

Dear New/existing CMHSIG Member(s):

Welcome to the APTA Geriatrics Cognitive and Mental Health Special Interest Group (CMHSIG)! The purpose of the CMHSIG is to provide a forum through which individuals having a common interest in older adults with dementia and other cognitive-based conditions and mental health issues can learn from each other.

I am extremely excited to take the lead over the CMHSIG and amp up the excitement about cognitive and mental health. I think following COVID-19, all of us, including our patients and caregivers need to focus on cognitive and mental health as it has taken a toll on everyone personally or professionally. I think with the changes in healthcare due to COVID-19 and changes in the way our society operates, cognitive and mental health needs to be put at the forefront and focused on especially with our geriatric population. You can think of it as a call to action on behalf of our patients!

My goal is to rejuvenate this SIG and place a fresh perspective on the direction this SIG is to go. I would like to recruit more members into the SIG, allow members place share ideas amongst each other and encourage volunteerism.

If you are interested in volunteering in this SIG whether it be for a taskforce or helping with journal club, etc. please let me know. If you do decide to volunteer, you will be met with a great amount of support and opportunities for growth professionally.

I have an open-door policy. Please email me at [alexpiersanti52209@gmail.com](mailto:alexpiersanti52209@gmail.com) with any questions and/or concerns you have or any ideas for projects/activities. This is a SIG for everyone, so feedback is greatly appreciated!

I look forward to your participation in the CMHSIG!

Sincerely,

Alex Alexander, PT, DPT, GCS  
CMH SIG Chair