

# PRIME TIMERS NEWS:

Winter Edition—January, 2021



## PRESIDENT'S MESSAGE:

The hectic rush to get things done, changes in how we celebrate the season, the spiritual renewal and communications of the 2020 holiday season are now behind us. My hope is that it was meaningful if not pleasurable for all. 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, despite all the new and unfamiliar

ways we are now approaching life. However, you choose to celebrate the holidays, my wish is that you were able to spread cheer and hope to all those closest to you.

Happy New Year 2021. As we enter another year, 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. The efforts of everyone will continue to benefit us all. Special thanks to the leadership members, Fran Kern, Linda Eargle, Venita Lovelace-Chandler and special volunteer Bette Horstman...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 but will never be forgotten as their contributions as well as friendships have enriched our lives in many ways: past, present and future.

(Message continued on page 2)

**Pictured:**  
**Neva Greenwald, President**

# PT PRIME TIMERS

## About APTA

Founder's Day—  
January 15

Ribbon Cutting for the  
Centennial Center  
8:30am CST.

Founder's Day Virtual  
Celebration at 7pm  
CST.

More Centennial Cele-  
bration info on p 2.

## In This Issue

President's Message—Pages  
1-2

Founder's Day Activities—  
Pages 2 & 4

Remembering Dr. Anne  
Pascasio —Page 3

Quotes from Dr. Pascasio,-  
Page 4

CSM— Page 4

Meet the President—Pages  
5—6

Birthday Wishes—Page 7

Officers—Page 9

Membership Form—Page 10

## PRESIDENT'S MESSAGE (Continued from page 1)

In 2021, as we enter the 100<sup>th</sup> anniversary of The APTA, we reflect on how far our profession has changed in our efforts to provide care, education and research for the enhancement of the many we serve. As technology and knowledge have expanded, we have embraced new ways of providing services and learned to use our physical therapy skills in new and expanded ways. Just in the past year, we have changed our practices in very dramatic ways to protect everyone and provide services using telehealth to maintain care/education.

For almost a year now we have not had the opportunity to meet in person with many of our colleagues. Instead we have learned to use technological methods for communication instead of small and large gatherings. Our 2020 Next conference and HOD was a “zoom” event. So there was no opportunity to just visit and share ideas after a busy day of educational and or business events. Our century of service celebrations including CSM and other related events will be largely “zoom” too. Hopefully most of us will be able to participate in them. I look forward to a time when we can meet in person again.

My wish for you is that 2021 is a memorable, happy, healthy, prosperous and peaceful one for all. Everyone stay healthy and safe The best is yet to come.

*Neva*

---

## APTA Founder's Day Activities—January 15, 2021

The Centennial Center Ribbon Cutting will occur at 8:30 CST on Friday, January 15 in an APTA social media event on Facebook. You can RSVP to attend at the following link:

[APTA Centennial Center Ribbon Cutting | APTA](#)

The Founder's Day Celebration—an APTA social media event on Facebook will happen later that day at 7pm CST. Here is the link to RSVP for that event.

[APTA Founders' Day Celebration | APTA](#)

Facebook events may be difficult for some of our members. The events will be covered as much as possible for the next newsletter.

## 51st Mary McMillan Lecture

The Founder's Day Weekend Series will occur on January 16-17, 2021. The virtual events will include the 51<sup>st</sup> Mary McMillan lecture by Stuart Binder-Macleod, PT, PhD, FAPTA at 6:00 pm CST on January 16. Here is the link to register: [APTA Founders' Day Weekend Series | APTA](#) (more on page 4)

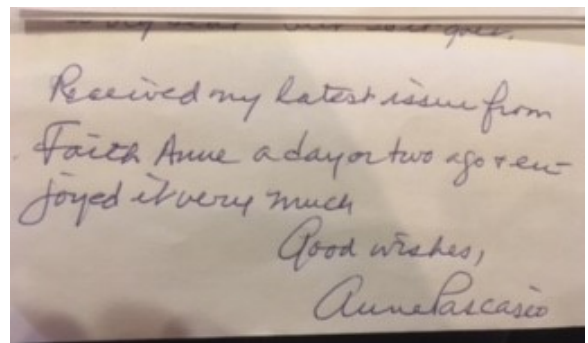


# ANNE PASCASIO, PT, PHD, FAPTA

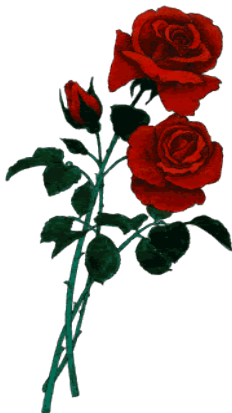
Dr. Pascasio passed away on June 22, 2020 as the age of 95 years. APTA honored her by noting her to be a physical therapy educational leader who fostered changes that still have a positive impact today. She was one of the first female deans, and she served as the first dean of the University of Pittsburgh's School of Health-Related Professions (now the School of Health and Rehabilitation Sciences) for fifteen years until 1982. Dr. Pascasio was a scholar who was recognized for her educational and scholarly activities as a Catherine Worthingham Fellow. She served the association on the Board of Directors and the Nominating Committee, and she continued service in her retirement by being a longtime volunteer and contribution collector for the Greater Pittsburgh Community Food Bank. Anne wrote a story for us in June of 2017 about her work with the Food Bank. She wrote to me often, complimented the newsletter, and shared stories which I tried to include



in the newsletter. Her handwriting was beautiful and so clear in her 90s. I treasure her notes to me. This last note sent in the spring also recognizes the great work of Faith Anne Beckerman Goldman who prints off the newsletter and mails it to members who need a printed copy. Thanks to you for all you gave to the profession, Dr. Anne Pascasio, educator, scholar, leader, eager volunteer, contributor, pioneer for women, and Life member of the APTA. RIP



Venita Lovelace-Chandler, editor



## Some Quotes from Dr. Anne Pascasio

Dr. Pascasio was interviewed numerous times by PT Magazine as an APTA Catherine Worthingham Fellow. Here are a couple of her “advice” comments.

When asked about the best advice she can give others:

Anne Pascasio, PT, PhD, FAPTA (2007) The best advice I ever gave? Or at least the advice I gave most often to students or faculty? After I said that physical therapists exist because of patients, I went on to say, "When we are treating a patient or teaching a student, we should remember that physical therapists are teachers. Thus, we begin at the eye level of the learner. That is, we begin where he is and we aim for his goals. We move towards where we (he and I) want him to be" These simple answers have worked well for me through the years. As I say, I am an "oldie." I feel very strongly that we must remember that physical therapy and physical therapists exist because of patients.



When asked about advice to new graduates in choosing a pathway:

Anne Pascasio, PT, PhD, FAPTA (2009) First, I'd give the usual advice: Try to get some experience in a few different emphases for comparison sake. That experience could be hands on, virtual, or via reading or talking with others who have been there. The major point, though, is that the position you choose may be one you live with for a long time. Therefore, don't start into something just because it feels glamorous or because it's the "in" thing. You may soon grow weary of it. Choose something that feels right for you.

---

## More about Founder's Day and CSM (continued from page 2)

The Founder's Day Weekend Series continues at 6 pm CST on January 17 with a presentation entitled: **Meeting Challenges and Optimizing Ability to Respond: New Opportunities for Physical Therapy Research**

Alison Cernich, PhD, deputy director of the Eunice Kennedy Shriver National Institute of Child Health and Human Development, will provide an overview of the National Institutes of Health's ongoing response to the COVID-19 pandemic and the lessons learned that may be carried forward.

Registration for the weekend is \$99 or free with registration for CSM.

**Combined Sections Meeting** will be held virtually over several weeks from February 1-28, 2021. Go to [CSM | APTA](#) for information on registration and programming.



## MEET YOUR PRESIDENT: NEVA GREENWALD, PT, MSPH

Prologue: Long-time member, Bette Horstman, suggested that the Newsletter feature the President of the Prime Timers, and her idea was just perfect. Join me in learning more about Neva than you previously knew or in getting to know her for the first time if you are a newer member.

Neva Farbizo Greenwald is pleased to have grown up in a small town, with the guidance and support of family, neighbors, teachers, classmates, and friends, along with the values she learned from school, church, and her parents “Family and friends always knew that my mother was ready to help in times of need with a kind word, helping hand or household goods. My father always told us if you were successful in an endeavor, and circumstances changed caused you to fail, then you knew how to succeed and would be able to do it again.” Her Italian grandparents could not read or write, and her parents did not have the opportunity for higher education. She believes their insight on the importance of education is what began her journey towards being an educator in physical therapy.



She graduated high school after having been a member of several clubs and organizations, including the marching band, Y-Teens, debate squad, student council, and future teachers. She noted that she was a good student with her best subjects being history and government, rather than the sciences. “My father wanted his oldest child to become a doctor, but I was not sufficiently prepared in the physical sciences,” she said. “I just wanted to help people but did not think nursing or medicine were my passion.”

She attended college at the Ohio State University seeking a bachelor of arts degree which she earned. A friend, Nancy Greenwald, introduced her to Gretchen McBroom, another student who had taken a year off from school to earn money to attend a PT program. Gretchen’s passion and knowledge about a career in physical therapy inspired Neva’s rethinking about science and resulted in Neva, Gretchen, and Nancy all attending the PT program and graduating together with Neva adding a bachelor of science degree to her credentials.

Neva believes her early experiences were very challenging, but supervisors, mentors, and patients modeled behaviors she later realized were consistent with the Core Values of AP-TA. Practicing in a burn unit fostered the values of compassion and caring that served her well for her entire career. She moved with her husband to North Carolina and feels she was “lucky” to get a clinical position at Duke with Helen Kaiser. The senior therapists at Duke were considered specialists who made rounds with physicians and continued to learn. Neva learned the importance of using the library in what is now referred to as evidence-based practice. Her comfort at working directly with physicians continued into (Story Continued)

## Meet the President (continued)

her next position where she was considered a bit of a rebel for stepping out of her typical role.

Neva became an instructor in 1969 where her belief that continued learning led to the highest level of care inspired her to be an educator in physical therapy. She started at the University of Missouri, and taught while she also earned a Master of Science degree in Public Health. She went on to the University of Mississippi Medical Center in 1973 where she flourished and became the program director until her retirement in 2012.

Her four years at the University of Missouri were significant in that she developed her interest in geriatric physical therapy. She wanted additional clinical practice experiences for her students, and she met a colleague, Joan Mills, who wanted to give older patients at a county hospital the opportunity to have more physical therapy care at a time when most health professionals did not believe that was beneficial for them. That student clinical internship with older patients led to opportunities within the APTA. Neva would go on to impact the physical therapy care that older adults received, including representing the



APTA at one of the Presidential White House Conferences on Aging. She's served in leadership positions at every level, from local to international, which even meant traveling to multiple countries to give presentations. Additionally, she's co-authored a book on communicating with patients, organized a curriculum for an international PT course -- the first to focus on adult seniors -- and has been involved with licensure and accreditation. Among her accomplishments for the Mississippi licensure board was having her state be among the first 10 states to join the compact to allow therapists to move more easily between states. Even today, Neva continues to serve as a mentor / model for colleagues, serving as the President for

the Mississippi Chapter and the President of the Geriatrics Section before becoming President of the Prime Timers for the last several years.



As for personal hobbies and undertakings, Neva loves crafting, and has even sold some of her creations. She is active in the Pug Club of America, and her own dogs --who you may have seen in pictures in this newsletter, but here again -- are award winning.

Neva was hesitant and shy in sharing so much about herself, but now, we know her better, and I'm positive we are all proud and grateful for her contributions to the profession and society.

# 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 2021, 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](mailto:lkeargle@yahoo.com).



## Important Recent Birthdays:

**Clara Bright turned 100 on Christmas Day.**

Hoping for lots of pictures and an update on Clara in the next newsletter.



**Bette Horstman turned 99 in December.**

Please send belated birthday wishes to both of these wonderful members who have contributed so much to the profession.

# OFFICERS AND CHAIRPERSONS

**President: Neva Greenwald**  
P.O. Box 4823  
Jackson, MS 39296  
Phone: 601-506-1191  
Email: [nevaefg@gmail.com](mailto:nevaefg@gmail.com)

**Vice-President:**

**Newsletter Editor/History:**  
**Venita Lovelace-Chandler**  
505 Basswood Trail  
Garland, TX 75040  
Phone: 714 305-0368  
Email: [vlc.phd.pt.pcs@gmail.com](mailto:vlc.phd.pt.pcs@gmail.com)

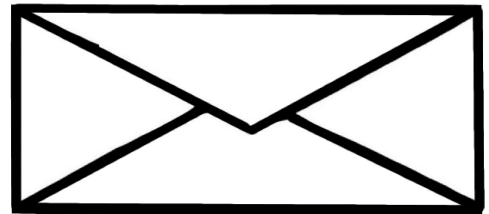
**Treasurer: Fran Kern**  
17328 Ventura Blvd. # 242  
Encino CA 91316-3904  
Email: [fkern818@aol.com](mailto:fkern818@aol.com)

**Secretary and Membership: Linda Eargle**  
1205 Emerald Dunes Dr.  
Sun City Center, FL 33573  
Phone: 813-938-1603  
Email: [lkeargle@yahoo.com](mailto:lkeargle@yahoo.com)

**Newsletter Production and Editing:**  
**Jessica Lovelace-Chandler**

**Prime Timers Newsletter Information:** Prime Timers News/Updates should be forwarded to **Venita Lovelace-Chandler**. **Send news and stories.**

# N Newsletter



---

From the previous newsletter, but warrants repeating.

**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.**

**Hope the vaccine is available to each and every one of you very soon.**



**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, Encino, CA 91316

**HAVE YOU SENT YOUR 2021 DUES?**

Do you need the newsletter printed off and mailed to you?  
Yes \_\_\_\_



Please send the names of anyone who might need the newsletter printed and mailed.