



Long Beach/South Bay Chronicle

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Upcoming Events: Mark Your Calendar

Event: **LB/SB District Meeting**, Jody Cormack- Faculty, CSULB
Date: Sept. 22, 2004, 6:30 Kaiser Permanente Harbor City Hospital

Event: **Continuing Ed: The Janda Approach to Musculo-Skeletal Pain Syndromes**
Date: September 11 and 12th, 2004, Long Beach Memorial Medical Center
More Info: LBSBnews@aol.com

Welcome to our newest members:

Marc Hermens, James Lui, Romel Racosas, Lisa White, Carolyn Withstandley
We're looking forward to getting to know you!!
Congratulations to the 2004 Clinical Specialists!!

2004 Spring Member Meeting- Silent Auction

Many thanks to Mollie O'Neill for donating Pilates lessons!!
Thank you, Josh Alpert, from The Lakes Golf Course for the donation golf lessons!!

- ◆ **PT-PAC: Time to show your support for the PT-PAC!!! Kudos to all the PTAs who helped increase their monetary support of the PAC by 400%.**
- ◆ **Do you have an area of expertise to share with the community?** Follow in the footsteps of your colleagues who have used their skills to promote health. Thanks to the efforts of fellow members, APTA offers bike safety tips. Included are recommendations regarding bike fit for decreasing potential for injury.
- ◆ **Are you on the MOVE???** Join in the campaign to increase public awareness about physical therapy!! CPTA's First "Move California" Presentation is ready for download from the CPTA website www.ccapta.org.
- ◆ **STUDENTS: National Student Conclave**
The 12th Annual National Student Conclave will be held in Charlotte this October. Conference activities will include résumé reviews, practicing job interviews, and financial management counseling. Don't miss out! Register today!!
- ◆ **Sign Up Now for Find a PT**
If someone in your town wants to find a PT, will they be able to find you? Sign up now for APTA's new "Find a PT" look-up service, an APTA member exclusive.

Chair Note

Happy Independence to Iraq and the LBSB District membership! I know that seems like an odd greeting, but July celebrates the birth of Iraq's new government, the "declaration" of free America and the month that Senate Bill 1485 has opened up free access of Californians to Physical Therapy health promotion services.

Governor Schwartznagger signed SB1485 into law on July 6th. To view the entire bill go to www.leginfo.ca.gov and enter the bill number. This is exciting "direct access" legislation that is just the beginning of the CPTA efforts for full direct access in the future.

Our May meeting at Torrance Memorial featured Steve Reischl, DPT, OCS on the topic of Foot Orthoses for Lower Extremity Disorders. The meeting was well attended by the LBSB membership. As always, Susan Mazmanian of California Education connection was there to sponsor our refreshments, had LASER therapy and other Rehab devices available for hands on experimentation and offered discounts to LBSB members discounts to California Education Connection courses! It really pays to attend the district business meetings.

Those members who attended the June 9th Happy Hour at Yardhouse Long Beach enjoyed a warm balmy evening, beautiful sunset and bountiful beverages at one of our premiere waterfront dining establishments. Thank you to all who came out for a great evening.

The LBSB sponsored con-ed course is filling fast. The "Janda Approach to Musculo-Skeletal Pain Syndromes" is scheduled at Long Beach Memorial for September 11 and 12, 2004. For more information or to register, contact our Chair Elect Cuong Pho at scpho@sbcglobal.net.

The next general membership business meeting is scheduled for September 22, 2004 at Kaiser Permanente Harbor City. The speaker is Jody Cormack from CSU-Long Beach. Elections will be held for offices of Treasurer, Vice Chair, Chief Rep and Assembly Rep positions. If you are interested in "getting plugged in" to the LBSB membership, consider running for an office. Visit our website at www.geocities.com/lbsbapta for job descriptions of the open board positions. Contact the nominating committee through the geocities website if you are interested in running for a position or wish to nominate a candidate for a position. You can contact any executive committee member and we'll get your name or your nomination to the nominating committee. It is a great opportunity to meet people within the LBSB district and get "plugged in" to your profession! You won't want to miss the last meeting of the year.

We still have our district goal of 10 MOVE CALIFORNIA Back Pack Safety presentations by the end of 2004. Please contact Stephanie Kaplan at 562-652-0190 if you have a lead on a school or community presentation opportunity.

We are honored to have international trainers in our district. A team from Rancho Los Amigos including Stephanie Kaplan, DPT and Kelly Kubota, PT have been invited to present on Management of the Client with Spinal Cord Injury by special invitation to a group of clinicians in Singapore. They leave August 6th to present their training sessions. We are proud to have this specialty in our district and wish all of the Rancho instructors "Bon Voyage" and a safe return home (with pictures!)

The California Physical Therapy Association Annual Conference is scheduled October 21-23rd at the Anaheim Marriott Hotel. Don't miss this opportunity to advance your career through education, networking and technology!

We want to meet or exceed your expectations in membership value. Get involved in YOUR LBSB CPTA! It really is a great organization and an opportunity to be challenged to "be all that you can be!"

Have a great summer and we'll see you in September.

Karen Frederick, MPT, CPM
2004 LBSB District Chair

Members in the News

Paulo Aldana, PTA has been appointed to the Chapter Annual Conference Committee to fill a PTA member vacancy. Mr. Aldana works on the Gero-Stroke Service at Rancho Los Amigos National Rehabilitation Center. He also owns a business which imports hand-crafted wood furniture and accessories from Mexico.

Nominating Committee News

The 2004 Nominating Committee is currently seeking nominations for the following positions for 2005:

- Vice-Chairperson
- Treasurer (PT or PTA)
- Chief Representative
- Assembly Representative – , (2) two-year terms
- Nominating Committee – (2) two-year term (PT or PTA)

RESPONSIBILITIES

Vice-Chairperson . Vice Chairperson shall assume, only on a temporary basis as needed, the duties of the Chairperson if the latter is absent or incapacitated; and shall fulfill other duties upon request of the Chairperson.

Treasurer. The Treasurer shall be the custodian of all District moneys, shall be bonded, shall give a financial report to the membership of the District annually and upon request.

Chief Representative. The Chief Representative shall obtain and present membership views on issues to the Assembly, shall attend all meetings of the Assembly, and shall report to the District membership action taken at any meeting of the Assembly. The Chief Representative also shall assume administrative responsibility for the functioning of the District Representatives.

Assembly Representatives. The Representatives shall attend meetings of the Assembly, and become knowledgeable on the issues and represent the views of the District membership. Representatives and Alternates shall attend the Executive Committee and District membership meetings preceding and the Executive Committee and District membership meetings following the Assembly of Representatives meetings, at which time the business of the Assembly shall be presented by the Chief Representative and Representatives with the membership being given the opportunity to discuss the business items. Any Representative or alternate who does not attend such meetings shall be removed from the position of Representative or Alternate for the next Assembly meeting unless he or she gives a reason satisfactory to the Chairperson as per criteria established by the Executive Committee, for inability to attend the Pre and Post-Assembly or Representatives Executive Committee and District membership meetings.

Nominating Committee.

1. Prepare a slate of candidates for vacancies in District offices and on the Nominating Committee for presentation to the District meeting held prior to the annual Fall election of the District.
2. Prepare a slate of candidates to serve as Representatives to the Assembly of Representatives for presentation at the District meeting held prior to the annual Fall election of the District.
3. Submit District recommendations for candidates for Chapter and Association offices and Nominating Committee in accordance with deadline requirements set forth by the Chapter and Association Nominating Committees.
4. Prepare a slate of candidates for any other position which must be filled by election except as otherwise provided in these Bylaws.

(From Long Beach-South Bay District; California Chapter; American Physical Therapy Association Bylaws)

Conference News

I attended the APTA House of Delegates June 27th-July 1st in Chicago earlier this summer. As Delegates, we are given both the opportunity and responsibility to guide the Association in their priorities and initiatives.

The House of Delegates made several important decisions:

◆ The House endorsed advocating for Americans with disabilities, health care liability reform and lifelong access to physical fitness. The House also endorsed mandatory continuing education as a condition of license renewal. Although the House is aware of the barriers to offering quality continuing education and the lack of evidence to support its use, they feel it is important for the public to view us as professionals that are committed to lifelong learning and advancement of our skills.

◆ The student assembly initiated an RC that to include more information about the APTA through formal presentations in physical therapy education programs.

◆ The House passed a motion to increase our public relations campaign in an effort to educate the public about who we are and what we do.

In an effort to provide members with effective programs and to make APTA's Vision Statement for Physical Therapy 2020 a reality, the 2004 House of Delegates voted to increase Active Member dues. In 2005 Active member dues will be \$265. The increase is the first for the Active category since January 1997. To enable APTA and the National Assembly to continue to meet the needs of PTAs, the House also approved an increase in Affiliate dues to \$180 in 2005. Smaller increases were approved by the House for 2007 and 2009. The California Chapter has no intentions of raising state dues in response to this national dues increase.

It is important to know that APTA has been working aggressively to cut costs, they have reduced FTE staff positions by 17 and eliminated over 4 million dollars in direct expenses. The Board of Directors feel that the Association would have to start cutting additional programs and member benefits without a dues increase.

The APTA's Finance Officer has developed a power point presentation regarding the National Dues Increase. You can find it at www.apta.org, under governance/HOD/2004HOD/deleRefMaterials.

Please contact me at Stephanie_kaplan@hotmail.com if you have additional questions.
Stephanie Kaplan, PT, DPT

Legal News

It's Official: SB 1485 (Burton) Physical Therapy Has Been Signed Into Law

The Governor signed SB 1485 into law on July 6, 2004. It is Chapter 117 of the 2004 legislative session. Congratulations to all for your tireless and professional efforts to bring about a major change for physical therapists in California. To view the bill, please click on "Bill Information" at www.leginfo.ca.gov and enter the bill number.

Student Mentor Program

Clinicians interested in providing students assistance in the transition from student to clinician AND guidance on getting, and staying involved in activities at the District, Chapter or National levels of the APTA should join the Student Mentor Program sponsored by the CPTA. Students in accredited programs will be assigned to a mentor who has submitted an application to the CPTA. Students and Mentors create their own agenda with goals and expectations that keeps the program completely flexible between both parties. The LBSB District is privileged to serve 2 schools within our boundaries; Cerritos College and Cal State University Long Beach. This provides a great opportunity to clinicians in private practice or large facilities to foster relationships with the school and individual students. Contact the CPTA for an application. The purpose of the program "is to provide students with guidance on getting, and staying, involved in activities at the District, Chapter and National levels of the APTA and act as a liaison and/or assist in the transition from student to clinician". For more information contact Stacy DeFoe at the CPTA Office (916) 929-2782 or check out the CPTA website ccpta.org

COMMUNICATIONS

Do you have something to say?

Do you know of an upcoming event, continuing education opportunity, editorial or have good news to share with the district? Email the district at lb_sbapta@hotmail.com and have it printed in the next newsletter.

The newsletter is produced quarterly each year. If you would like to receive this newsletter electronically please email lbsbnews@aol.com. Type in your name, professional designation and email address.

Have you recently changed your mailing address or email address?

Help us keep updated records. Send an email to lbsbnews@aol.com so we can better serve you.

See Us on the World Wide Web <http://www.geocities.com/lbsbapta>. Or email us for newsletter and membership items: lbsbnews@aol.com or district business: lbsbnews@aol.com