



APTA PA Southeast District Newsletter | Sept. 2021

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

MESSAGE FROM THE SED CHAIR



Greetings Good People of the Southeast District!

The SED is grateful to share the latest updates and news from the district! We have been working hard to deliver on our unique version of member value through the shared professional experience of our five counties region.

This month, we have focused our events on more recreation and renewal for our members! We have back-to-back events this month hoping to give folks a chance to have fun and pause for a bit of renewal with each other.

Come out to enjoy a Friday night at the Phillies, as we tailgate and help support the PA PT PAC! The following morning, we will be gathering outside at Catania County Park in Delaware County for the SED Business Meeting with Mindfulness--yes, we are trying something a little different ;). The SED has teamed up with the APTA PA Minority Affairs Committee and the National Association of Black Physical Therapists, PA chapter to sponsor this event. We will lead the business meeting with Tai Chi and end with a mindful meditation activity. In between, hear the latest from the SED, the latest updates from our advocacy work in Harrisburg and ways in which you can get involved.

Lastly, I would be remiss if we did not mention the great work that the PA Delegation accomplished at the House of Delegates this past weekend. Thanks to all the delegates that volunteered their time to help keep our profession healthy!

Please feel free to reach out to me [via email](#) anytime with feedback or suggestions for how we can improve.

Stay well and safe,
Alex

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

MEETING WITH MINDFULNESS:

APTA PA SED Business Meeting

Saturday | 9.25.21 | 9am to 12pm

FREE Registration begins at 8:45am | light refreshments included

Catania County Park

230 W. Chester Pike, Ridley Park, Pa 19078

APTA PA SED

American Physical Therapy Association Pennsylvania Southeast
District

APTA PA MAC

American Physical Therapy Association Pennsylvania Minority Affairs
Committee

NABPT PA

National Association of Black Physical Therapists Pennsylvania



The APTA PA Southeast District is joining forces with the APTA PA Minority Affairs Committee (APTA PA MAC) and the National Association of Black Physical Therapists Pennsylvania Chapter (NABPT PA) to bring you: **The SED Meeting With Mindfulness.**

[Register today](#) and you will start your day of mindfulness with a Tai Chi activity. You will then get to hear the latest happenings in the SED, followed by a brief introduction of who we are, what we have planned, and how YOU can get involved, including the latest on our advocacy work in Harrisburg.

Conclude your morning by being present and making connections through networking with your fellow physical therapist and physical therapist assistant students and professionals.

There is no cost for this event; however, registration is required.

Date & Time: Saturday, Sept. 25, 2021 | 9:00 a.m. to 12:00 p.m.

Address: Catania County Park | 230 W. Chester Pike, Ridley Park, PA 19078

All attendees must complete the [APTA PA COVID-19 Liability Waiver!](#)

[Learn more and register today!](#)



[Register today](#) to join the APTA PA Physical Therapy Political Action Committee (PA PT PAC) as we start the year off at the Phillies game! This year's game is pitting the East vs. the West as the Phillies take on the Pittsburgh Pirates on Friday, Sept. 24. Game starts at 7:05 p.m. and costs \$20/ticket. **50 tickets available - first come, first served!**

Location: Citizens Bank Park | 1 Citizens Bank Way, Philadelphia, PA 19148

The PA PT PAC asks attendees to [please take a quick survey](#) to provide more information for the event and to also help shape future PA PT PAC events and announcements.

Please invite your colleagues, family and friends for a night of baseball and fun at Citizens Bank Park. If you are unable to attend, but would still like to support the PA PT PAC, [please consider making a donation!](#)

All those who attend this event must complete the [APTA PA COVID-19 Liability Waiver!](#)

[Register today!](#)

EVENTS

- **Friday, Sept. 24** - SED PA PT PAC Fundraiser: Phillies vs. Pirates Game

- **Saturday, Sept. 25** - SED Meeting with Mindfulness Event
 - **Thursday, Sept. 30** - APTA PA Centennial Webinar
 - **Friday, Oct. 22 – Sunday, Oct. 24** - APTA PA Move PA Conference
 - **Wednesday, Nov. 10** – SED Business Meeting, Hybrid Meeting
 - **Tuesday, Jan. 11, 2022** – Combined District Business Meeting, Online
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IN CASE YOU MISSED IT (ICYMI)

From the APTA comes an article titled [“A Long View of the Profession Following COVID-19”](#) including discussion of the change in practice settings, it’s impact on DEI, and its effect on patients.

[Read the full article.](#)

[Change Agents for the Profession: Spreading the Word](#)

Advocacy for the physical therapy profession and the patients it serves takes many forms. These individuals represent that diversity.

[Read the full article.](#)

REGISTER TODAY
2021 APTA PA ANNUAL CONFERENCE

MovePA

Oct. 22-24, 2021
OMNI WILLIAM PENN HOTEL | PITTSBURGH, PA

[Register now](#) for APTA PA's 2021 MovePA Annual Conference and save big until Sept. 24!

Join us Oct. 22-24, 2021, at the Omni William Penn Hotel in Pittsburgh, PA, for an educational experience to help you and over 300 physical therapy professionals continue to move the physical therapy profession forward. **[Review the full programming in our conference brochure.](#)**

Early Bird discount ends Sept. 24 - [Register today to join us in October!](#)

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

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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