



## 2023 Student SIG Officers

### **Chair: Lizzy Ramsey**

Hello! My name is Lizzy, and my pronouns are she/her/hers. I am in my fifth year in the 6-year DPT program at Lebanon Valley College as part of the class of 2024! I served as the Advocacy Chair on the board last year and will be continuing on the board this year as the Chair. I am so thankful for the opportunity that APTA Pennsylvania gives us as a Student SIG to meet other PT and PTA students in our area and create the programming we want to see! I am passionate about connecting SPT's and SPTA's and building a community within the Student SIG to promote advocacy and allow our voices to be heard as students. My interests in PT include pediatrics and pelvic floor therapy. Outside of school, I enjoy hiking, kayaking, reading, and dancing. I am also a member of the board for LVC's pro-bono clinic and am very passionate about bridging the gap to make physical therapy services more accessible!

### **Vice Chair: Garavi Angreji**

Hello! My name is Garavi Angreji, and I am in my 3rd year of the Drexel University DPT Program! I will be serving as the PPTA SSIG Vice Chair for a second year. I am so excited to work alongside an incredible board to connect with students across Pennsylvania, promote change, provide great opportunities, and serve the profession of Physical Therapy. I believe that gaining exposure, participating in events, and staying involved is essential in the growth and development of each individual student and the field. I am very passionate about Physical Therapy and the importance of health and wellness, which I hope to continue to advocate for in all individuals. I am eager to continue learning about this expanding field and connect with other students. Outside of school, I enjoy hiking, yoga, dancing, traveling and spending time with friends and family.

### **Chair in Training: Morgan Conty**

Hi, everyone! My name is Morgan Conty, and I will be serving as the Chair In-Training for this year on the Student SIG. I am currently a first year DPT student at Seton Hill University located in Greensburg, PA. Obviously, since this is my first year in PT school, this is also my first time being a part of the Student SIG, and I couldn't be more excited! One of the things that I'm most excited about is being able to connect with other physical therapy students in Pennsylvania which will allow me to network outside of my smaller university and create bonds over the similar paths we are all currently experiencing. I am very passionate about getting involved in the APTA, as well as encouraging other students to become involved because I believe it will set us up for success in the post-graduate school world, and it is part of our responsibility to advocate for our profession, even as students! Utilizing the resources from the APTA PA, as well as engaging with other students through the SSIG will allow us to become the best possible clinicians for our future patients. When I'm not busy studying, I enjoy spending my free time outside!

Some of my favorite activities are going hiking with my puppy, hunting, camping, hammocking, and kayaking.

**Secretary: Tori Fortuna**

My name is Tori Fortuna, and I am currently a 3rd year DPT student at Drexel University. I will be serving as the secretary of the Student SIG this year. Last year, I was an Eastern District Representative as part of the board and I am looking forward to continuing to connect with students in the area, plan social events, and inspire students to get involved and discover what the APTA has to offer. I also serve on the PT Association Student Affairs Committee at Drexel where we promote professional association activities to the student body. I am from and currently live in Williamstown, NJ and love spending my free time doing yoga, reading, going to concerts, and attending Philly sporting events!

**Advocacy Chair: Ashka Sevak**

Hi everyone! My name is Ashka Sevak, and I am a 1st year DPT student at Moravian University. I will be serving as the 2023 Advocacy Chair for the APTA Pennsylvania Student Special Interest Group (SIG) Board! As class president of my DPT cohort, I understand the roles and responsibilities of what it means to be a leader within a board and I am excited to work alongside driven individuals who are as like minded and passionate as I am to make the student voice heard within the APTA. I believe that us students, the future leaders of physical therapy, are able to make an impact to drive our profession in a positive direction as we make conscious efforts to educate ourselves and other students on important advocacy issues. Having served as the Director of SPTA relations on the 2021-2022 APTA Student Assembly Board of Directors (SABOD), I understand the importance of early exposure to these topics as we build ourselves into future physical therapists, so that we can continue to advocate as we flourish in our careers. I also serve as the student ambassador for the APTA PT Moves Me campaign at my school, in hopes to increase the awareness of the importance of physical therapy to the next generation of physical therapists. Aside from academic and APTA responsibilities, I enjoy activities such as hiking, working out, spending time with my friends and family and DIY crafts. I am looking forward to serving as Advocacy chair in this upcoming year's board and I cannot wait for the opportunity that awaits!

**Eastern District Representative: Cristina Umanzor-Alvarado**

Hi everyone! My name is Cristina Umanzor-Alvarado, and it is such an honor to be a part of this board! I am a 2nd year DPT student at Drexel University. Having the opportunity to bring people together to talk about the wonderful aspects of physical therapy and strengthening the PT community is what I am most excited about. I am also a part of the Diversity, Equity, and Inclusion Board of Drexel's College of Nursing and Health Professions. I am a newfound Philadelphian and love exploring the shops, restaurants, and parks this amazing city has to offer! I also love dancing, crocheting, watching sports games, and having game nights with friends!

**Western District Representative: Cynthia Brand**

Greetings, my name is Cynthia Brand, and I am a second-year DPT student at the University of Pittsburgh. It is my pleasure to continue serving as Western District Representative of the Student SIG in 2023. I have served in similar roles before and hope to use my experience to bring programs and event opportunities that meet the

needs of PT and PTA students of Pennsylvania. Engagement in professional opportunities early provides students with the tools they need to succeed post-graduation as well as providing a community for support outside of our individual programs. It's my hope we can continue to advocate for the profession long after our time as students comes to an end. In my free time I work as an Athletic Trainer, supporting varying levels of ability including middle/high schools through the professional level. In the future I plan on completing a residency program or entering the world of Sports PT. My favorite programming thus far has been our Catalysts for Change series, where we dive into cultural aspects of care and how we may best serve different patient populations. I look forward to my time on the board and the opportunity to meet with you all at our programming!

**Western District Representative: Mae Cody**

My name is Mae Cody (she/hers) and I'm a second-year DPT student at the University of Pittsburgh. As a former Student Observer to the APTA PA House of Delegates and a recipient of the Dr. Tom Stewart Award, I have been involved in the APTA PA since my first year as a DPT student. I am honored to serve as Western District Representative to the Student Special Interest Group to continue to develop my own professional growth and help other students do the same. The APTA has so many benefits to student members, and my passion for involvement beyond the classroom and clinic will help me to share knowledge and excitement about the physical therapy profession. Outside of school, I enjoy ballet classes, playing in community band, cross-stitching at all possible times, and working at the University of Pittsburgh's pro bono physical therapy clinic.

**Western District Representative: Jake Reed**

Hello everyone! My name is Jake Reed, I will be serving as one of the Western District Representatives. I am a first year DPT student at Seton Hill University in Greensburg, PA. I am excited to be part of the APTAPA SSIG because it gives me the opportunity to connect with other rising professionals and network with more people in the PT profession. Another reason that I wanted to get involved is to take a role in advocating for our profession. This is something that I believe everyone should be involved in because we all have a vested interest in physical therapy and making sure that the profession continues on an upward trajectory for DPT and PTA professionals. Being part of the APTAPA gives us all access to networking opportunities as well as resources to help us complete our schooling as well as become great professionals! After class and studying is over, you can usually find me spending time with my wife and son or getting outside hunting, fishing, hiking.

**Central District Representative: Zachary Falls**

My name is Zack Falls and I am a first-year student in Messiah University's DPT program. I'm excited to serve as the Central District Representative and connect with other PT students across the state! I hope to bring fun and exciting events to PT students throughout the state, with the hopes of developing a strong network of upcoming PTs. If there are any questions or anything I can help out with, please don't hesitate to reach out!

**Physical Therapy Assistance Representative: Jacob Wooden**

Hello! My name is Jake, I am a first year PTA student at Lehigh Carbon Community College. I will be serving as the PTA Representative for 2023. I am excited to join the student SIG board for APTA PA! I am looking forward to making valuable connections with other PT/PTA students and providing information about PTAs and their roles in

physical therapy. I have a B.S. in Sport and Exercise Physiology with a minor in Biomechanics from DeSales University along with the CSCS certification. I hope to combine my knowledge in those fields with physical therapy to provide the best care for future patients. I am from Quakertown, PA and in my free time I enjoy exercising, hiking, golfing, coaching high school baseball, and spending time with friends and family!

**Public Relations Chair: Elizabeth Fleming**

Hello! My name is Elizabeth Fleming and I am currently in my 1st year of Seton Hill University's Doctor of Physical Therapy Program. I will be serving as your APTA PA SSIG Public Relations Chair. I am also the President of Seton Hill University's DPT Club. This is my first year on the Student SIG and I am beyond excited for this opportunity! I am very passionate about being an advocate for change to advance our amazing profession and connect with others who share the same passion as well. One of the most exciting things about my position is being able to promote, connect, and network with other students across Pennsylvania and demonstrate how important the APTA is and how we can become more involved in so many ways. Outside of school, I enjoy lifting, reading, and playing with my 4 cats!