



## APTA PA Southeast District Newsletter | Nov. 2021

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

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### MESSAGE FROM THE SED CHAIR



**Hello SED Members!**

We welcome you to our November 2021 edition of the SED newsletter with a lot of exciting news to share from our members in the District.

We were able to hold our first, not one, but TWO in-person events with a beautiful end of September weekend - a Friday night at Citizens Bank Park for the PA PT PAC and a Saturday morning SED Business Meeting with Mindfulness. The only thing more beautiful than the weather was seeing members socializing and sharing in our member community (yes, pics are included below).

As we go through the Fall, we will be working on keeping you informed of our advocacy work in Harrisburg and preparing our next District events in the Spring. As a reminder, our January business meeting will be held as the 2nd Annual Combined District Meeting in early Jan. 2022.

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](#).

If you have any comments or suggestions for ways we can better serve your membership needs, I would love to hear from you ([email me](#)).

Stay well and safe,  
Alex

M. Alex Haddad, PT, DPT, PhD, OCS  
Chair, Southeast District  
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## BUSINESS MEETING

**When:** Wednesday, Nov. 10, 2021 6:30-8:00 p.m.

**Title:** Meeting Patients Where They Are: Supporting Patients in Transition

**Speaker:** Dr. Chris W. Condran, PT, DPT, EdD(c), MBA-HCM, MS, ACSM-EP, NSPA-CS

The SED programming committee is excited to present Dr. Chris Condran in leading us through this important topic.

**Course Description:** Participants will leave with a greater understanding of some of the unique experiences associated with gender affirmation. We will also gain knowledge surrounding legal transition and its impact on the dynamics of patient's pursuits in healthcare as well as be able to implement best practices for names and pronouns.

[REGISTER NOW](#)

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

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## EVENTS

- **Nov. 10** – SED Business Meeting, Hybrid Meeting
- **Nov. 14** - NABPT PA Board Meeting
- **Nov. 16** - APTA PA Ethics Committee Webinar
- **Jan. 11, 2022** – Combined District Business Meeting, Online

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## 2021 MOVEPA CONFERENCE RECAP

Hope you were able to attend the Move PA 2021 Conference this year in downtown Pittsburgh. We were able to hear from speakers from the SED including Jason Brandi, Alex Haddad, Donna Merkle, and Carol Wamsley. Our Opening Keynote this year was from **Kim Nixon-Cave** who inspired us with a presentation on Social Determinants Related to Healthcare. The PT PAC event included close to 50 raffle prizes and raised money for **Go Baby Go**.

Congratulations to all the 2021 award winners including those from the SED: **Cheryl Tolerico West** (Service Award) and Arcadia student **Adriana Pillot** (Minority Affairs Scholarship Award). Also, big THANK YOU to **Cheryl West**, APTA PA Education chair who with the committee put together a great slate of continuing education programming. Other

members of the state education committee from SED include **Derek Fanto, Kristin Von Neida, Marci Ruediger**.

Thank you to outgoing APTA PA President **Colleen Chancler** (a former SED Chair) and welcome President-Elect **Scott Voshell**, who has been serving as Vice President (another SED great).

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## IN CASE YOU MISSED IT (ICYMI)

Two fantastic falls events combined into one weekend!

The APTA PA SED PT PAC held a fundraiser on Friday, Sept. 24 at the Phillies games. It was an East vs. West affair as the Phillies took on the Pittsburgh Pirates with playoff implications of our Fightin' Phils. We enjoyed some nice fall weather, snacks and drinks while tailgating prior to the game. The Phils capped off the night by rallying from behind to win! Fun was had by all while raising money for a good cause. We raised \$159 for the night!





The APTA SED PA Business Meeting joined with the APTA PA Minority Affairs Committee and the National Association of Black Physical Therapists-PA Chapter to hold the “Meeting

with Mindfulness” on Saturday, Sept. 25, 2021. Twenty-one PT/PTA professionals, students and guests (including several prospective PT students) were in attendance at Catania park in Ridley Park, Delaware County. The weather was perfectly sunny and everyone enjoyed kicking the program off with Tai Chi led by **Jazmine Tooles**. Participants were then able to learn more about the hosting groups and their initiatives. **Scott Voshell** shared on current changes in legislature and the APTA’s advocacy initiatives.





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## MINORITY AFFAIRS COMMITTEE

The committee's most exciting project to date has been taking on an active role in APTA PA's efforts to increase minority participation in Pennsylvania PT/PTA schools through the "ADAPT" Scholarship offering up to \$10,000 to schools dedicated to increasing the diversity of their programs. This scholarship was inspired by Dr. Gregory Hicks ADAPT program at the University of Delaware, which works towards ensuring that all students, regardless of background, are well-prepared to pursue a graduate physical therapy education. Winners were announced in October. **Congratulations to all the ADAPT scholarship winners** including two of our own from the SED:

- Neumann University, Aston, PA (\$8,000)
- University of the Sciences, Philadelphia, PA (\$6,000)
- DeSales University, Center Valley, PA (\$6,000)
- The University of Pittsburgh, Pittsburgh, PA (\$10,000)

Each school will be providing the committee with periodic updates with the intent to speed the implementation of effective and creative program approaches to help support the creation of a more diverse practitioner base within the Commonwealth.

Look for another round of ADAPT awards in 2022 all supported by YOUR member dollars!

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## WELCOME NEW SED COMMITTEE MEMBER

Welcome to **Bria Miles**, SPTA, new Student Observer to the Southeast District. She is in her second year at Harcum College in Bryn Mawr, PA.

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## FALL ELECTION

APTA PA Fall Elections opened on **Friday, Oct. 29**. We have candidate Dan van der Kwast running for the position of SED Vice Chair. Winners' terms begin January 2022 and run through December 2024. [Please vote!](#)

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## VOLUNTEER AND ENGAGE

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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