

PRIME TIMERS NEWS:

Winter Edition—February, 2020

PRESIDENT'S MESSAGE Happy New Year 2020!

Summer, fall and the remainder of 2019 are behind us. 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 enter 2020, I hope that you spread cheer and hope, and I offer a thank you for just being there for everyone you meet in times of happiness and those of challenge. It is time to thank those who support the Prime Timers. 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 membership chair, Linda Eargle, article contributor, Faith Goldman, Bette Horstman, our loyal booth ambassador, Fran Kern, Treasurer, Venita Lovelace-Chandler, newsletter editor, and members. The efforts of everyone continue to benefit us all. Without the help of everyone, we would not be able to make our contributions to the profession that we have been a part of for so many years. Lastly, let us not forget those colleagues who left us during the past year but will never be forgotten as their contributions as well as their friendships have enriched our lives in many ways: past, present and future.

The 2020 meetings include Denver CO for CSM February 12-15 and Phoenix for NEXT June 3-6. Our meeting plans will be announced in the newsletter when possible or at the booth the first day of the meeting. We will, if possible, hold them in the exhibit hall.. In Denver, we will be selecting leaders for the group. At both meetings, several of us will be at the booth in the exhibit hall to greet you and invite others to join the group. My wish for you is that 2020 is a memorable, happy, healthy, productive, prosperous and peaceful one for all. The best is yet to come..

Neva

**Pictured:
Neva Greenwald, President**

PT PRIME TIMERS

CSM, 2020

Are you coming to
APTA's CSM Meeting:
February 12-15, 2020, Denver?

See photos from NEXT 2019
Meeting —pages 8-10

**Come by the Exhibit Hall
booth to say hello and learn
about lunch plans. Arranging
lunch at Stout Street Social,
across from convention cen-
ter. Exact details onsite.
Can't wait to see YOU!!**

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SHOE LEATHER EXPRESS – NOT BY CHOICE

BY FAITH BECKERMAN GOLDMAN RPT

When friends leave you abruptly, without notice, your thoughts go to acts of a suspicious nature. However, if I were to call the police about these three friends, the police might question my sanity first. I'm sure they would ask for a description of the missing friends and I calmly and in a serious tone would give them the following statistics - the first two were both metal mouthed, sturdy, planted on solid ground, and consistent in their manner. The third one was pale in color, had a rough exterior, was laid out in a line, and curved when she saw the need. She could be aligned anywhere and she had dimples on both ends where she met her neighbor. Their characteristics were all similar in many ways – always there for me day or night, rain or sun, and virtually silent. But, their actions were enough for me. And they were all visible to me, despite my poor vision.

Let me tell you a little more about my friends. I'll refer to them as Blue Eyes, BINGO, and Smoothie. Blue Eyes was rather well rounded, short, heavy set and, when her appetite was appeased, she could be twenty-five pounds heavier. I say this with massive jealousy as she could lose that weight in one quick short action. The second one had square shoulders, was about 5'6" tall and was as wide as she was tall. She had a stern official look about her and shone day and night. The third friend was long and very skinny and very low to the ground. I needed her friendship more than she needed mine. Much of the time she was not around to be my friend not because of her not wanting to but because her bosses said no. The "powers that be" didn't seem to realize how important she was. Because of her low profile, it was very easy for her to be forgotten. There were bigger and faster kids on the block.

Blue Eyes was a friend for 20 years – a community fixture who I met with joy the first week we moved to the Torrance, Ca. community in 1980. She took my words of happiness or sadness and made cringing expressions when I fed her checks, etc. I could walk to meet her. It was only a one-way relationship in that respect as she could not leave her post. She stood for freedom in this United States of America. Her governmental blue and white attire was fading. Because she was so silent, no one noticed or made an effort to improve her looks. At times, she was even abused by having soda thrown down her throat by vandals.

When I walked to my neighborhood corner of Anza and Spencer Street in Torrance last week with a bundle in one hand and a cane in the other, I almost dropped both items in disbelief at what I saw! My dear friend of 20 years was gone! There was nothing in her place, no indication of a battle; just new cement smoothed over where her four legs had been. Blue Eyes was the United States Postal Service mailbox!

Big deal, some would say. This might be true of young folks who haven't had time to establish long-term relationships. What's the problem? No one writes anymore. Email is the only way to send stuff. Bills can be paid from your phone or computer. Who needs a mailbox? Well, I do, and my neighbors who don't drive for some reason do, too. No one asked our opinion or permission before they took her away. I assume it was someone with authority who moved her from her post. I would have to find another mailbox close by or lose my independence in sending out my own mail. Would I ask a neighbor to take my mail? No way! Only for emergencies. Frequent favors often lead to distancing.

BINGO was about very serious business – not easily taken care of by someone else, especially not by a casual acquaintance. She, too, was a friend but only for about one year. She opened her mouth with a special secret code. Sometimes she only returned a little something but sometimes she belched up green stuff. BINGO! Beautiful green stuff that was my ticket to groceries, daily cab rides, and a feeling well earned after being employed physical therapist for 33 years. I must be very careful in handling BINGO as I am now medically retired. How important was she? Well, she had to have armed guards take part of her away and to feed her again. Our friendship went deeper than most. Being legally blind since birth, being able to communicate with her with no help was an accomplishment of which I was very proud. My kids were also proud of their non-mechanically inclined mother. And, I could do all of this privately. BINGO didn't mind how often I used her and she didn't give me lip when I treated myself to some of her food.

BINGO, a large metal container, was a full banking service ATM machine. She was located in the Pavilion's Market on the corner of Anza and Torrance Blvd. This loss was more significant than the mailbox (sorry BLUE EYES) and BINGO was the first to go. I could walk to it. I could see the large display panel in a well-lit non-isolated area. And I could do most of my banking there. There was no notice on the wall where she once stood, no note sent to her customers, and the MAMA bank was too far away for me to walk there. Again, as a non-driver, I had to make another planned activity rather than the spontaneous ones I had previously made.

Having Smoothie as a friend is now more important to me than ever in light of the loss of my first two friends. As I am hoping there will be replacements for Blue Eyes and Bingo, I will need Smoothie to get there. So what is Smoothie like? Her name is supposed to imply that she is smooth. She should be free of wrinkles, free of deep cracks in her skin that may also have things growing from within, and she should not have bumps like the cellulite that appeared on my thighs overnight. She should protect me from the down-trodden foot paths of lumpy rocks and sand waiting to trip my ankles, wet grass with mole holes, and muddy puddles that eat my feet. These areas where Smoothie never was caused me many times to discover a new meaning for the song "I feel the earth move under my feet!"

(SHOE LEATHER EXPRESS – NOT BY CHOICE BY FAITH BECKERMAN GOLDMAN

continues on page 8)



**GET YOUR PICTURE MADE
WITH BOOTH AMBASSADOR,
BETTE HORSTMAN!**





**AND STILL MORE
GOOD TIMES WITH
FRIENDS. BE
SURE TO VISIT
THE PRIME TIM-
ERS' BOOTH AT
CSM!**



PROUD TODAY OF OUR HERITAGE 1918 - 1993



Diamond Jubilee Banquet
June 14, 1993
Cincinnati, Ohio
Annual Conference of the
American Physical Therapy Association

RESOLUTION FROM 1992 HOUSE OF DELEGATES MARKING 1993 THE DIAMOND JUBILEE YEAR OF PHYSICAL THERAPY EDUCATION

WHEREAS, The year 1993 marks the 75th anniversary of the establishment of formal educational programs in physical therapy in the United States, and, therefore, the introduction of the profession, and

WHEREAS, Hundreds of women received their preparation for practice in the educational programs sponsored by the United States Army in World War I and II, and

WHEREAS, Following World War I and II the physical therapists prepared in the educational programs sponsored by the United States Army turned the care of practitioners providing physical therapy services to the public, and

WHEREAS, Many of these women have contributed their time and talents to the continuation and expansion of physical therapy education and development of the American Physical Therapy Association, and

WHEREAS, The United States Army continues to provide an educational program to prepare men and women to serve as physical therapists in the Armed Forces, and

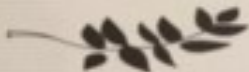
WHEREAS, Mary McMillan, the founding president of the American Physical Therapy Association, organized and directed the first educational program, making an unbreakable bond between the two endeavors, and

WHEREAS, The Alumni Association of the United States Army Entry Level Programs for the Physical Therapist, Inc., is planning activities to recognize the genesis of physical therapy education and service in the United States,

THEREFORE, Be it resolved that the American Physical Therapy Association declare the year of 1993 as the Diamond Jubilee Year of Physical Therapy Education and Service in the United States of America, give public recognition to those physical therapists who have served in the Armed Forces, and at the Annual Conference in Cincinnati, Ohio, in 1993 join with the Alumni Association of the United States Army Entry Level Programs for the Physical Therapist, Inc., in the celebration of 75 years of historic contributions to education and service that began with Mary McMillan and her inaugural band of volunteers and continues today as the profession serves the public welfare.

**THANKS TO COL. (RET.) VIRGINIA METCALF, PT, MA FOR SHARING
THE DIAMOND JUBILEE CELEBRATION OF PHYSICAL THERAPY EDU-
CATION BANQUET BROCHURE (1918-1993) (Pictures this and next page.)**

BANQUET PROGRAM



WELCOME

Col. (Ret.) Virginia Metcalf, PT, MA
President, Alumni Association—U.S. Army Entry Level Programs
for the Physical Therapist, Inc.

Marilyn Moffat, PT, PhD, FAPTA
President, American Physical Therapy Association

INVOCATION

Geneva R. Johnson, PT, PhD, FAPTA
Chairman, Diamond Jubilee Committee

TOASTS

DINNER

INTRODUCTIONS & RECOGNITION OF HONORED GUESTS

REMARKS

CLOSING CEREMONY

February 23, 1921

My Dear Miss Sanderson:

In reviewing the work of the Medical Department of the Army during the war in the months that have followed the Armistice, it has seemed to me that perhaps not enough recognition has been given to the group of men and women who accomplished such striking results in the way of reconstruction of the safe and damaged men of our Army.

Of this group I learn that you rendered conspicuously important service. Your assistance in the orthopedic surgery in helping them lay plans for the training of women to undertake the reconstruction of injured men in the hospitals; your management of their duties and your efforts to fit them into the military establishment—all were to such good purpose that much pain was relieved, and the number of hospital days for many men was lessened. This was a distinct contribution to the Army and to the country. Your patience under annoyances and inconveniences and the perseverance you showed in meeting difficulties was most commendable. The principles of professional and personal conduct for which you stood have become the accepted principles in the reconstruction branch of the Medical Department, and your influence upon it will long be felt.

It is to women like you who laid aside personal plans and comfort to help in the time of need, that the country owes a debt of gratitude. Your unselfish devotion to duty will long be an inspiration to with whom you come in contact.

I take pleasure in congratulating you on the service you were able to render to your country and to commend you for most meritorious accomplishments.

Cordially yours,

Newton D. Baker
Secretary of War

Marguerite Sanderson



Mary McMillan



"...Not until the outbreak of the present war was the value of this treatment manifest. The first [American] woman to take it up in England was the first reconstructive aide in the United States Army. She is Miss Mary McMillan, in charge of the First Reconstruction Clinic, Jersey. She is Miss Mary McMillan, one of the foremost women, if not herself the first, of the English speaking allies...Miss McMillan gave the first reconstructive treatment to the first wounded American brought back from Europe for that purpose."

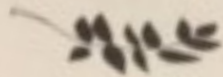
From The Catalogue
Portland, Oregon
July 11, 1919



The seven original schools of P.T.
ARMED SERVICES SCHOOL OF PHYSICAL EDUCATION, BOSTON
NEW HAVEN SCHOOL OF PHYSICAL EDUCATION
NEW HAVEN SCHOOL OF PHYSICAL EDUCATION
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In the graduation address of February 7, 1921, for the first physical therapy course at Walter Reed General Hospital, Lt. Col. Frank B. Gowen, M.C., paid high tribute to the World War I physical therapists:

"Their loyalty, their enthusiasm, their painstaking care, their professional ability, and their personality were only some of the factors in raising the morale and hastening the cure of the wounded in the hospitals, but also in providing to the too often skeptical medical officer the value of a scientifically applied physical measure. All honor to the Reconstruction Aides in physical therapy."



DIAMOND JUBILEE CELEBRATION
1918 - 1993

75th Anniversary of Physical Therapy Education



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The Alumni Association—U.S. Army Entry Level Programs for the Physical Therapist, Inc., gratefully acknowledges the contributions of the staff of the APTA House of Delegates, Expositions and Publications departments, the Diamond Jubilee Year Committee, David G. Greathouse, Kathleen A. Westphal and Geneva R. Johnson, the Chapters that assisted in locating former and retired members of the military and public health services, and the Ad Hoc Committee of the Ohio Physical Therapy Association.

(Faith's story continued from page 3.)

Smoothie represents the sidewalks of Torrance, Ca. Undeveloped property does not have to have sidewalks next to the street and the city is not responsible, either. What a loophole in the law.

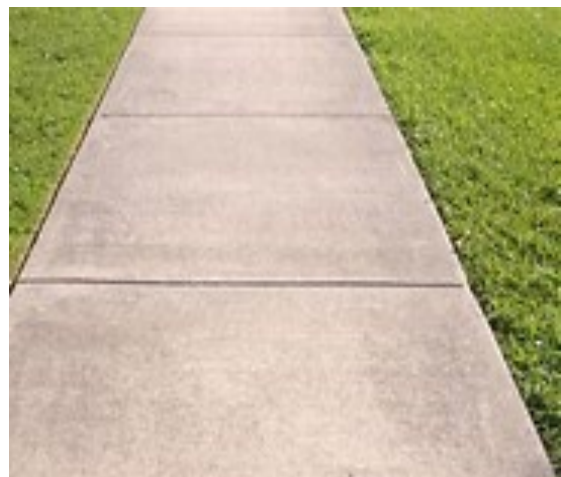
I believe some reality testing is in order. I challenge you to put Vaseline on your glasses or sunglasses, put cotton in your ears, a cane in one hand and bundles in the other. Take a walk on a street with no sidewalk in the sunniest part of the day and the busiest traffic flow. Or better yet, get into a wheelchair. If you don't know of any such streets, I can provide you with many, even private streets that are exempt from sidewalks. I guarantee you that it will be a frightening experience. How unprepared would you feel if you were walking along a sidewalk on a very busy 6 lane road only to find that the sidewalk just disappeared? Then, you have a bright thought to walk back and go to the other side of the street. There you would see that there is no sidewalk at all!

Smoothie needs to be a friendly presence for all of us – school children, joggers, the elderly – all of us who use SHOE LEATHER EXPRESS!

My friends are gone now and I am sad, angry, and annoyed that another thing in my life and in the lives of others with disabilities has to be modified again. We want to be as independent as possible. We have met many challenges silently and it sure would be nice if something good and proper happened before we had to ask, just because.

I don't want much from the outside – just a mailbox, and ATM machine, and a sidewalk to walk to the other two. I hope the next time I write, I will have nothing but acclamations for the “powers that be” to make my town more accessible and to bring my friends around again. Thanks for listening.

Faith's Lost Friends: Blue Eyes, BINGO, and Smoothie





New APTA headquarters scheduled to open in 2021 as part of the Centennial Celebration.



From APTA's Centennial Website (<https://centennial.apta.org/>)

“In 2021, we will celebrate 100 years as a member association—and launch our next century as the largest community for physical therapists, physical therapist assistants, and students.

On this landmark occasion we want to embrace our rich history and generate momentum toward our exciting future.

We want you to engage, celebrate, and serve, as we raise awareness about our great profession and enshrine a proud legacy for future generations.”

Centennial events are scheduled over the next two years, both nationally and in individual states. APTA's celebration is scheduled for September 10, 2021 in Washington, DC. We will keep you posted on any news about that event. For More Information on the new building, go to:

<http://www.apta.org/PTinMotion/News/2019/1/22/APTANewHQ/>

APTA Centennial Steering Group

On January 1, 2021 we will kick off another 100 years of APTA's commitment to improving the health and quality of life of individuals through advancing physical therapist practice, education and research. The centennial steering committee is a Board-appointed group of no more than 10 individuals that will meet regularly over the next several years to shape projects and events leading up to and following the centennial.

The Board of Directors' determined charge for the APTA Centennial Steering Committee is as follows. The group will be disbanded as appropriate, by the Board of Directors, when the charge has been met:

- Identify opportunities for the association and components to commemorate the 100th anniversary of the founding of the Association.
- Recommend key performance indicators for successful celebrations, including but not limited to, physical events, sponsorships and partnerships, public relations and communication.
- Identify tactics to promote the rich history of the profession.
- Participate in steering committee discussion about opportunities to engage the PT community to build a vibrant future for the profession and the association.
- Submit a report to the Board of Directors annually at the November Board meeting, beginning in 2017.

NOTE: The Steering Group has appointed sub-committees. I am serving on the History Sub-Committee and continue to be interested in representing the PrimeTimers in sharing important historic events and anecdotal stories that you want to share. Our newsletter continues to be a mechanism to share your information.

Additionally, Linda Eargle writes: "Let's ask people to send their remembrances of colleagues and mentors who we think who helped transform physical therapy. I'll be happy to collect and organize the emails. I'd love to have some histories of every chapter that the Prime Timers can share."

We want your contributions. We can have 3 or 4 newsletters a year with your help and contributions.

Venita Lovelace-Chandler

FAITH MAKES US THINK:

Faith's story, well-written and clever as always, also makes us think about best housing for seniors. I searched several sites and published articles to find information on best neighborhoods for seniors. Not surprisingly, published research articles acknowledge the lack of research on best practices for good senior living for active seniors who want to remain in the community. Pocket neighborhoods is a concept coming to some cities. A pocket neighborhood is a type of senior living community that is designed around the senior neighborhood concept. By definition, a pocket neighborhood is a planned community featuring multiple single-family homes or duplexes. Homes are built on a smaller scale in what is commonly called a cottage. These homes are constructed around a centralized element, such as a common garden, courtyard, community center, or wellness facility. The goal with a pocket neighborhood is to provide a cohesive and collective community for residents. This encourages social engagement and the feeling of being neighborly. For active seniors who are looking for a more social type of senior living, a pocket neighborhood is a viable option. No parking or roads go through these neighborhoods.

I searched and found that the APTA Academy of Geriatric Physical Therapy convened a taskforce of dedicated members in partnership with the National Council on Aging in March 2019, to work together toward our common missions to optimize the experience of aging and improve the lives of millions of older adults. <https://www.ncoa.org/healthy-aging/>

The charge of this task force is to:

- Develop educational materials on how to create and utilize effective partnerships
- Organize joint co-branded best practice materials for community programs for falls prevention, chronic disease self-management education, and aging well that is directed to older adults, public health officials, and community partners.
- Promote materials from both organizations on an ongoing basis for the long term benefit of members.

I am not a member of that Academy, and perhaps, other information of quality of living for seniors is being developed by the Geriatrics Academy. Maybe, we want to ask them to keep developing guidelines that help seniors in planning. Not everyone can move to a pocket community, and we need to know best practices for wherever we choose to live.

Factors that Matter From the Literature That I found:

Independence Safety Social engagement Public transportation

Nearby entertainment/Culture Mobility Financial Security Healthy activities

What did you think about when you read Faith's story? What "friends" have you lost or even better, what "friends" have you found? What makes your quality of living good? Please send your thoughts for the next newsletter.

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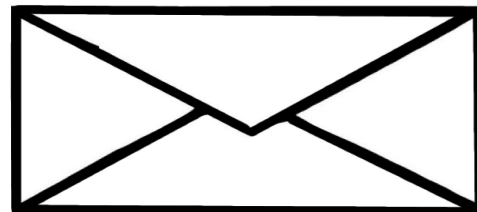
Newsletter Production:

Jessica Lovelace-Chandler

Prime Timers Newsletter Information: Prime Timers News/Updates should be forwarded to **Venita Lovelace-Chandler. Next Edition before NEXT.**

Send news and stories.

N Newsletter



Welcome to New Members:

Barbara Berry, Jeanne Elliott,

Reenie Kavalar, Vicki Keller



**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

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HAVE YOU SENT YOUR DUES FOR

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