

PRIME TIMERS NEWS

PRESIDENT'S MESSAGE

July, 2016

Summer greetings, I hope you are enjoying the beautiful flowers and foliage of the season. The week in Nashville was a great one for the Prime Timers. It began in the APTA House of Delegates with Secretary, Venita Lovelace-Chandler making a special announcement about our organization's thirty year history and inviting eligible attendees to join. A special thank you to Venita for her excellent presentation, to Linda Eargle, membership chair, for suggesting the idea and to House Speaker, Sue Griffin, and her APTA staff members for making it possible. This spirited, informative invitation for physical therapy practitioners to join us was carried live to APTA participants across the country tuned into the House Proceedings and a Texas delegate posted it on Facebook. Many of our new members, including the Speaker, were a result of this effort. What a great way to recognize our thirty year history and invite others to join us.



In the exhibit hall, our booth was in an excellent location. Again a big thank you to APTA. At the booth, we renewed memberships and recruited a number of new members. A big thank you to Bette Horstman for helping with the booth throughout the exhibit hall hours. Note the picture collage in this newsletter that includes members new and renewed visiting our booth

There was no steering committee meeting as a majority of officers were unable to attend the meeting. Everyone present enjoyed renewing old friendships and meeting new members of our group. Prime Timers enjoyed lunch at our designated round tables during the APTA sponsored luncheon in the exhibit hall. During the luncheon, we held our meeting and made tentative plans for CSM 2016. We have some exciting new plans for 2017 and beyond.

So the NEXT conference in Nashville was a successful one for Prime Timers and the APTA. Attendance was good, programming was outstanding, and the exhibit hall contained supplies and equipment for every type of practice. Another national meeting with something for everyone.

Hope to see everyone at CSM, San Antonio in February. We will have a luncheon, renew friendships, and enjoy the southwestern culture of the city. *Neva*

Pictured: Neva Greenwald, President

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Summer 2016

Combined Sections Meeting (CSM0—February 15-18, 2017 in San Antonio, Texas. This meeting attracts thousands and thousands of PTs, PTAs and students. Be sure you are among the attendees.

NEXT - APTA's Annual Meeting June 21-24, 2017, Boston, MA - Meeting and luncheon plans will be forthcoming.

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**Prime Timers Meeting
Opryland, Nashville, Tennessee
The 30th Anniversary Year
Honoring the Past and Anticipating the Future
June 9, 2016**

Call to Order: Meeting was called to order by Neva Greenwald.

Introductions: Members were present at two tables and introduced themselves. There were no visitors.

Agenda Adoption: The agenda was adopted as presented

Reports to update Membership:

President – Neva Greenwald - Progress has been made in getting the records of the organization and distributing materials to the appropriate individuals. The spring newsletter and an additional notice of the meeting at NEXT was emailed through the Foundation for Physical Therapy. The birthday greetings were not sent this quarter but are scheduled be resumed during the next quarter. Venita Lovelace-Chandler made an announcement in the House of Delegates about the 30th anniversary of the group and encouraged all members over 50 years to join as members. The APTA membership identification project will continue. The Association historian has been contacted regarding the interest of the group in working on projects.

Secretary - Venita Lovelace–Chandler reported that minutes were presented in the newsletter even though she was unable to be in attendance. There were no additions or corrections.

Treasurer's report – In her absence, Fran Kern sent the following report: she now has signature authority for the organization's bank account and will receive the records soon. There is approximately \$6,000 in the account. She encouraged individuals to pay their annual dues of \$10 or consider life membership of \$125.

Membership - Linda Eargle sent the message that membership is growing. A suggestion was made to consider having Prime Timer Pins

Newsletter – The spring edition was full of news, and contained colorful pictures and a wonderful tribute to JoAnn Niccum Johnson. It was emailed in a timely manner. Venita Lovelace-Chandler and Jessica Lovelace-Chandler were congratulated for producing a great newsletter.

Old Business:

Items for sale- There a few remaining T-shirts and many pen lights. It was the consensus of those in attendance that the remaining T-shirts be sold but the penlights be given members.

New Business

Elections- At CSM the offices of President and Secretary will be voted upon.

Change in membership information – Membership materials in the past have focused upon the physical therapist. It was the consensus of the membership at the meeting that materials and membership recruitment should more clearly identify the physical therapist assistant.

Prime Timers Meeting Minutes, Nashville, TN, June, 2016 (continued)

Foundation for Physical Therapy – A contribution was made in honor of Charles Magistro.

Plans for the Upcoming CMS Meeting in San Antonio, February 15-18, 2017

Exhibit Hall – In addition to the regular booth, the Prime Timers will have an advice booth.

Luncheon – This event will be held in the hotel

Social Function – Some activity such as a boat cruise is being planned.

NEXT in Boston, June 21-24, 2017

Both a Luncheon and a social event are being considered

Presentation- Foundation for Physical Therapy

Fran Welk brought everyone up to date on the current activities, accomplishments, funding opportunities and focused programs.

Adjournment

There being no further business, the meeting was adjourned.

Respectfully submitted,

Bette Horstman

Acting Secretary

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

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

“Wherever you turn, you can find someone who needs you. Even if it is a little thing, do something for which there is no pay but the privilege of doing it. Remember, you don't live in a world all of your own.”

– [Albert Schweitzer](#)



Prime Timers at NEXT



Two Very Special Women



**The two MOST special women:
Bette Horstman and
Geneva Johnson, the oldest and second
oldest physical therapists at NEXT.
You two make us so proud!!**



Prime Timers Geneva Johnson and Bette Horstman Poster Women for How Americans are Living Longer, Active, Meaningful, and Productive Lives Later in Life

The US Census Bureau reports that American's population over 90 has tripled since 1980. Five percent of the people over 65 years are in their 90s and the total number of 90 year-olds in America has reached approximately 2 million. While 85 year olds used to be considered the "oldest old," the Census Bureau is re-thinking that classification. Our two amazing women, Bette Horstman and Geneva Johnson, are demonstrating successful living that continues to benefit others.

Lisa Zuber, PT, PhD, had dinner with **Dr. Geneva (Geanie) Johnson** at NEXT. She learned that Dr. Johnson spent the week before and after her 94th birthday in June on a 1200 mile trek from her home in Baton Rouge, LA to Nashville, TN to attend NEXT Conference. Her travels included stops to visit friends, colleagues and former students. She shared that her visits were not to just "catch up" but to teach, mentor and garner input and feedback on her latest book which she hopes to finish this year.

Bette Horstman continues to attend Combined Sections Meeting and NEXT each year and to help the Prime Timers through her willingness to staff the Booth. Bette drives to and from Florida as a snow bird with her dog every year. This year they found a stowaway frog upon arriving back in Chicago. Bette has made a home for it until the return to Florida in the winter. As a part of her commitment to the VFW, she walks in the parade every Memorial Day and in recognition of her days as a military physical therapist. She is also an avid reader and gardener.



In 2015, the National Physical Therapy Month Campaign Showed How PTs, PTAs Can Help Americans #AgeWell. Nine Physical Therapist Tips to Help You #AgeWell can be found at <http://www.moveforwardpt.com/Resources/Detail/9-physical-therapist-tips-to-help-you-agewell#.Vg1O4H33RyG>. Here are some specific tips for people over 60 (that 's us, Prime Timers!).

1. Take the pressure off and exercise in ways that don't cause aches and pains.
2. Get balanced and avoid falls.
3. Preserve your mental health with physical activity.
4. Maintain your intensity! Older persons can improve in strength and physical function with intense activity.
5. Strive for 60 minutes of activity per day, but remember, 10 minute increments count, too.
6. Team up. Combine physical activity and social interactions, a team keeps you accountable.

Welcome New Members and Returning Prime Timers



New Prime Timers – June 2016

John Barr	Maureen Devaney	Stephen McDavitt
Cyndi Scott	Jill Heitzman	Bill Staples
Terry Brown	Jan Dommerholt	Jim Dunleavy
Mary Fischer	Babette Sanders	Marti Ferretti
Jean Kestner	Reenie Kavalan	Anita Litten
Michael Maltia	Sue Griffin	Kathy Mairielle
Cindy Pfalzer	Michael Riley	Jennifer Perry
Bob Rowe	Dennis Fell	Vicki Lee
Evelyn S. Dowery	Thomas Hester	Shirley Sharman
Barbara Norton	Elmer Platz	Cheryl Resnik

Membership Milestones Project Request :

As I continue with our Membership Milestones Project this summer, please contact me if you know of a PT who joined in 1966, 1961, 1956, or 1951. Those members are eligible for 50, 55, 60, or 65 year pins to acknowledge continued membership and support of APTA. Please let me know so we can be part of the recognition.

Neva Phone: 601-506-1191 Email: nevaefg@gmail.com

Prime Timers donation to the Foundation for Physical Therapy noted at NEXT.

Your dues at work to increase research in our profession!!!!!!



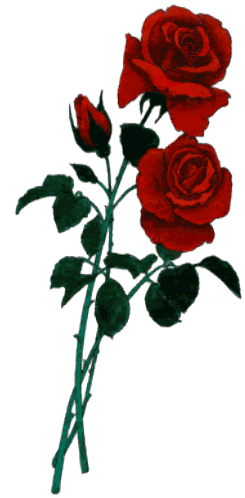
Fran Welk visits the PrimeTimer's booth in the Exhibit Hall at each meeting and brings official greetings from the Foundation. He is our official liaison for the Foundation which houses our electronic "home" including the newsletters. During the business meeting, Fran brought everyone up to date on the Foundation's current activities, accomplishments, funding opportunities, and focused programs

Pictured: Fran Welk, Feb, 2015

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Remembrances

Charles M. Magistro, PT, DPT (hon), DrSci (hon), FAPTA, one of our prominent members, called by APTA President Sharon Dunn, **A Legendary Leader**, died on April 21 at age 91. He served as President of APTA from 1973-76, and he played a key role in the establishment of the Foundation for Physical Therapy, and he served as its first chair. Dr. Magistro was awarded the Lucy Blair Service Award and the Henry O. Kendall and Florence P. Kendall Award, and was named a Catherine Worthingham Fellow in 1990. Interestingly, in public school, he was prepared for a career in music, but then, after graduation, he served in the Navy as a pharmacist's mate. Upon discharge, he married, moved to New York, and received his physical therapy degree from Columbia University. You can access the tribute at the following site where you can also read the comments of people honoring Dr. Magistro. <http://www.apta.org/PTinMotion/News/2016/4/22/Magistro/>



Doris Ann Miller Aubry, PT and a longtime practitioner in New Orleans passed away on May 15, 2016 at the age of 86. She was the only graduating African American in her class at Northwestern Medical School, and she was the first African American licensed and certified to practice PT in the state of Louisiana. See more at: <http://obits.nola.com/obituaries/nola/obituary.aspx?pid=180042396#sthash.CrxYirct.dpuf> more at: <http://obits.nola.com/obituaries/nola/obituary.aspx?pid=180042396#sthash.CrxYirct.dpuf>

Marilyn Anderson, PT died on April 22 on Orcas Island, WA, at the age of 89. She served on APTA's Board of Directors, was an advocate for direct access, and co-wrote the "Red Book," the first-extensive analysis of practice. She was director of the Army Program and helped change the Code of Ethics to remove the need for physician referral based upon her experiences in the Army during Viet Nam. S Army grad and post professional masters from Stanford. Read more about Colonel Anderson at <http://www.apta.org/PTinMotion/News/2016/4/29/MAnderson/>



Remembrances Continued

Margaret Moore, PT, EdD, FAPTA, died on June 15 in Chapel Hill at the age of 94. She was a prominent educator and founding chair of the Division of Physical Therapy at the University of North Carolina. She served as Secretary and then, first Vice President of the APTA Board. Dr. Moore received multiple honors and awards, including being named a Catherine Worthingham Fellow and receiving the Lucy Blair Service Award, the Mary McMillan Lecture award, and the APTA Section for Education's Distinguished Educator of the Year Award. The APTA established the Margaret L. Moore Award to recognize outstanding new faculty members. Her tribute can be read at <http://www.apta.org/PTinMotion/News/2016/6/17/MargaretMooreObit/>. A UNC tribute and wonderful pictures can be found at <http://www.med.unc.edu/ahs/physical/news/remembering-dr-margaret-lee-moore-1921-2016>



Charles Dorando, PT, a Prime Timers member and PT leader died at his home in Farmington Hills, Michigan, on June 15, at the age of 92. Mr. Dorando is considered an instrumental figure in the creation of the physical therapist assistant (PTA). His extensive program for aides led to the formation of a Task Force the APTA used as a model to establish the PTA. He was a recipient of the Purple Heart for his military service in World War II. He served on Board of Directors of the APTA, he received the Lucy Blair Service Award, and he received the Michigan Chapter's highest award, the Marjorie Stamm Outstanding Service Award. His tribute can be read at <http://www.apta.org/PTinMotion/News/2016/6/22/DorandoObit/>

Bella J May, PT, EdD, CEEAA, FAPTA, death on March 16, 2016 and how to access APTA's tribute was noted in the Spring newsletter. Bella J. May was the founding Chairperson of the Department of Physical Therapy at the Medical College of Georgia. She was named a Catherine Worthingham fellow, and received the Lucy Blair Service Award, the "Golden Pen" award for scientific writing, and the Chattanooga Research Award. She delivered the 1996 Mary McMillan lecture.

Please help honor each of these members with your comments, stories, and tributes. Your personal remembrances will help us celebrate their lives in the Fall newsletter.



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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

7328 Ventura Blvd. # 242

Encino CA 9316-3904

**HAVE YOU SENT YOUR
DUES FOR 2016?**



HAPPY BIRTHDAY PRIMETIMERS



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

August

Robert Bartlett
Carolyn Bloom
Ruth Boersma
Maria Davis
Sally Edelsberg
Donna Frownfelter
Lydia Hoff
Lynn Lippert
June McKean
Michael McKeough
Peg Meisler
Marilyn Miller
Judy Woehrle

September

Frank Allender
Lucy Charlotte Anderson
Isodore Brown
Laurie Hack
Val Harbolovic
Marilyn Sanford Hargrove
Susi Hoshi
June Marble
Marcia Patterson
David Perry
Elsa Ramsden
Mary Van Harn
Martha Wroe

October

John Allis
Barbara Connolly
Faith Ann Goldman
Martha Hinman
Sara Jones
Pat McAdoo
Joyce Meehan
Marian Meyers
Louie Molen
Rose Sgarlat Myers
Elizabeth Rogers
Darcy Umphred
Georgiana Wilson
Ruth Wood

November

Olevia Cascadden
Harold Cook
Cecelia Gardlin
Joyce Kuebler
Joan Mills
Marilyn Moffat
Karla Nubling
Pat Pechtl
Dee Schilling
Beverly Schmoll
Margaret Smith
David Zito

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Newsletter Production Jessica Lovelace-

Prime Timers News Information

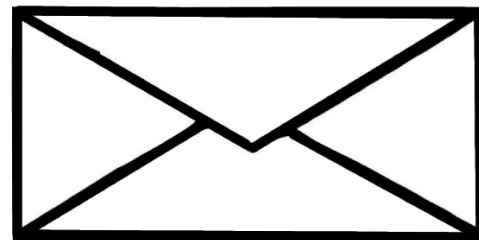
Prime Timers News updates should be forwarded to

Venita Lovelace-Chandler

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

Publication Dates: Approximately 30 days after deadlines

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.

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

Ruth Wood, my mentor in PT school and as a new graduate, recently sent a message to Neva. She was wanting to catch up with her membership and wanted to share that she remembers being at the head table with Florence Kendal at the meeting when the Prime Timers was formed.

**We appreciate the contributions of people 30 years ago, and today. Stay in touch, Ruth.
(Venita, Editor)**

**Prime Timers—
30 Years Old and
Still Going**

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 and items YOU share!

Since I haven't received any contributions related to the proposed summer newsletter theme, I am trying one more time. Send in your most unusual or unique experience as a physical therapist or assistant. I worked with a chimp at the Little Rock Zoo, and I have the pictures to prove it—send me your items.
Venita (Editor)

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