



University of  
Pittsburgh

School of Medicine  
Department of Physical Medicine  
and Rehabilitation

UPMC  
LIFE CHANGING MEDICINE

***He who has health, has hope; and he who has hope, has everything.  
– Thomas Carlyle***

Dear Alumni,

I hope you all are well and safe during this challenging time. Here are some silver linings as we face COVID-19:

- Time to spend with family – due to enforced quarantine and social distancing
- Time to smell the flowers – because you are not rushing to get somewhere
- Time to appreciate the blue sky and bright stars – because smog has cleared from decline of car exhaust

These times have affected everyone physically, psychologically, or financially. Despite this, many good people and heroic events emerged from this darkness. We are hopefully on the path to recovery, but there are still uncertainties ahead.

As we adjusted to the pandemic and witnessed issues surrounding health disparities, tragedy struck this nation and blatantly unveiled long standing prejudices and actions condoned. The senseless brutal death of one man catapulted many to once again join together in a common goal to highlight our humanity, our compassion, and our sense of justice. Any act aimed to persecute or oppress a population that is perceived as different must not be tolerated, and we will continue to work for equity for our Black community.

Who better than PM&R physicians to advocate for rights of those who are under-represented. PM&R is a specialty renowned for its ingenuity and resiliency, and inclusion is a guiding principle. We shall adapt to a post-COVID-19 reality and continue to advocate, support, and respect and care for our patients, who are more vulnerable than most and underserved in ordinary times.

We will also not be indifferent to actions of injustice and racism. Our department and institution are taking action to address implicit bias, social justice, and diversity. We encourage you to read the [UPMC Board of Directors' message](#), as well as [Chancellor Gallagher's response](#).

Know that you have our support as we weather these storms together and continue to work to eliminate discrimination of all types. We have direct opportunities to influence change and these challenges can serve as the catalyst.

From your family at UPMC,  
Gwen Sowa, Wendy Helkowski & Betty Liu

## Alumni Spotlight

Dr. Betty Liu talks with some of our alumni about their transition from resident to faculty within our department. [See what they had to say.](#)



## Doximity Voting

Deadline: June 12

Doximity rankings are crucial to helping incoming residents select a program that best fits their skills and career goals. [Read the full letter to alumni](#) about Doximity rankings or [vote here](#).

## Upcoming Conference

### Current Concepts in Brain Injury Conference

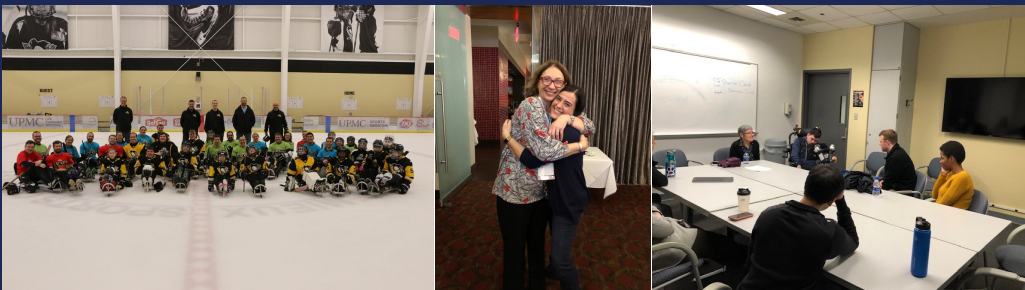
Saturday, November 7 | 7 a.m. to 4 p.m.

UPMC Mercy, Clark Auditorium

1400 Locust Street, Pittsburgh, PA 15219

For questions or to register for this event, please contact Jessa Darwin at [jcd79@pitt.edu](mailto:jcd79@pitt.edu)

## Past Events



Just Ice It Sled Hockey on December 7, 2019

PM&R Alumni Reception  
on November 14, 2019

PMRIG Workshop on February 4, 2020

We've recently enjoyed reconnecting with alumni, engaging in our community, and hosting educational programs – both in person and virtually! Take a look at some of our past events.

### **PM&R Alumni Reception**

November 14, 2019 | Ruth's Chris Steakhouse, San Antonio, TX

[See more photos here](#).

### **Just Ice It Sled Hockey by UPMC Rehabilitation Institute**

December 7, 2019 | Lemieux Sports Complex, Cranberry, PA

[See more photos here](#).

### **PMRIG Workshop: Approaches to Physical Exam and Medical Interview for Patients with Disabilities**

Recently the Disability Area of Concentration, in conjunction with the School of Medicine's PMR Interest Group, held a physical exam and medical interview workshop. Five volunteers, five residents, Drs. Betty Liu and Chris Standaert, and about 30 students from the University of Pittsburgh School of Medicine came together to learn about approaches to the sensitivity of interviewing and physical examination of people with disabilities. The annual evening event is just one of many lectures/workshops held throughout the year for Pitt medical students interested in PMR. [See more photos here](#).

## Virtual Meet the Babies

This year we took our annual Meet the Babies celebration online! [Watch the slideshow](#) to meet some of our PM&R families' littlest members.

### Stay connected to PM&R



#### CONTACT INFORMATION:

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