Mount Saint Mary’s DPT

VOLUME 5: HOLIDAY NEWSLETTER 2021

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CREATED BY THE STUDENT OUTREACH COMMITTEE
Dear DPT Students, Alumni, Faculty, and Staff,

As 2021 comes to a close I want to commend all for the perseverance, focus, and integrity with which you have faced the predictable and unpredictable challenges the pandemic continues to place before us. The kindness, caring, and support you give to each other as we pursue a common goal is the foundation for the success of our graduates, faculty, and staff. Your courage to move forward as we adapt and make the program better than before inspires me to not lose sight of what really matters – investing in people and our unlimited potential. I wish all a joy filled Holiday season. Take care of yourselves and loved ones as we move into 2022.

With Love and Gratitude,
Dr. Lowe

WITH KINDEST REGARDS FROM THE MSMU DPT FAMILY
Meet the SOC

Maureen Cobile - Committee Chair
Class of 2022

Amber Gore - EDJ Coordinator
Class of 2022

Sidney Ortega - Social & Events Coordinator
Class of 2023

Hadley Hagemann - Communications Coordinator
Class of 2023

James Yeh - Professional Development Coordinator
Class of 2023

Jackie Regan - Outreach Coordinator
Class of 2023
The DPT1s have successfully made it through the notoriously difficult first semester of DPT school! They are now using the winter break to relax and recharge before continuing with their first year.

It has been such a joy having these new students on campus. They are hard-working, fun to be around, and have been wonderful participants in campus events.

We can't wait to see what they accomplish in the upcoming year, and beyond. Give a warm Mount welcome to the Class of 2024!

The Class of 2024 Representatives, Sam and Rachael
Welcome the Class of 2024

Jashley Arguzon
Kira Bachmeier
Ethan Bates
Tiffany Caronia
Matthew Davis
Rachel Eubanks
Samuel Galligani
Clayden Garcelli
Justin Ilejay
Megan Lee
Cole LeTourneau
Austin Lopez

Mario Lopez
Emerly Luong
Heather McCall-Kelly
Megan Nguyen
Julia Packham
Tara Rao
Julia Romyn
Tomas Snur
Conor Starkey
Tatyana Vallejo
Lindsey Vest
Max Zakwoicz
The DPT2s have had a wonderful year of classes and clinicals, along with the perfect mix of some very fun covid-conscious social events. This cohort finished Neuroanatomy, crushed Ortho I and II, and all got placed successfully into their first 6-week clinical prepped and ready to show off their skills.

The DPT2s will be back on campus in January and are so excited to see each other once again. Congrats on a great year, Class of 2023!
CLASS OF 2022

The DPT3s have continued to be great mentors for the DPT1s and 2s, showing them how to navigate the rigorous class and clinical schedule.

They are getting so close to graduation, and we are rooting for them every second of the way. They have had a busy class schedule this past year, but are gearing up for a summer full of clinical rotations. Many exciting things are just around the corner for this class! Enjoy every second.
“Attending the 3rd year’s graduation ceremony during my 1st year helped me realize that this journey will eventually come to an end. From that day on I made an effort to sit next to classmates I didn’t know as well, attend social events, and say “yes” to more things. Although it was a tough three years, the friendships have made the journey incredibly fulfilling. We’ll be going our separate ways, but these experiences will always tie us together.”

Steven Chik, DPT (’21)
To Our Graduates:

Congratulations! Not only did you complete the difficult coursework required to earn your Doctorate, but you persevered through unique challenges. We are so proud of you all, and can't wait to see what the future brings. We're just lucky we could be a part of the journey!

"Dear MSMU DPT Class of 2021,

I would like to wish you a wonderful holiday season full of cheer and joy. In addition, we are thinking of you while you are preparing for your PT Board Exams in January 2022. Please continue to prepare and work together with your cohort and reach out to us at MSMU-DPT as necessary. Much success to you all,

Dr. Lee"

https://www.msmu.edu/graduate-programs/physical-therapy/dpt-student-life/graduation/
Outreach Coordinator, Jackie Regan ('23):
"In the fall, MSMU DPT participated in STEPtember, Life Rolls On, and a global PT day of service. Giving back to our community has helped us feel more involved in our profession by seeing the many ways our skills impact others. We are able to think beyond ourselves which can unload some of the stresses of school and prevent burnout."
Volunteer Highlights

This year was filled with so many incredible volunteer opportunities. Here are some of the most notable ones!

PTDOS
Our students volunteered at a local garden where they helped refresh and build up the gardens for a day. It was a wonderful day out in the sun, and a great way to rep our profession.

LIFE ROLLS ON
Life Rolls On "...is dedicated to improving the quality of life for people living with various disabilities." A few of our DPT students helped attendees get fitted onto their adaptive boards and get out surfing!

CAL-PT-PAC
We did it! 4-peat CAL-PT-PAC winners! 38% of MSMU DPT students participated in this year's competition, which was approximately 10x more than second place! Our program continues to prioritize the voice of the PT profession, and we could not be more proud!

STEPTEMBER
This year we increased our daily steps and activity level to raise money for Cerebral Palsy research. This event continues to be the largest volunteer/fundraiser we do each year, and this year was even better than the last.

Congratulations to our winners!
Top Individual Stepper: Tyler Fiddler ('23) - 774,046 steps
Top Stepping Team: "Between a Walk and a Hard Place" ('23) - 2,067,294 steps
Top Individual Fundraiser: Hadley Hagemann ('23) - $1,113
Top Fundraising Team: DPT 2 FAST 2 FURIOUS ('23) - $1,508
Here are some exciting pieces of news from MSMU DPT Alumni. We feel so lucky to have such a tight-knit network of alumni and continue to love watching their growth.

**Alumni Highlights**

Jessica Santana Franklin, DPT (Class of 2021)

"During the program I participated and volunteered for the Jornada volunteer trip to the Children’s Hospital in Tijuana, Parkinson’s Moving Day, September: The fundraiser for Cerebral Palsy Research, and I completed and volunteered helping the on-site staff run 2 hybrid CEU MSI courses at UCLA for Shirley Sahrmann (MSI of the lumbar spine and hip & MSI syndromes of the shoulder and cervical spine). I also participated in the Pilates Pro Bono clinic and received my Certification as a Pilates instructor. I have been accepted into the Kaiser Orthopedic Physical Therapy Residency and will begin that in March 2022."

**ALSO...**

"My husband, Jason Franklin, and I eloped on our original wedding date April 28, 2020, but we finally had our actual planned wedding that was postponed twice due to Covid on November 14, 2021, in Cancun, Mexico where we renewed our vows." - JSF ('21)

Lauryn Beecher, PT, DPT, PRPC (Class of 2018)

“This October I celebrated one year of private practice ownership at Pelvic Health and Wellness Physical Therapy, where I treat people of all ages and genders with pelvic health concerns. I also just passed the Pelvic Rehabilitation Practitioner Certification (PRPC) Exam earlier this November!”
Here are some exciting pieces of news from MSMU DPT Alumni. We feel so lucky to have such a tight-knit network of alumni and continue to love watching their growth.

**Alumni Highlights**

Shar Sadrpour, PT, DPT, PCS (Class of 2013)
Shar became a new mom, April 2021.
“Our son, Ari Eskandar Moassessi was born on 4/3/21. He weighed 7lbs 7oz and was 21.5 inches long. We are all doing well and adjusting to life as a family of 3!”

Chelsea Ades, DPT (Class of 2020)
Chelsea (now Mrs. Lucio) got married, March 2021.

Erin Armstrong, OCS, DPT, PT (Class of 2018)
Erin achieved her Orthopedic Clinical Specialist certification, July 2021.
"On behalf of the student-led EDJ committee, I am so proud of our work on our outreach event in the fall semester. We worked to create an interactive presentation & experience so that students from underrepresented areas could learn more about our profession. Although we faced challenges from the COVID-19 pandemic and the limited ability for in-person contact, we still had a nice turnout of students from all over the state. We look forward to repeating this event annually, with the hopes of further diversifying MSMU’s applicant pool & the demographics of the entire PT profession."
"I am extremely proud of all the students in our wonderful DPT program for being active and taking an interest in our chosen profession. Being a member of this year’s student outreach committee has allowed me to share with all students the broad variety of physical therapy as a whole. I would like to show appreciation to all the students who participated in the annual CAL-PAC Student Cub Challenge. We have been able to accomplish a four-peat victory and demonstrated our understanding of just how important our voices are in the community. I would also like to thank all students who have taken action on the APTA website and have sent letters to fight the current cuts being made to our profession. I look forward to continuing on in searching and sharing any professional development opportunities available to support our growth during physical therapy school."
"My name is Jamison, 2019 graduate of the DPT program. I moved to northern California and began working for Kaiser Permanente in Vacaville, working a mix of outpatient and inpatient roles in March 2020. It is hard not to include elements of 2020 into my 2021 memories because the hospital asked me to work 9 months of inpatient prior to starting my normal outpatient setting in 2021. My workload and expectations were dramatically shifted and I began reviewing all of my notes from Dr. Lee's classes!

Prior to listing the celebrations, I would note that 2021 has been a crazy difficult year for so many in my circles, professional and personal. Even though I work in a hospital setting- my heart broke to see patients pass from Covid and some colleagues as well and wish their families condolences over the holiday season.

The hard times of the past two years helped Ivana, my wife, and I to savor the good moments.

- I still wear bowties on Fridays to keep my spirits up!
- I was accepted into the 2021 Kaiser Permanente Vallejo Physical Therapy Fellowship Orthopaedic Manual Therapy & Musculoskeletal Primary Care program. The program begins in April 2022, and will be 18 months of dedicated study to develop my clinical reasoning, hands-on skills, and PT practice. This unique program also prepares me for the OCS boards if I choose to take them.
- I was asked to help do a feasibility study as a KP partner with Stanford University analyzing the use of virtual reality technology as a treatment intervention for pediatric physical therapy beginning this month.
- I had the opportunity to mentor a PT student for a two-day observation which has encouraged me to begin the CI certification process in future years.

I am excited for the upcoming CSM 2022, in San Antonio, Texas. In my downtime, I enjoy continuing education courses on Medbridge.

This December will also mark my one-year anniversary to my beautiful wife Ivana (Vi Jordan) who had some milestone breakthroughs in her singing career. She was able to sing in the choir for Disney’s Encanto movie and will be debuting her own five-song album this year. Both blessed to be where we are! Great to be back in Norcal- Go Niners!"
Scholarship Spotlights

Palo Alto Elks Lodge, which oversees the Robert L. Reeves Scholarship, has awarded scholarships to four MSMU DPT students!
- Eric Bergman ('23)
- Sidney Rose Ortega ('23)
- Jay Villanueva ('23)
- Federico Ragazzon ('21)

ERIC BERGMAN ('23)
"I was excited when I found out I was going to receive the Robert L. Reeves Scholarship from the Palo Alto Elks Lodge. It is an honor to be recognized for all the time and hard work that goes into the ultimate goal of becoming a physical therapist. I hope that one day I will also be able to give back to future student physical therapists to help them pursue their dreams."

SIDNEY ROSE ORTEGA ('23)
"It is an honor to be a recipient of the Robert L Reeves scholarship along with two of my classmates. The Palo Alto Elks lodge is recognizing the hard work and dedication put into each semester. This gift is promoting an environment for future students and me to pursue our physical therapy dreams. I can't wait to give back to my future patients and the community."

JAY VILLANUEVA ('23)
"I was astounded when I learned that I would be a recipient of the Robert L. Reeves scholarship along with two of my classmates. This scholarship felt like a small form of recognition for all of our sedulous work throughout the program. I felt honored to receive this accolade. I will continue to work hard and give back to the physical therapy field as I continue this amazing journey."

FEDERICO RAGAZZON ('21)
"I was very surprised and excited I had been awarded the scholarship. When the opportunity came, I figured I might as well apply and see what happens. I immediately called my parents and texted my girlfriend."
Dr. Vicky Hu
Developed Cardiovascular and Pulmonary PT Residency at Cedars-Sinai Medical Center this summer. ABPTRFE has granted candidacy and we are expecting to enroll our first participant January 2022 - application opening soon (I’ll let you know as soon as available). Minimum of one year experience preferred, will consider exceptional candidates with less than one year of experience. It will be a 1 year-long program designed to prepare the resident to become an ABPTS Certified Specialist in Cardiovascular and Pulmonary. The resident will receive didactic curriculum through PT Cardiopulmonary Educators webinars, and direct mentoring from current board-certified clinical specialists at the #6 nationally ranked hospital with #3 nationally ranked specialties in cardiology/heart surgery and pulmonology/lung surgery (according to US News and World Report). Cedars-Sinai also has a Neurologic PT Residency and an Orthopedic PT Residency.


Dr. Julia Chang
New Publication:

Dr. Craig Newsam
Attention MSMU-DPT Alumni
Did you know ...
- MSMU will pay for your attendance at a Clinical Instructor Credentialling course at the APTA member rate?
- MSMU will provide 6-12 months of library access for alumni preparing for an ABPTS exam?

If you are interested in taking advantage of either of these opportunities, or if you wish to discuss other potential ways MSMU-DPT can support your professional development, please contact Craig Newsam, PT, DPT at cnewsam@msmu.edu
New Publications:


Follow the MSMU DPT SOC Instagram for quick updates!

@msmudpt_soc

Communications Coordinator,
Hadley Hagemann ('23)

Thank you to everyone who has followed the Instagram, tagged us in your photos, and/or shared your photos and news with us! It has been such a joy. Stay engaged, we love it!

I hope to see the MSMU DPT program continue to embrace its creative side. The support has been incredible, so thank you to everyone involved!
Thank you for your continued support!

The MSMU DPT SOC is so thankful for the engagement within our program and outside of it. Our Alumni are incredible, and our connectivity to them is continuing to improve online and in person.

To hear up-to-date news on our program, follow our Instagram (@msmudpt_soc). If you're a current student, plan your monthly calendar with our SOC Monthly Email as your guide! We love to plan events, and we hope you enjoy attending them just as much!

Above all else, enjoy your Holidays. COVID-19 continues to change how we see our loved ones, but we hope you find a way to surround yourself with joy and love this holiday season.
5th Winter Newsletter created and edited by:
Communications Coordinator (SOC) - Hadley Hagemann ('23)
Supporting SOC Members (Maureen Cobile, Amber Gore, Jackie Regan, James Yeh, Sidney Rose Ortega)
Gabriella Konyalian
Dr. Lee
Dr. Lowe

MSMU DPT Faculty with administration at 2021 Christmas Luncheon