

For Alumni and Friends | 2022 - 23

NATIONAL UNIVERSITY OF HEALTH SCIENCES MAGAZINE



EXPANDING
Opportunities

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Front Cover:

NUHS President Joseph, P.D. Stiefel and Mark Galvanoni, NUHS Director of Facilities and Security take a break to review construction progress in Janse Hall.

Back Cover:

In November, NUHS-Florida hosted the much anticipated 14th Annual Turkey Bowl. Students, faculty, staff and alumni along with friends and family joined in the festivities.



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NATIONAL UNIVERSITY OF HEALTH SCIENCES MAGAZINE

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For 117 years National University of Health Sciences has exemplified transformation. Since the very beginning, National has taken chiropractic medicine from what it was, to what it could be. Along the way, the course has been clear. A mission broad enough to embrace change, but focused enough to provide a clear destination.

Over the past decades the University has diversified and embraced life changing programs and opportunities. Our students now have the opportunities of acupuncture and Chinese herbal medicine, naturopathic medicine, and degrees in advanced clinical practice to name a few. For more than a century, our students and graduates have taken that opportunity and transcribed it for communities around the globe. The results being a greater chance for optimized health for scores of people.

To that end, the Illinois campus has provided a landing spot for future health care providers for better than

60 years. As a reflection of those faculty, staff and students over the years, an ever-changing campus continues to transform. This past summer our library underwent major changes with the dedication to President Emeritus, Dr. Winterstein. We've had major developments to Lake Janse and the Student Center. Current projects include improvements to our Illinois student housing, our on-campus clinic, and of course much needed changes to Janse Hall.

We've all enjoyed the changes to the University over the years. Each cohort holds in its memory a vision of the National they experienced. For more than a decade those memories now include warm weather thoughts of our Florida campus. These changes and your memories are all possible and supported from those who came before. National has a long history of strong alumni and community support, and we want to thank the alumni, faculty, staff, and students for continued support and the forward advancement of our mission.

While we reflect on the many changes to the clinics, laboratories and buildings that we each call National, undoubtedly those memories will be filled with the friends and colleagues that truly make our University. Buildings have been updated and campuses added, but it is the people who truly make the difference in our individual journeys. Thank you for the lasting change that you've been a part of.

Esse Quam Videri.

Joe Stiefel
President



The Tradition of Yesterday for the Vision of Tomorrow

Dear Alum,

YOU are the legacy of National University of Health Sciences! One of the pillars on which National University proudly stands upon each day is YOU. National University alumni are the innovators, creators and leaders who make footprints worldwide to define integrative health care.

The legacy of National University was built upon the shoulders of greatness, those who were the pioneers to create the future that is in front of you today. The seal on your diploma would not mean what it does without YOU upholding that honor! You empower us to strive even stronger for our continued level of excellence and champion to preserve our majestic traditions. National University would not have the influence and presence it does without your unwavering support and dedication.

In the past year, your contributions have granted us the ability to enhance educational facilities across campus, increase scholarship opportunities for students, expand our academic programs and assist in sending deserving students to state conventions. Your gift toward a National University Giving Club and/or the Alumni Association transforms the lives of current students, creates opportunities for National University and sets the narrative for future generations.

This is not about a donation, but rather the confidence you have in the mission of National University and commitment to preserving our legacy. Any way you decide to give, I thank you for choosing to honor the past and entrusting us to shape the future.

The tradition of yesterday for the vision of tomorrow. Will YOU continue to support the legacy?

Esse Quam Videri.

Sincerely,

Tracy McHugh, MBA
Vice President for Administrative Services



(L to R) Mark Galvanoni, NUHS Director of Facilities and Security and NUHS President Joseph P.D. Stiefel.



NUHS Unveils New Upgrades at Janse Hall

National University of Health Sciences continues to make new upgrades and renovations to improve facilities across the Illinois campus.

The latest project in Janse Hall is nearing completion. In early 2023, NUHS will unveil a new, modern and decorative ceiling in the main hallway that will match the existing cherry wood wall panels. This update includes LED lights that offer more consistent and energy-efficient lighting.

The new ceiling is just the tip of the iceberg. According to Mark Galvanoni, NUHS Director of Facilities and Security, the largest undertaking was installing a new sprinkler system, which helped pave the way for the new ceiling, along with any other updates needed in Janse Hall into the future. Last year, adjustment classrooms on the lower level of Janse Hall also received upgrades such as new flooring, ceiling panels, paint and reupholstered adjustment tables.

“Overall, these upgrades really help to freshen up the building and make the school more presentable to students and visitors,” Galvanoni said.

The updates are part of a series of renovations in Janse Hall in recent years, including a revamped Admissions Office, bathrooms and new paint in university colors.

Janse Hall was the first building built on the Lombard campus in 1963. Back then, it housed three lecture halls, a gross anatomy laboratory, five additional labs, a library and a public clinic. The university has since expanded to nine buildings over 32 acres.

“Overall, these upgrades really help to freshen up the building and make the school more presentable to students and visitors.”

– Mark Galvanoni



The Janse hallway update includes LED lights for consistent and energy-efficient lighting.



President Stiefel, naturopathic medicine student Africa Gaddis and Mark Galvanoni review construction progress

Whole Health Center to expand treatment rooms

More renovations are on the horizon, including expanding the treatment rooms at the NUHS Whole Health Center in Lombard. Starting in the spring trimester, the facilities department will combine three treatment rooms to create two expanded treatment areas and add new cabinetry.

Chiropractic and naturopathic medicine students will have the chance to test the room for functionality and provide feedback before more treatment rooms are updated.

Acupuncture and Chinese Herbal Medicine treatment rooms will be reconfigured next.

NUHS Chief Clinicians in chiropractic medicine, Frank Frydrych, Jr., DC, naturopathic medicine, Jennifer Green, ND, DC, and acupuncture, Hyundo Kim, L.Ac. PhD., along with Theodore Johnson, Jr., DC, DABCI, Dean of Clinics, have all been involved in voicing students’ requests. Once students have tried out the rooms, surveys will be distributed for additional feedback.

“When it comes to students learning and how they succeed, we definitely want them to be involved with the renovation process,” Galvanoni said.



STAYING CONNECTED

National University alumni are the innovators, creators and leaders who make footprints worldwide to define integrative health care. You empower us to strive even stronger for our continued level of excellence and set the narrative for future generations. Remain connected with your alma mater and esteemed colleagues through the following resources. **WE ARE ALWAYS HERE TO SUPPORT YOU!**

You can connect with us by:

- Becoming an Alumni Ambassador
- Enlisting in the Alumni Champion Series
- Referring a student
- Attending a state convention with NUHS
- Joining the Alumni Association
- Participating in a National Giving Club

Website Resources:

Visit us on our website at www.nuhs.edu/alumni and you can:

- Access the NUHS Digital Marketplace
- Locate National University Alumni
- Refer a patient
- View upcoming alumni events
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- Share feedback and suggestions

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NUHS to Launch Doctor of Acupuncture Program

National University of Health Sciences is expanding its degree offerings to provide students with a more advanced education in the rapidly growing field of acupuncture. NUHS is currently accepting applications for the new Doctor of Acupuncture program that is set to begin in May for students who meet requirements.

In recent years, acupuncture has become increasingly well-accepted within the medical community. New research continues to support the effectiveness of acupuncture with more patients than ever before using it to treat pain, infertility, stress and anxiety, etc.

“A more advanced, doctorate level of training in acupuncture is quickly becoming necessary as acupuncturists make their way into more mainstream medical environments like hospitals and fertility clinics,” said George Stretch, DN, DAOM, LAc, DAAPM, DNBAO, Assistant Dean of the Acupuncture program. “A degree with more advanced standing will also help NUHS students stay competitive in the field.”

Starting in September 2023, NUHS is also offering restructured Masters programs in acupuncture. Students can complete the Master of Acupuncture (MAc) in as little as 6 trimesters, or in 8 trimesters with a specialization in Chinese Herbal Medicine (MAc-CHM). The Masters’ programs will hold daytime classes instead of the previous evening classes. Students will still have the added advantage of cadaver dissection, an opportunity exclusive to NUHS.

Once students have completed the Master’s program, they will be able to earn their Doctor of Acupuncture



entirely online in just one year, or three trimesters.

“This allows graduates of the Masters’ programs to return to their hometowns and begin practicing and earning an income all while studying for their doctoral degree,” Dr. Stretch said.

*“We’ve streamlined
the coursework so
students can truly
master the material
and become the best
practitioners possible.”*

– Dr. Stretch

As part of the Accreditation Commission for Acupuncture and Herbal Medicine (ACAAM) requirements, students in the doctoral

program will be required to complete a 60-hour preceptorship with a licensed physician of their choosing, located in any state. They will also have the option of completing this requirement at NUHS’s Whole Health Center in Lombard alongside a chiropractic physician.

Like other programs at NUHS, coursework in the doctoral program in acupuncture will focus on integration with other branches of medicine that students can expect to encounter in practice. The curriculum will include topics on demographics, biostatistics, radiology, MRI, CT scans and lab work. Course work also covers the topics of practical business and marketing strategies.

“The Acupuncture program isn’t a sprint, it’s a marathon,” Dr. Stretch said. “We’ve streamlined the coursework so students can truly master the material and become the best practitioners possible.”



NUHS Graduate & Clinician Dr. Sarah Montesa Brings the Comforting Effects of Acupuncture to End-of-life Patients



NUHS Graduate and Clinician Sarah Montesa, '20, '19, provides acupuncture to a patient.

NUHS graduate Sarah Montesa, MSAC, '19; DC, '20; MSHAPI; MSOM, '22 and CHPCAS, who is now a clinician at the NUHS Whole Health Center, is making strides toward bringing acupuncture to more end-of-life care patients. As a certified provider of end-of-life care from the National Association of Hospice and Palliative Care Acupuncturists, Dr. Montesa has been providing in-home acupuncture services to help palliative care patients feel more comfortable and obtain a better quality of life. She has also started to work with local hospice organizations with the goal of forming partnerships and finding ways to integrate acupuncture and Tui Na into their models of care.

Acupuncture can have several benefits to those in palliative and hospice care. Dr. Montesa currently uses acupuncture

to treat nausea, pain, breathing trouble, anxiety and stress. Unlike some pain medications, acupuncture doesn't interact with other drugs, make a patient sleepy or affect them cognitively. Instead, it allows them to remain alert and spend more quality time with their family.

"This type of care is all about helping patients live the best life possible no matter what they're going through."

– Dr. Montesa

While hospice care does not have the goal of trying to cure a patient, there's still a lot that can be done to make a patient as comfortable as possible. In addition to acupuncture, manual therapy, and other soft tissue work, like Tui Na, can help with sleep. Chinese Herbal Medicine formulas can also improve skin issues. According to Dr. Montesa, patients in palliative care sometimes experience skin irritation, lesions, pain and stiffness, due to decreased blood supply.

"This type of care is all about helping patients live the best life possible no matter what they're going through," Dr. Montesa said.

Dr. Montesa is no stranger to being around death. From an early age, she had multiple relatives staying in her home to receive end-of-life care. The time she had with her grandmother while in eighth grade was particularly memorable. Although her grandmother was nearing her final weeks, Dr. Montesa has fond memories. After ending regular treatments like dialysis, Dr. Montesa started to see a positive change in her grandmother.

"She knew she was dying, but she started to smile again, she became herself again," Dr. Montesa said. "I want to be part of that aspect of people's lives."

In addition to treating patients, Dr. Montesa also helps provide support to families. She encourages relatives to start a dialogue about end-of-life care and to find out what patients want for themselves.

"Because there are lots of emotions involved at the end of life, it's important to know a patient's wishes, so that they are not put through unnecessary procedures," Dr. Montesa said. "Having a plan helps make things easier on everyone."

Dr. Montesa, who also operates Family Health & Wellness Solutions with a colleague, said her time at NUHS really helped prepare her for providing this type of care.

Even before she graduated, Dr. Montesa was able to gain experience treating pain as part of a NUHS Acupuncture rotation at Stroger Hospital in Chicago. While there, Dr. Montesa encountered many patients experiencing chronic pain who needed another option for managing their conditions. Pain medications, especially when taken for a long time, often have negative side effects.

Overall, Dr. Montesa said the wide scope of training she received at NUHS gave her the foundational knowledge she needed to collaborate with other health care practitioners and provide the best care possible. She also attributed her success to various faculty members who served as mentors and encouraged her to explore different fields.

"Sometimes you encounter patients going through difficult things. But I realized, if I just provide them with care, consideration and love, then I'll end up making a positive change in their lives one way or another," she said.



Congratulations Alumni!

The following NUHS Alumni have been honored with leadership positions and service distinctions:

New Additions:



Dr. Hector Rivera-Melo, '93, welcomed a baby girl into the family in July 2022.



Dr. Danielle Potter-Bodenlos, '12, welcomed a baby girl into the family in April 2022.



Dr. Dana Madigan, '13, welcomed a baby girl into the family in October 2022.



Dr. Zubair Siddiqui, '14, welcomed a baby girl into the family in May 2022.



Dr. Doug Krefman, '15, welcomed a baby boy into the family in June 2022.



Dr. Michaela Phillips, '15, welcomed a baby boy into the family in May 2022.



Dr. Maggie Pilat Rzeszuto, '15, welcomed a baby girl into the family in May 2022.



Dr. Sarah Brooks Fiedler, '17, welcomed a baby girl into the family in June 2022.



Dr. Andrew Boyce, '18, welcomed a baby girl into the family in October 2022.

Dr. Emily Roberson, '18, welcomed twin baby girls into the family in July 2022.



Dr. Crystal Johnson, '20, welcomed a baby girl into the family in May 2022.

Dr. Landon Burt, '22, welcomed a baby boy into the family in July 2022.

Dr. Raymond Newgard, '60, will be the subject of a book by Storyworth.

Dr. Jerrilyn Cambron, '91 and **Dr. Dana Madigan, '13**, published a paper viewable on PubMed: "Barriers and Facilitators of Implementing Injury Prevention Practices by Massage Therapists".

Dr. Robert Twaddell, '96, offered financial support for the National Arena League 2022.



Dr. Sunit Jolly, '03, joined MCR Chiropractic, a division of Cypress Health Partners, in Massachusetts.

Dr. Susan Khorshid, '19, opened her second practice location, Orion Diagnostic & Chiropractic Center.



Dr. Megan Burgess, '20, opened a new office, "Elite Wellness Center", in July 2022.

Dr. Sarah Montesa, '20, completed her third master's degree in 2022.



Dr. Addison Ozakyol, '20, was awarded the ACA Sports Council Next Generation Award in Denver, Colorado, in October 2022.

Doctors Autumn Burns, '22, and **Alan Norman, '21**, became new Pinellas County Chiropractic Society (PCCS) board members.



Dr. Joe Blum, '11, opened Blum Family Chiropractic in Mishawaka, Indiana in 2022.

Dr. Glenn Jaffe, '02, was awarded the Legacy of the Long Leaf Pine by the North Carolina Chiropractic Association (NCCA) during the 2022 Fall Convention in Durham, North Carolina. The Long Leaf Pine is the state tree of North Carolina and signifies strength and reliability. The highest honor bestowed by the NCCA, this award represents Dr. Jaffe's dedication of many years of service and effort to the advancement of chiropractic in North Carolina and service to the NCCA. Dr. Jaffe has completed a term of nine years of service on the NCCA board, including two as president. During this time, he was also awarded the 2014 Member of the Year and 2021 Doctor of the Year.

NUHS Alum Patrick Frank Awarded for Teaching Excellence in Basic Sciences



(Left to right) Daughter Sally, wife Miriam, (Dr. Frank), and son Sam were in attendance; daughter Lucy was unable to attend

National University alumnus Patrick Frank, DC, '94, was recognized in May 2022 for teaching excellence in basic sciences at the University of Toledo College of Medicine.

At a graduation awards ceremony on May 19, he received the Robert T. Tidrick Golden Apple Award, bestowed by the students of the current graduating class to both faculty and clinicians in honor of Dr. Tidrick, a surgeon and educator at the former Medical College of Ohio.

"I am extremely humbled and honored that they selected me as their choice for the basic science faculty honoree," Dr. Frank said.

Dr. Frank worked in private practice for 23 years when he was recommended to teach the gross anatomy course of the medical program at the University of Toledo based on his background in anatomy dissection while a student at National University. He started teaching in 2013 before eventually accepting a full-time tenure-eligible position in 2016.

"My love for teaching came from my time spent working for Gregory Cramer, DC, PhD, (then chair of the Anatomy Department) as the fellow of the anatomy lab," Dr. Frank said. "I spent many hours preparing dissections for his book - 'Basic and Clinical Anatomy of the Spine,

Spinal Cord, and Autonomic Nervous System."

He also credits his time with former NUHS professors Susan Darby, PhD, Barclay Bakkum, DC, PhD, Robert Humphreys, MS, DC and Ezra Cohen, DC.

"I am extremely humbled and honored that they selected me as their choice for the basic science faculty honoree."

– Dr. Frank

"I am so blessed to have had them as my instructors and mentors," he said. "Their exceptional teaching styles and command of gross anatomy and neuroanatomy were inspirational and planted the seed for teaching."

Before graduating from NUHS, Dr. Frank also worked as a teaching assistant for gross anatomy laboratory and the neurology courses, both subjects he now teaches.

Today, his favorite parts about teaching are being challenged and learning new things.



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New Internship Program at the University of Missouri's Orthopaedic Institute Offers NUHS Students an Exclusive Learning Opportunity



Missouri Orthopaedic Institute
University of Missouri Health Care

National University
Of Health Sciences

National University of Health Sciences students will soon have an opportunity to participate in a new chiropractic internship program at The Missouri Orthopaedic Institute (MOI).

The institute is part of the MU Health Care system at the University of Missouri, Columbia. The 15-week Chiropractic Intern Program is the first at MOI to include chiropractic students. The internship is an exclusive agreement between NUHS and The University of Missouri School of Medicine.

MOI is considered the most comprehensive orthopedic center in the region and attracts students, residents, and fellows from around the world. With 400 staff members and state-of-the-art technologies, MOI offers patients total neuromusculoskeletal care in a single location.

"MOI strives to be a comprehensive one-stop shop where patients can receive treatment from multiple providers on the same day. The arrangement allows immediate interaction among a patient's providers," said K. Jeffrey Miller, DC, MBA, developer and director of the new program.

NUHS students will interact with medical students, residents, fellows and physicians from multiple neuromusculoskeletal specialties. Specialties include general orthopedics, sports medicine, physical medicine and rehabilitation, orthopaedic oncology, podiatry, pain management, pediatric orthopaedics, orthopaedic research and more. The interactions will allow NUHS students to observe a wide variety of cases.

"The program at MOI will provide broad exposure to patient conditions at a multi-disciplinary setting and is

a great way for students to round out the education they receive at NUHS," said NUHS President Joseph Stiefel, MS, EdD, DC.

In addition to working in a hospital-based chiropractic practice, interns will participate in orthopaedic and chiropractic Grand Rounds at MOI and Dr. Miller's work at MU's Women's Hospital in Columbia.

"The program at MOI will provide broad exposure to patient conditions at a multi-disciplinary setting and is a great way for students to round out the education they receive at NUHS."

— President Joseph Stiefel

"The Chiropractic Intern Program at MOI is another step forward in the evolving cooperative relationship between medicine and chiropractic. I am excited to bring chiropractic students to campus," said Dr. Miller.

MOI's first group of chiropractic interns will start in January. Interested students can apply through NUHS Dean of Clinics Theodore Johnson, Jr., DC, DABCI.



NUHS Dedicates the James F. Winterstein Library to Longstanding President

At an historic event during Homecoming 2022, NUHS President Joseph P.D. Stiefel, MS, EdD, DC, announced the dedication of the James F. Winterstein Library. The library was named in honor of the longstanding president who served from 1986-2013. The NUHS community celebrated the dedication during a cocktail reception held on April 2. Dr. Winterstein and his family were in attendance.

"Dr. Winterstein provided decades-long service to this institution, the chiropractic medicine profession and higher education," Dr. Stiefel said. "The night's festivities were a wonderful ending to a magnificent homecoming."

A monument sign was erected in front of the library with the new name. Inside the library, a portrait of Dr. Winterstein, along with a timeline of his career and achievements were also unveiled.

Dr. Winterstein served as president of National University of Health Sciences for 27 years, until June 22, 2013, when he assumed the role of President Emeritus. As the fifth



(Left) Dr. Stiefel, President and (Right) Dr. Winterstein, President Emeritus

president of National University, his many accomplishments changed history, expanded opportunities and raised educational standards for both the university and the chiropractic profession.

Under Dr. Winterstein's leadership, National University grew to be a leader in chiropractic research. Not only did NUHS receive the first \$1 million research grant from the Foundation for Chiropractic Research, but has since received over \$7.5 million in federal grants

from the National Institutes of Health (NIH).

Dr. Winterstein remains the chiropractic profession's most determined advocate for broad-scope primary care practice, as well as anchoring that practice in evidence-based medicine. His legacy is an example of what can be achieved through uncompromising dedication to high standards in both education and professional practice, and an unwavering commitment to patient-centered medical care.



NUHS Research Study Offers Lower Back Pain Sufferers Relief and Hope



Dr. Gregory Cramer

The NUHS Department of Research recently published, "Vibration and Acoustic Crepitus Sensing Using Piezoelectric Accelerometers," in the November edition of the *Journal of Engineering and Science in Medical Diagnostics and Therapy*.

Although Dr. Gregory Cramer, DC, PhD, and NUHS Dean of Research acknowledged "there is a long road ahead," this research will help DCs and NDs automate the identification of patients who would benefit the most from their treatments, as well as help document treatment effectiveness.

Members of the NUHS research team included: Dr. Gregory Cramer, (senior author); Gregory Roytman, '19, DC, (first author); Matthew Budavich, '16, DC; Judith D. Pocius, Research Coordinator; Jocelyn Faydenko, Research Fellow and Dana Muligano, '20, DC.



High School Student Joins NUHS Research Project as Part of Summer STEM Program



High school intern Alex Arshavsky (middle) displays her research poster alongside Dr. Faydenko (left) and Dr. Cramer (right) at a school symposium.

During the summer of 2022, Stevenson High School student Alex Arshavsky took part in one of NUHS' latest research projects. Her internship was part of the high school's SPARK program for exceptional students interested in pursuing careers related to STEM (Science, Technology, Engineering, Math) research.

In October, she presented a scientific poster about the research project during a SPARK Research Symposium at her high school. Ms. Arshavsky has plans to become a doctor and pursue research in college and beyond.

For seven weeks, she worked alongside NUHS research resident Jocelyn Faydenko, ND, DC on the crepitus research project.

"The program gives the interns hands-on experience in research, including planning, budgeting, grant writing, the review process, data collection, analysis, and presentation of results," said Dr. Faydenko, who served as Arshavsky's advisor.



NUHS Veterans Clinic Joins Outreach Efforts at the Lisle-DuPage Veterans Resource Fair



(L-R) NUHS interns Kristine Plasky, Mikel Marshall and Shuangjiang Du hold up t-shirts for the Road Home Program at Rush.

In fall 2022, NUHS took part in the Lisle-DuPage County Veteran's Resource Fair in Wheaton to raise awareness about the NUHS Veterans Clinic and the free services provided to veterans and their families.

NUHS interns Mikel Marshall, Emily Doudlah, Kristine Plasky, Shuangjiang Du and Sarah Montesa, DC, MSHAPI, MSOM, LAc, CHPCAS, discussed the benefits of acupuncture and other treatments offered at the Lombard Whole Health Center, along with the conditions that tend to respond well to the care NUHS offers.

Illinois campus and Florida site NUHS Veterans Clinics continue to offer acupuncture treatment to veterans free of charge. The clinics specialize in treating PTSD, addiction, anxiety, chronic pain, insomnia, flashbacks, musculoskeletal injuries and more.



Pinellas Park Medical District & NUHS-Florida Sponsor Annual Back-to-School Backpack Giveaway



In July 2022, the Pinellas Park Medical District (PPMD) sponsored its annual giveaway of backpacks and bicycles for local school children. NUHS-Florida is a founding member of the PPMD, a special committee of the Pinellas Park Florida Chamber of Commerce. The event was held at the St. Petersburg College (SPC) Health Education Center (HEC) in Pinellas Park, Florida.

"Several NUHS faculty, staff and students volunteered to help by stuffing backpacks prior to the giveaway, and handing them out the day of the event," said Dr. Daniel Strauss, Dean of the NUHS College of Professional Studies-Florida.

Five years ago, Dr. Strauss helped develop the back-to-school backpack drive and this year, more than 2,000 backpacks full of school supplies were given away. The event included a raffle for 12 bicycles and a variety of interactive activities.



Whole Health Center-Lombard Community Appreciation Weeks Offer Free Health Talks, Discounted Screenings



As part of Community Health Week in July and October, members of the surrounding community were invited to attend informative health talks and receive a \$15 health screenings package from NUHS' natural medicine experts. The inaugural Community Health Week in July was so popular the event expanded in October to include all disciplines in the Lombard clinic, including chiropractic, naturopathic medicine, acupuncture and Chinese Herbal Medicine.

Suitable for all ages, the screenings are preventative health care measures that are in line with NUHS's goal to increase community health awareness and prevention.

"The health fair provides many health services and is a great means for introducing the community to the clinic," said Sonia V. Joubert, DC, ND, MSc, CKTP, attending clinician at the Lombard Whole Health Center. "It also offers intern training in ethical health care and promotes the benefit of integrative health care. It is my hope to increase patient care and offer the interns a memorable clinic experience."

In the future, the NUHS Whole Health Center in Lombard hopes to offer Community Appreciation Week three times a year; every spring, summer and fall.



National University's Florida Community Gathers for Annual Turkey Bowl



The NUHS Florida community came together for the annual Turkey Bowl, a Thanksgiving celebration that features a game of flag football, food, giveaways and general camaraderie.

Students, staff, faculty and alumni along with friends and family all joined in on the festivities. In accordance with tradition, NUHS President Dr. Joe Stiefel gave a pre-game pep-talk. He also presented a Turkey Bowl lapel pin for all players.

"If you're at Turkey Bowl, you're already a winner," he said.

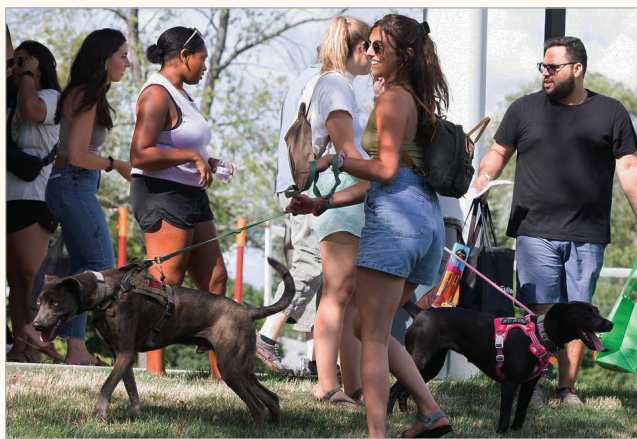
Teams of students and faculty alike competed in the single elimination tournament. Dr. Stiefel threw the annual coin toss for the game's initial kick-off. After the game, attendees enjoyed food catered by Greek Islands Restaurant, which is owned by the family of alumnus Vicky Poulakas.

The winning team, Hypoxic Otts, took home the "Stiefel Cup" and will have their team name engraved on it. The trophy is named after Dr. Stiefel, who played in the very first Turkey Bowl.

For a complete collection of photos and videos from the game, and a video of President Stiefel's pre-game pep talk, visit the NUHS Florida Facebook page.



NUHS Summerfest 2022



In July, NUHS hosted Summerfest 2022. Led by Student Council and supported by more than 10 additional clubs and University departments. The fundraiser provided future funding to all clubs to enable them to host their own events. Student Council says it is planning to make Summerfest an annual event moving forward.

The student body felt that the COVID pandemic had a strong impact on campus life.

"We felt like it took away the life this campus once had and wanted to bring that back," said Ali Sobh, NUHS 2022-2023 Student Council President, and 2021-2022 President, Naturopathic Medical Student Association (NMSA) Chicago Chapter.



Faculty in the News



Jerrilyn Cambron Appointed Dean of Institutional Effectiveness

Jerrilyn Cambron, DC,

PhD, was appointed Dean of Institutional Effectiveness, with responsibility for developing and implementing strategies to meet and maintain institutional programmatic accrediting standards and state education requirements, analyzing institutional progress and assessing academic methods and outcomes. Previously, she was Dean of the College of Allied Health Sciences and Distance Education (CAHS&DE) and a Professor in the Research Department.



Melissa Dybala featured in Prevention Magazine

In the April 2022 issue of *Prevention Magazine*,

Melissa Dybala, ND, DC, discussed the natural benefits of red wine vinegar. In addition to sharing its nutritional health properties, she shared its dermatological benefits as well.



Frank Frydrych, Jr. Appointed Chief Chiropractic Clinician

In spring 2022, Frank Frydrych, Jr., DC, was

named Chief Chiropractic Clinician at the Illinois campus. He also continues to supervise and teach interns. Previously, Dr. Frydrych was an instructor and attending clinician at the clinic. His areas of expertise include rehabilitation of the spine for pain management, functional medicine and acupuncture.



Jennifer Green Named Chief Clinician of Naturopathic Medicine

In April 2022, Jennifer Green, ND, DC, was named

Chief Clinician of Naturopathic Medicine for the Naturopathic Clinical Program.

In the July 2022, issue of *Prevention Magazine*, Dr. Green discussed the natural

benefits of antioxidant-rich tomatoes including healthy nutrition insight, recipes and home dermatological treatments.

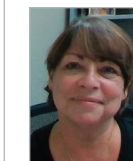
In October 2022, she was featured in the *Natural Practitioner Magazine* article, "Putting Health to the Test," where she discussed the various ways lab tests can be utilized by physicians today, as well as trends within the testing lab industry.



Mackenzie Ott Appointed Chair, Basic Sciences Department-Florida

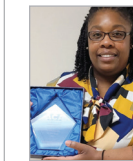
In summer 2022, Mackenzie

M. Ott, PhD, was appointed Chair of the Basic Sciences Department at the NUHS Florida-site. In her new role, Dr. Ott plays a more active role within university administrative committees.



Candace Passi Appointed Dean of the College of Allied Health Sciences & Distance Education

In summer 2022, Candace Passi, PhD, was appointed Dean of the College of Allied Health Sciences and Distance Education (CAHS&DE) at NUHS – Lombard. She previously served as the Assistant Dean of CAHS&DE before lending her expertise to Student Services during the pandemic.



Nakiesha Pearson Named ACA's Academician of the Year

Nakiesha Pearson, DC,

ND, NUHS Chair of the Clinical Sciences Department, received the Academician of the Year Award in spring 2022 from the American Chiropractic Association (ACA).

The award recognizes individuals for their efforts to advance the chiropractic profession through academic or educational excellence.



Sandra Rogers Elected AANMC President

Sandra Rogers, PhD, Dean of NUHS' College of Professional Studies-Illinois,

was elected to a two-year term as the president of the Association of Accredited Naturopathic Medical Colleges (AANMC).

Dr. Rogers was elected at the July 20 Board of Directors meeting in Spokane, Washington. In her role as president, she will lead the board in discussion and work collaboratively to bring innovation to the naturopathic profession.



Lorinda Sorensen, ND Student Publish Cohort Study Results

In *Healthy Aging*, a special May 2022 supplement

to *Natural Medicine Journal*, Lorinda Sorensen, ND, LAc and naturopathic student Tessaundra Sidden reviewed and published the results from a retrospective cohort study in *Endocrine and Nutritional Relationships in Centenarians*.

Long-term female health is at stake. The information learned through this review provides an opportunity for women to begin establishing a preventative lifestyle through ensuring adequate mineral and vitamin status, hormone levels and proper nutrition.



Daniel Strauss Elected to Fourth Term

In spring 2022, Daniel Strauss, DC, Dean of the College of Professional

Studies at the NUHS-Florida site, was elected to serve another term as president of the Pinellas Park/Gateway Chamber of Commerce.

Dr. Strauss previously served three consecutive one-year terms as president in 2018, 2019 and in 2020. During that time, he led many outreach efforts to bring health care access and awareness to the community.





NATIONAL UNIVERSITY FINANCIALS

As a proven leader in the health care community, National University of Health Sciences (NUHS) sets the standard in training for health care careers. Every year we strive to maintain the strength and stability of NUHS finances. A strong financial standing is an essential component in accomplishing our mission and one of the reasons we can provide a dynamic atmosphere where students, faculty and clinicians of various complementary and alternative health professions work together in an integrative environment.

The following data covers the fiscal year **September 1, 2021 to August 31, 2022.**

Financial position

Assets

Cash, Receivables & Other	\$6,651,389
Investments	\$22,889,327
Property & Equipment	\$22,324,781

Total Assets **\$51,865,497**

Liabilities

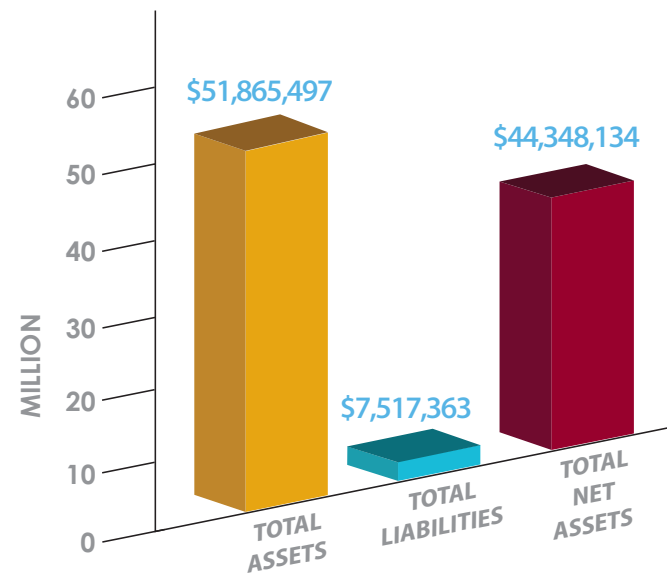
Accounts Payable & Accrued Expenses	\$1,450,162
Deposits, Deferred Revenue & Other	\$1,293,640
Long-term Debt	\$4,773,561

Total Liabilities **\$7,517,363**

Net Assets

Net Assets Without Donor Restrictions	\$35,360,200
Net Assets With Donor Restrictions	\$8,987,934

Total Net Assets **\$44,348,134**



\$1,267,595



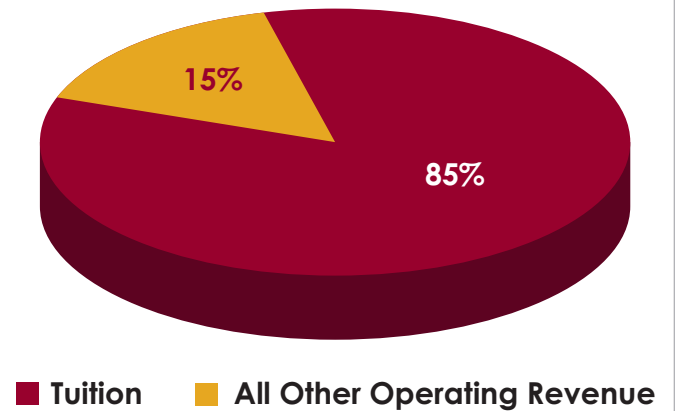
\$26,839
NAMED SCHOLARSHIPS
\$861,524
TOTAL SCHOLARSHIPS



Operating Revenue

Net Tuition & Fees	\$15,070,184
Grants	\$353,136
Investment & Interest Income	\$292,668
Auxiliary Enterprises	\$1,398,341
Clinic Operations	\$526,972
Other Revenue	\$36,598

Total Operating Revenue **\$17,677,899**

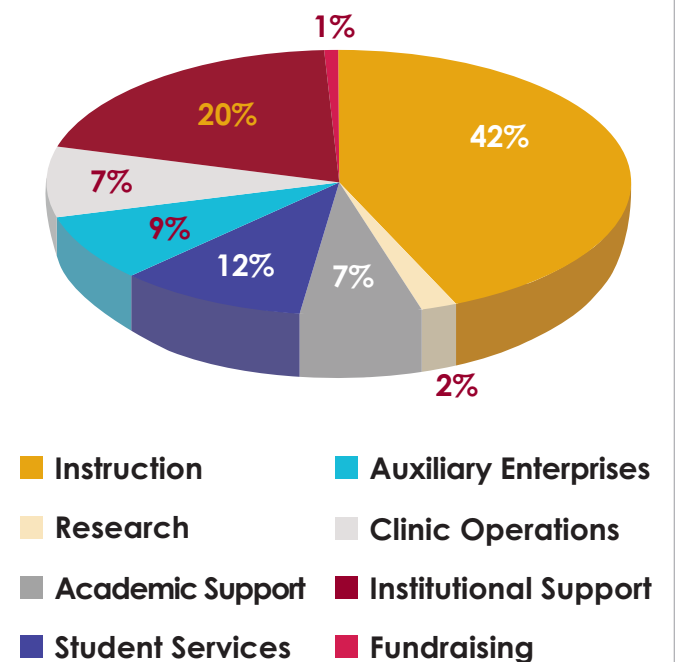


Operating Expenses

Instruction	\$8,165,241
Research	\$403,467
Academic Support	\$1,308,229
Student Services	\$2,196,867
Auxiliary Enterprises	\$1,621,988
Clinic Operations	\$1,413,328
Institutional Support	\$3,907,909
Fundraising	\$247,753

Total Operating Expenses **\$19,264,782**

Net Operating Activity **(\$1,586,883)**



Thank You to our Corporate Sponsors!

National University of Health Sciences is proud to have the sponsorship of leading businesses and organizations in health care. We would like to thank our corporate sponsors for their generous support and continued dedication to National University. Your sponsorship allows us to prepare tomorrow's leaders in integrative health care by providing enhanced educational facilities, expanding student resources and funding scholarships. **THANK YOU!**



NUHS Mission Statement

The mission of National University of Health Sciences is to provide and promote the necessary leadership, management and resources for the advancement of education, new knowledge, cultural diversity, outreach, and the ethical practice of the healing arts and sciences as taught within the programs of this university.



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