



ACADEMY OF GERIATRIC PHYSICAL THERAPY

Name: Beth Black, PT, GCS and Heidi Moyer, PT, DPT, CEEAA

Board Position: State Advocate Western and Eastern Regional Coordinators

Date: 1/7/2019

I – Status of progress towards assigned goals/objectives from strategic plan:

1. After finalizing end-of-year renewals and resignations, and ongoing recruiting of new State Advocates, we now have **49** (previously 29 at this time last year, demonstrating a 68.9% growth) States with State Advocates (including the District of Columbia). There are a total of **70** (previously 37, demonstrating a 89.1% growth) current State Advocates with many states sharing the position as co-chairs. Sharing the position continues to foster growth of the program by encouraging sustainability within the states, supporting larger states with larger memberships and building confidence in taking on the positions, particularly with new professionals working with another member. We had only two state advocates step down from their position this year out of all our wonderful volunteers.
2. Recruitment of additional state advocates in empty states as well as co-state advocates is ongoing through flyers at CSM, NEXT, quarterly postings on the AGPT listserve, intermittent ads in GeriNotes, posting on AGPT NewsBrief, emails to contact State Advocates to work locally, Chapter ads/email blasts to state AGPT members, and ongoing referrals from other active AGPT SIG leadership, in particular Lise McCarthy. Please print and take to CSM attached files on current State Advocates and flyer on states we are actively recruiting. Any acknowledgement by AGPT leadership of current State Advocates at CSM is appreciated at CSM.
3. The splitting of the AGPT State Advocate chair role into Eastern and Western Regional Coordinators has been very successful. Heidi Moyer was appointed in January of 2018 and began her duties at CSM in New Orleans by leading the state advocate meetings and attending the board of directors meeting in Beth's absence. Eastern Regional Coordinator works with those states east of the Mississippi River (26 states and District of Columbia). Chair/Western Regional Coordinator works with 24 states, those west of the Mississippi River.
4. With the division of responsibilities and roles, the frequency of communication between the coordinators and state advocates has improved to help retain the motivated individuals we have recruited over this past year as many new individuals entered this role.
5. A comprehensive welcome packet has been created as a reference for the state advocates. The welcome packet is 12 pages and includes information such as creating a Facebook page, sample email templates for greeting new AGPT members at the state level, and many sample ideas for events such as falls awareness prevention day, collaborating with local government health agencies, and promoting student involvement in the AGPT at the local level.

6. Two group phone call meetings occurred, one open to any of the SAs, one with a focus on new SAs, with minutes provided for those unable to participate.
7. Currently, the state advocates are running Facebook groups in the following states:
 - a) CO (Beth C): <https://www.facebook.com/groups/399522670457966/about/>
 - b) NE (Rashelle): <https://www.facebook.com/groups/585067375200270/about/>
 - c) TN (Gretchen and Teresa) : <https://www.facebook.com/Tennessee-Members-of-AGPT-358944757907494/>
 - d) CA (Brenda): <https://www.facebook.com/groups/206420329949902/>
 - e) IL (Heidi and Jaime): <https://www.facebook.com/groups/ILmembersofAGPT/>
 - f) NH (Stephie): <https://www.facebook.com/groups/NHAGPTmembers/>
 - g) NM (Beth and Valerie):
<https://www.facebook.com/search/top/?q=new%20mexico%20members%20of%20agpt>
 - h) OH (Aliya and Angela):
i) <https://www.facebook.com/groups/482525222271400/>
 - j) OK (Michael):
<https://www.facebook.com/search/top/?q=oklahoma%20members%20of%20agpt>
 - k) Utah (Ally): <https://www.facebook.com/groups/206215819996534/about/>
 - l) Minnesota (Marina & Christa): <https://www.facebook.com/groups/516305278888851/>
 Facebook groups aligned with state GeriSIGS
 - a) WA (Ryan): <https://www.facebook.com/groups/PTWAGSIG/>
 - b) Virginia (Cathy): <https://www.facebook.com/vptageriatrics/>
8. In addition to many states being active in promoting National Falls Prevention Awareness Day, Senior Olympics, Active Aging Week, GCS study groups, there is more promotion of all SIG activity. Letter to be sent to all SIG chairs before CSM this year, supporting online communication and awareness of each other's activities, with an updated list of State Advocates and recruiting states.
9. Coordinators regularly communicated to individuals through emails/calls, in addition to group communication through PBWorks wikisite and group phone calls.
10. Regular communication of new AGPT chapter membership database is provided by our Executive Director to each State Advocate on a monthly basis, follow up as needed by Coordinator.
11. Both coordinators are facilitating annual State Advocate meeting at CSM. Meeting will be held Friday January 25th from 1-3pm. Meeting will include formal agenda as well as guided discussion on topics identified as being important to SAs through previous polls and other individual feedback.
12. Ongoing increased AGPT presence in local chapters with budgeted resources provided to each state advocate acting as liaisons to/from AGPT: signage for chapter events when AGPT table top display not available; resources for giveaways, vendor expenses, etc. AGPT represented in the following chapters: California, Illinois, Maryland/DC, Montana, Nebraska, Nevada, New Mexico, Tennessee, Wisconsin.
13. Collection of Annual Reports by all State Advocates, posted on PBWorks for all State Advocates to review. Highlights of 2018 activities of some of the exciting and diverse work being done at the state level are included at the end of this report.

II – Follow-Up on old business (not addressed in item I):

1. Ongoing recruitment of State Advocates in Components (2), plus co-SA requested by current State Advocate. Open positions are in: Alaska, California co-SA, Hawaii co-SA, Oregon co-SA, Utah co-SA, and South Dakota.
2. Facilitating increased use of devoted State Advocate portion of AGPT website as resource for all State Advocates, transitioning from use of PBWorks wikisite.
3. Ongoing promotion and coordination of State Advocate activities by two regional coordinators.
4. Increase State Advocate participation and promotion of SIGs by State Advocates.
5. Increase State Advocate participation and promotion of SAFE (Senior Athletes Fitness Exam) at state-level Senior Games, collaborating with Dr. Becca Jordre and newly formed AGPT task force on partnership with NSGA.
6. Ongoing support to State Advocates to increase job satisfaction, understanding of resources, to increase involvement of AGPT members in their states and to develop AGPT leadership.
7. Submit annual State Advocate article from individual State Advocates and/or Regional Coordinators for Gerinotes.
8. Submit at least monthly updates to AGPT website on contacts, transitions of new or outgoing State Advocates, and to SIG chairs and other AGPT leadership as requested.
9. Monthly updates to AGPT website for Advocate resources and activities.
10. Annual meeting with State Advocates at CSM.
11. Provide feedback to State Advocates at end of 2-year terms and throughout their term as needed/desired.
12. Facilitate leadership in AGPT.
13. Trialing AGPT website or other software to replace PBWorks as communication tool between SAs and online document database.

III – New items for discussion:

IV – Board action requested:

none at this time

V - Special needs or requests:

Need to know more about plans for re-branding and how this will impact materials available for the AGPT booth for chapter use. A new form for requisition of materials may be needed.

Highlights of Annual State Advocate Reports on 2018 Activities:

Alabama (Laura White and Brian King):

1. FPAD Screenings – 4 in South Alabama at community centers during the week before or after FPDA. Approximately 100 older adults screened and/or educated on fall risk.
2. Contacted new AGPT members in Alabama.
3. Recruited new Alabama co-advocate, Brian King to represent northern half of state.
4. Served as geriatric PT representative on state chapter education committee
5. Solicited information from AGPT about sponsoring CEEAA courses in Alabama in next few years.

Arizona (Stefany Shaibi):

1. Organized and participated in the Connect2STEM Fair in January 2018 that was held at the Phoenix Biomedical Campus. The goal was to educate the public regarding physical therapy, specifically balance assessments and interventions. There were 12 volunteer DPT students that assisted. There were approximately 7,000 attendees.
2. Continued discussions with the AZPTA president regarding the possibility of a geriatric SIG. This has been put on hold until there is more interest.
3. Helped organize as well as participate in a health fair for a local free clinic (SHOW). This clinic sees primarily homeless patients, however, a large percentage of their patients are geriatric. We provided balance assessments, diabetic footcare, and a shoe drive.
4. Participated in the Borden-Tabor Lecture Series (NAU PT alumni meeting and con-ed opportunities). This year it was aimed at the care of geriatric patients. I gave a 3 hour lecture on Sarcopenia and Muscle Performance Changes with Aging. Additionally, there was a Neuro and Cardiopulm lecture emphasizing aging.

Arkansas (Jennifer Vincenzo):

1. Developed and helped implement fall prevention initiative through the Centers on Aging in Arkansas (8 centers on aging throughout the state)
2. Presented on fall prevention and balance improvement in older adults at the 2018 Annual LTC and Geriatrics conference
3. Joined the Arkansas State Falls Coalition. Currently working on a statewide grant for fall prevention
4. Appointed to the Governor's Advisory Council on Aging to guide the Governor's office for aging needs in Arkansas (Arkansas ranks 49/50 in the nation on this issue).

Colorado (Beth Castellini):

1. Facebook Page dedicated to any PT in Colorado interested in promoting optimal aging in Colorado: <https://www.facebook.com/groups/399522670457966/>
2. Joint event with Mesa County's Aging and Disability Resources for Colorado (ADRC) with A Matter of Balance class at a local Senior Housing Apartment Complex
3. Summer and Fall Joint events in Longmont with an Outpatient program along with a local Home Health Agency for Falls Screening with an Obstacle Course

4. Joint event with an ALF Balance for Life Class and Silver Sneakers for a 12 week Walk for Exercise Challenge
5. PT Day Fall Screening event at an Outpatient program in Parker, CO
6. Contacted Student SIG President for Colorado to plan student event in 2019

Connecticut (Jean Miles):

1. The original goal was “to explore potential interest for a Cognitive and Mental Health Special Interest Group (CMH SIG) for the state of CT and obtain the necessary signatures to start the SIG.” Instead, we decided it was more appropriate to first initiate a Geriatric SIG since CT didn’t have one. We obtained the signatures and wrote up the bylaws in time to get the SIG approved at the September CT APTA board meeting. We had a table at the state conference in November and distributed literature from AGPT, it was a great success! Over 30 additional therapists signed up to be part of the SIG. Our first official meeting is 12/4/18, agenda is formation of slate of officers and a literature review.
2. In order to determine how much interest there was in starting a Geri SIG, emails were sent to over 100 therapists who are CT members of the AGPT. Now we have an easy way to connect people all over the state for study groups for certification prep and other social and employment interests. New members are added to the email list monthly and student members of the CT chapter are kept informed too.
3. A survey was distributed at the CT APTA annual conference to find out what topics were most important for the Geri SIG to focus on. The “winners” were dementia, balance and falls, wellness programs, and a desire for frequent educational sessions on topics related to older persons.

Delaware (Sarah Smith):

1. Performing fall risk assessment including 5xSTS, 4 SST, and SLS and vitals screening at Osher Life Long Learning Center
2. Assisting at the Delaware Senior Olympics Basketball Tournament with University of Delaware DPT students

District of Columbia-DC (Katie Larson):

1. Coordinated a booth at the DC/Maryland Annual Conference in Towson, Maryland on 11/3/18. Handouts were well received. Discussed AGPT with DC and Maryland chapter members.

Florida (Heidi Piccione):

1. Spoke at USF’s Annual Geriatrics Conference on Falls.
2. Mentored a 3rd year student in a TED Talk for FMDA Annual Conference.
3. Volunteered at Fall Prevention Day for free fall screen at local ALF.

Georgia (David Taylor):

1. In 2018, we were successful in meeting all or part of each goal. Through a collaborative effort, we engaged faculty and students from 6 Georgia DPT programs, community partners and clinicians in Georgia & South Carolina in the **STOP Falls (Screening One-Thousand Older Adults to Prevent Falls)** initiative. The impetus behind the initiative was to honor the father of a Georgia physical therapy educator who passed away this year related to the consequences of a fall and support National Falls Prevention Awareness Day. As of October 31, 2018, 681 individuals were screened for fall risk using the **CDC STEADI initiative**. Screenings occurred throughout Georgia in Atlanta, Dahlonega, Augusta, Savannah, Gainesville, College Park, and Macon. South Carolina screenings occurred in Charleston and Anderson. Twenty-five different locations

supported screenings. Community and clinical partners included senior living communities, senior centers, library systems, *A Matter of Balance* classes, state and county fall risk coalitions, health systems, and PT practices.

2. Multiple DPT programs include STEADI and Otago in entry-level courses.
3. At least three Georgia PTs became GCS in 2018.

Hawaii (Mary Grace Gayatinea):

1. Presentation in regards to Falls Prevention Education on September 27, 2018 for the community, staff, and residents at a skilled nursing facility.
2. In service for all the nursing staff in a skilled nursing facility in regards to proper positioning, turning, transferring for patients who are medically complex on a quarterly basis in 2018.

Idaho (Cindy Seiger):

1. 7th Annual Humpty Dumpty Had a Great Fall: A Falls Prevention Event a. "Stand Tall & Fight Falls" b. October 12, 2018 c. Audience: Community-dwelling older adults d. Community vendors e. Information booth staffed by students in physical therapy, dietetics, and occupational therapy
2. Fit and Fall Proof™ (FFP) a. Statewide falls prevention program that provides community exercise classes b. DPT students i. Conducted classes in Pocatello, ID ii. Recorded four 30-minute FFP exercise programs for the Pocatello Local Access Television Station

Indiana (Swarnalatha Tumukuntla):

1. Attended CSM 2018 in New Orleans and AGPT state advocate meeting.
2. Attended the spring conference and fall conference in KY – joint meeting IN and KY.
3. Participated in local fall prevention awareness day event.
4. Participated at PT day of service super hero project – IUPUI campus.
5. Attended and participated in PT month celebrations and central district meeting.
6. Communicated with the new AGPT members to thank them and provided the AGPT resources and the updated all the members monthly with the news and updates.
7. Participated in North central district collaboration with Navari clinic for fall risk assessments.
8. Organized and implemented educational sessions locally to promote importance and benefits of exercises in geriatric settings.

Illinois (Jaime Fortier-Jones and Heidi Moyer):

1. Authored and submitted bylaws for GeriSIG
2. Presented on a Geri topic at IPTA Southern District meeting
3. Attended CSM in New Orleans in 2018
4. Hold SAFE screening at Illinois Sr Olympics in September 2018
5. Maintain IL AGPT Facebook Page
6. Hold AGPT booth at IL State conference
7. Mentor new state advocates

Iowa (co-SA Katie Stevermer)

1. Mentor colleague to serve as co-advocate for state of Iowa.
 - a. Working with J. Rouse as co-advocate to share information regarding AGPT & IPTA interaction, discuss GCS preparations/promotions, and initiate conversations regarding social media utilization.
2. Develop resources for GCS examination preparation.

- a. Provided guidance with textbook recommendations and encouraged use of specialty practice description for 2018 GCS candidates.
 - b. Co-advocate created reference list in early 2018 for expansion during 2018-19 as needed.
3. Review state meeting plans to ensure course offerings pertinent to geriatric practice.
- a. State meeting format with 1-day and 2-day courses including concurrent sessions on various topics.
 - b. Spring 2018 – Medicare payment updates (R. Boldt); Emergency Medical Response for PTs (P. Cross/P. Hauer); Fall Prevention Programs (R. Radske-Suchan); Holistic Practices (L. Covill); Quantification of Balance in Neuro Disorders (M. Ganesan); Balance & Falls Lab (J. Bush); Acute Care Continuum (E. Randall)
 - c. Fall 2018 - pain science (4 1/2 day courses – A. Kruse); Pelvic PT (K. Smith); Venous Thromboembolism management (M. Puthoff); Pain Neurobiology (K. Sluka); Documentation (R. Boldt); PT/PTA Teams (T. Porter/S. Bravard); Critical Care Setting (R. Barr); Rotator Cuff Disease (B. Patterson); Shoulder Pathology (S. Olsen)
4. Provide community education on minimum of 1 geriatric based topic.
- a. Balance & Beyond classes (March, September, December) – coordinated event including education (community resources for seniors, assistive devices, and footcare) and static/dynamic balance activities; work included facilitation of student development and leadership of physical activity components
5. Other Activities:
- a. Supervised PT students performing fitness/gait assessments during a Senior Health Fair (November).
 - b. Attended IPTA Lobby Day (February) to receive updates on advocacy efforts.
 - c. Joined co-advocate to initiate conversations with state chapter's executive director regarding procedures for providing resources for use in state social media accounts.

(co-SA Jennifer Rouse):

- 1. Initiated 2 year term as AGPT Co-Advocate for the state of Iowa.
- 2. Coordinated with IPTA in utilizing chapter website and social media to communicate geriatric-related issues and events.
 - a. Made connections with Natalie from Capture Marketing
 - b. Phone conference in regards to providing Geriatric related content to be posted on the IPTA social media sites.
 - i. Agreed to provide quarterly content ideas.
 - ii. Content to be obtained from approved sources. New content needs to be approved by the board.
- 2. Expanded interest in geriatric specialty certification or advance proficiency recognition.
 - a. Assisted co chair to develop content to assist those interested in taking the GCS to prepare.
 - b. Promoted GCS to other PT's. Educated them on how to apply for GCS exam/ requirements needed.
- 3. Reviewed state meeting plans to ensure course offerings pertinent to geriatric practice.

Kansas (Bill Rogers):

1. Provided 14 presentations to residents of ALF/ILF in eastern Kansas and 13 in western Missouri (Kansas City, MO and surrounding area) on the benefits of keeping exercise/keeping active and reducing falls.
2. Provided a 1 hour CE webinar to local therapists entitled "Current Concepts of Strength Older Adults"
3. Sent out welcome email to current Kansas AGPT members and to new members
4. Provided one Kansas PT with educational resources for GCS preparation
5. Helped with Sr. Falls Coalition of Clay and Platte Counties with their annual Fall Prevention Day event.

Kentucky (Beth Norris):

1. Completed a second year as a PT consultant to investigators of a CMS grant in regards to modifications of exercises for older adults with disabilities involved in BINGOCize® program.
2. Completed research project involving the use of an external focus of attention and motor learning principles during balance training of older adults. Submitted a small grant funding proposal to examine physical activity and sleep habits of older adults participating in group based BINGOCize® program.
3. Attended the fall joint PT conference (KY, I) and provided a booth for Geriatric State Advocate information.
4. Sent welcome letters to new KY members

Maine (Bill Anderson and Bernadette Kroon):

1. Attendance at Maine APTA Spring and Fall conference with AGPT booth
2. Contacted the new AGPT members in the state of Maine to inform about the benefits of their membership.
3. Operationalized a gift from the Boyd Fund to support:
 - a. 8 PTs successfully passed the GCS exam. After three annual study groups, total number of PTs helped for GCS= 21 PTs.
 - b. 1 PT recertified their GCS certification
 - c. 3 PTAs to work towards Advanced Proficiency Pathway in Geriatrics
 - d. 6 OTs to pursue AOTA Board Certification in Gerontology- 1 submitted portfolio in 2018
 - e. 2SLPs became certified in LSVT Loud
4. EMHS (Northern Light Home Health) continued partnering with local universities to take students in 2018 in the Home Health/Geriatrics setting.
5. Continuing partnership between local university students (MOT) and community health care agencies. Clinicians working for the community partners (VNA Home Health/Northern Light Health, the Cedars, the Landing and others) present their clinical questions related to the aging population to the students. The students search for the clinical research evidence and presents the outcomes of their search and answers to the clinical question to the community partner.
6. Participate as member of the Ad Hoc Senior Advisory Committee of South Portland ME. The committee goal is to be a more age friendly city. Focus of the group is on:
 - a. Physical environment; transportation, housing, and outdoor spaces and buildings

- b. Social environment; respect and social inclusion, social participation and civic participation and employment
- c. Communication and information and community support and health services

Maryland (Linda Horn):

1. Balance screenings provided at 4 senior apartments/condos: 99 total screened (July/August, 2018) with 2nd year students from University of Maryland School of Medicine, Physical Therapy and Rehabilitation Science Department.
2. Balance screenings at the Baltimore County Department of Aging Get Ready! Get Set! Get Fit! 5K Run/Walk: Second year students from University of Maryland School of Medicine, Physical Therapy and Rehabilitation Science Department screened 34 participants. Some of the students were monitors on the race course and did other tasks to support the event.
3. Power of Age Expo: 26 older adults screened for falls by 2 PTs
4. AGPT section booth materials and promotional items displayed at the APTA of Maryland and DC Fall Chapter Meeting. This was a joint effort with DC.
5. Second year students (61) from University of Maryland School of Medicine, Physical Therapy and Rehabilitation Science Department completed the Otago exercise continuing education module which was made available from a grant (Center for Aging and Health, Carolina Geriatric Education Center). The grant has ended and this opportunity may not be available next year.
6. Education to 1st and 2nd year students about fall risk and balance screening tools.
7. Students conducted 10 weeks of exercise to adults (most were older adults) in our Silver Fitness series as part of continuing community involvement. We partnered with Hollins House which is an apartment complex for seniors and disabled adults.

Massachusetts (Aimee Perron):

1. Attended MA Fall Coalition meeting on Beacon Hill - State House and provided older adults educational materials/falls screening event.
2. Provided AGPT materials to attendees at APTAMA Annual Conference
3. Connected with APTAMA Geri SIG Chair to discuss plans for 2019 to attend GERI SIG meeting
4. Connected with APTA of MA chapter president to inform her of my state advocate position and moving forward with plan to use Chpt email to welcome and connect with new AGPT members
5. Attend AGPT State Advocate conference calls
6. APTA of MA District Chpt meeting in Dec will be on Incontinence

Michigan (Melanie Wells):

1. SAFE screening at the Michigan Summer Olympics
2. New members emailed monthly welcoming them to AGPT and introducing their state advocate(s)
3. 2 MI AGPT members presented at our Fall Conference(topics: hemodialysis; home care)

Minnesota (Christa Schutte and Mariana Cheung):

1. Meetup to discuss group interests/activities for next year
2. Facebook group for state dialogue/interactions

Mississippi (Joy Kuebler & Sherry Colson):

1. Participated in Institute of Higher Learning Health Fair
2. Emailed new members

Montana (Lisa Hamilton):

1. Completed Healthy Bones for Life talk at Missoula Aging Symposium
2. Completed Healthy Bones for Life talk at Wellness Week :Trail West Banks

Nebraska (Tessa Wells and Rashelle Hoffman):

1. Created a Facebook group
2. Sent out welcome email to current Nebraska AGPT members and to new members as notified
3. Had a booth at the Annual Nebraska State Physical Therapy meeting
4. Started making connections for Falls Awareness Day 2019

Nevada (Jennifer Nash):

1. Booth at Nevada's First Interdisciplinary OT/PT conference in Las Vegas, NV
2. Presented at Joint Conference on CDC STEADI and Evidence- based Fall Prevention Programs
3. Recruited interest in GCS study group
4. Worked with Nevada Goes Falls Free Coalition (NGFFC) to train new Stepping On leaders
5. Assisted with NGFFC to hold 10 Fall Risk Screenig events in Sept 2018--screening over 300 people
6. Facilitated 2 Stepping On courses in Fall 2018 and helped promote 6 others in Clark County in 2018
7. Engaged with NVPTA and NVPTA Student SIG President to plan PT and student event in 2019 including having geriatric topics included in 2019 Tri State Conference in Las Vegas, NV in October
8. Sent out welcome letters to new NV members
9. Spoke with Touro DPT students and UNLV DPT students on EBP on fall prevention including Otago, Stepping On
10. Trained in Tai Ji Quan: Moving for Better Balance
11. Had Guest Lecturer from Nevada AOA in Geriatrics class at UNLV
12. Attended all NVPTA events advocating for AGPT

New Hampshire (Stephanie Bond):

1. Created a Facebook group
2. Sent out a few emails with information (2-3 since my August start)
3. Connected two people studying for the GCS to form a study group

New Jersey (Stephanie Long and Nadia Wrysta):

1. Presented a 4 credit CEU course at the APTANJ fall conference on Saturday, October 6, 2018 - Lower Extremity Injury/Pathology and its Impact on Function in the Older Adult

New Mexico (co-SA Valerie Morgenstern):

1. Participated in several events involving SAFE screening for seniors including: 2 days in July at NM Senior Games in Albuquerque, of which I assisted with the committee to plan and organize the event, and was present at both days of screenings. I also assisted in training of local CNM PTA students in the screening process in preparation for the event. I am lucky to live close to Albuquerque, as this year I could volunteer to assist Becca Jorde, PT (creator of SAFE) in the National Veterans Golden Age Games (August).

2. In Sept I assisted in the NM Fall Prevention Awareness Day by assisting in providing the CDC recommended STEADI screening (ave age: 74.5, approximately 50 attendees) and acting as mentor of PT and PTA students.
3. I assisted Beth Black, PT, GCS at the NM Fall Conference AGPT booth. We greeted and talked with state PTs, PTAs and students regarding aspects of AGPT. A raffle to win a year membership to AGPT was one of several promotional items that were available.
4. *I utilized a “welcome letter” template sent by mentors Beth Black and Heidi Moyer to email a new AGPT member that lives in New Mexico. I admit, I have not had follow-up or received email back from this initial contact.

(co-SA Beth Black):

1. Promoted AGPT membership and older adult issues at annual NM Chapter conference with Valerie Morgenstern, co-SA.
2. Promoted NM PTs/PTAs’ participation in local Fall Prevention Awareness Day activities, including at event at Los Duranes Senior Community Center on Sept. 21 w/UNM PT, CNM PTA, UNM OT students, members of AGPT, co-SA, and the NM Adult Falls Prevention Coalition.
3. Created “NM members of AGPT” Facebook page, promoting ongoing current events/issues for PTs/PTAs in NM (including current NM AGPT members).
4. Worked with group of PTs to organize and perform SAFE at NM State Games, screening 228 athletes and other older adults. UNM PT and CNM PTA students, AGPT members including co-SA, and community clinicians worked over 2 days.
5. Promoted AGPT membership at Dept of Health’ Otago Exercise Program courses in NM.NM
6. Mentored new co-SA.

New York (Ace Sumagaysay, Howard Eisenberg, Ryan Allison):

1. Set Up Facebook Group
2. 9/15/18 Attended the NYPTA mini conference and with permission from Kelly Garceau, spoke with a number of PT’s and made a three page flier in support of the AGPT available for distribution.
3. 11/4/18 Participated in a live conference call (4,000 listeners) sponsored by the NYC Parks Department and the AARP (American Association of Retired People) to learn of any opportunities.

North Carolina (Jamie Miner):

1. Table at NC Fall conference Oct 18-20, 2018
2. Started NC Website.

North Dakota (Beverly Johnson):

1. Added 11 new members - 6 PT’s & 5 students (40% increase)
2. Research projects related to older adults completed at local University
3. Continuing Education course at state meeting -“The Science of Balance” by Mike Studer -well attended
4. Continued involvement of PT’s & PTA’s around the state with community programs such as Stepping On, PWR Moves & Silver Sneakers
5. Increased communication among faculty members teaching the geriatric component in the 3 PT programs in ND

Ohio (Aliya Decates and Angelo Onyekanne):

1. Established Facebook group

2. sent out introduction letter to state members
3. Sent out survey to state members to assist us in finding out how to best serve them
4. Set up GCS study groups within the state

Oklahoma (co-SA Cindi Cathey):

1. Held multiple fall clinics and transfer training in-services for local assisted living facilities. Educated residents and facility associates
2. Joined the Cognitive & Mental Health SIG and volunteered to become a clinical liaison for SIG
3. Assisted with chapter's district and state meetings having a class pertaining to Geriatrics. Both currently include dementia related information.

(co-SA Michael Hyland):

1. Completed a fall risk screening event at St. Anne Catholic Parish in Broken Arrow, OK on the same weekend as National Fall Prevention Awareness Day. Approximately 14 people were screened and received free information on fall prevention and resources on local providers to help with fall prevention intervention.
2. Met with CEO of Broken Arrow Senior Center introducing self and offering self as a resource and as a potential collaborator.
3. Continued to post on membership group on Facebook and consistently invited new members to join upon notification from Karen Curran.
4. Added welcome letter to emails to new members and sent out messages and FB group invites to all new members for 2018.
5. 12 new members are now listed in Oklahoma for 2018.

Oregon (Jamie Caulley):

1. Held 10 community events for National Fall Prevention awareness day (9/22) around the state in September and October. The events included an hour educational presentation with various OT, PT and Pharmacy speakers; medication reviews for participants w/ a pharmacist; and a Tai Chi or Strong For Life active exercise demonstration with a local area teacher.
2. Introduction of self as the new Oregon AGPT advocate to the AGPT Oregon members.

Pennsylvania (Jennifer Sidelinker and Emily Houseknecht):

1. Monthly welcome email to new members, sharing AGPT and PA specific resources, welcoming communication, and offering support
2. Biannual newsletter to entire PA AGPT membership including: state-specific legislative activity, events & education pertinent to the practice of geriatric physical therapy.
3. Falls Prevention Awareness Day:
 - a. partnered with PA PT state chapter to engage members in all PA districts
 - b. PA State Advocate developed resource toolkit for PPTA website, and facilitated participation and reporting to support state and national efforts
 - c. PA State Advocate provided webinar with CEU approved to PPTA membership related to FPAD and evidence-based fall risk management
4. Strategic connections enhanced:
 - a. PA State Advocates are active members of the PA Falls Coalition
 - b. PA State Advocates are also the state chapter Aging Liaison
 - c. PA AGPT State Advocates have strong connections/synergies with the state chapter Geri SIG and regularly partnering on projects and activities
5. Attended the annual PPTA conference and hosted an AGPT booth

6. Attended CSM and NEXT, and attended Pennsylvania Chapter of American Trauma Society conference – hosting a booth – promoting awareness of PT in trauma care for older adults

Rhode Island (Sarah Bennett):

1. Participated in Board of Directors meeting
2. Reached out to URI to work on involvement with student education in geriatric PT
3. Volunteered at National Student Conclave to promote students to reach out to their state advocate

Tennessee (Gretchen Jackson and Teresa Brennan):

1. Started up a Facebook page
2. Fall Prevention Day
3. SAFE @ Senior Olympics in TN
4. Set-up booth @ Spring TPTA Meeting
5. Attended CSM AGPT Meetings
6. Attended periodic TPTA Meetings

Texas (co-SA Amy Walters, Crystalyn Richard, Maggie Abbott, and Kimberly James):

1. Continuation of study groups to support participants in the 2019 GCS exam. (Crystalyn, Maggie, and Amy)
2. Submitted 86 signatures for SIG formation to annual meeting and board in October 2018 for finalization of SIG.—awaiting board approval at January 2019 meeting. (All Advocates involved)
3. Student engagement at Southwest District meeting at TPTA. Advocate to host a table with signage, handouts, geri-notes and information on joining AGPT. Meetings also attended in Austin area by Amy Walters.
4. Development of Facebook page for TX geriatric physical therapists. (Crystalyn Richard)
5. Completion of radio interview Doug Pike Nifty Fifty for general public informational topic—“Prehab for TKA in Seniors” (Crystalyn Richard)
<https://www.iheart.com/podcast/139-Fifty-Plus-Podcast-27733747/>
6. Held 3 remote meetings via with co-chairpersons for planning and development of yearly activities. (Crystalyn Richard-All member in attendance)
7. Attendance at annual CSM meeting in New Orleans and attendance at AGPT Advocate meeting. (Crystalyn Richard and Amy Walters)
8. Booth at Age Well Brazos Event- College Station (Amy Walters)
9. Booth at Active for Life Health and Wellness Conference- College Station (Amy Walters)
10. STEADI screen at Austin Speech Labs for Stroke Awareness Day (Amy Walters)
11. Caregiver training at Austin Speech Labs (Amy Walters)
12. Presentation at TPTA Heart of the Matter: Current Management of Heart Failure (Amy Walters)
13. Monthly TX welcome letters to all new AGPT members within our state. (All members)
14. Presentation on aging and senior health and wellness to the Diocese of Texas Episcopal Seniors Foundation - a new board visioning their mission to serve seniors in Episcopal churches across 57 counties of southeast Texas. I serve on this board of

- directors because of my background as a physical therapist, the only active allied health professional, and someone who works within geriatrics. March 2018 – (Maggie Abbott)
15. Presentation to church leaders within the Episcopal Diocese of Texas in Houston, TX to introduce the concept of health, wellness, and advocate for physical therapists as mobility experts. I encouraged physical therapy and other licensed health professionals to be invited in discussions or forums on teaching people about exercise, aging, home safety, health, fall risk, fall prevention, home modification, among other topics. April 2018 –(Maggie Abbott)
 16. Lecture with Houston Area Parkinson Society as a part of their Summer Lecture Series, entitled Exercise and Parkinson's Disease to over 400 people with PD, care partners, and other interested parties. July 2018 -(Maggie Abbott)
 17. Lecture with Houston Area Parkinson Society to group of 30 people diagnosed with PD within the last 3 years going through a monthly series on self-efficacy to empower people to play an active role in managing their health. This lecture was entitled Exercise and Neuroplasticity with follow up questions about access to physical therapy services in their areas. Dec 2018 -(Maggie Abbott)

Utah (Allyson Armstrong):

1. Annual Fall Prevention awareness day, participant conducted fall risk assessment and educated on norms.
2. Created a gmail account with quarterly email updates on Geriatric State news
3. Created Utah Physical Therapy Geriatric Facebook page

Vermont (Paula Smith):

1. Explored interest and feasibility of fitness screen for Vermont Senior Games. Exercise handouts and recommendations created by University of Vermont DPT students. One fitness screen completed with positive feedback
2. Stay Steady Vermont completed over 220 CDC Stay Steady screens in rural areas of Vermont. Screens offered at senior living and community centers. Coordinating agencies of Falls Free VT Coalition and VT APTA chapter. Second year DPT students and community clinicians completed screens. UVM DPT students completed study on change in participants' behaviors and adoption of Stay Steady Vermont recommendations from 2017 screenings. Study accepted for publication in AGPT journal for 2019.

Washington (Kele Murdin):

1. In Sept. several GSIG members assisted in the Fall Prevention Awareness Day by doing STEADI screening at a local Senior Center on behalf of GSIG and offered inservices on fall prevention at ALF
2. Several WA members presented "Navigating the Complex Medical Patient" at our Fall PTWA conference
3. We utilized a "welcome letter" template to email all new AGPT members
4. We have had two Board meetings. We are working on how to manage, create funding in order to support growth. And would like to offer our course for more members who were unable to attend the conference.
5. We are on a ACL grant with DOH Fall Prevention to create a wrap around Otago Program to train caregivers on the exercises once dc'ed from therapy. A 2 year grant.
6. Volunteered at Special Olympics

7. One member participated in Senior Games doing BP
8. Member of Work Group for PTWA to improve PT presence/voice in our state as the healthcare provider of choice for exercise, pain management, etc.
9. We have 71 people on the email list and use Zoom to improve engagement during our monthly calls.
10. Attended State Policy and Payment Forum in KC in Sept.
11. Sent SurveyMonkey to assess ways to increase participation
(outgoing co-SA Ryan Murphy):
 1. Benton/Franklin counties have a newly developed Fall Prevention Coalition with Ryan joining.

Wisconsin (Bringa Johnson and John Weiss):

1. Emailed Wisconsin (WI) Academy members with introductions, asking for input.
2. Had booth at WI Healthy Aging Summit to inform and prompt Geriatric PT to ALFs, home health agencies, community members, ADRCs, etc.
3. Sent welcome emails to all new members.
4. Introduced and promoted the Academy at the Fall WI PT Conference.
5. Held meeting for WI Academy Members at Fall Conference and created 2019 goals

Wyoming (Nola Peacock):

1. Education event at senior center: provided balance screenings & education for older adults at senior center.
2. Relationship building with older adult agency: co-presented at the SHIFT (Shaping How we Invest For Tomorrow) national conference with Age Friendly Jackson Hole about a senior-friendly wellness garden project at a local municipal park we are working on together