
PRIME TIMERS NEWS

SUMMER 2015

PRESIDENT'S MESSAGE



AUGUST 2015

NEXT Conference & Exposition 2015 - National Harbor, MD –

Hey, were YOU there? If not you missed a jam packed and busy Annual Conference! Plus an amazing PT day on Capitol hill with over 1000 PTs - *Physical Therapy Transforms!* And the PrimeTimers were part of it all! Plus we were there in the exhibit hall every day enjoying the opportunity to visit with our members, recruit new members, answer questions, and

We had a festive luncheon on Friday in the Exhibit Hall! We enjoyed the great food (courtesy of the APTA) & opportunity to visit with other PrimeTimers! We again managed to fit a productive steering committee meeting into the schedule during lunch. (see minutes elsewhere in this newsletter) We discussed ideas for PrimeTimers merchandise especially for our 30th anniversary next year. Please consider what you would like to see with our name and log and let me know!

I will be continuing with our **“Membership Milestones” Project** this summer. This year I will be looking for PrimeTimers who joined the APTA in 1965, 1960, 1955, 1950. These members will be eligible for 50, 55, 60 or 65 year pins for their continued membership and support of the APTA. If you or someone you know joined the APTA in those years, please let me know – so we can be part of this recognition!

Special congratulations to PrimeTimer Barbara H. Connolly for being awarded the Lucy Blair Service Award at the NEXT meeting! We are proud of you! And we have volunteer opportunities available! This is YOUR chance to be an officer or a committee chairman in what promises to be a fun activity! We will be having elections at CSM 2016 for Vice President & Treasurer positions. Plus we are looking for help with our social media presence. If you can help with creating profiles, or pages on facebook, twitter, Instagram, – contact me at jjohnpt61@yahoo.com. We need help organizing our activities at national meetings and throughout the year. Do consider sharing some of YOUR time and experience with the PrimeTimers! Finally, we dedicate this issue to our own Joan Mills.

With special thanks for all she has done for us and our profession. Remember to make your plans now for CSM 2016 in Anaheim, CA ! NEXT 2016 will be in Nashville, TN. Hope to see YOU there!

JoAnn Niccum-Johnson, President

Publication Alert

July 2015

Allow us to introduce the membership to our new editors : **Venita Lovelace-Chandler and Neva Greenwald**. We can all make their task more enjoyable by continuing to contribute personal or interesting news.

Once again members are encouraged to submit information for the Check'n In column. Input can be brief and a short paragraph is welcome and appreciated. We recognize that only a fraction of our members attend conferences. Therefore, a clear photograph with name and single caption line would be a great addition to the publication.

Editors:

Venita Lovelace-Chandler

Email: vlc.phd.pt.pcs@gmail.com

Neva Greenwald

Email: nevaefg@gmail.com

Fall Issue **Deadline** – October 1, 2015

PrimeTimer News is published 3 times each year.

Fall Issue Deadline – October 1, 2015

Winter issue Deadline- March 1, 2016

Summer issue Deadline– July 1, 2016

Submitted by:

Fran Kern

Marilyn Miller



STEERING COMMITTEE MINUTES

PRIME TIMERS STEERING COMMITTEE MEETING

National Harbor, MD 2015 NEXT conference JUNE 5, 2015

Introduction - President Jo Ann Niccum-Johnson welcomed everyone to the meeting. Everyone got a lunch from the buffet and then self-introductions occurred. Prior to beginning the Steering Committee Agenda, the President asked members present to make suggestions for future activities. Suggestions included having items other than t-shirts available, hosting a booth, creating a display board, obtaining additional historical interviews with members and offering advice to younger therapists on various aspects of physical therapy.

Reports - The formal steering committee agenda began with the president's report that included setting up the meeting and working with APTA on longevity pins for long time members. The vice president, Evie Hallas was unable to attend the meeting. Secretary's report by Neva Greenwald was that the CSM 2015 minutes appeared in the Spring Newsletter, thanks to Bette Horstman. Treasurer Joan Mills, sent a written report that was distributed. Membership chair, Linda Eargle is in charge of meeting activities and organized the meeting place and lunch. She was thanked for her efforts. Marilyn Miller and Fran Kern have produced the newsletter and in their absence the president reminded the next news deadline is July 1. Checkn' in news information copy should be sent to Fran. Nominating committee activity for the next meeting is presenting nominees for the offices of president and treasurer and help is needed for a committee. Linda Eargle, Fran Kern and Bette Horstman were suggested as nominating committee members and this suggestion was approved.

Old Business- T-shirt merchandise is almost sold out, with only 13 shirts (5 small, 7 large, 1 XL) remaining. It was consensus that no additional ones will be purchased at this time. There was more discussion on the topic of life members serving in Association office, specifically delegates to the House of Delegates---with no specific consensus. Volunteer opportunities available are activities chair, web master, media committee and newsletter editor. Venetia Lovelace-Chandler and Neva Greenwald agreed

New Business- The 30th anniversary of Prime Timers is in 2016. The discussion centered on developing a theme, offering programming at CSM 2016 and having a commemorative item such as a mug. Members liked the mug idea with graphics but consensus was that this would be too awkward to transport. Decision was to have a committee determine what to do for the anniversary. Regarding programming, there is already a session planned on retirement in which Jo Ann and Evie have been asked to be panel members. The anniversary committee suggestions are Bette Horstman, Fran Kern, Neva Greenwald and Venetia Lovelace-Chandler.

Neva Greenwald, Secretary

IT'S PARTY TIME



GET READY TO CELEBRATE PRIME TIMERS 30TH ANNIVERSARY CSM 2016 Anaheim

Join in the Planning Process

You can help by sending us your suggestions for our theme, exhibit hall booth decorations, and commemorative items to be sold at our booth.

Deadline for submitting recommendations is

October 1, 2015.



Don't wait....put on your creative thinking caps and **forward your ideas to:** Neva Greenwald nevaeg@gmail.com or Fran Kern fkern818@aol.com



Celebrating the Life of **Joan Mills**

A Profile of Commitment to Family Friendship & Profession

Joan M. Mills, of Kansas City, MO passed away on June 12th 2015. She graduated with a B.S. in Physical Therapy from the University of Kansas in 1950. Joan worked at the Truman Medical Center East for 21 years. She was a member of the Community Christian Church and sang in the choir since 1954. Joan was a member of APTA, League of Women Voters, the Raytown Garden Club, Sho- Me African Violet Club, SPARK, National Alliance for the Mentally Ill, KU Alumni, Tune Timer's, & APTA Prime Timers. APTA. She received the Lucy Blair (APTA) and Missouri (MPTA) Service Awards, Who's Who in America, Joan M. Mills Award (APTA), Eagle Award TMC-E, & Outstanding Clinical Award (KU). Joan was preceded in death by husband Dave and son Don. She is survived by daughter Dee Mills and Jeanette Higgins, son-in-law Jim Higgins and four grandson Jared, Jeffrey, Joshua, and Jordan Higgins.

Joan Mills was a significant pioneer in the field of geriatrics for the profession of physical therapy. She was active at both the state and national level. Joan, the first Section on Geriatrics chairperson, had noted a dearth of material on physical therapy and long term care when she began work at Truman Medical Center East in Kansas City, MO in 1969. In 1975, she asked the Missouri State Board of the APTA if it favored a section for long term care. The response was overwhelmingly positive. Immediately, Joan contacted Kansas City area therapists to assess needs, establish goals, form by-laws and functions for the proposed section. Contact and inquiry on a national basis – with physical therapy education directors, major health centers, and relevant outside agencies – came in 1976. It became apparent that interest in geriatrics and long term care was not limited to the Kansas City area. Thus a petition to form a long term care section was presented to the APTA Board of Directors in late 1976.

In December 1976 Joan Mills, organizer for the Long Term Care Section, communicated progress thus far to all interested therapists. Further communication served to identify problem areas and needs. At that time, LTC curricula, information, resources, and research were scarce and/or ambiguous. Additionally, LTC interests tended to overlap with pediatric, community health, and other Sections' interests.

Joan Mills was the first heroine of the Geriatric Section, having the vision and initiative to create the Section in 1978. Her vision was to bring together physical therapists and physical therapist assistants who worked with geriatric patients for the purpose of

REMEMBERING JOAN MILLS

This issue of PrimeTimer News is dedicated to the memory of Joan Mills. Following are messages and memories from those who worked and "played" with her through the years.

.....

I personally enjoyed the fact that I could call her when I had a question or query of what I should do about a problem or situation. She was always very helpful and assisted me in sorting through the choices. It saddens me as I have remembered that I am no longer able to call upon her for advice. **Jo-Ann Niccum-Johnson**

After the Section on Geriatrics was formed, Joan invited us to her home for the first board meeting. Bette Horstman, Clara Bright, and I were among the group that stayed with her and had the inaugural organizational meeting for what is now the Academy. We worked far into the night. I remember that she and her husband, Dave, were so gracious and fun. I attended church with them that Sunday. Joan gave me a robe and let me sing in the choir with her. Warmth and wisdom combined. Seeing Joan at CSM was a must over the years and gave us brief moments to share much. Behold now what she had begun! Escorting Joan into the room at the Section's 35th anniversary was one of the best moments in my professional life and it is indelible in my memory. Old friendships are enriched with time, and thus it was. How do I grieve an old friend? In silence and in tears...you had a good run, Joan, and I shall remember. **Stephen Gudas**

Joan Mills was truly an avant-garde person. She was early to recognize the need to address the concerns of older individuals. She explored ways to address the situation and to fill the gap that existed. The success of the Section on Geriatrics, now the Academy, is a true testament to her foresight. **Clara Bright**

Joan was an outstanding, farsighted leader who took a vision and transformed it into reality. It was an honor to have known and worked with her. Her accomplishments are sealed in our memory and in the history of the APTA. She will be missed! **Bette Horstman**

I felt as if I knew two sides of Joan Mills, each is honorable and memorable. Her efforts and devotion to creating the Section on Geriatrics are well documented. She was precise in her direction, commitment, and leadership. The other side of Joan was her sense of humor and friendship.

Joan knew that I had always wanted to attend the rodeo in Dodge City, Kansas. One year I flew to Kansas City, Missouri, was met at the airport by Dave Mills, and spent several days with Joan. We took long walks, visited the Truman home in Independence, and drove to Dodge City to attend the rodeo. It was a wonderful trip that gave me the opportunity to seal a valued personal friendship with Joan.

In later years, I was one of Joan's roommates at APTA conferences and we able to share personal time and life stories. It is painful to lose good friends but, as we all know, this is the price one pays for having enjoyed valued relationships.

Fran Kern

Joan Mills was a colleague, friend, role model, leader, visionary, and dedicated activist in the profession and in her community. Many years ago I met her in a quest for additional physical therapy student clinical education at a time when experiences with a population of older adults was uncommon. She was passionate about providing care for older adults at a county facility at a time when many thought these patients were hopeless. It was frustrating to her that there was almost no information about specific treatment techniques. A clinical experience for students was established and our friendship began. Later, through her quest for knowledge, perseverance, organizing skills and compassion the section on geriatrics was established and a multitude of students and physical therapy practitioners have been able to help older adults reach their potential for a more active independent life. I have been privileged to be a part of the change in healthcare for older adults that Joan brought to the forefront. There is a book, "God's Guest List" that sums up my experience and that of many others in that Joan's actions have made a major influence on our professional paths and will continue to do so for many future practitioners.

Neva Greenwald

I can think of no greater honor in my professional life than to have the received the Joan Mills Award. To have worked with Joan in the early days and growth of the then Section on Geriatrics is something to value. To witness her quiet leadership and consistent vision inspired professional & personal growth for all involved.

M. E. Miller

I'm Fine! How Are You?

(While helping daughters Dee and Jeanette at Joan Mills' home,
Elena Wahbeh found this poem and forwarded it to share with
PrimeTimers. elena@wahbeh.com)

There's nothing whatever the matter with me,

I'm just as healthy as I can be

I have arthritis in both my knees

And when I talk, I talk with a wheeze.

My pulse is weak and my blood is thin,

But I'm awfully well for the shape I'm in

I think my liver is out of wack

And a terrible pain is in my back.

Most everything seems to be out of trim

But I'm awfully well for the shape I'm in.

My hearing is poor, my sight is dim,

Most everything seems to be out of trim

But I'm awfully well for the shape I'm in.

I have arch supports for both my feet,

Or I wouldn't be able to go out on the street

Sleeplessness I have night after night

And in the morning I'm just a sight.

My memory is failing, my head's in a spin

I'm peacefully living on aspirin

But I'm awfully well for the shape I'm in.

The moral is, as this tale we unfold,
That for you and me who are growing old

It's better to say "I'm Fine" with a grin

Than to let them know the shape we're in.



MEMBERS at NEXT 2015

Candid pictures from PrimeTimers luncheon and Steering Committee meeting June 5, 2015 National Harbor, MD



Senora Simpson and Phil Tygiel



Beth Whitehead and Geneva Johnson

ELECTION ALERT

The positions are scheduled for election are:

Vice President

and

Treasurer

At CSM 2016 in Anaheim, California.

Please submit recommended names, including your own name, as candidates for these positions. PrimeTimers is a great communication vehicle that deserves continued strong leadership.

Deadline: **November 30th.**

e-mails: annaleequeen@yahoo.com

lkeargle@yahoo.com

fkern818@aol.com

We look forward to hearing from you.

Nominating Committee:

Bette Horstman

Linda Eargle

Fran Kern

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 ACTING Treasurer:

Jo Ann Niccum-Johnson
745 Josephine Ave

WELCOME NEW MEMBERS

JUNE

Laverne Russell - Swarthmore, PA
Cathy Nivling Middleand, MD

MEMBER MILESTONES

I will be continuing with our **"Membership Milestones" Project** this summer. This year I will be looking for PrimeTimers who joined the APTA in 1965, 1960, 1955, 1950. These members will be eligible for 50, 55, 60 or 65 year pins for their continued membership and support of the APTA. If you or someone you know joined the APTA in those years, please let me know – so we can be part of this recognition! **JoAnn**

TREASURER'S REPORT

Prime Timers 30th Anniversary celebration in 2016.

June 2015

Prior to her passing, Treasurer Joan Mills reported that PrimeTimers remains in a good financial position. Revenue continues to come primarily from annual member dues. Expenses remain minimal and incidental since publication expenses were minimized.

Jo Ann Niccum-Johnson will act as treasurer until our election of a new treasurer in February 2016.

MEMBERS CHECK'N IN!

Jane B. Holleman: I received my 60 year pin from APTA and I am still working in Dublin, GA at Holleman Rehab. I have an excellent PTA, Crystal Bowen, working with me. A "fine" man, Curtis Newman, is in charge of the office. Both have attended physical therapy meetings with me.

Crystal and Curtis had to attend 2015 CSM in Indianapolis without me as my fractured foot limited my ability to get around. I had lost my balance in the bathroom and fractured the head of the femur. I have since recovered from this injury and am continuing to work full time. Next, I am scheduled for a right knee TKA July 23. Hopefully, I should be a fully recovered bionic woman by the end of the year. I look forward to seeing all my old Prime Timer friends at the next meeting in Anaheim.

RuthAnn Wise, Rockwall, TX Plans to celebrate her 80th birthday [Oct 19] in Dubai! She is hoping the long flight will not dampen her celebration. In addition to her numerous awards during her active career, she was also recognized as a USC-PT 50 yr alumna in recent years.

Marilyn Miller

Singapore WCPT 2015, imagine my surprise to scan the group at volunteer orientation only to see Linda Eargle & Jane Okubo!! We all need to communicate our whereabouts.

I had the pleasure of volunteering with selected WCPT events and presenting two posters at the conference; one with 2 graduates of the DPT program where I teach and another for a colleague who could not travel to Singapore. A highlight was the night safari at the Singapore zoo which was organized by IPTOP, the international subgroup of WCPT equivalent to Academy of Geriatric PT [formerly Section on Geriatrics]. All APTA members are WCPT members and you could see more about the conference and presentations at www.wcpt.org.

A fascinating session at WCPT shared a project in the UK that did oral histories of rank & file members of the professional organization, enriching the historical archives beyond the usual leadership memoirs of professional groups. Perhaps Prime Time could begin a similar project?

I'm looking forward to seeing more of the Prime Time membership telling the rest of us what you are involved in.

IN MEMORIUM

We Remember

OLEVIA BOURKE PARKER CASCADDEN
JUDITH C. MERCK

TED Y. OKITA
DOMINIC POLI

JANET F. STEVENS
JOAN MILLS

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. But you can help! Send us any errors or updates that you are aware of! 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. Fran Kern & Marilyn Miller

New Co-Editors

Venita Lovelace-Chandler
vlc.phd.pt.pcs@gmail.com
Neva Greenwald nevaefg@gmail.com

Marilyn Miller **Production**

PT
PRIME
TIMERS

August 2015

	Robert	
Bartlett	C.	8/29
Bloom	Carolyn	8/15
Boersma	Ruth	8/30
Edels- berg	Sally C.	8/06
Frown- felter	Donna	8/01
Hoff	Lydia	8/22
Lippert	Lynn	8/13
May	B.J.	8/19
McKean	June C.	8/30
McKeoug h	Michael	8/19
Meisler	Peg	8/22
Miller	Marilyn	8/04
Woehrle	Judy	8/30

PT PRIME TIMERS

Birthdays

October 2015

Allis	John B.	10/25
Connolly	Barbara	10/20
Goldman	Faith Ann	10/31
Hinman	Martha	10/16
Jones	Sara W.	10/16
McAdoo	Pat	10/21
Meehan	Joyce	10/28
Meyers	Marian	10/03
Molen	Louie	10/07
	Rose	
Myers	Sglart	10/19
Rogers	Elizabeth	10/02
Umphred	Darcy	10/26
	Geor- gianna	10/03
Wilson	Ruth	10/24

September 2015

Allender	Frank L.	9/26
	Lucy -	
Anderson	Charlotte	9/13
Brown	Isadore	9/10
Harbolovic	Val	9/26
Hargrove	Marilyn Sanford	9/24
Hoshi	Susi	9/01
Marble	June L.	9/29
Patterson	Marcia	9/14
Perry	David	9/11
Ramsden	Elsa	9/17
Van Harn	Mary A.	9/05
Wroe	Martha	9/05

November 2015

Cascadden	Olevia	11/10
		11/10
Cook	Harold	11/12
Gardlin	Cecelia	11/12
Kuebler	Joyce	11/14
Moffat	Marilyn	11/28
Nubling	Karla	11/26
	Pat	
	Beverly	11/23
Schmoll	J.	
	Marga- ret	11/08
Smith		

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

**Prime Timer Members without birth-
days on file:**

		Kelly	Peg
		Klein	Penelope
		Konecne	Sharon
Ash	Elaine	Maavere	Ellie B.
Atkins	Karen	Magistro	Charles
Aubry	Doris A.	Malinowski	Elizabeth
Banks	Amy	Maher	Ruth
Barnes	Chuck	Mangini	Carol
		Marnett	Paul
Borello-France	Diane	Moll	Marlene J.
Brooks	Salome	O'Connor	Elizabeth
Browning	Gerald	Palma	Stefanie
Buch	Eileen	Pena	Alice M.
Carlson	Tom	Perry	Jocelyn
		Power	Mary
Carr	Margaret	Santi	Dorothy
Chartrau	Diana	Sharkey	Nancee Davis
Coykendall	Laurie	Shields	Patricia G.
		Smith	Drexey
DeLeo	Vincent J.	Sullivan	Colleen
Donovan	Eileen	Sullivan	Marcia
Downey	Janet	Tomacelli- Brock	Deb
Duttarer	Jan	Traynor	Pat
Felix	Maripaz	Whitehead	Beth
Floberg	Jill	Wood	Elizabeth
		Zehnacker	Carol
Freeman	Gertrude		
Galileo	Pat		
Gersh	Meryl		
Glasser	Sherrie		
Gold	Claire		
Henderson	Nancy E.		
Holder	Alice D.		
Hultgren	Clancy & Carolyn		
Jergenson	Shirley		
Johnson	Marjory		

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 OCT 1st, 2015!

Mail/email to:
CO-Editors

Vlc.phd.pt.pcs@gmail.com
nevaefg@gmail.com

PT PRIME TIMERS

**APTA National Meetings
Announced
CSM 2016 February 17-20
2016, Anaheim, CA
NEXT June 8-11, 2016
Nashville, TN**



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2015 Newsletter Production

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700 Windy Point Drive, 92069

Prime Timers News Information

NOTE: Prime Timers News updates should be forwarded to Co-Editors

Publication Deadlines: March 1, July 1st, October 1st

Publication Dates: est 30 days after deadlines

PT PRIME TIMERS

You're Invited to Join the Prime Timers!

*Print and mail **this form with a check to join** Prime Timers, or
renew your membership*

It's Time To Join!

Name.....

Address.....

City.....

State/

Zip.....

**Email ad-
dress**.....

Phones).....

APTA membership number.....

Birthdate.....

Please complete this form & mail with \$10

ANNUAL membership

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

Jo Ann Niccum-Johnson

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St. Louis, MO 63122