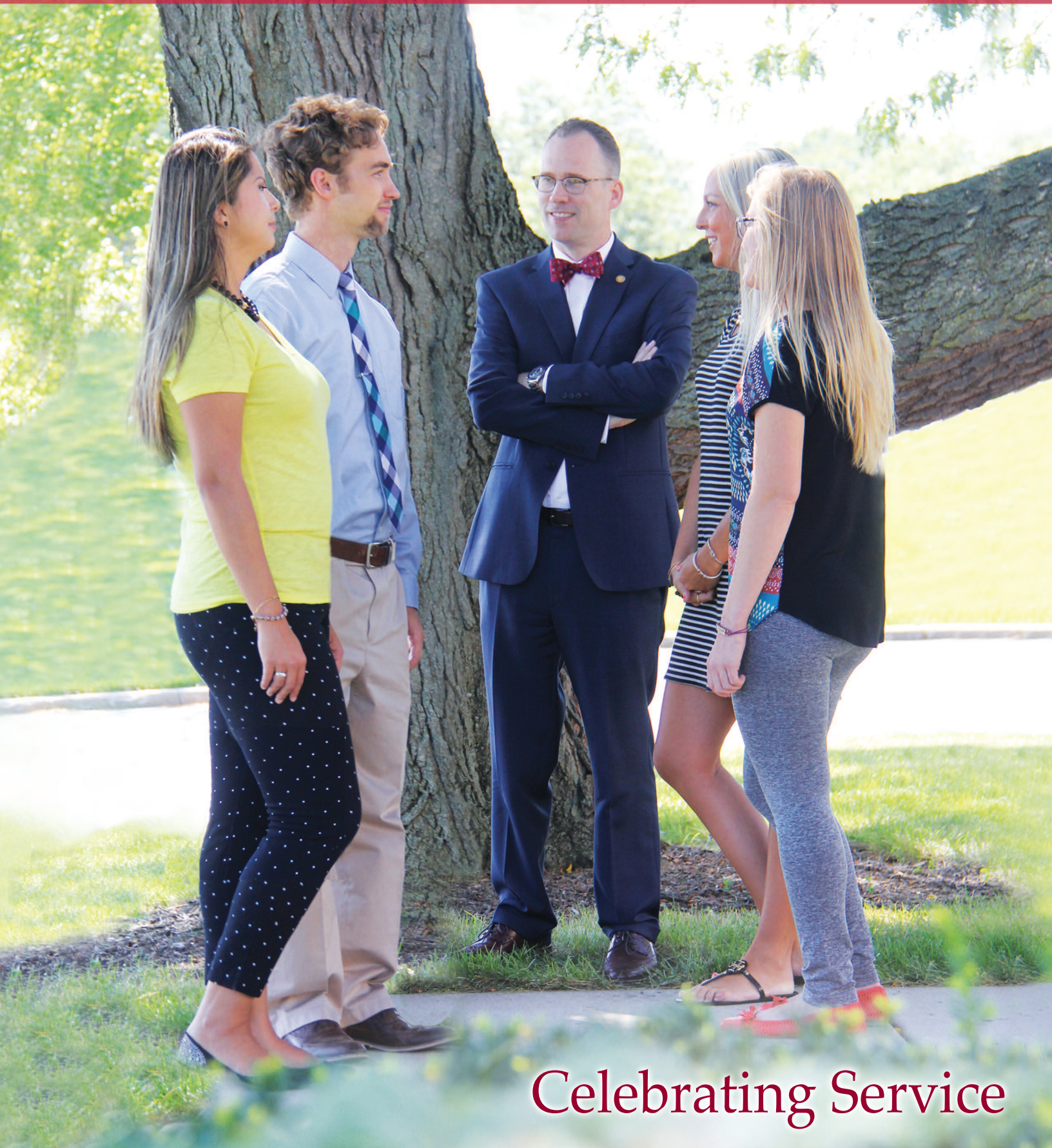


For Alumni and Friends | 2015 - 16

# NATIONAL UNIVERSITY OF HEALTH SCIENCES MAGAZINE



*Celebrating Service*

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**On the Cover:**  
Dr. Stiefel chats with NUHS students.  
*Photo by Lynn Nelson*

For Alumni and Friends | 2015 - 16

# NATIONAL UNIVERSITY OF HEALTH SCIENCES MAGAZINE

**Publisher**  
Joseph P.D. Stiefel, MS, EdD, MS, President

**Editorial Staff**  
**Office of Communications**  
Victoria Sweeney, Director  
Neha Dhuper, Assistant Director of Marketing  
Marie Olbrysh, Assistant Director of Publications  
Robert Hansen, Graphic Designer  
Tracy Litsey, PR Specialist

**Office of Alumni and Development**  
Lynn Nelson, Director  
Shawna McDonough, Assistant Director

**Photographer**  
Kadi Sistak, AV Technician  
  
Send address and email updates to:  
Office of Alumni & Development  
200 E. Roosevelt Road  
Lombard, IL 60148-4539  
630-889-6701  
alumni@nuhs.edu

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## MESSAGE FROM THE PRESIDENT

### “Success – expect it here.”

“Success – expect it here.” That is a quote from our very own Melvin Collins who has worked at National for 28 years as alumni outreach coordinator. His quote meets students, staff, faculty, and visitors as they scan the television monitor in the Janse Hall lobby at our Illinois site. I think his statement is as true today as it would have been more than a century ago when the university was founded. It’s also just as applicable here, in the pages of our new publication, the National University of Health Sciences Magazine. As many of you know, we have taken our regular Alumnus to a completely digital format, but we will reserve one issue a year to celebrate the successes of the university. We will tell the stories of those successes in a printed publication for the four pillars that NUHS benefits — the university, the students, the faculty, and the community — the pillars or foundation that the mission of National University serves.

Service – That’s what this issue is all about. Our graduates realize that they belong to one of the greatest service professions in the world, health care delivery. I think it’s important to underscore the importance of service, from the University’s point of view, in this first annual publication because it is both paramount and fundamental to the delivery of the NUHS mission. This issue doesn’t provide an exhaustive list of all the events and happenings that our students attend, but please enjoy a cross

section of volunteer work that they take part in. Additionally, we’ve highlighted our commitment to active military and veterans, as well as a spotlight on faculty who have provided many years of service to National University of Health Sciences.

Giving – Nothing is possible without the generous support of our donors and alumni. Roughly 600 individuals, families and companies have helped National University celebrate \$577,000 in total gifts last year. Investment in the university from you has helped our community provide treatment for PTSD with acupuncture to veterans. Your support has also allowed for DC and ND students to shape their futures through dynamic participation in legislative efforts while actively learning what it means to be part of professional leadership at local, state and federal levels. From sponsorship at the corporate level to membership in one of our individual giving clubs, your kindness has directly helped to shape the graduates of National University, and we thank you!

History – This is an exciting time for National University. 2016 will mark 110 years of excellence for NUHS. I invite you to help us celebrate. Homecoming next year will be back on campus. While I certainly encourage you to keep track of us on Facebook and through Twitter, nothing beats a visit. We’ve made so many changes to the Illinois site that you’ll be surprised to see what’s been happening.

Success through service and giving — that’s our history and you are part of it. I hope that you enjoy this first issue of the National University of Health Sciences Magazine.

Esse Quam Videri

**Joe Stiefel**  
President

## NUHS — CELEBRATING A HISTORY OF SERVICE

We are excited to share this National University of Health Sciences Magazine. A lot of care and a lot of thought were put into its contents. And while gathering up the stories from our University, current students, and alumni, a theme presented itself — service.

Many years ago after an accident, I found my way to National University. It was a strange twist of events that lead me here, to the only physicians that were actually able to help me heal. Due to the dedication and service of those physicians and interns, I was fortunate enough to resume my life. As luck would have it, I found my way back to National University in 2006, this time as an employee. I’m proud to be part of National University and play a role in our tradition of service. This history of service is certainly something to be proud of and we are just as proud of the events that are happening on our sites today.

This June, National University will celebrate 110 years of excellence. We would love for you to join us at Homecoming, June 16-18, and help us celebrate your excellence as an alumni. We hope this inaugural issue serves its purpose and puts a smile on your face. Enjoy our magazine. We would love to hear your feedback.

Sincerely,

Lynn Nelson  
Director of Alumni & Development



Lynn Nelson  
Director of Alumni & Development

## CARING FOR ALL OUR COMMUNITIES



# \$1,474,365

Free Health Care Services

National University has given over \$1.4 million in free health care to the communities we serve. This care takes the form of free acupuncture for veterans, care at Salvation Army facilities, partnerships with community organizations that welcome the medically underserved, free care to our faculty, students, staff and their families, as well as care given at outreach events such as charitable drives, sporting events and community wellness efforts.



**N**ational University students gain as much – or even more – from volunteering their services through various community activities. Providing service and developing relationships with the community is not only an institutional purpose of the university but also a mandatory requirement for its graduates.

This past summer, National University interns, students and club members earned service credits and valuable hands-on experience at a wide variety of community events in Illinois and Florida.

### Illinois Service Activities



**Whole Health Center – Lombard** interns, under the supervision of Dr. Anna Jurik, provided chiropractic care for runners, walkers and volunteers participating at an American Cancer Society Relay for Life event in Lombard. Interns regularly support the Cancer Society's various relay events in which cancer survivors and their supporters raise funds to fight the disease.



Massage Therapy interns participate in a variety of community events throughout the year. The students regularly provide complimentary chair massages as a special treat for participants at the Lombard Senior Fair and the Illinois Hands and Voices Moms Night Inn, and most recently took part in Lombard's National Night Out.

*Pictured at the Night Out (l-r) are Tom Werle, Dayna Unterdorfer, Cat Thornblad, Brillni Cabill, and Asblin Alonzo.*

**Salvation Army Clinic** interns treated athletes at the annual Chinatown 5K and Youth Run in Chicago for the second consecutive year. Dr. Erin Quinlan and eight interns performed stretching and soft tissue manipulation before and after the race to help decrease the runners' chance of injury.

**Whole Health Center – Aurora** interns together with Clinician Sonia V. Joubert, DC, volunteered for the second consecutive year at the Tour de Cure bicycle ride in Aurora in support of the American Diabetes Association. Interns provided over 180 athletes and volunteers with free stretches and soft tissue work. "It's exciting treating real people and being able to use the techniques we are learning in practice," says intern Jamie Pries.

Aurora interns also volunteered for the second year at the Northeast DuPage Special Recreation Association (NEDSRA) 36th Annual Track and Field Meet, which provides recreation opportunities for individuals with disabilities. They provided free stretches and soft tissue work to over 100 event athletes, their caregivers and volunteers. Says Dr. Joubert, "The youngest athlete we treated was 12 and the oldest was in his mid 80s. NEDSRA is an amazing program, and we are happy to have the opportunity to work with them."

**Acupuncture and Oriental Medicine** interns recently brought their treatment skills to homeless veterans in Chicago and suburban DuPage County at two Chicago Standdown events. Several times a year, Chicago's Standdowns bring community and charitable organizations together so homeless veterans can access food, housing assistance, medical care, and social services in one location.

NUHS interns provided auriculotherapy for the veterans, which is a non-invasive treatment to stimulate key acupuncture points in the ear, shown to relieve symptoms of post-traumatic stress disorder (PTSD). In addition, interns distributed free China-Gel herbal topical pain relievers, and provided veterans with information about the NUHS Veterans Clinic at the NUHS Whole Health Center – Lombard. The clinic provides free acupuncture for combat veterans suffering from PTSD, and is sponsored in part by a generous donation from China-Gel, Inc.

*Pictured at a Standdown event (l-r) are Juli Yelnick, Sarah Fiedler, Clinician Hyundo Kim, PhD, MSOM, Samantha Broderson and Yvonne Gonzalez.*



### Florida Service Activities



NUHS Florida Clinician Dr. Carlo Guadagno, NUHS alumnus Dr. Jake LeVere, along with adjunct clinicians Dr. Joanne Fava and Dr. Valli Gambina, accompanied interns, lower trimester students and Sports Council members in supporting athletes at the Ultimate Frisbee State Championship during Florida's Sunshine State Games. The Olympic-style sports festival is held over several months and offers almost 30 sporting events for amateur athletes. The NUHS team worked with more than 50 athletes, giving interns valuable training on how to triage, evaluate and manage on-field acute sports injuries.



In another service event, Florida interns conducted a series of wellness education programs this spring for members of Vincent House in Pinellas Park. Vincent House assists individuals recovering from mental illness and other disabilities in an effort to improve their social and vocational skills and employment in the workplace. Accompanied by Dr. Daniel Strauss, dean of the College of Professional Studies at NUHS – Florida, the interns' topics focused on nutritional and personal wellness. "NUHS has a strong tradition of giving back to the communities we serve," says Dr. Strauss. "We continue to look for innovative ways to bring chiropractic medicine into the community."

*Pictured (l-r) are Dr. Daniel Strauss, Courtney Bolen and Daniele Johnson of NUHS, and Kayla Jacobson and Jeanne Robinson of Vincent House.*

# Serving Veterans

Increasing efforts throughout the nation to honor and support veterans and the military has found a willing partner at National University of Health Sciences. The university participates in a number of programs that offer educational and medical assistance to those who have served our country.

## Patriot Project



Shown (l-r): Drs. Novelli and Stiefel.

National University of Health Sciences is honored to support The Patriot Project, founded by 1985 NUHS alumnus, Timothy Novelli, DC. The university encourages alumni to join with other NUHS colleagues who already participate in this exemplary service that provides chiropractic support

to active military, their families and wounded warriors. President Joseph Stiefel announced the university's support of the project during the NUHS Alumni Luncheon on August 29 at the Florida Chiropractic Association Convention following Dr. Novelli's address to convention attendees.

In support of the Patriot Project, the university announced its intent to increase complimentary acupuncture therapies at the Veterans Clinic to include full body acupuncture, xibustion and Tui Na (a form of Chinese manipulative therapy). In addition, veterans and their spouses will receive a generous discount on all other services at the Whole Health Center.

## Veterans Clinic

Studies have proven that veterans of military service suffer from a number of physical and psychological issues

that are unique to their service and more frequent than those in the general population. A number of veterans who have served in combat situations, in particular, bear the scars of post-traumatic stress disorder (PTSD).

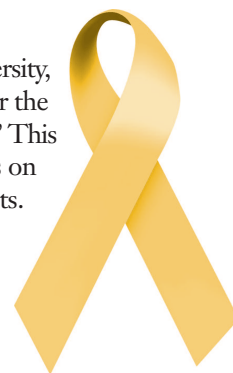
Since 2010, National University has operated a Veterans Clinic on Tuesdays at the Whole Health Center – Lombard that offers free acupuncture treatment for PTSD. Veterans receive auricular acupuncture, the placing of small pellets or needles in specific points on the ear, using the National Acupuncture Detoxification Association (NADA) protocol. The treatment has been proven to help reduce stress and blood pressure, decrease psychological symptoms of the disorder, and is particularly effective in combination with other therapies.

The complimentary NADA treatment is made possible by China-Gel, Inc., Arlington Heights, Illinois, the manufacturer of an herbal topical pain reliever. Because of their generous donation, National University is able to offset the cost of the free acupuncture treatments, allowing the university to increase the number of veterans it serves. National University has added to this complimentary treatment by adding additional acupuncture therapies at no cost.

## Yellow Ribbon Program

Veterans wishing to study at National University, either in Illinois or Florida, may do so under the "Post 9/11 GI Bill Yellow Ribbon Program." This matching support program helps veterans on the GI Bill pay college tuition and fee costs. When tuition and fees exceed the amounts covered by the GI Bill, the university and the U.S. Department of Veterans Affairs split the additional costs equally under the Yellow Ribbon Program.

Basic information on eligibility requirements and application procedures can be found on the NUHS website under Veterans Services. There is also a link to the "Veteran's Handbook," which lists all the policies and procedures for veteran's educational benefits.



"The experience widened my scope of how I might handle my own private patients in the future, and helped define my model of care," says Dr. Gantzer.

## Military Health Care Facilities

Students in the doctor of chiropractic degree program have the opportunity to work with veterans during their 10th trimester clinical internship by serving a clerkship or hospital rotation in a military health care delivery system. Rotations vary between one and six months.

The university currently has relationships with the following facilities:

- Illiana Veteran's Administration Health Care System – Danville, Illinois
- Richard L. Roudebush VA Medical Center – Indianapolis, Indiana
- Bethesda Naval Medical Center – Baltimore, Maryland
- Naval Air Station – Pensacola, Florida
- Bay Pines VA Healthcare System – Bay Pines, Florida

These rotations allow interns to expand their practice experience beyond the patients they see within their university-affiliated clinics. They have the opportunity to work in conjunction with physical therapists, occupational therapists and medical doctors to co-manage patients in an interdisciplinary setting. The experience also helps further the acceptance of the chiropractic profession within the military health system.

Jennifer Gantzer, DC, was one of the first interns to take part in the Bay Pines rotation. "The experience at Bay Pines was tremendous. I learned how to use different treatment modalities on chronic patients, and manage patients with mental health issues that often come with chronic pain in veterans, such as PTSD. The experience widened my scope of how I might handle my own private patients in the future, and helped define my model of care."

## NUHS Student Advocacy

Under the leadership of President Breanna Kussy, the NUHS – Florida chapter of the Student American Chiropractic Association (SACA) has made veteran-specific concerns a vital part of their club agenda. The dedication of the chapter was recognized for its "notable work" in a recent edition of the *SACA Tribune*, the group's national digital newsletter.

At the National Chiropractic Leadership Conference in February in Washington, DC, the chapter had a profound impact on garnering additional support for the veteran's bills

in both the House and the Senate. Their lobbying resulted in eight additional co-sponsorship of bills to improve the rights of male and female veterans and their families.

Within their community, the SACA members have been volunteering at the Fisher House, a home away from home for families of hospitalized veterans at the Bay Pines VA health care facility. Along with cooking dinners, they plan to host a game day, Friendsgiving, and a holiday cookie-decorating event. In addition, they have been collecting books and magazines for Bay Pines waiting rooms, and hosting regular events concerning veteran's topics on the St. Petersburg College campus.

Dr. Kristina Petrocco-Napuli, SACA faculty advisor, praises the SACA chapter for coming together as a team to make a difference. "They have been doing tremendous work. I could not be more proud of these students."



Pictured preparing a meal (l-r) are Kaitlyn Gortman, Andres Nunez, Kim Kussy, Breanna Kussy, Dr. Kris Petrocco-Napuli, and Lexi Napuli.

National University's acupuncture and oriental medicine interns have made a regular commitment to support homeless veterans through the annual Chicago Standdown events held in Chicago and suburban DuPage County.

NUHS interns provide ear seed therapy for the veterans, which is a non-invasive treatment to stimulate key acupuncture points shown to relieve symptoms of post-traumatic stress disorder (PTSD). Other organizations offer haircuts, food resources, flu shots, housing and employment assistance, clothing, and veterans' benefits assistance.

"We are proud that our acupuncture and oriental medicine interns are able to help so many veterans through both our PTSD clinic and outreach events such as the Chicago Standdown," says Dr. Hyundo Kim, AOM clinician. "Our work with veterans gives our acupuncture and oriental medicine students an important role in National University's tradition of community service."



View the entire Homecoming photo gallery:  
<http://www.nuhs.edu/alumni/>



**NCMIC**  
 Sponsor of the President's State of the University Luncheon

**Standard Process**  
 Sponsor of the Alumni / Reunion Luncheon

**China-Gel**  
 Sponsor of the PCI / Senior Steward Reception

**Exhibitors**

- |                               |                                |
|-------------------------------|--------------------------------|
| Anabolic Laboratories         | NCMIC                          |
| Biotics Research              | NUHS – Admissions              |
| China-Gel                     | NUHS – NMSA                    |
| ChiroSpring                   | NUHS – Research                |
| Cultivate by Standard Process | NUHS – SACA                    |
| DaVinci Labs                  | Performance Health / Biofreeze |
| Dynatronics                   | ProMassagers.com               |
| Foot Levelers                 | ScripHesco                     |
| Game Ready                    | Serola Biomechanics            |
| Illinois Association          | Standard Process               |
| of Naturopathic Physicians    | Stymco Technologies, LLC       |
| Integrative Therapeutics      | The Online Chiro               |
| MSH Medical Billing           | The Orthopedic Group           |
| Remedies, LLC                 | VitaLogics                     |
| Nature's Cures                |                                |

A host of interesting speakers, engaged attendees, and excited students filled the weekend for Homecoming 2015, June 25-27. We began with welcoming our alumni home to Lombard, Illinois. After an afternoon panel discussion and a research update, it was off to the cookout, which turned out to be a cook-in due to weather concerns. Unfazed by the forecast, the attendees gathered for food, friendship, and even some giant bowling!



Classes began early Friday morning followed by our Alumni/Reunion Luncheon sponsored by Standard Process. Dr. Anthony Hamm (1979), pictured at left with President Stiefel, was our Alumni of the Year honoree, and Dr. Ezra Cohen was recognized for his 25 years of service. After the last afternoon class was complete, attendees enjoyed their time at the Exhibitor Reception. China-Gel generously sponsored our President's Cabinet Internationale/Senior Steward Reception that closed out the night.

Our final day was jam-packed with more learning and fun. Dr. Stiefel excited the crowd with his State of the University Address at a luncheon sponsored by NCMIC. Our event ended with the Banquet Dinner. We were honored to be joined by the family of the late Dr. Vrajlal Vyas (see photo at right) as he was inducted posthumously into the Hall of Honor. Other awards were presented to: Dr. John DeMatte, President's Medallion; Ms. Joyce Whitehead, Distinguished Service; and Dr. Charles Tasharski, Quality Service. Dancing and reminiscing followed. Later, as the music faded away, we closed the book on 2015.



**Save the Date!**



CELEBRATING 110 YEARS BRINGING YOU HOME • June 16-18

We are excited to announce that Homecoming 2016 will take place on the Illinois campus. Our theme will be "Celebrating 110 Years..... Bringing You Home." Our facilities are ready and waiting to gather, teach, and entertain you all. Watch for more information in the future. We want you all to come home.

**Mark your calendars!**  
**June 16-18, 2016!**

# ALUMNI NEWS

## 1970s

(’71) **Dr. N. Max Atnip** of Cookeville, Tennessee, received the Tennessee Chiropractic Association’s highest recognition as its 2015 Convention Honoree.

## 1980s

(’81) **Dr. Craig Newman** of Tampa, Florida, has been chosen as the 2015 Florida Chiropractic Association National Convention Honoree. For over 30 years, Dr. Newman has been active in chiropractic and sports medicine communities.

(’82) **Dr. Michael J. Glaiel** of Southhampton, Massachusetts, won the 2015 Readers Choice Award for Chiropractic in the Daily Hampton Gazette.

(’83) **Dr. Brian Tutor** of North Aurora, Illinois, began his 33rd year in practice on August 27.

(’84) **Dr. Kurt Olding** of Minster, Ohio, was kind enough to sponsor current NUHS student, Nate McKee, for the Cox Technic Certification in Fort Wayne, Indiana, July 16-19.

(’84) **Jerrold Simon, DC, DACRB** of Lancaster, Ohio, has been selected by the American Chiropractic Association (ACA) and the Laser Spine Institute (LSI) to help formulate and instruct a 12-hour training program on “Post (minimally invasive) Surgical Spine Rehabilitation (PSSR)” that is being offered at various Laser Spine Surgery Centers in the U.S.

(’85) **Dr. Peter DeFranco** of Hueytown, Alabama, celebrated 30 years of practice on July 1.

(’86) **Dr. Clive Bridgham** of Barrington, Rhode Island, was selected “Chiropractic Physician of the Year” by the Chiropractic Society of Rhode Island.

(’88) **Dr. Dale Buchberger** of Auburn, New York, was one of 33 doctors chosen as health care providers for the World University Games in Gwangju City, South Korea, for three weeks over the past summer.

## 1990s

(’94) **Dr. Fran Nosek Aragas and her husband, David**, of Cumberland, Rhode Island, celebrated 21 years of marriage on September 3.

## 2000s

(’09) **Dr. Ryan Footit** of Hendersonville, Tennessee, was recently interviewed on WSM Radio – Nashville about his 165-pound weight loss journey. Several other media markets have covered his inspiring story.

## 2010s

(’12) **Dr. Christopher Smith** of Plainfield, Illinois, at only 28 years old, has been inducted as the youngest Plainfield Rotary Club president in the club’s history. His term runs July 1, 2015 – June 30, 2016.

(’13) **Dr. Jordan Bray** of Piqua, Ohio, was awarded the 2015-2016 Alan Beardall Memorial Award from the International College of Applied Kinesiology – USA for his paper titled, “The Lymphatic Channels.”

(’14) **Michelle Ennsman, DC, ND**, and **Cassandra Ennsman, CA, LMT**, (’13) recently opened a practice CNM Care in Winfield, Illinois, offering chiropractic and naturopathic medicine and massage therapy services.

(’14) **Dr. Joshua Mack** of Jackson, Michigan, recently joined the staff at Active Care Chiropractic. He now works alongside National graduates Dr. Casey Allmandinger (’03) and Dr. Renato Rizzo (’03).

(’14) **Dr. Nathan Jeffery** of Duncan, British Columbia, Canada, opened a new office, Perceptive Health, in Duncan, that offers “everything you need for optimal living.”

(’15) **Dr. Dave Hopper** of Batavia, Illinois, opened his new practice, Whole Human Health, in Geneva, Illinois.

## NUHS Continuing Ed Your Style, Your Way



Here at National University, we are continuously adding and expanding the types of continuing education courses we offer. We’re also integrating new ways you can connect with the Postgrad department for up-to-date CE information.

### What’s Your Learning Style?

#### In Person – On Site

Postgraduate continuing education courses are offered primarily at our Illinois site and we are working toward offering more courses throughout the year at our Florida site. Enjoy our facilities, network with other physicians and alumni, and spend some free time enjoying Chicago or St. Pete!

#### At Home – Distance Learning

Our online courses are structured so that you can complete them at your convenience from the comfort of your own home or office. You also have the option to participate in our on-site courses from home in real time by calling in advance to arrange our live streaming webinar service.

### What’s Your Communication Style?

#### New and Improved!

Postgrad sends course information out electronically in monthly email blasts that include course promotions and discounts. CE course information can also be found on our website at [www.nuhs.edu/postgrad](http://www.nuhs.edu/postgrad) and on our social media pages. Program information can be sent via mail upon request.

NUHS is now offering online registration! It’s your quick and easy way to register for upcoming courses on the go. You no longer have to worry about catching us during office hours!

#### Connect With Us Online

NUHS is on social networks like Facebook, LinkedIn, Twitter and Instagram. These sites are where you’ll find the latest CE news and discounts. Have a smartphone? You can text us any time or check out our online platform: 630-360-9790 (text only) / [nuhs.wcea.education](http://nuhs.wcea.education)

\*Please inquire if live or distance learning courses are approved in your state or province. Attendees should contact the state board(s) from which they seek continuing education credits for purposes of ensuring the board approves both the delivery method and content as they relate to the distance learning event.

## ALUMNI DONORS



## NUHS Donor Recognition Center

The people and organizations listed below have sponsored the mission and goals of National University of Health Sciences through their financial gifts. We thank them for their generosity and support.

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## FAREWELLS TO RETIRING FACULTY

National University bids farewell to two special faculty members who have both made substantial contributions to the evolution of the university during their decades of outstanding service.

### Dr. Charles Tasharski



**Charles Tasharski** waited a year before beginning his DC program in 1963. That way, he could start his studies in National College of Chiropractic's brand new Lombard facility. In addition to completing his DC at NCC, he was one of the college's first three radiology residents along

with future NUHS President James Winterstein and Dr. Donald Tomkins.

He taught courses in both radiology and clinical sciences and is the former chairman of the department of chiropractic

vertebrae move, but we were actually seeing them move! We were able to appreciate that spinal motion is a very personalized action; in other words, different people move in completely different ways while trying to do the same thing. The conclusion was that our pre-conceived idea of what normal spinal joint motion is might be too constricted."

One of Dr. Tasharski's fondest memories is working with past president Dr. Joseph Janse: "I truly admired him. He was the father of modern chiropractic medicine in that he approached the degree as a continuing educational endeavor versus maintaining the then prevalent restrictive mechanical mentality."

Dr. Tasharski will be retiring at the end of 2015, after 44 years of teaching at NUHS. His encouragement to the

**“Everybody talked about how vertebrae move, but we were actually seeing them move... The conclusion was that our pre-conceived idea of what normal spinal joint motion is might be too constricted.”**

and biomechanics. He also authored three papers from his extensive work in a field called cineradiography, or videofluoroscopy, which records moving X-rays of spinal vertebrae and other joints. "Everybody talked about how

many students, alumni and faculty he has worked with over the years is: "Do your best job, make everybody proud of you and you will keep National University going strong and in the forefront of health care education and practice."

### Professor Joyce Whitehead



**Joyce Whitehead** served as the director of the Learning Resource Center since 1982. She was part of the move of the LRC from its old home on the second floor of Janse to its current facility dedicated in 1993. More importantly, she navigated the LRC through its evolution from card catalogs and slides to online databases and automated interlibrary resource sharing.

She recalls one of the landmark moments when National's LRC made a real difference for the profession: "Our membership in the Fox Valley Health Sciences Library Consortium was a big

step forward in overcoming the prejudice some local medical professionals had against chiropractic. The truth was they needed us. We had a substantial collection of medical textbooks they needed to borrow at a time when hospital libraries were fighting for funds. Our library colleagues confessed that some institutions asked their librarians to cover our labels. This was not done and the prejudice soon became a non-issue."

After 33 years of working with LRC staff, Joyce is proud of the many faculty and students who became part of the library's extended family. "I always boast that our LRC had the best clientele."

Dr. Murtaza Hameed ('05) is originally from Kenya, and currently owns a thriving chiropractic practice near a large suburban mall in Aurora, Illinois. Dr. Hameed's success allows him extensive time for international volunteer efforts. In fact, he now spends an average of 7-10 days each month traveling to other continents bringing medical care to underprivileged people in remote locations.

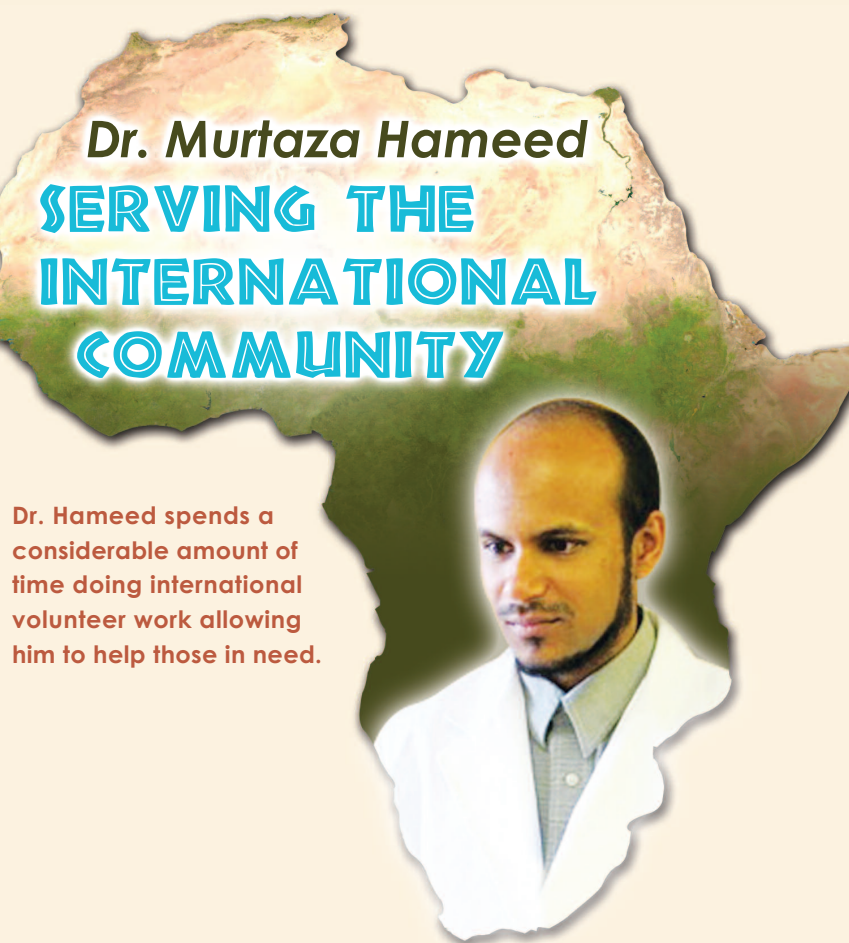
"The places I go usually have electricity and water, but we are normally staying in tents, or perhaps are working in a jungle," he says. "Wherever we stop, we also make house calls to people who are not able to come to us."

"I grew up in urban Nairobi, but even so, my early travels in Kenya gave me exposure to how difficult it can be for some people to get access to medical care."

On his trips, he appreciates the primary care education he received from NUHS. "I had one case of a poisonous spider bite that required treatment and suturing, as well as a patient with appendicitis who we were able to diagnose and put on a flight to the nearest hospital."

Another growing problem in third world countries is obesity, as people are moving less and reaching more for processed foods instead of their traditional diets. Rarely do the people he visits have any concept of exercising. Dr. Hameed is able to encourage a less sedentary lifestyle, and provide basic nutritional counseling to teach people how to make better use of local and natural food sources versus processed foods.

**“I GREW UP IN URBAN NAIROBI, BUT EVEN SO, MY EARLY TRAVELS IN KENYA GAVE ME EXPOSURE TO HOW DIFFICULT IT CAN BE FOR SOME PEOPLE TO GET ACCESS TO MEDICAL CARE.”**



**Dr. Hameed spends a considerable amount of time doing international volunteer work allowing him to help those in need.**

Dr. Hameed has left portable adjusting tables in Asia and Africa to make his monthly trips more convenient, with a third portable table ready to go anywhere else he may be called. "I usually take my ultrasound machine and my TENS unit and a converter plug, and I'm good to go!" When Dr. Hameed is not traveling and working in his practice in the western suburbs of Chicago, he frequently takes advantage of NUHS continuing education courses on campus, and has attended several homecoming events. He says he enjoys sitting in the same classrooms he sat in over 10 years ago, and seeing the amazing evolution of the university and its facilities.

"I'm very impressed with the many changes on campus. They are doing so much with technology to keep things up-to-date and provide a great place for current students to learn. That's one of the reasons I'm a member of the Alumni Association. NUHS has done so much to bring us to where we are today, so we should give back to the university to help the next generation of students. The Alumni Association helps us do that."

# NUHS Shadow Ops

Providing Shadow Opportunities



**O**ne way of giving back to your profession is to host current students in your practice so that they can observe what you do. Shadowing helps students understand different specialties and practice styles, make better career choices, and understand the realities of patient care and business management. “I’ve had a great time doing it, and have had quite a few students visit my practice,” says Dr. Roy Settergren (’09 DC) of Chicago. “In fact, the associate I have now was an NUHS-Florida student who came to shadow me and eventually moved to Chicago to join my practice.”



Dr. Settergren

Dr. Settergren has been hosting shadow students for over four years. “How I thought about chiropractic when I started school and how I practice now are two completely different things,” he says. “I show students that the assembly line way of chiropractic isn’t the only way to be successful. I treat 10-15 patients a day, work very closely with them, provide excellent care and make a good living. I emphasize primary care and adjust very little. Students often say, ‘I didn’t know you could practice this way.’”

“I have the shadow fill out a form agreeing to comply with patient privacy rules, and then get them as involved as possible,” he says. “If they are a current DC student, I might give them a chance to help with an examination of a long-term patient. If I find something interesting on ultrasound or palpation, I’ll have them see and feel it as well. I share my thought process as I go through a diagnosis, emphasizing potentially serious conditions that I’ve ruled out and why.”

Some may worry that hosting a student shadow may prove burdensome to their daily routine. Dr. Settergren says that the effect of a shadow is the opposite: “It hasn’t slowed me down at all. It’s fun for me to see the student get so excited to be in a practice setting with patients. The excitement can’t help but rub off on you. It’s energizing!”



Dr. Schuyler

Dr. Brady Schuyler (’01 DC), regional developer for HealthSource Chiropractic, helps place current DC students from NUHS as shadows in affiliated clinics. He says, “I worked for a chiropractor as a back office assistant during the last year and a half of my schooling, and shadowed other DCs.

I remind students to also observe and learn what’s behind the scenes in a practice: how to bill insurance properly, different billing and documentation software, or how to call an insurance company to verify benefits. If you’re hosting a shadow student, consider having them shadow your office workers as well.”

**“I’ve had a great time doing it, and have had quite a few students visit my practice,” says Dr. Settergren. “In fact, the associate I have now was an NUHS-Florida student who came to shadow me and eventually moved to Chicago to join my practice.”**

Says Dr. Schuyler, “I don’t push the HealthSource model on students. Instead, I encourage them to consider and shadow a variety of business models. That way they’ll know whether or not they feel ready to launch out on their own or if they’d rather spend time as an associate. I also advise them to structure an associate contract that’s fair and gives them an opportunity to grow.”

For more information on the shadow program, call the Office of Alumni Services at 630-889-6701.



## PROSPECTIVE STUDENTS

### Reaching Out

We invite you to join our elite team of Alumni Ambassadors who help to recruit prospective students. By doing so, you will be supporting your alma mater and shaping your profession.



Answer an occasional phone call or email from a prospective student. Students often ask if they can speak with a graduate who is working in their local area.



Provide prospective student(s) a shadow experience in your practice. Give students a real world understanding of your profession.



Represent NUHS at a local college or high school career fair. We will send you everything you need to make your event run smoothly.



Display NUHS literature in your office for patients and their families. Let your patients know where you went to school and how well trained you are.

### A Program to Fit Your Schedule

As an Alumni Ambassador, you can participate in whatever activities you choose and in whatever time you have available.

Please consider joining today!

If you are interested in the Alumni Ambassador program, email [alumni-ambassador@nuhs.edu](mailto:alumni-ambassador@nuhs.edu) or call 1-800-826-6285.

National University of Health Sciences (NUHS) sets the standard in training for careers in health care and provides a dynamic atmosphere where students, faculty and clinicians of various complementary and alternative health professions work together in an integrative environment. Maintaining the strength of NUHS and stability of finances is an essential component in accomplishing our mission. The following data covers the fiscal year September 1, 2014 - August 31, 2015.

**Financial Position**

**Assets**

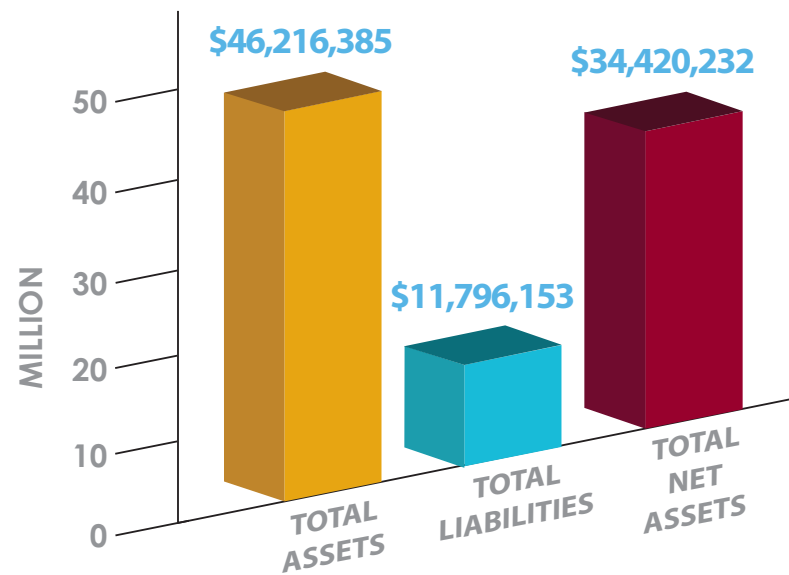
Cash, Receivables & Other	\$7,791,894
Investments	\$12,259,057
Property & Equipment	\$26,165,434
<b>TOTAL ASSETS</b>	<b>\$46,216,385</b>

**Liabilities**

Accounts Payable & Other	\$1,011,786
Deposits & Deferred Revenue	\$368,215
Long-Term Debt	\$10,416,152
<b>TOTAL LIABILITIES</b>	<b>\$11,796,153</b>

**Net Assets**

Unrestricted	\$28,745,219
Temporarily & Permanently Restricted	\$5,675,013
<b>TOTAL NET ASSETS</b>	<b>\$34,420,232</b>



32.6 MILLION

2014-15 NUHS Economic Impact for Illinois



269 MILLION

2014-15 NUHS Alumni Economic Impact for Illinois



CAPITAL PROJECTS

\$940,000



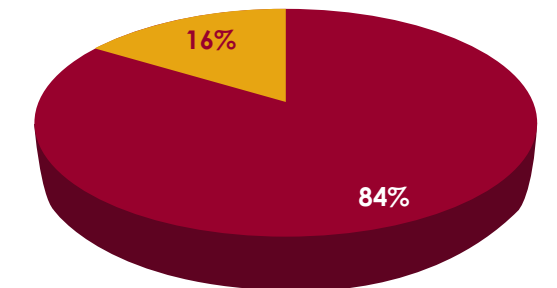
\$49,930  
NAMED SCHOLARSHIPS

\$777,187  
TOTAL SCHOLARSHIPS

**Operating Revenue**

Net Tuition & Fees	\$17,058,333
Grants	\$849,989
Investment & Interest Income	\$237,572
Auxiliary Enterprises	\$1,654,247
Clinic Operations	\$466,446
Other Revenue	\$68,984

**TOTAL OPERATING REVENUE** \$20,335,571



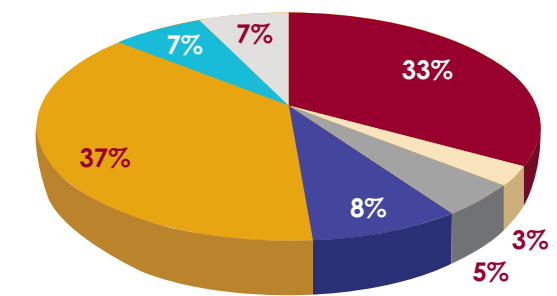
■ Tuition ■ All Other Operating Revenue

**Operating Expenses**

Instruction	\$6,684,360
Research	\$519,820
Academic Support	\$927,122
Student Services	\$1,651,266
Institutional Support	\$7,488,886
Auxiliary Enterprises	\$1,406,436
Clinic Operations	\$1,414,897

**TOTAL OPERATING EXPENSES** \$20,092,787

**NET OPERATING ACTIVITY** \$242,784



■ Instruction ■ Institutional Support  
■ Research ■ Auxiliary Enterprises  
■ Academic Support ■ Clinic Operations  
■ Student Services

\*At the time of publication, information was not available for the Florida site from the Commission for Independent Education, Florida Department of Education.

## Obituaries

National University of Health Sciences expresses its heartfelt sympathy to the relatives, friends and colleagues of our National University family who have recently passed away. They will live on in us forever through our memories.

### A - F

Dr. A.A. Alswager, 99, Marshall, Minnesota, Lincoln 1949, February 7, 2015.

Dr. Warren F. Bates, 87, Clarinda, Iowa, NCC 1950, January 6, 2015.

Dr. Stanton J. Baum, Baltimore, Maryland, NCC 1994, February 22, 2014.

Dr. Olen A. Bielski Jr., 84, Chicopee, Massachusetts, NCC 1955, December 6, 2014.

Dr. William H. Bromley, 78, Haddonfield, New Jersey, Lincoln 1961, October 27, 2014.

Dr. Samuel A. Conway, 98, Hanover, Pennsylvania, NCC 1951, June 30, 2015.

Dr. Herbert E. Daly, 81, Ventura, California, Lincoln 1957, October 8, 2015.

Dr. Terrence Durnin, 50, Lansing, Illinois, NUHS 1995, June 27, 2015.

Dr. Winona Enge, 101, Valley City, North Dakota, NCC 1939, July 6, 2015.

Dr. Robert T. Frey, 83, Ocala, Florida, Lincoln 1959, February 3, 2015.

### G - L

Dr. Arnold E. Garren, 88, Lady Lake, Florida, NCC 1960, December 14, 2014

Dr. Russell E. Geiger, 92, Appleton, Wisconsin, Lincoln 1947, August 18, 2014.

Dr. Elizabeth M. Woodcock Gillespie, NCC 1984, Brattleboro, Vermont, July 10, 2015.

Dr. George W. Goodlad, 92, St. Paul, Minnesota, NCC 1954, December 5, 2013.

Dr. Robert (Bob) Goodnight, 87, Little River, South Carolina, Lincoln 1954, April 7, 2015.

Dr. Robert L. Gunther, II, 45, Lawson, Missouri, NUHS 2000, March 8, 2015.

Dr. Elwood C. Hassinger, 86, Parma, Ohio, NCC 1951, March 12, 2015.

Dr. Richard S. Herd, 94, Greensburg, Pennsylvania, Lincoln Chiropractic College, March 12, 2014.

Dr. Robie Leo Hood, 87, Pensacola, Florida, Lincoln 1952, April 10, 2015.

Dr. Dorothy Zwierlein Hurley, 95, Bridgeport, Connecticut, Lincoln, November 26, 2014.

Dr. Robert James, Oak Park, IL, NCC 1995, June 6, 2015.

Dr. Robert S. Leith, 92, Denton, Texas, Lincoln 1951, October 19, 2014.

Dr. Tommy Grayson Lindsey, 77, Mt. Morris, Michigan, NCC 1981, May 5, 2015.

Dr. Kenneth L. Luedtke, 84, Madison, Wisconsin, Lincoln 1953, December 21, 2014.

### M - S

Dr. Vernon Raymond Mannon, 88, Galesburg, Illinois, Lincoln 1951, February 23, 2015.

Dr. Roberta Anderson Massey, 76, Naugatuck, Connecticut, Chiropractic Institute of New York, 1961, May 24, 2015.

Dr. Andrew Pasmanski, 64, Chicago, Illinois, NCC 1991, January 18, 2015.

Dr. Mark Pewe, 56, Bottineau, North Dakota, NCC 1982, July 5, 2015.

Dr. James J. Phelps, 75, Evergreen Park, Illinois, NCC 1971, April 25, 2015.

Dr. Francis J. Quirk, 82, Downers Grove, Illinois, NCC 1957, September 12, 2015.

Betty Jane Roberts, wife of the late Dr. Frank L. Roberts, NCC 1955, Lutherville, Maryland, June 6, 2015.

Dr. Gene D. Roy, 91, Miami Shores, Florida, Lincoln 1950, December 31, 2014.

Dr. Stanley Lowell Schrock, 81, of Somerset, Pennsylvania, Lincoln 1959, January 8, 2015.

Dr. John L. Schuett, 56, Mesquite, Nevada, NCC 1985, October 16, 2015.

Dr. Edward G. Staver Jr., 61, Streator, Illinois, NCC 1980, September 19, 2015.

Dr. Howard L. Streit, 69, New Sharon, Iowa, NCC 1984, September 4, 2015.

### T - Z

Dr. Frank W. Thompson, 90, Franklin, Indiana, Lincoln 1949, February 25, 2015.

Dr. Robert A. Werner, 82, Cape Girardeau, Missouri, Lincoln 1961, August 12, 2015.

Dr. James W. Whaley, 71, Anthony, Kansas, NCC 1975, August 26, 2015.

Dr. Wallace A. Winegar Jr., 93, Albert Lea, Minnesota, NCC 1949, January 21, 2015.

Dr. William Herbert Wood, 77, Venice, Florida, NCC 1964, January 22, 2015.

## Kudos

Thank you to our alumni who have referred students to National University's Fall 2015 class. Your support is greatly appreciated!

Roberto M. Arias, DC	1991, Florida
Konrad Grzeszkowiak, DC	2013, Illinois
H. John Hincerick, DC	2010, Illinois
Kimberly Leupold, MSOM	2012, Illinois
Brett Martin, DC	2011, Illinois
David R. Miklos, DC	2001, Ohio
Therese Miller, DC	2010, Wisconsin
Craig M. Morse, DC	1993, Illinois
Joseph V. Picone	1983, North Carolina
Mark J. Stubbendieck, DC	1992, Ohio
Craig Stull, DC	1997, Michigan
Richard Valdez, DC	1994, Illinois
Edward P. Zimmer, DC	1998, Indiana





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“At National University, we nurture a culture of service — not only to our patients, but through giving back to our communities, our profession and the world.”

*President Joseph Stiefel*