

Q2 - 2025 State Advocate Quarterly Meeting

Date: April 23, 2025
5PM PT, 6 PM MT, 7PM CT, 8PM ET

SAVE THE DATES - Next Meetings:

2025 - 5PM PT, 6 PM MT, 7PM CT, 8PM ET

Q3: July 16, 2025

Q4: October 22, 2025

1. Welcome

East Region:

West Region: MT: Mindy Renfro

Mid Region: TN: Jeny Pearcy and Anna Evans. LA: Greg Rickert

2. Review of Updated State Advocate Information Packet

- a. Finalizing packet and will share with all state advocates and post on website
- b. Please email your regional coordinators if you are unable to attend quarterly meetings.

3. Usage of Logo and APTA Geriatrics name :

- a. Based on the information from the Task Force, and several meetings with board members, the APTA Geriatrics Board of Directors continues to determine on the best use of the APTA Geriatrics logo
- b. Board of directors approval is currently needed for any usage
- c. Email coordinators with any requests for usage

4. Communication with APTA Geriatrics:

- a. Please contact your regional coordinator (or all three) to connect with APTA Geriatrics staff
- b. Kim Thompson is our staff liaison, providing us with emails
- c. Christina McCoy is the Executive Director
- d. Beth Black is our liaison with the APTA Geriatrics Board of Directors

5. Website Updates

- a. Check your state. Is your information correct?

- b. To put your events on the calendar: Contact your Regional Coordinator
- c. Member Toolkit:
 - i. <https://aptageriatrics.org/member-toolkit/>
 - ii. Share your stories link on the page

6. State Liaison

- a. How to increase engagement with state chapters as a volunteer state advocate:
 - i. Write an article for the state chapter newsletter (ours is online)
 - ii. Put your events on the state calendar on the website
 - iii. Encourage geriatric topics for state conferences
 - iv. Work with Geriatric SIGS, promoting activities, education

7. SAFE - Sustained Athlete Fitness Exam

- a. Individual state SAFE at Senior Olympics/Games?
- b. Planning for National Games 2025
- c. Volunteers needed in Des Moines, Iowa - July 23, 2025 - August 2, 2025
- d. Ideas
- e. Signup Link:

https://signup.com/mobileweb/2.0/vspot.html?activitykey=34225752808#choose_event_page

What	The National Senior Games and Sustained Athlete Fitness Exam (SAFE) are coming to Iowa!	 APT A Geriatrics An Academy of the American Physical Therapy Association  
Why:	Support the partnership between APT A Geriatrics and the National Senior Games Association!	
Who:	PTs, PTAs, and students	
Where:	The Rec Plex, Des Moines, Iowa	
When:	July 23-August 2	
Questions	Contact Becca.Jordre@usd.edu / 605-658-6370	
Sign Up	https://signup.com/go/UNznfyQ or scan QR code	
	Affordable dorm housing available.	Sign Up! 
	Continuing education credit option with additional training details here.	
		

f.

8. Update from Leadership Chat

- a. New mentorship program in development

9. Advocacy for geriatric physical therapy - legislatively

- a. What can YOU do? What are you doing?
- b. State level and national level
- c. APTA Geriatrics/Home Health Delegate Discussion Group
- d. Be informed and reach out to your representative
- e. Is anyone interested in “How to Be an Advocate” course - separate from meeting

10. CSM - PT in the Community

- a. To positively impact the local underserved and disadvantaged communities that are visited for Physical Therapy Conferences.
- b. Often includes a falls prevention based community event
- c. Great opportunity to do an activity with geriatric focus and with our colleagues
- d. 2026 - Anaheim
- e. 2027 - Philadelphia
- f. 2028 - Chicago

11. National Falls Prevention Awareness Week (Sept) PT Month - (October)

- a. Theme - TBD
- b. Never too early to start planning

12. Membership engagement - most asked question to the Regional Coordinator team

- a. Student partnerships - manage FB pages? Email blast? Be a Co-advocate?
- b. PT/PTA school involvement with SA program
- c. Frequent emails to all members about events being planned/considered in your state
 - i. 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.
 - ii. Perhaps we can use students to send emails, or to be a co-advocate or jr. advocate?
 - iii. Working on getting list of academics in state - reach out to them if this becomes available
 - iv. **April and September** - look for an updated complete list from Kim
- d. Partner with APTA Geriatric SIGs (Bone Health, Health Promotion and Wellness, Balance and Falls, Cognitive and Mental Health, Global Health)

13. Updates:

- a. SAFE Banner request:
<https://www.cognitofirms.com/aptageriatrics/stateadvocateeventrequestboothinboxsafebanner>
- b. APTA Forum: <https://forums.aptageriatrics.org/>
 - i. Contact your regional coordinator if you are unable to get in

14. Success stories:

- a. APTA “Tell Us Your Story”
 - i. <https://www.cognitofrms.com/APTAGeriatrics/TellUsYourStory>
- b. Pickleball and Physical Therapy
 - i. Howard Eisenberg in New York

15. Nice Try’s:

- a. Definition: Lots of good intentions and effort but didn’t quite make it into the “Success” domain but I certainly tried!

16. Announcements:

- a. OPEN State Advocate Positions:
 - i. East: District of Columbia, Maine, New Hampshire,
 - ii. Mid: South Dakota, Louisiana
 - iii. West: Hawaii
- b. OPEN Co-Advocate Positions:
 - i. East: -
 - ii. Mid: Missouri, Kentucky, Michigan
 - iii. West: Nebraska, Texas, Washington, Utah

17. Survey

- a. From Heidi Moyer, DPT, a previous regional coordinator:
- b. My name is Daniel Truong, and I am a Doctor of Physical Therapy (DPT) student at Angelo State University. I am reaching out on behalf of a research study conducted by myself; Dr. Sterling Eckert, PT, DPT, CSCS; and Dr. Heidi Moyer, PT, DPT, CEEAA, CSRS, GCS, also from the Angelo State University Department of Physical Therapy.
- c. Our study aims to examine factors contributing to success and preparedness in working with older adult populations among physical therapy practitioners, focusing on educational and clinical experiences during entry-level DPT education. We hope that insights from this research will contribute to improvements in DPT educational programs, particularly in preparing clinicians for geriatric physical therapy practice.
- d. This study involves completing a one-time online questionnaire. The survey will gather information on clinical background, educational experiences with older adults, self-assessed competencies in clinical skills, and reflections on how educational and clinical training has shaped professional practice. Topics will include communication, assessment, treatment, and end-of-life care with older adults. Completing the questionnaire will take approximately 20 minutes.

- e. Participation is entirely voluntary, and no compensation will be provided for completing the survey. Your responses will be invaluable in understanding how to better prepare future physical therapists for geriatric practice. All data collected will be confidential and used solely for research purposes. This study has been approved by Angelo State University IRB #ECK-121224. You can access the survey using this link:
<https://www.psychdata.com/s.asp?SID=200393>.
- f. If you have any questions about the study, please do not hesitate to contact the primary investigator, Dr. Sterling Eckert, at sterling.eckert@angelo.edu. For questions regarding the study's ethical conduct or your rights as a research participant, you may contact the IRB administrator, Dr. Cheryl Stenmark, at cheryl.stenmark@angelo.edu or by phone at (325) 486-6131.
- g. Thank you for considering this opportunity to contribute to the development of geriatric-focused education in physical therapy.
- h. Best regards,
Daniel Truong, SPT
Dr. Sterling Eckert, PT, DPT, CSCS, CEEAA
Dr. Heidi Moyer, PT, DPT, CEEAA, CSRS, GCS
Department of Physical Therapy
Angelo State University

State Advocate Check in:

- 18. Please fill out the following questions for your State's Check In:**
- a. Any success stories? Or Nice Tries?**
 - b. Are you interested in attending an hour course on legislative advocacy?**
 - c. What are you most excited about this year?**