

Q1 State Advocate Quarterly Meeting Agenda and Check In

January 25, 2022: 08:00 PM Eastern Time (US and Canada)

1. **Announcements:**

- a. Kudos:
 - i. Gretchen Jackson - Tennessee SA - Gerinotes article about her journey as a state advocate! Thank you for promoting what we do and sharing your experiences with membership!
 - ii. Sharon Bentley - Pennsylvania SA - Having her baby soon!! Congratulations!
 - iii. Megan Ortega - Maryland - Had a baby at the end of 2022! Congratulations!
 - iv. Paras Goel and Katie Mullens - selected as participants for APTA Leadership Scholars Program! We hope to hear more about this program during our next quarterly meeting! Congratulations to you both!
- b. Budget:
 - i. New year, new programming, new budget! Please get approval from your Regional Coordinator for funding of support for Chapter conferences, Community Events or SAFE table runners.
 - ii. <https://www.cognitofrms.com/APTAGeriatrics/StateAdvocateEventRequestBoothInABox>
- c. CSM:
 - i. Due to lack of space and inability for all Regional Coordinators to attend the event, we are not planning a formal meetup this year. However, that doesn't mean that we don't want to see you in person! Please write in the chat if you are coming to CSM this year. If you would like to share your info with us, we will collect your email and phone number and include you in a group contact sheet of those who would like to do an "on the fly" meetup at CSM if time allows.
 1. Beth C
 2. Anne Davenport
 3. Jim Milani
 4. Hannah OR
 5. Phil Kilmer
 6. Diane Fleming
 7. Sherry Collson
 8. Joy Kuebler
 9. Beth Black bblackpt@gmail.com 505-321-3214
- d. Dates for 2023 Quarterly Meetings:
 - i. 2nd Quarter Meeting - Tuesday April 25th
 - ii. 3rd Quarter Meeting - Tuesday July 25th
 - iii. 4th Quarter Meeting - Wednesday October 25th
- e. APTA Geri FORUM

- i. Have you had a chance to log in and use it?
 - 1. Thanks to Melanie Wells (MI) and Howard Eisenberg (NY) for being the first to try it out!
 - 2. This is the new platform that we can use to collaborate and communicate rather than social media
 - a. We will see how this platform gets utilized moving forward as some members are wondering is this too many different places to have to check - one more site to check into?
 - 3. How will feedback be monitored?
 - a. Dana is likely the one who will be responding
 - b. Can contact her
 - c. Possible survey at the end of use?

2. Welcome new SAs:

- a. Michelle Pereira - Co-Advocate for Rhode Island

3. End of Year Report Review!

4. Regional Coordinator's Goals for the SA Program in 2023

- a. The State Advocates all have set goals for 2023, so have the Regional Coordinators. Let's hear from them now!
 - i. Aliya
 - 1. Personal Touch to all SAs
 - a. Knowing who everyone is and what state they represent, along with the basic details about what programming they are interested in and what challenges they face in their state (ie - rural, or lack of members)
 - 2. Make the program well-known and stand out throughout APTA Geri Membership and even other SIGS and Sections
 - ii. Beth C
 - 1. Personal Touch/Connect and say hi
 - iii. Mihir
 - 1. Get to know the State Advocates in the West Region; we all have struggles but we are here to help!
 - 2. Learn from the State Advocates as well
 - 3. Keep up the legacy from Heidi and Beth B

5. Accountability Buddy Idea

- a. Thank you to New Hampshire's SA Laurel Horne for the suggestion and for meeting with us to give ideas about the program!
- b. When you are the only state advocate, or maybe one of 2 co-advocates for your state, it's easy to feel like you are alone on an island. But you are not alone on an island! There are about 75 people on your island (other State Advocates!)

- i. Those who want to participate would be linked up with a State Advocate in another state
 - 1. Undecided if this would be by region, at similar experience levels, similar levels of state population/resources - or even let you guys choose your buddy
 - 2. Have someone that you are setting goals and setting time frames with. Check in with one another - hold each other accountable to achieve your goals!
 - 3. Give your year more structure
 - 4. Can also bring students in as well (jr. advocates?)
- ii. 3 qualities that make a good accountability partner (thanks Laurel for this research!!)
 - 1. Committing to checking in
 - 2. Cheers for you
 - 3. Holds you to your word
- iii. Megan Wells would like a Student Advocate
- iv. Laurel - wants accountability buddy
- v. Mary Jamison - share posts to the whole group so that facebook posts and ideas can be utilized by multiple states
- vi. Howard - wants a co-advocate

6. **Breakout Rooms!**

- a. What are your plans and goals for 2023
- b. What do you need to get off your chest to get the year started off on the right foot?

Open State Advocate Positions:

East Region: District of Columbia, Maine, Vermont

Mid Region: South Dakota, North Dakota

West Region: None

Open Co-Advocate Positions:

East Region: Florida?, Massachusetts, New Hampshire, Virginia,

Mid Region: Georgia, Arkansas (potential Co-Advocate at the meeting tonight!),

West Region: Arizona, California, Hawaii, Nebraska?, New Mexico.

State Advocate Check in:

- a. Alabama
- b. Alaska
- c. Arizona
- d. Arkansas
- e. California
- f. Colorado
 - i. Tell us something great going on in your life (professional or personal!)
 - 1. Studying for GCS

- ii. Are you attending CSM 2023?
 - 1. Yes!
- g. Connecticut
 - i. Tell us something great going on in your life (professional or personal!)
 - 1. Two co-advocates will be instructing a CEU course in March on high intensity functional training for older adults and combating ageism bias.
 - ii. Are you attending CSM 2023?
 - 1. Unfortunately no! Hopefully next year.
- h. Delaware
 - i. Tell us something great going on in your life (professional or personal!)
 - 1. Helping co-coordinate the Geriatrics Class for the University of Delaware
 - ii. Are you attending CSM 2023?
 - 1. Yes
- i. DC - (Open position)
- j. Florida
- k. Georgia
 - i. Tell us something great going on in your life (professional or personal!)
 - 1. Newly certified CEEAA in 2022
 - 2. APTA GCS Mentorship program conducted 2 webinars to help those taking the GCS exam in their studying.
 - ii. Are you attending CSM 2023?
 - 1. Yes
- l. Hawaii
- m. Idaho
- n. Illinois
- o. Indiana
 - i. Tell us something great going on in your life (professional or personal!)
 - Excited to attend and learn at the CEEAA courses in New Mexico after having to cancel multiple times during COVID.
 - ii. Are you attending CSM 2023?
 - Working on logistics with my workplace, hoping to attend
 - (Requesting ideas on implementing Annual PT visit in practice)
- p. Iowa
- q. Kansas
- r. Kentucky
 - i. Tell us something great going on in your life (professional or personal!)
 - I started a Parkinson's Support Group in my community in partnership with a local ALF.

I started a mobile outpatient practice last year focusing on geriatrics and Parkinson's

- I became the treasurer for my local District of the KPTA
 - ii. Are you attending CSM 2023?
No
- s. Louisiana
- t. Maine (Open position)
- u. Maryland
 - i. Tell us something great going on in your life (professional or personal!)
 - 1. Megan - I had a baby boy at the end of 2022! He is doing well.
 - ii. Are you attending CSM 2023?
 - 1. Megan - No, I'm not quite ready to leave my little guy just yet.
- v. Massachusetts
- w. Michigan
 - i. Tell us something great going on in your life (professional or personal!)
 - 1. In 2022, my mobile PT practice doubled the # of patients/clients seen compared to 2021 (Melanie)
 - 2. I am introducing a wellness program for Geriatric population at my community Rehab- workplace (Mihir).
 - ii. Are you attending CSM 2023?
 - 1. No (Melanie)
 - 2. No (Mihir)
- x. Minnesota
 - i. Tell us something great going on in your life (professional or personal!)
 - Started coaching cross country skiing this year.
 - ii. Are you attending CSM 2023? No
- y. Mississippi
 - i. Tell us something great going on in your life (professional or personal!)
 - ii. Are you attending CSM 2023? Yes for both Joy (poster presentation) and Sherry (platform presentation)
- z. Missouri
- aa. Montana
 - i. In my personal life, I am going to be a grandma in about one month! In Lisa's professional life she is co-chair of the Osteoporosis/Bone Health Section. (not sure if I have that correct!)
 - ii. Are you attending CSM 2023?- No neither one of us will be attending this year.
- bb. Nebraska
- cc. Nevada
- dd. New Hampshire
- ee. New Jersey
 - i. Tell us something great going on in your life (professional or personal!)
 - TAMMY: Having my hip replaced on 1/27! Hoping to get the SAFE certification and Balance and Falls specialty certification
 - ii. Are you attending CSM 2023?
 - Tammy: No

ff. New Mexico

- i. I'm excited to be joining the APTA Geri Board as Chief Delegate during CSM.
- ii. Are you attending CSM 2023? Yes, I'd love to meet up with a group of State Advocates

gg. New York

hh. North Carolina

ii. North Dakota

jj. Ohio

- i. Tell us something great going on in your life (professional or personal!)
 1. Aliya - Everest is 6 months old, and we are moving this weekend! New home will have a home office for my therapy business (yayy!) Aliya has a poster presentation at CSM - be on the lookout for it!
 2. Diane just started Jiu Jitsu!
- ii. Are you attending CSM 2023?
 1. Aliya wishes that she could :(hopefully next year
 2. Diane is attending

kk. Oklahoma

- i. Tell us something great going on in your life (professional or personal!)
 1. Presenting on wound care at CSM
- ii. Are you attending CSM 2023?
 1. yes

ll. Oregon

Tell us something great going on in your life (professional or personal!)

1. Anne - I built and installed new cabinetry in my Ford Transit Connect camper van (named Richard Dean Vanderson) and signed a contract as Adjunct Faculty at a developing DPT program in Southern Oregon at the Oregon Institute for Technology.
- ii. Are you attending CSM 2023?
 1. Anne - Yes!

mm. Pennsylvania

- i. Tell us something great going on in your life (professional or personal!)
 1. Sharon- having a baby very soon!
- ii. Are you attending CSM 2023?
 1. Sharon- no
 2. Tracey -yes

nn. Rhode Island

oo. South Carolina

- i. Tell us something great going on in your life (professional or personal!)

SC: professional: in-person attendance at APTA SC annual conference by SC Co Advocates in March

 - Personal visits with family in varied locales
- ii. Are you attending CSM 2023 ? Barb Wilson and Robin Blunt are attending

pp. South Dakota

qq. Tennessee

rr. Texas

ss. Utah

i. Tell us something great going on in your life (professional or personal!)

1. I've started my own Business (Thanks, Aliyah!), Enjoy Life Physical Therapy, as well as seeing clients at our local recreation center for annual physical therapy exams and wellness/fitness sessions for older adults so they can enjoy life doing the things they love with the people they love.

ii. Are you attending CSM 2023?

tt. Vermont (Open position)

uu. Virginia

i. Tell us something great going on in your life (professional or personal!)

mentored a member from VA for GCS.

ii. Are you attending CSM 2023? Possibly on demand sessions.

vv. Washington

i. Tell us something great going on in your life (professional or personal!)

First cohort of DPT students (Pacific Northwest University) starting Spring semester this week and going to APTA WA Legislative Impact Day tomorrow! Taking 'Age On' buttons 😊

ii. Are you attending CSM 2023?

Yes - poster on Friday

ww. West Virginia

i. Tell us something great going on in your life (professional or personal!)

Currently preparing a presentation for a Payer Forum on the Role of PT in Fall Prevention for Middle Age and Older Adults. (Sara)

ii. Are you attending CSM 2023? Unfortunately, no. (Sara)

xx. Wisconsin

yy. Wyoming

i. Tell us something great going on in your life (professional or personal!)

I will be co-presenting a geriatrics session at CSM.

ii. Are you attending CSM 2023?

Yes!

Attendees: