



“All Great Changes are Preceded by Chaos”

Written by SPTO President, Shawn Paulo

We hope everyone is staying healthy and taking the necessary precautions as COVID-19 cases continue to rise across the country. Given the suspension of all face-to-face classes at UT amid the novel virus and federal mandated social distancing, the remainder of the DPT spring and summer semesters have transitioned to remote learning. We all understand this is a new experience for everyone, so we must be patient and stay in constant communication in order for a successful transition.

Over the past month, the faculty have worked diligently to modify all of the courses for this new method of teaching. 1st and 2nd year cohorts have adjusted well by participating in virtual lectures, group discussions, and meetings through blackboard. Furthermore, the incoming class of 2023 is eager to begin their journey in May taking Anatomy and Pathophysiology online as well. It may not be the preferred style but recognize that the desire of ensuring safety is the main priority. Unfortunately, our 3rd year students had to abruptly end their final rotations a month short, notified board exams will be pushed back into the summer, and the cancellation of the notable commencement and hooding ceremony. While these decisions have come at a significant cost, they are keeping a positive light in mind by staying resilient in the face of adversity, continuing to study for their board exams, and remain in constant communication with faculty about their future plans.

To the faculty, we thank you for everything you are doing right now to accommodate this school year while maintaining our compliance with CAPTE accreditation standards. We can only imagine the amount of stress you are facing through immense consideration and discussion and are extremely grateful for your efforts. We just need to have faith in the process because what is meant to be will not pass us by during these unprecedented times.

A Word About the Newsletter

Welcome to the Spring edition of the Alumni Newsletter! This newsletter was put together by the Student Physical Therapy Organization (SPTO), with a bit of help from the faculty. We hope to use this newsletter as a way to connect to you, give updates about the program, and let you know about upcoming events that may be of interest to you.

Congratulations The University of Toledo DPT Graduation Class of 2020





1st Annual PT Formal

The first annual PT Formal was held on January 31st, 2020. The event took place at The Summit in downtown Toledo. First and Second year PT students dressed up and danced the night away with drinks and appetizers. It was a great time! Thank you to Sarah Wintrow and Shawn Paulo for organizing the event, as well as Elizabeth Rosin, Melissa Kling and Lea Petee for helping create decorations.



Kroger Community Rewards Program

Kroger has given the opportunity for different non-profit organizations in the area to sign up to earn money for their organizations – just by shopping at Kroger like you normally would. By following the link below, create or log into your Kroger account, search for “UT FOUNDATION – STUDENT PHYSICAL THERAPY” either by name or FP511, and then click “Enroll.” By shopping at Kroger and using your Kroger Plus Card, SPTO earns rewards and Kroger donates money toward our organization that we can use to help give back! Please consider this quick and easy way to give back! To sign up, see the following link: <https://www.kroger.com/topic/kroger-community-rewards-3>

Lunch and Learn

Students come together several times each semester for an informal lunch and to expand their knowledge while listening to a guest speaker. This semester we had a representative from Fusion Medical Staffing, Maddie Lanstrom, speak about working as a travel physical therapist. This meeting was very informative and gave many students the opportunity to ask questions and learn more about the pros and cons of becoming a travel PT.

In addition, Sarah Sherman PT, DPT, ATC and Alison Matson PT, NCS presented on the opportunity to complete a Sports or Neurological Physical Therapy Residency at UT. The Neuro PT Residency program was accredited Fall 2019 while the Developing Sports PT Residency is anticipated to start in July 2020.



Combined Sections Meeting in Denver, CO

Combined Sections Meeting was held in Denver, Colorado this year, and its goal was to inspire attendees to reach a higher peak in their career. Seventeen 1st and 2nd year students attended CSM this year. Students were able to attend 3 different informational session each day along with viewing the expo. The expo consisted of a variety of different PT clinics and businesses. Students were able to learn more about each company as well as get some free goodies. In their free time, students and professors checked out local breweries and hiking trails.



Shoe Fundraiser

The University of Toledo's Student Physical Therapy Organization (SPTO) has teamed up with Funds2Org to help raise money for SPTO. We are asking for donations of gently used/worn or new shoes to help raise money towards scholarships and other opportunities for UT DPT students. The shoes that are donated are transported to developing nations to give individuals business opportunities. This is also an environmentally friendly approach of recycling old footwear! The donated shoes can be any type of footwear as long as it they are not too worn. Please help SPTO reach their goal of 2,500 pairs of shoes!

Volunteer

Although the Spring semester was cut short by the COVID-19 pandemic, students were busy volunteering in the community earlier in the semester. In addition to the Community Care Clinic, they have been actively involved Food for Thought on several Fridays, making brown bagged meals that are distributed to those in need in downtown Toledo. Students also contributed their time assisting with a local program called Knock Out Parkinson's. This program is designed for individuals with Parkinson's disease and introduces boxing as a fun, alternative way to stay active!

Additionally, a group of students had the opportunity to attend The Special Olympics Winter Games at Bowling Green State University as FunFitness Volunteers. There were a variety of stations to help with including registration, ROM, strength, balance, functional activity, and education. This event was an awesome opportunity to practice clinical skills, working on communication skills, as well as having fun with patients!



One UT student states, "It was great to interact with such a wide variety of individuals. We saw participants as young as 7 years old and others in their 60s that were still playing basketball and earning medals! All of the participants were so passionate about their sport/event and talking with them was such a fun time. We had a very busy day and I definitely learned how to be quick yet accurate in taking ROM measurements. Everyone had such positive attitudes and I would love to volunteer at other events in order to help improve my skills and develop my experiences as a SPT."

Please welcome our new Secretary, Marilyn Palazzolo!

Marilyn has been a part-time secretary at The University of Toledo for the last 30 years. She began her journey here at UT in April of 1990 in a grant-funded position with the (former) Department of Health Professions. Since the beginning of her career, she has been working with the health professions at UT and has held several positions in the College of Health and Human Services. Marilyn states that her favorite thing about UT is the friendships that she has made. The College of Health and Human Services houses a variety of programs that teach students to become professionals that are dedicated to improving the lives of their clients in a multitude of ways. Marilyn enjoys being surrounded by these future professionals and the faculty that have a passion for making a difference in the lives of their students. Marilyn has always enjoyed working with students and after being in the Dean's office for the past 12 years, she is very excited to be able to interact more with our students.



Marilyn enjoys spending with her husband and Goldendoodle, Layla, during her free time. She also dabbles in graphic design, enjoys the outdoors, reading, and traveling. Marilyn and her husband are serious tourists when it comes to wineries and love to take many trips each year to different wineries. She also enjoys weekend trips to northern Michigan. Both of Marilyn's children live out of town, so she enjoys visiting with them as much as possible. Since the COVID-19 quarantine has begun, Marilyn has enjoyed being at home when her son who was able to visit from Nashville as well as celebrating her birthday with friends and family via Zoom. We are so excited to have Marilyn as our new secretary and we wish her the best!



WE'D LOVE TO HEAR FROM YOU!

CONTACT US!

Email: Tori.Smith@utoledo.edu

LET US KNOW WHAT YOU'VE BEEN UP TO!

New job? Professional achievement? Changes in your personal/family life you'd like to share?

Photos from Each Class

Hiking in Colorado



PT Formal



3rd Years before Last Clinical



1st Years Nerf War

