

*Board-Certified Geriatric Clinical Specialist*

I share the mission of APTA Geriatrics to embrace aging and empower older adults to maintain a healthy lifestyle. Additionally, I envision APTA Geriatrics being the ideal source for aging with optimal health and wellness. My present research focuses on behavioral methods to improve physical activity in older adults with cognitive impairment. My background affords a diverse skillset in neuroimaging, biomechanics, and several clinical practice settings. I also demonstrate a passion for service and strong communication skills evidenced by pro bono work and translation of research findings for clinical application. My past research team collaboration has led to awards spanning pediatrics, neurology, and geriatrics. Within APTA Geriatrics specifically, I served as a Nebraska Co-State Advocate and authored an article for Gerinotes. Currently, I am an APTA Geriatrics CSM Programming Committee Member, an ad-hoc reviewer for the Journal of Geriatric Physical Therapy, and a Cognitive and Mental Health SIG Nominating Committee Member. Upon election, I plan to bolster the SIG's networking from within and with other SIGs/Academies and expand the SIG's research resources.