

PRIME TIMERS NEWS:

Fall Edition—October, 2020



PRESIDENT'S MESSAGE:

Hello, just checking in with everyone. I hope that this message finds everyone well and safe. CSM 2020 and in person Physical Therapy Meetings seem to be a lifetime away along with other aspects of everyday life. This message is a compilation of several that I wrote after CSM and didn't get out to all of you due to some of my technical and other issues.

Since our last in person event at CSM, a viral pandemic COVID ---has changed everything. All of us are getting to know different ways of doing things and new terms social distancing--- mask wearing and new communication methods. A majority of us learned to stay at home sheltering in place as the country locked down except for essential services in most places. In a situation of no visits with friends, no religious gatherings, no club meetings and no concerts or athletic events has forced many of us to plan the day in new ways and create new challenges for ourselves.

The past few months have been full of frustration, anxiety, discovery too as we adjusted to new ways of doing everyday activities. While sheltering in place we discovered how to order more on line, do a visit with our doctor via telehealth care, make a grocery shopping list for someone else to do and bring to the house or in many instances order on line or pickup things like medicine/ dog food/ plants/ flowers/meals at curbside.

Pictured:
Neva Greenwald, President

PT PRIME TIMERS

About APTA

With the last scheduled APTA 2020 NEXT face-to face Meeting and CSM 2021 being offered virtually because of the Covid-19 Coronavirus, we are looking forward to Founder's Day and Centennial Celebrations—see page 11. The House of Delegates was held virtually—see pages 7-10 for highlights and pics on page 14

In This Issue

President's Message—pg1-2

Fran & Marilyn cruising—pg 3

Collage of Photos —page 4

THE GOOD SHIP LOLLIPOP
Story by Faith Beckerman
Goldman—pages 5-6

Birthday Wishes—pg 6

House of Delegates 2020—
pgs 7-10

Prime Timers Prepare to Celebrate the Centennial—pg 11

A Reminder of History from
Virginia Metcalf—page 11

Officers—pg 12
Membership Form—pg 13

House of Delegate pics—pg 14

PRESIDENT'S MESSAGE (Continued from page 1)

Another very confusing aspect of the situation is that since states have primary responsibility for the health of their residents rules are very different from state to state and in some instances from one part of a state to another as metropolitan areas many be different than rural areas. We also keep learning new things about the virus and some rules change week by week.

We have become more dependent on the phone and TV for news and social interaction. Our meetings for all organizations and religious groups have become virtual via Zoom or other communication methods. We can be thankful that the internet and cell phones can be used so effectively. For myself and several friends we keep in touch regularly with a morning message and responses. We look forward to meeting for coffee or lunch etc. in a few months. The positive side of the aftermath of the pandemic restrictions is that it has given many of us an opportunity to relax s, participate more in hobbies, enjoy the outdoors, complete some tasks that always were at the bottoms of our lists and perhaps take on a new interest or activity.

Like the rest of society physical therapy practitioners have learned to cope with the changes in health care delivery--- limited visits, many folks not willing to risk hospital or outpatient visits. Telehealth has become an accepted and often used mechanism for physical therapy visits. Some physical therapy practitioners have lost their positions and others have changed their areas of practice over the last couple of months. On the other hand, many physical therapy services are needed now to provide acute and rehab services for the individuals who have contracted COVID. In some ways, it is like the polio epidemics of many years ago with unknowns on effective treatment and challenges related to rehabilitation.

It is sad that the NEXT Conference in June was cancelled. I was looking forward to seeing many of you there. See information on the virtual HOD NEXT in this newsletter. As we move towards the 100 anniversary of our association many changes are in store. We will have another issue of the newsletter very soon with information on 2021. I look forward to our meeting in person again soon.

Neva

Note: We noticed that migration of APTA to the new platform, including the Foundation for Physical Therapy page resulted in a complication where 2 links were listed side-by-side for the Prime Timers. If you clicked on one link, you got to the newsletters including the 2020 newsletters. Other link did not go past 2019 newsletters. Check again—should be fixed.

Marilyn Miller and Fran Kern—These two lucky ladies managed a cruise right before the virus and shut-down. Next time—invite us all!!!

Marilyn's Story: Celebrating 2020

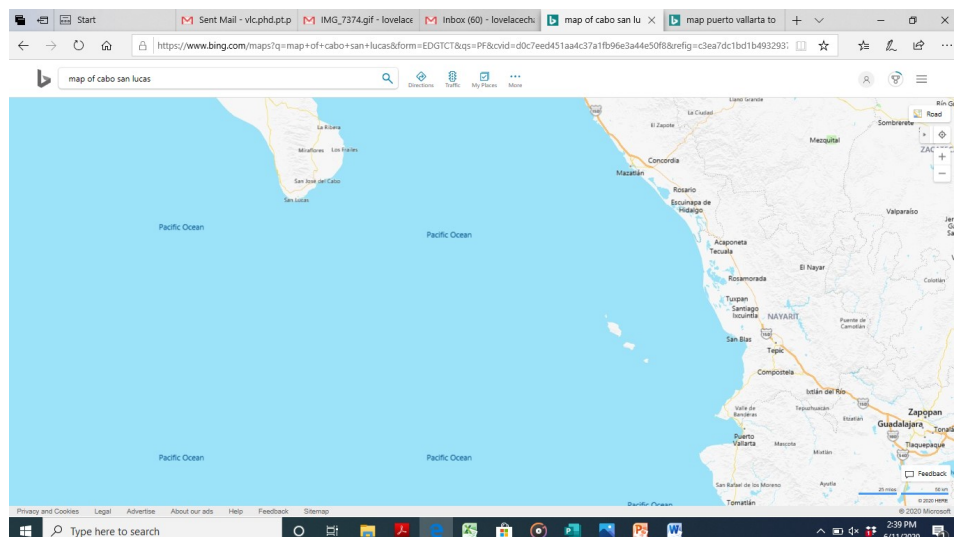
What better way to celebrate a new year, a new decade, and 2 generations of friendship than to cruise the Pacific Coast of Mexico roundtrip from San Diego! For 2 Californians departing on a cruise from home is an added vacation from TSA and hassles of air travel. Marilyn Miller and I spent a delightful 7 days with perfect weather visiting new and familiar ports of Puerto Vallarta, Mazatlán and Cabo San Lucas. Beyond shopping, a highlight of the trip was a shore excursion of Sinaloa State from Mazatlan. The good fortune of a tour guide who was a retired history teacher with flawless English [a benefit for 2 who are not fluent in Spanish] made visiting 3 colonial towns come alive with the centuries of development from the time and artifacts of native peoples, Spanish colonial times, and current Mexican government programs.

From watching a potter throw clay into a an object and decorate with color while potting; to sampling pastry from a baker using an oven 2 centuries old, the day was filled with information, experiences, and good food which made for lasting memories. Fellow cruisers made for interesting dinner companions, while the cruise itself was a comfortable balcony cabin. In addition to floor shows, entertainment included Bridge and casino for Fran with Tech Updates and Lincoln Center Live performances for me"



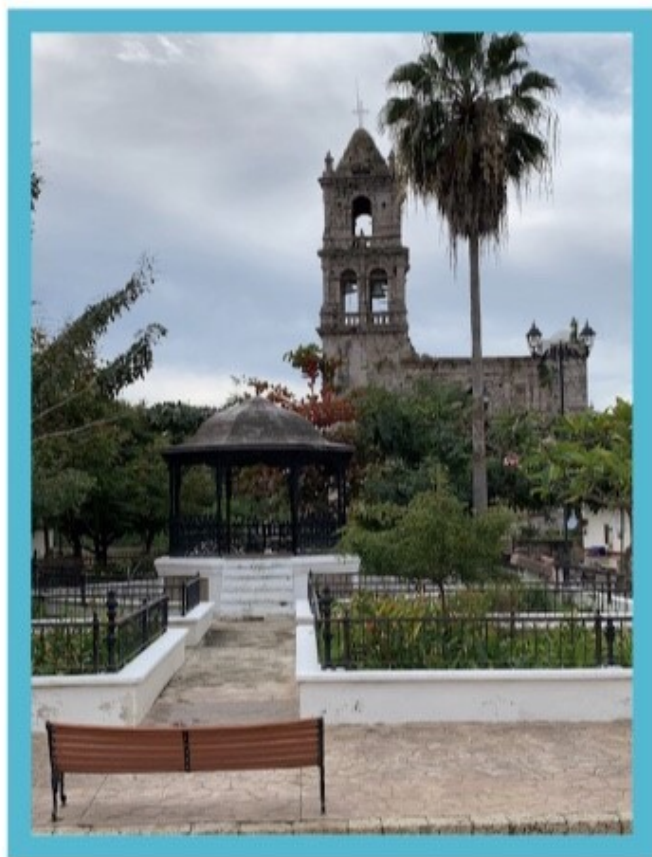
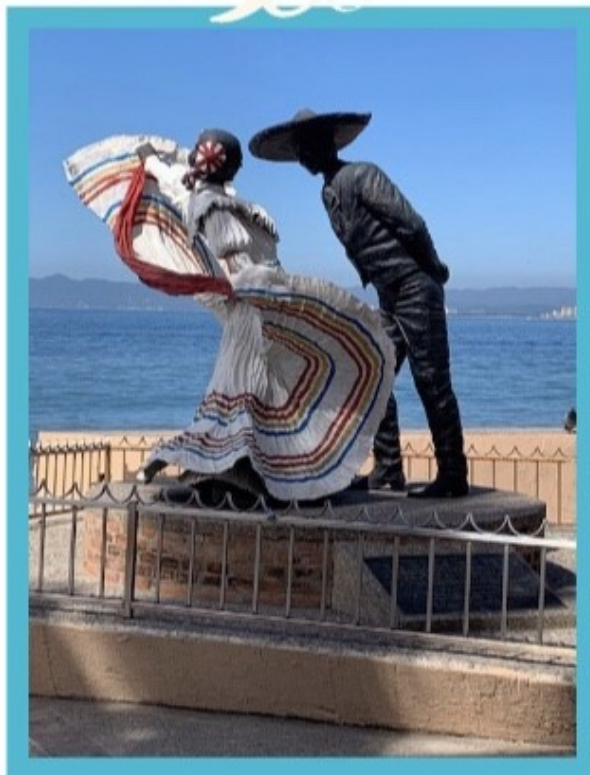
A wonderful week of fun, sun, and memories for friends to start the year.

(More pictures on the collage on the next page.)





Cruisin'



THE GOOD SHIP LOLLIPOP

BY FAITH BECKERMAN GOLDMAN, PT

For 1,000 patients, the USNS MERCY that docked in the Port of Los Angeles yesterday will be providing just that – MERCY. The Webster's Dictionary, of which I still have a copy, defines MERCY as compassion. The song THE GOOD SHIP-LOLLIPOP was made famous in 1934 and sung by Shirley Temple and was a night-time dream of lollipops, Cracker- Jacks, Tootsie Rolls and many other confections that were available at Peppermint Bay. Wouldn't it be great if the image of this ship could be just for candy but ~~~~~~. Circumstances beyond our previous experience in the United States resulted in the need for help from our Armed Forces. A male friend called me from an area around The Port describing the beautiful sight of the white ship against the blue water. I emphasize male because this young man, a refugee from Pakistan, was in tears as he described this huge miracle boat that represented to him Peace, Safety, and Encouragement.

The route my friend took to get to the Port is one I am very familiar with - Palos Verdes Drive South through the serene and beautiful properties to Western - take a right on Western past Green Hills Memorial Park and then towards the Port. But wait – It seems so surreal that his route is one I would take with my friend – my driver – to pay my respects at several grave sites – mostly to the resting place of one Robert Goldman – husband, father, friend, Uncle, and Mensch (really great person) whose life was cut off so very short at the age of 54 in 1994. When Robert was on life support for almost a week, I had the awful “job” of purchasing a burial plot. The severity of his heart attack and the fact that his heart was not restarted for twenty minutes gave me and my family the go ahead to arrange “burial plans”.

Those plans of choosing a site and paying for the burial were very routine for the representative of Green Hills. But he never made it feel routine and was as compassionate as could be. There was a small Jewish section literally owned by Congregation Ner Tamid in Rancho Palos Verdes. And only three plots left. It didn't take but two seconds to chose which of the three. The one high at the top of the grassy knoll overlooking the Port. The other two were below his – one in the middle and one at the bottom. The air was crisp and clean and clear that day and the waterways were busy with large container ships going in both directions. Robert would have full view, and it is surreal that his life's profession was that on International Air and Sea Freight Forwarding. From the time I met him in 1965 just having been discharged from the U.S. Army, he knew his career would have something to do with the world's trafficking of goods. He also spoke 5 languages fluently. By 1965 and at his age of 25, he had been to many countries – China, England, Switzerland, Italy, the United States and Germany – I at the age of 22 had barely been outside of my state of Connecticut.

(Story continued on the next page)

THE GOOD SHIP LOLLIPOP

(Continued from previous page.)

When my friend was finished observing as much as he could at the Port checking out MERCY, he recalled that he had taken me many times to Robert's resting place high on that grassy knoll. He called me again from Robert's gravesite to say he was putting a stone on the granite – following a tradition in the Jewish religion. It is a sign that someone was paying a visit. Again, my friend was in tears.

His mission that day was not yet completed and when he got back to Torrance, he went home, showered, changed his clothes, and went to the mosque to pray for all who are needing prayers of healing.



My story seems a little disjointed right now because the world is, and thus, am I. But I am grateful the Ship Mercy is here to help and am grateful that my friend took me on his journey. When the Green Hills Memorial Park is visited today and for however long it will take for the ship to be no longer needed, I too will view the Port from Robert's resting place. Green Hills has always been welcoming to me – their staff, the upkeep of the actual property, their business transactions have always been A+ to me. Even when I wrote the check for the funeral on an account I had already closed, they treated me with caring.

I hope Green Hills actually doesn't have a lot of business because of this virus but I know they will and that they will handle each case with dignity.

May everyone be safe and healthy and compliant. Just for a few moments, picture the ship MERCY as a Good Ship Lollipop busting with sweetness. Give yourself permission to dream happy thoughts. Amen

BY FAITH BECKERMAN GOLDMAN, PT

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.



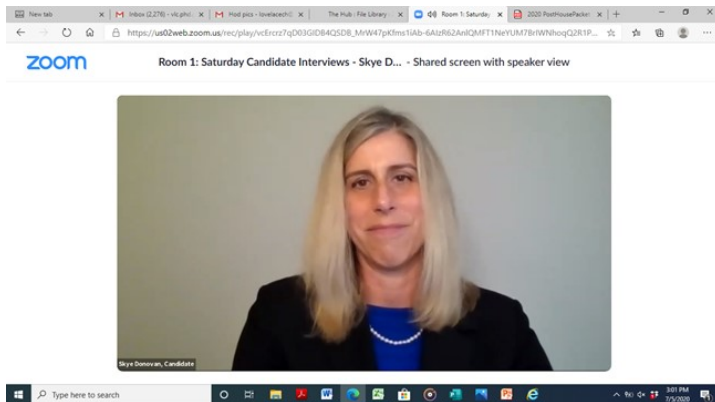
We have a few Prime Timers who do not use emails and would love to have someone volunteer to send birthday cards to those very special members. If you are interested, please contact Linda Eargle at lkeargle@yahoo.com.

House of Delegates –2020

I had the pleasure of speaking with Virginia Metcalf just before the start of the House of Delegates. (HOD) I was lamenting about not being able to participate in person as a delegate having been elected by Texas for what would probably be my last 2-year term. She challenged me to view the historic virtual meeting with new perspectives. Here is what I saw and a bit about the work that was done.

Pre-House Activities

All delegates were concerned about how the process of a virtual House would proceed, and the town hall meetings and the discussion hub were filled with ideas to make the work of the HOD more efficient. Delegates from many states suggested considering only the most vital motions and waiting until next year to consider Bylaw changes, but bylaw changes were considered after all. The Consent Calendar, a list of motions to be considered all at one time by general consent, was suggested as a tool to be used for even more efficiency than usual. A few motions were withdrawn by state delegations, and a consent calendar with nine motions was presented to the Delegates at the start of the HOD.



CANDIDATE INTERVIEWS

<file:///C:/Users/Owner/Downloads/2020%20Candidate%20Interview%20Recordings%20FINAL.pdf>

Candidate interviews were conducted virtually in May and the candidates gave their statements and provided responses to questions. Unfortunately, technology complications interfered with the second set of interviews. Those candidates were great sports and their recorded interviews were available at a later date.

(Skye Donovan, PT, PhD, Successful Candidate for Director.)

CHECK YOUR TECH:

Pre-House Training: Delegates also were asked to prepare for the HOD by attending one of several sessions in late May called Check Your Tech. The Speaker of the House led the sessions with help from Kyle Covington, PT, DPT, PhD, Vice Speaker, and APTA staff. Training was well planned and all delegates were able to practice. I had been using the Zoom platform for some meetings and a weekly dinner with friends, but I was introduced to LUMI, a platform for voting.

In the meantime, the large Texas Delegation had decided to use GroupMe for communicating with one another during the House. I was unsure if I could handle all of these platforms simultaneously and look at House documents.

(Susan R. Griffin, PT, DPT, MS, Speaker of the House of Delegates (WI))



House of Delegates –2020

On June 1, I started the House with a Texas Caucus. We finished our discussion of the candidates and the motions to be considered. At 5:00, with over 400 delegates participating and representing all chapters, sections, and assemblies, the HOD began. The House discussed 42 motions over three days. Of the 42 motions, the House passed 33, of which 6 were bylaws amendments. The House referred 2 motions, one motion was defeated, and 6 motions were not considered.

Several important changes occurred including allowing Section Delegates to have a vote and allowing Life Members to serve as Delegates to the House of Delegates. (Motions highlighted below.) These two motions have been considered several times previously, but this year was the successful time. Several delegates mentioned that one of the changes with a virtual HOD is that no applause happened after the Sections vote which probably would have happened in a face-to-face meeting.

BYLAWS AMENDMENTS

RC 1-20 Amend: Bylaws of the American Physical Therapy Association to Grant Life Members the Privilege of Serving as Delegates to the House Of Delegates – PACKET I (PASSED, CONSENT CALENDAR)

RC 2-20 Amend: Bylaws of the American Physical Therapy Association, Article XI. Finance, Section 3: Dues – PACKET II (PASSED)

RC 3-20 Amend: Bylaws of the American Physical Therapy Association and Standing Rules of the American Physical Therapy Association to Change the Date That National Elected Leaders Assume Office – PACKET I (PASSED, CONSENT CALENDAR) Bylaws Amendments

RC 4-20 Amend Bylaws of the American Physical Therapy Association and Standing Rules of the American Physical Therapy Association to Allow a Public Member to Serve of the APTA Board of Directors – PACKET II (PASSED)

RC 5-20 Amend: Bylaws of the American Physical Therapy Association, Article XIV. Amendments – PACKET I (PASSED, CONSENT CALENDAR) • RC 6-20 Amend: Bylaws of the American Physical Therapy Association to Allow Sections to Vote in the House of Delegates – PACKET I (PASSED)

MAIN MOTIONS PASSED

RC 00-20 Consent Calendar – PACKET II (*PASSED UNANIMOUSLY*)

RC 8-20 Amend Standing Rules of the American Physical Therapy Association, 18. Background Paper Development – PACKET I (*PASSED*)

(Continued on the next page)

House of Delegates Information Continued from previous page

RC 11-20 Amend: Support of Environmentally Responsible Practice by the American Physical Therapy Association and its Members (HOD P06-19-56-23) –PACKET I (*PASSED*)

RC 12-20 Amend: Guidelines: Professional Oath for Physical Therapists (HOD G06-19-59-72) –PACKET I (*PASSED, CONSENT CALENDAR*)

RC 13-20 Amend: Definition of Underrepresented Minority Populations in Physical Therapy Education (HOD P06-14-13-08) –PACKET I (*PASSED*)

RC 14-20 Amend: Code of Ethics for the Physical Therapist (HOD S06-19-47-67) to Incorporate Core Values for the Physical Therapist and Physical Therapist Assistant –PACKET I (*PASSED*)

RC 18-20: Amend: Guidelines: Recruiting and Hiring Internationally Educated Physical Therapists (HOD G06-94-34-45) –PACKET II (*PASSED*)

RC 19-20 Amend Honoraria for Board of Directors (HOD Y06-19-70-34) –PACKET I (*PASSED*)

RC 20-20 Amend: Standards of Practice for Physical Therapy (HOD S06-19-29-50) –PACKET II (*PASSED*)

RC 21-20 Adopt: Zero Preventable Patient Harm –PACKET II(*PASSED*)

RC 22-20 Adopt: Practice and Business Financial Arrangements for Physical Therapists –PACKET II (*PASSED*)

RC 23-20 Adopt: The Role of the Physical Therapist and the American Physical Therapy Association in Sleep Health –PACKET I (*PASSED, CONSENT CALENDAR*)

RC 24-20 Adopt: The Role of the Physical Therapist and the American Physical Therapy Association in Behavioral and Mental Health –PACKET I(*PASSED, CONSENT CALENDAR*)

RC 26-20 Adopt: Financial Transparency of Physical Therapy Education Programs –PACKET I (*PASSED*)

RC 28-20 Adopt: Workforce Planning –PACKET II (*PASSED*)

RC 29-20 Charge: On Workforce Supply Planning –PACKET II (*PASSED*)

RC 30-20 Adopt: Support of Emergency Physical Therapist Practice –PACKET I (*PASSED*)

House of Delegates Information Continued from previous page

RC 31-20 Charge: Barriers to and Opportunities for Emergency Physical Therapist Practice –PACKET I (*PASSED*)

RC 32-20 Adopt: World Confederation for Physical Therapy Congress Dubai 2021 –PACKET I (*PASSED*)

RC 33-20 Adopt: World Confederation for Physical Therapy Congress Location Selection –PACKET I (*PASSED*)

RC 34-20 Charge: Presentation of APTA Motions to 2023 World Confederation for Physical Therapy Congress –PACKET I (*PASSED*)

RC 35-20 Charge: Explore the Scope and Impact of Uncompensated Physical Therapist Services –PACKET I (*PASSED*)

RC 38-20 Charge: Discontinue Reports to the House of Delegates for RC 41-01 Public Relations Campaign and RC 30-05 Consumer Information Available on the American Physical Therapy Association Web Site –PACKET I (*PASSED, CONSENT CALENDAR*)

RC 39-20 Election to Honorary Membership in the American Physical Therapy Association: John J. Bennett, JD –PACKET I (*PASSED, CONSENT CALENDAR*)

RC 40-20 Election to Honorary Membership in the American Physical Therapy Association: Dale M. Needham, MD, PhD –PACKET I (*PASSED, CONSENT CALENDAR*)

RC 41-20 Charge: Appropriate use of Telehealth in Physical Therapy –PACKET II (*PASSED*)

RC 42-20 Adopt: Acknowledgement of Service and Support in Response to COVID-19 Pandemic (*PASSED*)

MOTIONS REFERRED

RC 7-20 Amend: Bylaw Amendment and Standing Rule Amendment to Restructure APTA Board of Directors by Removing the Officers of the House of Delegates –PACKET I (*REFERRED TO THE SPECIAL COMMITTEE TO REVIEW APTA BYLAWS AND PREPARE AMENDMENTS*)

RC 10-20 Amend: Standing Rules of the American Physical Therapy Association, 21. Definitions of Viewpoints and Administrative Directives –PACKET I (*REFERRED TO THE SPECIAL COMMITTEE TO REVIEW APTA BYLAWS AND PREPARE AMENDMENTS*)

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.

In the newsletter in March, two questions were asked 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?

As you now know, CSM 2021 had to be cancelled. Events will be planned for later in 2021 for the celebration. Here is what is known now and scheduled.

Founders’ Day – January 15, 2021

The APTA is hopeful that chapters will host celebrations to honor the founding of our association. APTA will hold a celebration at Keens Steakhouse in New York, where the association was founded on January 15, 1921. Attendance at Keens will be limited and invitation-only, but APTA is planning some virtual events. Prime Timers will provide info in the next newsletter

Centennial Gala Weekend – Washington, DC September 10-14, 2021

A Gala, the House of Delegates, and a Future of Physical Therapy Summit are planned for these dates in September. More to follow.

2. Did you know that California’s chapter of APTA will have a float in the Rose Parade 2021?

Unfortunately, the parade was cancelled. The California Chapter is undoubtedly very disappointed as the Chapter had qualified to be in the parade.

Virginia Metcalf recently wrote that she has been re-reading Wendy Murphy’s book, *Healing the Generations*. She noted that Marguerite Sanderson was at the docks in New York seeing the Reconstruction Aides off, and she said to them to stay warm, get lots of sleep, and **DON’T FORGET TO WEAR YOUR MASKS**. The Aides had been issued face masks because of the flu epidemic and the close quarters on board the ship. Thank you Virginia for reminding us of that history.

Please take care of yourself. Wear a mask. Wash your hands. We need YOU.

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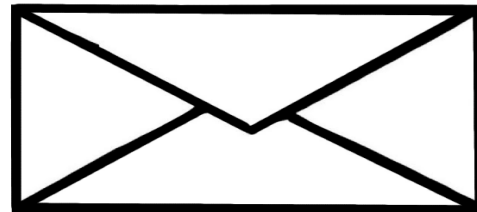
Jessica Lovelace-Chandler

Prime Timers Newsletter Information: Prime Timers News/

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

Send news and stories.

Newsletter



Editor's note: I have only missed 2 Annual conferences since 1973. I was really looking forward to the last celebration in this format, but that wasn't to happen. CSM is cancelled as well. I have never gone so long without seeing colleagues. Hopefully, we will see each other in September of 2021 for the Centennial Gala and House of Delegates. Life unfolds as it will. I wish you all health and happiness.
Venita

**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. If your dues were due at the time of the NEXT meeting,
send them now!!*

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 or

cash] to: Fran Kern

17328 Ventura Blvd. #242

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HAVE YOU SENT YOUR 2020 DUES?

**PT
PRIME
TIMERS**

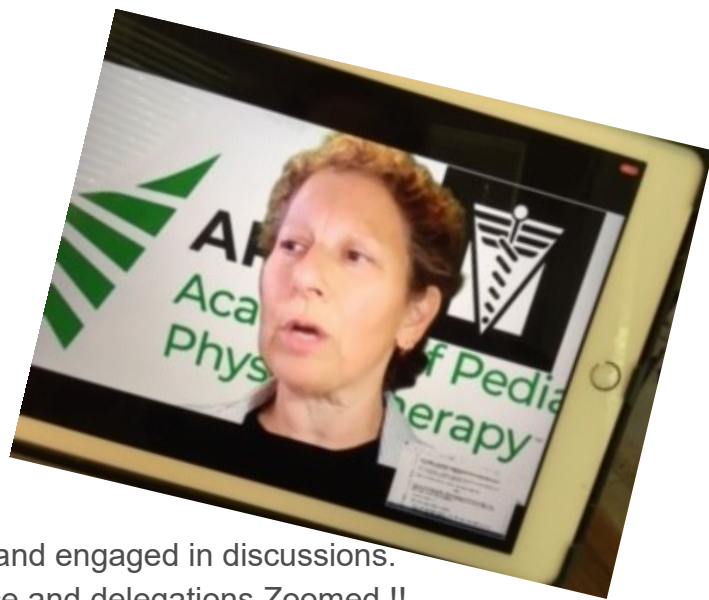
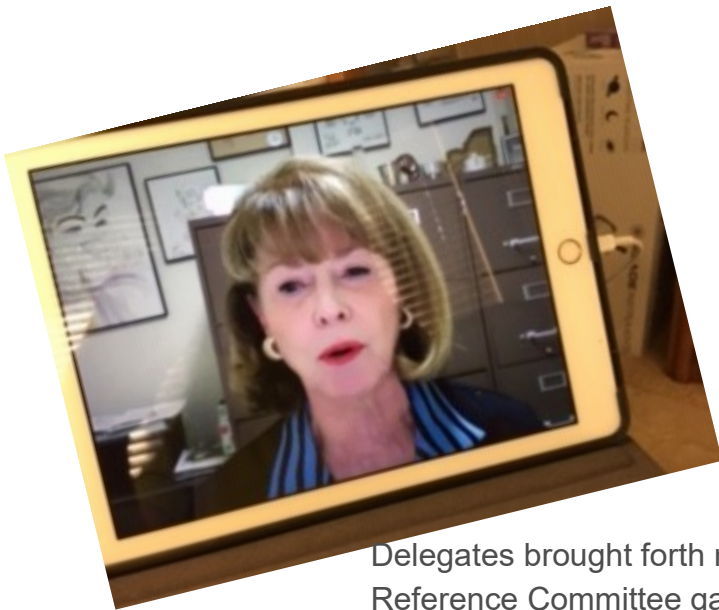
A Virtual House of Delegates— The Same and Yet so Different



APTA's President spoke and gave an Address as always.



Members of APTA's Board of Directors participated as always



Delegates brought forth motions and engaged in discussions.
Reference Committee gave advice and delegations Zoomed !!



We did it!

