Dr. Pat Downey Receives Distinguished Alumni Award

Chatham University’s Physical Therapy Program Director, Dr. Pat Downey, received the “MaryLou Barnes Award for Distinguished Professional Service” from her alma mater, West Virginia University on April 7, 2013. The award, given annually to an alumnus who has gone on to have a distinguished career in physical therapy, was named for Dr. MaryLou Barnes, the inaugural program chair at WVU. Dr. Downey was given the award during the “Clinical Pathways” ceremony, where the second year PT students are presented with their white coats prior to beginning their fulltime clinical experiences.

Dr. Downey speaking at the Clinical Pathways Ceremony

Eugene Michel’s Forum at CSM 2013: Featuring Dr. Joe Schreiber

The Eugene Michaels Forum is sponsored by the Research Section of the APTA every year at the Combined Sections Meeting. This year the topic was “Lost in Translation,” with a focus on the challenges and successes of moving, or translating, research evidence into clinical practice. The panel included four different presentations along with a question and answer section. As part of the panel, Dr. Schreiber spoke about the innovative continuing education programs held at Chatham, which have included multiple four-hour sessions, required homework in between sessions, and discussion based segments on application of course information. Some of our preliminary research indicates that this approach is effective at encouraging clinical practice change.

In addition to the continuing education programming, Dr. Schreiber has also used a Knowledge Translation Framework to collaborate with the physical therapy staff at The Children’s Institute (TCI) on several projects. One of the projects has been an ongoing journal club, modeled somewhat loosely on the journal clubs that Chatham students participate in during the Research I and II courses in the DPT curriculum. Dr. Schreiber collaborates with the TCI staff to determine key content areas for potential practice improvement. Subsequently research articles are identified, and the participating staff is required to complete an article analysis. During the journal club meetings (four are scheduled, once every two months), special emphasis is placed on application of the evidence, including feasibility and potential barriers.
Dr. Traister Participates in Surgicorps International

Dr. Judith Traister has been traveling with Surgicorps International for the past four years. Surgicorps International is a local non-profit organization founded by a Pittsburgh plastic surgeon, Jack Demos in 1994. It’s mission is to provide free surgical and medical care to disadvantaged individuals in developing countries whether this be repair of cleft lips and palates; revision of scars from burns and animal attacks; and/or correction of various deformities. Volunteers from throughout the United States, Canada, and South American countries have donated their time and efforts to fulfill this mission. Dr. Traister has traveled to Guatemala for the last four years as well as to Zambia, Bhutan, and Myanmar within the last couple of years and will be traveling to Vietnam in October 2013. Although these missions do not focus on the delivery of physical therapy, there have been specific incidents in which physical therapy consulting/treatment has been necessary. Dr. Traister states that she has gained such an appreciation for other cultures as well as the camaraderie with which each of the teams work together to deliver the services to those in need. The kindness and appreciation of those receiving the care are unquestionably rewarding for all those involved. Dr. Traister believes that participation in these trips has given her not only an opportunity to give of her time and efforts but has also provided educational experiences within the surgical realm and various cultures as well as an opportunity to provide mentorship to our students in the area of serving others.

Other members of Chatham’s physical therapy faculty have also traveled with this group. Dr. Susan Perry volunteered her services in Guatemala in 2012 and Dr. Patricia Downey accompanied the team to Zambia in June 2013. Dr. Ann Williamson joined the group in Nepal and Ecuador in previous years.

Dr. Michelle Criss joins the Faculty

Dr. Michelle (Missy) Criss, PT, DPT, GCS joined the faculty as a part-time instructor in 2012. Prior to this, she served as an adjunct lecturer and PBL facilitator in the program for the last several years. Dr. Criss completed her Bachelor of Arts degree in biology and psychology at the University of Virginia, a Master of Science in Physical Therapy at the Medical College of Virginia/Virginia Commonwealth University, and a transitional Doctor of Physical Therapy degree at the University of Pittsburgh. Dr. Criss serves as a PBL Facilitator and lab instructor for both Management of Cardiovascular and Pulmonary Dysfunction and Management of Neuromuscular Dysfunction. In addition, she is responsible for the wound care content in the program and coordinates and teaches in Principles of Practice V: Health Care Delivery, Management, and Policy. Dr. Criss will be pursuing a doctoral degree starting this fall.

Missy is an active member of APTA Section on Geriatrics, having served as Regional Course Chair, Program Committee member, and now as Nominating Committee Chair. She also belongs to the APTA Neurology Section and Section on Clinical Electrophysiology and Wound Management. She has served PPTA as an alternate delegate and delegate to APTA House of Delegates from 2008-2012 and currently serves on the PPTA Practice Committee.

Her clinical practice is in skilled nursing, but she also has experience in adult day health programming, inpatient rehabilitation, and home care. Outside of work, Missy shares transportation duties with her husband for dance, soccer, piano, and social activities for their two girls. She loves and still dances but is starting to wonder if her joints can take it much longer! In addition, she likes reading, gardening, cooking, getting outside, traveling with her family (not enough lately, however!), and relaxing with family and friends.

Dr. Jason Woollard Collaborates on Lymphedema Clinical Research

Judith Schaad, PT, DPT ’12 and Carol Slomski, MD of Allegheny General Hospital are collaborating with Chatham PT faculty member Jason Woollard, PT, Ph.D. and have received grant funding to study the effectiveness of two methods of screening breast cancer survivors for lymphedema after surgery. Currently, lymphedema is typically detected by patients reporting symptoms, such as heaviness, or by noting visible upper extremity swelling. It has been suggested that this method of detection may occur later during the course of lymphedema development when it is established and less effectively treated. Recently, a prospective surveillance model (PSM) has been promoted as a better method of early detection and treatment of breast cancer related lymphedema. Therefore, the Allegheny General Hospital/Chatham University study will compare the outcomes of two monitoring protocols. One monitoring protocol will use traditional care plus telephone interviewing for early detection of lymphedema while the other will use traditional care plus bioimpedance testing in an attempt to detect and treat subclinical lymphedema and lower the prevalence of lymphedema development. Bioimpedance uses electrical currents passed through the arm to determine if there is a subclinical accumulation of extracellular fluid in the at-risk extremity thereby allowing for earlier treatment when detected.
Recent Faculty Scholarship

PUBLICATIONS


PRESENTATIONS

Dr. Melissa Bednarek

Dr. Missy Criss
- Are you a frustrated SNF therapist? APTA Combined Sections Meeting, Section on Geriatrics programming. January 2013 (with Ellen Strunk)
- Falls and Hip Fracture Rehabilitation. PPTA Southwest District Mini-Combined Sections Meeting. March 2013. (with Sara Schwarz)

Dr. Steve Karas
- Results of a Knowledge Translation Program on the Frequency of Thoracic Spine Manipulation and Mobilization Use for Patients with Neck Pain. 2013 AAOMPT Conference Platform Presentation / Cincinnati, Ohio. (With Angela Westerheide, DPT ’12)

Dr. Joe Schreiber
- Knowledge Translation: Changing practice in an outpatient clinic. APTA Combined Sections Meeting; January 2013 (with Brooke Racicot & Ellen Kaminski)
- Diane Cherry Forum: Best Practices in Pediatric PT Education. APTA Combined Sections Meeting; January 2013 (with Jennifer Furze, Kathy Martin, and Mary Jane Rapport)

AWARDS/HONORS

Dr. Pat Downey received the “Mary Lou Barnes Award for Distinguished Professional Service” awarded by West Virginia University’s Physical Therapy Program to a distinguished alumnus.

Dr. Susan Perry has been appointed Associate Editor of Neurology for *PT Now*.

Dr. Joe Schreiber was an invited speaker at the 2013 CSM Eugene Michels’ Forum.

Dr. Jason Woollard successfully defended his dissertation: *Predictors of Short-Term Patient-Reported Outcome Following Surgical Treatment of Rotator Cuff Pathology*. He received his PhD in Rehabilitation Science from the University of Pittsburgh in December 2012.

Dr. Woollard also received a $4,250 grant from Chatham’s Research Committee for his work on the effectiveness of lymphedema screening following breast cancer surgery.
On Saturday and Sunday, September 22 & 23, 2012, the Chatham University Physical Therapy program hosted a Professional Development Weekend for approximately 100 physical therapists. The Saturday presentation, *Musculoskeletal Imaging for the Primary Care Physical Therapist*, was presented by veteran TDPT professor Dr. Gail Deyle, PT, DSC, DPT, OCS, FAAOMPT. Dr. Deyle is also on faculty with the Baylor University Graduate School, founder and senior faculty member of the Army-Baylor Doctoral Fellowship Program in Orthopaedic Manual Physical Therapy.

Sunday programming offered four breakout sessions, including:

- **Evidence for Orthopedic Manual Physical Therapy in the Care of the Patient with Osteoarthritis of the Hip and Knee:** Dr. Gail Deyle
- **Differential Diagnosis and Manual Therapy Interventions for Common Cervico-thoracic and Lumbosacral Spine Disorders:** Dr. Raj Sawhney
- **Standardized Tests and Measures for Pediatric Physical Therapy Practice: Which tool should I use, when should I use it, and what should I do with the results:** Dr. Joe Schreiber
- **Updates in Vestibular Rehabilitation:** Dr. Anne Mucha

The weekend also honored alumni of the Transitional Doctor of Physical Therapy program with a reunion dinner and faculty recognition program. Approximately 100 students, families, faculty, and staff were in attendance. Music was provided by Dr. Greg Marchetti and his band and everyone enjoyed reconnecting with their colleagues and Chatham peers. The post-professional TDPT program began in the fall of 2001 and in the 11 years graduated over 300 DPT professionals.

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**Dr. Sarah Jameson Recognized**

Dr. Sarah Jameson, PT, DPT, GCS was presented with the “Clinical Educator Award” at the 2012 Doctor of Physical Therapy Recognition Awards Ceremony. She was a 2011-2012 Visiting Assistant Professor in the PT program, and taught in *Principles of Practice, Cardiopulmonary, Neuromuscular, and Multi-systems* management courses. A gifted clinician and teacher, students of the Class of 2012 felt that Dr. Jameson was an exemplary professional role-model who excelled at bringing clinical realities into the confines of the classroom. Dr. Jameson continues teaching in the program on an adjunct basis.

**OSPTA Received the “Award for Institutional Support”**

Each year the Doctor of Physical Therapy program acknowledges a facility and its physical therapists for exceptional support in teaching, research, and/or clinical education; going above and beyond expectations as an educational partner. In 2012 we recognized Orthopedic and Sports Physical Therapy (OSPTA) with the Award for Institutional Support. Jonathan Jancristoforo and his family joined us at our Graduate Recognition Ceremony in December to receive the award on behalf of the company. We at the Doctor of Physical Therapy program at Chatham University are very appreciative for all of the clinical experience opportunities from a wide variety of facilities that are provided for our students, particularly at the local and regional levels. Previous winners include: LifeCare (2011), Heartland of Pittsburgh (2010), The Children’s Institute (2009), Healthsouth Harmaraville (2008) and Allegheny Chesapeake Physical Therapy (2007).
The DPT Classes of 2013, 2014, and 2015

The Chatham DPT Class of 2013 is comprised of 35 students including six men and 29 women. Several in the class are pursuing second careers. Our class is a diverse bunch – we come from all over, including Germany. Our educational backgrounds also vary – some have degrees in business while others have been practicing as PTA’s for several years. However, we all have a common dedication to our program. The vast majority of the class are members of APTA, and some regularly attend SWDPPTA meetings. This past year, we’ve had class members attend both the National Student Conclave and the Combined Sections Meeting of the APTA. We’re currently on our second clinical rotation and will return to class mid-summer.

In late August of this year, Chatham University will welcome the DPT Class of 2015. Currently we have 42 incoming students with a gender make up of 32 women and ten men. They represent five states including Colorado, Michigan, and New York. Some of the undergraduate programs represented include: Chatham University, Penn State University, University of Pittsburgh, Indiana University of PA, University of Northern Colorado, Baldwin Wallace University and Mt. Aloysius, among others. The program looks forward to welcoming this new group of students.

Breanne Condon, Carolyn Kiliany, and Ashleigh Wetzel, DPT ’13, Participate in Patient Safety Fellowship

Three Chatham Class of 2013 DPT students, Breanne Condon, Ashleigh Wetzel, and Carolyn Kiliany (right) were chosen to become Fellows in the Jewish Healthcare Foundation’s (JHF) Patient Safety Program. The fellowship is a collaborative educational program between the JHF, the Pittsburgh Regional Health Initiative and the Health Careers Futures. The program was created with the goal of teaching future health care leaders quality and process improvement techniques to improve health care and patient safety. The weekly sessions expose the fellows to leaders in the healthcare field and allow them to gain skills and knowledge needed for process improvement. Congratulations to Breanne, Carolyn, and Ashleigh!
Amy Szalinski, MPT, DPT ’12

Dr. Szalinski is proud to have just completed the transitional DPT program at Chatham in August of 2012, finding it the “perfect opportunity” to gain updated learning and to reintroduce her to the changing, larger world of PT. After graduating from the University of Pittsburgh in 1995, Amy moved directly into the Rehabilitation setting, focusing the majority of her career on Brain Injury and Aquatics. Over time, she became certified in NDT, took on the role of Team Leader and has been developing programmatic skills for specialty certifications. Apart from patient and family teaching, Amy truly enjoys directly mentoring students as well as opportunities to move into the classroom presenting case studies, explaining handling skills or discussing aquatics treatment. She is a member of the APTA and the Neurology section. Currently, she is collaborating on research with TDPT faculty Drs. Sue Perry and Barb Billek and co-worker Susan Little - established, knowledgeable mentors guiding an investigation into traumatic brain injury in elderly adults.

When not in the clinic, Amy teaches tap, lyrical, and musical theater to high school students - a job that she has been doing for 20 years. Adding adults to her students has been a great treat to promote exercise and back health for people in the community. Of course, she also enjoys throwing in that new motor learning and cognitive challenge with this group. On a recent trip to Puerto Rico (pictured), Amy poses with her 97-year-old Grandmother (Abuela). This “always-on-the-go” woman passed on a great love for art, movement and learning. Amy looks forward to continuing this practice.

Brooke Racicot (Lang), MPT ’96

Brooke earned her Masters in Physical Therapy with the inaugural class at Chatham University in 1996. She started her clinical practice as a pediatric therapist in an approved private school setting. In 2002, she joined the staff as an outpatient clinician at The Children’s Institute where she had abundant opportunities to grow and flourish as a clinician. With the support of The Children’s Institute Brooke became an ABPTS Pediatric Certified Specialist in 2004. Currently she is the Director of Physical Therapy at The Children’s Institute, where her department is focused on providing state of the art care to all children and young adults. This past year the physical therapy department had the opportunity to work collaboratively with Chatham faculty member, Dr. Joe Schreiber, on a “Knowledge Translation” project about how pediatric outpatient clinicians incorporate new knowledge into their daily practice. The focus of the project was on use of standardized tests and measures. This project was accepted and presented at CSM 2013 and was a great success!

Brooke currently lives in the North Hills, where she grew up. She is married to Phil, her husband of 14 years and they have two children Teighan (12) and Regan (10). Her evening and weekends are full of coaching soccer games and gardening.

George Hess, MPT ’02, DPT ’02, COMT

Dr. Hess is a 2002 Chatham University MPT graduate and a 2002 transitional DPT graduate. George started his clinical practice in private practice right from the start. He set up his company, Hess Physical Therapy, while finishing his transitional DPT and opened his doors in December of 2002. While getting his practice started he contracted his company with home care agencies and other outpatient practices; working between contracts that he had set up and seeing patients in his own clinic. Today he has two locations and 12 employees. His clinics are geared towards orthopedic manual therapy, one on one care, and investing in his employees’ areas of interest so they become certified or trained in treatments such as: ASTYM, active release techniques, kinesio taping, vestibular training, FMS, McKenzie and Maitland techniques. He also places emphasis on wellness care offering gym memberships, personal training, zumba classes and massage.

In addition to receiving his transitional DPT degree, Dr. Hess is a Certified Orthopedic Manual Therapist and he serves as a clinical instructor for Chatham University’s physical therapy program. He is an active member of the American Physical Therapy Association, including the private practice section. In his spare time, he is an avid outdoorsman, enjoys exercising, and spending time with family and friends.
Julie Hudak, MPT ’99

Julie Hudak was a successful pharmaceutical sales rep when she realized she wanted a career that was additive to her life; a career in which she could truly make a contribution. Chatham University’s physical therapy program offered her just that and in 1999 she graduated with a MPT. Julie chose to attend Chatham College for her masters because of the Problem Based approach to learning. She is confident this approach has played an integral role in both her physical therapy practice as well as her role as a business owner. Julie worked at Children’s Institute in Pittsburgh for five years, gaining valuable practical knowledge and experience, and building an extensive network of exceptional professionals. Julie shared an office with Tara Deringor, a PT who also had a background in business. Julie and Tara had a lot in common, most importantly their passion to make a difference in the lives of children who are either developmentally delayed or have a disability or special need.

In 2004, Julie and Tara’s vision was solidified with the creation of TEIS, a company that specializes in Therapeutic Early Intervention Services for children from 0-3 years of age. TEIS Early Intervention provider has 50 employees consisting of physical therapists, continued on page 9

Nancy C. Foley, MPT ’96, DPT ’08, OCS

Dr. Nancy Foley is a graduate of the inaugural Chatham University MPT class of 1996. She returned to Chatham to get her Transitional Doctor of Physical Therapy in 2008. Prior to that she graduated from Penn State University (1987) with a degree in Physical Education/Exercise Science. While at PSU, Nancy was a varsity swimmer. Her physical therapy career started in acute care and rehabilitation at Forbes Metropolitan Hospital in Monroeville, PA and then she has worked in outpatient care since 1998. She became a Board Certified Orthopedic Clinical Specialist in 2004 and her practice includes special areas of interest such as vestibular rehabilitation and sports injuries of the hip.

Nancy is the Clinic Director of the Edgewood Towne Centre office of Allegheny Chesapeake Physical Therapy along with being an adjunct faculty member at Chatham, serving as a problem-based learning facilitator in the musculoskeletal course. This year she enjoys cooking, reading about cooking, watching cooking shows and trying other friends cooking! She is the super proud owner of two adorable Boxer dogs…who also seem to enjoy “counter surfing” for homemade meals!

Lawrence S. Ramiscal, PT, DPT ’10, OCS, MTC, COMT, FAAOMPT, CF-L1, USAW-L1

Lawrence Ramiscal earned his BS in physical therapy from University of Santo Tomas, Manila, Philippines in 1997 and his transitional DPT at Chatham University in 2010. Born and raised in the Philippines, he moved to United States in 1999. Since then, he has worked in outpatient orthopedics and opened his own clinic in 2005, the Center for Orthopedic and Spine Physical Therapy. Lawrence has certifications in: Maitland-Australian Concept Manual Therapy (Intermediate level); Manual Therapy Certified (University of St. Augustine); Board Certified Orthopedic Clinical Specialist; Manual Therapy Institute Fellowship (FAAOMPT).

In 2007, Lawrence reformatted his practice and added a fitness center to his clinic and renamed it Fitness Integrated Therapy. He became interested in fitness and sports and found CrossFit, a strength and conditioning program originally designed for tactical operators, but now an official sport popularized in the annual Reebok CrossFit Games. After a few years as a CrossFitter, he became a CrossFit Level 1 Trainer (CF-L1) and USAW Sports Performance Coach (USAW L-1) and opened his own CrossFit gym called Hyper CrossFit as an official affiliate in early 2012. This summer, he will move his entire practice to an 11,000 square foot facility to build the very first physical therapy, sports performance, strength and conditioning center in the area housing the PT practice, CrossFit, and a brand new sports performance division of his company.

While completing his transitional DPT at Chatham, Lawrence began collaborating on a research project with Chatham faculty member, Dr. Steve Karas. The project, A Comparison of Thoracic Spine Mobilizations in Patients with Neck Pain, is part of an ongoing study. Lawrence is married to college sweetheart Gemmarie Loja-Ramiscal, PT, OCS. They have two beautiful girls, Caitlin (9) and Angela (6) that keep them both busy. When Lawrence is not treating patients, marketing, or working out, you can find him cooking, playing piano, or at the target shooting range as active NRA member.
Service Learning

Service Learning continues to be an integral part of Chatham University’s DPT Program. Throughout the years the project has evolved into associations with primarily three organizations. The organizations are The Woodlands, Three Rivers Adaptive Sports, and the Safety for Seniors. Through participation with one of these organizations, the student has the opportunity to interact with a predominantly underserved population whether it be children, young adults, and adults with disabilities or the elderly population who may be at risk for falls and/or safety aspects within their homes. Not only do the clients receive needed services but the students gain invaluable experience interacting with the individuals either in their homes, at a facility designed for the disabled, or on the ski slopes using adaptive equipment. Each year students acknowledge that participation in the service learning experience has been extremely valuable to them, both professionally and personally.

Grand Rounds Offers CEU’s at Chatham

Chatham University’s Physical Therapy Grand Rounds Series is held every semester in the Mellon Board Room on Chatham’s Shadyside Campus. Refreshments begin at 7:00 a.m. and the presentation runs from 7:30-8:30 a.m. CEU’s are presented to all those clinicians in attendance. Our alumni and clinical instructors are especially welcome.

This past year’s Grand Rounds began with alumna and APTA Board of Directors Member, Nicole Stout, MPT ’96, CLT-LANA. Ms. Stout’s presentation was titled “Breast Cancer Rehabilitation: A Case Study in Prospective Surveillance.” She had presented this information in several different outlets including The Washington Post and The Chicago Tribune. The research she presented is currently being promoted as best practice management for breast cancer patients. Following the presentation, Ms. Stout informally met with the Chatham DPT students about the importance of leadership in the profession and her role in the APTA.

We also welcomed Theresa Miller-Ferri, MPT, PCS who presented Congenital Muscular Torticollis and Plagiocephaly: Evidence-based Evaluation and Interventions. Ms. Miller-Ferri is the PT coordinator at The Children’s Institute. Her case presentation was very informative and focused on the pediatric issues of torticollis.

Our last speaker of the series was Dr. Faby Ambrosio. Dr. Ambrosio is a physical therapist and internationally renowned researcher at the McGowan Institute for Regenerative Medicine. Her presentation introduced our students to regenerative medicine and the emerging role of physical therapy in this exciting and relatively new field.

If you would like to be included on the e-mail invitation list, or would be interested in presenting a Grand Rounds Patient Case, please contact Dr. Steve Karas (skaras@chatham.edu).

Do you have professional news? Are you interested in accessing the online directory? In order to get the most up to date information from your alma mater, please be sure to keep your contact information updated with the Office of Alumni Relations.

Keep in touch with Chatham and your classmates by visiting www.chatham.edu/alumni. There you can become a member of the alumni directory, view and share classnotes, as well as register and pay for events online! Contact alumni@chatham.edu for your unique ID needed to login!
The 5W’s of Pulmonary Rehabilitation

by Dr. Melissa Bednarek

**What:** Pulmonary rehabilitation, or PR, is a multidisciplinary program designed to assist patients with chronic respiratory disease learn ways to manage their condition to improve their function and quality of life. Programs are comprehensive in nature and may include (1) exercise training, (2) patient education on lung disease, breathing strategies, energy conservation, (3) nutritional counseling and (4) psychological counseling.

**Who:** Patients with diagnoses such as chronic obstructive pulmonary disease (COPD), idiopathic pulmonary fibrosis (IPF) or cystic fibrosis (CF) often benefit from the comprehensive nature of the program. Patients who are pre- or post- lung transplantation can also benefit from PR. Health care professionals that may be involved in PR include physicians, nurses, respiratory therapists, physical therapists, occupational therapist, dieticians, psychologists and social workers.

**When:** The program begins with an evaluation by the healthcare team during which the patient’s current abilities and goals are identified. To achieve those goals, patients typically participate in the program during 2-3 sessions per week over the course of 6-12 week period. During the sessions, patients may participate in monitored aerobic exercise, general conditioning, breathing retraining exercises, and receive patient education on management of their disease. An important aspect of PR is the maintenance phase which occurs after the structured program ends, in which patients continue to exercise and benefit from the education provided.

**Where:** Programs are often located in an outpatient centers such as in a hospital or clinic. PR may also be offered through homecare.

**Why:** Benefits of PR include improved exercise tolerance and quality of life. Evidence exists for the importance of many aspects of the program:
- *Exercise Training* to include monitored aerobic exercise and functional strengthening for both upper and lower extremities
- *Patient Education* on self-management of respiratory symptoms and determining when to seek medical care
- *Breathing Strategies* such as pursed-lip breathing and diaphragmatic breathing
- *Energy Conservation* techniques to utilize during activities of daily living (ADL’s) as well as options for stress management, all which can make a patient with a chronic pulmonary condition short of breath
- *Nutritional Counseling* may be necessary to reduce body fat in patients that are overweight as well as ensure proper muscle mass is maintained in patients that are underweight
- *Psychological Counseling* for patients with anxiety and/or depression due to their chronic pulmonary disease

**References**

Julie Hudak, continued from page 7

occupational therapists, speech language pathologists, developmentalists, vision therapists, dieticians, hearing therapists, social workers and administrative staff. TEIS offers treatment in Allegheny and Westmoreland Counties and initial evaluations in Beaver County. As a result of Julie and Tara’s joint leadership, TEIS employs equal-minded, talented, generous professionals who cherish their roles as therapist, mentor, counselor, expert and friend to their colleagues and to the families and children with whom they are honored to work and play. TEIS was ranked third in the small business category of Pittsburgh’s Top Workplaces in 2012 and received a special award for encouraging new ideas.

Julie lives in Squirrel Hill and is mom to three children, Ben (12), Lilly (10), and Sarah (7). Julie exercises, reads, watches movies, and takes pleasure in the beauty and joy of her family, friends, career and future.

Unfortunately, Julie’s husband, Dan Hudak, passed away in 2010 after a two-year battle against Melanoma. In 2011, Julie and three close friends recreated an annual Hudak family sponsored charity event as a tribute to Dan. This year’s proceeds from Hoops 4 Hudes (Dan’s nickname) will go to DermShare, a 501C-3 collaborative initiative for Melanoma Prevention between Carnegie Mellon University and the University of Pittsburgh.

Julie prides herself in being able to maintain a healthy balance between her family life and work life. Julie thanks Chatham for being an important chapter in her life.