Q2 - 2024 State Advocate Quarterly Meeting Agenda and Check In

Date: April 10, 2024

5PM PT, 6 PM MT, 7PM CT, 8PM ET

Zoom Link:

<https://us02web.zoom.us/j/3439201303?pwd=K0l2NXNYK005cFJDNjF2VHZ0SkF1QT09&omn=88573698365>

**SAVE THE DATES - Next Meetings: (Same Zoom Link)**

Q3: Wednesday, July 17, 2024

Q4: Wednesday, October 23, 2024

1. **Welcome**

**East Region:** Jennifer Lucas in PA and Nicole Thompson in FL

**West Region: None**

**Mid Region:** People interested in KY and LA! FINGERS CROSSED!

1. **Kudos - State Advocates Highlights**
   1. Thank you to all State Advocates who volunteered, presented and enjoyed CSM.
2. **SIG Updates: Look at all of the SA representation!** 
   1. Cognitive and Mental Health: Welcome to Chair, Alexandra Alexander, PT, DPT for joining us tonight!
   2. Nola Peacock- State Advocate from WY, Health Promotion and Wellness SIG
   3. Shweta Subramani -State Advocate from AZ, Chair Global Health for Aging Adults SIG
   4. Swathi Balanrapu -State Advocate from CA, asSecretary Global Health for Aging Adults SIG
   5. Beth Castellini -State Advocate from CO, Secretary Balance and Falls SIG
   6. Lisa Hamilton -State Advocate from Montana, Chair of Bone Health SIG
3. **NFPAW - (National Falls Prevention Awareness Week) - Sterling Eckert**
   1. Thank you to Sterling Eckert for joining us tonight with an update!
4. **SAFE - Sustained Athlete Fitness Exam**
   1. Planning for National Games 2025
      1. Volunteers needed in Des Moines, Iowa - July 24, 2025 - August 7, 2025
   2. **SAFE NAME CHANGE** - S now stands for ‘Sustained’
      1. See below for information on use of existing banners
   3. **SAFE at state level** - annual and sometimes different months/locations
   4. **Kudos** to Katie Stevermer - Iowa SA who helped with National Senior Game Week in March!
5. **Membership engagement** - most asked question to the Regional Coordinator team
   1. Student partnerships - manage FB pages? Email blast? Be a Co-advocate?
   2. PT/PTA school involvement with SA program
   3. Frequent emails to all members about events being planned/considered in your state
      1. When students join and you add them to the list; reach out - see who their Geri Professors are. See if they want to volunteer, ask them what school they attend.
      2. Perhaps we can use students to send emails, or to be a co-advocate or jr. advocate?
      3. Working on getting list of academics in state - reach out to them if this becomes available
      4. **April and September** - look for an updated complete list from Kim
   4. Partner with APTA Geriatric SIGs (Bone Health, Health Promotion and Wellness, Balance and Falls, Cognitive and Mental Health, Global Health)
6. **Updates:**
   1. Booth in a Box Update: (directly from APTA Staff Kim Thompson)
      1. MUST get approval from regional prior to filling out form
      2. What to expect: Pullup banner, membership flyers (PT and Student versions), swag (typically buttons/pins)
      3. If needed: please let Kim know if there is a specific flier beyond what is typically sent
      4. Average cost is $80
         1. We want the booth in the box to be as consistent as possible - let us know if anything is not as listed above
   2. SAFE Banner OR Booth in a Box request: <https://www.cognitoforms.com/aptageriatrics/stateadvocateeventrequestboothinaboxsafebanner>
   3. APTA Forum: <https://forums.aptageriatrics.org/>
      1. Contact Dana [dmurn@aptageriatrics.org](mailto:dmurn@aptageriatrics.org)
      2. Feedback since our last meeting on its use?
7. **Announcements:**
   1. OPEN State Advocate Positions:
      1. East: District of Columbia, Maine, New Hampshire, New Jersey, North Carolina
      2. Mid: South Dakota, Louisiana, Kentucky
      3. West: Hawaii
   2. OPEN Co-Advocate Positions:
      1. East: Vermont
      2. Mid: Missouri
      3. West: Nebraska (yes - I think I may have someone interested), New Mexico, Texas, Washington

**State Advocate Check in:**

1. **Please fill out the following questions for your State’s Check In:**
   1. **Does your State Chapter have a Geriatrics SIG? (Yes or No)**
   2. **Does your State participate in SAFE Screening at the Senior Games?**
   3. **Are you working with any community partners/sponsors? If Yes, please list:**
   4. Alabama
      1. Does your State Chapter have a Geriatrics SIG? No
      2. Does your State participate in SAFE Screening at the Senior Games? No
      3. Are you working with any community partners/sponsors? If Yes, please list: Via Health, Fitness and Enrichment Center (a United Way agency in Mobile, AL), Area Agency on Aging (South Alabama Regional Planning Commission, Mobile, AL), AHEPA Senior Living (national Hellenic organization)
   5. Alaska
      1. Does your State Chapter have a Geriatrics SIG? (Yes or No)
      2. Does your State participate in SAFE Screening at the Senior Games?
      3. Are you working with any community partners/sponsors? If Yes, please list:
   6. Arizona
      1. Does your State Chapter have a Geriatrics SIG? (Yes or No)
      2. Does your State participate in SAFE Screening at the Senior Games?
      3. Are you working with any community partners/sponsors? If Yes, please list:
   7. Arkansas
      1. Does your State Chapter have a Geriatrics SIG? (Yes or No)
      2. Does your State participate in SAFE Screening at the Senior Games?
      3. Are you working with any community partners/sponsors? If Yes, please list:
   8. California
      1. Does your State Chapter have a Geriatrics SIG? (Yes or No)
      2. Does your State participate in SAFE Screening at the Senior Games?
      3. Are you working with any community partners/sponsors? If Yes, please list:
   9. Colorado
      1. Does your State Chapter have a Geriatrics SIG? No
      2. Does your State participate in SAFE Screening at the Senior Games? No
      3. Are you working with any community partners/sponsors? If Yes, please list:
   10. Connecticut
       1. Does your State Chapter have a Geriatrics SIG? Yes
       2. Does your State participate in SAFE Screening at the Senior Games? No
       3. Are you working with any community partners/sponsors? If Yes, please list:
   11. Delaware
       1. Does your State Chapter have a Geriatrics SIG? (Yes or No) No
       2. Does your State participate in SAFE Screening at the Senior Games? No
       3. Are you working with any community partners/sponsors? If Yes, please list: Plan to work with Bayhealth hospital for some Health Fair and will work in future Fall prevention or Health screening.
   12. DC - (Open position)
   13. Florida - (Open Position)
   14. Georgia
       1. Does your State Chapter have a Geriatrics SIG? (Yes or No)
       2. Does your State participate in SAFE Screening at the Senior Games?
       3. Are you working with any community partners/sponsors? If Yes, please list:
   15. Hawaii - (Open Position)
   16. Idaho
       1. Does your State Chapter have a Geriatrics SIG? No
       2. Does your State participate in SAFE Screening at the Senior Games?
       3. Are you working with any community partners/sponsors? If Yes, please list:
   17. Illinois:
       1. Does your State Chapter have a Geriatrics SIG? YES
       2. Does your State participate in SAFE Screening at the Senior Games? YES
       3. Are you working with any community partners/sponsors? If Yes, please list:
   18. Indiana
       1. Does your State Chapter have a Geriatrics SIG? NO
       2. Does your State participate in SAFE Screening at the Senior Games? **NO**
       3. Are you working with any community partners/sponsors? If Yes, please list: Plan to participate in Stepping On program organized by my organization in May/June
   19. Iowa
       1. Does your State Chapter have a Geriatrics SIG? (Yes or No)
       2. Does your State participate in SAFE Screening at the Senior Games?
       3. Are you working with any community partners/sponsors? If Yes, please list:
   20. Kansas
       1. Does your State Chapter have a Geriatrics SIG? No
       2. Does your State participate in SAFE Screening at the Senior Games?
          1. We have previously, and exploring it again this year.
       3. Are you working with any community partners/sponsors? If Yes, please list:
          1. Not at the moment
   21. Kentucky(open position)
   22. Louisiana (open position)
   23. Maine (Open position)
   24. Maryland
       1. Does your State Chapter have a Geriatrics SIG? (Yes or No) No
       2. Does your State participate in SAFE Screening at the Senior Games? No
       3. Are you working with any community partners/sponsors? If Yes, please list: Baltimore County Department of Aging
   25. Massachusetts:
       1. Does your State Chapter have a Geriatrics SIG? Yes
       2. Does your State participate in SAFE Screening at the Senior Games?
       3. Are you working with any community partners/sponsors? If Yes, please list:
   26. Michigan:
       1. Does your State Chapter have a Geriatrics SIG? No
       2. Does your State participate in SAFE Screening at the Senior Games? Yes
       3. Are you working with any community partners/sponsors? If Yes, please list: Melanie is representing APTA-MI on the Michigan Falls Prevention Coalition
   27. Minnesota:
       1. Does your State Chapter have a Geriatrics SIG? (Yes or No) no
       2. Does your State participate in SAFE Screening at the Senior Games? No
       3. Are you working with any community partners/sponsors? If Yes, please list: no
       4. Christa: MN conference this month, HD virtual meeting, resource shares
   28. Mississippi
       1. Does your State Chapter have a Geriatrics SIG? (Yes or No)
       2. Does your State participate in SAFE Screening at the Senior Games?
       3. Are you working with any community partners/sponsors? If Yes, please list:
   29. Missouri
       1. Does your State Chapter have a Geriatrics SIG? (Yes or No)
       2. Does your State participate in SAFE Screening at the Senior Games?
       3. Are you working with any community partners/sponsors? If Yes, please list:
   30. Montana
       1. Does your State Chapter have a Geriatrics SIG? (Yes or No)
       2. Does your State participate in SAFE Screening at the Senior Games?
       3. Are you working with any community partners/sponsors? If Yes, please list:
   31. Nebraska:
       1. Does your State Chapter have a Geriatrics SIG? (Yes or No)
       2. Does your State participate in SAFE Screening at the Senior Games?
       3. Are you working with any community partners/sponsors? If Yes, please list:
   32. Nevada:
       1. Does your State Chapter have a Geriatrics SIG? (Yes or No)
       2. Does your State participate in SAFE Screening at the Senior Games?
       3. Are you working with any community partners/sponsors? If Yes, please list:
   33. New Hampshire - (Open Position)
   34. New Jersey - (Open Position)
   35. New Mexico:
       1. Does your State Chapter have a Geriatrics SIG? No
       2. Does your State participate in SAFE Screening at the Senior Games? Yes
       3. Are you working with any community partners/sponsors? If Yes, please list: NM Adult Falls Prevention Coalition, NM Dept of Health
   36. New York
       1. Does your State Chapter have a Geriatrics SIG? (Yes or No)
       2. Does your State participate in SAFE Screening at the Senior Games?
       3. Are you working with any community partners/sponsors? If Yes, please list:
   37. North Carolina - (Open Position)
   38. North Dakota
       1. Does your State Chapter have a Geriatrics SIG? (Yes or No)
       2. Does your State participate in SAFE Screening at the Senior Games?
       3. Are you working with any community partners/sponsors? If Yes, please list:
   39. Ohio:
       1. Does your State Chapter have a Geriatrics SIG? No
       2. Does your State participate in SAFE Screening at the Senior Games? YES
       3. Are you working with any community partners/sponsors? If Yes, please list: No
   40. Oklahoma - (Open Position)
   41. Oregon
       1. Does your State Chapter have a Geriatrics SIG? No
       2. Does your State participate in SAFE Screening at the Senior Games? Not currently, previous involvement.
       3. Are you working with any community partners/sponsors? If Yes, please list: On the State Level for the Oregon Fall Prevention Coalition: Oregon Department of Human Services Aging and People with Disabilities, Adventist Health, Tillamook County Wellness, University of Oregon Center for Brain Injury Research and Training, Comagine, Consonus Health, Kaiser Permanente, Knight Cancer Institute, Legacy Emanuel Medical Center, Oregon Rural Practice-based Research Network, Oregon Health Authority, Oregon Health Care Association, Oregon Health and Science University (various departments), Pacific University, PacificSource, Partners in Care, PeaceHealth, Providence Health, Saint Alphonsus Medical Center, Salem Health, Peace Harbor Medical Center. On the local level in Klamath County, through the Klamath Basin Senior Citizens’ Center, we foster 150+ partnerships depending on service delivery, however, our primary community partners for physical activity, health and wellness are Klamath County Public Health, Klamath Basin Behavioral Health, Crystal Terrace, Atrio Health Plans, OregonTech, Norco Medical, Healthy Klamath, Klamath Trails Alliance, Klamath County Community College, Hensley High School, Klamath County Commissioners, Klamath Chamber of Commerce, Bliss Yoga.
   42. Pennsylvania
       1. Does your State Chapter have a Geriatrics SIG? **YES**
       2. Does your State participate in SAFE Screening at the Senior Games? NO
       3. Are you working with any community partners/sponsors? If Yes, please list:
   43. Rhode Island:
       1. Does your State Chapter have a Geriatrics SIG? No
       2. Does your State participate in SAFE Screening at the Senior Games?
       3. Are you working with any community partners/sponsors? If Yes, please list:
   44. South Carolina
       1. Does your State Chapter have a Geriatrics SIG? No
       2. Does your State participate in SAFE Screening at the Senior Games?

yes previously, trying for May

* + 1. Are you working with any community partners/sponsors? If Yes, please list: Barb- Contacts with Richland and Lexington County for local games, Senior Resources re wellness centers
  1. South Dakota (open position)
  2. Tennessee-
     1. Does your State Chapter have a Geriatrics SIG? (Yes or No)
     2. Does your State participate in SAFE Screening at the Senior Games?
     3. Are you working with any community partners/sponsors? If Yes, please list:
  3. Texas -
     1. Does your State Chapter have a Geriatrics SIG? (Yes or No)
     2. Does your State participate in SAFE Screening at the Senior Games?
     3. Are you working with any community partners/sponsors? If Yes, please list:
  4. Utah
     1. Does your State Chapter have a Geriatrics SIG? No
     2. Does your State participate in SAFE Screening at the Senior Games?
     3. Are you working with any community partners/sponsors? If Yes, please list:
  5. Vermont
     1. Does your State Chapter have a Geriatrics SIG? No
     2. Does your State participate in SAFE Screening at the Senior Games? No
     3. Are you working with any community partners/sponsors? If Yes, please list: Not yet
  6. Virginia
     1. Does your State Chapter have a Geriatrics SIG? (Yes or No) Yes
     2. Does your State participate in SAFE Screening at the Senior Games? No
     3. Are you working with any community partners/sponsors? If Yes, please list: Not currently
  7. Washington
     1. Does your State Chapter have a Geriatrics SIG? (Yes or No)
     2. Does your State participate in SAFE Screening at the Senior Games?
     3. Are you working with any community partners/sponsors? If Yes, please list:
  8. Wisconsin:
     1. Does your State Chapter have a Geriatrics SIG? No
     2. Does your State participate in SAFE Screening at the Senior Games?
     3. Are you working with any community partners/sponsors? If Yes, please list:
  9. Wyoming
     1. Does your State Chapter have a Geriatrics SIG? No
     2. Does your State participate in SAFE Screening at the Senior Games? No
     3. Are you working with any community partners/sponsors? If Yes, please list: Age Friendly Jackson Hole

Attendees: \_\_\_\_\_ State Advocates attended

1. **Resources/Links:**
   1. **Email Signatures:** State Advocate Email Signatures
      1. Phrase:
      2. APTA Geriatrics Volunteer State Advocate for STATE (CURRENT YEAR)
         1. Example: APTA Geriatrics Volunteer State Advocate for Wisconsin (2022)
         2. Example: APTA Geriatrics Volunteer State Advocate Coordinator (2022)
         3. Guidelines:

* Each individual is responsible for maintaining their email signature, and will remove this phrase if they are no longer volunteers. They will also update the year annually if their service continues.
* Phrase will appear at the bottom of their email signature, after noting professional affiliation with the employer (as applicable) first.
* Phrase will appear in black colored, neutral/standard font (please don’t try to make this appear flashy or stand out from other email signature language)
* Phrase will not include usage of the APTA Geriatrics logo
* Please be advised that by using this phrase, this does not give you authority to speak on behalf of APTA Geriatrics. It is purely intended to be a signal of your volunteer service w/the Academy.

1. **What is the difference between being an APTA Geriatric State Advocates and being a member of your chapter Geriatrics SIG (Special Interest Group)?**
   1. Chapter Geriatrics SIG Membership
      1. Regulated by the Chapter’s bylaws, sometimes with elected/appointed officials
      2. May have specific duties to chapter based on those bylaws such as an annual report to chapter, # of required meetings a year, and may be funded by the chapter
      3. Membership in the chapter Geriatrics SIG is separate from being a member of APTA Geriatrics. (Must be a member of the chapter to be a member of the SIG)
      4. Follow the rules of your chapter about how you can represent yourself (title, speaking for the SIG, etc.)
   2. APTA Geriatrics State Advocates
      1. APTA Geriatrics Volunteer role, reporting to the APTA Geriatrics State Advocate Regional Coordinators. Duties include: planning two events per year, EOY report, emailing new members, updating all members on events, quarterly meetings
      2. Liaison between APTA Geriatrics and your state, which could include the State Chapter, APTA Geriatrics members and possibly non members.
      3. Limited funding for State Advocate activities - discuss with your Regional Coordinator for details
      4. State Advocates cannot represent APTA Geriatrics, only the President of APTA Geriatrics may speak on behalf of APTA Geriatrics
         1. We will be sure to update the handbook with this information and likely create a reference document that will be emailed as well
2. **SAFE Resources:**
   1. For new states go with a new banner that has the new name.
   2. For current states (for now) I suggest covering the name with carefully cut blue tape that seems to match the colors in the name quite well. Or for those who have more time and are more creative, they could print a new name to affix below the SAFE letters and cover the old name that way. We did this in Pittsburgh this summer
   3. I think that more and more athletes are recognizing the SAFE term more than the words that go with it. Thus, a few 8 ½ x 11 printouts with the new name and a big banner with just SAFE should work for sites that already have banners.
   4. the report card has been updated. We fit it ALL on one side so double-sided copies are no longer essential. With over 4,000 athlete in the database, we now score based on age and gender. This means that the SAFE is more meaningful for each age group.
   5. State advocates have been essential at addressing the health of (and encouraging) older athletes across our country and I’ve been so very impressed by the pictures and reports of screenings in multiple states! It really is fun to see this used.

