

PRIME TIMERS NEWS:

Spring Edition—March, 2020



SPECIAL PRESIDENT'S MESSAGE:

During these challenging times with the Covid-19 coronavirus, we hope that you and your loved ones remain safe and in good health. We are all trying to deal in our own ways with all of the changes in lifestyle and challenges of each day. Now, it is important to let you know

how much we appreciate you. Now, more than ever, we are grateful for what many of you have done over the years to lead our profession through other vexing situations like wars and epidemics, like polio. The physical therapy practitioners dealing with this pandemic are much better equipped to deal with the issues today and are able to offer advanced patient care because of the dedicated practitioners who came before them.

All of us are praying and sending positives messages to our practicing colleagues. Our hope is that they remain safe as they work with patients and clients. The ultimate wish is that this situation results in a minimal number of casualties.

Take care everyone and reach out to friends and colleagues through electronic mail and telephone periodically. Please stay safe. *Neva*

Pictured:
Neva Greenwald, President

PT PRIME TIMERS

Next, 2020

APTA's last NEXT (Annual Conference) Meeting is planned for June 3-6, 2020, in Phoenix, AZ

A lot of your friends (a record of 16,000 PTs, PTAs, and students) attended CSM in Denver. See photos from CSM 2020 Meeting —pages 3-4

In This Issue

Special President's Message—pg1

President's Message—pg 2

Collage of Photos from CSM—pgs 3-4

I See What You Mean (The Giant Blue Bear)—pgs 5-6

Story by Faith Goldman—pgs 7-8
Birthday Celebration—pg 8

Prime Timers Prepare to Celebrate the Centennial—pg 9
Joke from Jessica—pg 9

Officers—pg 10
Welcome New Members—pg 10
Membership Form—pg 11

Prime Timers President's Message CSM 2020

(This message was prepared before the spread of the coronavirus pandemic but remains important as we strive to have life return to normal as soon as possible.)

It is hard to believe that spring is almost here and NEXT in Phoenix is just 3 months away. Now reflecting back on CSM 2020 in Denver--- it was burr cold and there was snow. Fortunately, the cold and snow did not cause major travel issues like we have experienced for CSM in the past. Many hotels were located very close to the Convention Center which was very helpful on the very cold mornings. See the picture on page 5 and read about the very imposing and colorful statue outside of the Convention Hall.

The big news at CSM was all of the historical related activities and merchandise that the Association is planning to help celebrate the centennial year of our member association's founding. It was January 15, 1921 at Keens Chop house in New York that a meeting of women who were leaders and war heroes agreed to create the Association. There was a historical display in the APTA Pavilion as well as samples of centennial merchandise. A branding project was undertaken and the newly developed logo to begin the next century was on display at CSM too.

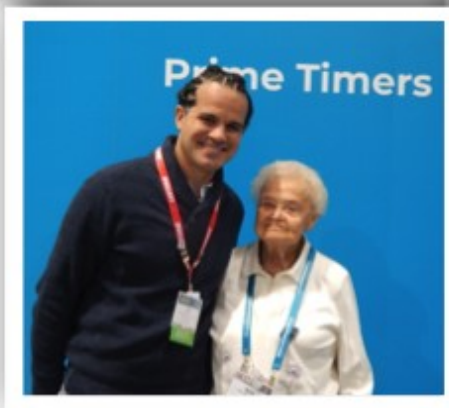
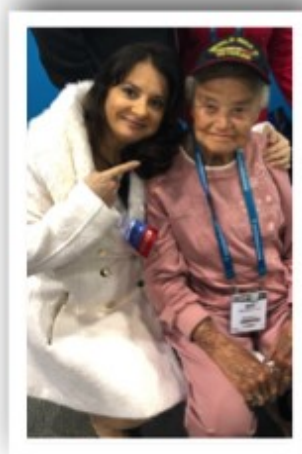
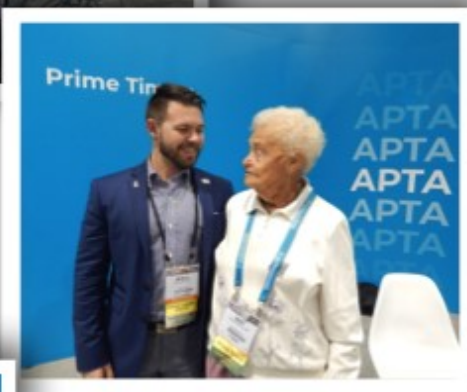
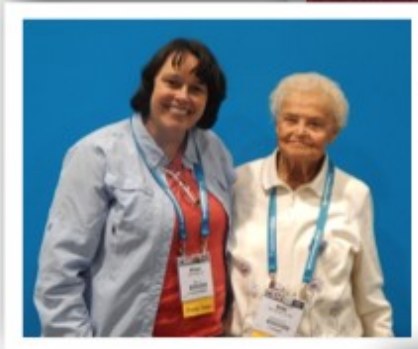
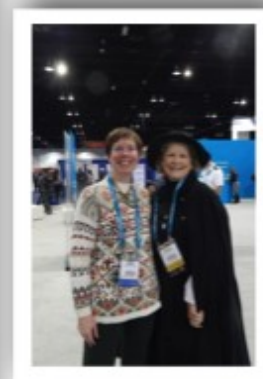
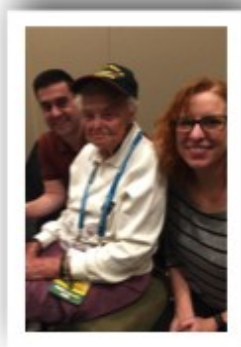
In 2021, the year will begin spectacularly on New Year's Day when millions of people will see the physical therapy float in the Rose Bowl Parade. The California Chapter has been the prime mover on this project as it takes a couple of years to create the design, get it accepted for the event and raise the support money needed. In January there will be founder celebrations at the component level. CSM 2021 will include a "Birthday Bash" and there will be a special weekend of activities in September. In keeping with our vision, service will be a theme throughout the year with some special opportunities for service.

At the meeting, we had another new booth setup again within the APTA Pavilion exhibit. A big thank you to APTA for the space and support. A wonderful time was had by CSM 2020 attendees as we enjoyed seeing so many colleagues but missed many members unable to attend the meeting. We spoke to many attendees, renewed memberships and gained some new members.

A Huge Thank you to two of our members for special contributions to our exhibit, Long time member, Bette Horstman for the many hours spent greeting attendees offering advice/hugs. What a wonderful role model who continues to actively contribute ideas and knowledge in the 90th decade of life. In anticipation of 2021, Venita Lovelace Chandler brought her Reconstruction Aide costume and wore it at the booth and strolling the exhibit hall. Such a wonderful way to recognize our founders. Venita appears in costume as a part of the picture collage in this newsletter.

Looking forward to seeing everyone at NEXT and a Happy Summer.

Neva





“I See What You Mean”



AKA The Giant Blue Bear

Picture with snow taken by Neva during CSM, February 2020.

Lawrence Argent, the artist who created this sculpture of a giant blue bear peeking into the Denver Convention Center's lobby offered the following remarks in various interviews:

“I'm always interested in what might be going on in there, the exchange of information, ideas and ideologies. But there's never really any indication from the outside what's going on inside. I had recently seen a photo in the newspaper of a black bear looking into someone's window and that resonated with me. As for the blue color, that was actually an accident —

(Continued on Page 6)

I See What You Mean aka The Giant Blue Bear story continued:

originally the bear was going to reflect the colors of Colorado, with sandstone colors and things like that. But a printout of the design came back blue by mistake, and I thought that was much more exciting. And it was serendipitous, because [I learned later that] the black bear was very important to the Native American Ute tribes that lived in Colorado — and also that one level of spiritual enlightenment for the Utes was the "blue" level."

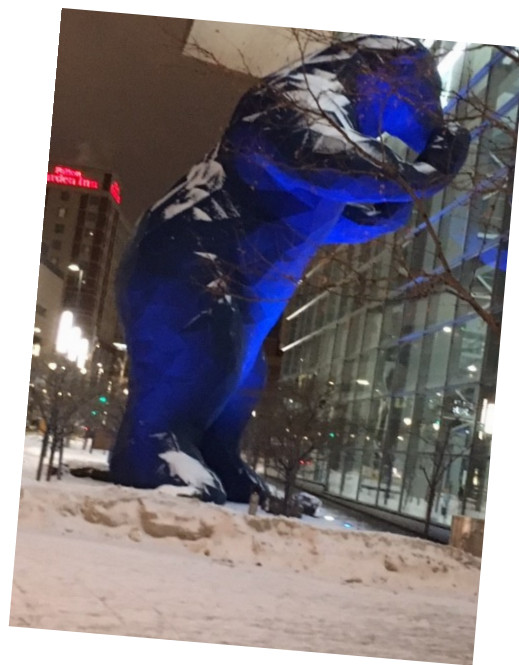
The big blue bear which was installed in 2005 has become an iconic symbol of Denver, according to Denver tourist information. The 40-foot, three-story bright blue bear standing outside the Colorado Convention Center staring in through the soaring front windows is a spot for selfies and souvenir pictures .

The artist, Mr. Argent, has also said that the sculpture was meant to be a playful reflection of curiosity as well as a connection between the residents of Denver and the visiting attendees and exhibitors who come to conferences at the Convention Center.

He shared that he wanted to show his core response to the following: "meeting place; exchange of ideas, transference of information; regional western art and the thought of what that is from a non-resident's perspective; and the natural surroundings of Colorado. The architecture [of the Convention Center] is such a dominant presence in the location so I thought it best to place a work that did not conflict with the essences of its design or stature, and which would embrace its uniqueness of form and the relationship to the space it occupies. Scale, therefore, became an extremely important consideration. I also wanted to bring the mountains (the assumed idea of Colorado) down to Denver to prompt visitors' awareness of the uniqueness of their location."

Mr. Argent died in 2017, but his legacy remains playful and inspirational. I have been privileged to attend all but three CSM meetings since those meetings began to happen and all but three APTA Annual Conferences since 1973. After learning the story of the Giant Blue Bear, I have a visual of what I always hope for when go to the meetings and spend time with colleagues, I hope I see what you mean, I hope I learn, I hope I expand my perspectives of patients and families, I hope I am a better physical therapist.

(Absolutely no reason for this second picture of the bear except that I liked him a lot, took 100 pictures myself) and wanted you to continue to picture him as you read what the author said.) Story by Venita Lovelace-Chandler



TREES ARE MY FAVORITE NATURE'S WORK OF ART PERHAPS I AM A TREE OR A SPECIAL NEEDS KID NOW A FULL GROWN ADULT

— YOU DECIDE

BY FAITH BECKERMAN GOLDMAN, PT

They say I was birthed into this great earth a little early. As I am now over three quarters of a century old, my memory bank is a little fuzzy. And my care-givers are no longer here to retell my story. So some of my personal documents have told me the following - they say I needed special care in my earliest of days and that I wasn't like others. Did that matter to my care givers? Not a bit, but World War 11 was raging; many men were drafted, women were doing factory work, all were on rations – but somehow my needs, that required financial funding, were being met without a blink of the eye. I was cocooned into a bubble type environment, warming done with many bright lights, and 100% oxygen. 24/7 hours a day for 10 days seemed to be the recipe for a better chance for my future.

I was then transported into the real world. Kind of isolated not too near others, I started to grow. I could see the others near me were stronger, straighter, and had a bounce in their persona. “I'd get there, I thought to myself.”

Through the help of external supports below my center core, I learned to reach for the sky a little harder and with more confidence. Special mechanically inclined folks knew how to adjust the supports to the great time when the outside helpers were actually removed for good! I looked and felt like the rest of my pals. No one could tell I had special needs.

As time went on, my “roots” were deeply planted, my midriff became wider, and my head became adorned with beautiful curls. Not sure of the color of my curls at one time as my environment had something to do with the changes. I was born and grew up on the East Coast.

I am full grown now and probably look my age. I earned ripples in my skin, little kinks in my joints, and occasionally lost my curls. Sometimes professionals have helped fix those aging side effects but more seem to creep up as the years go by.

If you come into my home, you will see that the walls are adorned with various pieces of artwork about trees —

(Story continued on the next page)

TREES ARE MY FAVORITE NATURE'S WORK OF ART PERHAPS I AM A TREE OR A SPECIAL NEEDS KID NOW A FULL GROWN ADULT – YOU DECIDE (Continued from previous page.)

– some trees in a grove and some by themselves. The material of which the artwork is made goes from silk to painted oilcloth to metal to glass crystals. And each piece of art has a story. When I look and admire and “dust” these wonders of nature, I feel their strength and love and feel G-D has provided a place in this world for me to be. G-D bless nature. And to those who have helped me along IN THIS WORLD.

Perhaps I think of myself as a tree – Can I be both? You decide.

(This story was written as we prepared for the Jewish Holiday of Tu BiShvat – the New Year of the trees in Israel. It occurs on the 15th day of the Hebrew month of Sh’vat which, in the English calendar, is February 9/10th. We celebrate with four cups of wine of varying colors for the seasons and 12 kinds of fruit.)



HAPPY BIRTHDAY WISHES FROM YOUR PRIME TIMERS

Look for The Prime Timers birthday greeting in your email during your birthday month. The subject line will indicate, Linda sent you this greeting from Blue Mountain!. Enjoy the card as a reminder that your Prime Timer friends rejoice in your celebration. We wish you a joyous 2020, full of good health, friends and new adventures.

We have a few Prime Timers who do not use emails and would love to have someone volunteer to send birthday cards to those very special members. Faith Beckerman Goldman sends these cherished colleagues print copies of the newsletter, but we'd like someone to send birthday greetings as well. If you are interested, please contact Linda Eargle at lkeargle@yahoo.com.



PREPARING TO CELEBRATE THE CENTENNIAL

“The longer you look back,” said Winston Churchill, “the farther you can look forward.” “History is to society as memory is to the mind” is an adaptation of a quote by Arthur Schlesinger on the importance of knowing our history to shape our future.

So, I suggest that each of us reflect on the physical therapists and physical therapist assistants and events in our professional career that need to be shared as we move into our next 100 years of the profession. Please send your remembrances with your chapter and sections as well as your personal remembrances and experiences to Venita Lovelace-Chandler for publication in a Prime Timer newsletter.

Two questions for you as you begin to think about your professional journey..

1. How would you like to celebrate with us in Orlando where CSM 2021 will occur?
2. Did you know that California’s chapter of APTA will have a float in the Rose Parade 2021?

JOKES FROM JESSICA

(My daughter who helps with the newsletter, is a very funny lady—of course, I think so. I asked her for one joke for each newsletter. She said I had to learn how to create a joke.

Together, we came up with this little treasure:

How many PTs does it take to reach up to change a light bulb?

Two

One to change the light bulb and another one to mobilize the scapula of the first!



Not funny enough??? Ok, give us some more contributions.

As we go to press, **CMS has approved a waiver for e-visits to allow physical therapists to engage in telehealth to treat patients during the pandemic.** The patient must request the e-visit. Many restrictions apply but a start. Interesting how disasters can lead to progress. If you are reading this newsletter, most likely you are high-risk for the Covid-19 virus.

Please take care of yourself.

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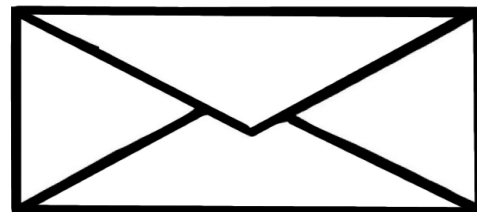
Jessica Lovelace-Chandler

Prime Timers Newsletter Information: Prime Timers News/

Updates should be forwarded to **Venita Lovelace-Chandler**.

Send news and stories.

N Newsletter



Welcome to New and Renewing Members:

Jeannette Anderson

Allison Brookins

Gail Elliott

Nancy Johnson Bookstein

Donna Muollo

Susan Ryerson

Sheila Watts

Eric Arguello

Jeannie Coe

Debra Gray

Reenie Kavalal

Steve Parent Leon

Jerry Smith Michelle Tourne'

Mary Ann Wharton



**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

PT
PRIME
TIMERS

