



APTA PA SED Newsletter | March 2021

Learn About the Latest News, Upcoming Events and More!

Message from the SED Chair



Greetings Everyone,

I am grateful for the opportunity to share our March 2021 SED newsletter, and particularly to Jenn Novik, for leading our newsletter team with a new perspective. As such, you will see a number of small tweaks and new features that we hope will be both valuable and fun. If you have a suggestion for a newsletter item, or want to contribute to any feature, please contact [myself](#) or [Jenn](#) directly.

Some highlights in this edition:

- Our March SED Business meeting will turn the education focus to using yoga to manage chronic pain--with practical and engaging interactive practices.

- Please see our calendar of events for 2021, including the Save the Date for our 9th Annual Mini CSM (and 2nd Virtual Edition - the first one was so nice, we had to do it twice!)
- Look for our new sections, ICYMI and “The Upside.”
- See the SED’s own Chanele Criswell featured on [APTA’s homepage!](#)

We thank you again for your membership. Please feel free to reach out anytime and hope to see you at our next virtual meeting!

Be Safe and Well,

Alex

M. Alex Haddad, PT, DPT, PhD, OCS
Chair, Southeast District
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Upcoming Educational Events



SED Business Meeting*

March 10 - 6:30 - 8 p.m.

Course Title: Yoga for Pain Management

Speakers: Elizabeth DiFebo, PT, DPT

Course Description: Yoga is a centuries-old mind and body wellness practice that is increasingly utilized in healthcare settings to improve quality of life in several patient populations. Due to its multifaceted approach, it has been found to be an effective means of improving both symptoms and quality of life in patients living with chronic pain. This lecture will review current research looking at the effects of yoga and meditation practices on the brain, in patients with various types of chronic pain, and discuss the elements of yoga that make it such a beneficial practice for these patients. Participants will also have the opportunity to practice various breathing and movement practices.

[Register today!](#)

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

SAVE THE DATE:

- [First APTA PA Membership Committee Book Club Meeting](#) | March 1 | Noon and 8 p.m.
- **March SED Business Meeting** | March 10 | 6:30 to 8 p.m.
- **SED Virtual Mini CSM** | May 1 | 8:00 a.m. to noon
- **May SED Business Meeting** | May 11 | 6:30 to 8 p.m. - *Topic TBD*
(Please note: This is a Tuesday, a change from the usual meeting schedule)
- **Sept. SED Business Meeting** | Sept. 8 | 6:30 to 8 p.m.- *Topic TBD*
(Please note: We are hoping to hold this meeting in-person)
- **Nov. SED Business Meeting** | Nov. 10 | 6:30 to 8 p.m. - *Topic TBD*

IN CASE YOU MISSED IT (ICYMI)

The APTA CSM is in full swing! If you're already registered, look for presentations and posters from many of our district PTs. Let us know if you want to highlight one great one in particular and we can highlight it on SED social media. Get back to earning those CEUs here: [2021 Combined Sections Meeting \(CSM\)](#). Registration closes **Feb. 28** and content is available through **March 31**.

Several of APTA's academies and sections formed two task forces to [identify core sets of outcome measures](#) for patients diagnosed with COVID-19. The six-page pdf consensus statement is available for download to members.

MINORITY AFFAIRS COMMITTEE WELCOME

Extra! Extra! Chanele Criswell, the SED's Minority Affairs Liaison, was recently featured on APTA's homepage for her mentoring program work to help support Black women in PT.

[Check out the interview!](#)

Watch the new [Minority Affairs Committee Welcome Video!](#)

[Submit your application](#) for the **APTA PA ADAPT Scholarship!** The APTA Pennsylvania ADAPT scholarship is a one-time monetary award of up to \$10,000 to a PT or PTA education

program to support development programs that aim to increase recruitment and enrollment of students from under-represented racial and ethnic minority groups (URMG). Review the deadlines and requirements [here](#):

Application Deadlines

- Round 1: June 1, 2021
- Round 2: Aug. 1, 2021

BLACK HISTORY MONTH

For this Black History Month the APTA takes a look back at some truly ground-breaking African American physical therapists who achieved greatness despite obstacles, transforming the profession along the way - [Vision, Courage, Compassion: Black Physical Therapists Who Transformed the Profession](#).

Read the recent APTA Magazine's article: [Diversity, Equity, and Inclusion in Physical Therapy](#).

Did you know the history of vaccines in this country dates back to the 1700s? [How an Enslaved African Man in Boston Helped Save Generations from Smallpox](#).

The APTA's [strategic plan](#) includes an objective to foster the long-term sustainability of the physical therapy profession by making APTA an inclusive organization that reflects the diversity of the society the profession serves. Check out the APTA [Diversity, Equity, and Inclusion](#) home page to learn more.

THE UPSIDE

The Southeast District would like to bring you more good news. Borrowing from something the APTA calls "The Good Stuff" and named after the Philly Inquirer's Sunday section, the SED brings you an occasional series that highlights recent media coverage of physical therapy or the good things that are happening around us. Let the [SED](#) know if you have a feel-good story to share and it may make the next Upside! Meanwhile, check out this article from the Philadelphia Inquirer featuring a local PT: [Working from home has created new demand for physical therapy: 'Your body just can't handle it'](#).

PTA FOCUS

The latest **PTA Focus** piece from the **PTA SIG** featured an SED new-to-practice PTA that volunteered for her COVID-19 team last spring, check it out here: [Feb. 2021 PTA Focus](#).

Do you work with or know a member PTA that you think we should know about? Send an email to the [PTA SIG](#) and they can tell their story in an upcoming PTA Focus piece.

Have an idea for the next SED update or a great event idea? You can submit comments and suggestions [here](#).

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](#).