of the Student Union at UMBC. Over 500 were in attendance to join in the graduation celebration. Opening remarks and greetings were offered by Chair, Dr. Mary Rodgers. The graduates also heard congratulatory remarks from the Dean of the School of Medicine, Dr. Donald E. Wilson.



Class Presidents, Al Yesilonis and Jennifer Gloyd took time during the graduation ceremonies to recognize department staff member Joyce Johnson for all her hard work.

The graduates were hooded by Kathy Davis '91 and Dr. Gad Alon and received their certificates from Dr. Michael Plaut, assistant dean, Student Affairs. The student speaker, Chuck Kreis, stole the show with his guitar and vocal performance.

The University commencement ceremonies took place on Thursday, May 20, at the Baltimore Arena. Graduates, faculty, family and friends attended this event joining graduates from the schools of medicine, law, social work, pharmacy, nursing and the Dental School.

Congratulations to the Class of 1999! Everyone at the department and the Alumni Association is proud of your accomplishments and wishes all of you the best in your new careers as physical therapists.



Julie Miller received this year's Senior Alumni Award and is pictured here with Alumni Director Kim Vickers.

## AWARD RECIPIENTS:

Figge Award for Excellence in Anatomy  
Megan E. Smith

Annual Research Award  
Neeta B. Kalappa

Laura G. Levine-Mandell Award  
Matthew R. Daab

Elizabeth G. Macaulay Award  
Julie J. Miller

Pekar-Abell Pediatric Scholarship  
Kathleen M. Gunning

Senior Alumni Award  
Julie J. Miller

Outstanding Graduate Award  
Jennifer L. Gloyd

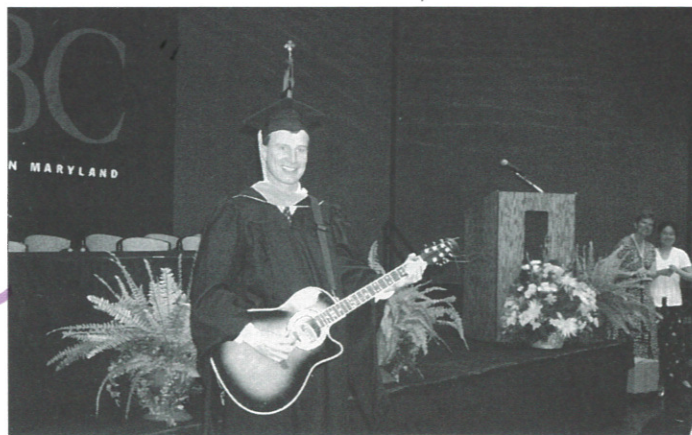




Fran Abell presented the Pekar-Abell Pediatric Scholarship. This year's \$500 scholarship was awarded to Kathleen Gunning.



Alumnus, Rick Peret '85, president of the Maryland chapter of the APTA, presented Jennifer Gloyd with the Outstanding Senior Award.



Class clown and student speaker, Chuck Kreis, in cap, gown and guitar, entertained the crowd with his humorous songs (see lyrics on right).

## "Grandma's Song"

*written and performed by Chuck Kreis  
(excerpts)*

Be courteous, kind and forgiving  
Be gentle and peaceful each day  
Be warm and human and grateful  
And have a good thing to say

Be thoughtful and trustful and childlike  
Be witty and happy and gay  
Be honest and love all your neighbors  
And join the APTA

Document your every movement  
Lawyers can really get mean  
Don't bob for apples in the hydrocollator  
It's probably never been cleaned...





Top: First-year students Steve Smith and Lindsay Schafer enjoy a game of pool with their pizza.

## Welcome PT Class of 2002

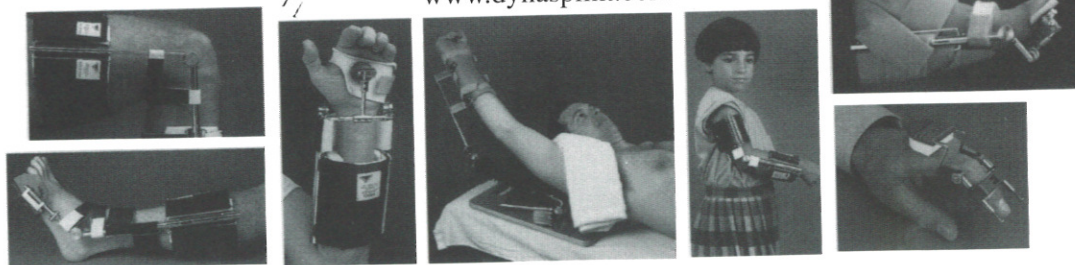
On June 9, the Alumni Association continued its long-time tradition of welcoming first-year students at a pizza party following their first anatomy test. This year's party visibly reduced the post-test stress of all who attended.



Right: These first-year students are all SMILES after their test. From left to right, Alexis Pasteur, Christy Washington, Mona Sodhi, Argie Alevrogiannis, Tiersa Shields and Kim Gonski.

**WE HAVE THE COMPETITION LOOKING OVER OUR SHOULDER...  
AS WELL AS OUR ELBOW, WRIST, FINGER, KNEE, ANKLE, etc.**

[www.dynasplint.com](http://www.dynasplint.com)



Dynasplint Systems® introduced a revolutionary LPS® System over 15 years ago. This technique has been used successfully world-wide in treating joint stiffness and limited range of motion caused by shortened connective tissues. As part of a complete rehab program, Dynasplint can significantly help patients regain range of motion and return to their favorite activities *sooner*. With more than 40 LPS Systems available today, we are stiff opposition to your patients' deficient range of motion.



**Dynasplint® Plus Therapy:**

**Help Your Patients Return To Their Favorite Activities Sooner**

Call 1-800-638-6771 today to see why our competition is looking to Dynasplint for innovations in stiff joint management.



## Mark Your Calendar

October is National Physical Therapy Month and the Alumni Association has a month of activities planned for you. Activities include a kick-off Happy Hour on Friday, October 1, a lecture by Florence Kendall and the annual antics of PT Olympics. We are also trying to get alumni involved on the UniversityCenter Physical Therapy Race for the Cure Team (see below).

A complete listing of the month's events appears on the back cover of this newsletter. For more information please call the Alumni Office at 410-706-1816.

## Runners Needed



The 1998 UniversityCenter Physical Therapy Team

More than 15,000 people will gather at Rash Field in Baltimore's Inner Harbor to participate in the 1999 Baltimore Race for the Cure and you could be one of them. The UniversityCenter Physical Therapy Team needs runners (and walkers) for this important event, scheduled on Sunday, October 3, 1999. The first 150 runners that sign-up will receive a team shirt in addition to the official race shirt. If you would like to be on the team, please contact Kim Vickers in the Alumni Office at (410) 706-1816. Support Physical Therapy and Breast Cancer Research—sign-up to run TODAY.

## Kendall Receives Honorary Degree



Photo by Mark Teske

On May 20, Florence P. Kendall received an honorary Doctorate degree from the University of Maryland. Kendall was nominated for the degree by the Department of Physical Therapy for her pioneering influence during the formative years of the profession and her contributions as a clinician, author and educator for more than 67 years.

Kendall earned her degree in physical education from the University of Minnesota in 1930, and her certificate in physical therapy from Walter Reed General Hospital in 1932. In the years that followed Kendall worked as a clinician and instructor at Walter Reed Hospital; Maryland State Department of Health & Hygiene; Children's Hospital in Baltimore; Johns Hopkins Hospital and our own Department of Physical Therapy at the University of Maryland.

Kendall also played a major role in drafting the original bill that was enacted into law in 1947 legalizing the practice of physical therapy in Maryland. She has been a member of the American Physical Therapy Association (APTA) for more than 60 years and founded the APTA chapter in Maryland.

Kendall is not only recognized internationally, but also revered by many as the best that the profession has to offer. To this day, she lectures throughout the country in physical therapy educational programs and gives selflessly of her time, energy and enthusiasm.

We are proud to count Florence Kendall among our alumni.

## Special Invitation to All Alumni

In honor of National Physical Therapy Month, Florence Kendall will be giving a lecture at the University of Maryland, Baltimore on Thursday, October 14, 1999 at 7:00 p.m. The lecture is titled "Physical Therapy – Past, Present and Future." This lecture is complimentary to all alumni and will be followed by a reception in the department's new classroom lab. To reserve your seat for the lecture – please call Kim Vickers in the Alumni Office at (410) 706-1816.





## Career Opportunities in Physical Therapy

# RehabQuest.com

*Your online link to rehabilitation jobs,  
continuing education and resources*

“Career Opportunities” is sponsored by RehabQuest.com—  
for more current job postings visit their home page at  
<http://www.rehabquest.com/home.html>.

### PT Needed

#### RENAISSANCE RECOVERY, LINCOLN PARK, MICHIGAN

Contact: Naveen D. Bohra, CEO

(313) 388-7196

Cell phone number (313) 999-2325

### Program Manager

#### NORTHEAST GEORGIA HEALTH SYSTEM

Position requires clinical background in rehab and experi-  
ence with: LTC PPS, management (three to five years)  
and inpatient rehab.

Contact: Nancy Healan, Personnel Coordinator

2150 Limestone Parkway

Gainesville, GA 30501

Fax: (770) 538-7164 or email: [nancy.healan@nghs.com](mailto:nancy.healan@nghs.com).

For info on this or other positions, call (770) 538-7506

### PTs Needed—Locations Nationwide

#### SUNDANCE REHABILITATION

For more information call 1-888-SUN-JOBS or visit  
their web site at <http://www.sundancerehab.com> for a  
complete job listing by state.

### More PTs Needed Immediately

GROUP ONE THERAPY is a national staffing group offer-  
ing short-and long-term temporary, permanent and con-  
tract positions. They provide opportunities and staffing  
services in all types of markets and work settings, all  
across the country. Call them today at (800) 634-1077

### PT Positions Available Now

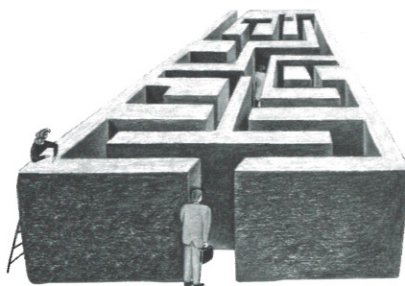
#### PARAGON REHABILITATION

The following locations are seeking PTs / RCs:  
Natchez, MS; Washington, D.C.; Lakewood NJ;  
Andrews, NC; High Point, NC; Milwaukee, WI;  
Plainville, CT; Fall River, MA.

Contact: Mike Koestler, Sr. Recruiter, 1-800-811-6859

## Attention First Year PT Students!

Would you like to  
earn monthly income  
and have a job waiting  
for you when you  
graduate? Contact  
Mike Thompson,



Medical Program Recruiter for the Navy at  
(301) 394-0502/0509 or send email to:  
[nrolmlt@bumed30.med.navy.mil](mailto:nrolmlt@bumed30.med.navy.mil)

## From Clinician to Administrator

Pending final state approval, Towson University expects to offer an  
18-credit Clinician to Administrator Transition graduate certificate  
program beginning in spring 2000. This new program is designed  
for licensed health care providers interested in developing  
administrative skills, and can be taken on a part-time basis. The  
courses may be applied toward a master's degree program in TU's  
College of Health Professions. The curriculum offers skill  
development in information technology and team-taught courses  
by faculty experts from inside and outside the university.

For more information,  
please contact Bern Reed,  
College of Health Professions,  
410-830-2132.





## Alumni Learn to *Heel* the Foot and Ankle

The Physical Therapy Alumni Association held its annual orthopedic course on March 26 and 27. "The Clinical and Anatomy Review of the Foot and Ankle" was well attended and included exhibitors from Dynasplint Systems, Inc. and W.S. Medical Systems, Inc.

We would like to thank course instructors Dr. Paul Anderson, Chris Glavaris '88 and Dr. Rick Placide '89 for donating their time to teach this year's course. The Alumni Association has a variety of upcoming courses for the year 2000, including a summer anatomy series.

For more information about continuing education, please visit the department's web page at <http://pt.umaryland.edu>



Instructor Chris Glavaris '88 prepares fellow alumni (from left to right) Boaz Bennof '98, Charlie Kibbey '77 and Stacy Yungkurth '77 to cast for a foot orthotic.

## Physical Therapy Merchandise **Now Available**



Photo by Kevin Weber

**Windbreaker jackets**  
(S,M,L,XL) - \$42 (XXL) - \$44

**Polo shirts**  
(S,M,L,XL) - \$28 (XXL) - \$30

**Denim shirts**  
(S,M,L,XL) - \$40 (XXL) - \$42

**Hats**  
(one size) - \$15

The Alumni Association is selling merchandise embroidered with the University of Maryland Physical Therapy logo. The items include windbreaker jackets, polo shirts, denim shirts and hats. The fully lined, wind/waterproof jackets have pockets and fold neatly into their own pouch. The jackets are navy blue with a forest green stripe across the front. The polo shirts are also navy blue and are 100 percent cotton pique. The long-sleeved denim shirts are stonewashed (not pictured). The hats are baseball-style with an adjustable strap and are navy blue with a camel-colored suede brim (not pictured). All merchandise can be personalized for \$5 per item. Write names exactly as they are to appear.

Mail orders to: Physical Therapy Alumni Association, 100 Penn St., Room 115, Baltimore, MD 21202-1082

Product	Size	Quantity	Price
shirt (example)	M	1	\$28.00
			Subtotal _____
* Please add \$5 per item. **Please add \$3 per item for shipping and handling.			*Personalization (optional) _____
MD sales tax is already included in pricing. Please allow six to eight weeks for delivery.			**S&H _____
<b>PLEASE MAKE CHECKS PAYABLE TO UM FOUNDATION</b>			TOTAL _____
Funds for the Physical Therapy Alumni Association are administered by the University of Maryland Foundation, Inc			

Order Form



# October

## JOIN THE 1999 PT MONTH CELEBRATION

- 1 All PT's are invited to a Happy Hour at Camden Pub from 6:00 p.m. til closing. There will be discounts on beer and sodas plus 25 cent wings all night.
- 3 Help breast cancer research by participating in Baltimore's Race for the Cure (for more information see page 17).
- 6 Jody Gandy and Joe Black from APTA will present a consensus forum on clinical education and the DPT from 5:00 p.m. to 8:00 p.m. in the department. For more information call (410) 706-5216.
- 14 Florence Kendall will give a lecture at the University of Maryland, Baltimore, entitled *Physical Therapy – Past, Present and Future* (for more information see page 17).
- 22 The sixth annual PT Olympics will be held in the Athletic Center on the University of Maryland, Baltimore campus from noon until 1:30 p.m. If you are interested in participating on the Alumni team please call the Alumni Office at (410) 706- 1816.
- 30 The Department of Physical Therapy will hold its annual Open House for prospective students and their families from 9:00 a.m. to noon. For more information about the Open House please call the department at (410) 706-7720.

Alumni Association  
Department of Physical Therapy  
University of Maryland  
100 Penn Street  
Baltimore, Maryland 21201-1082

Nonprofit Org.  
U.S. Postage  
**P A I D**  
Baltimore, MD  
Permit No. 3107

ADDRESS CORRECTION REQUESTED

