

PRIME TIMERS NEWS

SPRING 2015

PRESIDENT'S MESSAGE

MARCH 2015

SPRING WILL COME!

CSM 2015 in Indianapolis, Indiana – Hey, were YOU there? If not you missed a jam packed and busy CSM! Okay, February in the Midwest can be challenging.....but ... the meetings were held in the convention center and two hotels that were all connected via walkways - so we didn't have to walk in the cold and the weather cooperated! This is my report on the meeting!

The educational programs were stimulating and well attended. You could find something that intrigued you on any subject! The PrimeTimers were present in the Exhibit Hall on all three days enjoying the opportunity to visit, answering questions, and recruiting new members. Special thanks to the PrimeTimers who helped us in the Exhibit Hall: Bette Horstman, Evie Hallas, Ruth Mitchell, Billie Nelson and Bella May A hearty welcome to our 12 new members who joined us in Indianapolis!

On February 5th we had a productive steering committee meeting as well as a festive luncheon at the One South Restaurant in the Hyatt Hotel. Our luncheons always provide the opportunity to visit with old friends! Sorry if YOU

missed it! Hope you can join us next time - we're planning more great events in June!

Volunteer opportunities are still available! This is YOUR chance to be a committee chairman of the PrimeTimers! We are looking for help with Activities, & web master/social media. If you can help with any of these challenges or know someone you would recommend - contact me at jnjohnpt61@yahoo.com. Do consider sharing some of YOUR time and experience! We especially need your help as we are in the planning stages for our 30 year anniversary celebration! Next year we are celebrating 30 years! Please share your ideas for this event!!

Don't forget to pay your dues for 2015. We have decreased our expenses but still need your dues to continue to bring you PrimeTimer News! Special thanks to those members who paid their dues at Indianapolis!

It is not too early to make your plans to attend next meeting in National Harbor, Maryland June 3-6 2015.....

Remember, Life Members get complementary registration! I'm looking forward to seeing YOU there!

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JoAnn Niccum-Johnson, President

STEERING COMMITTEE MINUTES

PRIME TIMERS STEERING COMMITTEE MEETING

Indianapolis, IN – February 5, 2015

President: Jo Ann Niccum Johnson opened the meeting by greeting members present:

Linda Eargle, Evie Hallas, Bette Horstman, Ruth Mitchell and Billie Nelson.

Jo Ann thanked Linda Eargle for making arrangements for both this meeting and for today's luncheon. Linda volunteered to make similar arrangements for the June 2015 meeting in National Harbor, Maryland.

Jo Ann shared a problem regarding the newsletter which has been available for viewing on the Foundation for Physical Therapy website for several years. However, since the Foundation's website has been revised, there is limited space available for our newsletters. Currently, our newsletter, with pictures and logo, exceeds the 2 MB we are told is the limit that can be on the website. We are looking at options to resolve this issue.

Prime Timer members continue to receive 50+ year pins from the APTA.

50+ yr pins are distributed by the APTA after member names are submitted by Prime Timers.

Jo Ann reminded us that Prime Timers will mark its 30th anniversary in 2016. We need to explore ideas for this celebration. Ideas are welcome and encouraged!

Prime Timers current membership is 232.

Newsletter: Deadline for the next issue is March 1st. Marilyn Miller, Production Supervisor continues to work solo on publishing the newsletter. All input material for the newsletter must be submitted to Editor, Fran Kern.

Nominations: Nominations for the positions of Vice President and Treasurer will be held at the CSM in 2016. Bylaws have been amended to reflect that elections have been rescheduled from June meetings to highly attended CSM.

Old Business: We still have a few T-Shirts for sale.

New Business: A request was made to explore new promotion items for sale. Suggestions included scarfs, emery boards, and cups. Bette Horstman will provide info on cost of items at June 2015 meeting. Linda Eargle volunteered to explore with the APTA, the possibility of Prime Timers assisting the APTA members during the House of Delegates Meetings.

Linda Eargle also distributed forms to complete with recommended names for candidate to the APTA Board of Directors.

Minutes submitted by: **Bette C. Horstman, Acting Secretary**

(**Note:** Since the Steering Committee Meeting the problem of newsletter space on the Foundation website has been resolved and is no longer an issue of concern).

MEMBERS at CSM 2015



Don't forget to pay your dues!

We request \$10 annually, or a one-time payment of \$125 to become a lifetime member. Send cash or check (**payable to "Prime Timers"**) to our Treasurer:

Joan Mills

310 West 49th, #208

Kansas City, MO 64112

WELCOME NEW MEMBERS

February 2015

Sol Agbayani

Linda Dundon

Sarah Jackias

Betty Bugaj

Wendy Fishman

Lynn Kelly

Eileen Coleman

Steve Godas

Cathy Renkiewicz

Marie DiTomas

Joan Hollis

Kathleen Simpson

And **RENEWED MEMBERS**:

Joy Kuebler

Eileen Donovan

MEMBER MILESTONES

California's Pomona Valley Hospital Medical Center will honor Charles Magistro by naming its Rehabilitation Services Center in the the Outpatient Pavilion -- the "Charles M. Magistro Physical Therapy & Rehabilitation Center.

TREASURER'S REPORT

Indianapolis, IN - February 5, 2015

I am pleased to report that as of December 31, 2014, Prime Timers remains in excellent financial position.

Our primary revenue source is annual dues from our loyal members.

Additional revenue come from lifetime memberships and the sale of T-shirts.

As mentioned in my previous report, expenses are minimal as the

PrimeTimer News is shared via the Internet. We should be in good position to meet reasonable expenses that will be associated with the anticipated

30th Anniversary celebration in 2016.

Joan M. Mills, Treasurer

MEMBERS CHECK'N IN!

I WAS RAISED IN A COLOR-BLIND FAMILY

I recently had my annual low vision exam at the Center for The Partially Sighted. One of the tests was for color blindness. Why at this ripe older age of 70+? Well, since birth, my eyes have been unique in their visual ability to work. Residents in training are "fascinated", as am I, that I see the world at all though differently. Somewhere between the office and home, I had a flashback to an article called "Seeing Colorblind". Perhaps the subject title was brought to mind as I had just seen the movie "Selma" and the world just celebrated Martin Luther King, Jr. Day.

The article came about during my time on a Diversity Panel at the Daily Breeze. We met every month and the panel was comprised of a cross-section of community members. One of the sessions revolved around the topic "To think of someone from a different culture, background, or life experience who made a profound change in your life." The question that I posed for the panel was "Could it be possible to meet new people with closed eyes so we can have a pure idea about the individual first and then learn about their race? Or is color of the person's skin the first thing that is noticed?"

During the discussions, I recounted the story about my vocational school counselor who happened to have been black. It was 1959 and I needed special guidance for future schooling and a vocation. I was born legally blind and not every career was for me. My counselor took me to Bridgeport, CT. for the first of three days to be tested by the state to find out what I could study for my future occupation. In this big city at the bus station, I realized that I was a little afraid of my environment. Was it because I was different in color? The only difference I had seen in my previous experiences is that I wore coke bottle bottom glasses and was called the teacher's pet. I had my guide who made me feel more secure and assured me that I could travel alone the next two days. I really didn't see color until that experience. Three schools and six years later, I graduated with a degree in Physical Therapy. I sent an invitation to the counselor but he had retired. He set the stage for my future.

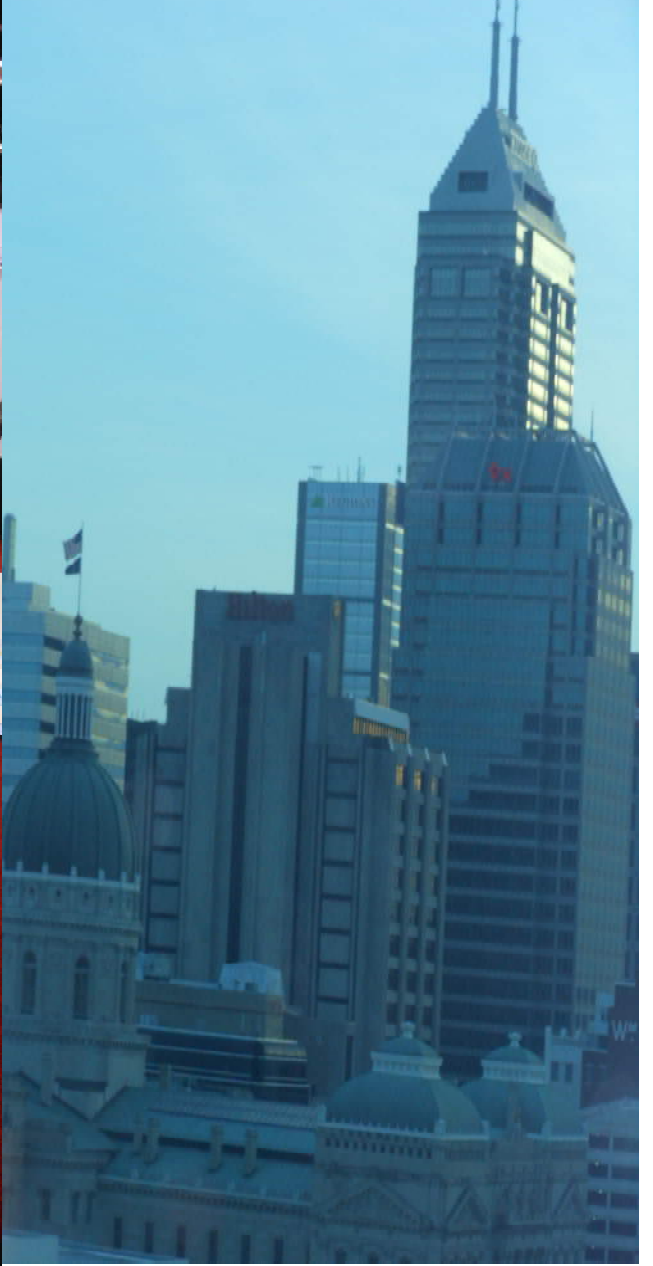
My family and I could have but never had an ounce of prejudice about anyone. Even going back to Atlanta, Georgia in 1918. My grandparents, Abraham and Mary Greenberg, their daughters Frances and Sara (my Mother), lived down the street from the Martin Luther King family. The Ebenezer Church was within walking distance of my Grandfather's grocery store. Frances age 4 and Sara age 6 were playing in the store when they witnessed the shooting of their father. The shooter was black and robbed and killed my Grandfather. Our family in New Haven arranged for these three alone females to take a train to their home. The incident was never talked about and we grandchildren didn't know of the happening until we were teenagers. Our town of Danbury, Ct. was integrated and our friends, family co-workers and teachers were diverse in culture, religions, color, and nationality. I was brought up color-blind because my family was color-blind.

About 10 years ago, my daughter Naomi and I retraced my Mom's steps growing up in Atlanta, Georgia. Born on February 9, 1912, my Mom did not recall addresses but did talk about her Pop's store, the church, and the lit porches where all kinds of neighbors gathered. There was a parade while we were in Atlanta and we were invited to march with many people of color. We lit candles at midnight at the Martin Luther King, Jr. Memorial Circle. We felt his sense of purpose as we viewed the history on the walls of the schools and museums. We then made a trip to see Mom/Nana and pleasantly jarred her memory bank. From our photos, she named all the buildings and talked of some of the pleasant goings on there. It was not important to mention the tragedy. Age sometimes can erase bad happenings from our minds.

In light of the tragic world events both home and abroad, it is more imperative now that we teach our children to see color-blind as I was. And to recall how blessed we are to have freedom. Thanks for the accomplishments of one man, Martin Luther King, Jr., and the guidance of my counselor.

And, in case you were wondering, I do not have the medical diagnosis of color blindness. We should all be so lucky!

Faith Beckerman Goldman / FaithNamdlog@aol.com





NEWSLETTER REPORT

PrimeTimer News continues to be published three times each year. It is extremely important that members make every attempt to adhere to deadlines. All submitted items are appreciated; however, those that arrive after a deadline will appear in the following issue when appropriate. We strive to be certain that all printed information be correct. We should begin by updating the birthday list against APTA records of recently deceased members. The Check'n In section has become an important vehicle for member communication and we look forward to having increased member input to this section.

As always, constructive comments and criticism are welcome. Most recently we received helpful feedback from Dot Pinkston and Faith Goldman.

Fran Kern
Editor

Marilyn Miller
Production

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MARCH 2015

Allen	Susan J.	3/21
Ayers	Robert E.	3/17
Berman	Lois	3/06
Bice	Florence	3/11
Denton	Ruth	3/10
Enerson	Mary Ann	3/23
Fallon	Barbara	3/11
Helland	Michael M.	3/30
Kern	Fran	3/18
Kloc	Lisa	3/16
Latimer	Ruth	3/05
Lewis	Carole	3/13
Lucas	Mary	3/30
Merck	Judith C.	3/15
Nieland	Virginia	3/06

APRIL 2015

Anderson	Judith C.	4/17
Baker	Christine	4/29
Crisan	Oliver	4/26
Crutchfield	Carolyn	4/02
Dundon	Linda	4/05
Erickson	Carolyn	4/03
Kelly	Lynn	4/14
Lamb	Gertrude M.	4/26
Landen	Betty R.	4/12
Okita	Ted Y.	4/02
Prickett	Nancy	4/17
Randolph	Shirley L.	4/02
Riordan	Mary Ellen	4/18
Shen	Eunice	4/29
Towne	Peter A.	4/23
Yates	Deanne	4/21
Bugaj	Betty	4/30

In Memorium
please remember:
Elizabeth Lambertson
Elsa Ramsden.

Planning Exercise? Here's a place to start:

"In addition, other studies have suggested hip abductor weakness to be associated with functional limitation in older adults and was a predictor of future falls in community-dwelling adults."

Brown M, Sinacore DR, Binder ER, et al. Physical and performance measures for the identification of mild to moderate frailty. *J Gerontol A Biol Sci Med Sci.* 2000;

Happy 2015 !!

To those **members** for whom **we do not have birthday month or date!!**

MAY 2015

Coleman	Eileen	5/10
Fuoco	Frank	5/23
Gentry	Jane	5/17
Gierhart	Jane	5/20
Greenwald	Neva	5/24
Griffith	Barbara	5/25
Hallas	Evelyn M.	5/25
Hansen	Elizabeth	5/15
Jackias	Sarah	5/07
Litt	Harold	5/03
Miller	Thomas O.	5/11
Moffroid	Mary	5/07
Newton	Roberta	5/08
Oberst	Charlotte	5/20
Putnam	J. Michelle	5/25
Salamon	Kate	5/29
Walker	Joan M.	5/21
Yuiska	Edward	5/01

Please send us your birthday!

Each issue contains a list of several months of birthdays. Members also receive cards in the mail on behalf of Prime Timers. Make sure you are included **provide** your birthday month and day to our **president**. **Emails:** jnjohnpt61@yahoo.com, jnjohn1@charter.net
Phone: (314) 965-1789

APTA Conventions **Announced!**

(previously known as the Annual Conference)

NEXT/Annual Conference,

June 3-6 , 2015

National Harbor, MD

CSM FEBRUARY 2016

17-20 Feb 2016 ANAHEIM, CA

JUNE

Cowan	Ruth	6/04
Craddock	Debi	6/19
Eargle	Linda	6/09
Edsall	Fay E.	6/26
Fenter	Paula Click	6/21
Grove	Anne	6/12
Gudas	Steve	6/24
Harris	Mary Jane	6/18
Holleman	Jane B.	6/06
Johnson	Geneva R.	6/22
Myers	Elizabeth A.	6/05
Pinkston	Dorothy	6/03
Rector	Teresa	6/13
Simpson	Kathleen	6/20
Towne	Linda	6/11
Watkins	Gene R.	6/28
Wilkinson	Catherine Perry	6/03

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MEMBERS CHECK'N IN!

Thank you to all those members who contributed content, comments, and photos to make this issue!

The **deadline** for receipt for the next issue is **JULY 1st, 2015!**

Mail/email to: Fran Kern ,Editor

fkern818@aol.com

Mailing address page 12



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Prime Time T-Shirts now available!

Order Now!

Only **\$16** (includes shipping)

Contact:

Jo Ann Niccum-Johnson

Available Sizes: Small, Medium, and 1XL

Pay by Check made out to: **PrimeTimers**

Send To: Jo Ann Niccum-Johnson

745 Josephine Ave

St. Louis, MO 63122

T-shirts still available for **purchase**

Only **\$16** (includes shipping)



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FALL 2014 Newsletter Production

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USAHS DPT Program, San Marcos, CA



Prime Timers News Information

NOTE: Prime Timers News updates should be forwarded to Fran Kern

Publication Deadlines: March 1, August 1st, November 1st

Publication Dates: est 30 days after deadlines

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You're Invited to Join the Prime Timers!

Print and mail **this form with a check to join** Prime Timers, renew your membership, and/or order a T-Shirt

It's Time To Join!

Name.....

Address.....

City.....

State/Zip.....

Email address.....

Phone(s).....

APTA membership number.....

Birthdate.....

Please complete this form & mail with \$10 ANNUAL membership

OR \$125.00 Life Member payment. [Checks only please] to:

Joan Mills, Treasurer

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