CARING FOR HEROES:
Palmer Alumni Answer the Call to Serve

The Trusted Leader in Chiropractic Education®
features

Caring for Heroes:
Palmer Graduates Answer Call to Serve

Donor Stories:
Journey from patient to educator and philanthropist

Bittner Memorial:
Long-time supporter remembered

contents

Message from Nate Hinkeldey, D.C.

Alumni Serving the Community, College and Profession

Student Profile

Donor Stories

College News

20

Alumni Adjustments

22

In Memoriam

COVER
Palmer alumni provide chiropractic care during California wildfires

go green
Read Insights online at www.palmer.edu/insights.
Email us at alumni@palmer.edu and we’ll remove you from the Insights mailing list, then send you an email as we post each issue online.

Palmer College of Chiropractic does not discriminate in employment, admissions or in educational practices, programs, services or activities on the basis of age, ancestry, citizenship status, color, creed, disability, national origin, race, religion, sex, sexual orientation, gender identity, veteran status or other characteristic protected by law in the state in which the applicable college premise is located.
Message from Alumnus: 
NATE HINKELDEY, D.C. (Main, ’11)

As a child, chiropractic care successfully helped me manage sports injuries. I discovered I had a passion for using my hands, helping people, teaching and science, so I was immediately attracted to chiropractic. I was exposed to many different interprofessional health-care settings before coming to Palmer College of Chiropractic and I saw collaboration across disciplines, opportunities for learning, challenging cases, and chances to teach providers of all disciplines. I really valued the possibility of sharing chiropractic and educating others.

When I was accepted into the VA/DoD Clerkship Program in my last two trimesters at Palmer, I found my calling. I was blessed to train under William Morgan, D.C. (West, ’85) at the Walter Reed National Military Medical Center in Bethesda, Maryland. In 2013, I was blessed again to begin work at the VA Central Iowa Health Care System in Des Moines, Iowa, where I care for our nation’s heroes. I was able to start a training program like the one I had the great fortune to participate in. It’s incredibly rewarding to work with students and challenge them to connect concepts in this environment.

With our support, chiropractic will be alive and well long after we’re gone. Innovation and adaptation will continue to drive access to populations and opportunities we can’t yet predict. I encourage you all to use your abilities to start changing your communities for the better. As Howard Zinn said, “Small acts, when multiplied by millions of people, can transform the world.”

Everyone is capable of a small act, so what small act can YOU consistently do that will multiply to change lives for the future?

With preceptorship students, from left: MORGAN LINTZ (MAIN, ’19), HEATHER MEEKS (MAIN, ’19), DR. HINKELDEY, JENA CRUMPACKER (MAIN, ’19), AND MATTHEW KNIEPER (MAIN, ’19).
Palmer College of Chiropractic graduates Tammi Clark, D.C. (West, ’94) and Ryan Rubin, D.C. (West, ’16) have a unique shared experience: they provided on-site relief to firefighters battling wildfires in northern and southern California last fall.

After seeing a Facebook post from a fellow alumnus about chiropractors offering volunteer-care to firefighters, Dr. Clark reached out to learn how she could assist. From there, she made the three-hour trek from San Jose to the wildfires – a part of the state she had never visited.

“I immediately saw a group of Palmer alumni, and it became this spontaneous demonstration of compassion pulled together by people willing to say ‘yes’,” said Dr. Clark.

Dr. Clark, a West campus faculty-member since 1998 who also maintains a private practice in San Jose, is no stranger to clinical outreach. For the past seven years she has provided care for inmates at San Quentin State Prison, as well as for individuals living in poverty-plagued regions of Tijuana, Mexico, and other international sites.

Dr. Clark is a proud donor to Palmer College and is part of the Palmer Annual Giving Society.

“Human connection is the most rewarding part of what I do. So much of it is just the value of touching a human being. Whether it’s in San Quentin State Prison, Tijuana, Mexico, or first responders battling a wildfire.”

–Tammi Clark, D.C.

Dr. Rubin grew up in southern California and maintains a practice there. When his practice was forced to close for several days due to the wildfires, he couldn’t just sit around and watch. He, along with other chiropractors in the area (including several fellow Palmer West alumni), made their way to the basecamp to provide chiropractic care.

“We set up our tables by the food area, and as firefighters came off their shifts, they could get food and an adjustment,” said Dr. Rubin. “Many of them had been on 72-hour shifts, and they were so grateful for the care.”

Rubin estimated he and his colleagues treated 50-80 people a day during their four-hour shifts, noting that some firefighters drove from as far away as Texas, Wyoming and Utah, as well as other parts of California to volunteer for shifts.
In addition to Dr. Clark (fourth from right), other Palmer West alumni who volunteered their services to care for firefighters battling Northern California’s firestorms last fall included: Brant Pedersen, D.C., CCSP® (’04, second from left); Andrew Cohen, D.C., CCSP® (’04, behind Dr. Pedersen); Ryan Deubel, D.C. (’08, to Dr. Pedersen’s left); and Nancy Chu, D.C. (’18, third from right).

“Any time there’s a situation like this, people in our profession have the unique ability to go out and help the way very few others do. It was pretty amazing to be able to provide care to individuals who were working around the clock to keep other people safe. That’s something special about being a chiropractor,” said Dr. Rubin.
Luis Vera, D.C., associate professor of Clinical Sciences at the Florida Campus, has had a remarkable career in karate. He has trained for 34 years in the martial arts, competed in the world championships and the U.S. Nationals placing gold in both, and was recently inducted in the International Martial Arts Hall of Fame for a third time.

As a member of the U.S. National Karate Team, he competed and won a gold medal at the 2017 World Championships. Dr. Vera also won the Grand Champion award at the 2017 International Martial Arts Festival, is a three-time World Kata Karate Champion, three-time U.S. National Champion, five-time Regional Champion, and eight-time State Champion.

After winning all that gold in 2017, Dr. Vera planned to retire from competitive karate. That all changed when he received a call from Shihan Adrian Ellis, the U.S. delegate for the World United Karate Organization (WUKO) who invited him to care for, coach, and compete with the U.S. National Karate Team in the World Championships on Nov. 17-18, 2018 in Lignano, Italy. Dr. Vera agreed on one condition: he wanted to be named chief chiropractic officer, giving him authority equal to the team’s chief medical officer.

“I thought it was important that I took a stand for the profession,” says Dr. Vera. “The only reason I could do so was because of my accomplishments as an athlete, trainer, and chiropractor.”

Dr. Vera then attended the 2018 WUKO World Championships in Italy as the team physician and coach and won the gold medal in his division.

Dr. Vera’s experiences are part of his instruction as a faculty member at Palmer Florida.

“There’s glamor with these high-level athletes. Students really enjoy seeing TV personalities in their classes,” says Dr. Vera. “They’re interesting case studies and it gets students excited to see high-profile athletes benefit from chiropractic. Their social status helps move the profession forward.”
WEST GRADUATE establishes first chiropractic clinic at Canadian college

For Rajesh Doobay, D.C. (West, ’02), the opening of the Chiropractic Wellness and Rehabilitation Centre in May 2018 was the culmination of three years of dedicated work.

Located on the University of Regina campus in Saskatchewan, Canada, the Chiropractic Wellness and Rehabilitation Centre is the first chiropractic-dedicated facility on a college campus in Canada, and it has already been widely received by patients and colleagues.

“My current patients, as well as those who’ve been released from care, have expressed satisfaction with the care they’ve received, and the positive results they’ve achieved,” said Dr. Doobay, a former Palmer West faculty member. Dr. Doobay gained multidisciplinary experience working with Amy Bowzaylo, D.C. (West ’96), at the Saad Specialist Hospital in Saudi Arabia (2009-2015).

The Clinic has also become an asset to the other doctors in the medical center.

“On my first day, several other doctors stepped into my treatment room and asked about what I do. On my second day, the orthopedic surgeon referred patients to me.”

“I’ve broken month-over-month records in patient referrals from the other doctors in the medical center, including an orthopedic surgeon, neurosurgeon, and other M.D.s, for musculoskeletal complaints. By referring these patients to me, they avoid prescribing opioids for pain-relief,” noted Dr. Doobay.
Caring for those around him and sharing the philosophy of chiropractic runs in the family for **Brian Dahmer, D.C.** (Main, ‘04). His father, David Dahmer, D.C., has practiced in Brooksville and Port Richey, Florida for 38 years. Growing up, Dr. Dahmer watched his father as he cared for patients and taught them about chiropractic. After exploring other career options in school, Dr. Dahmer says his mind returned again and again to chiropractic.

“I kept coming back to the philosophy of innate intelligence. I wanted to avoid simply treating symptoms and covering up problems. Our bodies are designed to heal. I wanted to give people the chance to live healthy lives through chiropractic,” said Dr. Dahmer.

Dr. Dahmer has served as a preceptor for students at Palmer Florida since 2009. Preceptorship is an optional externship for students at the end of their educational journeys with Palmer College. Once qualified, a student has the opportunity to spend a trimester or quarter working side-by-side with a vetted and experienced chiropractor. After being in practice for 14 years, Dr. Dahmer feels it’s important both to give back as a mentor to future chiropractors and to learn from students who bring new energy to a practice through their dedication to the science, art and philosophy of chiropractic.

“I feel more connected with Palmer talking to current students. The most rewarding experience is watching the students put it all together and helping them apply everything they've learned in a practical setting.”

Dr. Dahmer says the benefit of working with new potential doctors who he can coach through the transition from student to practitioner has been very rewarding. He’s hired two of the students who completed preceptorship in his practice, one for a newly-opened office. He hopes other Palmer alumni will consider applying to serve as a mentor or preceptor for future chiropractors.

“I want to give back to our profession. I enjoy teaching and mentoring – it gives me more of a purpose and I can make sure we have doctors coming out into practice who have confidence in what they do.”
Caring for People from Eight to 80

Martin Booth, D.C. (Florida, ’15) has held many roles that serve those around him: firefighter, educator, and now chiropractor. Like many chiropractors he knows, his journey began with an injury that took him to a profession that allows him to care for people every day.

“I was a firefighter and training as a competitive athlete, and one day I just woke up with pain down my leg and in my lower back,” says Dr. Booth. “I went to the doctor, received medicine and anti-inflammatories, and nothing was working. Finally, a friend recommended I try a chiropractor, to which I said, ‘What is that going to do?’”

His question was answered in just one visit and he was hooked.

“She relieved my pain in one visit. Originally, I was planning to go back to school to become an obstetrician, and one experience with a chiropractor changed my entire course,” said Dr. Booth. “I ended up choosing Palmer because it felt like home. If I was going to pursue this career, I knew this was the school to do it at.

“The curriculum at Palmer gave me the skills to treat patients, and the extracurricular activities prepared me to start a practice,” he said. “I had an established network as a firefighter and educator, and while at Palmer I was involved in PSAF, student council, and as a student guide. All of this helped grow my network and prepared me to start my practice.”

Dr. Booth opened his practice three years ago, and now cares for people from age eight to 80.

“We as chiropractors get to care for people the way few other people do. That’s a special thing about being a chiropractor,” he said.

NEW GRADUATES: Let us celebrate milestones with you!

Update your personal or professional information online at www.palmer.edu/alumni/forms/update-profile/
In 1963, David D. Palmer, D.C. established the Palmer Academy of Chiropractic (P.A.C.) to formally recognize outstanding supporters of Palmer College. Founded on four principles: leadership, recruitment, philanthropy and service, selected individuals are awarded Fellowship in the P.A.C. for showing extraordinary dedication to Palmer College.

Fellowships are awarded each year to outstanding individuals who exemplify the four principles. Campus presidents, the Chancellor, and current Fellows have the opportunity to nominate their peers, and a selection committee evaluates nominees on their experience and accomplishments in the areas of the four principles. Honor is bestowed on those select few who embody these principles. Being named a Fellow is one of the most prestigious awards given to a Palmer graduate or friend of the College.

In 2018, four new members were inducted as Fellows in the P.A.C. – Orland “Lance” Armstrong, D.C. (Main Campus, ’96); Virginia Barber, D.C. (Main Campus, ’90); Chad Burt, D.C., CCSP (Main Campus, ’01); and Cynthia Shaft-Toll, D.C. (Main Campus, ’81).

“Being named a Fellow in the Palmer Academy of Chiropractic means that some of the very doctors who taught me as a student feel that I’ve succeeded. As a Fellow, I hope to further empower young chiropractors to believe in themselves, to help as many patients as they can, and to remember where they received the education which will make them who they are as doctors: Palmer College,” says Dr. Virginia Barber.

Today, more than 300 alumni and friends of the College have been inducted as Fellows, and Dr. Armstrong hopes their leadership continues to influence and inspire others around them. “It’s important to give back to Palmer for three reasons — where this profession has come from, where we are today and our future. We cannot forget those D.C.’s jailed for chiropractic care. We have come a long way in research, philosophy and technique and we need to protect our future. We need to assist this effort and help new doctors to carry the torch.”
Originally from Sumner, Iowa, Nicole Pleggenkuhle (Main, class of 2019) joins classmates every Tuesday for their Palmer Student Alumni Foundation (PSAF) meeting. PSAF is a leadership club with groups on all three campuses focused on philanthropy and alumni networking. The group organizes community-service events, plans clinic tours for students at local alumni practices, and hosts SPIZZ nights with alumni guest speakers.

“It’s important to give back to the community. A community is ‘a partnership for living well’ and we have a responsibility to uphold our end of that,” says Nicole.

Nicole studied athletic training at Loras College but found her passion in using her hands to heal.

“Pursing my Doctor of Chiropractic degree has been the best decision of my life,” says Nicole.

However, it hasn’t been without its challenges. Standing at just over five feet tall, Nicole has felt her share of skeptical stares.

“I was really worried about being a young, female doctor when I started… I heard comments like, ‘You don’t look old enough to be a chiropractor’ and ‘Will you even be able to adjust me?’ Learning what techniques work best for me and understanding the science, art and philosophy of chiropractic has built my confidence. Size and strength don’t define how well you adjust, and patients have been pleasantly surprised!”

Now in her 8th trimester, Nicole has words of wisdom for incoming students: “Say ‘yes’ and get out of your comfort zone! Be involved in something bigger than yourself.”

Through scholarship support, Nicole says she’s been able to take electives and seminars to expand her knowledge and skills that otherwise wouldn’t have been possible.

Nicole looks forward to serving her community and the chiropractic profession after graduation in October. “I spent the last 20 years of my life as a student preparing for this moment.

In 10 years, I hope to have a thriving practice, serve on state and national associations, and be a donor to Palmer College, my community, and students. The more students who can get a quality education at Palmer, the more lives will be impacted for the better through chiropractic.”

Want to host a tour for students at your practice or be considered to speak at an upcoming SPIZZ Night? Connect with: Kristi Clark, Alumni Coordinator – Kristin.clark@palmer.edu or 563-884-5123
As a child, Laura Tanis, D.C., DCCP, F.P.A.C. (Main, ’89) struggled with allergies, eczema and tonsillitis. In her teenage years, she baby-sat for a chiropractor who noticed her skin and offered care. Within just two weeks of regular adjustments, her health improved, and her life was changed. She ended up working for that chiropractor, and so began her lifelong passion for chiropractic.

“Palmer was the only chiropractic school I considered because the chiropractors who had impacted my life were both Palmer grads,” said Dr. Tanis. “I decided if I was going to chiropractic school, I was going to the first and I was going to the best, so I was going to Palmer.”

Dr. Tanis established her private practice in New Jersey in 1990, where she continues to practice today. She obtained her diplomate in Chiropractic Pediatrics in 1996 and served as chairwoman for the International Chiropractors Association Council on Chiropractic Pediatrics from 2005 -2018. Now she teaches pediatric technique to chiropractors around the world.

Yet there was a moment when she almost walked away from chiropractic.

“In spring of 1987, my dad drove me to Davenport and helped me settle in for my first year at Palmer. That following December, he was diagnosed with lymphoma and was gone within six months. That summer I failed two classes. I’d never failed a class in my entire life, so I went to my academic adviser. I was going to quit,” says Dr. Tanis. “Yet instead of accepting my decision he asked me, ‘What is it that makes you think you don’t belong here?’ He convinced me to stay one more term and then sent me home to grieve.”

“I came back and passed all my classes the next term. My grades improved with each term and I graduated with confidence. That experience was part of the fabric that made me who I am. I’ll never forget the love, support and attention the faculty gave me at a time in my life when I really needed it. They invested in me so that I could go forward and invest in the lives of others.”

As a member of the Founder’s Circle and Fellow in the Palmer Academy of Chiropractic (F.P.A.C.), Dr. Tanis gives back in many ways. She frequently presents for Homecoming events and other continuing-education programs, advocates for Palmer and chiropractic on an international level, and gives generously to support Palmer students.

“Palmer invested in me before I had the ability to invest in Palmer,” says Dr. Tanis. “I’m going to give back until I’m no longer able.”
1978 RUGBY REUNION at Main Campus

On a crisp, sunny October morning in 2018, 11 Palmer alumni reunited. The group, spearheaded by Sam Pinkerton, D.C. (Main, ’80), met to celebrate the 40th anniversary of their monumental National Collegiate Rugby Championship. Members of Palmer’s 1978 rugby team came from as close as Washington, Iowa and as far away as South Africa and Australia to reminisce and reconnect.

“Palmer’s growth in facilities and the services they offer students and alumni was astounding. The R. Richard Bittner Athletic & Recreation Center alone left us speechless,” said Dr. Pinkerton.

Dr. David D. Palmer brought rugby to Palmer College in 1960 to gain recognition for the College on a national level by capitalizing on growing interest in the sport.

Make plans to join us! Palmer will celebrate the 60th anniversary of rugby at the College during the spring Sports & Chiropractic Symposium in April of 2020.

Main-campus student and current women’s rugby team member, Chelsea Brunner (class of 2019) led the group on a campus tour, and students from the women’s and men’s rugby teams joined the alumni for lunch in the campus café. “It was fascinating hearing them share stories about what has changed while seeing them interact with the updated campus,” said Chelsea. “One thing that hadn’t changed was their love for Palmer and their love for their rugby brothers.”

Ms. Vickie Palmer joined the group for a private reception in the afternoon and relayed stories of her father’s passion for rugby and her thanks to the alumni for celebrating the legacy of the sport. During the reception, Mark Boylan, D.C. (Main, ’78), formally announced his commitment to give $25,000 to Palmer College to support construction of a new athletic field, which will allow rugby and other club sports to have a beautiful on-campus green space that will be used throughout the school year.

Dr. Pinkerton says journeying back to campus was an unforgettable experience. “I encourage all alumni to make the pilgrimage back to the Fountainhead to establish a link to the present and future. Alumni are the lifeblood of Palmer – a symbiotic relationship through our support and the referral of students to ensure the future of our profession.”

FROM LEFT: Main Campus alumni Doug Vickers (’79), Paul Stick (’80), Ed Burdock (’95), Sam Pinkerton (’79), John Hansen (’80), Vickie Palmer (Hon.), Jim Kinsey (’79), Mark Boylan (’78), John Thompson (’78), Bill Matijasic (’79), Gerry Provance (’80), George Shoemaker (’80)
Student-Centered Learning and Technological Innovation

The Palmer Chiropractic Clinics deliver more than 170,000 patient visits annually while providing students with a hands-on learning environment that’s key to developing the best chiropractors in the profession. This year, the Clinics will undergo exciting and cutting-edge changes.

CLINIC CO-CURRICULAR DEPARTMENT EXPANDING

Palmer Clinical Co-Curricular Programs continue to expand the reach of Palmer Clinics by adding new opportunities for student learning outside the classroom. Department of Defense, Veteran’s Affairs hospitals and multidisciplinary affiliations have risen to more than 30 partnerships in the past 10 months, adding high-caliber educational opportunities for students to learn in an integrated, interprofessional environment while serving veterans and/or active-duty military members. Students from all three campuses have the opportunity to competitively apply to these programs for sites across the country.

“Applying for the VA rotation has easily been the best decision I’ve made during my time at Palmer. Working under Dr. Nathan Hinkeldey (Main, ’11) at the VA hospital in Des Moines, Iowa has been rewarding in so many ways. This opportunity has allowed me to see nearly 1,000 patients, rotate throughout different areas of the hospital, and learn how to work with an interdisciplinary team,” says Morgan Lintz (Main, ’19). “I’ve become extremely confident in my abilities to properly diagnose, obtain pertinent imaging, as well as make the appropriate referrals when necessary. I never would have believed I’d be this confident in my abilities to treat and diagnose patients on my own. I’d recommend this rotation to anyone who wants to be pushed, is willing to work hard, and wants to explore further into evidence-based care.”

In addition to these opportunities, an increasing number of students are taking advantage of opportunities to participate in clinic marketing and public relations efforts whether through the Palmer Clinics affiliations with local sports teams such as the Quad City Storm hockey team, Quad Cities River Bandits baseball team or through the many health fairs and educational opportunities presented by the department. Participation in these activities provides students with valuable skills to help them succeed after graduation.

Nate Hinkeldey, D.C. pictured with Morgan Lintz (Main, ’19) and Matthew Knieper (Main, ’19).
LAUNCH OF eCLINICALWORKS ELECTRONIC HEALTH RECORDS SYSTEM

In late 2018, the Clinic system implemented a new electronic health records system, eClinicalWorks (eCW), across three campuses, four states and 10 clinics.

“eClinicalWorks was selected because of its technological flexibility,” says Ron Boesch, D.C., executive dean of Palmer clinics. “It allows us to establish a single database for patient records. It combined clinical and billing services and integrates with our educational curriculum. Our students will now have the skills to better understand clinical documentation, quality control and regulatory guidelines.”

eCW also offers great benefits to Clinic patients, including a patient communication portal, fitness tracking sync capabilities and seamless communication capabilities with patients’ other providers who utilize eCW. More than 130,000 physicians and nurse practitioners use eCW worldwide.

STUDENT CLINIC CONSTRUCTION

The Palmer Chiropractic Clinics on the Main campus are on the cusp of a new era as crews gear up to begin construction this April on a new student clinic in the Academic Health Center. This project will consolidate all student-clinic learning in one place and provide state-of-the-art space for education along with high-quality care for the student population. There will be opportunities to honor a loved one, faculty or staff, or the chiropractic profession by donating to name a space in the Academic Health Center. If you’re interested in ways you can get involved with this exciting project, please contact Colbie Andes, director of development at colbie.andes@palmer.edu or 563-884-5609.
Chiropractors are increasingly working alongside medical doctors, physical therapists, nurses and other members of health care teams, as well as providing patient care in diverse settings. Although more of the general population understands the role of chiropractic care in helping patients improve their health, reduce pain, and decrease opioid use, little has been known about the catalyst to incorporating chiropractic services into conventional medical settings.

Palmer Center for Chiropractic Research (PCCR) recently conducted two studies in a diverse range of settings including hospitals, multidisciplinary clinics, and rehabilitation centers.

All studies showed stakeholder groups believe that chiropractic care supports patients on their healing journeys – a significant finding as the profession continues to grow amid the opioid crisis. By understanding stakeholder expectations and perceptions, doctors of chiropractic will have more opportunities to integrate into multidisciplinary care settings.

**Article 1**

**BE GOOD, COMMUNICATE, AND COLLABORATE: A QUALITATIVE ANALYSIS OF STAKEHOLDER PERSPECTIVES ON ADDING A CHIROPRACTOR TO THE MULTIDISCIPLINARY REHABILITATION TEAM**

What impact do patients, their families, and clinicians believe adding a chiropractor to an in-patient hospital team for patients requiring brain and spinal-cord rehab will have? In this study, researchers interviewed 60 stakeholders, including patients, families, and professional staff, to learn more about what they wanted in the chiropractor who would join this team.

Stakeholders saw a role for chiropractors in a rehab setting and indicated that chiropractors could have impact by taking a patient-centered approach, using treatments that are known to work well, and offering comfort. The research participants also reported that chiropractors who successfully integrate into a multidisciplinary setting would show characteristics including teamwork, openness to feedback, and aligning care with the hospital’s mission.

**Article 2**

**STAKEHOLDER EXPECTATIONS FROM THE INTEGRATION OF CHIROPRACTIC CARE INTO A REHABILITATION SETTING**

This study explored expectations held by patients, their families, and hospital staff and administrators of adding a chiropractor to the health-care team at a rehabilitation-specialty hospital. Researchers found stakeholders expected the addition of chiropractic care to benefit patients through pain management and functional improvements.

With a better understanding of stakeholder expectations, providers may be better equipped to achieve appropriate clinical outcomes and patient and staff satisfaction.
Researchers explored the organizational structures, care processes and perceived value of chiropractic integration within U.S. private sector medical facilities. Unique to this study, researchers interviewed 135 key facility stakeholders including D.C.s, non-D.C. clinicians, support staff, administrators, and patients in nine U.S. private-sector medical facilities with in-place, on-site chiropractic care, including five hospitals and four clinics. Study participants reported that the addition of chiropractic care is valuable to patients, medical providers and administration. Stakeholders reported patient clinical outcomes, patient satisfaction, provider productivity and cost offset as success measures.

These research studies underscore the important role doctors of chiropractic have in multi-disciplinary settings. With a better understanding of stakeholder expectations and beliefs, doctors of chiropractic can continue to grow the profession and impact overall health and quality of life for more people than ever before.

Learn more about the articles mentioned in the text at www.palmer.edu/research, and about multidisciplinary practice models at www.palmer.edu/toolkit.

PALMER PROFESSOR NAMED ACADEMICIAN OF THE YEAR

Robert Vining, D.C., D.H.Sc., associate professor and senior research clinician with PCCR was named Academician of the Year by the American Chiropractic Association. This annual award recognizes one individual for his or her efforts in advancing the profession through academic or educational excellence.

Dr. Vining was also named Faculty Member of the Year by Palmer College of Chiropractic. In 2018, Dr. Vining completed his Doctor of Health Sciences degree while serving as a generous mentor, presenter and teacher. He published 15 peer-reviewed articles, co-mentored three clinical research fellows and a post-doctoral research scholar, all while being involved in several other key service activities.
Palmer West President and Alumni Present at Worksite Health Center Workshop

Palmer College of Chiropractic West graduates account for the majority of chiropractors who provide care at the growing number of corporate-affiliated clinics throughout Silicon Valley.

During a recent workshop, “Integrating Chiropractic Services into Your Worksite Health Program and Clinic” sponsored by the Foundation for Chiropractic Progress (F4CP) and hosted by the National Association of Worksite Health Centers at Cisco Systems, three of the five presentations featured Palmer-affiliated speakers. They included Bill Meeker, D.C., M.P.H, F.P.A.C. and president of Palmer West (West, ’82); Sherry McAllister, D.C., M.Ed., CCSP®, F4CP executive vice president (West, ’96); and Daniel Lord, D.C., CCSP® (West, ’08), physical medicine senior program manager at Crossover Health.

Palmer alumni also accounted for many of the workshop’s attendees – each of whom currently provides care at a corporate-affiliated clinic.

“This event was devoted to the integration of chiropractic services in worksite health centers and was hosted by one of the most influential tech companies in the world,” said Dr. Meeker. “It serves as another example of how far chiropractic has advanced.”

Palmer West Hosts California Chiropractic Association Meeting

Bill Meeker, D.C., M.P.H, F.P.A.C. and president of Palmer West was the featured guest speaker at the California Chiropractic Association’s (CalChiro) recent Santa Clara County District meeting, hosted at Palmer West.

With more than 80 doctors, students and other special guests in attendance, Dr. Meeker shared results from the fourth installment of the Gallup-Palmer College Annual Report, “Managing Neck and Back Pain in America,” as well as opportunities and challenges of the pain and opioid epidemics, new regulations opening doors to chiropractic, and new cutting-edge chiropractic research.

“We’re grateful to have a strong relationship with my alma mater, Palmer College of Chiropractic West,” said Karo Isajan, D.C. (West, ’11), Santa Clara CalChiro District president. “Its commitment to research for the chiropractic profession is valuable.”
Palmer Florida students attend FCA ‘Chiro Day at the Capitol’

The Florida Chiropractic Association (FCA) invited 20 students from Palmer’s Florida campus to join members at the capitol for “Chiro Day at the Capitol” on Jan. 22, 2019. This annual experience gives Palmer students the ability to observe as bills that directly impact health care and chiropractic care are voted on. Students also met directly with their constituent legislators face-to-face to discuss the importance of protecting and propelling the chiropractic profession forward.

Student American Black Chiropractic Association (SABCA) President, Amber Ball was grateful for the experience. “We had a great time and learned a ton of info regarding the PIP (Personal Injury Protection) vs. BI (Bodily Injury) issue as well as what we, as a profession, are actively doing to combat the opioid crisis. We were also able to spend the better part of the morning lobbying with Palmer Florida Campus President Dr. Peter Martin’s group. Awesome learning experience!”

The FCA Chiropractic Day at the Capitol takes place annually and is a critical lobbying effort.

New Building on University of Central Oklahoma campus named after Palmer Board of Trustees member

Palmer College of Chiropractic Board of Trustees member Don Betz, Ph.D. was recently recognized as an advocate for the advancement of higher education nationally and internationally. The newest building at the University of Central Oklahoma, where Betz currently serves as president, will be named the Donald Betz STEM Research and Learning Center. The building will serve as an interdisciplinary hub for the university’s various science, technology, engineering and mathematics programs.

Dr. Betz served as Provost and Vice President for Academic Affairs at Palmer College of Chiropractic from 1994 to 1999.
In February of 2019, alumni from across the country gathered in tropical Montego Bay, Jamaica to soak up sun and enjoy five days of luxury on the Palmer Alumni Travel Event. Each year, alumni eagerly look forward to the announcement of the annual outing’s destination – a four to seven-day adventure alternating between land-based and cruise-based trips. The event is a time for alumni to get together outside of the usual educational conferences and meetings and offers exclusive vacation opportunities for Palmer graduates.

Travelers have the option to earn continuing-education credits as well. This year’s presenter, Lora Tanis, D.C., DICCP (Main, ’89), focused on family and pediatric care during the 12 hours of in-person, interactive training sessions. She noted, “Chiropractic is an integral part of everyone’s long-term health and wellness. My goal is to have more families realize how important that care is from pregnancy and birth through old age. The travel event is a time to share insights and miracles of practice with your Palmer ‘family,’ and it’s a great time to re-energize your battery with like-minded and like-focused people to become a better clinician.”

In addition to vacation alumni events, the Palmer Alumni Office plans multiple social gatherings around the country throughout the year. To learn more about Homecoming reunion weekends at all three campuses and upcoming alumni social events in your area, visit www.palmer.edu/alumni.

Next year’s Palmer Travel Event will be a 7-day cruise Mar. 29 – Apr. 5, 2020, starting in New Orleans, Louisiana, with ports of call in Mexico, Honduras, and Belize! Celebrate the 125th anniversary year of chiropractic with this luxurious trip.

To learn more and to save your spot, contact Kristi Clark, Alumni Coordinator, at kristin.clark@palmer.edu or 563-884-5123.
I grew up in the Quad Cities, and I’ve always had a passion for serving and empowering others to be successful. I started volunteering in high school and saw the joy that people found in giving.

My wife, Emily, and I went to the University of Northern Iowa. Following graduation, we moved to Mt. Horeb, Wisc. where we ran a junior high and high school ministry out of the basement of the Gonstead Clinic. Talk about foreshadowing my future career! Once we had our first child, we packed up and moved back to the Quad Cities so we could be closer to our families. We now have three children: two daughters and one son, who are 10, 8 and 6 years old.

I give back to Palmer College because I believe in our students and in their dreams of serving others. I feel energized and fulfilled when I can help people realize their dreams, and make a gift that gives them the sense of pride I have when I give back.

In my position with Palmer I get to connect alumni and friends to the areas of the College that speak to their passions, because the things we do now go far beyond our time on this earth. Each conversation and interaction with our alumni offer a unique opportunity for me to build new relationships and learn something new.

One of my favorite quotes from my dad is, “There are no strangers, just friends I haven't met yet.” I try to live this quote every day as I meet new people and learn about their passion for chiropractic and Palmer College.

I’ve seen the significant impact Palmer College has on the chiropractic profession, and I believe in what Palmer College does to change lives.

I’m excited to work with our donors to give Palmer students the best educational experience, so they can carry Palmer’s legacy into the future for generations to come.
alumni adjustments

MAIN CAMPUS

1970s
Duane Danko, D.C., (’77) retired in December 2017 from his practice in Sayre, Pa. after more than 41 years.

Dr. Daryl P. Brown, (’79) Northport, Ala., has retired after more than 38 years of practice.

1980s
Kathleen M. McDonald (’82) recently retired after 36 years in practice.

Tim McKay, D.C. (’82) retired from his practice in Calgary, Alberta, Canada after 36 years.

Karl Johnson, D.C. (’83) is now board certified in neurofeedback (BCN), Certified Graduate of the American Functional Neurology Institute, Certified Whole-Body Trigenics Practitioner, Fellow of the International Chiropractic Pediatric Association (FICPA), and Fellow of the Institute for Human Individuality (FIFHI).

Janet Sosna, D.C. (’84) was elected chair of the Sri Lanka Chiropractic Association.

David Rovetti, D.C. (’85) recently elected as one of the Northern Nevada directors of the Nevada Chiropractic Association.

Gary Estadt, D.C. (’80) received the American Chiropractic Association’s 2019 Flynn-Lynch Award, which recognizes an outstanding member with no more than five years of experience in the House of Delegates.

Norbert Gallagher, D.C. (’89) was recently appointed to the Oklahoma Board of Chiropractic Examiners.

1990s
Shirl Stone, D.C. (’94) recently moved practice locations after 24 years to add a Himalayan Salt Cave and Halotherapy. The Centered Stone – 1042 E Bamberger Dr., American Fork, UT 84003; docrockhealth@gmail.com; 801-692-1750.

Michelle Rose, D.C. (’98) was awarded 2018 Chiropractor of the Year by the Unified Virginia Chiropractic Association.

2000s
Kelly Lange, D.C. (’04) was inducted into the International College of Chiropractors in October 2018.

Matthew Walker, D.C. (’08) and his wife, Dr. Jacquelyn Walker, celebrated the birth of their second child, Kennedy Woodrow Guy, in March of 2018.

Gabe Carroll, D.C. (’09) and his wife, Linda Carroll, D.C. (’09), moved their practice, Carroll Family Chiropractic, to a newly-renovated building in Uptown Creston. The new facility features chiropractic space as well as multiple massage therapists, gym/fitness space, and an esthetician office. “Baby Nathan,” who was born while the doctors were in chiropractic school is now 10 years old. Dr. Gabe and Dr. Linda also have twin daughters, Ruby and Opal, who are six years old.

2010s
Morgan Rovetti, D.C. (’15) was elected vice president of the Chiropractic Physician’s Board of Nevada, and serves as chiropractor for all athletics at the University of Nevada-Reno.

Emily Bowman, D.C. (’18) recently opened her own practice – Bowman Chiropractic S.C., 1605 Spruce Ave., Tomahawk, WI 54487; www.bowmanchirowi.com; dr.emily@bowman-chirowi.com; 715-453-2515.
Florida
2000s
John Neff, D.C. (‘05) recently opened a new practice in Clermont, FL. Keystone Chiropractic, 244 E. Highland Ave, Clermont, FL 34711; www.keystone-chiro.com; 352-242-2002; KeystoneClermont@gmail.com.

2010s

West
1990s
Jack Bourla, D.C. (‘97) was elected as chairman of the board for the International Federation of Chiropractors and Organizations (IFCO), and received distinction as a member of the Academy of Chiropractic Philosophers at Sherman Chiropractic College.

2010s

Robert C. Jones, D.C. (Main Campus, ’89) was elected president of the Board of Governors for the American Chiropractic Association (ACA) in January 2019.

Made Any “Adjustments” Lately?
Let your Palmer family celebrate with you!

Go to www.palmer.edu/alumni/find-a-chiropractor and click on “Update your information” to share your professional or personal news and changes, or to update current contact information. You may also send news and celebrations to share to the Advancement Office at: Palmer College of Chiropractic, Advancement Office, 1000 Brady St., Davenport, IA 52803.

For official name change requests on Palmer College records, please complete the Request for Name Change Form on that website page or contact the Registrar’s Office at 563-884-5685.
Main Campus

1940s

Dr. Jesse B. Neil, '48
Greensburg, Pa.

Dr. George G. Shirk, '48
Rock Island, Ill.

Dr. Herbert W. Wolff, '48
Barryville, N.Y.

Dr. Raymond E. Lindsey, '49
Dothan, Ala.

Dr. Paul L. Siebert, '49
Princeton, Ky.

1950s

Dr. William O. Fields, '51
Niagara Falls, N.Y.

Dr. Ruth T. Pike, '51
Prescott, Ariz.

Dr. John O. Aas, '52
Dilworth, Minn.

Dr. Richard H. Schuler, '54
Covington, Ky.

Dr. Thomas A. Owen Jr, '55
Ringgold, Ga.

Dr. Frank J. Labate, '57
Lansdale, Pa.

Dr. Richard B. Henderson, '59
Sarasota, Fla.

Dr. Francis P. Kroon, '59
Sioux Falls, S.D.

Dr. Leon E. Saskowski, '59
Davenport, Iowa

1960s

Dr. Robert C. Wise, '60
Lock Haven, Pa.

Dr. Morton J. Bloomberg, '62
Montreal, QB, Canada

Dr. Richard D. Brighi, '62
Greeley, Colo.

Dr. Billy “Doc” H. Richardson, '63
Southaven, Miss.

Dr. Don M. Votino, '63
Davenport, Iowa

Dr. Richard E. Buzhardt, '64
Batesburg, S.C.

Dr. Marcel R. Methot, '64
Fullerton, Calif.

Dr. Glen A. Defebaugh, '65
Nevada, Mo.

Dr. Ronald J. Gretz, '65
Washington, Pa.

Dr. Betty L. Nyka, '65
Niles, Mich.

Dr. Robert L. Clement, '66
Manteca, Calif.

Dr. Choon Soo Oh, '67
Laguna Hills, Calif.

Dr. Millard L. Thompson, '67
Aston, Pa.

Dr. Terry A. Grear, '68
Parker, Colo.

Dr. Robert F. Pereira, '68
Palm Bay, Fla.

Dr. James K. Sommers, '68
Dexter, Mich.

Dr. Ronald L. Wuest, '68
Murray, Ky.
Dr. Donald P. Danklefsen, ’69  
Angola, Ind.

Dr. Robert E. Simone, ’69  
Owensboro, Ky.

**1970s**

Dr. Fred P. Dehn, ’70  
Carmichael, Calif.

Dr. Lewis E. “Doc” Hulvey, ’71  
Judsonia, Ark.

Dr. Robert A. Carignan, ’72  
Lawrence, Mass.

Dr. Roderick P. Clinton, ’72  
Goleta, Calif.

Dr. Ernest Davis , ’72  
Grantville, Pa.

Dr. Thomas R. Elliott Jr., ’72  
Tulsa, Okla.

Dr. James J. Badge, ’73  
Phoenix, Ariz.

Dr. Frank L. Arnold, ’73  
Branson, Mo.

Dr. Daniel L. Randazzo, ’73  
Reading, Pa.

Dr. James F. Crenshaw, ’74

Dr. Daryl Engelen, ’74  
Waukee, Iowa

Dr. Alan H. Kunkel, ’75  
Wind Gap, Pa.

Dr. James R. Merrick, ’75  
Stanwood, Wash.

Dr. James R. Milliron, ’75  
Selah, Wash.

Dr. Kenneth “Kip” Peterson, ’75  
Everett, Wash.

Mrs. Patricia A. Werking (C.T.), ’75  
Peoria, Ill.

Dr. George T. Tatsuno, ’78  
Bakersfield, Calif.

Dr. Bruce R. Turino, ’78  
Ishpeming, Mich.

Dr. Richard K. Dorschler, ’79  
Lawton, Okla.

**1980s**

Dr. Mark W. Daman, ’80  
Bryon, Wyo.

Dr. Karen B. Doherty-Cichy, ’81  
North Kingstown, R.I.

Dr. Diana J. Franklin, ’81  
Quincy, Ill.

Dr. James R. Freeman, ’81  
Tucson, Ariz.

Dr. Gary F. Loranger, ’81  
Rockwood, Mich.

Dr. Michael M. Luster, ’81  
Bloomfield, N.M.

Dr. William J. Mulherin, ’81  
Windsor, Maine

Dr. Terry J. Wallace, ’83  
Pensacola, Fla.

Dr. David G. Atiyeh, ’85  
Livonia, Mich.

Dr. John D. Incledon Jr., ’85  
Fishkill, N.Y.

Dr. A. Shirley Cook, ’86  
Bettendorf, Iowa

in memoriam
R. Richard “Dick” Bittner Remembered

Long-time Palmer College of Chiropractic supporter R. Richard “Dick” Bittner passed away at the age of 90 on Feb. 23, 2019. He left behind a legacy that will forever transform the College.

“Mr. Bittner supported our mission to graduate the highest caliber of Palmer chiropractors,” said Vickie Anne Palmer. “As Palmer College’s legal counsel, his wisdom, advice, and gentle manner served Palmer College for over 50 years. He will be greatly missed.”

Mr. Bittner served as corporate counsel and worked with David D. Palmer, D.C. to incorporate the College as a non-profit entity in the early sixties and continued as corporate counsel and trusted advisor to the Board and administration of the College until his death. Future generations of Palmer students will benefit from his commitment to Palmer College and our educational and health care mission through his generous support to create the R. Richard Bittner Athletic and Recreation Center.

“I will miss Mr. Bittner,” said Chancellor Dennis Marchiori, D.C., Ph.D. “Like so many, I will personally miss his insight and guidance. I will continue to be inspired by his poise, genius, advocacy, and personal strength. His capacity to overcome, to create, and to transform was inspirational. We are collectively blessed by his commitment to improve the people and institution of Palmer College.”
JOIN US FOR THREE DAYS TO:

• Earn up to 26 CE hours
• Enjoy complimentary class reunions
• See what’s new on campus and connect with fellow alumni
• Celebrate at the Saturday night festival with friends, food and live music!

KEYNOTE

GREG ROSE, D.C.
PCC class 963
Co-founder of Titleist Performance Institute

Register Here:
www.palmer.edu/homecoming
Earn CE credits during a luxurious cruise to Mexico, Honduras and Belize
Mar. 29 – April 5, 2020

Celebrate the 125th anniversary year of chiropractic on a 7-day cruise with fellow Palmer alumni during the 2020 Palmer Travel Event. The cruise will start in New Orleans, La., with ports of call in Mexico, Honduras and Belize.

To learn more or save your spot, contact Kristi Clark, Alumni Coordinator, at Kristin.clark@palmer.edu or 563-884-5123.