

# PRIME TIMERS NEWS

## PRESIDENT'S MESSAGE

**October, 2016**

Its fall with crisp mornings, beautiful foliage everywhere and the Canadian geese are flying to their winter home. Such a wonderful time of year. In my neighborhood, doors and mailboxes are adorned with fall swags while yards are decorated with hay bales, pumpkins, jack-o-lanterns and scare crows. The leisure activities have turned from swimming, boating, picnics at the beach and sunbathing to hayrides, roasting marshmallows, making apple cider, watching football and tailgating with friends. I hope you enjoy seeing this month's picture collage with some scenes of autumn from Texas, Mississippi, Ohio and Italy.



October is Physical Therapy month. It is a time to spread the word on the care provided by physical therapy practitioners in multiple healthcare and fitness centers throughout the country. This month I am always especially aware of how much physical therapy has enriched so many lives including mine. Perhaps all of us could pause to reflect on the many people that we have had the privilege of working with over the years as they have recovered from injuries or illness or worked to just maintain their present level of function. We often learned so much from them. Let us not forget the many physical therapy practitioner colleagues we have worked with and learned from in healthcare settings, and within the AP-TA over the years and the wonderful memories that have been shared.

A reminder, we always welcome your dues at this time of year. If you haven't paid your dues (\$10) for this year, please do at your earliest convenience. We welcome life memberships at \$125.00 too. Please make your check payable to Prime Timers and send it to Fran Kern, our treasurer at 17328 Ventura Blvd. #242, Encino CQ 9316-3904. We thank you for your committed support.

Enjoy the season and celebrate physical therapy!!!

*Neva*

**HAPPY FALL!!**

**Neva Greenwald, President**



# PT PRIME TIMERS

**Fall, 2016**

Come to San Antonio, TX!!  
Combined Sections Meeting (CSM)  
February 15-18, 2017  
Meeting and luncheon plans  
will be forthcoming. Watch for a  
newsletter in January.

NEXT (APTA's Annual Meeting  
June 21-24, 2017, Boston, MA

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# Celebrate FALL







## Foundation Legacy Society and Why You Should Consider Leaving a Planned Gift?

Who better to understand the benefits of endowing the Foundation for Physical Therapy a planned gift than us? As Prime Timers, we have the power, the capability, and the responsibility of protecting this profession and strengthening its future. Our background of decades of practice and our current roles as leaders, confirm the love we still have for our profession. It is for this sole reason that we, as role-models to physical therapy students, practitioners, and researchers, should continue to reinforce our support through membership in the Foundation for Physical Therapy's Legacy Society.

Legacy Society members have expressed their commitment to the Foundation for Physical Therapy and the future of the physical therapy profession through a very special gift. There are a wide variety of ways for donors to leave a planned gift during their lifetime and/or after their death. And while it may seem daunting to think about, in actuality it is quite simple to do and the benefits are unmatched. Donors might choose to:

- Include a bequest,
- Name the Foundation as a beneficiary of a retirement plan, insurance policy or of a trust, or
- Establish a named Legacy Endowment Fund.

These planned gifts help the Foundation to continue funding innovative physical therapy research. Sue Michlovitz, Mildred L. Wood, and Bella J. May, are a few who have named the Foundation as ultimate beneficiary.

Sue Michlovitz, PT, PhD, CHT, recently became a member of the Foundation's Legacy Society by making a planned gift to the Foundation. She has participated in physical therapy research, and knows full well the importance of research not only for the profession but for the patients they serve.

"I am proud of my profession and I am proud of what we can do to help people in the rehabilitation process," she says. "It is important to be able to perpetuate the work that we have been doing for years in a way that improves our ability to provide care and consultation to our patients."



## Foundation Legacy Society and Why You Should

### Consider Leaving a Planned Gift? (Con't)

Years ago, Mildred L. Wood, PhD, expressed her intention of leaving a generous planned gift in the amount of \$115,000, to the Foundation. Following her wishes, the Mildred L. Wood Endowment Fund was established. The fund is intended to support physical therapy researchers enrolled in a post-professional doctoral education program with the intention of teaching in a PT educational program.

Earlier this year the Bella May Scholarship Fund was established in honor of renowned physical therapist, Bella J. May, PT, EdD, CEEAA, FAPTA, to support post professional graduate education of physical therapists and physical therapist assistants seeking advanced degrees to become teaching faculty in physical therapy educational programs. Her generous gift of \$100,000, is intended to support educational research activities of post professional masters and doctoral students with the emphasis on creativity in educational approaches.

While these are just three examples of the wishes of our Legacy Society members, the options for making a Legacy commitment are numerous. While these gifts mentioned above are significant each member of the Legacy society has made their pledge based on their own personal circumstances and as that gift fits into their estate plan which may well include family and other charities; each gift regardless of amount has meaning and value. By accessing the Foundation for Physical Therapy Legacy Page at [Legacyfpt.org](http://Legacyfpt.org), you can find information on the Society, our members and a number of resources to assist with financial and estate planning that is useful in ways beyond support of the Foundation.

Members of the Prime Timers have by their history a long record of support for the Foundation and many of us go back to its formation some 40 years ago. On behalf of the Foundation, I want to thank you for being part of that effort. I also ask your consideration of membership in the Legacy Society and making a commitment to the Profession of the Future.

To learn more about the Legacy Society, you can reach me at 570-594-8638. I welcome the opportunity to discuss this with you in further detail.

*Fran Welk, PT, is a Foundation for Physical Therapy Trustee and a member of the Prime Timers. He also serves as Chair of the Foundation's Planned Giving Committee and Legacy Society.*



Congratulations to  
Marilyn Miller, PT, PhD,  
Certified Geriatric Specialist  
and Prime Timers member.

She was named as the recipient of the 2016 USAHS Faculty Assessment Award for her San Marcos, CA campus.



CSM in Texas. A few reasons to attend: Great educational programs. Opportunity to visit the Alamo and many other historic attractions. Lots of enchiladas and warm tortillas for your dining pleasure. A beautiful Riverwalk to cruise or walk. Chance to have fun with friends and colleagues!

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**vol·un·teer·ism** = (Noun) the use or involvement of volunteer labor, especially in community services.

**(Repeating this article because you help is STILL needed.)**

The spirit of volunteerism shown by the officers and other members keeps our Prime Timers functioning smoothly. When more people contribute a small amount of time, the collective result is impressive with a stronger sense of community and enhanced group activities.

We need your ideas and help. Ask how you can become more involved with our group. Here are some ideas on how you can help, whether it be on the membership committee, serving as an officer, helping manage the booth at meetings, submitting an article for the newsletter, sending the monthly birthday cards, taking pictures during meetings, assisting with a history project or helping with planning social events. There is a opportunity for you to make a difference in our group and Association. We want you to ask how you can volunteer to help Prime Timers.

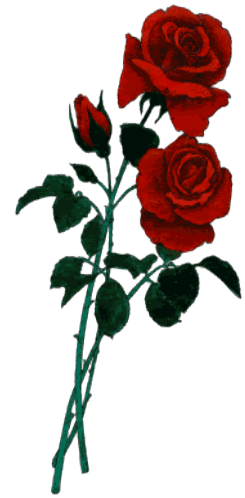
Your Steering Committee



## Remembering Friends:

Anne Pascasio was so kind to send some thoughts (as I had requested remembrances.) Here are her words: Charles Magistro and I served on the APTA Board of Directors together in the 1960s. He was treasurer and I was secretary. We had time over lunch and dinner to get to know each other well. I was impressed with his knowledge, but what impressed me most was his love for his wife, Noel, and his children. Charles Magistro was indeed “a legend in his time” but he was first and foremost a family man.”

She continued: “Back in the day, as the expression goes, APTA’s national office (now called headquarters) was in New York City on W. 57th St. That’s where most of our Board of Director or Committee meetings were held. Often, many committees would meet at the same time and members got together informally. At one such time, Chuck (Charles) Dorando, Mildred Wood (Woody) and I were walking across Seventh Ave after dinner. Wood and I were walking one on each side of Chuck and that was fortunate. In the middle of Seventh Ave. (not at a crosswalk or corner), the strap on Chuck’s below-knee prosthesis broke, and he came right out of it. Woody and I said simultaneously, ‘Put your arm around my shoulder.’ And he did. As we continued crossing that wide street, with Chuck hopping, a cab came towards us. I hailed him, and he stopped. He did a doubletake when he saw Chuck’s leg slung over my shoulder, but he stopped!! Chuck got up front, and we crawled in the back seat still holding the leg. (Continued on the next page)





## Remembering Friends Continued

Chuck asked for the closest hospital, and it out turned out to be Bellevue—Dr. Howard Rusk’s domain. Physical therapists and all <the work> we did was well known there. Chuck couldn’t have been taken to a better spot. I’ve never forgotten that evening or Chuck Dorando. He was a special guy!!!

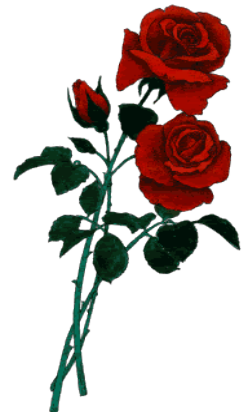
Anne is a bit special too, right? GREAT STORY. She added: “I do have many memories of Margaret Moore from visiting her in Topsail Beach, NC and calling her (or her calling me) through the years after we were both in life care retirement communities. (She said she will send more about Dr. Moore for a future newsletter.) Anne, we can’t wait for more of your news.

EDITOR’S NOTE: She apologized for the hand written “missive,” but I was thrilled to get her letter. She thanked me for doing this newsletter—but perhaps you will help me thank you for her kindness.

Let’s all pop a note to Anne Pascasio at 1290 Boyce Rd. Apt C223, Pittsburgh, PA 15241-3948.

When I spoke to her by phone several months ago, she shared that she used to write to several other PTs who were now gone. I think she might like some mail from us.

Please keep sending in comments, stories, and tributes. Your personal remembrances are always special.



## IN 24 HOURS, MY CAREER IN PHYSICAL THERAPY WENT FULL CIRCLE

What are the chances that people in my professional life as a Physical Therapy would be inter-connected within 24 hours? I don't know any statistics but my guess is - not too often. Fifty years of practice seem to merge altogether. And now that all the parts of the puzzle are present, each piece will get to know one another. Here are some opening facts that set me onto this journey.

I received my degree in PT in 1966 from the D.T. Watson School of Physiatrics. The word physiatrics, a professional word more well known on the East Coast, is a branch of medicine that deals with physical therapy. Our class was the last one off-site before the University of Pittsburgh opened the School of Health and Rehabilitation Sciences (SHRS). The class structure of 40 was very unique in that it was small and had an equal number of men and women. Remember, this was in the 60s. We were housed in a beautiful Tutor Mansion with a hearty number of house mothers separating the male and female students. Next door was a very prestigious children's hospital. Over the past 50 years, I, who loves to write real letters, had been in touch with some of my classmates but not of late. Another way we were connected was through the professional PITT magazine called FACETS. And many of us are in an elite group of PTs + 50 years of age called the PRIME TIMERS.

So where did this reunion start? On Wednesday of this past week, I was visited by Patty Kummick, the Director of Development at SHRS. We've had a standing lunch for many years when she would come to Los Angeles to visit Alumni. This fruitful experience actually started some time ago when Karen Khan was Director. Patty brought me the most up-to-date roster of my classmates from 1966 - one of the best presents ever. It was as if time stood still! We talked about our lives, professions, food, and, of course, PITT. And I shared with her that I was going to be a patient receiving pool therapy the next morning. Most medical personnel don't like to be on the receiving end. As we said good-bye for another year, my thoughts turned to perhaps taking a trip to visit my old stomping grounds.

The next morning, there I was donned in a bathing suit and water shoes. I was ready for the magical hands and directions of the physical therapist to set me on the path to no more painful joints. I had googled the names of the staff at the pool and thought I recognized a name. My therapist turned out to be my first Physical Therapy student from 30 years ago. Her name is Jean Sun, and she didn't look any older than when I was her preceptor for her 6 week internship at the rehab hospital where I was the Director of Rehab. After a few minutes of great memories, I slowly let the role reversal take place. As I expected, Jean was excellent.

(Continued on the next page.)



in the same pool at the same time were two other clients related to my career in 1980 and 1985. The world could not have gotten any smaller. One was the wife of our Medical Director in 1980 and the 2nd woman was a nun from our parent hospital 1985-1998. The years just melted away and I was more relaxed than when I first entered the pool. We all went about our individual programs but, every once in awhile, we would glance over to "check" on our buddies.

I finished my session and was so energized that I went food shopping. And while in line, I noticed a woman looking at me with a questioning eye. "Aren't you the lady that writes beautiful stories in My Turn in the Daily Breeze?" Well, yes, that's me", I responded in disbelief. It turns out that this woman was a nurse at the same hospital I worked at in 1980. I kid you not!

As I am writing this, I am "kvelling"(busting) over the relationships that I have made professionally and socially. For these 5 women to be in my life within 24 hours may not be coincidental but meant to be. I can't wait to share these experiences with each of my newly connected women. Perhaps the merging of these 50 years will be engraved in our lives in another 50 years



**Faith Goldman, PT**, lives in Torrance, California.

In 2014 she received an Excellence in Literary

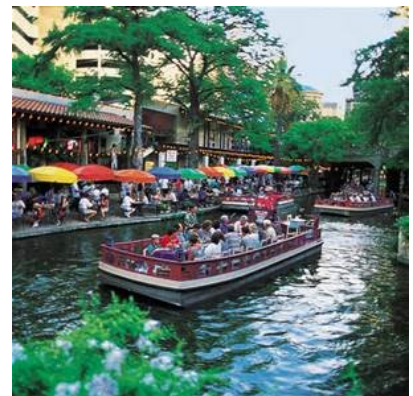
Arts Award from that city's Cultural Arts Commission.

## PT PRIME TIMERS

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### 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. Let Venita know if you want to try to plan a trip for Prime Timers for a river cruise lunch or to the missions. We might be able to hire a shuttle and see some sites or have local Prime Timers help. Need to hear from people. A special edition newsletter will be out in January with news of any plans.



**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!**



**Fall in Italy**

**Name.....**

**Address.....**

**City.....**

**State/ Zip.....**

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

**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

7328 Ventura Blvd. # 242

Encino CA 9316-3904

**HAVE YOU SENT YOUR DUES  
FOR 2016? IF SO, MIGHT BE  
TIME TO SEND THOSE 2017  
DUES!**

## **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

**HAPPY FALL  
BIRTHDAYS!!!**



## **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



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**Newsletter Production Jessica Lovelace-Chandler**



Thanks Neva, for these great fall pictures. You and the flowers are beautiful!

## Prime Timers News Information

Prime Timers News updates should be forwarded to

**Venita Lovelace-Chandler**

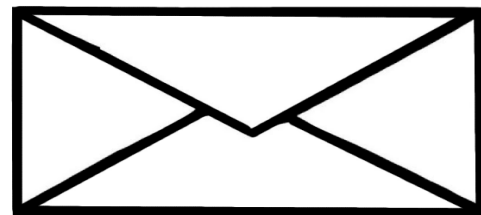
**Special Edition of the Newsletter in January. Send news by December 15.**

Regular submission Deadlines: March 1st, July 1st, October 1st; Publication Dates: Approximately 30 days later.

One Goal for Next Newsletter:

Add New Member Birthdays

# N Newsletter



## ELECTION ALERT

The positions scheduled for election at CSM in February, 2017 are:

### President and Secretary

Please submit recommended names, including your own name, as candidates for these positions.

Prime Timers is a great communication vehicle that deserves continued strong leadership.

Deadline: **November 30th.**

e-mails: [annaleequeen@yahoo.com](mailto:annaleequeen@yahoo.com)

[lkeargle@yahoo.com](mailto:lkeargle@yahoo.com)

[fkern818@aol.com](mailto:fkern818@aol.com)

We look forward to hearing from you.

Nominating Committee:

Bette Horstman

Linda Eargle

Fran Kern

**I had the opportunity once to provide physical therapy services to a chimp at the Little Rock Zoo. He had cerebral palsy and we worked on milestones.**



**I was so scared when I first went and they made me step into a liquid and really scrub. Turns out, I was the dangerous one with all the germs.**  
(Venita, Editor)

## Prime Timers— 30 Years Old and Still Going

### MEMBERS CHECK'N IN!

**What is your most unusual or unique experience as a PT or PTA? Send that story. We want your news and pictures**

This newsletter is for each and every Prime Timer. The next issue will contain news and items YOU share!

I told you I would add a picture of when I worked with a chimp with cerebral palsy at the Little Rock Zoo. Check out the box on the left.

Venita (Editor)

**PT  
PRIME  
TIMERS**