

PRIME TIMERS NEWS:

Winter Edition – January, 2022



PRESIDENT'S MESSAGE:

The Centennial year of 2021 has concluded, and now is the time to begin creating the future changes of the next century. Before we do that, there are a few important items to address. First, a salute and huge thank you to the oldest active member of the APTA, our very own Bette Horstman, who has been greeting members at the Prime Timers area during the two national meetings for many years. Bette has been a physical

therapy role model and leader since WWII. Some of her contributions to the profession and patient care are facilitating the Catholic Diocese to recognize/provide specific services for senior citizens; being the first woman to have a private practice in Illinois that had several offices; serving as a founding member of the Section on Geriatrics; developing a program for the state of Illinois to facilitate functional improvement for individuals living in institutional settings and an early supporter of research through contributions to the Foundation for Physical Therapy Research.

To celebrate her 100th birthday, her communities held several events to recognize her activities. Among the activities, Morton Grove held Bette Horstman Day, the street she lives on was renamed, and the VFW had a huge reception. With COVID and winter weather, it was not possible for Prime Timers to hold a large event. Fran Kern and I were in Chicago for her Birthday. How has she personally advocated for patients outside of PT professional activities? She has served as a delegate to a White House Conference on Aging, served as the president of a Rehabilitation Organization, was a sitter for dying veterans without families, and provided service to the American Heart Association. Her enthusiasm, creativity and innovative ideas are evident in (continued on next page)

Pictured: Neva Greenwald, President

PT PRIME TIMERS

About APTA

February 2-5, 2022
Combined Sections
Meeting in San Antonio,
Texas.

House of Delegates—
Virtual July 30, 2022
and on August 14-15
as part of APTA's
Leadership Conference

In This Issue

President's Message—Pgs 1-2

Celebrating Bette at 100
years—Pages 3-5

2021 House of Delegates—
page 6

APTA's Futures Summit—
page 7

APTA California represents
the profession in Rose Bowl
Parade—page 8

Leadership information—
Page 9

Bette interviewed by David
Muir on ABC News—Page 9

Membership Form—Page 10

PRESIDENT'S MESSAGE (Continued from page 1): her gardening, bowling and leadership activities with veterans groups. Other interesting facts : she is an avid gardener, knows a lot about showing dogs, bowls in 2 leagues every week, raised a tiny tree frog, and marches in a parade in her original army uniform every Memorial Day.

The many activities in 2021 not only reflected upon the past of our organization, but many activities imagined the future. There were official “think tank” type meetings, the Futures Summit, with international participants focusing on “Clinician, Collaboration and Citizen” .A new Centennial Scholars Program for newer members of the profession with a focus on nurturing new thinkers and leaders began and hosted 100 mentees. At the September Centennial Celebration. the presentations were thought provoking and motivating. This type of happening is leading us boldly into the future, and a big screen, visible to all at CSM, will highlight possible future activities generated by the Scholar's projects.

In the fall newsletter, we saw images of the new very modern and functional Headquarters Building. It was a product of the important past endeavors of our physical therapy community. However, it illustrates the beginning of new innovations and contributions that our future members and leaders are creating now.

On January 1, 2022 millions of people from around the world got a glimpse of how physical therapy practitioners are changing lives. The Theme of the prize winning Rose Parade float was “Physical Therapists Improve the Way You Move.” The float showcased our profession and won the Grand Marshall Award for most outstanding creative concept and floral design. The California Chapter was the sponsor with support from APTA and other donors. Thank you California APTA! The idea and activities which occurred in bringing this project to its spectacular conclusion illustrates the many talents and skills that our colleagues exhibit in their daily activities. The original date for the float was the 2021 parade. However, COVID resulted in cancellation of the parade. Our California Colleagues were determined to complete the project and moved ahead to complete the project for January 2022. They raised money, got volunteers, etc. for 2021 and then regrouped for 2022. A vision, commitment, teamwork, creativity, flexibility, clinical skills and tenacity were used to complete the project. These same skills along with clinical knowledge are utilized by physical therapy practitioners on a daily basis to help patients/clients reach their goals.

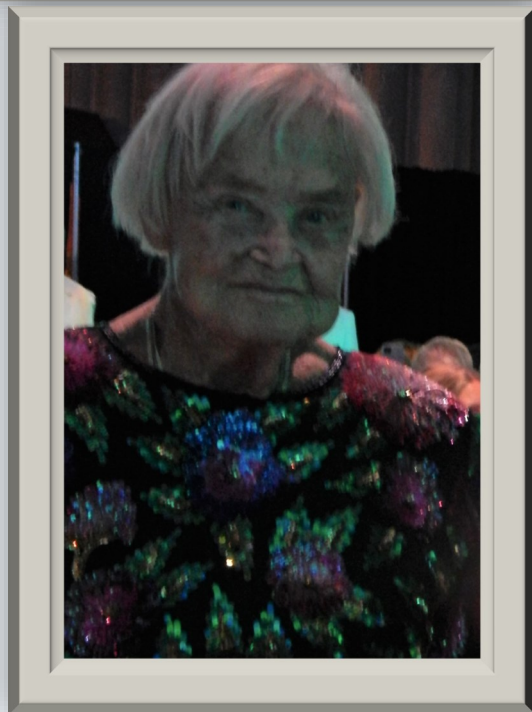
As we begin 2022, another COVID variant is spreading across the US. CSM is still scheduled for San Antonio next week. The format is a little different from other years, but we hope some members will be able to attend. Flexibility is one of the ways we reach our goals as a profession. Even though we strive to be flexible, sometimes the circumstances prevent us from participating in an event. Unfortunately, it is one of those occasions for me. Sadly I and several other members will not be in San Antonio.. While not there physically, we will be thinking of you who are in attendance. We have not planned an official in person meeting.

We will continue to keep in touch through our newsletter until we can meet in person. *Neva*

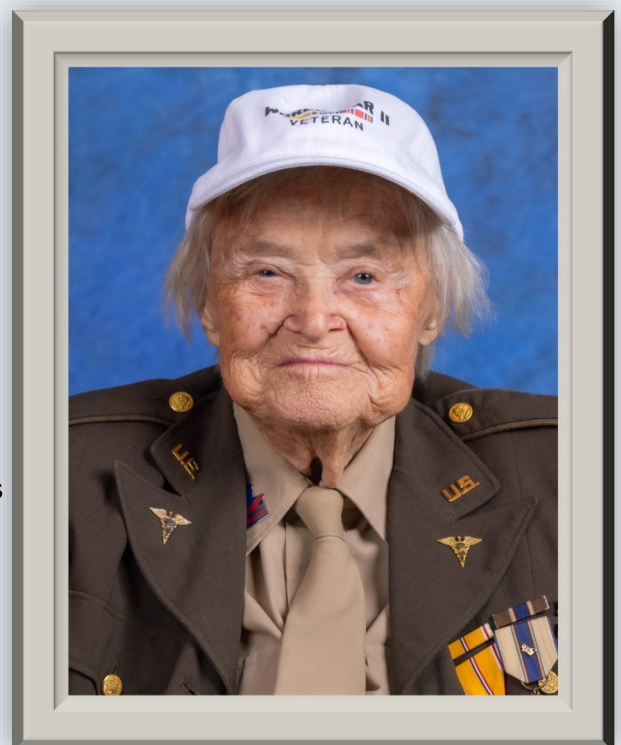
Bette Horstman has a Centennial Year, too!



As APTA began the celebration of its Centennial, Bette was already one month into her 100th year. On January 15, 2021, the Centennial Celebration included having each Academy/Section share a moment of history. **APTA Geriatrics showcased Founding Member, Bette Horstman.**



At the APTA Centennial Celebration in September, Bette is honored as the oldest, **active member of the APTA**, having been a member **for more than 70 years.**



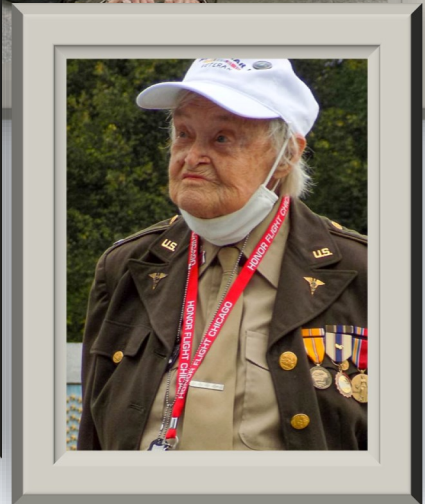
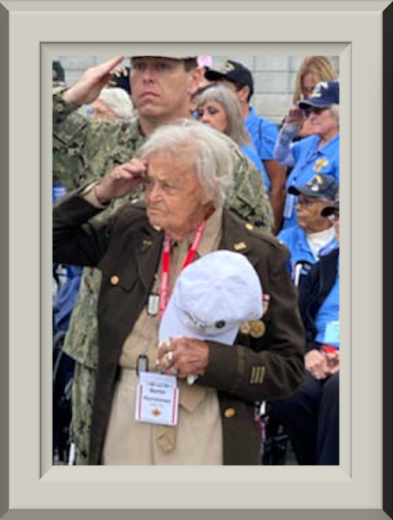
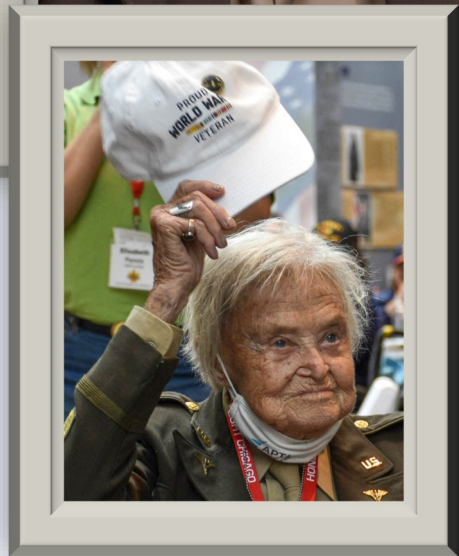
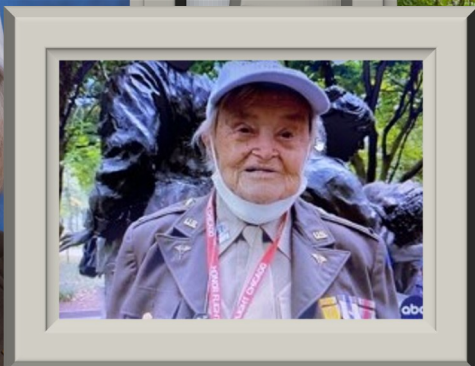
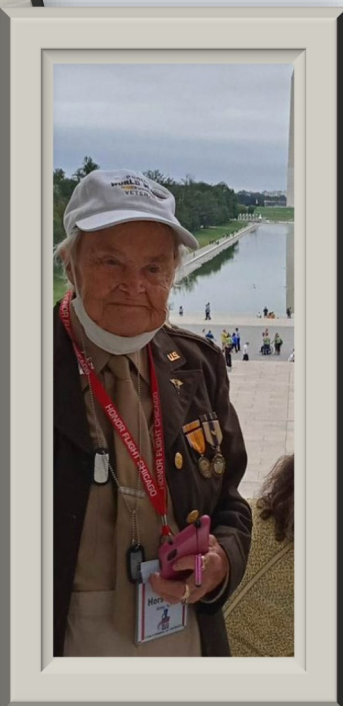
Bette on a Chicago Honor Flight for women veterans

In October of 2021. See a collage on the next page

And, read her story at <https://www.honorflightchicago.org/bette-horstman-leading-physical-therapy-for-vets/>

BETTE HORSTMAN ON HONOR FLIGHT CHICAGO

10/6/2021



BETTE'S BIRTHDAY 12/6/21



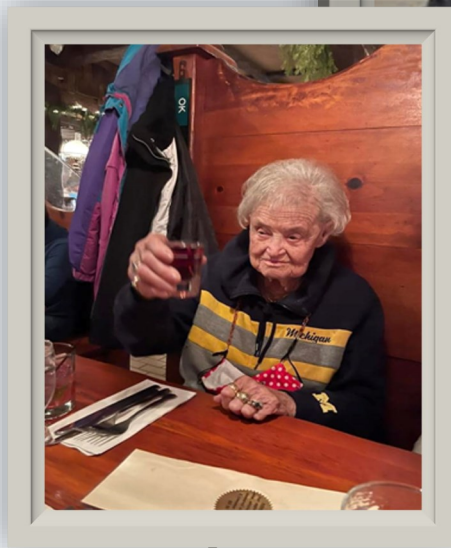
Bette has her street named in her honor.



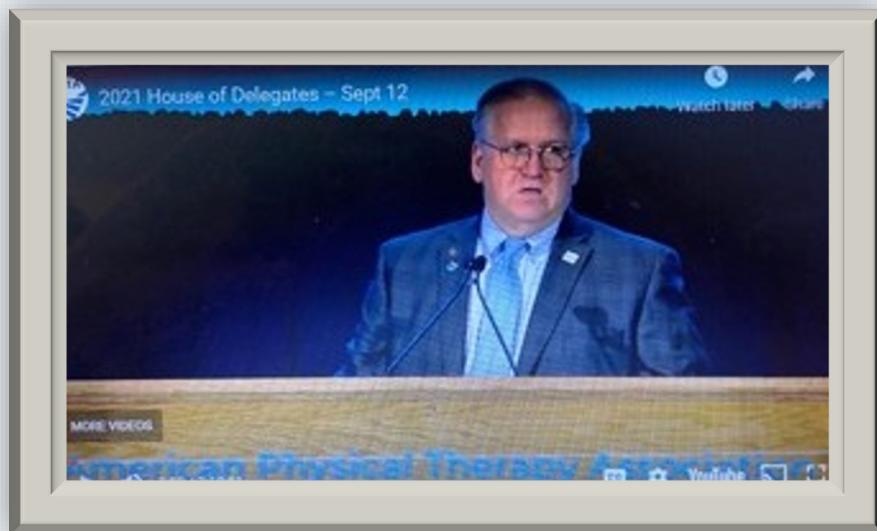
Neva and Fran attend Bette's birthday lunch.

VFW birthday lunch.
(right)

CHEERS TO YOU,
OUR DEAR
BETTE.



The 2021 Seventy Seventh House of Delegates was held in two sessions, one virtual and one onsite in Washington, DC. Speaker of the House, William (Bill) F. McGehee, Jr, PT, PhD opened the House. Many well wishes for the Centennial of the APTA were sent from Physical Therapy Leaders from other countries. Some important actions taken by House delegates include the following:



A bylaws change that gives PTAs more rights in the House with 2 members of the PTA Caucus to be seated as full voting delegates with the same rights and responsibilities as voting delegates from chapters and sections/academies. Sections/academies received two voting delegates in 2020.

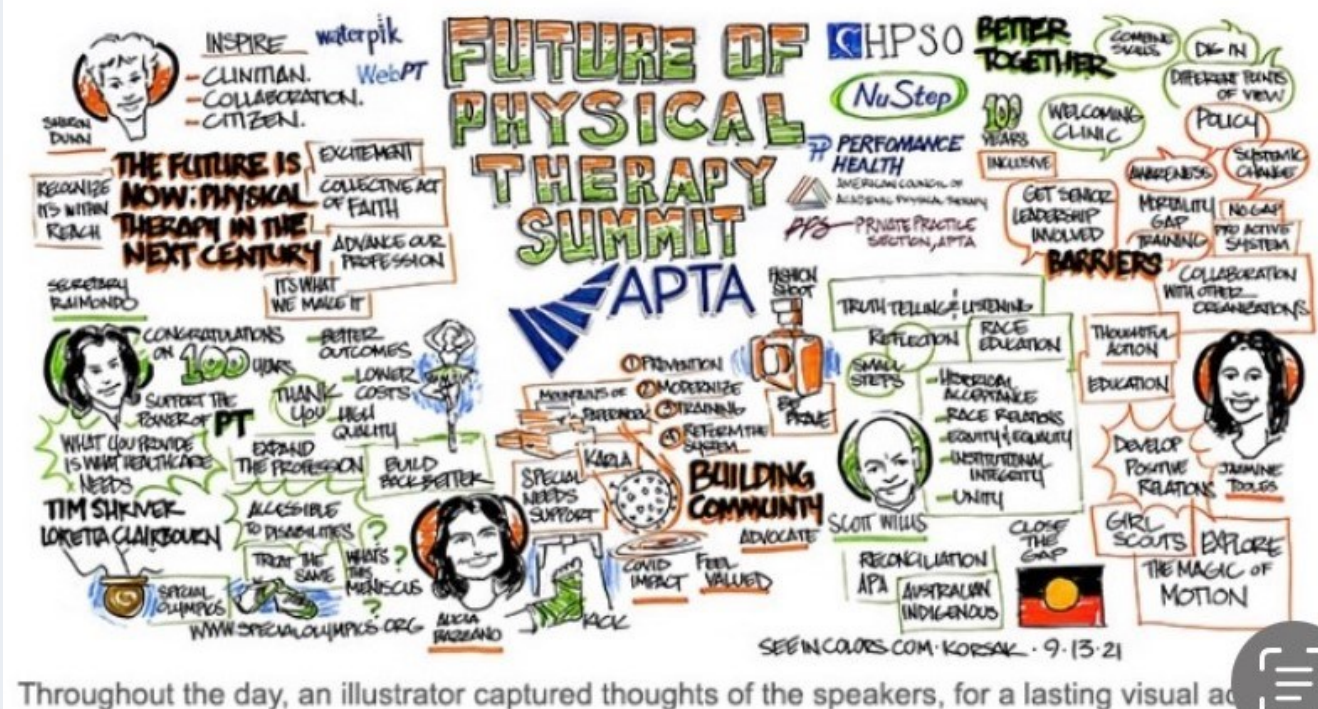
An adopted charge instructs APTA to launch a media campaign to promoting physical therapist services "as essential and integral providers in the interprofessional team of health providers for management of individuals affected by the multisystem impact of COVID-19 and post-acute sequelae of SARS CoV-2."

Addressing racism and supporting DEI (diversity, equity, and inclusion) were part of a theme to have the APTA be inclusive. Action occurred in three important areas: a statement on APTA's role in addressing racism, the addition of "inclusion" to the profession's list of core values, and an affirmation that the association will be careful in selecting and planning events to ensure that vulnerable populations in the host location are positively impacted. A statement reinforced that APTA is "committed to being an anti-racist organization" and the association and members, collectively and individually, "have an obligation to address policies and practices that perpetuate systemic racism and inequity in our association, the profession, and society."

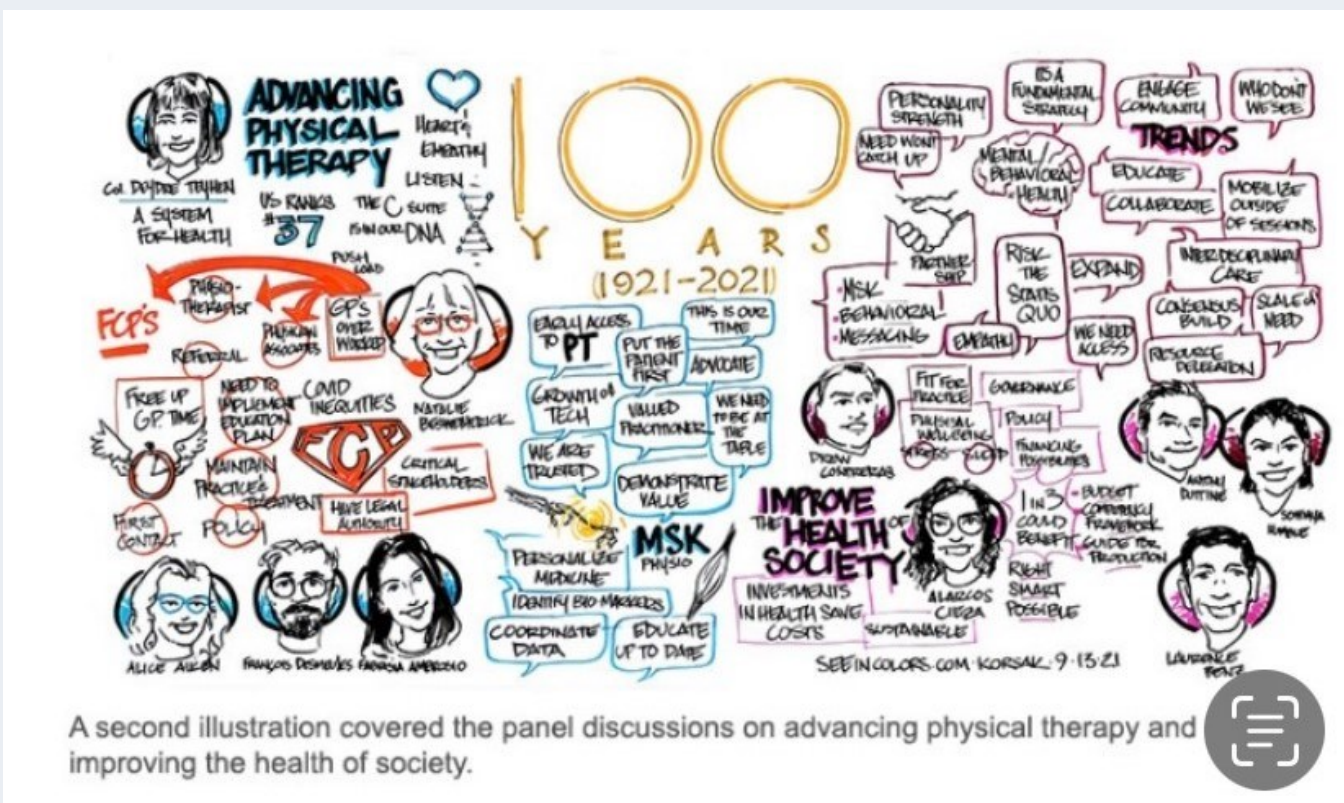
Members are able to view the videos of the Livestream of the House at the following link:
<https://www.apta.org/apta-and-you/leadership-and-governance/house-of-delegates/2021-house-of-delegates-livestream>

And more information on actions taken can be read at the 2021 House of Delegates Recap at
<https://www.apta.org/news/2021/09/14/hod-2021>

APTA's 2021 Leadership Conference included the **Futures Summit** in addition to the House of Delegates and Advocacy on Capital Hill. First lady Jill Biden accepted APTA's invitation to speak at the Summit as a way of saying thanks to the positive impact physical therapy has had on her life. The following link has more on the Summit and additional graphics. <https://www.apta.org/apta-magazine/2022/02/01/summit>



Throughout the day, an illustrator captured thoughts of the speakers, for a lasting visual ac



A second illustration covered the panel discussions on advancing physical therapy and improving the health of society.



APTA California represents the profession of physical therapy in the 2022 Rose Bowl Parade

Each Chapter celebrated the APTA Centennial in unique ways. The California Chapter took the step of submitting a proposal for a float, raising funds, engaging a group of volunteers to construct the float, and winning an award in the 132nd Tournament of Roses Parade on January 1, 2022.

CPTA won the Grand Marshal Award for most outstanding creative concept and ***float*** design! The float featured three figures in movement—a competitive athlete with a prosthesis, a jogger who's an older adult enjoying her run, and a young person in a wheelchair, enjoying a wheelie.

Newly elected APTA President, Roger Herr, served his first day as president on the float after helping attach roses. ***Congrats CPTA!!***



OFFICERS AND CHAIRPERSONS

President: Neva Greenwald

P.O. Box 4823

Jackson, MS 39296

Phone: 601-506-1191

Email: 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

Treasurer: Fran Kern

17328 Ventura Blvd. # 242

Encino CA 91316-3904

Email: fkern818@aol.com

Secretary and Membership: Linda Eargle

1205 Emerald Dunes Dr.

Sun City Center, FL 33573

Phone: 813-938-1603

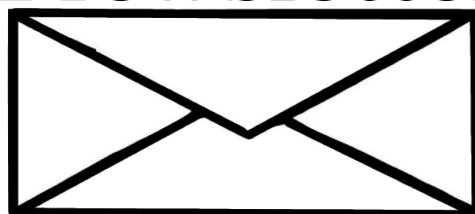
Email: lkeargle@yahoo.com

Newsletter Production and Editing:

Jessica Lovelace-Chandler

N Newsletter

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



Bette interviewed by David Muir on ABC News. "No regrets" See the entire news story about the Honor Flight and these women at:

<https://abcnews.go.com/WNN/video/historic-honor-flight-80451984>

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

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.

PT
PRIME
TIMERS