

Jan 19 Quarterly State Advocate meeting on zoom

1. Shared End of Year report, consolidated info from state's end of year reports. Sent to APTA Geriatrics leadership. (see attached)
2. State Advocates check in. Introduce yourself and share one activity done in the last year. New SAs introduce yourself and discuss what activity you're planning on doing.
 - i. Alaska - Vacant
 - ii. Arizona - Vacant
 - iii. Colorado - Beth Castellini & Tiara Stingley: Zoom meetings every month. Variety of speakers, including other advocates. Tiara gave live incontinence talk for seniors
 - iv. Connecticut - Vacant
 - v. DC - Vacant
 - vi. Florida - Stefanie Bond & Kelli Davis: Stefanie: looking at shared goals with FL Geri SIG. Figuring out how they can work better together. Providing SAFE for National Senior Games
 - vii. Georgia - Rachel Walton-Mouw: Plugging away
 - viii. Idaho - Vacant
 - ix. Illinois - Angela Wallace: new advocate. Doing town halls including one on volunteerism.
 - x. Indiana - Vishaka Hiremath: 1st year as a SA. Worked with APTA Indiana chapter. 200+ letters for 100 days of service for Letters Against Isolation. Working on a Geri Notes article! Getting CEEAA course to Indiana is a current goal.

Beth B posted APTA Geri's CEEAA manager contact info, who is working on finalizing 2022-23 in Arizona & Atlanta, GA.:

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- xi. Kentucky - Amanda Pruit and Allison McKay: Have 3 SAs in the role. Allison - Attempted falls screening at previous employer. Benefits of APTA Geriatrics and APTA flyer to encourage additional members to join. Amanda will do PD event in April.
- xii. Louisiana - Vacant
- xiii. Maine - Vacant
- xiv. Maryland - Megan Ortega: Students participated in fall screening and good feedback from professors that students were more prepared for practicals in regards to guarding during fall risk screenings. Students also prepared videos on fall recovery. Letters Against Isolation by students. GCS mentoring by Maryland Team.
- xv. Mississippi - Sherry Colson: Somewhat stagnant year due to COVID. Doing some planning for 2022. Hoping for better 2022.
- xvi. Missouri - Stephanie Prinster: Missouri FB page started. Did an educational session at the University. Hoping to do SAFE in 2022 as well as additional involvement in State Chapter Meetings. Wants to work with IN for CEEAA.
- xvii. Nebraska - Maggie Schumacher: The 2 SAs split the side by geography, east & west portion of state. Slow year in 2021 due to COVID, however both SA's work at universities, so were able to involve students instead. Excited about free student membership!
- xviii. Nevada - Jen Nash and Katie Mullen: Multidisciplinary work with students doing fall & memory assessments. Katie does Blog for older adults. Tai Chi Quan by Jen Nash. CSM presentation for virtual fall prevention and another virtual education session as well.
- xix. New Jersey - Pooja Mehta: Hoping to implement educational event by zoom. Getting a new Co-Advocate within the next week or so.

- xx. New Mexico - Beth Black: NM on lockdown for a lot of 2022 due to COVID. Planned chapter conference switched to virtual. Small fall screening provided with a few students and clinicians downsized due to COVID concerns. SAFE also did not happen in NM. Continue to work with NM Dept of Health on Fall Prevention and injury prevention. Facebook has been good to keep everyone connected (more than 100 members!)
- xxi. Ohio - Aliya Decates-Miller and Diane Gmitter: Virtual Zoom events for falls awareness and MOSC
- xxii. Oklahoma - Donna Sylvester: new SA but excited to see what the year will bring. Making connections with SAFE.
- xxiii. Oregon - Hannah Carlsen: Rough year due to COVID but focus was mostly on the Facebook page. Limited engagement thus far, but continuing to try to make connections. Geri presentation proposal at OR chapter was just accepted. Oregon Senior Games - planning SAFE.
- xxiv. Pennsylvania - Sharon Bentley: Education at local church on PT and dementia care. Also hoping for GCS study group and State Conference as well for 2022.
- xxv. Rhode Island - Vacant
- xxvi. South Carolina - Robin Blount and Karlene Guay: All very new advocates but have tons of ideas! Already reaching out to students and Geri Organizations. Hoping to do Journal Club, Student Education, Facebook Page, CSM - want to meet up with members. Fall prevention education at local nursing home. Wanting to put a blurb in newsletter. Sounds like it's a good thing to have lots of ideas because some things can fall through.
- xxvii. Tennessee - Lauren Scanlon: Spring meeting booth at conference. Gretchen doing CEEAA. SAFE screenings at senior games. Free clinics for Fall Prevention through universities. Reach out to members for resources available.

- xxviii. Texas - Dulce Bhatt and Amy Walters: Dulce working for Telehealth company this year so focused on a Lunch and Learn on Fall prevention education, STEADI and using APTA toolkit. Volunteering for APTA Geri Booth at CSM. Hoping to do live fall screening next year.
Amy: Served as GCS mentor. Matter of balance set up for students virtually and going well. Educational sessions at state conference.
- xxix. Utah - Megan Wells: just started in July. Presentation to a group of women on fall prevention in BINGO format. Teaching chair yoga class. Wants to begin outcome measures to log improvement. Planning to become certified Yoga instructor to continue with this.
- xxx. Vermont - Vacant
- xxxi. Virginia - Mary Jamison: worked on Facebook, emails welcoming new members. Virtual event 1 RM for members - very well received. Had 20-40 participants on the call. In 2022, want to re-do facebook page because it was inherited from VA Geri SIG. Hoping for improved engagement; hoping to do 4 community events at local community center in 2022 and planning to engage more local members.
- xxxii. Washington - (Recruiting)
- xxxiii. West Virginia - Rhonda Haley: Recruited Sara Mayle to be a new SA. Wants to start fresh in 2022. Used to go to local nursing homes for events but were not able to do that in 2021, but now that things are opening back up, hoping to resume in 2022.
- xxxiv. Wisconsin - Nicole Buss: just came into the role so not many updates however Wisconsin did have a successful year in 2021.
- xxxv. Wyoming - Nola Peacock: Still at work in her small corner of her county and town! Has great connection with older adults at a local senior center. Working with Age Friendly Jackson Hole and plans to cross lines into Idaho with

Active Aging. Presenting Integrating Lifestyle Medicine to PT practice as a pre-con at CSM!

3. New in '22:

a. APTA Geriatrics Student dues are free! (must be an APTA member).

i. Please recruit new student members, passing the word that dues are free. - Students tend to be motivated when it's free so let's get the word out! SPT membership tends to be low, so we would like to get the word out.

ii. Consider engaging faculty at academic institutions. - We want to get students involved and we want them to stay lifelong members, so showing the value is key!

iii. Review your membership list to see if you have any students and consider mentoring any students that are members. They are our future.

Follow this link for the toolkit, with password: FREEStudentDues

<https://amped.egnyte.com/fl/7acfdlO7fB>

iv. Show our value with APTA Geri leadership in reaching new members in your state.

b. No more event summaries. We are replacing the Event Summaries with a 6 Month Check in Online form, similar to the End of Year report but midway thru the year. More details about this later, but it will include: What have you accomplished, what barriers are you having, do you want to check in with your Regional Coordinator?

c. State Advocate Info Packet has been updated.

It will be sent with the minutes of this meeting, please review.

New info about SAFE and student engagement

We want this to be a resource for you. If you have a question about something and can't find the answer in the Info Packet, we're trying to update it as we recognize missing info. We appreciate any suggestions to make this a helpful document for all SAs.

4. Announcements:

- a. No State Advocate on-site meeting at 2022 CSM
- b. For those of you going to CSM, volunteers are needed to assist at the APTA Geri exhibit hall booth. Help us promote the State Advocate program. Contact Kim Thompson kthompson@geriatricspt.org
- c. For those not going to CSM, the APTA Geriatrics business meeting will not be on zoom this year; but a video will be available later in February
- d. **SAVE THE DATES: 2022 Quarterly State Advocate zoom meeting dates:**
 - Tues April 12th**
 - Wed Aug 10th**
 - Tues Nov 1st, including break out rooms by region**
 - All at 8-9:30 pm ET, 7 CT, 6 MT, 5 PT . . .**
- e. Need volunteers for providing SAFE at the National Senior Games, at Ft Lauderdale. Florida. Tue May 10, 2022 – Fri May 20, 2022

From Dr Jordre: In a short three months the National Senior Games competition will be upon us and we'll have the opportunity to promote PT to this inspiring group of older athletes.

I'm writing to see if you will help me to promote this volunteer opportunity to your peers and/or students in Physical Therapy. The sign up is only 37% full thus far. My hope is to connect with larger groups of DPT students and therapists in Florida who can spend a day volunteering at the SAFE.

Feel free to share this link <https://signup.com/go/kOfPCko> and encourage those you know to sign up as well! If they have questions they can always e-mail me at Becca.Jordre@usd.edu.

Stay tuned for training materials coming in Feb/March.

- 5. Budget available to support your 2022 activities, need approval from your Regional Coordinator
 - I. \$2600 total budget

- li. \$30-50 for community events (\$600 total to split between all states, 4 states per region)
- lii. For state chapter conferences, we provide a “Booth in a box” (\$2,000 total) Includes new, larger collapsible sign, #age-on buttons, flyers.
- lv. First come, first serve, so get your requests in early for approval.
- V. See SA Information Packet for more details.

Notes:

Megan Ortega from Maryland asked - would it be better to wait to promote student membership? Answer: there should not be problems with new APTA Geri student memberships (which is most students). Please promote the free student membership.

Beth C: Rachel Walton-Mouw will be speaking on Jan CO call about GCS mentorship. All SAs are welcome.

Tiara - CO - Don't miss the Colorado zoom Feb. call: A person from Texas who partners with high schools which provides a place for seniors and wellness events. Find out how anywhere you live, you can partner with a high school and make a cool event.

Beth B - The NCOA/APTA Geriatrics Task force is looking at a new sign identifying fall prevention evidence-based programming and how we might apply them in our clinic and community. More to come when this is finalized. We hope this new sign may be placed as an option in our “Booth in a Box”.

Rachel Walton-Mouw - Question: has anyone done a survey? How do you get input from members?

Answers: Amy Walters - sends links to Facebook posts, Beth C - Tiara posts surveys on Facebook but gets limited responses. Beth B: recommend discussing with Melanie Wells from MI.

7. Help us recruit new State Advocates:

We are currently recruiting State Advocates in Alaska, Arizona, Connecticut, DC, Idaho, Louisiana, Maine, Rhode Island, Vermont, and Washington (10).

Plus co-chair State Advocate positions in California, Colorado, Hawaii, New Mexico, Oregon, South Dakota, Massachusetts, New Jersey, Pennsylvania, West Virginia (10)