



# PHYSICAL THERAPIST ASSISTANT PROGRAM ALUMNI NEWSLETTER

## PTA PROGRAM UPDATE

### **A PTA Program First!**

The PTA Program is proud to share happy news! Irene, Class of 2019, became a mother to baby Nora in February of this year and was able to graduate on time with her classmates. Congratulations Irene!!



### **Easing Commuter Strain**

Feedback provided by the Class of 2019 has led to a new schedule for the Fall of 2019. The Class of 2020 will have classes scheduled for only four weekdays, instead of five. Instead of having PTA Techniques and Physical Agents labs on two separate days, learners will have both labs on the same day. This means that Professor Behrens will be teaching lab on Thursday afternoons and Friday mornings and Professor Kaiser will be teaching lab on Thursday mornings and Friday afternoons. We do listen to learner feedback and we hope this helps to ease the “commuter strain”!

### **A Pinning Ceremony...Not Just for Nursing Students**

The PTA Program teamed up with Radiography and Medical Laboratory Technology to host a Health Professions Pinning Ceremony on Monday, July 15<sup>th</sup> in Kelsey Theater. All participants received a beautiful pin on their lab coat lapels and had the opportunity to celebrate their accomplishments in a more intimate ceremony than the college’s commencement allows. The PTA student speaker, Jessica Wewers, did an amazing job! To view the full article:

[http://www.mccc.edu/news/2019/general/Health\\_Professions\\_Pinning.shtml](http://www.mccc.edu/news/2019/general/Health_Professions_Pinning.shtml)

## PHYSICAL THERAPY NEWS

### **NJ State Board of Physical Therapy Examiners:**

The new regulations pertaining to the supervision of the PTA (changing NJ requirements from "On Site Direct Supervision" to "General Supervision" have finally been published! A copy of the regulations has been attached to this email for your reference. Any questions about these new regulations should be directed to the NJ State Board of Physical Therapy Examiners. [physicaltherapy@dca.lps.state.nj.us](mailto:physicaltherapy@dca.lps.state.nj.us)

### **American Physical Therapy Association:**

The APTA will soon have a new logo!

[http://www.apta.org/PTinMotion/News/2019/6/10/NationalLogo/?\\_zs=3an6d1&\\_zl=SkTv5](http://www.apta.org/PTinMotion/News/2019/6/10/NationalLogo/?_zs=3an6d1&_zl=SkTv5)

## PTA PROGRAM ALUMNI NEWS

### Catherine Amey, PTA, Class of 2009

My name is Catherine Amey and I graduated from Mercer County Community College in 2009; and now, almost 10 years later, I am halfway through my Doctorate in Physical Therapy (DPT).

I realized I wanted a career in physical therapy at the age of 16, when a soccer injury in high school resulted in an ACL surgery that required Physical Therapy. I received therapy both pre op and post op, and was exposed to some of the possibilities that PT could offer for recovery and even strengthening. After high school graduation, I attended a college in Pennsylvania, where in 6 years, I could walk away with my Doctorate of PT. I only stayed there one year before coming home and transitioning to the PTA route. At that time in my life, I was just not mature enough to handle being away from home, and learning how to study while playing soccer. Then in 2006, while playing soccer for MCCC, I tore my other ACL and meniscus. This time, the therapy post op was different; I went to the exact same place, but received slightly different treatment, because I was not going to return to soccer in a competitive manner. I found therapy to be even more intriguing, because I learned that patient goals and activities in life could shape how you, as a PT or PTA, treat your patient. The possibility of making PT into my career was so exciting, but I struggled through the rest of school. I had some personal tragedies and setbacks that I had to work through with the help of many supportive teachers at MCCC.

Then in 2009, thanks to my MCCC education, I began my PTA career in an outpatient orthopedic setting, while also working part time in an outpatient clinic for special needs children. I worked for a few years before I realized that I wanted to return to school and continue my career as a DPT. I took a few classes every trimester, while still working full time, and after a few years, I finally graduated with my Bachelors in Science. I then began applying for DPT school. It took me several attempts, many repeated classes (even after my Bachelor's degree) and a lot of hard work before I finally received an interview from a DPT program. When I finally got my acceptance, I was ecstatic to begin my new journey in life. I think my journey in education and life proves that hard work, dedication and overcoming rejection can eventually lead you to acceptance.

I am now finishing my second year of DPT school, and I am enjoying every second of it. Since my school is largely an online program, I am still working part-time as a home health PTA, and full time mom to twin 2 year olds. Education has opened my eyes to the world of PT in a whole new way, but what I am really hoping to convey to you (no matter your degree) is that education matters, it is important! No matter how many obstacles get in your way, you should never give up on your education. If you work hard enough, and accept the rejections in a positive manner, one day you will receive an acceptance, which could change your life forever. These dreams can come true, even if you have to work and go to school and be a spouse and a parent to twin 2 years olds (it is worth it)! I want to thank MCCC teachers and staff for helping me get to where I am today.

# THE FIRST RECIPIENT OF THE YAREMA BOSKYY PTA TO DPT SCHOLARSHIP!

The first recipient of the Yarema Boskyy PTA to DPT Scholarship is PTA Class of 2010 graduate, Volodymyr Mykytyn. Volodymyr graduated with his Doctorate of Physical Therapy degree from Dominican College in May of 2019 and was honored to have received this scholarship. Although Volodymyr graduated three years prior to Jeremy, he knew him well.



## GIFTING OPPORTUNITIES

### **The Yarema Boskyy PTA to DPT Scholarship**

As many of you know, one of our very own Physical Therapist Assistant (PTA) Program alumni passed away last year. His name was Yarema Boskyy, he was 25 years old, and many of us called him Jeremy. After graduation, he worked as a PTA at Mercer-Bucks Orthopedics while continuing his studies. He earned a Bachelor's Degree from The College of New Jersey and his Master's Degree from New York Institute of Technology. Jeremy was one year away from earning his Doctorate of Physical Therapy (DPT) degree. The "***Yarema Boskyy PTA to DPT Scholarship***" is available to students who enroll in a Doctorate of Physical Therapy program any time after graduating from the PTA Program at Mercer County Community College.

Please submit your gift with the attached form or, if you prefer, you can make your gift online at [www.mccc.edu/give](http://www.mccc.edu/give). When making an online gift, be sure to select "Other" and specify that you are making your gift to the "Yarema Boskyy Scholarship Fund".

### **The PTA Program Scholarship**

The PTA Program offers leadership and academic excellence scholarships to graduating PTA students annually. Current fundraising efforts include selling water bottles in the PTA lab and selling "identabling" ID holders on campus. These scholarships are awarded to students who demonstrate excellent leadership skills and excellent performance on practical examinations during their time in the professional phase of the PTA Program. For information regarding contributing to this scholarship fund, contact Professor Barbara Behrens at [BehrensB@mccc.edu](mailto:BehrensB@mccc.edu)

## THIS ONE IS FOR *YOU!*

How many times have you read salary and workplace survey results that do not specifically relate to **YOU**? How many times have you looked for PTA salary and workplace data, only to discover the information is lacking or pertains only to physical therapists?

The survey below was created solely for **YOU**. Survey results will be shared in the Fall 2019 Alumni Newsletter. To maximize meaningful data, please take a moment to complete the survey. Questions include more than just salary. Data will be collected regarding work status, role, setting, benefits, overtime, specialty certifications and more!

### **PTA Salary & Work Survey: Part 1**

(10 multiple choice questions, estimated completion time = 2 minutes)

<https://www.surveymonkey.com/r/QWYDH6M>

### **PTA Salary & Work Survey: Part 2**

(10 multiple choice questions, estimated completion time = 2 minutes)

<https://www.surveymonkey.com/r/VSC2HGN>

## PTA CLASS OF 2019 PROJECTS



### **PTA Club 2018-19:**

The PTA Club participated in the Central New Jersey Brain Tumor Walk on Saturday, May 11, 2019 in Asbury Park, New Jersey. It was a beautiful day at the beach and although we simply walked back and forth along the same stretch of boardwalk multiple times (☺), it was an enjoyable day for PTA learners, family and friends!!

