



# PT

ALUMNI NEWSLETTER

Department of Physical Therapy

SCHOOL OF MEDICINE UNIVERSITY OF MARYLAND AT BALTIMORE SUMMER 1996

*Open New  
Doors  
With  
Clinical  
Education*

*A Night  
Out  
With  
The  
Orioles*

*Alumni-  
What's New*

*Hats Off  
To Graduates*

*Like Mother,  
Like Daughter*



# PRESIDENT'S MESSAGE

Dear Alumni,

In my second term as president of the Alumni Association, I am pleased to see some new faces on our executive board (see page 13). I would like to encourage more of our alumni to become involved on our board as well, since the time requirements are minimal and the work is fun.



Congratulations to Joanna Bainbridge, the 1996 recipient of the Senior Alumni Award. We are proud of Joanna and all of her accomplishments. You can read about Joanna and her mother, Julia, in our cover story, "Like Mother, Like Daughter".

The Alumni Association will be initiating some new events and programs for current students, the alumni of the future, through a generous grant from the Alumni Association - International. Many thanks to Kim Vickers, our alumni director, who took the initiative to apply for the grant.

We have some special things planned for this fall, so watch your mail!

Ric Lopez, '78  
President  
UMAB PT Alumni Association

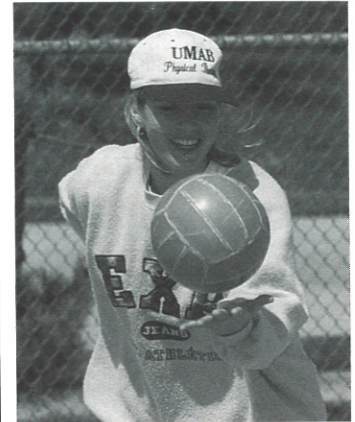
## SPRINGFEST '96

This year's Springfest was held on April 26th and 27th at UMAB's Athletic Center and Southwest Park. The two days were marked by stiff competition in events such as basketball, weight lifting, golf, soccer, flag football, arm wrestling, softball, volleyball and tug-o-war. This year the faculty/staff team was augmented with the addition of alumni board members—Vinnie Conroy '90 and Steve Bell '89. When all was said and done the Class of 1997 came out on top. This year's event was not without hazards—Catherine Repass, member of the graduating class, sustained a fractured tibial plateau in a grueling game of beach volleyball. We at the school and the Alumni Association all wish Catherine a speedy recovery.

*Sandy McCombe Waller '85*



Elisabeth Jakobson '97 represented her class on the tennis courts against faculty and student players.



Kristin Walenta '96 gets ready to serve in the Springfest volleyball game.



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Editor & Director, Annual Giving  
and Alumni Programs  
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Managing Editor  
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## LIKE MOTHER, LIKE DAUGHTER

Careers in Physical Therapy Span  
Two Generations

By Joe Surkiewicz

For many folks, choosing a career can be one of life's toughest decisions. Doctor? Lawyer? Candlestick maker? Often it's a question that isn't resolved until the college years . . . or even later.

Yet settling on a vocation was never a problem for Joanna Bainbridge, Class of 1996. Ever since she was 11 the recent grad of the Master of Physical Therapy (MPT) program was determined to become a physical therapist. Just ask her mom, Julia Bainbridge, Class of 1980.

"When people ask me about my children, they say I must be proud that they both want to go into physical therapy," says Julia Bainbridge, 49, a physical therapist in private practice in Chestertown on Maryland's Eastern Shore. "And, yes, I am. But physical therapy is what they know and what they've been exposed to. Both my kids, Joanna and Brian, worked as aids in my office—and they were great. Joanna in particular is very organized: She makes her lists, finishes her projects ahead of time—I don't know where she got it! I have no fears

about Joanna becoming a great physical therapist."

That confidence in Joanna's future success is shared by her classmates and UMAB faculty and alumni, who tapped Joanna Bainbridge for the 1996 Senior Alumni Award. She accepted the award at pre-commencement ceremonies on May 23—an honor reflecting her outstanding enthusiasm for physical therapy, her school spirit, and the many hours she spent on extracurricular activities such as the yearbook, fundraising and social events.

"Joanna was always involved, both in class and in physical therapy department activities," recalls Kathy Davis '91, an instructor in the department of physical therapy and academic coordinator of clinical education. "And she did well in her internships, always exceeding expectations. At Hopkins Bayview they said one of Joanna's big strengths was her commitment to her patients—and her gentle demeanor. For a physical therapist, that's half the battle."

While Joanna made her decision to become a physical



Joanna Bainbridge and her mother, Julia Bainbridge, celebrate after the graduation ceremonies.

therapist at a relatively tender age, getting into the Master of Physical Therapy program was tough. "It's a very competitive program and I had to wait two years to get in," notes Joanna, 29, who attended undergraduate school at the University of Maryland at College Park.

"I had to get my grades better. But there never was any other option—getting into the physical therapy program was what I wanted to do. So I re-enrolled in some classes, got better grades and put in thousands of hours of volunteer work in out-patient clinics in hospitals and at my mother's office."

The extra effort paid off. "It's funny—some students get in the first time they apply

because they have a 4.0 grade average," Joanna says. "But ask them about the amount of volunteer work they put in, and often it was the minimum. I had to fight to get in."

The path to a career in physical therapy wasn't as clear for her mother Julia. In the mid-1970s she was a recently-divorced mother of two in search of a career. "As a single mother I knew I'd have to work, but I didn't know what was out there," she recalls. "I found a book at my community college on occupations, looked at physical therapy and liked what I read. It's a people-oriented job." Physical therapy also held another attraction. "I have a  
*continued on page 12*

## Clinical Education Opens New Doors

Three PT students share their experiences

By Gina Neff

As every physical therapy student knows, the season before graduation (and the ensuing job hunt) is the third clinical affiliation, the longest, and most challenging, of the bunch. Three students found independence and gained valuable experience as they worked at locations throughout the United States.



Ginger Clark

During her third affiliation, Ginger Clark saw patients “from the cradle to the grave” at the Northern Navaho Medical

Center in Shiprock, New Mexico and enjoyed an autonomy that made her feel like one of the staff. “I even got to make orthotics which was pretty exciting,” she says. Working in a busy public hospital setting, Clark saw first-hand how federal decisions can affect people — she was at the hospital during the federal government shutdown, which required her co-workers to either be on furlough or go without pay.

Clark’s supervisor, Charlotte Richards, director of the physical therapy department at Northern Navajo Medical Center, was impressed with her ability to develop a program and handle a full patient load “pretty much on her own.” “We really don’t have a whole lot of time to spend teaching,” Richards says. Although the students are in their third affiliation, “we treat them more like entry-level staff therapists.”

These clinical affiliations are a two-way learning experience with students in the classroom learning current information and new skills, Richards explains. They bring their new-found knowledge to the department and benefit from being with seasoned therapists.

As part of her clinical affiliation, Clark developed a program on urinary incontinence for the physical therapy department. Physical therapists have been hesitant to deal with urinary incontinence, says Richards citing an attitude of “I don’t want anything to do with any orifice.” But following a request from the OB/GYN department Richards turned the project over to Clark who researched some of the latest

techniques, attended a conference, and worked with patients.

Clark’s research was excellent, says Richards. “She began treating patients, helped us to treat patients, and helped us to begin to develop our program,” Richards adds.



Nona Cedrone

Nona Cedrone spent 12 weeks in a new private pediatrics practice, The Kidspot in Palmetto, Florida. Working in the clinic, going on home visits, and spending two days a week in a local school system, “really turned on my interest in pediatrics,” Cedrone says. The two staff physical therapists at The Kidspot were her clinical instructors, and “both were very willing to help,” Cedrone says.

Working in a small practice, she had a lot of personal attention. Custom Medical, a nearby business that works closely with The Kidspot is, another “super” aspect of the affiliation, according to Cedrone. Custom Medical designs wheelchairs, many of which are for children, and its proximity makes it an exceptional resource for a student who wants to learn more about wheelchair mechanics and

engineering, particularly in a pediatrics setting.

Cedrone’s project—a videotape of normal motor development in children from birth to 12 months—is to be used as an educational tool at The Kidspot. Working with the infants and making the video “was a complete hands-on learning and very challenging” project, she notes.

Seneca Physical Therapy in Rockville, Maryland, might



Steve Daisey

well be the “sleeper affiliation.” Or at least Steve Daisey thinks so, because “nobody knows about it, and it’s a

great cross-section of outpatient orthopedics, covering manual therapy, exercise, taping and everything you could want.”

Seneca Physical Therapy is co-owned by University of Maryland at Baltimore alumnus William Rolle (PT ’86). Rolle enjoys working with students like Daisy because they “keep me on my toes.” “They always want to know why you are doing what you are doing. In general students are very well trained,” Rolle says. “Steve was very interested in manual therapy and was light years ahead of where I was as a student.”

By the end of his affiliation, Daisey was seeing 12 patients a day. "They gave me a lot of latitude, but made themselves available for any questions or would set aside and hour to review a particular treatment technique or evaluation technique. I've never seen an environment so conducive to learning. I saved my last affiliation for orthopedics because you need hands-on experience, and [Seneca] exceeded all my expectations."

Over the course of his affiliation, Daisey developed four educational packets for the clinic to give to its patients—ergonomics of the work place, rotator cuff function and rehabilitation, and two on ACL reconstruction. "I did a great deal of study before and during the affiliation, and I had to really focus my knowledge and apply it clinically. That meant putting together a lot of skill and being able to use it right off-hand."

*Gina Neff is a free-lance writer living in New York.*

## 1996 Hobart Scholar Selected

Each spring the process begins to select a new Hobart scholar from the upcoming second year PT class. Awarded annually, this \$1,000 scholarship is intended for a physical therapy student who demonstrates excellence in the areas of leadership, academics, compassion and extracurricular activities. Candidates for this special scholarship are first nominated by their peers. Top nominees are then asked to write a brief essay and meet with the selection committee.

In 1991, the UMAB Department of Physical Therapy and the Alumni Association endowed the Donald J. Hobart Scholarship Fund. The decision to name the scholarship after Hobart was unanimous.

"We owe our gratitude to Don Hobart, who, from the beginning, has tirelessly devoted his time and energy to alumni activities. His guidance has seen the association through many changes and growth. The success of the alumni association and the annual giving campaign is directly related to his efforts."



Michael Jansen, Class of 1998, was selected to receive the 1996 Donald J. Hobart Scholarship.

said John Nietubicz, former president of the Alumni Association.

This year the award committee had the distinct pleasure of interviewing four nominees from the class of 1998; Josh Renzi, Elizabeth Reamer, Sean McBride and Michael Jansen. The selection committee ultimately chose Michael Jansen as the best overall candidate in the four areas of excellence.

Somehow it only seems fitting that the student who receives the Donald J. Hobart Scholarship should enjoy anatomy! Michael received top marks in anatomy during his first term at UMAB and is cur-

rently serving as a teaching assistant for this summer's anatomy class for new students. Michael is also his class' representative to the alumni board and a student member of the APTA. Michael enjoys helping his classmates and others in the community as well.

CONGRATULATIONS - MICHAEL!

# GRADUATION '96

## Hats Off to the Graduates!

On May 23, 1996 the department of physical therapy proudly graduated its second MPT class. The pre-commencement ceremonies were held in the ballroom of the Student Union at UMBC. A record crowd was in attendance to join in the graduation celebration. Opening remarks and greetings were offered by Dr. Clarence Hardiman and Dr. Gad Alon. The graduates were honored by the presence and inspiring comments of the Dean of the School of Medicine, Dr. Donald Wilson. The keynote speaker for the event was Susan White Bowden, author and former television news reporter.

Bowden offered her insights gained after the tragic death of her son. She challenged the graduates to believe in themselves and encouraged them to recognize the importance of self esteem and self worth as they develop as caring professionals. She further honored the graduates by donating to the physical therapy library, in the name of the class of 1996, two of her books.

Following the keynote address, graduates were hooded by Sandy McCombe Waller '85 and Roy Bechtel '79 and received their certificates from the Associate Dean, student affairs, Dr. Jack Gladstein. Dennis Klima was recognized

with a special award for his exceptional teaching abilities and to mark his 11th year as an adjunct instructor for the department.

Michelle Renee Sowers, member of the graduating class, gave the student address and recounted the class' development over the last three years from individuals to a family of friends and colleagues.

The university commencement ceremonies took place later that day at the Baltimore Arena. Graduates, faculty, family and friends attended this event joining graduates from the Schools of Medicine, Law, Dentistry, Social Work, and Nursing.

Hats off to the Class of 1996! Everyone at the school and the Alumni Association is proud of your accomplishments.

*Sandy McCombe Waller '85*



Dr. Clarence Hardiman came out to the audience to present Catherine Repass with her certificate. Catherine was in a wheelchair at graduation due to an injury sustained at this year's Springfest.

Below, Dennis Klima celebrated his 11th year as an adjunct instructor with longtime UMAB PT staff members, Bobbie di Sabatino, Sharon Presley and Terry Heron at this year's graduation banquet. Klima received a special recognition award at the department's pre-commencement ceremonies.

### AWARD RECIPIENTS:

#### *Academic Honors*

Jennifer Christine McCuen  
Marcia Lynn Iddings

#### *Figge Award for Excellence in Anatomy*

Marcia Lynn Iddings

#### *Laura G. Levine-Mandell Award*

Michelle Renee Sowers

#### *Elizabeth G. Macualay Award*

Courtney Marie Unger

#### *Senior Alumni Award*

Joanna Marie Bainbridge

#### *Outstanding Graduate Award*

Jennifer Christine McCuen

## Excerpts From 1996 Graduation Speech

*"It's hard to realize we have come to the end of a journey which began on June 1, 1993. There we were, 68 strangers, feeling a little overwhelmed and perhaps even wondering if we were truly up to the task at hand. ... Over time we became more than friends, an actual family, with disagreements and misunderstandings but most of all, love and respect, and a willingness to help each other along in striving toward a common goal. ... Now after approximately 100 written exams, 50 practicals, 60 projects and papers, countless hours of research and thousands of pages of textbooks... we begin a new journey. ... May we never take for granted two of the gifts we have been given here - the gift of healing and the gift of one another."*

*—Michele Sowers '96, student speaker*



Class of 1996 (left to right)  
Jennifer McCuen and her  
friend Beth, and classmate  
Kristen Walenta



Class of 1996 (top row/left to right ) Sarah Melrose, Marci Iddings, Jodi Orloff, Tammy Megonigal and Kristen Stairs (bottom row/left to right) Courtney Unger, Jamie Bentkowski and Alison Chouinard.



Class of 1996 (left to right) Ginger Clark, Lori May, Gina Oberle, Jennifer Malinosky and Robin Steinberg.



## Congratulations Terry!!

*February 15, 1996 marked Terry Heron's 25th anniversary in the department of physical therapy at UMAB. She came to the department directly from high school and from the beginning she has worked in the area of admissions. During her 25 years, thousands of applications for admission have gone through her office and she has processed the paperwork to admit a total of 1,381 students. She enjoys working with students and is always a delight to be around. We look forward to her being with the department for many years to come.*

*Congratulations and thank you for all your hard work.*

## First UMAB PT Graduate to Receive Prestigious APTA Award

Jennifer McCuen, UMAB MPT Class of 1996, was honored at the APTA's annual conference held in Minneapolis, Minnesota from June 14-18. She was one of only seven physical therapist professional education students in the entire country to receive a 1996 Mary McMillan Scholarship Award and the first UMAB PT student to ever receive the award. This award given in honor of the founding President of the APTA, recognizes students exhibiting superior scholastic ability and potential for future professional contributions. Students were nominated for this award by their faculty, and as part of the process they wrote an essay and submitted five letters of recommendation. The award was presented to Jen at the APTA Honors and Awards Luncheon held on June 18, 1996 with hundreds of conference attendees present including her own personal UMAB cheering section comprised of Dr. Clarence Hardiman, Dr. Gad Alon, Kathy Davis '91, Lynn Rudman '76 and Kim Vickers.

Jen, who has recently begun working as a staff physical therapist at the University of Maryland Medical System's Shock Trauma, had been given other awards and honors while a PT student. She was selected by the UMAB PT faculty to receive the APTA of Maryland's Outstanding Senior Award and was selected for inclusion in the Who's Who Among American Colleges and Universities. Jen also graduated with academic honors and is a member of Phi Kappa Phi.

At the national level, Jen has participated in the APTA Student Assembly, serving the Nominating Committee during the 1995-96 term. She was also the Maryland Chapter's Student Delegate to the 1995 House of Delegates.

The UMAB Department of Physical Therapy and the UMAB PT Alumni Association are indeed honored and proud to have Jennifer McCuen as one of their own.  
CONGRATULATIONS - JEN!



Dr. Clarence Hardiman, Chair of the UMAB PT Department, was on hand to personally congratulate Jennifer McCuen '96 on receiving the Mary McMillan Scholarship Award at the APTA's national conference in June.



# ALUMNI NIGHT OUT WITH THE ORIOLES

*On June 6, 1996, 50 alumni and 100 of their friends and family spent an evening of fun together at Camden Yards.*



Ric Lopez '78 (left) laughs with Joe Hejduk '81 and his daughter at the pre-game party held at the UMAB PT Department.



Chris Downes '95 proudly holds up her new Orioles mug that she won in the alumni raffle at the game



Sandy McCombe Waller '85 and Kathy Davis '91 show their Orioles spirit!



Donna Pendleton '85 and her daughter Laine enjoy the game together. Laine won the Orioles T-shirt in the free kids raffle sponsored by the Alumni Association.



Kim Vickers, director of alumni programs chats with Laura Flynn (Fitzgerald) '92 and Mary Jane Ward (Paffenback) '92 about some upcoming alumni events.



Ric Lopez '78, association president, with his son John at the game. John won the Orioles hat in the free kids raffle sponsored by the Alumni Association.

# CLASS NEWS

## Director's Column

I hope that all of our *PT Newsletter* readers will enjoy the exciting changes that we are making to our publication — more pictures, feature articles and class news. As editor, I would love to hear your comments and suggestions for future articles.

I would like to thank again, Dr. Clarence Hardiman, our department chairman, for joining us at our events and volunteering to be our official photographer. I would also like to thank Dave Adams, our graduation photographer, for donating pictures for this edition, including our cover photo. I would like to extend my gratitude to all of our guest writers, for this edition, as well.



Kimberly A. Vickers  
Director of Annual  
Giving and Alumni  
Programs

## 50's

**Ellen Gutow (Adams) '58** joined us for the continuing education course in March and wanted her classmates to know that "retirement is great!" Ellen lives in Highland, Maryland and continues to keep her PT license current.



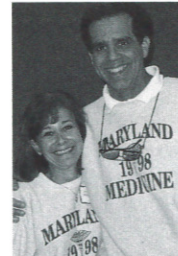
**Dixie Miliner (Smith) '58** holds the picture of her class of four, the first PT class to graduate at UMAB.

present representing the first PT class at UMAB. **Edward Benson '59** was recently awarded a "Life Membership" by the APTA after serving the PT community for over 30 years.

## 60's

**Herschel Budlow '62** started his own private practice in 1994 after 32 years of clinical

**Mike and Audrey Bershak '69** still a happy couple since their days in PT school.



work. He specializes in orthopedics and sports related injuries. **Florence Whiteley-Binkewicz '68** has a new position as community health rehabilitation supervisor for a home care agency providing services for 26 towns with a staff of 35 PTs, OTs and STs in Norwood, Massachusetts. **Mike Bershak and Audrey Bershak (Jonas) '69** are still a happy couple since their days as PT students. In addition to sharing a home and two children they also share a private practice with offices in Baltimore County and Columbia. Their son is a mechanical engineer and their daughter is in her second year of medical school.



**Lynne Smejkal (Jarczynski) '74** and her husband **Jan Smejkal '77** came from New Jersey to

the Orioles game on Alumni Night.

## 70's

**Roger Henning '73** is still in private practice with Tom Cole after 19 years and he still loves being a physical therapist. Roger and his wife Connie have two children in college and one more to go before they become "empty nesters". **Lynne Smejkal (Jarczynski) '74** and her husband **Jan Smejkal '77** own and operate Absegami PT in Absecon, New Jersey. They had a great time at the Orioles game (they won 2 free tickets) and enjoyed seeing the new PT department. They have three children, Kelsey (10), Rudy (8) and Jake (4). **Stacy Youngkurth '77** has two boys Zachary (6) and Bobby (3). She works in home health physical therapy. **Charles Kibbey '77** still has his private practice and lives in Burtonsville, Maryland. He has three children, Colleen (17), Marybeth (13), and Kevin (9). **Rene Knight-Weiler '78** is living happily in a log cabin in Lyle, Washington with her husband Bill, 3 children and a pink pig named Elmira. She is working part-time in the local hospital and still enjoys her work as a PT. She would love to hear from other class members.

## Keep in Touch

We enjoy hearing from alumni and hope you enjoy reading about the avocations, professional accomplishments and personal milestones of your classmates and colleagues. Please help keep us informed.

Write to Class Notes, Alumni Office, c/o Department of Physical Therapy, 100 Penn Street, Baltimore, MD 21201. Or, get in touch by phone (410) 706-1816, or fax (410) 706-6387. We are also trying to establish a class agent system to help facilitate the gathering of news from alumni. If you are interested in being the class agent for your year, contact Kim Vickers in the alumni office.

## 80's

**Laura Gaetano '83** had a baby boy born on September 19, 1994 named Philip Gaetano, Jr. She is currently working part-time as a physical therapist and lives in Hampton, New Hampshire. **Liz Long (Schoepf) '84** is due to have her first child any minute. We will have more news in the next newsletter. **Paul Lastova '85** lives in Herndon, Virginia with his wife and three children (all boys!) He works in outpatient orthopedics and sports medicine. **John Nietubicz '85** came to the Orioles game in June with his wife Maryann and children Matt and Jessica. John is currently working as a home health physical therapist. **Valerie Shemanski '85** got engaged and had knee surgery all in the same month. She is already back at work and recovering from surgery. **Sandy McCombe Waller '85** was presented with the "Faculty



**Pamela Higgs (Leclerc) '86** got to visit with classmate **Carmen Cellon '86** at the March continuing education course sponsored by the Alumni Association.

of the Year" award by the UMAB PT Class of 1996 at graduation in May. **Bonnie Terry Warshaw '86** is currently at home with her three children Jesse (6), Hannah (3), and Amy (9 months), but is still keeping her PT license current. **Carmen Cellon '86** is living in the Catoctin Mountains in Thurmont, Maryland with her three children Kelsey (8), Daniel (5) and Adam (1). They are planning to move to California in August, 1996. **Pamela Higgs (Leclerc) '86** is living in her new home in Mt. Airy with her two children. She is the assistant director of physical therapy at Chesapeake Assessment and Treatment Center. **Dina Adams (Schoeller) '86** is director of Naylor's Court Physical Therapy Associates in Pikesville. She has two children Zachary (6) and Danny (3). Her husband Tony is studying to be a PTA. **Lucinda Christhilf Wakefield '86** is now working in Easton, Maryland in a private outpatient facility called Orthosport.

## 90's

**Theresa Catterton Levendusky '90** is a student again. She is presently attending graduate

school at George Washington University studying exercise science. **Kathy Davis '91** one of our alumni and a UMAB PT faculty member, presented a lecture on "Humor in Health Care" at this year's APTA National Conference in Minneapolis. Kathy also teach-



Sheila Foye '91 holds her new baby daughter, Kasey.

es a "Humor in Medicine" course for PT students at UMAB. **Sheila Foye '91** and her husband **Gordon Cwynar '91** have a new baby girl, Kasey Lorelle Cwynar-Foye. **Kelly Knight '92** just got married to her long-time sweetheart Jeff Fulp in January of this year. She is living in Enon, Ohio, a small town near Dayton. **Brett Clark '93** is back at UMAB getting his MPT degree. The department is happy to have him back. **Gene Ford '93** was at the continuing education course in March and told us that he is back in the real estate



Katie Gishel (Topper) '95 brought her son, Garrett, to the Orioles game on June 6th.

business. He is currently serving as president of an apartment development corporation but is keeping his PT license current. **Katie Gishel (Topper) '95** had a baby boy born on August 4, 1995 named Garrett Austin Gishel and she is expecting again. When she is not traveling as a PT for Health Tour, **Kimberly Palechek '95** is traveling for fun. This summer she is spending 24 days traveling with her mother to Ireland, Wales, Scotland and England. When she returns, her next work assignment will be in Missouri.

## LIKE MOTHER, LIKE DAUGHTER

*continued from page 3*

talent for physical strength. In high school I could arm wrestle the football team and win!" she adds with a laugh. "So I thought, 'Okay, I'm strong. What can I do?' Physical therapy seemed to lend itself to my talents."

After graduation in 1980, Julia Bainbridge returned to the Eastern Shore and worked in the public schools with handicapped children in four rural counties. Five years later she set up shop in Chestertown—the only private physical therapy practice in Kent County, population 17,000.

"It's a fabulous career. I joke and laugh with my patients and have a good time," Julia Bainbridge says. "There's a constant flow and change. I built this practice so Joanna could come back here and join it." Then, on a less serious note: "That way I can garden, fish, go crabbing, see the patients I want to see—while Joanna can handle the stuff I find tedious!"

Like mother, like daughter: Working in a small private practice in a small town dovetails with Joanna Bainbridge's future plans. But first she wants to gain a wide range of experience in an urban setting. This June she started her new career at St. Agnes Hospital in Baltimore.

"I'm going to stay in the area for a few years. I'll work with patients with wounds and strokes, and with children." After she gains experience, "I plan to move back to Chestertown," she says. "I'm attracted to a small town and a small practice. Mom gives her employees a lot of freedom. It's a happy office in a happy setting."

Does a mother-and-daughter physical therapy practice sound unusual? Well, consider this scenario: A third Bainbridge could join the Chestertown practice. Joanna's brother Brian Bainbridge, 27, plans to join the profession. First, though, he's got to complete a bachelor's degree in biology at the University of Maryland at Baltimore County. Then the youngest Bainbridge has his sights set on entering the MPT program.

"Brian has applied for the past two years and didn't get in this round," his sister reports. "His plan is to up his grades and do what I did. He has the same mind set: There's no other option. That I did it shows it can be done!"

*Joe Surkiewicz is a Baltimore journalist and author of The Unofficial Guide to Chicago (Macmillan Travel).*

## NOTICES

### Clinical Research Participants Needed

The division of complementary medicine at UMAB is studying and evaluating the effectiveness of several forms of alternative medicine. A current project involves the treatment of patients with back pain by several forms of alternative medicine.

The division of complementary medicine is seeking the participation of the physical therapy community in Maryland to assist in identifying patients for this research. The participation of the therapist in this research project will involve just a phone call. We will then send a researcher to conduct an interview with the patient at the beginning and end of physical therapy treatment (approximately six weeks later). There will be no interference with the patient's treatment by our research staff.

Patient criteria:

- 18-60 years old;
- low back pain for more than 3 months;
- speaks English; (some medical exclusion criteria will apply.)

This is a great way to be involved in validating the practice of physical therapy and

participate in clinical research. If you would like to contribute to this research effort please call Mary K. Bahr at (410) 448-6607

### Strain and Counterstrain II to be hosted at UMAB PT Department

The physical therapy department at UMAB is pleased to host "Strain and Counterstrain II" Friday, Saturday and Sunday, August 9, 10 and 11 at the Allied Health Building at 100 Penn Street in Baltimore. The first part of the Strain/Counterstrain course which deals with the spine was held here in 1994 and was well-received. The second part of this course will deal with the extremities and pelvis. There is no prerequisite.

The course fee is \$450 for the three days. If you wish to register, please contact the Jones Institute at (619) 942-0647 or for more information or a course brochure, please call Roy Bechtel at (410) 706-7720.

### Grant Awarded to Alumni Association

The UMAB Physical Therapy Alumni Association received a grant of \$2,900 from the Alumni Association-International, Inc. (AA-I). AA-I provides funds for programs which benefit and strengthen alumni organizations within the University of Maryland System. The alumni board received this award for developing an outreach program for current students to interest them in the Alumni Association and its activities. The "Welcome to the Alumni Association" party for graduating seniors, held in April, was a part of this new program.

Cecil Short, a representative of AA-I, presented Ric Lopez '78, association president, with a certificate and check at the April board meeting.

### Mentors Needed

The UMAB Alumni Association mentorship program, designed by the Alumni Association board to provide a liaison between UMAB students and practicing alumni members, is now in full swing. Students are offered a list of alumni members who are interested in providing information and advice in areas of similar interest. The goal of this program is two-fold as it provides the students with a reliable resource in a specific area of concentration or location of practice, while providing alumni with the gratification of assisting a budding colleague

with career decisions. If this program interests you or you need more information, please contact Kim Vickers at (410) 706-1816.

### Accepting Nominations

We are currently accepting nominations for the 1996 Alumni of the Year Award. This award was established in 1988 as a way of honoring outstanding UMAB Physical Therapy Alumni.

Nominees for this award must be graduates of the UMAB PT program who have made outstanding contributions or achievements in the physical therapy profession. Possible areas of achievement are in academics, administration, clinical practice, research, community service, professional associations, our department or our 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 no later than August 15, 1996. This year's award recipient will be honored at the fall Alumni Social.

We are also accepting nominations for our Alumni Association Board. We need nominations for president-elect and two general members. Responsibilities include attending 10 monthly meetings a year and Alumni Association sponsored events.

Please send your nominations to Kim Vickers c/o Physical Therapy Alumni Office, 100 Penn Street, Baltimore, MD 21201-1082.

### Welcome Party for New Members

On April 2, 1996 the Alumni Association sponsored a pizza party to welcome the new members of the Alumni Association—the class of 1996! Featured at this event was the premiere showing of an Alumni Association "infomercial" written and directed by Alumni Director Kim Vickers. The

unique talents of Alumni Association board members—Ric Lopez '78, Vinnie Conroy '90, Sandy McCombe Waller '85, and Kim Vickers came to life in this humorous video explaining the benefits of membership to the association. A free raffle was held and prizes of T-shirts and Orioles tickets were awarded to seven new association members including Jeanne Wolfe, Anne Shybunko-Gould, Jim Michaels, Jennifer Swain, Margie DeGruchy, Susan Strobel, and Scott Iardella.

*Sandy McCombe Waller '85*



**New Members Join Alumni Board for 1996**

Five new members joined the Alumni Association board in January. We are pleased to welcome (from left to right) Judith Bowden '70 (secretary), Sandy McCombe Waller '85, Jody Schmidt '92 (treasurer), Vincent Conroy '90 (president-elect) and Steve Bell '89 (not pictured).

If you or someone you know is interested in becoming a member of the Alumni Association board—please refer to "nominations" on this page for more information.

# LOST ALUMNI

Please help us find our lost alumni. If you know an address or phone number for one of your classmates on the list, please notify Kim Vickers in the alumni office at (410) 706-1816.

*Don't become a lost alumni. Please keep your address updated with the alumni office, so that you can continue to receive your PT Newsletter, plus information about continuing education courses and special events!*

## The 60's

Fred Schleifer '62  
 Evelyn Johnston '63  
 Karen Kramer '63  
 Clyde Souder '63  
 Richard Hetherington '65  
 Marilyn Marshall (Venetta) '65  
 Gail Resnikoff (Griffin) '65  
 Shirley Smith (Cohen) '65  
 Carol Leach (Stevens) '66  
 Becky Householder (Joslin) '67  
 Margaret Vance (Arnall) '67  
 Linda Miles (Patchen) '68  
 Lynda Rogers '68  
 Sherry Thompson (Lovell) '68  
 Carol Zimmerman (Rogers) '68  
 Rita Krassensky (Goldstein) '69  
 Gail Pellegrin (Carver) '69  
 Margaret Podlesny (Boehm) '69  
 Allan Rosenfeld '69  
 Harry Whilden '69

## The 70's

Linda Cameron '70  
 Marian Ferry '70  
 Diane Fagot (Zwack) '70  
 Harriett Aronoff '70  
 Sarah Lazarus (Genut) '70  
 Pat Thomason (Morris) '72  
 Virginia Vigilanti '72  
 Beth Bader '73

Kathy Carr (Anderson) '73  
 Phillip Gilden '73  
 Renee Fardis (Carson) '74  
 Claudia Fisher (Corbett) '74  
 William Fisher '74  
 Kay Ginader '74  
 Nancy McGovern '74  
 Cheryl Oppenheim (Resnik) '74  
 Gail Wehner (Poling) '74  
 Milena Bartosiewicz '75  
 Holly Buser (Schermacher) '75  
 Joanne Gaito '75  
 Lenora Herrman (Lebherz) '75  
 Diana Madonna '75  
 Betty Painter '75  
 Barbara Rainier '75  
 Ronald Smail '75  
 Charlene Amedoro (Curtis) '76  
 Kathleen Buechel (O'Neill) '76  
 Ann Marie Codori '76  
 Sandra Cushner-Weinstein '76  
 Patrice Heck '76  
 Mary Lamoy '76  
 Kathy McCall '76  
 Betty Moore '76  
 Cindy Perlman (Macko) '76  
 Edythe Richman '76  
 Marilyn Spliethoff '76  
 Sharon Steube '76  
 Tony Swann '76  
 Stella Both '77  
 Kathleen Connolly '77  
 Elise Gettleman '77  
 Sharon Hatchett (Reid) '77  
 Marian Jellick (Jarina) '77  
 Michael Margolis '77  
 Pamela Neubauer '77  
 Elizabeth Seibel-Lee '77  
 Mary Ann Barrett '78  
 Roy Capellaro '78  
 Joan Condyles (Hackert) '78  
 Patricia Columna (Pearson) '78  
 Karen Frank '78  
 Cynthia Kovacs (Potter) '78  
 Elise Paul (Euzent) '78  
 Linda Sharpe '78

David Sheer '78  
 Francine Weiner '78  
 Sandra Yerger (Bain) '78  
 Kathleen Chavez (Downey) '79  
 Joyce Dauchy (Emmitt) '79  
 David Gross '79  
 Vivian Hartzell (Bonfield) '79  
 Susan Scherer '79  
 Carolyn Spencer (Pendleton) '79

## The 80's

Gayle Bartland (Hernandez) '80  
 Carol Brisco '80  
 Rene Cervi '80  
 Cheryl Di Giovacchino '80  
 Mary Draize (Simon) '80  
 Karen Richards '80  
 Michael Smead '80  
 Loretta Woodfolk (Crockson) '80  
 Sharon Weaver '81  
 Yvonne Brodsky (Wells) '82  
 Julia Fritts '82  
 Theresa Hannibal (Stevens) '82  
 Christine O'Berry '82  
 Bonnie Chopyk '83  
 Karen Greeley (Smith) '83  
 Karen Gilman '83  
 Joan Jarboe '83  
 Marian Kirk '83  
 Judith Ludwig (Thompson) '83  
 Vanessa Mirabelli (Corrallo) '83  
 Anne Peck '83  
 Michelle Singletary (Douglass) '83  
 Maryann Smith '83  
 Ellen Weinel (Milburn) '83  
 Kelly Wilson '83  
 Sarah Felton (Voellinger) '84  
 Annette Mason (Falck) '84  
 Lori Merritt '84  
 Deborah Tabb (Snyder) '84  
 Anna Lawrence (Daily) '85  
 Frank Quinn '85  
 Margaret Schmidley '85  
 Karen Ann Senesi (DeLuca) '85  
 Michael Spigel '85  
 Susan Bausum '86

Geraldine Beckman '86  
 Nancy Chipman Rinalli '86  
 Carolyn Gomez '86  
 Theresa Hogan '86  
 Mary Reybold (Cook) '86  
 Patricia White '86  
 Erin Boland (Whelan) '87  
 Erik Eways '87  
 Lauren Huber (Pfeifer) '87  
 Bernadette Murphy '87  
 Kecia Whitehead Pedro '87  
 Joseph Berry '88  
 Dennis Gavin '88  
 Catherine Hoffman '88  
 Jennifer Lamb '88  
 Ellen Lerner '88  
 Dennis Martucci '88  
 Cheryl Mecklenburg '88  
 Jay Shepherd '88  
 Beverly Coker '89  
 Ann Fenwick '89  
 Jori Gillies (Wicht) '89  
 Patricia McHugh '89  
 Marcia Prather '89  
 Khrysti Thompson '89

## The 90's

Shawn Coleman (Overstreet) '90  
 Julie Goldman '90  
 Lori Mills '90  
 Jude Padezanin '90  
 Susan Padezanin (Stickney) '90  
 Peggy Pappas '90  
 Rebecca Pratt '90  
 John Rund, Jr. '90  
 Robin Cantley '91  
 Andrew Dimitro '91  
 Patrick Dolan '91  
 Denise Gray '91  
 Yuk-Mei Kwong '91  
 Tammy Mielnik '91  
 Brenda Nordstom (Culbreath) '91  
 Jennifer Smith '91  
 Jill Greenberg '92  
 Laurie Conroy '93  
 Maria D'Angelo '95

# CONTINUING EDUCATION

Coming Soon

## THE CLINICAL AND ANATOMY REVIEW OF THE SHOULDER

scheduled for  
March 1997

sponsored by the  
UMAB Department of  
Physical Therapy  
and the Alumni  
Association

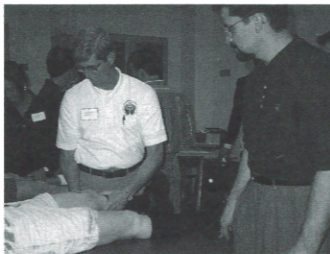
For more information  
call Kim Vickers  
in the Physical Therapy  
Alumni Office at  
(410) 706-1816

## Kneed to Know about the Knee

*Alumni Association sponsors  
course on the knee*

Area clinicians and alumni were treated to an excellent stimulation of the senses with the Alumni Association's production of "The Clinical and Anatomy Review of the Knee". The presentations, offered by Dr. Paul Anderson, assistant chair, UMAB PT Department; Dr. Richard Hinton, orthopedic surgeon, Union Memorial Hospital; and Robert Germeroth, physical therapist, Bennett Institute, captivated the audience with a delicate balance of innovative and established ideas in the treatment and rehabilitation of the knee. Didactic and clinical lab discussions combined with the all too familiar aromatic cadaver dissections provided for a well-rounded view of the anatomy and treatment of the injured knee.

Attendees were greeted by representatives from Dynasplint System, W.S. Medical Systems and The Training Room, who provided valuable information pertaining to their products and their relation to treatment. Those who were curious enough to stop by and chat with these representatives received a chance to win



Charles Kibbey '77 practices treatment techniques on the knee with the help of instructor Dr. Richard Hinton.



Thanks to all our exhibitors at the continuing education course in March. Pictured left to right are Steve Lombardo and Sherry Bargar from Dynasplint System, George Locklear from W.S. Medical Systems and Bill Bolesta from The Training Room.

various prizes donated by each company.

A round of applause was received by the presenters for providing a refreshing, thought-provoking, multi-disciplinary discussion concerning knee pathology and treatment. Kim Vickers was also commended for both her diligence in assist-

ing with the program's preparation and for satiating the hunger of the participants with a fine variety of delectable treats throughout the two-day course.

Next year's course will focus on the shoulder. Watch for more information in the next issue of the *PT Newsletter*.

*Vincent Conroy '90*

## Women's Health Symposium

*Donna Morse '83 deals with important issues for women and their physical therapists.*

Donna Morse '83 was one of several speakers at the second annual Women's Health Symposium, sponsored by Physiotherapy Associates, held in March, in Dallas, Texas. The symposium was held over five days and was completely devoted to current women's health issues.

Morse works in one of the Annapolis offices of Physiotherapy Associates and has been treating breast cancer

patients for six years. She also lectures on the subject to students at the University of Maryland Eastern Shore and local breast cancer support groups. At the conference, Morse spoke about breast cancer prevention, detection, the staging/prognosis types of breast cancer and the medical management of breast cancer including surgery, radiation and chemohormonal therapy. Her lecture included physical therapy management and treatment techniques including, immediate post-surgical exercises, patient education for lymph edema precautions and postural training, strengthening

and conditioning programs.

The symposium was an excellent way to raise awareness of women's health issues and how they can be addressed in the physical therapy clinic. The symposium was also a starting block for introducing these pertinent topics into the mainstream of treatment for physical therapists.

Other symposium topics included were "The Female Anatomy and Pregnancy Related Issues" by Cathy Konkler, PT, "Urinary Incontinence" by Barb Settles, PT, "The Pelvic Floor" by Susan Barker, PT, "Perinatal Neural Entrapment Syndromes" and

"Osteoporosis" by Wendy Katzman, PT, OCS, "The Female Athlete" by Elise Trumble, PT and "Evaluation and Treatment of Lymph Edema" by Beth Mark, PT.

*Laura Flynn '92*

**HAVE A  
SAFE & RELAXING  
Summer**

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