

PRIME TIMERS NEWS:

Winter Edition—January, 2019

PRESIDENT'S MESSAGE

January, 2019

Happy New Year 2019!

The past year was good in many ways but we had fewer communications with everyone. With the New Year there will be renewed efforts to provide more communication and information on my part.

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 chose to celebrate the holidays, my wish is that you spread cheer/hope and a thank you for just being there in times of happiness and challenge to all those closest to you.

As we enter 2019, 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 especially visible are those of our newsletter editor Venita Lovelace Chandler and article contributor Faith Goldman. 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 will never be forgotten as their contributions as well as friendships have enriched our lives in many ways: past, present and future.

In 2019, we will be meeting in Washington DC for CSM January 23-26 and in Chicago for NEXT June 12-16. In Washington DC, our meeting will be held in the exhibit area. Several of us will be in the exhibit area at our display to greet you and invite others to join the group. Our plans for Chicago have not been made.

My wish for you is that 2019 is a memorable, happy, healthy, productive prosperous and peaceful one for all. The best is yet to come.

Pictured:

Neva Greenwald, President and Friends



PT PRIME TIMERS

Pre-CSM, 2019

Hope you are coming to
APTA's CSM Meeting:
January 23-26, 2019, Wash DC
See photos from the June 2018
NEXT Meeting —pages 3-4

Prime Timers luncheon and meeting will be on Friday, January 25 in the food court near the Exhibit Hall. Come by the booth to learn the exact location. Can't wait to see YOU!!

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THE LEGACY OF LYNDA WOODRUFF

Special Contribution from Elisa Zuber, PhD, PT from The News & Advance, Lynchburg, VA from March 27, 2018

Who can imagine the courage it must have taken that January morning in 1962 when Lynda Woodruff and Owen Cardwell walked through the door of E.C. Glass High School — the all-white E.C. Glass High School — and desegregated the Lynchburg public school system? And from two children only 13 and 14 years old, respectively? Woodruff and Cardwell were walking into the history books of the civil rights movement, doing their part to strike a blow against Jim Crow apartheid that had held Lynchburg, Virginia and the rest of the South in its hateful grip for almost a century after the end of the Civil War and Reconstruction. But they were still children, and the burden of history must have weighed heavily on their shoulders.



Last week came the sad news that Woodruff, a nationally known pioneer in physical therapy, had died at her Atlanta home, and with the news, all of us lost a link to one of the most important eras in American history. In late 1961, a federal court ordered the desegregation of the Lynchburg public school system. Martin Luther King Jr. spoke at a civil rights rally and visited with Woodruff and her family in their home about what she should expect when she broke the color barrier at Glass. There would be the epithets hurled at them, the “accidental” bumps in the hallway between classes, the shunning at the cafeteria table — all that and more came true.

So in the middle of the school year on Monday, Jan. 29, Woodruff and Cardwell, her childhood friend who’s now a minister in the Richmond area, gave up the security of Paul Laurence Dunbar High School, the city’s high school for African-American students, and walked into the lion’s den that was Glass. In a 2006 interview with the Richmond Times-Dispatch, Woodruff recalled looking up and seeing white students staring down at the two of them from just about every window. Cardwell stepped aside and motioned for her to be first across the threshold. Looking back, Woodruff laughed at the memory, saying, “Never before then had it ever occurred to him to treat me with that kind of courtesy, dignity and respect.”



- George Smith Photo

END OF THE FIRST DAY -- Leaving E. C. Glass High School at end of first day of integration Monday are Owen C. Cardwell Jr. and Linda Woodruff.

They had planned to meet for lunch together but, as Glass had two dining areas, got separated. "We were terrified ... we had no idea what had happened to the other person," she said in that 2006 interview. The next school year, more black students came to Glass, each of them pioneers, but they were following the trail blazed for them by Woodruff and Cardwell.

The emotional impact on Woodruff and Cardwell is unimaginable, even today after 56 years. High school is supposed to be a happy time for children, as they begin their journey into young adulthood, challenged intellectually and forming

friendships to last a lifetime. But that's not how it was for these two young kids — they were at the forefront, locally, of a battle for America's soul, foot soldiers in a cause greater than themselves.

Giants among us ... that's the phrase we believe most aptly describes Woodruff and Cardwell, these two teens leading change in Lynchburg. We are humbled by their presence among us and saddened to bid farewell to one of these extraordinary people.

Pictures of the EC Glass School Reunion in 2016 follow on the next page.

To read a Statement by APTA President Dunn on Lynda Woodruff (1947-2018) and to link to other information about Lynda, go to the following site: <http://www.apta.org/Media/Releases/2018/3/28/>



Lynda Woddruff (with Owen Cardwell) and attendees at the EC Glass School Reunion 2016



HOMERUNS FOR CANTER'S!

By Faith Beckerman Goldman

(Note: Canter's Deli opened in 1913 in Boyle Heights, Los Angeles, and then moved to the famous Fairfax area in West Hollywood. The owners want to compile stories about Canter's and put the collection into book format. A contest was presented and Faith's stories were chosen for the final cut of the book. Name of the book and availability to be announced.)

ALL THREE BASES ARE LOADED AND SHE POPS ONE OUT OF THE PARK. THAT'S FOUR HOMERUNS FOR CANTER'S DELICATESSEN.

Four WONDERFUL OCCASIONS HAPPENED RIGHT IN YOUR COZY RESTAURANT ON FAMOUS FAIRFAX IN LOS ANGELES.

#1.) ABOUT A YEAR AFTER MY HUSBAND PASSED AWAY AT THE YOUNG AGE OF 54 IN 1994, MY CHILDREN NUDGED ME TO START DATING OR AT LEAST GET OUT OF THE HOUSE SOMEWHERE BESIDES WORK. A DEAR FRIEND DEBBIE, WHO ALSO LOST HER HUSBAND ONE MONTH AFTER MINE, AND I WERE COMMISSIONED BY OUR KIDS TO GO TO A JEWISH SINGLES DANCE IN L.A. WE DID WITH MUCH ANXIETY AND APPREHENSION AND, LOW AND BEHOLD, I WAS DANCED AWAY INTO THE ARMS OF A LOVELY GENTLEMAN HARRY. LONG STORY SHORT, WE DATED AND HAD OUR FIRST MEAL TOGETHER AT YOUR ESTABLISHMENT. HARRY LIVED IN WEST HOLLYWOOD, I LOVED DELI, SO WE MET AT CANTER'S. HARRY, A CHILD SURVIVOR OF THREE CONCENTRATION CAMPS, WAS VERY COMFORTABLE WITH WHOLESOME FOOD RATHER THAN CHINA AND SILVER AT A POSH RESTAURANT. WHEN HE PASSED AWAY IN 2015, WE CELEBRATED HIS LIFE AT – YOU GUESSED IT- YOUR HOME! 20 YEARS OF MEMORIES. (AND A LITTLE HEARTBURN!)

2.) MY HUSBAND WAS BORN AND RAISED IN SHANGHAI, CHINA 1940-1958. ROBERT HAD JUST BEGUN WRITING HIS MEMOIRS WHEN HE PASSED TAKING THE REST OF HIS STORY WITH HIM. I FELT "PERMISSIONED" TO FILL IN THE MISSING PIECES OF HIS PUZZLED LIFE BUT, IN ORDER TO DO SO, I NEEDED TO FIND FOLKS WHO LIVED IN SHANGHAI IN THE SAME TIME FRAME. THE CHUTZPAH IN ME LED ME TO MEETING A WOMAN FROM SHANGHAI WHO ALSO WAS NOW THE SECRETARY TO THE EDITOR OF THE L.A. TIMES. I'M NOT ASHAMED TO SAY THAT I WAS WAY OUT OF MY COMFORT ZONE BUT NEEDED TO "OPEN THE DOOR". LILIANE LIVED IN LOS FELIS AND SUGGESTED GOING TO CANTER'S AS THE ATMOSPHERE WAS "HOMEY". HOW RIGHT SHE WAS – NO HURRYING, NOT TOO NOISEY, AND WAS FULL OF COMFORT FOODS WE BOTH LIKED. WE ENDED UP DOING A TWO HOUR INTERVIEW WHICH WAS MY FIRST. WE BECAME FAST FRIENDS UP TO THIS VERY DAY. BAKED APPLES AND DR. BROWN'S SODA CALMED MY NERVES AND GAVE ME THE START OF A 20 YEARS OF RESEARCH, INTERVIEWS, AND FINALLY A TRIP TO SHANGHAI TO WALK IN ROBERT'S SHOES. I HAVE JUST FINISHED CHAPTER 5 IN MY BOOK "OUR JOURNEY ON A SLOW BOAT FROM AND TO CHINA."

3.) A FEW MONTHS AFTER HARRY AND I STARTED DATING, MY KIDS WANTED TO KNOW A LITTLE MORE ABOUT THIS GENTLEMAN HARRY WHO WAS A BIT OLDER THAN I. MY SON SAM TOOK US TO CANTER'S BECAUSE SAM KNEW HARRY WOULD BE AT EASE. WHILE I DISAPPEARED TO THE RESTROOM WAY STAIRS, AND THEN

(Faith's story continues on the next page.)

(Story by Faith continued on this and the next page.)

WENT TO PICK OUT SOME “NOSH” FOR HOME, I GAVE TIME FOR THE “BOYS” TO TALK. AS I WAS RETURNING TO OUR TABLE, MY HEART SKIPPED A BEAT AND I STOPPED SHORT IN MY TRACKS. SAM HAD A LONG PIECE OF PAPER IN FRONT OF HIM ASKING QUESTIONS TO HARRY ABOUT HIS WORK, HIS FAMILY, AND WHAT HIS INTENTIONS WERE! HARRY MUST HAVE PASSED AS WE WERE A COUPLE FOR 20 YEARS UNTIL HIS PASSING AT AGE 88 IN 2015.

4.) IN 2012, THE SHORT MOVIE HAVA NAGILA PRODUCED BY ROBERTA GROSSMAN, CAME OUT. HARRY AND I WENT TO SEE IT AND THERE WAS A LITTLE BLURB FROM CANTER’S AND A SHORT SEGMENT WITH JOHNNY YUNE. I THINK JOHNNY WAS SINGING FROM THE KIBBITZ LOUNGE ATTACHED TO CANTER’S. WHEN ROBERT AND I WERE FIRST DATING IN NEW YORK CITY, OUR “HANGOUT” WAS CAFÉ EXODUS AND THE TEL AVIV LOUNGE WHERE I WAS INTRODUCED TO JOHNNY, THE KOREAN SINGER WHO SANG IN YIDDISH. ROBERT KNEW HIM FOR QUITE SOMETIME. JOHNNY TAUGHT ME A LULLABY IN KOREAN. FOLLOWED HIM FOR MANY YEARS. FLASH FORWARD MANY DECADES LATER WE SEE JOHNNY SINGING AT CANTER’S IN THE MOVIE. CO-INCIDENCE – HARRY WENT WITH JOHNNY YUNE ON A TRIP TO ISRAEL WITH L.A. LOVES ISRAEL IN THE 80’S. THERE HARRY AND HE TALKED ABOUT YIDDISH MUSIC. CANTER’S WAS ALWAYS A TOPIC OF DISCUSSION. I WAS DESTINED TO HAVE A WONDERFUL LIFE WITH TWO CHILD SURVIVORS WHO LOVED JEWISH MUSIC AND JEWISH FOOD AND ME.

THANK YOU CANTER’S FOR BEING IN MY LIFE. I WAS VERY AFRAID WHEN YOU CLOSED DOWN FOR “REMODELING”, THAT YOU WOULD NEVER OPEN AGAIN. THANKS FOR THE MEMORIES – I’LL SEE YOU SOON.

FAITH GOLDMAN

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FAITHNAMDLOG@AOL.COM

If you wonder why you see so many pictures of Bette Horstman and Geneva Johnson in the collages of national meetings, it is because these two women are the most senior members of the APTA who come to meetings AND they are Prime Timers and spend some time at the booth. Bette turned 97 on December 8 which means that Geneva will be that same age in a few months. Bette’s niece shared that Bette just won the Senior Olympics in Bowling, again!!!

Dr. Geneva R Johnson, the Chair of the first entry level graduate program in physical therapy at Case Western Reserve University was recently filmed for a video that Carol Davis is making of her mentor, They first met in September of 1967 ... Carol’s first day of school...

THESE ARE THE EXCITING PEOPLE YOU CAN MEET IF YOU COME BY THE BOOTH!





POLIO IN WYTHEVILLE, VA

Special Personal Contribution from Elisa Zuber, PhD, PT, (including an article published on May 9, 2016 and used with permission of *Appalachian Magazine*.)



Venita and Ben Lovelace-Chandler recently visited me in my hometown of Wytheville, VA. During their visit, we toured the local Boyd Museum which houses a permanent exhibit about the polio epidemic that struck Wytheville in 1950. Our family was touched by the epidemic, not because a family member contracted the disease, but because the epidemic accelerated my parents' relationship that culminated in their marriage in December 1950.

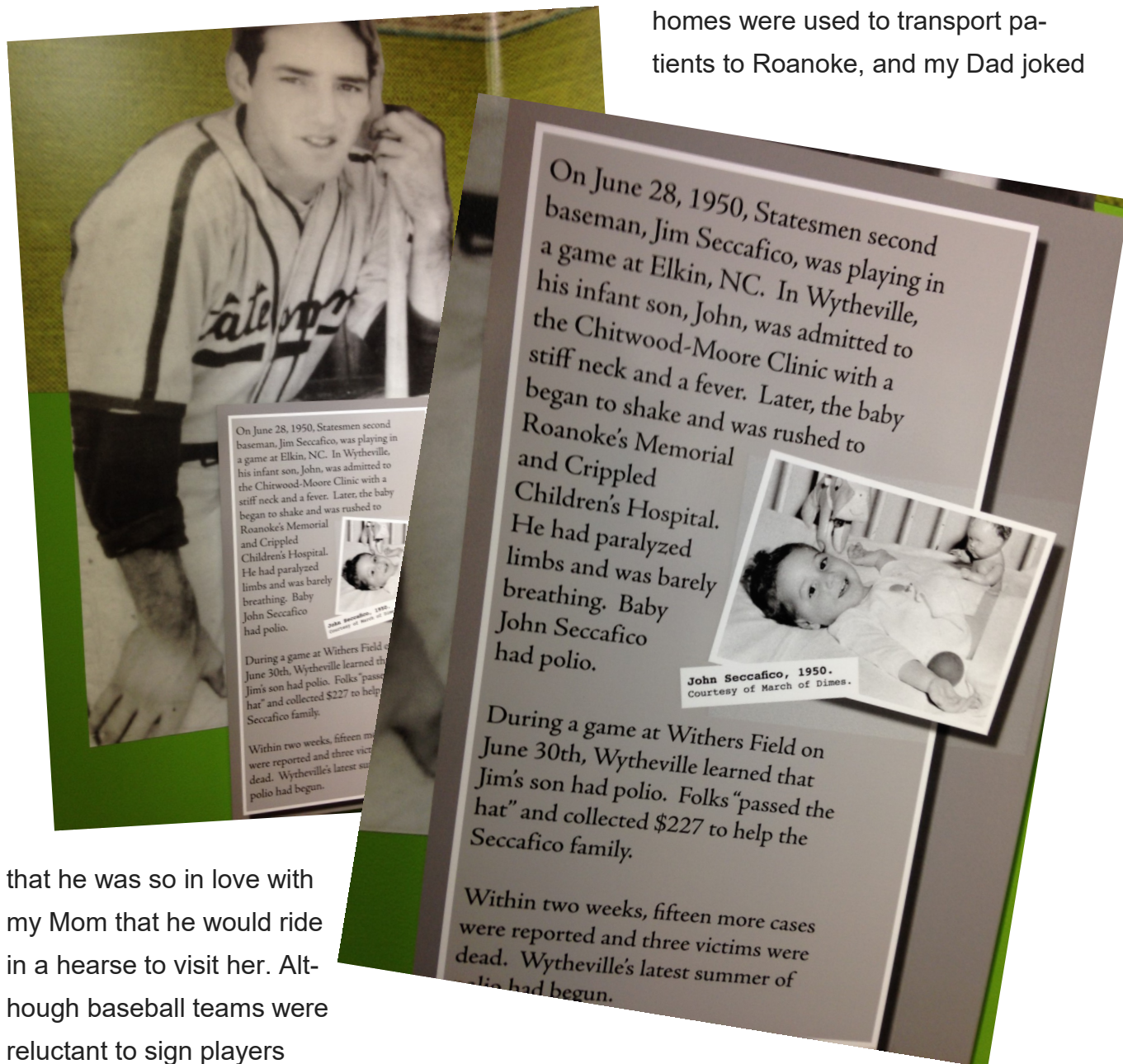
My Dad was from Bayonne, NJ and came to Wytheville in the summers of 1949 and 1950 to play what was then called "semi-professional" baseball for the Wytheville Statesmen. He and my Mom met on a blind date before the polio epidemic began. One of Dad's teammates, Jim Seccafico, was from Jersey City, NJ, and Dad had played against his team in high school. Jim's son Johnny was the first person in Wytheville known to have contracted polio in the epidemic of 1950. Baseball was very popular in Wytheville at the time - one statistic in 1950 indicated that on a particular Friday night, more people attended a Wytheville Statesmen game than had attended a Washington Senators game in DC. The popularity of baseball and a baseball player's son contracting polio were probably responsible for bringing polio into the public eye very quickly. During the summer of 1950, Wytheville went on to have more cases of polio per capita than any other place in the country.

As the number of polio cases grew, fears about what caused polio and how it spread caused the town to essentially shut down and the baseball team to be disbanded. My Grandmother sent my Mom to Roanoke, VA, to stay with relatives out of fear my Mom would contract polio. While he waited for another baseball team to sign him, Dad stayed in Wytheville and regularly walked the 4 blocks between the hospital and the clinic in town where people with polio symptoms were first taken. Once polio was confirmed, patients were transported 80 miles to a hospital in Roanoke. My Dad would watch for an ambulance to pull up at the hospital or clinic, and he would hitch a ride to Roanoke to see my Mom.

(Dr. Zuber's story and the article continue on the following page.)

The article below from *Appalachian Magazine*, mentions that hearses from local funeral

homes were used to transport patients to Roanoke, and my Dad joked



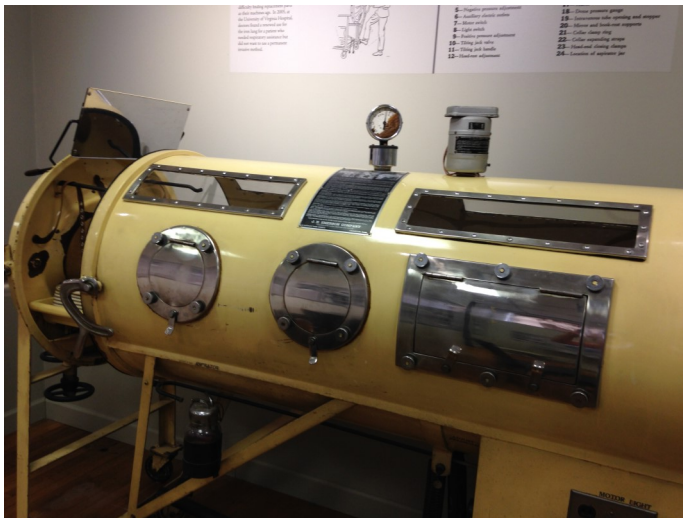
that he was so in love with my Mom that he would ride in a hearse to visit her. Although baseball teams were reluctant to sign players who had been on the

Wytheville team for fear the players would carry polio, Dad was signed by a team in Kingsport, TN that was looking for a pitcher. Dad proposed to Mom at the end of baseball season in August, and they married in December. After Dad's stint in the Army during the Korean conflict, my parents decided to make Wytheville their home.

The article that continues on the next page is about the polio epidemic in Wytheville and was published on May 9, 2016 in *Appalachian Magazine*

The Southwest Virginia community of Wytheville is a charming Norman Rockwell-like town. Known for its unique landmarks which include an iconic water tower painted to resemble a hot air balloon and a massive No. 2 pencil hanging over Main Street, the Town of Wytheville is the American idea of what Small Town, USA, should be.

A decade following the Second World War, however, the rural Virginia getaway community was anything but the ideal place to visit. In the opening days of summer 1950, a handful of local citizens became infected with infantile paralysis (polio), an infectious and deadly disease that attacks the muscles of one's body. An unfortunate characteristic with polio is that those infected with the disease can carry the infection for up to six weeks with no



symptoms present — meaning that by the time the townspeople began showing signs of polio, it was too late. By the end of July, Danville, Virginia's *The Bee*, reported, that at least 65 residents of Wytheville (population 5,500), had been infected with the disease. Roughly 20 additional Wythe County residents – living past the town limits – were struck with polio, bringing the community's total number of polio cases to 84 at month's end.

“There are signs that Wytheville’s virulent outbreak of polio — the worst in the nation — is spreading,” reported the Associated Press. Sensing the danger of a nationwide pandemic, health officials from the Commonwealth of Virginia were dispatched to the area, where they called for a “voluntary effort to keep persons from uninfected areas away from Wytheville and adjacent counties.”

(Editor’s Note: While the museum describes a nurse treating the baby, she wears a triangular patch—probably PT patch. vlc)



Their calls were heeded, as local churches cancelled services and the town's Class D Blue Ridge League baseball team cancelled the remainder of their season.

The Town Council and county's Board of Supervisors erected billboards at all five entrances to the county warning potential visitors of the epidemic and urging tourists to come again the following year. Residents who lived east of the town, along the banks of Reed Creek, feared touching the water that flowed from Wytheville. "People were scared out of their minds," remembered one local resident who was just a young girl at the time. "My dad warned us that if we'd go near the creek we'd probably die." At the conclusion of summer, the town of 5,513 residents had 184 inhabitants who had contracted the disease with 17 fatalities.

As the epidemic progressed, ambulances drove victims approximately 80 miles to Memorial Crippled Children's Hospital in Roanoke, Virginia. Hearses from local funeral homes were used when ambulances were unavailable. Black patients with polio were repeatedly denied admission to Roanoke's hospital and were forced to travel approximately 300 miles to St. Philip's Hospital in Richmond.

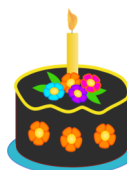
Just as quickly as the dreaded disease appeared, it disappeared. In the years ahead, the quaint rural Virginia community would return to being the tourist getaway it is celebrated to be today — but you'll be hard pressed to find a lifelong resident of Wytheville over the age of 70 who won't remember the Polio Epidemic of 1950.

(Pictures on pages 10-12 were made when Ben and Venita visited Lisa in 2017.





HAPPY BIRTHDAY TO MEMBERS CELEBRATING JANUARY TO JUNE



JANUARY

Sol Agbayani
Ruth Bedore
Helen James
Shirley Jergenson
Kanies Hank
Joyce Kirkpatrick
Barbara Merril
Janet Meyer
Jean Miles
Poli Dominic
Marcia Smith
Jerry Smith
Janice Sniffen
Paula Stubbs
Janet Stevens
Phil Tygiel
David Voneida

FEBRUARY

Janis Brown
Judy Dailey
Samuel Feitelberg
Stacy Fisher
Judy Gale
Patricia Helm
Mildred Higgins
Peg Olson
Lisa Rothman
Senora Simpson
Dennis Spillane
Patricia Sullivan
Elaine Wilder
Linda Yasukawa
Don Zesch

MARCH

Susan Allen
Robert Ayers
Lois Berman
Florence Bice
Pamela Denhe
Ruth Denton
Jeanne Ellett
Mary Ann Enerson
Barbara Fallon
Lori Glumac
Michael Helland
Lisa Kloc
Ruth Latimer
Carole Lewis
Mary Lucas
Ellie Maavere
Judith Merck
Donna Muolla
Virginia Nieland
Xenia Robles
Steve Tollefson

APRIL

Christine Baker
Ron Bugaj
Oliver Crisan
Carolyn Crutchfield
Carolyn Erickson
Gertrude Lamb
Jane Morse
Ted Y. Okita
Nancy Prickett
Shirley Randolph
Mary Ellen Riordan
Eunice Shen
Peter Towne
Deanne Yates

MAY

Frank Fuoco
Jane Gentry
Jane Gierhart
Neva Greenwald
Barbara Griffith
Evelyn M. Hallas
Elizabeth Hansen
Harold Litt
Thomas O. Miller
Mary Moffroid
Roberta Newton
Charlotte Oberst
Michelle Putnam
Kate Salamon
Joan Walker
Edward Yuiska

JUNE

Roselle Albert
Judith C. Chizek
Ruth Cowan
Debi Craddock
Linda Eargle
Fay E. Edsall
Paula Click Fenter
Anne Grove
Mary Jane Harris
Jane B. Holleman
Percia A. Hutcherson
Geneva R. Johnson
Elizabeth A. Myers
Dorothy Pinkston
Teresa Rector
Linda Towne
Gene R. Watkins
Catherine Perry Wil-
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Prime Timers Newsletter Information: Prime Timers News/Updates should be forwarded to **Venita Lovelace-Chandler. Next Edition late Fall or Early Winter (December or January). Send news and stories.** Regular submission Deadlines: We are trying to publish prior to CSM and NEXT each year. Special editions are possible.



Welcome to New Member: Janet E. Meyer

And to new Life Members: Virginia Metcalf
Jane Sweeney

**Physical Therapist Assistants and Physical Therapists: You are
Invited to Join the Prime Timers Or Invite a PT/PTA Friend to Join!**

*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

Encino CA 91316-3904

HAVE YOU SENT YOUR DUES FOR 2019?

We continue to offer a special thanks to **Faith Goldman** who prints and mails the newsletter to at least 12 Prime Timers members who do not receive the newsletter electronically.

Come volunteer in the booth at CSM and NEXT.

What are you doing for the Centennial Celebration?

I decided I would try a little re-enactment activities. I found a university professor in Tennessee who makes re-enactment outfits. She made my Reconstruction Aide (similar) costume. So far, I have had the



privilege of speaking to PT students at the University of North Texas Health Science Center and Rocky Mountain University of Health Professions about the history of the profession and APTA. I crashed the Texas PT Association annual meeting reception and challenged Texans to think about the Centennial and what they would do.

I hope to share the historic information with more PT and PTA students. I may

show up at the Prime Timers booth in my outfit. Come by and see.

Venita Lovelace-Chandler (Editor)

Prime Timers— 30+ Years Old and Still Going

MEMBERS CHECK'N IN!

Still looking for news about you. What have you read lately? Who have you spent time with? Do you have pictures to share? Any photos from recent trips?

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

**PT
PRIME
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