

PRIME TIMERS NEWS:

Summer Edition –June,2021



PRESIDENT'S MESSAGE:

The pandemic threw us all off our normal schedules and disrupted the lives we all took for granted. Everyone was affected in many ways. Physical therapists found themselves needing to adapt to new ways of participation in professional duties and social activities. First, there was a general shutdown

of activities outside of the home. Then came more changes on how healthcare facilities operated, there were the confusing messages about using masks, and the different rules and ways that state and local governments and businesses were addressing the pandemic.

In the physical therapy (PT) world, we all learned to use technology for communication for professional activities instead of in-person meetings and education. For the first time in years, some physical therapy practitioners found themselves unemployed as some practices were unable to open due to restrictive government regulations, lack of clientele, and others factors. The practitioners who were providing in-person care had a whole new set of rules and procedures to protect clients and themselves during in-person services. Also, they were doing many different tasks as a part of providing care, which left them constantly stressed, working long hours, and many times, short staffed for a variety of reasons.

(Message continued on page 2)

Pictured: Neva Greenwald, President

PT PRIME TIMERS

About APTA

The 2021 House of Delegates will occur in two parts this year. The first part will be virtual on August 28 and will include the election of officers. The second part of the HOD will be in Washington DC at the time of the centennial events (see page 7.)

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PRESIDENT'S MESSAGE (Continued from page 1)

In the last year, telehealth care became a regular part of care rather than a service that was just developing and more prevalent in rural areas. All healthcare practitioners learned the value and limitations of this fairly new care delivery mechanism. What a wonderful thing for some patients/client unable to receive in-person care. For practitioners, it has offered another way care services can be provided in an effective and efficient manner.

Now with vaccines more and more available in many parts of the country, everyone is returning to a near normal life and work style that was interrupted in late winter of 2020. Patient/clients are able to receive more in-person services. Only now do we see a strengthening with our profession and association in many ways with the new skills that were necessitated by the pandemic. With this positive outlook to the future, we see again more of our colleagues who have not been able to participate in person-to-person meetings and social gatherings.

It will be a welcome sight to see our friends from the physical therapy family. But we must also remember those members and client/patients we lost to this pandemic and mourn their loss to their families, friends, and the physical therapy community. I am sure you will all join me in sending our deepest condolences to them.

As we look forward to the Centennial Gala and the 2022 CSM in-person meeting, remember that physical therapy has made tremendous progress in the last century. The lessons learned and the progress made in our profession during the recent stressful challenging time demonstrates how the actions of the courageous, caring change agents in the past continues to endure.

I look forward to seeing you in the near future at an APTA Meeting.

Neva

Second Lynda D. woodruff Lecture on Diversity, Equity, and Inclusion (DEI) in Physical Therapy

Charlene Portee, PT, PhD, fellow of the American Academy of Physical Therapy, delivered the 2021 Lecture on June 17, 2021. The title of the lecture was "The Road to Success: Are We Ready to Change Direction?" Her lecture and a panel discussion can be heard at the following link:
<https://www.apta.org/apta-and-you/diversity-equity-and-inclusion/2021-woodruff>



Dr. Portee provided six challenges to the profession and all of us, including challenging state boards to make education in DEI mandatory for re-licensure in physical therapy and challenging the APTA to establish formal relationship with related groups to host a summit of stakeholders to establish sustainable DEI policies and procedures,

TEACHING AND LEARNING IN RETIREMENT

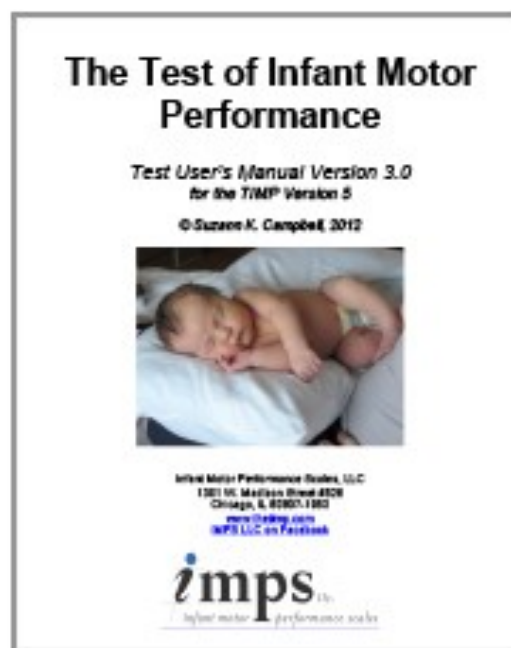
by Suzann K. Campbell, PT, PhD, FAPTA

So what does retirement look like for me? Having worked since the age of 14 and taken only one long vacation and one short sabbatical during my entire career, I looked forward to retirement, but I decided to do it gradually over a 3-year period. I stepped down from my position as Head of the Department of Physical Therapy at the University of Illinois at Chicago (UIC) and returned to part-time clinical practice doing early intervention for the State of Illinois while also working part-time toward a grant for a Center for Clinical and Translational Science to support research training and funding for all six health sciences colleges at UIC. Since 2001, I was also managing partner of Infant Motor Performance Scales, LLC, (IMPS) a small company developed to publish the Test of Infant Motor Performance (TIMP) and provide training for people interested in using the test. The TIMP, a functional motor skills test for infants under 5 months of age, is now in use by clinicians in more than 40 countries and has been translated into 5 languages. I exercised my creative side by playing the flute in a wind ensemble and doing intricate beadwork necklaces. I was satisfied with life and very busy in a 3-year slowdown to what I thought would be a more complete retirement.

Managing IMPS while also creating new products and licenses for distribution in other countries proved instead to be a half-time job. It took me a full year to create an e-Learning course as an option for learning the TIMP but it was a fortuitous decision. Last year during the pandemic was a good year for IMPS because we had those online e-Learning courses available. They were popular while many clinicians were sidelined at least temporarily at home and thus attracted to our online education when in person workshops stopped. During the year I worked with translators to increase our online offerings in Portuguese and Spanish while also approving a Turkish translation of the TIMP.

This year brought about a major change in my life as I passed on the position of managing partner to Gay Girolami, one of our five IMPS partners. But I'm still teaching! I've continued to manage the online education part of our business and really enjoy interacting with therapists interested in improving their evidence-based practice with young infants by using the TIMP. But the creative side needed some changes, too, as arthritis in my hands made it less gratifying to do beadwork and play the flute.

So my plan for changing my work life also included finding a new creative outlet. My home is decorated with a lot of Asian art and furniture as a result of our travels to various countries to teach the TIMP so I decided to explore ikebana, the Japanese art of flower arranging, through online classes with the Japanese Cultural Center in Chicago. I've just completed the beginner class so am very much an amateur, but I find it highly enjoyable and will enroll in the next level class at the end of April. (Continued on page 4)



TEACHING AND LEARNING IN RETIREMENT continued

Ikebana is an ancient art passed on through generations and taught by skilled instructors throughout the world. My classes are in the Ohara school founded in 1895. Designs typically consist of two or three materials, arranged according to strict geometrical rules, but allowing for creativity in choice of fresh flowers used. There are subject materials that are arranged in a group of three to form a triangle within which 2-3 beautiful flowers are positioned as

objects. Different fillers such as baby's breath are used to fill out the arrangement. Designs should be planned to follow natural lines, with flowers typically turning upward rather than downward. Here are a few examples of my amateur attempts.

The first, on the left, is an early work I thought was beautiful. The design, called rising form, was intended to be a memorial, with the white snapdragons (subject) and gerbera daisies (object) commemorating those who lost their lives to covid-19, and the red lilies as filler representing the antibodies from the blood of those who recovered used to aid the healing of others. My sensei (instructor) also thought it



was beautiful and meaningful, but it did not follow the rules of ikebana! The object flowers should be the most beautiful and the filler should support the arrangement, but she thought the red flowers became the focus, violating the rules.

The second arrangement, on the right, using similar materials, is a better example of accurate design. The subject flowers are again snapdragons but the three object flowers are purple lacy tulips that are the focus of the design, with filler of limonium providing a frilly background to the objects. (Cont page 6)



THE APPRECIATION OR NOT OF A SWEET POTATO

By Faith Beckerman Goldman Email: faithnamdlog@aol.com

It was 1945 in a small Connecticut town named Danbury. I was born prematurely and, at age 2 and 1/2, I was still underweight. Many times my Mom would stand me near a wall and said if I didn't eat, I wouldn't have a shadow. With a precious food ration stamp, my Mother bought a large sweet potato. It was presented to me hot from the oven with crackling skin, the orange flesh dotted with oleo, and a sweet scent of cinnamon was in the air. But my body language said no. Mom said "Do you know that there are Jewish children starving in China?" Little did we know then that one of those children was my husband to be 20 years later. He, along with 18,000 Jewish refugees, was interned in a ghetto in Shanghai for 2 and 1/2 years. Those that survived were liberated by the American Armed Forces in late August, 1945. I, in my later years, learned to love sweet potatoes but could never make them like Mom did.

Robert Goldman, age 5 in 1945, stood in a soup kitchen line in Shanghai, China with his Mother to get one sweet potato. Record keeping was very efficient – your name was crossed off when you received your daily starch. Robert ate his very fast. Why? Because he was hungry and because he was afraid someone might steal it. Physicians and nutritionists and mothers have told us that eating fast does not register in your brain that you have eaten. Still hungry, he quietly went into another line and took someone else's hand.

He confidently approached the one in charge, gave his name, was told no, and then slapped. Until his untimely passing in 1994, Robert never ate a sweet potato after the war. Why? Because he didn't have to. For those of you that knew Robert, standing in food lines was not his M.O. He didn't like it in the Army and rarely went to any place like the Automat on 42nd Street in New York City. When asked by a friend did he cook at home for us, his answer was "I learned how to make reservations!"



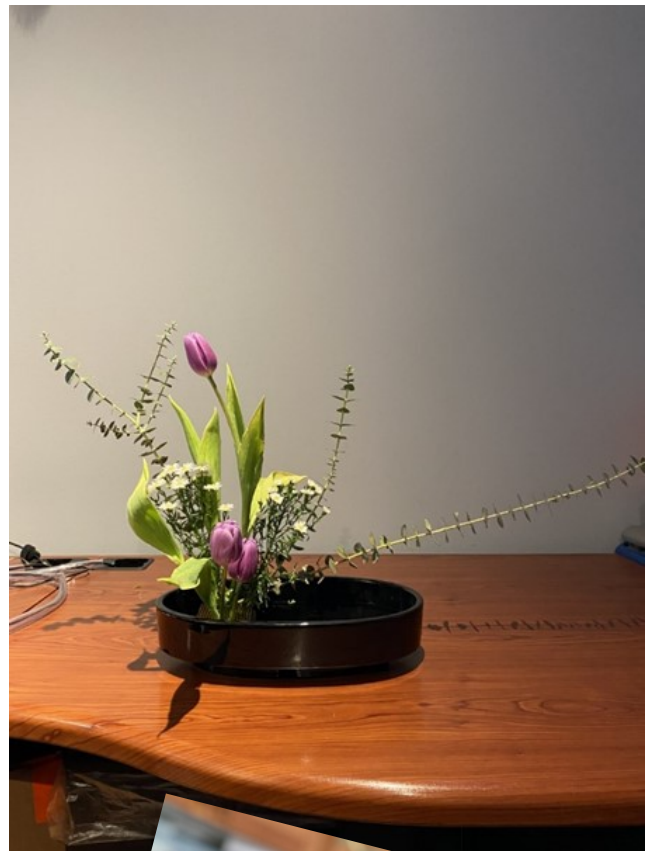
When my son, Sam, I, and 60 Shanghai-landers traveled to Shanghai in 2006 to re-trace Robert's footsteps, his best friend there from 1941-1952, Fredy Seidel, showed us where the vendor used to cook sweet potatoes. But this time there was a vendor who was making puffed rice like popcorn. Sam and I closed our eyes and thought of his Dad, my husband, and the rice gave us energy and a taste of what experiences Robert had.

The potato experience with my 2nd love and late partner of 20 years, Harry Fischman, was very different. Harry was taken from Romania by cattle car May 1944 to Auschwitz concentration camp and then to Buchenwald. Of all of his large family, Harry and his brother, Manny, were the only ones to survive at the time of liberation April 11, 1945. At liberation at the age of 17 and 19, they were all of 70 pounds each and were noted to be "very good workers." One of Harry's jobs was to help carry a large kettle of hot soup to feed his barrack. The clear soup consisted of some ground particle that lay at the bottom. It was later found out that this ingredient was bone meal from remains at the crematorium.

(Stories continued on page 8)

TEACHING AND LEARNING IN RETIREMENT continued

A second form called inclining form is often placed to one side of a container with the subject material leaning over the water to create a pleasing reflection. Here are two examples I designed recently. On the left I used a backyard shrub called cornus mas to create the triangle of subject material; on the right is eucalyptus as the subject with purple tulips included as object flowers for an arrangement for Easter.



I have two major challenges other than learning the correct placement of materials. The first is that I got into this knowing absolutely nothing about flowers so there is much to learn about which ones are able to be used well and which ones should be avoided for each of the three components. Or even the names of the flowers!

The second is that our cats like to deconstruct my designs so I need to photograph them to send to my sensei immediately for critique in case the arrangement is no longer complete the next morning! Our rescue cat, Bamboo, is particularly eager to help with this. (Continued)



TEACHING AND LEARNING IN RETIREMENT

continued

It gives me great pleasure to share my photos with my daughters, one of whom is in a nursing home. I was given the vintage kimono to wear for classes by another daughter.

(Editor's Note: Dr. Campbell is Professor Emerita at the University of Illinois at Chicago where she was a faculty member for almost 25 years, including serving as Department Head for Physical Therapy. She was a Professor at the University of North Carolina at Chapel Hill for 15 years and a wonderful mentor to me in pediatrics during my graduate studies in 1975-76. She holds APTA and Academy of Pediatric PT Awards, including being the Mary McMillan lecturer in 1999. She is a new member of the Prime Timers, and I thank her so much for joining and for giving us this beautiful story of new possibilities in retirement.)



HOUSE OF DELEGATES (HOD) 2021 and CENTENNIAL CELEBRATION



The HOD will occur in two parts this year. Part 1 will be virtual and will happen on August 28 with the elections for national. Candidates for offices can be viewed at the following link: <https://www.apta.org/apta-and-you/leadership-and-governance/nominations-and-elections/slate-of-candidates-for-national-office>

The offices being filled include president, vice president, director (three to be elected), and nominating committee (one to be elected).

The HOD session will continue Sept 11-12 in Washington, DC, at the Omni Shoreham Hotel as part of the Centennial Celebration that will occur Sept 10-14. The Centennial Gala will occur on Friday, Sept 10, at the historic Washington National Cathedral. A Future of Physical Therapy Summit will be held on Sept. 13 (Monday) at the Capital Turnaround in Washington, DC — a historic streetcar barn turned into a state-of-the-art event venue. The event is by invitation-only but will be live-streamed. Advocacy Day will occur on Sept 14 with a forum during breakfast followed by a day on Capitol Hill.

Both the virtual and onsite meetings will be livestreamed for APTA members.

The Appreciation, Or Not, of a Sweet Potato (continued)

While all were busy eating, Harry snuck around to the back of the kitchen. Before his eyes were piles of sweet potatoes behind a wired fence. With a small stick, he attempted to touch one trying to roll it under the fence. A guard silently approached the area stopping short his success in actually getting one. He was told that he would be hung in the morning in the public square. By some divine intervention, another KAPO arrived and said in Harry's defense that he was a good worker and actually hadn't gotten the potato. A sigh of relief. After Harry was discharged, one of his favorite foods was a large sweet potato. When I made and served it, Harry lined up several utensils so he could scrap every last morsel out of the skin. I got the skins so as not to waste anything. At dinner, his eyes became misty but empty and I knew he was reflecting back. I waited in silence.



Personal interview done by Faith Goldman in home of Donald and Rosie Snow in 2000.

Alix-Rosie Tratner Snow came from a very comfortable home in Vienna, Austria. She was 13 when she and her family arrived by boat and was traumatized right away because her only doll fell overboard. By this time, her Mother was blind which put Rosie in the Mother's job of all household activities. She gave me many poems about their stay in the Hongkou Ghetto. One is about sweet potatoes. Wanting to get out of the house, she did attend Shanghai Jewish School for a very short time. Walking during the winter was challenging as she, like the rest, didn't have warm clothing for the winter. She and her friends found a little corner where a potato vender made the potatoes in some kind of box with a little hibachi. I don't recall the price, but she had enough for one. Did she eat it? No! She placed the hot potato first inside the front of the coat and as the potato cooled, she alternated putting them in her sleeves. Just before the entrance of the school, they would eat the potato skin and all. (Usually, as there was no way to wash the vegetables before cooking, skins of anything was frowned upon to eat.) Having a beautiful setting of her table in her dining room in Westport, Connecticut seemed like a fairy tale to Rosie. My friend Diane and I went to interview Rosie in her lovely home and were honored to have the delicacies of fruits and cakes and coffee from a silver urn. She had duplicated her dining room as was in Vienna. She even had her new dolls nestled on her couch. It gave her comfort and knew her Mother would have been pleased. We left with hugs and kisses – she was able to replace her lost childhood through food. But with no sweet potatoes!

(Faith Beckerman Goldman (picture page 11) learned recently that Yad Vashem, the World Holocaust Remembrance Center accepted her stories for a book, **66 Lessons From the Shoah**. Learn more about Yad Vashem at the following link: <https://www.yadvashemusa.org/our-mission/>)

(Editor's Note: Faith's stories always makes me think about the world today. With the pandemic, we are in a time of food insecurity for millions of people. Feeding America projects over 40 million Americans, including 13 million children, will have food insecurity in 2021. They have a sweet potato initiative to get surplus potatoes and vegetables to the hungry, because sweet potatoes offer nutrition through vitamins and potassium. Offer all the support you can to foodbanks this year. My hope is that in the near future people have enough nutritious food to eat, **or not**, any vegetable they want.)

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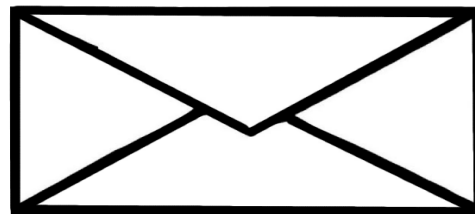
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Newsletter

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



Packet 1—Motions to come before the 2021 House of Delegates—The House will consider 13 motions, including 11 proposed changes to the APTA bylaws during the 2021 House. The following link provides the packet of motions: <https://www.apta.org/news/2021/06/23/2021-packet-1-posted>

A Special Committee to Review APTA Bylaws and Prepare Amendments (SCB) to amend the APTA bylaws by revision studied the bylaws for two years before recommending the proposed changes. Delegations are offering 10 primary amendments to the SCB's revision, such as an amendment to expand voting rights for PTAs, an amendment to permit chapters/sections/academies to seat PTAs as delegates, an amendment to allow student delegates to vote in the House, and an amendment to recategorize the Ethics and Judicial Committee, and other motions to come before the House include such areas as an amendment regarding DEI and site selection for national events, an amendment on productivity, and an amendment about the concept of year-round governance. Read Packet 1 for all current motions.

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 ____

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

Wonderful pictures!!!

Faith has been writing stories for us for a long time. I told her that I needed to see a picture of her, and she sent this wonderful complement to her story:

I went to Shanghai to retrace Robert's footsteps of his 18 years there. With my Chutzpah and sense of belief, not only did we find the one room home, we found this little old lady. She and her family lived next door to Robert and his Father for 10 years until the Goldmans left in 1958. And, if that wasn't enough, 75% of the dwellings around her were in various stages of being demolished! The word B'Sheret in Yiddish means meant to be. I hired a translator who spoke

Shanghainese, but little Ye Cuier and I needed no words. I brought my son and two close friends the next day and, a little out of character, Ye Cuier hugged the stuffings out of our son Sam. Because I was walking with a Lofstrand crutch, she managed to borrow a Queen Ann's Chair for me to sit! Two weeks later, her home was demolished to make way for high rises. We also watched in tears as the very old were leaving with their things in a wheel barrel. They did not want to leave their home of decades. Many things in my personal and professional lives had/have been very surreal. Maybe it's because my parents gave me the name Faith.



This incredible picture of Bette Horstman, PT, MeD, 1st LT, United States Army, Ret. appeared in a recent letter from the Foundation For Physical Therapy Research. Bette was inviting donors to become a Legacy Society member with her. She shared her story of joining the Army in 1944 after graduation and of serving 10-12 patients a day, both American soldiers and Japanese POWs. She became the first female PT in Illinois to open her own practice, and she provided services until she was 88 years old. Bette will become a centenarian in December, along with the APTA that is celebrating being 100. I recently saw a picture on FB of Bette celebrating her 99 1/2 birthday. That was almost the same day that I saw that friends of Dr. Geneva Johnson were celebrating Geneva's 100th birthday with great pictures of togetherness in earlier years. I don't know about you, but I need to see these wonderful pictures of the strong women who helped to build our profession. In the letter, Bette says that making a planned gift "... was just another way for me to help ... into the future" Thank you, Bette, for your help, past and future.

