

The DC Stimulator

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PRESIDENT'S MESSAGE

By Matt Elrod, PT, DPT, NCS

Happy National Physical Therapy Month! I hope that everyone had a great summer and that you are enjoying your fall. As I write this, I am reminded that time keeps moving. Five years can really fly, personally and professionally. With this being my final year as president, I would like to remind you of the major accomplishments that physical therapists have had in the District of Columbia.

First and foremost is the passage of direct access for DC residents to receive physical therapy and the licensure of the physical therapist assistant. Second, we have increased membership by 10% and have increased involvement in Chapter activities. We have a very diversified

Executive Board with inpatient, outpatient, research, home health, and academia being represented. We have increased student involvement and recognition of clinical leaders that work in DC. This includes Carol Lewis, PT, PhD, GCS, FAPTA, becoming a Catherine Worthingham Fellow; Toby Long, PT, PhD, and Senora Simpson PT, DrPH, MPH, recently honored with the Lucy Blair Service Award; and Susan Ryerson, PT, DSc, who was presented with the Henry O. and Florence P. Kendall Practice Award. We are very proud of our Chapter members and would like to thank them for their years of service to the Chapter, profession, and the community.

We have accomplished a lot. As always, there is more to do. I would

like to encourage you to find a niche, some small way to contribute to the profession in the upcoming months. It may be attending a Chapter meeting or happy hour, helping at the DC free clinic, telling a neighbor what you do and educate them on the role of physical therapy, or challenging yourself or a colleague to review the literature on a condition that you see on a daily basis. My goal for my final year is to help you get the most out of your profession; however, as always, we can only achieve this if you let us know what you need. I encourage you to reach out, ask for help, and offer to help others in order to advance the profession of physical therapy.

Matt Elrod, PT, DPT, NCS
President, DCPTA

CALL FOR NOMINATIONS

DCPTA seeks nominations for the following:

- Treasurer
- Nominating Committee member
- Membership Committee member

If you are interested in learning more about these positions or are interested in nominating

someone for a position, please contact:

Margaret Plack, PT, EdD, chair of the Nominating Committee at: hspmxp@gwumc.edu or 202/994-7763.

Self-nominations are welcome!

Get involved with a great group of individuals committed to the ongoing development of our profession!

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The DC Stimulator

The Official Newsletter of

The DC Chapter of the American Physical Therapy Association

Volume 42, Number 3
Fall 2008

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Article submission and advertising inquiries should be made to: DC@apta.org. Rates are as follows: 1/4 page \$100, 1/2 page \$125, 3/4 page \$150, Full page \$175. All display ads must be camera ready. An extra fee will be charged if art production is required. The *Stimulator* is published three times a year—Winter, Spring and Fall. Please notify the Membership Department at APTA at 800/999-APTA, ext 3395, or at www.apta.org for any changes of address, telephone number, fax number, or e-mail address.

MEMBERSHIP REPORT

By Gloria L. Rogers, PT, DPT, MMS, DCPTA Membership Committee Chair

As the new Membership Committee chair, I want to make both new and continuing members feel that they are part of an organization that values reaching out to its members. Membership in our professional organization has its privileges, but the test of the local Chapter's substance is in the participation of the members.

I have been an active member of the DCPTA since I moved to Washington, DC, many years ago. The DCPTA has always been forward thinking and ready to take on the challenges of practice and professional development. We have been able to do this because of the very capable and dedicated professionals that belong to our local Chapter, and that includes you. The next DCPTA Chapter meeting will be at my place of work, the Program in Physical Therapy at The George Washington University in Ross Hall, Room 101. I am looking forward to meeting you and working with you for the continued success of the DCPTA.

You can contact me at hspglr@gwumc.edu or call 202/994-8230. I'll be in touch with you.

Student's Corner

WHAT'S GOING ON AT HOWARD

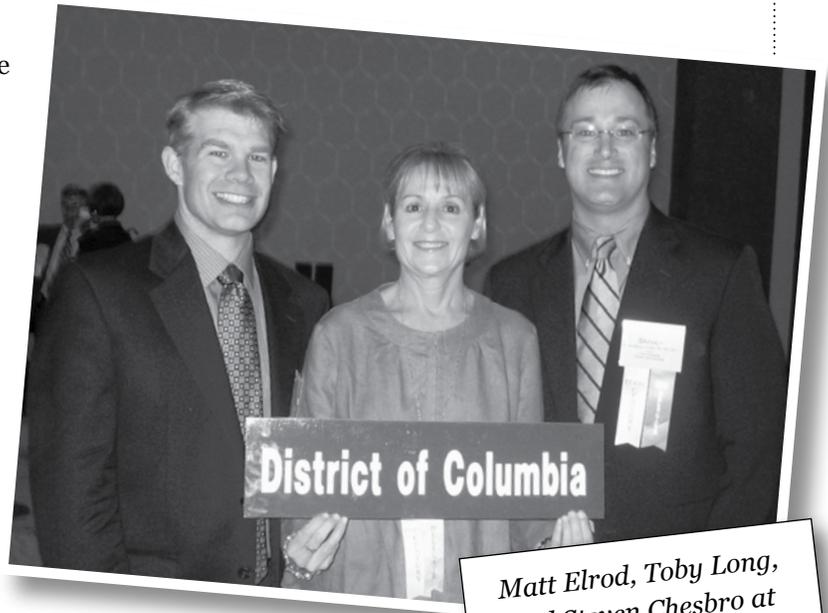
Currently at Howard University, we are all getting back into the swing of things. The first-years are learning the ropes and adjusting to a challenging class schedule. The second-years are excited to start the next phase and becoming a step closer to finishing their goals of becoming licensed PTs. The third-years are anxiously awaiting graduation, preparing their research, and getting ready for the Board exams. Collectively, we are all getting ready for NSC in San Jose, California!

CHIEF DELEGATE'S REPORT

Dear DCPTA Members:

This is my final *DC Stimulator* update as I joined the faculty at Alabama State University in August. It has been a pleasure working with you during the past seven years—serving as vice president and chief delegate. It was truly exciting to watch the growth and successes we shared—especially earning direct access to physical therapy services and licensure for physical therapist assistants.

Alison Lichy, president-elect, will serve as the chief delegate for the upcoming year. She will have a busy year as the District is hosting the fall meeting of the Northeast Caucus in November. Approximately 30 chapter presidents, chief delegates, and section delegates will meet to discuss current issues and contribute to the year-round governance process.



Matt Elrod, Toby Long, and Steven Chesbro at the House of Delegates.

This past June, Matt and I represented the DCPTA at the House of Delegates in San Antonio, Texas. More than 16 motions were presented that covered topics ranging from a monthly dues payment program to support for the “Cover the Uninsured” campaign, and support for our wounded warriors. The results of each of the motions presented can be found on APTA’s Web site, www.apta.org. We also participated in the Component Leadership Meeting; where we were updated on APTA’s Strategic Thinking and Planning Initiative, marketing plan, and governance activities. Have no doubt that APTA is working hard to ensure that we have a sound and progressive future!

Again, it has been my pleasure to work with you to not only support our profession, but to ensure that our patients have access to excellent care. Keep up the great work!

Wishing you the best,

Steven Chesbro, PT, DPT, EdD, GCS
Chief delegate, DCPTA

COMMUNITY SERVICE OPPORTUNITIES

Life @ 50+ Expo

A big **THANK YOU** goes out to all those who volunteered at the AARP “Life @ 50+” Expo at the Convention Center on September 4-6, 2008. The PTs and student PTs that helped out at this event, administering the Timed Up-and-Go and other balance screens, helped 200 people! The volunteers at this event included:

Folayemi Akinsiku, SPT
El-Rico Batiste, SPT
Anita Bemis-Dougherty, PT, DPT,
MAS
Rishelle Charles, SPT
Danni Cheng, SPT
Janice Chou, PT, GCS, MTC
Alison Cuneo, PT, DPT
Deborah Danaceau, PT
Natalie Davis, SPT
Secili DeStefano, PT, DPT, OCS
Matt Elrod, PT, DPT, NCS
Wanda Evans, PT
Naudia Falconer, SPT
Jody Gandy, PT, DPT, PhD
Abigail Gilgeous, PT, DPT
Nolawit Haile, SPT
Deborah Holmes, PT
Carole Lewis, PT, PhD, GCS, FAPTA
Jason Lewis, SPT
Lynne Lowe, PT, MPT, OCS
Daniel Montue, SPT
Tetteh-Adzedu Nettey, SPT
Diane Nichols, PT, NCS
Kyle Pittman, SPT
Kevin Platt, PT, MBA
E. Anne Reicherter, PT, DPT, PhD,
OCS, CHES
Irving Riley, SPT

Theodore Roberson, SPT
Gloria Rogers, PT
Moni Sanusi, SPT
Sydney Sawyer, PT
Judy Schank, PT
Ira Silverstein, PT
Senora Simpson, PT
Patrick Sneed, SPT
Teoma Taylor, SPT
Dayna West, SPT
Michael Winters, CPT, SP
Teresa Young, SPT

DC Free Clinic Update

The Sacred Heart Physical Therapy Clinic continues to be in need of volunteers. They have clinic hours on Saturdays, and they are always looking for volunteers! The clinic is open from 10:00 am–1:00 pm on Saturdays by appointment only. On the fourth Saturday of each month, the clinic hosts a diabetes foot and eye screening, in which individuals diagnosed with diabetes are provided with education about foot and eye health as well as exercise. Also, they are screened for peripheral neuropathy by a PT and given an eye exam by an ophthalmologist.

In addition to manpower, the clinic is also in need of supplies. The clinic is looking for medical supplies, especially those items that patients can use during home exercise programs (resistance bands, free weights, exercise cards—especially those in Spanish). If your clinic of facility is updating your equipment,

think about donating your older items.

Although the main focus of this clinic is to serve the poor in DC, it also provides educational opportunities for physical therapists and PT students to increase their exposure to pro bono physical therapy services. They need our help! What a great way to give back to the community while utilizing physical therapy skills.

Anyone who is interested in volunteering or would like more information can send their contact info to Katie Drummond at **katie.kugler.drummond@gmail.com**. **Volunteers must be physical therapists licensed to practice in the District of Columbia.**

Other Opportunities

There are many community opportunities to volunteer with adapted sports/activities. For a list of these activities in the DC/Baltimore area, check out the Web site for Baltimore Adapted Recreation and Sport, **www.barsinfo.org**, or BlazeSports USA, **www.blazesports.org**.

If you have any questions about any of these activities or have new ideas about community services opportunities, please contact Alison Cuneo at 202/877-1578 or **alisoncuneo@yahoo.com**.

NEW BOARD MEMBER BIOS

JEFF ROBINSON, PT, FAAOMPT, is co-owner of C.O.R.E. Physical Therapy, an orthopedic private practice located in Foggy Bottom. He received his physical therapy degree from Daemen College in 1993. Jeff successfully completed the Kaiser Hayward Fellowship in Advanced Orthopedic Manual Physical Therapy in 2001 and became a fellow of the American Academy of Orthopedic Manual Physical Therapists (FAAOMPT) in 2002. Jeff is an adjunct professor of orthopedic physical therapy at Marymount University and is on the Special Projects Committee of the Institute for the Advancement of Orthopedic Physical Therapy (IAOPT). Jeff encourages input from DC Chapter members on continuing education ideas. Please forward your suggestions to Jeff at jeff@coreptdc.com.

LESTER A. COFIELD, SPT. I am a second-year PT student at Howard University. I am from Raleigh, North Carolina. I received my bachelor's degree in athletic training from East Carolina University. I am currently the vice president of our second-year class and also the DCPTA liaison. I chose physical therapy as a career because I really enjoy helping individuals. Once I graduate and become licensed, I plan to do an orthopedic residency and become an expert in the hand, foot, and ankle.

KURT VAN DER SCHALIE, PT, OCS, ATC, will be the new Chapter secretary. Kurt did his undergraduate work and athletic training certification at UCLA and received his physical therapy degree from the University of California, San Francisco, in 2002. He worked for Alta-Bates-Summit Medical

Center in Berkeley, California, from 2002-2005, and was also involved in starting a sports medicine program at the UCSF Medical Center during that time. Kurt relocated to Beaufort, North Carolina, in 2005 and worked for Beaufort Physical Therapy for one year before moving to Washington, DC. He started with the Physical Medicine and Rehabilitation Department at Georgetown University Hospital in the fall of 2006 and is currently serving as the department's clinical manager. He received his Orthopedic Clinical Specialist certification in June of this year. Kurt considers this a great time to be a part of this Chapter, as we are currently seeing a lot of positive changes for the physical therapy profession in the District due in no small part to the efforts of our members!

WELCOME NEW 2008 DCPTA MEMBERS!

Amy Elizabeth Boettinger, SPT
 Gabrielle Campagna, SPT
 Danni Cheng, SPT
 Elizabeth Ashley Ciurylo, SPT
 Andrew William Coleman, SPT
 Carrie Elizabeth Cothran, SPT
 Sarah Davin, SPT
 Brittany Joy DeCroes, SPT
 Marina L. El-Ghoul, SPT
 Olu Ezeani, PT
 Sarah Margaret Fischer, SPT
 Shannon Brady Hall, SPT

Carrie Lynn Harris, SPT
 Sarah Ellen Herman, SPT
 Jacqueline May Jacobs, SPT
 Monique D. Johnson, PT
 Joshua D. Jordan, SPT
 Caroline Elizabeth Kallenbach, SPT
 Sarah Rachel Miller, SPT
 Jonathan David Moncton, PT
 Sara Jane Parker, PT
 Elizabeth Adrienne Pollock, SPT
 Pamela Ressler, SPT
 Erika Yvonne Robinson, SPTA

Kumari Devi Robinson, SPT
 Ivy Lee Roe, SPT
 Kama Nicole Schoonmaker, SPT
 Vikash Sharma, SPT
 Sarah Elizabeth Snider, SPT
 Lisa Story, SPTA
 Patrick Scott Suarez, SPT
 Catharine Cole Tack, SPT
 Claire Elizabeth Tallman, SPT
 Lauren Danielle Taylor, SPT
 Amanda Elizabeth Ting, SPT
 Stephanie Anne Turner, SPT

As of 9/30/08.

CONTINUING EDUCATION REPORT

The DCPTA sponsored an insurance forum in April of 2008. Presenters were Carmen Elliott and Justin Moore, PT, DPT, of APTA, Erik van Doorne, PT, DPT, COMT, Cert. MDT, who is a consultant to APTA's Advisory Panel on Reimbursement Policy, and Kathy Ellis, PT, who is the director of Physical Rehabilitation and clinical director of the Spinal Cord Program at NRH.

The DC Chapter is sponsoring a series of audioconferences. "The Advanced Beneficiary Notice: How to Legally Collect Cash from a Medicare Patient" was held in September and "The OIG Self-Disclosure Protocol: What to Do if You Suspect a Problem in Your Facility" was on October 7th. A two-part series in the area

of practice management will take place in November. "Establishing a Fee Schedule in Your Facility" will take place on November 11th and "Determining Your Cost Per Visit" will take place on November 18th. Be on the lookout for instructions on how to sign up for the remaining audioconferences. (Details will be sent via an e-mail from the DC Chapter.)

Please join us for our fall meeting where Carole Lewis, PT, PhD, GCS, will be presenting "Geriatric Quick-Fix: Getting the Data and Getting Results." The meeting will be held at George Washington University in Ross Hall, Room 101, on October 23rd from 6:00 pm–8:00 pm. The DC Chapter is also cosponsoring a preconference course at this year's Preview 2020 (at

the National Harbor in Maryland): "Medical Screening for Physical Therapists: A Life-Span Approach" will be held on Thursday, October 30th, from 8:00 am–5:00 pm. Visit APTA's Web site at www.apta.org to sign up for the course.

Pay attention to e-mails from the DC Chapter and look for the next newsletter for information on continuing education activities for 2009. Feel free to e-mail Jeff Robinson at jeff@coreptdc.com with any questions related to continuing education.

Jeff Robinson

Continuing Education chair, DCPTA

TREASURER'S REPORT

CONGRATULATIONS to Teoma Taylor, a Howard University physical therapy student scholarship recipient for 2008! Teoma received a check for \$1,000 from the DCPTA. Teoma has been actively involved in the DCPTA for 2 years, serving as class liaison. She participated in the 2008 NBC "4 Your Health" health fair and the 7th annual APTA Diversity Celebration fundraiser for student scholarships, and she presented at a local elementary school on the importance of fitness, among many other community service activities. Teoma was inducted into Howard University's Allied Health Sciences Honor Society in 2007. Teoma—congratulations for a job well done and a well-deserved recognition for your many accomplishments!

In addition to student scholarships for Howard University and The George Washington University students, the Chapter has contributed \$1,000 to the Foundation of Physical Therapy for research and \$500 to APTA's Minority/Women's Initiative Department for student

scholarships. The Chapter will proudly present a \$1,000 check to the Sisters of the Sacred Heart at our fall meeting on October 23, 2008, to enhance their ability to continue to serve needy residents in DC. The Sisters of the Sacred Heart is the first physical therapy pro bono clinic in DC and has served numerous DC residents since its inception a year ago. DC licensed physical therapists can assist by volunteering their time in the clinic.

DCPTA's Annual Conference, which was held on April 26, 2008, was a great success. The Chapter made \$350 in revenue. Thanks to Natalie Blonien, outgoing Continuing Education chair and Jeffery Robinson, the new Continuing Education chair, for their efforts in coordinating the worthwhile Insurance Forum on understanding and navigating the complicated insurance venues. We had great speakers who addressed both inpatient and outpatient concerns and external forces impacting physical therapy reimbursement.

DCPTA CHAPTER MEMBERS RECOGNIZED BY APTA

LUCY BLAIR SERVICE AWARD

Toby Long, PT, PhD



The Lucy Blair Service Award honors those physical therapists who serve the Association. I am humbled to think that my colleagues feel I have served the Association. To me it has been fun: pure, unadulterated fun.

The Association—and especially the

Section on Pediatrics—has given me mentors, support, and lots of laughs. But most importantly, my involvement in APTA has given me friends: friends who I hold in the highest esteem and with the highest respect, friends who make me think, friends who challenge me to be a better therapist, friends who encourage me to be creative, and above all friends who remind me that “it” is about the children and families whom we serve.

Senora D. Simpson, PT, DrPH, MPH



There is not much that one can say on an occasion such as this except “Thank You.” A special thank you goes to my very supportive and caring department chair at Howard University, Steven Chesbro, who has consistently supported, praised, and

validated my worth and has taken the time to nominate me for awards that he believes capture my essence. In addition, I must give a special thank you to the Awards Committee, which toils over the very worthy submissions for consideration. This has been a long, interesting personal journey for me, but one that I would not change in any way. This country and the profession have gone through a very defining half century. My place in this very dynamic and rewarding profession was set by my mentor and chair at Sargent College, Ms. Adelaide McGarrett, who recently died at the age of 95. College founder Dr. Sargent had introduced bold educational initiatives for women before it was fashionable. During my time, Sargent University thoughtfully, quietly, and without a

need for special credit, did the same thing for physical education and physical therapy. It steadily created a truly multicultural, multiethnic, culturally competent, highly regarded professional school for those women before those words were in the lexicon. I became a part of that effort, and Ms. McGarrett ensured that I would be protected from the bigotry that was present in affiliation sites, which could have torpedoed all of the college’s efforts. She, often over my objections, steered me to those whom she knew would treat me fairly and prepare me to meet the needs of all people with personal challenges. Her genuine love and concern set me on my unending desire and determination to serve any population that needs extra care, empathy, and gentle direction.

HENRY O. AND FLORENCE P. KENDALL PRACTICE AWARD

Susan D. Ryerson, PT, DSc



I’m greatly honored to receive the Kendall Award for 2008. My clinical practice has been enhanced by the encouragement, questioning, and insights of many people. During my physical therapy education and for years afterward, I relied on the advice

and generous counsel of Arthur Nelson. As a novice therapist, I looked to Suzanne Campbell, Mary Fiorentino, and Darcy Umphred as role models. Elliott Brown and Phyllis Lehman encouraged me to embrace the concept of clinical excellence. I was guided by mentors including Margaret Schenkman, John Scholz, Jim Gordon, Becky Porter, Nancy Byl, Rita Wong, David Brown, and Joe Hidler. However, the most rewarding dialogues have been with my colleagues, who have encouraged me to lecture, write, and teach—they are the reason my career has been so satisfying, exciting, and productive. Finally, I thank my family and friends for supporting me throughout my career, even during those times when I seemed to put my patients’ schedules and needs before theirs!

Mark Your Calendar for Upcoming DCPTA Events!

For updates on upcoming events, please visit our
Web site: www.dcpta.com.

OCTOBER 23, 2008

**DCPTA Fall Meeting at The George
Washington University**

Speaker: Carol Lewis

Location: Ross Hall, Room 101
2300 Eye Street NW
Washington, DC 20037
(Garage and street parking
available)

Time: **6:00 pm** (Networking)
7:00 pm Lecture: "Geriatric
Quick Fix: Get the Data and
Results"

OCTOBER 30, 2008

**Preconference course at Preview 2020,
National Harbor, Maryland**

JANUARY 13, 2009

DCPTA Educational Meeting

FEBRUARY 5, 2009

Happy Hour at Capital City Brewery

MAY 2, 2009

DCPTA Spring Meeting

DC Chapter Membership Report

As of as of 10/08/08

Total Members: 293

PT Members: 209

PTA Members: 1

Student PT/PTA Members: 83

Welcome to all new members!

FIRST CLASS MAIL


APTA
American Physical Therapy Association
The Science of Healing. The Art of Caring.
The DC Stimulator
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