

PRIME TIME NEWS

PRESIDENT'S MESSAGE

November, 2015

Happy Autumn!

Don't you love this time of year! I hope you are having a really great fall season! We have had some lovely warm fall days in my corner of the world - but I am delighted that cooler days are here now! It certainly makes watching football and soccer games much more traditional & enjoyable! So, I wish lovely colorful fall days to you!

And I want to extend very special congratulations to our members who received Membership Milestone Awards this year! APTA has sent pins to those of our members who achieved 40+ years of membership in 2015! Check out their names elsewhere in this newsletter. And do let me know if I missed someone! One of the goals of this project is to help correct any problems with the APTA records of membership.

Don't forget - It is annual dues time! If you haven't paid your dues (\$10) for this year, please do so at your earliest convenience. Please send your dues to me as I am the acting treasurer (until we elect a new treasurer at our next meeting): Make the checks payable to PrimeTimers and send to: Jo Ann Niccum-Johnson, 745 Josephine Ave. St. Louis, MO 53122. AND Thanks for your continued support of the PrimeTimers!

Make your plans now for CSM 2016! California, Here We Come! February 17-20, 2016 in Anaheim, CA! We are working on reservations for a PrimeTimers Luncheon and a steering committee meeting and will share that information with you before February! You know how busy CSM gets! Days are jam packed! And we do want to see and visit with you! We are planning the steering committee meeting for Saturday February 20th. Stay tuned for more details! Come by and meet us at the Prime-Timer's booth in the exhibit hall for more information! AND we need

(President's message continued on Page 2)

Pictured: Jo-Ann Niccum-Johnson, President



PT PRIME TIMERS

Fall 2015

30th Anniversary of Primetimers

“California, Here We
Come!”

February 17-20, 2016
in Anaheim, CA!”

Jo-Ann Niccum-Johnson

The Steering Committee Meeting will be in the Monterey room at the Hilton, Saturday, Feb. 20, 2016, 10:30-11:30. The 30th Anniversary Luncheon plans are still unfolding.

In This Issue

Defining Moments by
Faith Goldman - page 3

Membership Milestones
- page 5

Nomination Form -
page 6

Birthdays - page 8

Thank Yous - page 10

Bit of History - page 10

PRESIDENT'S MESSAGE (Con't)

your help manning the Booth at the Exhibit Hall. Do you have any time to help? The exhibits are open from 9:30 am - 4:00 pm on Thursday, February 18, Friday February 19, and Saturday, February 20, 2016. Let me know if you can help! We especially need help during the daily unopposed hours of 10:00 to 11:00 am and 1:00 to 3:00 pm. Do contact me if you can help! And the registration and housing information is available on the APTA website. **We do hope to see YOU there!**

And special thanks and welcome to our NEW newsletter editors and production team! Venita Lovelace -Chandler and Neva Greenwald for volunteering for this challenge! Looking forward to a great issue! Enjoy the rest of the PrimeTimers newsletter!

Jo-Ann

Jo-Ann Niccum-Johnson, President



Three Great PrimeTimers:

Fran Kern, Helen James (Jimmer), Marilyn Miller
at California State meeting 9/2015

Thanks, Marilyn, for sending the pictures.



Vision Fulfilled

A career that was meant to be.

By Faith Goldman, PT
July 2015

When I was a child, my brother, first cousins, and I were blessed to have our grandparents close to our homes and our hearts. Nanny's demeanor was as sweet as her cooking. Grandpa Lulu was a short, bald-headed gentleman whose eyes twinkled in a way that lit up our very souls.

On Friday nights—the beginning of the Jewish Shabbat, or Sabbath—we gathered for a family dinner. One ritual was for each child to place a coin in a blue-and-white *pushke*—a charity box for people less fortunate than us. Grandpa Lulu then held a personal audience with each one of us—pinching our cheeks lovingly, taking our head in his hands, and blessing us. He was careful not to disturb my thick, heavy glasses.

"What do you want to be when you grow up?" he asked. I wouldn't know until I was 17, but I was certain from an early age that my profession would be a giving one. My grandfather's belief in me, irrespective of the physical challenges I faced, was a gift that defined my life's direction.

I was born premature on Halloween 1942 and began life in an incubator with 100% oxygen and strong lighting. My eyes darted back and forth—a condition called nystagmus—and the doctors weren't sure what I actually could see. When I was 6 months old, I began a 15-year relationship with Arthur Michael Yudkin, MD, of Yale University's ophthalmology faculty, who called me his "girl with the dancing eyes." It would be decades—the early 1970s—before medical science fully understood how much retinal damage the excessive administration of oxygen had done to the eyes of premature babies. The medical term for this is retrolental fibroplasia. It affected thousands of infants in the 1940s and '50s, including the singer Stevie Wonder. While I was not blinded by this treatment, my vision was significantly impaired.

Would I ever write, or draw, or even be able to cross the street by myself? When I was 4, a big decision loomed—whether I would attend a school for children who were vision-impaired or would be mainstreamed into the public school system. My parents and Dr Yudkin met with members of the school board. Public school it would be. This conferred on me its own set of challenges, physically and psychologically. In retrospect, I believe the bullying and name-calling both toughened me and strengthened my resolve to help others with physical difficulties.

It wasn't until my junior year in high school that I began to focus on what I would do with my life. In the late 1950s, job options for women largely were limited to secretarial work, teaching, and nursing. There was only 1 vocational counselor at Danbury High School in Connecticut. But that counselor—I knew him simply as "Mr
(continued on next page)



Faith Goldman, PT, lives in Torrance, California. In 2014 she received an Excellence in Literary Arts Award from that city's Cultural Arts Commission.

John"—simultaneously became my career guide, literal and figurative door opener, and angel. Given that he was a tall African American man with a great deal of hair, he certainly didn't look like my grandfather. (Even I could tell that!) But, like my grandfather and Dr Yudkin before him, he would be a defining person in my life. Mr. John arranged for me to receive testing at the Connecticut Department of Rehabilitation in Bridgeport. We traveled there together in a crowded bus on the first day, and I returned unaccompanied the following 2 days. Before the testing sessions, Mr John and I had discussed various professions—some of which seemed to hold potential for me, while others did not. He even had taken me to a local hospital to explore the options, knowing how much I wanted to help others.

Those 3 days of tests—visual, written, and psychological—resulted in my narrowing my career choice to either social work or physical therapy. I frankly didn't know much about either profession. So, back to the hospital I went, where I volunteered to help out in the physical therapy department on Saturdays.

It didn't take many Saturdays until I was hooked. I decided that I, too, wanted to be a physical therapist (PT). What I saw at that hospital was a group of caring individuals using their expertise and compassion to help restore function, and to bring hope, to people who had lost mobility.

Mr John wasn't finished with me yet. We next investigated scholarships, found me a school, and convinced my parents that I could blossom away from home. Three colleges and 6 years later, I received my certificate in physical therapy from the DT Watson School of Physiatrics, an offsite campus of the University of Pittsburgh. Mary Elizabeth Kolb, then-president of APTA, was the director of our class of 20 women and 20 men.

From 1966 to 1998, I practiced in a variety of settings in 3 states—my acute hearing and sense of touch effectively compensating for my suboptimal vision. But my career came to an abrupt halt when I spontaneously dislocated my right shoulder while walking with a patient and discovered, upon evaluation, that I had been born with Ehlers-Danlos syndrome, a hereditary hypermobility disease. I guess my parents hadn't wanted to burden me with another challenging diagnosis. At any rate, I then decided to retire from the practice of physical therapy.

But my knowledge and training from decades of clinical practice continued to be an invaluable aid. My background as a PT helped me assist my dad, a bilateral leg amputee. It helped me guide my parents on how best to care for *their* parents. Having witnessed my patients' highs and lows, I was better able to cope with my husband's untimely death at age 54. Thanks to my years as a PT, I knew better what to expect, and how to maximize my recovery, through 6 different surgeries to stabilize my "loosey-goosey" joints. And each surgery brought me into close contact with PTs, PT students, and physicians—whose understanding of Ehlers-Danlos I sought to deepen through my words and example.

There's a Yiddish word, *bashert*, that translates as "meant to be" or "destiny." The defining moments in our lives, in my view, are those that facilitate bashert. I had 3 such moments—when I was born the granddaughter of Grandpa Lulu, when I was placed in the capable hands of Dr Yudkin, and when Mr John took control of my career search.

Every day, PTs around the world help their patients realize the amazing things that each of us can accomplish with hard work and a positive attitude. My mentors, in the same way, helped me show the world what a girl with dancing eyes and decreased vision can grow up to achieve, if she's given the right assistance.

Reprinted with permission of the APTA from the July, 2015 issue of *PT in Motion*. Go to <http://www.apta.org/PTinMotion/2015/7/DefiningMoment/> to read comments or to add your own comment.



25th Anniversary Luncheon — Will you be at the 30th Anniversary Luncheon in 2016?

PrimeTimers Membership Milestones in 2015 Congratulations to all!!

Ruth Latimer	70 years	Carol Hamilton Zehnacker	50 years
Charlene Nelson	65 years	Darcy A. Umphred	50 years
Evelyn Hallas	65 years	Georgianna Wilson	50 years
Jack M. Hofkosh	65 years	Lois Berman	50 years
Joyce Kirkpatrick	65 years	Neva F. Greenwald	50 years
Ruth Cowan	65 years	Norman G. Britt	50 years
Charlotte L. Oberst	60 years	Rose Sgarlat Myers	50 years
Mary Cubelli	60 years	Shirley Jergenson	50 years
Marylou Barnes	60 ears	Alice M. Pena	45 years
Michael Helland	60 years	Lisa Rothman	45 years
Patricia J. Pechti	60 years	Marilyn Miller	45 years
Helen G. James	55 years	Carole B. Lewis	40 years
Janet K. Duttarer	55 years	Diana Chartrau	40 years
Marlene Moll	55 years	Janet Myer	40 years
Percia Hutcherson	55 years	Sherrie L. Glasser	40 years
		Stefanie Dismar Palma	40 years

Joan Firra, Found!!

I met Joan Firra in 1971 when she was my clinical instructor at Presbyterian Hospital in Dallas. I had a wonderful experience with her and saw her at state meetings until I left the state, and then sometimes, at national meetings. I returned to Texas in 2007 to find Joan still active in the state and working on her PhD! She just shared at the 2015 TPTA conference that she has been an APTA member for 63 years, so that tells you a little about her age while earning that PhD. She still works in Women's Health in her clinic. At the TPTA reception, she shared that she used to be a PrimeTimer but had lost contact maybe as long as 10 years ago. I sent her a membership form and the latest newsletter. Welcome back, Dr. Joan Firra!!!



Pictured: Dr. Joan Firra and Venita Lovelace-Chandler

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



You're 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 PrimeTimers** with \$10 ANNUAL membership OR \$125.00 Life Member payment. [Checks only please] to:

Jo Ann Niccum-Johnson

745 Josephine Ave

St. Louis, MO 63122



HAPPY BIRTHDAY PRIMETIMERS



(If your name isn't listed, then we don't have your birthdate. Please send it to the editors.)

December

Susan Abis
Jennifer Bottomley
Clara Bright
Carole Buss
Mary Cubelli
Richard Darnell
Celinda P. Evitt
Marilyn Gerhard
Bette C. Horstman
Elizabeth L. Lambertson
Arlean V. Miller
Robyn Nelson
William "Bill" O'Grady
Anne Pascasio
Rosemary Scully
Martha Y. Zimmerman

February

Marylou Barnes
Judy Dailey
Samuel Feitelberg
Stacy Fisher
Patricia Helm
Mildred Higgins
Ruth Mitchell
Lisa Rothman
Senora Simpson
Linda Yasukawa
B. Don Zesch

January

Ruth Bedore
Helen James
Shirley Jergenson
Hank Kanies
Joyce Kirkpatrick
Janet Meyer
Charlene "Billie" Nelson
Dominic Poli
Jerry Smith
Janet Stevens
Phil Tygiel
David Voneida

March

Susan Allen
Robert Ayers
Lois Berman
Florence Bice
Ruth Denton
Mary Ann Enerson
Barbara Fallon
Michael Helland
Lisa Kloc
Ruth Latimer
Carole Lewis
Mary Lucas
Ellie Maavere
Judith Merck
Virginia Nieland
Xenia Robles

OFFICERS AND CHAIRPERSONS

President: JoAnn Niccum-Johnson 745 Josephine Ave. St. Louis, MO 63122
Emails: jnjohnpt61@yahoo.com,
(314) 965-1789

Vice-President: Evie Hallas 7601 W. Charleston Blvd. Apt #132 Las Vegas, NV 89117
Phone: (702) 255-9995
(Also Serves as Corresponding Secretary and Historian)

Secretary: Neva Greenwald
P.O. Box 4823
Jackson, MS 39296
Phone 601-984-6330
email: nevaefg@gmail.com

Acting Treasurer: JoAnn Niccum-Johnson See information above

Membership: Linda Eargle
1205 Emerald Dunes Dr.
Sun City Center, FL 33573
Phone: 813-938-1603
Email: lkeargle@yahoo.com

Publications: Co-Editors

Venita Lovelace-Chandler
505 Basswood Trail
Garland, TX 75040
Phone: 714 305-0368
Email: vlc.phd.pt.pcs@gmail.com

Neva Greenwald—see information above

Newsletter Production
Jessica Lovelace-Chandler

Prime Timers News Information

Prime Timers News updates should be forwarded to

Co-Editors

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

Publication Dates: Approximately 30 days after deadlines



Huge Thank You To:

Jo-Ann Niccum-Johnson - for serving in multiple positions during this past year, including President and Acting Treasurer, and doing many tasks. Thank you.

Evie Hallas - for serving as Vice-President and sending each of us those wonderful birthday cards for years. We all hope you have a great year.

Fran Kern - for serving as newsletter editor. Thank you.

Marilyn Miller - for producing the newsletter. Thank you.

Founding Members of the PrimeTimers - we wouldn't exist without you! Thanks to each one of YOU.

Celebrating our 30th Anniversary again at NEXT June 8-11, 2016 Nashville, TN. In fact, we are celebrating the 30th Anniversary throughout 2016!!

Great quotes and highlights about the history of PrimeTimers (from the 2011 newsletter)

- "... the group was proposed off-hand at a bar at the Chicago convention center following the House of Delegates."
- "Looking back, it is hard to believe that it was not easy to gain acceptance to form a group of 'older' Physical Therapists."
- "They wanted to have FUN and were adamant that there should be no dues, no don'ts and no by laws."
- "Prime Timers was founded at annual conference in June 1986 when a group of "older" Physical Therapists attended an organizational meeting. Many of them had served the APTA for years."
- "Inez was the driving force behind the group."
- The 10th Anniversary Celebration was held at a Mardi Gras party in Boston in 1998. And then there are pictures.
- "Although to have FUN was an objective of the PrimeTimers, many worthwhile activities were initiated by the members. One of the most notable projects was the APTA House of Delegates Gallery Extension. It was suggested by Dot Pinkston, who coordinated the activity for many years, commencing in 1989. The Gallery Extension provided a place where first time attendees and students could learn about the proceedings of the House of Delegates."
- Prime Timers also initiated The Oral History Project for APTA.

MEMBERS CHECK'N IN!

We want your news and pictures

Give us your news and thoughts. This newsletter is for each and every PrimeTimer. The next issue will contain news from CSM and items YOU share!

The summer issue will contain news from the NEXT conference and items YOU share!

Theme for that summer issue: Most unusual or unique thing you did as a physical therapist or assistant.

PT
PRIME
TIMERS