

# PRIME TIMERS NEWS

WINTER 2014

## PRESIDENT'S MESSAGE

November 2014 Happy Fall!

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 my favorite quotation of the day -

"Enjoy Life! It has an expiration date!"

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 50+ years of membership in 2014! 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.

Did you realize that we have special PrimeTimers **t-shirts** available for you to **purchase**? We have had them at CSM & PT 2014 this past year AND you can purchase these for yourself! Just contact me and let me know what size you need to deliver to you! We are including an order form in this newsletter - you need one of these t-shirts!

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 **DUES** to our **Treasurer: Joan Mills, 310 W. 49th St. #208 Kansas City, MO 64112.** Thanks for your continued support of the PrimeTimers!

Make your plans now for **CSM 2015!**

**February 4-7, 2015 in Indianapolis, IN.** We have reservations for a Prime Timers **Luncheon** in our private room at **NOON** in the **Hyatt Hotel's restaurant: One Place** on **February 5, 2015.**

You know how busy CSM gets!  
Days are jam packed! Put us on your agenda!

**Steering Committee : Meet** us at the **PrimeTimers booth** in the **exhibit hall** at **10 am February 5th. [room to be announced Feb 5]** We are planning a **Steering Committee Meeting at 11 am before the luncheon** on in the Hyatt restaurant.

We need members help manning the Prime Timers Booth at the **Exhibit Hall.**

Do you have any time to help?

We especially need **help** during the daily unopposed **hours of 1:00 pm to 3:00 pm.**

The **exhibits** are **open** from **9:30 am - 4:00 pm** on:

Thursday, February 5,

Friday February 6, and

Saturday, February 7, 2015.

Do contact me if you can help!

Let me know if you can help!

**We do hope to see YOU at CSM 2015!**

Registration and Housing information is available on the APTA website.

And special thanks to our newsletter editor & production team for another great issue!

Enjoy the rest of the PrimeTimers newsletter! **Jo-Ann**

**PT**  
**PRIME**  
**TIMERS**  
**JoAnn Niccum-Johnson, President**

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# STEERING COMMITTEE MINUTES

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No new minutes this issue. Next minutes follow CSM 2015

## MEMBERS CHECK'N IN!

In The Blink of Our Eyes, the Atlantic Ocean Disappeared

No, this has nothing to do with the sinking of the Titanic! Quite the opposite. I'm sure most of you have heard the saying that "Life can pass you by in the blink of your eye". Well, for Robert Goldman and Faith Beckerman, that blink was the fireworks that brought two strangers together for 29 years. The Yiddish word B'Sheret says it all – meant to be. As I write this, the events seem like yesterday. It was a Sunday afternoon the third week in December 1965 at my home in Danbury, Connecticut. And it was freezing outside. I was on a winter break from the University of Pittsburgh and Robert now lived in New York City. The Atlantic Ocean spans 3500 – 4,000 miles between New York City and Europe – where did the Atlantic Ocean go? But let's pause a moment because you need to know how we first met.

Robert and I had been penpals since May of 1965. He was in the U.S. Army stationed in Germany and I was finishing my undergraduate degree at Danbury State College in Connecticut. It was a goodwill gesture to write to soldiers wherever they were. Letters were morale boosters especially when the soldier was on foreign soil. The Korean War had ended but the Vietnam War was just beginning to formulate. And I loved to write and needed a break from Biology subjects.

We had a mutual friend named James Andrychowski. The family of my college roommate Emily Andrychowski's was not far away from the campus of the University of Connecticut. They adopted me into their family for holidays and some weekends. The experience of being away from my home for the first time was made so much more comfortable having such a welcoming family. That was the year when Jim, Emily's first cousin, and I became friends and are to this day in 2014. Jim was drafted as was Robert in 1963 and, as fate would have it, they were both deployed to Germany. One unusual fact didn't become clear until several months later. Robert was not a U.S. citizen. As history was not my strong subject, I didn't know that if you entered the U.S. from another country, the males had to sign up for the armed services. The infamous green card was all that Robert had until 5 years had passed.

Jim and Robert were stationed together for almost 2 years in Germany. Both of them spoke multiple languages – German, Polish, French, and a little Russian. In addition, Robert read and spoke Hebrew as well as Yiddish and the Shanghainese dialect. Both had security clearance and were involved with petroleum analysis. I was not sure how this job was related to anything and was never privileged to know. However, I knew for sure that they were not pumping gas as someone inferred. Both of these guys traveled Europe whenever, were not shy of dating the local girls, but there came a time when Jim told Robert – "It's about time you met a nice Jewish girl from the States!" The seed was planted. So the correspondence started with Robert writing first, of course. May of 1965 a letter marked Air Mail came to our post office box. Though I don't have Jim's letter asking my permission to give this stranger my address, I'm sure he did ask.

## MEMBERS CHECK'N IN! - - continued

The penmanship was beautiful cursive writing and the words appeared carefully thought out. I opened the letter just like any other mail. “Dear Faith, My name is Robert Goldman. I am 5’10” tall, have black wavy hair, hazel eyes, and, by the way, I was born and raised in Shanghai, China 1940-1958.” The rest of the letter seemed very standard about his life in the Army but that first sentence, especially the end, was chilling, intriguing, mysterious, romantic, and a clincher for a return reply. My small town upbringing and my travel experience didn’t include anywhere outside of New York, so I responded to his letter wanting to know more. He and I wrote for 8 months. He wasn’t very forthcoming about his 18 years in Shanghai so I reserved that topic for another time. We first met, as I mentioned, at my parents’ home in the dead of winter. Robert had been discharged from the Army back in November of 1965 to New York City. I had graduated with a B. of A. in Biology and was “hot” on my career path to becoming a Physical Therapist and never thought hard of this meeting. My next degree, license, and eventual practice were foremost on my mind. My own road until this time was very challenging from a visual standpoint but I was almost there. I was born with marked visual deficits and nothing was going to get in my way. Was there a future in the air?

Robert and I had talked on the phone for several months and I fell in love with his British accent. Our letters had become so beautiful, newsy, and comfortable. The art of written communication with a pen and paper is such a different experience than talking via a computer. He called and asked me to come to NYC. I was already 23 but my parents said NO! Any gentleman would have to meet me at my home first. No one knew him except Jim, and no one knew his family, but our instincts were that he was going to be very nice. So a date in December was confirmed.

The phone rang early that Sunday afternoon. It was Robert. “Where are you?” I asked. “At the bus station in Danbury.” I never took the bus out of town even though I didn’t drive. I didn’t even know where the buses were. But my Dad said he would pick him up. Oh, Boy! How would my Dad identify him? I was so nervous – never thought to ask if he was driving – didn’t everyone but me? I had a few pictures but no close ups. And what were we going to do at my house for a first date? I wanted to call Jim and yell at him but I didn’t.

Snow was on the ground. My father, while laughing hard when he retold this story, had a picture of Robert. There was guy on the curb with flowers in his hands – my father rolled down the window, looked at the picture and then to Robert and said “Close enough. Get in”. Robert told his version of the next few minutes with different lines. My father pulled into the garage, and both men walked up the basement stairs into the kitchen. I was huddled in my room upstairs pacing back and forth. We had a split level home so my entrance to the living room was down all of 8 steps. It wasn’t a circular staircase like *Gone with the Wind* but I did feel like someone special. I’m visually impaired but I know what I saw – a tall hunk!

I also was well fitted in the undergarment department. I address this as Robert told me many years later that all he saw was my face and “boobs”. Black cat eye glasses on my nose and a beautifully braided hairpiece made for me from Lord and Taylors was atop my blond hair. Was that enough to get a conversation going? He had a suit and tie on, black horned rimmed glasses, and flowers in his arms. I gave him a second to put the flowers down and then we hugged as if we knew each other forever. He commented about that hug in his next letter in January when I was back in school.

## MEMBERS CHECK'N IN! - - continued

Sundays were family days and my grandparents were already on the couch. What a challenge for this poor boy but he had a gift of conversation and won all of their hearts before I even had a chance to know him. I had shared some of the letters with my parents and they all felt they were watching a movie.

My father drove us to a place for late lunch/dinner at the New Englander Hotel on Main Street in the same building of my Mom's business. Dad quietly told Robert to call when we wanted to be picked up. As Robert mentioned not finding work right away, I was a little cautious on what I ordered. We were there for hours but I don't remember a thing we talked about. There was piped in music in the dining hall and Robert took me to a little hideaway in the restaurant to dance. He had taught ballroom dancing in England and knew how to hold and lead a woman. By that time I was melting in that red dress! That was the start of an incredible journey through life. We decided to walk home and towards the last ¼ of a mile, I thought I would freeze to death. His mantra throughout life was "Just one more step, one more step and you'll get there". He was right. A hug goodbye though, if the circumstances were different, we would have kissed. Our evening ended and Dad schlepped him to the bus again and I remained in a daze for hours. Actually when I retell this story over and over again, I am again in a beautiful daze. The rest of my college days seemed so far away that night but Robert always saw the glass half full instead of half empty. It appeared in retrospect that Robert saw a future for us. He knew how important my career was and, that in time, he would get his high school diploma and his citizenship. His life in Shanghai for 18 years shaped his values and positive prospects for the future. His street smarts about surviving with less readied him for new challenges in the United States. The most important thing he appreciated was freedom.

We would meet one more time before my plane took me back to school. I do not remember that visit as much as the first but we had taken a walk to a lake nearby where we did kiss. We had a family dinner at my folks with inquisitive relatives in attendance. Robert also brought the most delicious smelling pipe tobacco. And all saw he wasn't Chinese as some wondered. My Mom said to me "He's a keeper!" His life in Shanghai would take years to retell: but no matter, I have always had very patient ears. He started writing his life down several months before his untimely death in 1994. I am commissioned to finish it and the name of the project is SLOW BOAT FROM AND TO CHINA.      Faith Goldman

I am humbled to tell you this but here goes:

On November 1, 2014, the Torrance Cultural Arts Commission will host the Excellence in Arts Awards. There are several categories - Dance, Music, Visual Arts & Design, Literary Arts, and Drama and Theatre Arts. I have been chosen to accept the award in Literary Arts division. I have been writing non-fiction short stories, including some published in the Prime Timers, and writing script and dialogue for power-point presentations regarding the Jews of Shanghai. My research has been constant for 15 years and the results filled in the missing puzzle pieces of my late husband's life in Shanghai 1940-1958. My golden prize was going to Shanghai to walk in Robert's footsteps and finding his home and next door Chinese care-giver 1948-1958.

My writing might not have happened at all. When I was 4 years old, my family, the school board, and my ophthalmologist at Yale had to make a decision if I should go to the School For The Blind or mainstreamed into the public school system. Regular school it was. My left hand, eyes, and brain had to be jump started. And I did write and still am!      Faith Goldman

# MEMBERS CHECK'N IN! - - continued

Hi!

I just joined the ranks of Lifetime member of APTA! I am now TRICARE for Life! Have decided to retire from working outside of home, waiting for our new swim spa and trainer to be delivered!

**Laurie Coykendall**

I have a **tidbit to share**, just in case anyone is not aware. I just paid my annual dues to APTA and was rewarded for all the years of membership by becoming a Life Member. Among other benefits, annual dues including national, state, and section, are greatly reduced.

Registration fees for national conferences are also reduced and I am sure there are other benefits as well. Perhaps some of the Prime Timers are not aware of these benefits.

It was great to reconnect with the Prime Timers at the luncheon in Charlotte. I thought meeting for lunch in the exhibit hall was a great idea that allowed some people (like me), who had lost touch with the Prime Timers to jump right in and be included on the spot.

**Roselle Albert, PT**      [msrapt@verizon.net](mailto:msrapt@verizon.net)

## **PrimeTimers in Indianapolis!**

**Join** us in Indianapolis! We are meeting on Thursday, February 5, 2015! We have reservations at the **Hyatt Hotel's One Place** for lunch at noon in the private dining room.

You can explore the **menu** at:

One South (<http://Indianapolis.hyatt.com/en/hotel/dining/OneSouth.html>)

The private dining room has a capacity of 20, so if you plan to attend, please

**email by February 1, 2015**      Jo-Ann Niccum-Johnson at [jnjohnpt61@yahoo.com](mailto:jnjohnpt61@yahoo.com)

**or**      Linda Eargle at [lkeargle@yahoo.com](mailto:lkeargle@yahoo.com).

We've planned a "meeting" in APTA reserved space on Thursday February 5, 2015. This will be our steering committee meeting. We do not know the location of the meeting room at this time, but will share that information with you when we get it! The time is 11-11:40 on Thursday, February 5, 2015. The location may be in the final program schedule, but if you do not find this information email or contact Linda or Jo-Ann for the exact location.

We are planning on YOU being there!

**Linda K. Eargle, PT, DPT, CEEAA, MInEd**      [lkeargle@yahoo.com](mailto:lkeargle@yahoo.com)

## Motion Concept

One of the mechanisms to improve the work of the House of Delegates is an area titled Motion Concepts. This is to encourage Delegates to post ideas for possible motions so that they may work with other components with similar interests and give Delegates a “heads up” for what may be coming to the House.

Florida recently posted that they were considering bringing a motion forward to allow Life members to serve as Delegates to the House of Delegates. Currently, Life members have the right to speak to the House if recognized, but may not serve as a Delegate.

This has raised considerable interest on the House of Delegates Message Board! Many individuals indicate support, as they identify that Life members have the time and the history of the Association to serve. Other individuals are concerned with granting the privilege of acting as a Delegate to a member who is not paying the full dues. Members may elect to become a Life member with reduced dues but also reduced privileges if they meet the criteria for that category.

I am interested in hearing your thoughts on this issue. Please send your comments to me at [jldjtd3@att.net](mailto:jldjtd3@att.net). **Janet Downey, PT, MPT, PCS**

*[Conflict of Interest Disclaimer: I am a Delegate until January 1, 2015; as a result I will not be in the House if this issue does come forward. I will also qualify for Life membership in July, 2015, and intend to change my membership status from Active to Life, regardless of any outcome of this motion.]*

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### **Prime Timers 50+years of APTA Membership**

Frank Allender - 60 years	Fran Kern - 60 years
Ruth Bedore - 70 years	Sharon Konecne - 50 years
Harold Cook - 60 years	Gertrude Lamb - 70 years
Carolyn Crutchfield - 50 years	Paul Marnett - 65 years
Jane Hollerman - 60 years	Shirley Randolph - 60 years
Bette Horstman - 65 years	Senora D. Simpson - 55 years
Marjory W. Johnson - 70 years	Patricia Shields - 60 years
Geneva Johnson - 65 years	Ruth Wood - 65 years

Pins recognizing these years of membership were sent to them earlier this month by the APTA Membership Department.

**Wear these pins proudly! You have earned them!**

**Congratulations!**

## TREASURER'S REPORT

Treasurer Joan Mills reports that Prime Timers remains in a stable financial position at this time. Revenue comes primarily from annual member dues. A small amount of revenue comes from sale of **T-Shirts** [several remain, *please buy*]. Expenses remain minimal and incidental since publication expenses were minimized.

Members should be reminded to continue sending Annual Dues to the Treasurer or opt for our \$125.00 Life Member payment.

Joan Mills, Treasurer : **Joan Mills**  
**310 W. 49th ST. #208**

### Announcement From Texas:

The Texas PT Association has formed a History Task Force.

I am a member of the Task Force, and I just know that you guys have great information. We are looking for all news, pictures, memories, interesting info prior to approximately 1970. We certainly would take anything from any year, but we are looking for older information to be saved in a good format at this time.

News/memories about passage of the state practice act is of particular interest. Please send to me by email or snail mail as listed below. Thanks in advance for your help.

**Venita Lovelace-Chandler**

e-mail: [lovelacech@gmail.com](mailto:lovelacech@gmail.com)

USP: 505 Basswood Trail

**PT**  
**PRIME**  
**TIMERS**

## Happy 2014 !!

To all those **members**  
for whom  
**we do not have birthday  
month or date**

### NOVEMBER 2014

Cascadden	Olevia
Cook	Harold
Gardlin	Cecelia
Kuebler	Joyce
Mills	Joan M.
Moffat	Marilyn
Nubling	Karla
Pechtl	Pat
Schmoll	Beverly J.
Smith	Margaret



## Happy 2014 !!

To all those **members**  
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### DECEMBER 2014

Bottomley	Jennifer M.
Bright	Clara P.
Buss	Carole
Cubelli	Mary
Darnell	Richard
Evitt	Celinda P.
Gerhard	Marilyn
Horstman	Bette C.
Lambertson	Elizabeth L.
Miller	Arlean V.
Pascasio	Anne
Scully	Rosemary
Zimmerman	Martha Y.

**Planning Exercise?** Here's a place to start:

“In addition, other studies have suggested hip abductor weakness to be associated with functional limitation in older adults and was a predictor of future falls in community-dwelling adults.”

Brown M, Sinacore DR, Binder ER, et al. Physical and performance measures for the identification of mild to moderate frailty. *J Gerontol A Biol Sci Med Sci.* 2000; 55: 350-355.



## Happy 2015 !!

To those **members** for whom  
**we do not have birthday  
month or date!!**

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### January 2015

Bedore	Ruth
Kanies	Hank
Kirkpatrick	Joyce
Melzer	Barbara
Meyer	Janet R.
Nelson	Charlene "Billie"
Poli	Dominic
Stevens	Janet
Voneida	David
Zesch	B. Don

### February 2015

Barnes	Marylou R.
Dailey	Judy
Dove	Doris
Feitelberg	Samuel B.
Fisher	Stacy
Higgins	Mildred
Rothman	Lisa
Simpson	Senora
Yasukawa	Linda

## **APTA Conventions** **Announced!**

**CSM** FEBRUARY 2015  
Feb 4-7 /Indianapolis, IN

*(previously known as the Annual Conference)*

**NEXT**/Annual Conference,  
June 3-6 , 2015  
National Harbor, MD

### **Please send us your birthday!**

Each issue contains a list of several months of birthdays. Members also receive cards in the mail on behalf of Prime Timers. Make sure you are included **provide** your birthday month and day to our **president. Emails:**

jnjohnpt61@yahoo.com,

jnjohn1@charter.net

**Phone:** (314) 965-1789

### **Don't forget to pay your dues!**

We request \$10 annually, or a one-time payment of \$125 to become a lifetime member. Send cash or check (**payable to "Prime Timers"**) to our Treasurer:

Joan Mills

310 West 49th, #208

Kansas City, MO 64112

**PT**  
**PRIME**  
**TIMERS**

## MEMBERS CHECK'N IN!

**Thank you** to all those members who contributed content, comments, and photos to make this issue!

The deadline for receipt for the next issue is **MARCH 1st, 2015!**

Mail/email to: Fran Kern ,Editor

fkern818@aol.com

Mailing address page 12



# PT PRIME TIMERS

**Prime Time T-Shirts now available!**

**Order Now!**

Only \$16 (includes shipping)

**Sizes:** Small — Medium—Large— X-Large

**Contact:**

Jo Ann Niccum-Johnson

**Send check** made out to: **PrimeTimers**

**To:** Jo Ann Niccum-Johnson

745 Josephine Ave

St. Louis, MO 63122

**T-shirts** still available for **purchase**



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**FALL 2014 Newsletter Production**

Dr. Marilyn Miller, PT, GCS

USAHS DPT Program, San Marcos, CA



Prime Timers at a conference!

### Prime Timers News Information

NOTE: Prime Timers News updates should be forwarded to Fran Kern

Publication Deadlines: March 1, August 1st, November 1st

Publication Dates: est 30 days after deadlines

# PT PRIME TIMERS

## You're Invited to Join the Prime Timers!

Print and mail **this form with a check to join** Prime Timers, renew your membership, and/or order a T-Shirt

**It's Time To Join!**

**Name.....**

**Address.....**

**City.....**

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

**Email address.....**

**Phone(s).....**

**APTA membership number.....**

**Birthdate.....**

**Please complete this form & mail with \$10 ANNUAL membership**

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

**Joan Mills, Treasurer**

**310 W. 49th ST. #208**

**Kansas City, MO 64112**