



## APTA PA Southeast District Newsletter | Feb. 2022

*Learn About the Latest News, All Upcoming Events and More!*

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### MESSAGE FROM THE SED CHAIR



Hello Southeast District!

It is hard to believe we are nearly into March with the prospect of Daylight's Savings Time in a few weeks giving us an extra hour of daylight. There is something about the closer proximity to Spring to elicit some positivity, no matter the challenges we all continue to face. The Southeast District (SED) is happy with what we have in store for our members in 2022 as we invite you to read what we planned for this year.

Before we look ahead, though, let's take just a moment to recognize some recent transitions in the SED. As we welcome a new SED vice chair and nominating committee member in 2022,

we thank **Claire McCann** and **Kennedy Chuckwuocha** for their service to the SED membership over the years. The district takes solace in knowing Claire continues to be active in our chapter as she represents Pennsylvania in the APTA House of Delegates!

The SED leadership team is pleased with our upcoming programming and event calendar for 2022. We have continued our push to collaborate with other chapter components to broaden our member event offerings. Please take a moment to check our upcoming event and save the date calendar, including a fun offering in June with the shared SED-MAC BBQ!

Speaking of upcoming SED meetings, our programming committee has arranged exciting courses to complement our district's membership business meetings. March brings SED member **John Morris**, PT, FAAOMPT, Cert MDT, MBA, speaking about his professional journey in patient advocacy within the world of interdisciplinary medical research and patient registry data. This is a great example of how our members are expanding our professional roles to reach our patients in whatever ways we can!

Please stay tuned to our social media channels ([Twitter](#) and [Instagram](#)) and watch your email inbox for our newsletters to stay up to date. You can always stay up to date on our [district website](#).

Thanks so much for your time and membership. If you have any comments or suggestions for ways we can better serve your membership needs, we would love to hear how we can do better ([email me](#)).

Be Well and Stay Safe,  
Alex

M. Alex Haddad, PT, DPT, PhD, OCS  
Chair, Southeast District  
[m.alex.haddad@gmail.com](mailto:m.alex.haddad@gmail.com)

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## BUSINESS MEETING

**When:** Wednesday, March 9, 2022 6:30-8:00 p.m.

**Title:** A Physical Therapists Role as Patient Advocate - Results from the WAGR Syndrome Patient Registry Analysis

**Speaker:** John Morris, PT, FAAOMPT, Cert MDT, MBA, Board Certified Clinical Specialist in Orthopaedic Physical Therapy

**Course Description:** PTs are uniquely positioned to positively impact vulnerable patient populations in several non-traditional ways. This course will describe one physical therapist's journey into the world of patient advocacy for patients with the rare genetic disease Wilms Tumor-Aniridia (WAGR) Syndrome. Utilizing a PT's specialized rehab experience and knowledge of research, a multi-disciplinary project was developed to organize patient registry data for WAGR patients. The registry highlights the clinical utility and importance of systematic data collection in a central repository. Through this effort, research can begin to address important questions allowing for a patient-centered approach that positively impacts this vulnerable patient population.

[REGISTER NOW](#)

*This course has been applied for one general contact hour.*

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## EVENTS

- **Monday, Feb. 28** - [Black Excellence in PT](#)
- **Wednesday, March 9** - [SED Business Meeting](#)

- **Wednesday, March 30** - [MAC Virtual Game Night](#)
- **Wednesday, May 11** - [SED Business Meeting](#)
- **Saturday, June 1** - MAC and SED BBQ
- **Wednesday, Sept. 13** - SED Business Meeting
- **Wednesday, Nov. 9** - SED Business Meeting

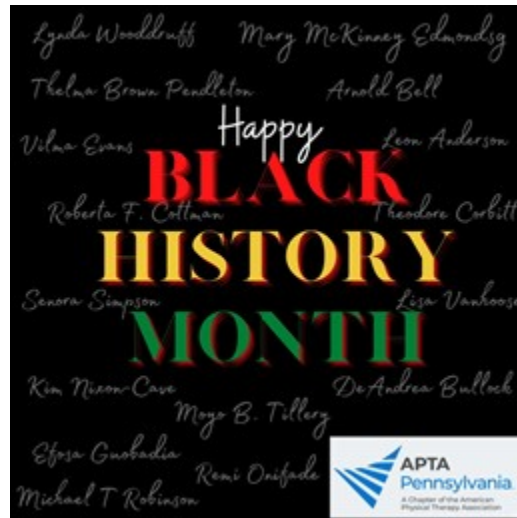
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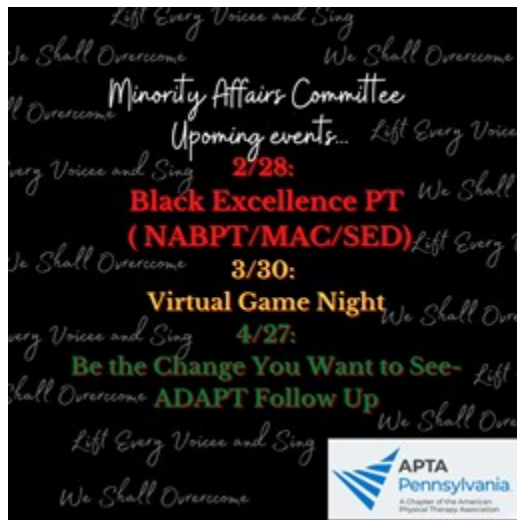
## WELCOME NEW SOUTHEAST DISTRICT COMMITTEE MEMBERS

Congratulations to **Dan van der Kwast**, newly elected **SED Vice Chair** who was sworn in at our last leadership meeting. Thanks to **Trish Crane**, who will be serving as the new **SED Nominating Committee** member, replacing Kennedy Chuckwuocha, who recently stepped down. Thanks for your service, Kennedy, and thanks to Trish for accepting the position!

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## MINORITY AFFAIRS COMMITTEE





The MAC is once again filling up the calendar with amazing events including three listed here:

### [NABPT & APTA PA Collaboration Event: Black Excellence in PT](#)

**Monday, Feb. 28**

Register today for this upcoming hybrid event! Join the NABPT PA Chapter, as they partner with the MAC, SED, and Student SIG, for an evening honoring Black Excellence in PT. The National Association of Black Physical Therapists, Pennsylvania Chapter will be kicking off the first Black Excellence in PT seminar with APTA PA MAC Member and newly appointed APTA Director, Dr. Kim Nixon-Cave.

**Locations:** In-person at the University of the Sciences and virtually via Zoom. **All members attending in person must complete the [APTA PA COVID-19 Waiver](#).**

### [Virtual Game Night](#)

**Wednesday, March 30**

With all the hustle and bustle, sometimes it's nice to take a break and unwind. Join us for a night of fun and networking with students and clinicians across the state. There will be virtual door prizes and games that get you up and moving! Registration closes, Friday, March 25, 2022. ALL ARE WELCOME! We can't wait to see you there!

## [Be the Change You Want to See - APTA PA's ADAPT Scholarship Updates](#)

**Wednesday, April 27**

In Fall 2021, APTA PA awarded the very first ADAPT scholarship to four schools in Pennsylvania, totaling up to \$30,000. We will be joined by Dr. Gregory Hicks, PT, Ph.D., FAPTA, the creator of the ADAPT Program at the University of Delaware, which inspired this scholarship.

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## IN CASE YOU MISSED IT (ICYMI)

Check out the Clinical Practice Guideline from the Academy of Neurologic Physical Therapy. The CPG workgroup included content leader Therese E. Johnson, PT, PhD, MBA, professor at Arcadia University | [Clinical Practice Guideline for the Use of Ankle Foot Orthoses and Functional Electrical Stimulation Post Stroke](#)

The COVID-19 pandemic has taken a toll on our well-being as health care providers. Feelings of burnout, fatigue, and professional uncertainty are felt across all practice settings and specialties. [APTA Fit for Practice](#) is designed to help you recover, evolve, and remain resilient as we move forward into a post-pandemic workplace. Weekly programming started Oct. 2021 through Feb. 2022 and will be delivered online in digestible, self-paced formats, including webinars, podcasts, articles, and courses – some with CEUs. Programming will help you prioritize your health in four areas: [Movement](#), [Resiliency](#), [Restoration](#), and [Practice health](#).

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## SAVE THE DATES!

### **Wednesday, May 11 - SED Business Meeting**

Breast Cancer Related Lymphedema CPG, Michele V. Moravec, PT, DPT. Join us as we hear from one of the CPG+ authors who also happens to reside in the SED!

### **Saturday, June 11 - MAC and District BBQ Event**

Stay tuned for more details as the SED partners with the MAC to host a family-friendly BBQ!

**Wednesday, Sept. 13 - SED Business Meeting**

Topic TBD

**Wednesday, Nov. 9 - SED Business Meeting**

Topic TBD

As a reminder, as we move forward with our SED membership meetings, we will always offer an option for attending business meetings virtually. We anticipate our business meetings to return to in-person format soon!

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## VOLUNTEER AND ENGAGE

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There are many opportunities in the various committees and projects in the APTA Pennsylvania. Your efforts impact the lives of patients, students, and colleagues on a daily basis. Your engagement in the conversation and the work of this association is how we move this profession forward. Build a strong PA by volunteering today! Not sure where to start but want to know more? [Go to the APTA PA Volunteer page to learn more!](#)

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Have an idea for the next SED update or a great event idea? **Submit your comments and suggestions to the [APTA PA Office](#) today!**

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If you or someone you know is struggling with their mental or physical health and safety, please visit and share these resources available: [Mental Health Resources SED](#)

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## Contact Us:

APTA Pennsylvania  
2400 Ardmore Boulevard, Suite 302  
Pittsburgh, PA 15221  
412-871-3406  
[office@aptapa.org](mailto:office@aptapa.org)