

PRIME TIMERS NEWS

PRESIDENT'S MESSAGE

January, 2017

The whimsical spirit, the hectic rush to get things done, the spiritual renewal and the family/friends visits and or communications of the 2016 holiday season are now behind us. My hope is that it was meaningful if not pleasurable for all. As we ended the year, I hope that you took time to reflect on those things we are thankful for and were able to embrace the spirit of the season. However, you choose to celebrate the holidays, my wish is that you spread cheer and hope to all those closest to you.



Happy New Year 2017. As we enter the new year, it is time to both thank those who support Prime Timers and plan for the future. First to say thank you. I appreciate the hard work of all our volunteers, the support given us by the Foundation for Physical Therapy and the American Physical Therapy Association and the contributions we receive from our members. The efforts of everyone will continue to benefit us all. Without the help of everyone, we would not be able to make our contribution to the profession that we have been a part of for so many years. Lastly, let us not forget those who left us during the past year and but will never be forgotten as their contributions as well as friendships have enriched our lives in many ways: past, present and future.

In 2017, we will be meeting in San Antonio for CSM and in Boston for NEXT. In San Antonio, our meeting will be held in the exhibit area. Several things are on the agenda: election of officers, a whimsical exhibit and a special fundraising event for the Foundation honoring long time members. In Boston, we have agreed to participate in an educational session related to retirement.

My wish for you is that 2017 is a memorable, happy, healthy, prosperous and peaceful one for all.

The best is yet to come.

Neva

Neva Greenwald, President



PT PRIME TIMERS WINTER 2017

Come to San Antonio, TX!!
Combined Sections Meeting
(CSM) February 15-18, 2017
Prime Timers lunch in the
Exhibit Hall on Friday
between 11-1. (Meeting at
noon.) Purchase lunch and come
find the reserved tables.

[APTA's Annual Meeting: NEXT
June 21-24, 2017, Boston, MA](#)

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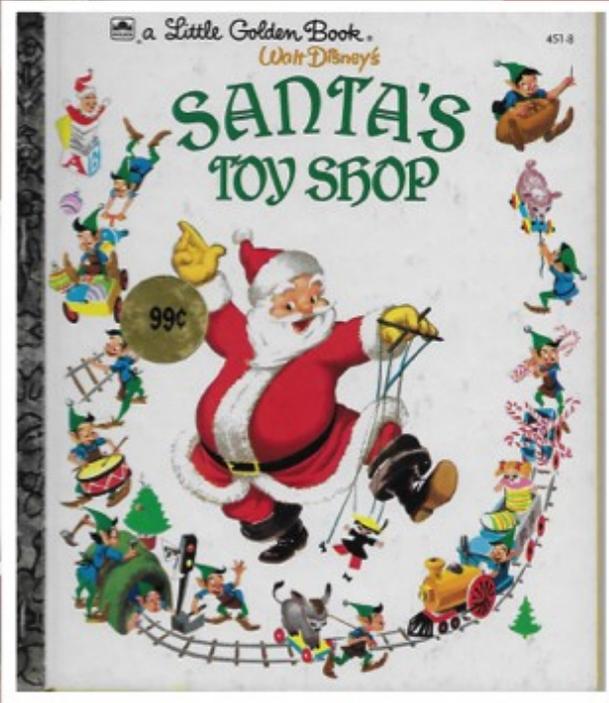
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and call for stories about
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! Happy Winter !

Best Wishes
for the New Year!!



Holiday = a day of
festivity
or
recreation when
no work is done.

Celebration = party,
holiday, festival.



Happy Belated
Birthday to
Bette on her 95th
celebration in
December of 2016

Happy Belated Birthday to

Dr. Carol Zehnacker,PT,DPT,CEEAA. She was gracious to send in her birthdate which is December 27. Be sure to wish Carol a belated birthday when you see her at CSM.

THE MANY FACES OF FEET



After hearing a cry, one of the first visual exams of a newborn is to count their fingers and toes. At least, that is we did as parents. And we laughed seeing our babies put their feet into their mouths. Perhaps we are laughing knowing full well that our limbs don't have the flexibility to copy the same movements. Nor would we want to. One of the first rhymes I recall singing to my babies was "This little piggy went to market, this little piggy stayed home, this little piggy had roast beef, and this little piggy had none. And this little piggy ran all the way home". The rhyme ended with tickling the baby with our fingers from their toes to their noses. How simple life was then.

In my studies to become a physical therapist, emphasis was made early on about the importance of feet for posture, balance, and getting about. I recall the course name "Your Feet Hit The Floor First". My class was made up of 20 women and 20 men, not quite the norm in 1966. We had the opportunity and requirement to examine, palpate, move, test for reflexes, and watch the feet when standing, walking, and running. To this day, I never really liked feet, and mens' feet were not small and delicate.

Maybe I didn't like feet because I had specialists looking at my feet from the age one. From the time I could walk, I wore orthopedic shoes. On my bedroom wall, I have an array of personal items - my college degrees, a Mapplethorpe Photo depicting a well formed arm, and a shadow box that displays my first two pairs of shoes from Dr. Possner. Inside the shoes are the tiniest orthotics. Even the cardboard box is intact. I was born during the ration days of World War II, and money for these shoes must have been tight. I even recall singing the Buster Brown Shoe Jingle on WLAD in Danbury, Connecticut. Maybe my folks were paid in shoes. I was always taught that I had special feet, not different or deformed.

Flash forward to me now, as a senior. I, like many, cannot do self-care for my toes. That should be the only thing I can't do. So I pamper myself and go to a salon with my own nail tools. I have been going to the same salon for 10 years and have the blessing of having the same young lady. Her first language is Vietnamese and, despite our language differences, her hands on my feet broke that barrier. Eastern medicine emphasizes incorporating trigger points and medians that correlate to various parts of the body. Besides making me feel like a queen with soft skin and artistic colors on my nails, she relaxed my whole body. I was walking on a cloud and decided to go to the market for a few items.

(Story continued on next page)

I recalled that there was a new Korean market in town. I was told the store was the size of a football stadium, and my feet were ready for the task. In 2005, I was introduced to the real Korea and took in the sights and smells of Korean food. In the doorways of most homes, large and small, was a large pot of fermenting cabbage called Kim Chi. I never tolerated the smell or taste but there were other foods. When I entered the new market, I was transformed right back into Seoul. The produce was displayed like works of art. And in the poultry department, there were parts of chickens that I didn't know chickens had! One item stopped me in my tracks. There were chicken feet with their nails and all. I flashed-back to poorer times in my youth. Chicken feet were seared on a gas flame to remove feathers and nails were removed by a sharp knife. The feet and little tiny yellow eggs were added to the broth and that was our meal. Just to look at these feet displayed brought me 10,000 miles away to Korea. But just for a second. In my basket went several containers of chicken feet. They had no feathers and the price was reasonable. I knew what I was going to do with them and who I was going to share my find with.

I facilitate a Jewish Hour at a local retirement home. Our discussions go from politics to families, and, of course, food. Two of the residents eyes lit up when I told them about the chicken feet knowing that memories would come floating back 70 - 80 years ago. I will try and reinvent the past by making a chicken feet dish that I have never made.

And right now, that's as far as I can go on these feet.



Faith Goldman, PT, lives in Torrance, California.

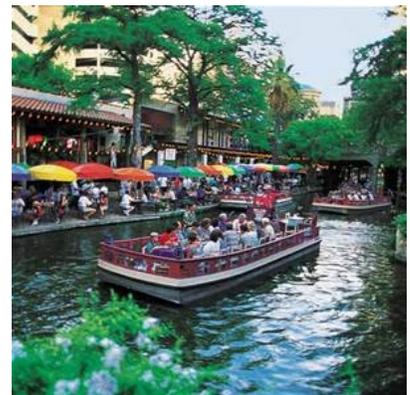
In 2014 she received an Excellence in Literary Arts Award from that city's Cultural Arts Commission.

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PT
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TIMERS

What would you like to do at CSM?

CSM is in San Antonio this year. The Riverwalk and City are beautiful, and you can walk the Riverwalk and find a different place to eat every day. The Arboretum is beautiful and the historic missions are great. You can have lunch on a river cruise. The Prime Timers will meet in the Exhibit Hall for the meeting and one lunch, but take advantage of other activities in San Antonio..



Physical Therapist Assistants and Physical Therapists: You are Invited to Join the Prime Timers!

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

It's Time To Join!

Name.....

Address.....

City.....

State/ Zip.....

Email address.....

Phones).....

APTA membership number.....

Birthdate.....

Please complete this form. Mail check **payable to Prime Timers** with \$10 ANNUAL membership OR

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

Fran Kern

17328 Ventura Blvd. # 242

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Previous issues had errors in Fran's address. My sincere apologies. If you had mailed something to Fran and had it returned, please try again with this corrected address. vlc

HAVE YOU SENT YOUR DUES FOR 2017?

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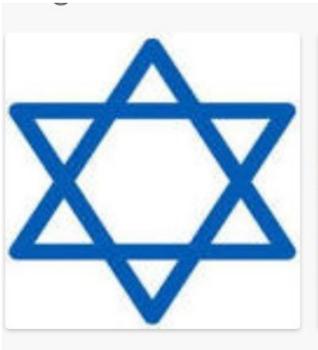
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Prime Timers News Information

Prime Timers News updates should be forwarded to

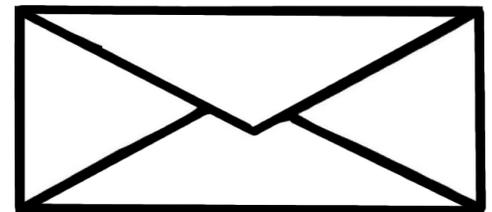
Venita Lovelace-Chandler

Next Edition of the Newsletter in the Spring. Send news by March 31.

Regular submission Deadlines: July 1st, October 1st;

Publication Dates: Approximately 30 days later.

N Newsletter



ELECTION ALERT

New officers will be elected at CSM in February, 2017

President and Secretary

Thanks to members willing to serve our group!



Jane Sweeney and Virginia Metcalf —two of our newest members.

Ben and I had the opportunity to visit Jane and Virginia at their home in November. By luck, they were being featured at a local library in an exhibit about women in the military. Here is a hint of more pictures to come in the next newsletter about these wonderful two women and others who served. (Venita, Editor)

Prime Timers— 30 Years Old and Still Going

MEMBERS CHECK'N IN!

Did you serve in the military as a physical therapist? Do you have pictures to share?

Also, send any historical documents that you have. As we build to the 100th anniversary of the APTA in 2021, I want to include as much history from members as we can over the next few years. As always, we want your news and pictures

This newsletter is for each and every Prime Timer.

PT PRIME TIMERS