

# PRIME TIMERS NEWS:

Fall Edition –December, 2021



## PRESIDENT'S MESSAGE:

As we celebrate our centennial, it is time to reflect on the beginning of the Association. In many ways the past two years have been similar to what the pioneers of the association experienced in getting the organization off of the ground. The hard work of implementing new ideas, exploring new ways to do

things, frustration when some things did not work as planned and wondering what the future held. Our founders tackled successfully in some way every new challenge and set the course for today.

We are the recipients of an organization with lasting purpose that is flexible to meet the present and future needs of our communities. The “can do caring spirit” and dedication to our ideals of helping and empowering our patients and clients coupled with an inquiring mind fostered from the beginning are pushing us boldly into the future. I have had the privilege of knowing some of the fantastic leaders and practitioners within our profession and being a part of the many changes over the last 60 years and attending both the 50<sup>th</sup> and 100<sup>th</sup> celebrations. It was indeed inspiring and humbling to be at the 100<sup>th</sup> event and marvel at what has been accomplished. So many changes in practice that have brought more benefits to our patients/clients coupled with research that has expanded our scope of practice. (Con't on page 2).

**Pictured: Neva Greenwald, President**

# PT PRIME TIMERS

## About APTA

February 2-5, 2022  
Combined Sections  
Meeting in San Antonio,  
Texas. Registration  
open now. Plan on a get  
-together of the Prime  
Timers!

Centennial year comes  
to an end.

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2021 House of Delegates  
Tour of APTA Headquarters

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

This expansion occurred, I believe, because we have learned to use basic skills in many new ways and practice settings.

Visiting with the diverse membership in September at the Centennial gave all of us a chance to visit again with colleagues we hadn't seen since CSM2020, share new ideas and marvel at the new headquarters that provides us updated capabilities to most effectively utilize our organizational skills to shape the future. There are some many wonderful changes ahead. This newsletter shows some of the exciting, beautiful and inspiring happenings of the event. Many thanks to Venita Lovelace Chandler for giving us a wonderful pictorial account of the happenings.

We will have some additional Centennial items in the newsletter that will be published prior to CSM2022.

A wonderful Holiday Season to all including Happy Hanukah, Merry Christmas, Happy New Year, and Happy Kwanza.

Look forward to seeing everyone in 2022.

**Neva**



**FUTURE LEADERS** These three professionals are Centennial Scholars, two sponsored by the Academy of Pediatric Physical Therapy and one sponsored by the APTA Board of Directors. For the Centennial Celebration, chapters and academies sponsored 100 Scholars, and APTA selected 25 mentors. The program was designed to establish a diverse pool of leaders, and the curriculum covers association leadership and management topics. The program concludes for 2021 with a dinner at Keen's Chop House, APTA's birthplace in New York, on December 9 and a workshop on December 10. Read more at

<https://www.apta.org/your-career/career-advancement/leadership-development/apta-centennial-scholars-program>

## A Look at APTA's Centennial Celebration

The APTA website listed here says “We honored our past, thought about our future, and had some good times along the way.” Visit that site for a look at all of the activities of the Centennial Celebration. <https://www.apta.org/article/2021/09/28/centennial-photos>

Here is a collage of pictures taken by Venita & Ben as they enjoyed the activities.



Within 1 hour of arriving in DC, we headed for dinner and immediately spotted these fine ladies, Prime Timers and Founders of the Geriatric Academy. Got invited to join them & more friends arrived.



First thing the next morning, we spotted the Prime Timers delegation at the Welcome sign.

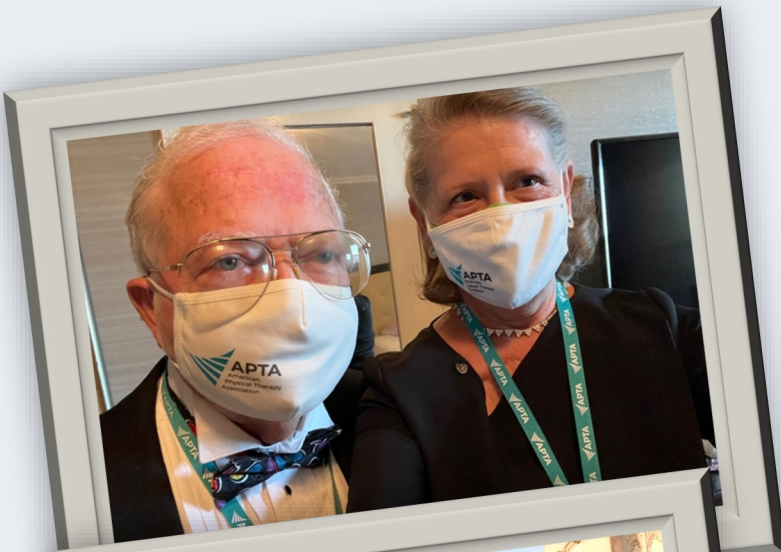
On Friday after picking up registration materials, we hopped on a bus and headed for the new APTA headquarters building for a tour.

(The next issue will contain Ben's & Venita's Great Adventure in the new building.)





Headed to the bus again for the ride over to the National Cathedral.



Reception outside followed by going into the beautiful Cathedral.





Beautiful place settings  
with several delicious  
courses.

President Sharon Dunn personally  
welcomes our ladies, Bette, Fran,  
and Neva.



Neva visits friends and enjoys the  
celebration.







Joyful celebration  
everywhere, and  
then, **Bette is  
recognized!!**



# The Loss of Two Great Educators and Leaders: Geneva Johnson and Hazel Adkins

## Geneva Richard Johnson

JUNE 22, 1922 – OCTOBER 12, 2021

Geneva Richard Johnson, PT, PhD, Catherine Worthingham Fellow of the American Physical Therapy Association died September 12, 2021 at her residence at Southside Assisted Living. Funeral services were held on October 19 at St. Aloysius Catholic Church in Baton Rouge. A military burial followed at Port Hudson National Cemetery. She leaves behind a sister, Sylvia Mayeux, and numerous nieces and nephews, great and great-great nieces and nephews.

Dr. Johnson was born June 22, 1922 in Eunice, Louisiana. She married Eugene Bartolett Johnson in 1950. Dr. Johnson earned a Bachelor of Science degree from University of Southwestern Louisiana in health and physical education in 1942, followed by a certificate in physical therapy from the United States Army Lawson General Hospital in 1946. She later earned a Master of Arts in educational administration from the University of South Carolina in 1959 and a PhD in Higher Education Administration from the University of Pittsburgh in 1971. From 1946-1948 she served as a lieutenant in the US Army at Beaumont Army Hospital, El Paso TX. In 1951, she was recalled to service as a lieutenant and worked at Fitzsimons Army Hospital, Denver CO, and was promoted to captain when serving at Brooke Army Hospital, San Antonio, TX from 1953-1954. She was proud of her military service and also proud of the service she provided in the polio epidemics of the 1940s and 1950s.

In 1959, Dr. Johnson joined the faculty at what was then Western Reserve University, in Cleveland OH, to found the Graduate Physical Therapy Curriculum, which provided the first Master of Science degree in physical therapy. From 1974-1984, Dr. Johnson assumed the position of associate professor and director at The Institute for Rehabilitation and Research (TIRR) at Baylor College of Medicine in Houston, TX. Following her stay at TIRR, she served for 10 years as a consultant for multiple institutions in the United States and across the world. She worked in Egypt with multiple visits under the aegis of Project Hope. In 1994, Dr. Johnson returned to academics and became the founding Dean of the Doctor of Physical Therapy program at the University of Mobile, in Mobile, AL.



Most recently her legacy was recognized by the establishment in 2014 of the Geneva R. Johnson Annual Forum on Innovation in Education, held annually at the Educational Leadership Conference. Please requested no flowers. Contributions can be made to LPTI, c/o Laurita Hack 415 Gatacombe Lane, Bryn Mawr, PA 19010 or to the Baton Rouge Food Bank at 10600 S. Choctaw Dr., Baton Rouge, LA 70815. The funeral service was live-streamed and Carol Davis, PT, DPT, EdD, MS, FAPTA gave the eulogy.

Dr. Davis also wrote about Dr. Johnson:

I First met Dr. Johnson as a new student at Case Western Reserve University in the physical therapy program in 1967. Over the next 54 years she became the most significant mentor and colleague in my life  
(continued on the following page)



(Continued from previous page—Dr. Davis' remarks about Geneva R. Johnson)

and her contributions to my life and to the profession of Physical Therapy are unprecedented. Few people contribute in such a way that the world is changed because they have lived and offered their wisdom and service. Physical Therapy will forever be grateful to Geneva Johnson for her many, many gifts of raising the bar of excellence in physical therapy education, practice and research in the United States and in the world. <https://www.dignitymemorial.com/obituaries/baton-rouge-la/geneva-johnson-10399474>



In 2014, the University of the Incarnate Word officially dedicated the Geneva R. Johnson Library located at the UIW School of Physical Therapy. The library is named after Geneva Johnson, PT, Ph.D., FAPTA, who is a national leader in physical therapy education. Johnson is known for her excellence in patient care, clinical research, clinical specialization, administration, staff development and postgraduate education. The University noted that Dr. Johnson's leadership has been acknowledged over the years by the APTA Mary McMillan Lecture Award and Catherine Worthingham Fellow (1985), the APTA Lucy Blair Service Award (1988), the Army Physical Therapy Program Outstanding Alumni Award (1994), and the APTA Pauline Cerasoli Education Award (2008).



Dr. Johnson served as a consultant to UIW for the development of the Doctor of Physical Therapy (DPT) program and the development of a problem-based curriculum—an instructional model for which she was well known in physical therapy education. In addition, she provided a gift of archival documents and books for the School of Physical Therapy's library and established a scholarship for DPT graduates.







## Hazel Virginia Adkins

MARCH 17, 1922 – OCTOBER 27, 2021

Hazel Virginia Adkins (“Addie”), died peacefully at home in Sunset Beach, CA at the age of 99 years. Born in Hamlin, TX to Claude & Grace Adkins, she was preceded in death by her parents, 3 brothers (Sam, Glen Dee, and Claude James) and 2 sisters (Koleta and Kathryn). She is survived by numerous nieces and nephews. Addie was 6 years old when her Mother died and 8 years old when her Father died. Her grandparents and eldest sister, Kathryn, cared for Addie through her remaining childhood years.

Addie graduated in 1940 from Hamlin High School with honors and then attended North Texas State Teacher’s College until December 7, 1941 when Pearl Harbor was bombed. She joined the war effort and worked in San Antonio, TX repairing and teaching others to rebuild war plane fuel tanks. She remembered the patriotic spirit at that time as “unbelievable” and she just knew “we were going to win the war”. In 1943 Addie enlisted in the US

Navy, became a platoon leader in boot camp and a gunnery instructor. She was assigned to Pensacola and San Diego air bases where she taught turret gunners how to defend Navy planes. She was honorably discharged from Active Duty in 1947 and was awarded the World War II Victory Medal and American Area Campaign Medal.

While in the Navy, Addie learned from a Physical Therapy Corpsman about his clinical work, and she said: “That’s for me!” With the GI Bill, she enrolled in the Stanford University Physical Therapy Program and graduated with a bachelor’s degree in 1949. At this time the polio epidemic was raging, and therapists were urgently needed. Addie began her long distinguished career at Rancho Los Amigos Hospital in Downey, CA. where hundreds of patients with polio required iron lung respirators. Dr. Clarence Dail observed patients gulping air to supplement breathing when they were temporarily taken out of the iron lung respirators. Addie learned and described this lifesaving breathing technique and co-authored the “Manual of Instruction for Glossopharyngeal Breathing” with Dr. Dail. Addie received international recognition for developing and teaching this innovative therapy. She further developed techniques for treating patients with bulbar and swallowing impairment and was an expert in muscle strength testing. With her exuberant energy and dynamic personality, she taught workshops nationally on interdisciplinary team building and collaborative practice in health care. In 1952 Addie enrolled in the Master of Arts in Physical Therapy Program at the University of Southern California (USC). She intended to teach at the collegiate level, but the lure of clinical practice at Rancho Los Amigos Hospital was too appealing. In 1953 she returned to Rancho with a master’s degree and continued her work in developing and expanding physical therapy professional education.

Addie was an outstanding practitioner, clinical instructor, clinical researcher, and clinical education director during her 36-year career at Rancho. She planned and directed clinical experiences for physical therapy students from USC, Loma Linda University, and other physical therapy education programs. She also directed a six month Graduate Physical Therapy Course in Advanced Rehabilitation attended by physical therapy officers from the US Army Medical Specialist Corps and by international practitioners. She published numerous articles in professional journals, co-directed and produced instructional films, and edited the well-respected physical therapy textbook, Spinal Cord Injury in the Clinics in Physical Therapy series. Her colleagues in nursing, medicine, and rehabilitation at Rancho described her work as “unparalleled”. She was named Outstanding Educator of the year for 1977-1978

(Continued on the next page)

(Obituary for Hazel Virginia Adkins continued)

by the APTA's Section on Education. She received the Joseph Dowling Memorial Distinguished Service Award for outstanding contributions to Rancho over three consecutive years (1977 – 1979).

One would think Addie would have no time for other activities. Addie continued her Navy connection when she signed up for the US Navy Reserves in 1949 and was active (one weekend per month) until she retired in 1961 as a Chief Petty Officer. For 20 years she had a physical therapy private practice for individuals with orthodontic malalignment. She was a member of the Downey Chamber of Commerce, President of the Southern California Chapter of the APTA (1959-1961), Chair of APTA Section on Education (1968-1970), and President, Section on Education (1972-1973).

Addie's greatest accolades came not from the numerous awards and citations received over the years but from the warmth and love given and received from the thousands of physical therapists, here and abroad, whose lives she touched as a warm, knowledgeable educator and mentor.

After retiring from Rancho in 1987, she became very active in retirement life. She was an avid golfer and formed a group of women golfers who played weekly at local golf courses. She joined a mixed golf league at 80 years old, shot a hole in one when she was 83, and continued to golf until she was 90. Her fellow golfing friends nicknamed her "the machine" because of her consistent accuracy in hitting the ball.

Other activities in her retired years were driving her RV around the US and staying at Pismo Beach, CA. She homesteaded and built a cabin in Morongo Valley. She enjoyed golfing time in Kauai, Hawaii and in Warner Springs, CA where she would golf and soak in the hot springs with friends. Her last trip abroad was to South Africa when she was 85 to visit her niece and nephew at their safari ranch. While in South Africa she would not miss the opportunity to experience the "call of the wild" at day-break with Elvis, her beloved South African guide.

Addie loved cats and dogs. "Chiefie", a cocker spaniel mix, was the absolute love of her life, but "Schlaufen", a miniature schnauzer, was a close second. Addie had a very sharp wit and impish sense of humor. Everyone loved Addie! There was always a revolving door at Addie's house, with friends and neighbors dropping by, particularly at happy hour just to be with Addie. She lived life to the fullest and enabled many others to live better, more fulfilling, and meaningful lives.

Addie was an amazing woman! Few could top her achievements in life, especially in an era where women's careers were constrained. Her greatest skill was in helping others with their health, social lives, and overall happiness. She was indeed a great role model and the kindest loving person you could ever know. The Funeral and graveside services at Rose Hill Mortuary in Whittier, CA were held on November 18, 2021 at 11 am. An open house reception at Addie's home to celebrate her life followed the service. Please consider a donation to the charity of your choice in honor of Hazel V. Adkins.

(Thank you to Col. Virginia Metcalf, PT, US Army Retired for providing this great remembrance of Addie.) Comments from other persons who loved Addie can be found at

<https://www.rosehills.com/obituaries/whittier-ca/hazel-adkins-10422707>





## Massachusetts to Hawaii—A Transition Story

by Doug White, PT, DPT

ABPTS Certified Orthopedic Clinical Specialist

For many years, my wife and I have given a lot of thought of where and how we would eventually retire, this is our story. Before I get to the present, I'll share some of the past. I was born and raised in Boston. I have never lived anywhere else. Something my wife, who is from Osaka, likes to remind me when she has periodic frustrations with living in the United States.

Attending Boston Bouve' College (<https://aproudpast.library.northeastern.edu/boston-bouve-college>) was world view expanding for this local boy. Meeting people from many places and trying new ethnic foods ignited a love of travel and food in me. I have traveled to 41 states and 32 countries. I had a private practice in Boston for 32 years. It was a good chapter of life.

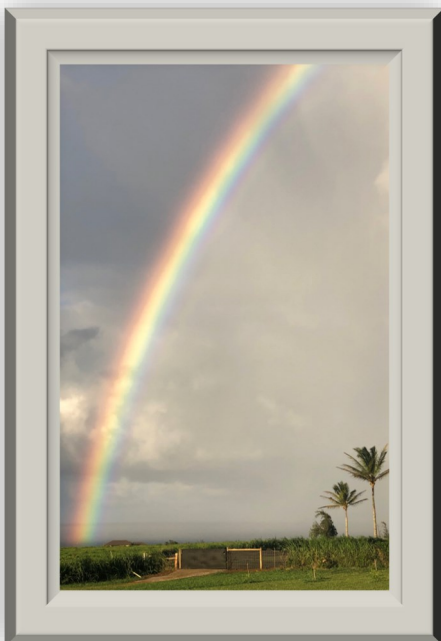
Over the last 15 years, my wife and I knew we would move from Boston for our retirement home. On each trip to a different state or country we asked ourselves, could we live here? Countless hours were spent online researching many places, weighing pros and cons, and visiting likely places. We wanted somewhere without snow, within one hour from an international airport, with access to healthy food, particularly Japanese ingredients, with at least an acre of land, and with a simpler life-style. We narrowed our prospects to southern California (Ventura area), Arizona, and Hawaii.

The Thomas fire in 2017, along with the taxes, costs, and congestion knocked southern California out of contention. The heat and need to be inside summers wasn't to our liking for Arizona. After many trips to all the islands we narrowed Hawaii down to Hawaii island, AKA the Big Island. Hawaii was it! Now the real work began.

Hawaii island is over 4000 square miles, has two 13000-foot volcanos and three other volcanos. Four of the volcanos are considered active by the USGS. The most recent eruption was in 2018 with many months of lava flow. The island has 10 of 14 climate zones. Just the geology presented a lot of options of where to live. We spent several trips visiting all parts of the island and more time in places we thought had potential. We decided the North Kohala region had the right mix of climate, proximity to services without being in a big town, 45 minutes to the airport, availability of large lots, and safe from lava. North Kohala is also a Blue Zone (<https://www.bluezones.com/>) which fits our desire for a long active life.

In 2019, we started the real estate search. Although our intention was to buy a house, the low inventory and no house that really met our needs nudged us to building. We found a 3-acre lot in the old plantation town of Hawi (pop. 1081). North Kohala is the birthplace

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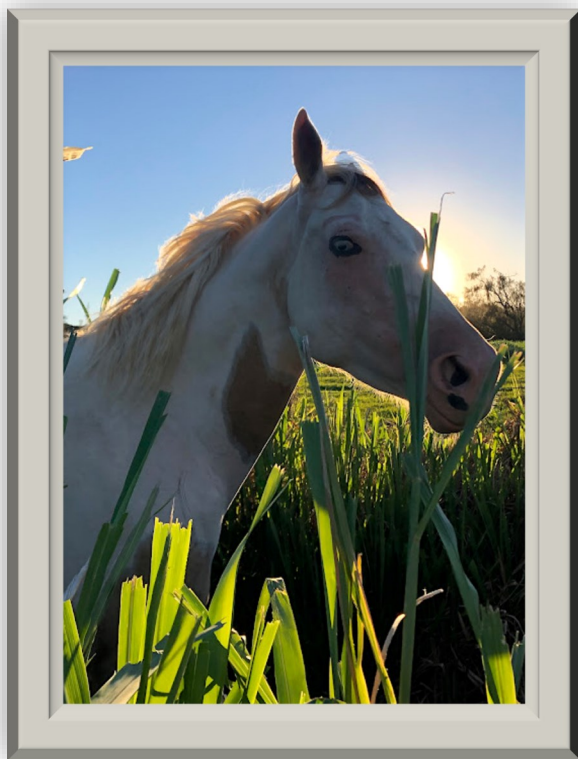


(Doug White story continued from previous page)

of King Kamehameha I who united all the islands under his rule. It is historic and culturally very important and sacred. More about Hawi later. A couple of months after closing on the land, we traveled back to meet with contractors and to design our house. We used a modified house design from a building supply company. We want to age in place, so we chose a single level home, walk-in shower and about half the size as our home in Boston. Fortunately, we found a great contractor on the same trip.

The permitting process and general government operations in Hawaii are slow and far from optimal. Six months after submitting our plans, we were approved. Which brings us to May 2020, and we all know everything was then upended with COVID. Our original plan was to obtain a construction loan and travel from Boston frequently until the house was built. It soon became apparent no bank was going to give us a construction loan when my practice had no money coming in and no end in sight to COVID. So, Plan B. We decided to sell everything, practice, office building, and home, and move to our future home. I wasn't sure if I was going to work for someone or start a new practice. We had room in our shipping container, so I shipped a lot of my office equipment as well.

By August 2020 we had a buyer for our Boston home, and we needed to find a way to get to Hawaii or another place to live. We were shipping a car and bringing our dog which added difficulty. Hawaii does not have Rabies, so they are very strict about animals coming into the state with multiple tests, vet checks etc. All costs totaled \$1000 to bring the dog! We have a dear friend who has a home near Denver. She was stuck in Japan with COVID, and she graciously offered her home to us. We drove across country and enjoyed what we could during the lockdowns. We stayed in Denver until we could travel without having to quarantine. Meanwhile, we were trying to figure out where we would live while our home was being built. Rental properties in the island are scarce, expensive, and most do not allow dogs. I thought about an RV or similar mobile housing, but none to be found. So, our contractor built us a tiny house on our land. In mid-October 2020, we arrived at our future home. The tiny home has worked well, and it helps that the climate is good as we are outside most of the day. Our house has progressed quickly, and we should be in it by the end of summer.



Hawi has only a handful of commercial properties. Because of COVID, many of the small businesses in Hawaii have gone under. To my fortune, a commercial space opened up in town which fit my needs for a practice. Hawaii island is ranked as a very medically underserved area. In Hawi, there is a free-standing emergency department which can stabilize someone for transport to a hospital. The nearest acute care hospital is 20 miles away by a one lane mountain road. There are very few other medical services nearby. I am pleased to be able to provide healthcare to my new community. It is a far different type of practice than in Boston with more medical services per square mile than just about anywhere.

Here, some specialists fly in from Honolulu once a month. Many specialties are just not on island. One must travel to Honolulu or often to the mainland for specialized care. The health insurance companies here will pay your airfare and hotel to travel to Honolulu or the mainland if necessary! In my small town, I am really practicing primary care, triaging, diagnosing, and treating many conditions

(Story continues on the next page)



(Doug White story continues from previous page.)

whereas in Boston, there would be extensive work-up and specialist involvement in addition to what I provided.

While our house is being built, we have been busy learning how to grow fruits and vegetables in a tropical climate. We have more than 50 different kinds of fruits planted and an abundant vegetable garden. The community has been warm and inviting with one underlying current. Many of the long-time residents ask why we moved to Hawi. After explaining about our love of the area and our desire to blend in with the community as opposed to changing it, everyone is satisfied. It seems many people move to [Hawi](#) and then want to change it to be more like the mainland. The general sentiment of the local population is stay on the mainland then.

The economic situation of the population varies greatly. Many of the long-term residents work in the low paying hospitality industry with little other job opportunities. Yet, there are a significant number of people who moved from the mainland and are extremely wealthy. There is recognition the economy needs to diversify to offer better opportunities, but making it happen has been largely unsuccessful. One bright spot with COVID is the shutdown of flights and supply chain disruption impacted food importation. 95% of food in the state is imported from the mainland. There has been an uptick in local agriculture and sustainability which seems to be a turning point.

Hawaii is unique in that the largest population group is Asian and Pacific Islanders. The melting pot of races occurred with the importation of workers to work the sugar and pineapple plantations. Interested readers can go to the Kohala Mountain News (<https://kohalamountainnews.com/assets/files/2020-10.pdf>) to read a fascinating multipart history from the early days of North Kohala plantations to recent times. One of the earliest railroads in the country was the sugar cane trains. On my property, the buttresses for a trestle bridge over a gulch still exists.

Aloha is truly the way of life here. There is a strong sense of community. The elderly are affectionately called auntie or uncle. I was called uncle the other day for the first time, and while I still think I am too young for the honorific, it was accepted with the Aloha it was offered. People are friendly and polite. A common bumper sticker states: Be humble, pray. There are some elements of ethnic/racial tensions, but mostly, everyone lives quite harmoniously. It is a welcome relief from the mainland situation.

We have been living in Hawi, Hawaii for about a year, and we couldn't be happier. We feel truly blessed. I look forward to providing physical therapy to my new community, teaching, and conducting research for a few more years. Eventually you will find me tending to my orchard and perhaps some Alpacas or walking the private ocean cliffs in front of our home.



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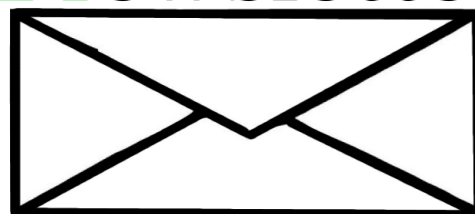
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# N Newsletter

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



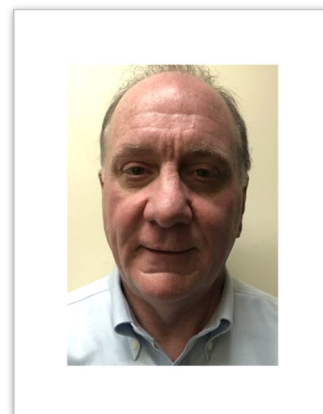
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**Our featured author this month, Doug White, received the Lucy Blair Service Award at the Kennedy Center as part of the Centennial Celebration.**

The Massachusetts Chapter wrote *"Doug has contributed to the APTA and APTAMA on so many levels, and his efforts continue to pave the way for the physical therapy profession."*

Editor's Note: I got to know Doug when he was chairing an Exam Development Panel at the Federation of State Boards of Physical Therapy. He taught me so much about item writing, test construction, legal aspects of compromised test items, and Sushi !!! Thank you Doug for the wonderful article.

**Other APTA 2021 Award Winners can be seen at <https://www.apta.org/apta-and-you/honors-awards/2021-awards-recipients>**





**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 are due for 2022 or if you missed paying in 2021 because of a virtual CSM, 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

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

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