Local AMBUCS Club Recognizes TTUHSC Physical Therapy Students

The AMBUCS Southwest Chapter was on campus Thursday to award scholarships to 10 physical therapy students. AMBUCS is a nonprofit dedicated to creating mobility and independence for people with disabilities.

For more than 50 years, the group has awarded scholarships to students in physical therapy, occupational therapy and speech therapy programs across the nation. The group also provides AMTRYKES, therapeutic tricycles, to children with special needs.

“It’s an honor to be able to help those who will spend their lives helping those with disabilities,” said Regional Dean Michael Hooten, Ed.D. Hooten has been a member of the club for 13 years.

More than $183,000 is awarded to students annually across the nation, individual awards range from $500 to $1,500. The Southwest Chapter of Amarillo gave $6,400 in scholarships in 2012 and raises most of its funds through its annual Outback Steakhouse Derby Day.

Students honored were: Amanda Arbuckle, Mollie Blackburn, Dayton Ferguson, Michelle Hoyt, Craig Griebel, Evan Jones, Anessa Martinez, Whitney Murphy Rebecca Rapstine, and Travis Smith.

To find out more about the scholarships or the organization, click here.
Guest Article: October is National Physical Therapy Month

In October we want you to know the many ways physical therapists and physical therapist assistants can help improve your quality of life by restoring and improving your ability to move.

If you are one of many people who experience lower back pain, for example, a physical therapist can help. If you have had a running injury or want to maintain your ability to run as you age, a physical therapist can help. If you are experiencing Bell’s palsy, diabetes, frozen shoulder or pelvic pain, to name a few conditions, a physical therapist can help.

According to the 2011 AARP Bulletin Survey on Exercise, approximately 7 in 10 adults age 45 and older (71 percent) are physically active. If you are a baby boomer, physical therapists can help you stay physically active, including helping you deal with common injuries associated with aging, such as tendinitis and meniscus tears as well as the effects of arthritis.

Oct. 1 to Nov. 19, the American Physical Therapy Association (APTA) will host its “50 Days 50 Ways” challenge. During this challenge we will be providing 50 days worth of tips to baby boomers on how to prevent injury and get and/or stay fit and mobile with the help of a physical therapist. Check them out on Facebook and Twitter. Please browse www.moveforwardpt.com/NPTM/Default.aspx to learn about the many ways a physical therapist can restore your ability to move. In many cases, a physical therapist can work with you to manage or eliminate pain without medication and its side effects. Physical therapy may be an alternative to surgery in many cases. A physical therapist will examine you and develop a plan of care using treatment techniques to promote your ability to move, reduce pain, restore function, and prevent disability.

Physical therapists are required to complete a graduate degree — either a master’s or clinical doctorate — from an accredited education program and pass a state-administered national exam before practicing. By 2015, all physical therapists will graduate with a Doctor of Physical Therapy degree.

If you are looking for an evidence-based, cost-effective, conservative approach to health care, then a physical therapist may be right for you. To find a physical therapist near where you, please use the “Find a PT” feature on the APTA website.

To submit a question to a physical therapist expert, please see “Ask a Physical Therapist.”

Paul A. Rockar Jr, P.T., DPT, M.S.
APTA President

*Submitted by Lois Stickley, P.T., Ph.D., information from http://www.apta.org.*
Bert O’Malley, M.D., will present a Presidential Distinguished Lecture at TTUHSC. The lecture is part of an ongoing series in which some of the most distinguished scientists in the country are invited to Lubbock to present a lecture in their area of expertise.

O’Malley is currently a professor and chair of the Department of Molecular and Cellular Biology at Baylor College of Medicine in Houston. His accomplishments and contributions can be found [here](#).

O’Malley is a member of the National Academy of Science and was awarded The National Medal of Science in 2008. The medal is the highest scientific honor in the United States. He has pioneered many of the original and seminal observations on the characterization and function of steroid hormone receptors in the cell. His presentation is titled, “Steroid Receptor Co-activators: ‘Master Genes’ for Physiology and Pathology.”

The lecture will be TechLinked to Amarillo at 11 a.m. Oct. 22 (Monday) in Room 4713 of the School of Allied Health Sciences/School of Medicine building.

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**Reminder: Sign Up for STAT! Alert**

As winter approaches, the chance for campus closure increases. Please make sure you receive these important messages by registering for the TTUHSC Emergency Notification System, STAT! Alert: [http://www.ttuhsc.edu/emergencyalert/](http://www.ttuhsc.edu/emergencyalert/). If you have already registered, please verify your information is correct.

This system will communicate important alerts and emergency information to students, faculty and staff. Everyone is automatically enrolled to receive emails, but you can provide additional contact information to receive phone calls and text messages as well.

STAT! Alert is a secure system and your information will only be used to notify you in the event of an emergency or weather situation.

A TTUHSC-wide test of the STAT! Alert system will be conducted at 10 a.m. Tuesday, Oct. 16.

For any questions regarding STAT! Alert, please contact the Office of Communications & Marketing at 806.743.2143.
In September, the student chapter of the Student National Pharmaceutical Association (SNPhA) organized the pharmacy school’s second Helping Hands Day as a way for students to spend a day volunteering for various local charities.

Helping Hands Day was established in 2010 by fourth-year pharmacy Crystal Campbell, to bring the pharmacy school an event similar to one she experienced as an undergraduate at the University of Texas at Arlington. Because the first Helping Hands Day was a success, SNPhA President Mohamed Barrie, a third-year pharmacy student, and Olga Shvarts, a second-year pharmacy student, the organization’s fundraising chairperson, decided to revive the event this year.

“SNPhA is a community service-focused organization with the aim of making a difference in the well-being of the underserved,” Barrie said. “With this in mind, we felt compelled to go out in the community and help out the best way we could. Furthermore, we wanted to promote pharmacy as a profession and make the community more aware of the TTUHSC School of Pharmacy.”

Shvarts said more than 100 pharmacy students participated in the event. Their time was spent serving several local groups, including Amarillo Habitat for Humanity, the Downtown Women’s Center, Eveline Rivers Christmas Project, the High Plains Food Bank, Girl Scouts of the Texas Oklahoma Plains and the Texas Panhandle Poison Center. Although SNPhA had some difficulty in finding sponsors for the event, Shvarts said the effort was worthwhile because it gave the pharmacy school an opportunity to come together and benefit the community.

“Mohamed asked Chick-fil-A to help; they gave us a really good deal on breakfast and we are very thankful for their generous contribution,” Shvarts said. “Everyone was so thankful and enthusiastic about our students helping out and some people were not previously aware that there was a pharmacy school right here in Amarillo. It also gave the Amarillo community a glimpse into what our students are capable of doing and how passionate we are about service. I also heard great feedback from the students, saying how much they enjoyed it and how many people in our community are now aware of our school and what we are capable of doing.”

Shvarts said an event like Helping Hands Day is not possible without support from the students, faculty and staff. She said SNPhA is planning to continue the event next year and hopes to get more students involved and increase the number of organizations they can help.

“We want to send out a great big thank you all the Amarillo members of SNPhA and all the students that took time out of their busy schedules and really made a difference for many people in Amarillo,” Shvarts said. “We also want to thank pharmacy student Steven Tran, faculty and staff members Dr. Jeanie Jaramillo, Dr. Lisa Brinn, Janea Robinson, Toni Johnson, Mark Hendricks and everyone else that helped organize the event this year, get exposure about the various places where one would be able to help out and for their overall assistance in making the event a success.”

Out and About
Oct. 26-28
Pirates of the Canyon
Please send any information you’d like to include in *The Beat* to Steve Pair at steven.pair@ttuhsc.edu.