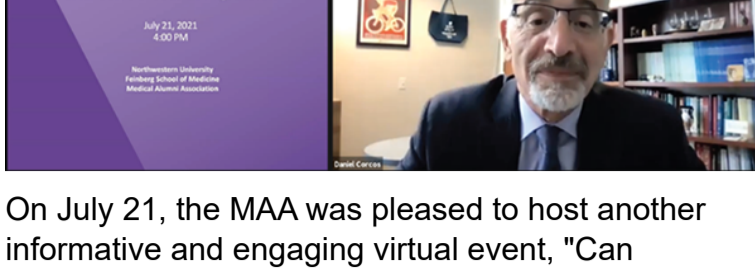


Exercise & Parkinson's Disease



On July 21, the MAA was pleased to host another informative and engaging virtual event, "Can Exercise Slow Parkinson's Disease Progression?"

The webinar featured an engaging presentation from Daniel M. Corcos, PhD, professor of Physical Therapy and Human Movement Sciences at Northwestern University Feinberg School of Medicine. Dr. Corcos was able to answer many of the audience's questions about how to combat Parkinson's disease through progressive resistance exercise and endurance exercise.

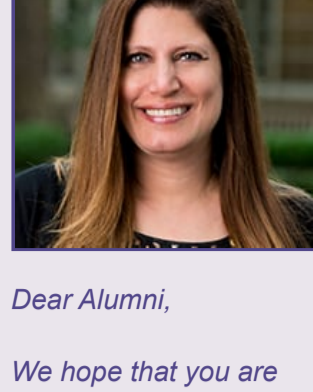
If you have questions about this event, or if you are interested in having a conversation about Parkinson's research at Feinberg, please contact Vic Maurer at victor.maurer@northwestern.edu.

Thank you to all who joined us!



After being diagnosed with Parkinson's at age 27, Jimmy Choi (pictured above) began working with Dr. Corcos and the team at Northwestern Medicine Parkinson's Disease and Movement Disorders Center. Jimmy now holds the Guinness World Record for the number of chest-to-ground burpees in one minute and has been a qualifier on American Ninja Warrior four times.

From the Director's Desk:



Dear Alumni,

We hope that you are enjoying your summer! Our Half Century Club kickoff event, open to all alumni, will feature a panel of distinguished cardiologists from Northwestern Medicine, discussing the work and legacy of [Jeremiah Stamler, MD](#), professor emeritus of Preventive Medicine in the Division of Epidemiology. This webinar will be held on Wednesday, August 11 from 5–6 p.m. Please see the "Upcoming Events" portion of this newsletter for more details. We hope that you can attend this very special event.

Please reach out with any questions.

Thank you,
Babette

Babette Henderson '21

KSM

Senior Director, Alumni Engagement
312-503-0855

Congratulations DPT Graduates!



The [Department of Physical Therapy and Human Movement Sciences](#) graduation was held virtually on Friday, June 25.

Department chair, Dr. Julius Dewald (pictured above, bottom left), welcomed commencement speaker Bernadette Williams-York, PT, DSc, GCS, associate professor and program director of the Division of Physical Therapy in the Department of Rehabilitation Medicine at the University of Washington (pictured above, top right).

Students Jane Hart (pictured above, bottom right), Colton Manuskay, and Allyson Blackstone accepted awards in person during the ceremony.

Congratulations to all the graduates, and welcome to the Medical Alumni Association!

MAA Digital Series: Hosted by Joseph Gugenheim, '72 MD

"Candy Man of Streeterville: Otto Schnering"



We're thrilled to share with you the newest installment of the MAA digital series from our favorite historian, alum **Joseph Gugenheim, '72 MD!**

Join Dr. Gugenheim for a delicious presentation about Otto Schnering, the founder of the Curtiss Candy Company and inventor of the five-cent candy bar. Learn how Schnering's successful endeavors would lead to one-third of all U.S. candy being made in Chicago by the mid-twentieth century.

Dr. Gugenheim presents "[Candy Man of Streeterville: Otto Schnering.](#)"

Thank you, Dr. Gugenheim!

VIEW
"CANDY MAN OF STREETERVILLE:
OTTO SCHNERING"

Alumni Weekend Survey



We are busy planning for Alumni Weekend, scheduled for April 29–30, 2022. Next spring's event is shaping up to be one of our most exciting Alumni Weekends ever!

In addition to celebrating our 2022 reunion classes (classes that end in 2s or 7s), we also are pleased to welcome back alumni from 2020 (classes ending in 0s and 5s) and 2021 (classes ending in 1s and 6s), who will be joining us to celebrate their postponed reunions.

Building on the outstanding programming that we have provided in years past, we'll also be adding some new events, including a reception for our newly-formed Half Century Club!

If you are in the one of **our 2020, 2021, or 2022 reunion classes**, please complete this [three-question survey](#) by **Tuesday, August 3**, to assist with our planning.

TAKE THE
REUNION SURVEY

Pearls of Wisdom

Reflections From Our Half Century Club Members



In this "Pearls of Wisdom" section of the newsletter, we share reflections, words of advice, and tales of the storied careers of our Half Century Club alumni members.

In this month's feature, we're pleased to share words of advice from **Michael J. Cavanaugh, '69 MD** (pictured above):

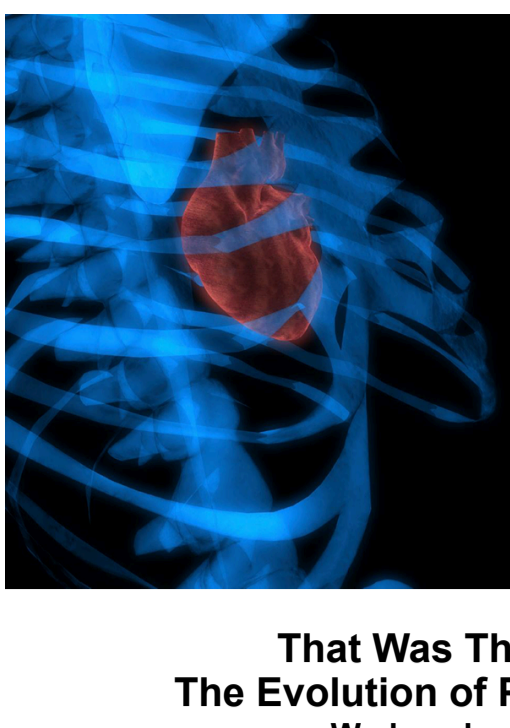
"Teach! Teach anyone you can—med students, residents, fellows, nurses, community college, lay groups. Wherever. There is nothing better than teaching to clarify our own analysis, to confront conventional wisdom, and to force us to question the assumptions we all make. Also, because it is fun."

Thank you, Dr. Cavanaugh!

Are you a member of our Half Century Club, our esteemed alumni who graduated 50+ years ago? Then we want to hear from you! Send us your "Pearls of Wisdom" for inclusion in an upcoming newsletter.

Email Jillian Kurtz Brubaker at jillian.brubaker@northwestern.edu.

Calling All Half Century Club Members: Join Us for Our Virtual Kickoff Event!



Join us virtually for our Half Century Club kickoff event. This inaugural webinar honors the work of [Jeremiah Stamler, MD](#), professor emeritus of Preventive Medicine in the Division of Epidemiology. Dr. Stamler was the founding chair of the Department of Preventive Medicine at Northwestern in 1972 and has had a tremendous influence on our understanding of diet and cardiovascular health. He is considered the founding father of preventive cardiology.

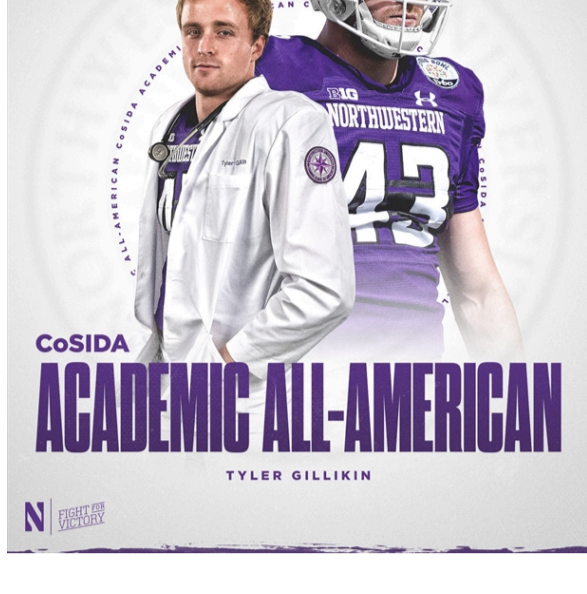
That Was Then, This Is Now: The Evolution of Preventive Cardiology

Wednesday, August 11, 2021

5:00–6:00 p.m. CST

See the “Upcoming Events” portion of this newsletter below for more information and to register.

From MCAT to Wildcat



Current MD student and future alum Tyler Gillikin, now entering his M2 year, has been named First Team Academic All-American and is the Northwestern Wildcats' first student-athlete to earn first-team distinction since 2012.

Read more about Tyler's incredible accomplishments on the [NU Sports website](#).

Congratulations, Tyler!

FIRST TEAM ACADEMIC ALL-AMERICAN, M2 TYLER GILLIKIN

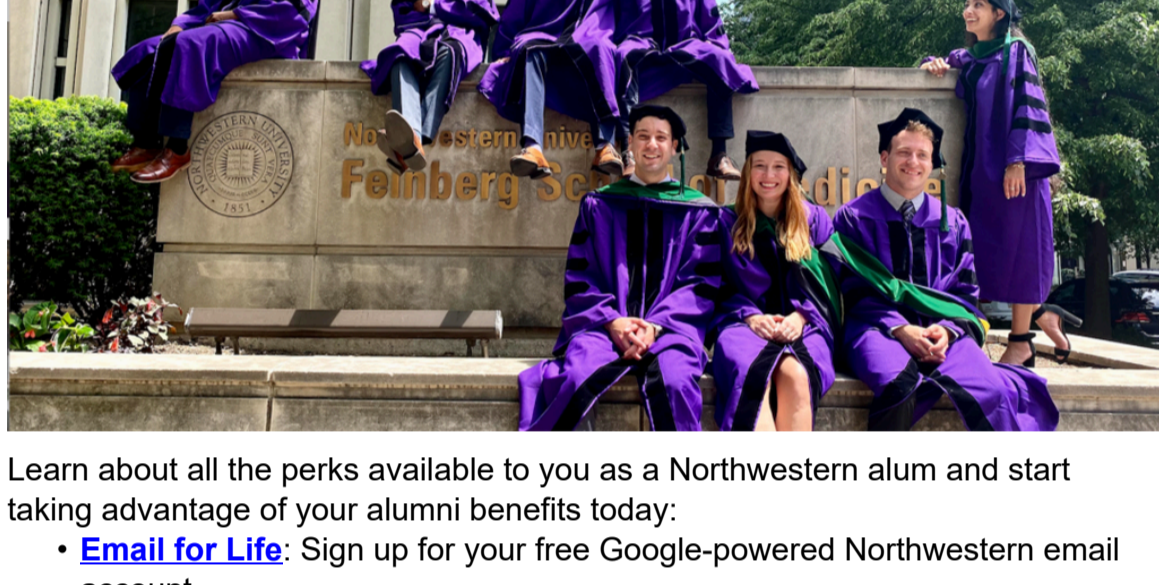
NUMS '73 Making Plans for 50th Reunion!



Members of the MD Class of 1973—(pictured left to right) **Stanley Goldberg '70, '73 MD**; **Steve Golbus, '73 MD**; **Dan Gardner, '73 MD**; and **Leo Gordon, '73 MD**—recently met for dinner in Costa Mesa, California, on July 20. They shared that preliminary plans were even made for their upcoming fiftieth reunion!

Thank you to Dr. Gordon for sharing this terrific photo with us. We look forward to celebrating your class in Chicago in 2023!

Alumni Benefits & Perks

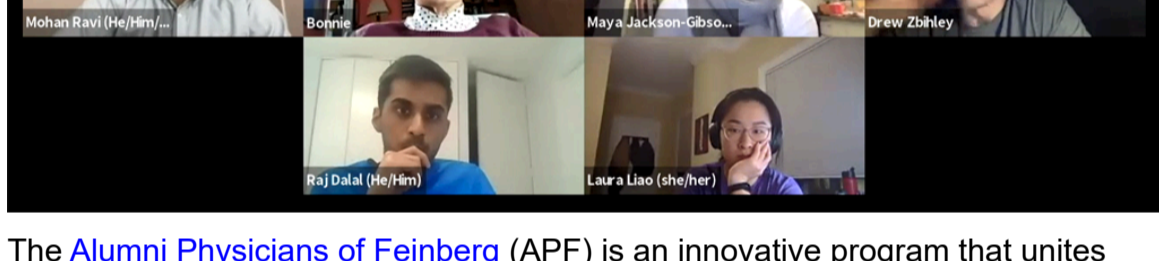


Learn about all the perks available to you as a Northwestern alum and start taking advantage of your alumni benefits today:

- [Email for Life](#): Sign up for your free Google-powered Northwestern email account.
- [Free Online Courses](#): Massive Open Online Courses (MOOCs) are available through the Coursera platform.
- [Access to Galter Library](#): Planning a visit to campus? Contact us for your Medical Alumni Association Alumni ID Card.
- [Continuing Medical Education](#): Explore conferences and distance learning opportunities.

Graduated recently? Moved? Do you have a new phone number or email address? Please send us your [updated contact information](#).

Alumni Physicians of Feinberg Archives



The [Alumni Physicians of Feinberg](#) (APF) is an innovative program that unites alumni and faculty with students who want to learn about the lives of physicians—how they made their specialty choice, what they actually do all day, how they balance work, family, and life, lessons they have learned, and what they would do differently. This is especially valuable to students who are making their specialty choice.

Each session is usually held in the Rubloff Building on the Chicago Campus. However, during the pandemic, this series pivoted to a virtual format. We are pleased to share the [digital archives](#) of these recorded conversations.

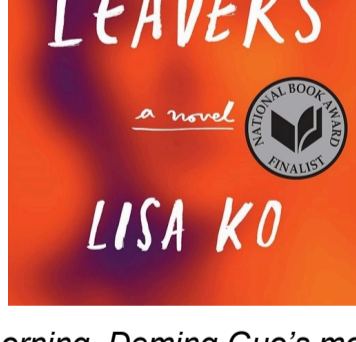
For more information on the APF program, please contact Dan Schwarzlose at daniel.schwarzlose@northwestern.edu.

VIEW THE APF DIGITAL ARCHIVES

You're Invited: NU Alumni Book Clubs

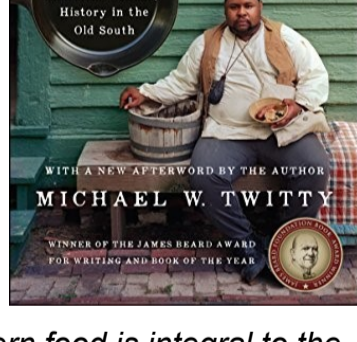
Late Summer/Fall Books Selected!

Check out the latest Northwestern Alumni Association (NAA) [virtual book clubs](#) selections—chosen by current book club members. Join the private online forums to share your thoughts, post questions, and participate in live discussions with select authors.



One morning, Deming Guo's mother, an undocumented Chinese immigrant, goes to her job at a nail salon and never comes home. No one can find any trace of her.

With his mother gone, 11-year-old Deming is adopted by two white college professors who move him from the Bronx to a small town upstate. They rename him Daniel Wilkinson in their efforts to make him over into their version of an “all-American boy.” But far away from all he's ever known, Daniel struggles to reconcile his new life with his mother's disappearance, and the memories of the family and community he left behind.



Southern food is integral to the American culinary tradition, yet the question of who “owns” it is one of the most provocative touchpoints in our ongoing struggles over race. In this memoir, Twitty, a culinary historian, takes readers to the center of this fight, tracing the roots of his own family and the politics surrounding the origins of soul food, barbecue, and all Southern cuisine.

As he takes us through his ancestral culinary history, Twitty suggests that healing may come from embracing the discomfort of the South's past and reveals a truth that is more than skin deep.

JOIN THE ALUMNI BOOK CLUB

JOIN THE IN FOCUS BOOK CLUB

Northwestern alumni are welcome to join both of the [NAA's book clubs](#) and choose to read one or both books per reading cycle. You only need to sign up once for each club to participate. Discussions will take place on separate online forums. There is no cost to participate—you just need a copy of the book.

Congrats Are in Order!



Constants Adams, MD, '21 GMER, new residency alum, was recently featured in an *ABC7 Chicago News* segment on what inspired her to become a physician. Her mother, for whom Dr. Adams is named, ran a home for women battling HIV and drug addiction in Detroit, Michigan, in the early 1990s. As she shares in the interview, it was her mother's work and dedication that motivated Dr. Adams to pursue a career in medicine and care for those in need. View the segment [online](#). Congratulations, Dr. Adams!



Dawn S. Brown '96, '99 MPT, DPT, has been named the 2021 American Physical Therapy Association Minority Faculty Development Scholarship Award winner. Dr. Brown is clinical assistant professor of Physical Therapy in the School of Allied Health and



Inger Burnett-Zeigler, '10 PhD, recently authored a new book, *Nobody Knows the Trouble I've Seen: The Emotional Lives of Black Women*, in which she offers Black women a new framework in which to understand how their life experiences have impacted



James J. Connors, MD, '08 GMER, '09 GMEF, was recently appointed chair of the Department of Neurological Sciences at Rush University Medical Center after serving in an interim capacity. Dr. Connors has served as medical director of the Comprehensive Stroke

Communicative Disorders at Northern Illinois University (NIU) and is pursuing a doctor of education degree at NIU. Congratulations, Dr. Brown!

them and offers strategies to adopt practices for body and mind health. Dr. Burnett-Zeigler, associate professor of Psychiatry and Behavioral Sciences at Feinberg, recently discussed her new book in an interview with [Northwestern Now](#). Congratulations, Dr. Burnett-Zeigler!

Center since 2011, as chief of the Section of Cerebrovascular Diseases since 2012, and led the clinical operations of the Department of Neurological Sciences since 2019. He also is associate professor of Neurological Sciences at Rush Medical College and the recipient of the 2020-2021 Rush Faculty Excellence Award for Excellence in Clinical Service. Congratulations, Dr. Conners!



Steven C. Immerman '74, '77 MD, '81 GMER, FACS, recently published a large [case study article](#) for the cutting-edge treatment of pilonidal disease using the Bascom Cleft Lift Procedure. Dr. Immerman sees patients from all across North America and even as far as Canada, China, and Korea. A general surgeon with a success rate of 98%, he has given talks at the International Pilonidal Society meetings in Berlin and Vienna and had surgeons come to Eau Claire, Wisconsin (where he practices) to observe his technique. Dr. Immerman is one of the national experts in the treatment of pilonidal surgery and would be especially happy to share his expertise with other Northwestern general surgery grads. He can be contacted via his [website](#). Congratulations, Dr. Immerman!



Kathleen M. O'Leary, '04 MD, has joined Midwest Fertility Specialists in Carmel, Indiana. Previously, Dr. O'Leary practiced reproductive medicine in Cincinnati, Ohio, and served as lieutenant colonel in the United States Air Force. She was chair of the Reproductive Endocrinology and Infertility (REI) Division of the 88th Surgical Operations Squadron at Wright-Patterson AFB in Dayton, Ohio, and also served as medical director of the Women's Health Clinic and REI consultant to the Air Force Surgeon General. Dr. O'Leary is board certified in both Obstetrics and Gynecology and Reproductive Endocrinology. Congratulations, Dr. O'Leary!



Robert M. Pick, '80 DDS, '82 CERT, MS, '84 MS, FACD, FICD, started a Facebook group earlier this year called "[Purple-Cow-Wow!](#)" focused on the prioritization of ethics and excellence, and how to stand out in a remarkable way. Dr. Pick shared that "in today's world, you must be able to separate yourself from the competition. So important! But what do you do differently that separates you from the rest!?" Group members include dentists, physicians, and the general population—from mayors to CEOs. Join the group for weekly interviews, motivational posts, and more. All are welcome. Congratulations, Dr. Pick!



Do you have news to share with us or know of an alumnus/a we should recognize in the newsletter?

Post it on our [Facebook](#) page or email us at medalum@northwestern.edu.

Upcoming Events: Join Us Online!



VISIT THE MAA'S
PLAN IT
PURPLE PAGE

[Medical Alumni Association: Plan It Purple Calendar](#)

Did you know that the MAA has its very own [Plan It Purple](#) calendar?

With the [Plan It Purple](#) calendar, you'll never miss a Medical Alumni Association event!

You can register for events, download a save-the-date reminder to your calendar, and learn more about all the other University-wide events and offerings.

Bookmark the [MAA calendar](#) or visit the [MAA home page](#) to keep tabs on all of our upcoming events.

[Half Century Club Kickoff Event— Webinar | That Was Then, This Is Now: The Evolution of Preventive Cardiology](#)

Wednesday, August 11, 2021 | 5:00–6:00 p.m. CST

The Half Century Club of Northwestern University's Medical Alumni Association invites you to join us for a special webinar honoring the work of Jeremiah Stamler, MD, professor emeritus of Preventive Medicine in the Division of Epidemiology. Dr. Stamler was the founding chair of the Department of Preventive Medicine at Northwestern in 1972 and has had a tremendous influence on our understanding of diet and cardiovascular health. He is considered the founding father of preventive cardiology.

Please join us for a panel discussion with moderator Donald M. Lloyd-Jones, MD, ScM, FACC, FAHA, featuring alumni **Sadiya S. Khan '05, MSc, '09 MD, '12 GMER, '16 GMEF**, and **Neil J. Stone '66, '68 MD, '74 GMER, '75 GMEF**.

Advance registration required.

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