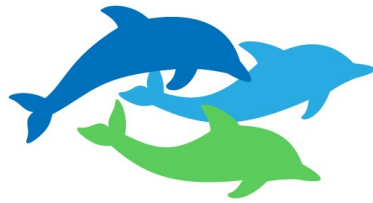


CPTA

TRICOUNTIES DISTRICT



**Tricounties
District CPTA**
CALIFORNIA PHYSICAL THERAPY ASSOCIATION

Message From The Chair

Lauren Kremer PT, DPT

Hi Tricounties PTs and PTAs!

We are wrapping up another year, and want to update you on what's going on in CPTA and our district. District elections are completed and we will introduce the new leadership at our next meeting.

This year we held our first hybrid in-person and zoom district meeting since the pandemic. We want to thank everyone who attended in Santa Barbara. It is great to get together in person again. We will host more in-person social events next year.

This year was full of highs and lows on the advocacy front with a near-win for the school based PTs, just to be vetoed on the governor's desk. We want to thank all those who participated in the advocacy efforts. Even when we don't get things passed, the more we share our story and get other lawmakers on our team, the better we will be in the future.

Speaking of the future, we have exciting things going on at the chapter level working on PT practice act updates. Early next year, we plan to host another town hall to review the proposed language that we will work to get passed. This is long overdue, and we are hopeful that these changes will bring exciting things like expansion to direct access, dry needling, and more!

Finally, we are grateful to our district again this year for all the donations to the PT PAC. Your support will help us get our practice act legislation passed!

If you have any thoughts or suggestions, please email me! We are here to serve the district members.

LaurenKremer13@gmail.com

Thank you and Happy Holidays!

APTA

December 2024

TRICOUNTIES DISTRICT
PROFESSIONAL SERVICE AWARD

Receipt Deadline January 15, 2025

The TriCounties District's Professional Service Award was established in 1996 to recognize those individuals whose contributions have been exceptional to the profession of physical therapy. An individual's contributions may take the form of advances in the science, education, or practice of physical therapy, or may have demonstrated outstanding commitment and service to the District.

ELIGIBILITY:

The individual must be an active or affiliate member of the APTA for a minimum of five years and two consecutive years in the TriCounties District.

The individual must not be a member of the District Executive Committee at the time of the selection.

No active or affiliate member can nominate themselves.

CRITERIA:

The individual must have made significant contributions of work and or service resulting in enhancements of education or practice in physical therapy or demonstrated exceptional leadership or service to the TriCounties District.

INSTRUCTIONS:

A current TriCounties District member must make the recommendation.

Written documentation that may include the nominee's resume and letters of support or examples of leadership, influence and accomplishments must be submitted with the recommendation form. This can be submitted electronically.

Recommendations must be submitted no later than January 15, 2025

PROCEDURE:

The District Executive Committee will review all recommendations and selection of the recipient by a 2/3 vote will be made.

The discussion of the selection process will remain confidential.

The District Professional Service Award will be presented to the recipient at a District meeting in 2025. Their name will be placed on the TriCounties District plaque.

The recipient will keep the TriCounties District plaque for no longer than one year.

Announcements will appear in the District newsletter and other publications as appropriate.

TRICOUNTIES DISTRICT PROFESSIONAL SERVICE AWARD

RECOMMENDATION FORM

The following individual is recommended for the 2025 TriCounties District Professional Service Award

Name _____ Address _____

City _____ State _____ Zip Code _____

Telephone _____ E-mail _____

Signature _____ Contact number _____ Date _____

Attach documentation of this individual's exceptional contribution to the practice of physical therapy and either commitment or service to the TriCounties District. Please send the recommendation form and documentation to Lauren Kremer at laurenkremer13@gmail.com. (2025 District Chairperson), by January 15, 2025)

Chief Representative

Kathy Weiner, PT

The Assembly of Representatives was held on September 20, 2024 in Burlingame..

Tricounties 2024 Representatives include: Natalie Amundsen, Wendy Cork-Keyzer, Kristin Quezada and Andrea Stouffer from Santa Barbara County; Kathy Zack from San Luis Obispo County; and Lauren Kremer and Ellen Giuffre from Ventura County.



We walked with friends/families of individuals with Down Syndrome at the GigiFit 5K (6/2024) in support of an inclusion playhouse.



PT's on the move, at GigiFit 5K walk!
(Left to Right) **Sovann Somreth, Aaron Somreth, Eric Yu, Dorothy Ho and Kathy Weiner**

Along the way, we shared information about the PT profession with ~275 middle and high school students at the Simi Valley Career/Job fair and at Valley View Middle School's Career Day.

Membership and Public Relations

Dorothy Ho, PT, DPT

Board Certified Pediatric Specialist

The year started with a hike up Mt. McCoy. PT's on the move, at top of Mt. McCoy in Simi Valley!



Kasia Gondek (L) and Dorothy (R)



Rosemary Joslin (Left) and Dorothy (R) at the Simi Vally Job & Career Fair

Tricounties District Membership at a glance (as of 10/2024):

317 PT's 26 PTA's 13 Students

Happy Holidays

2024 Summary of Tricounties Public Relation Events

Name/Type of Event	Date	Location of Event	Estimated # of attendees	Contact person
Social hike	2/10/24	Simi Valley	3	Dorothy Ho
Job & Career Fair	4/22/24	Simi Valley Library	200	Dorothy Ho
Gigi Fit 5K Walk	6/1/24	Simi Valley	500	Dorothy Ho
Valley View Middle School Career Day	11/12/24	Simi Valley	75	Dorothy Ho
Professional Updates & Active Professional Membership	12/6/24	Los Angeles Dept of Public Health (Children's Medical Therapy Program) leadership meeting presentation	50+	Dorothy Ho

Nominating Committee Report

Kathy Zack, PT, DPT

Individuals elected for 2025 include Lauren Kremer, Chairperson; Claudia Steele-Major, Vice Chairperson; and Natalie Amundson and Bob Limone in rank order of district representatives.

Positions open for 2026-2027 are Secretary-Treasurer, Chief Representative, District Delegate to the House of Delegates, Nominating Committee members and district representatives.

Contact the Nominating Committee if you have an interest in serving the district in an elected position or on a committee.

Kristin Quezada, PT, MSPT- Nominating Chair 2025 -kquezada@sbch.org

TriCounties District officers and committee members 2025

District Representatives

Chairperson & PAC Chair-Lauren Kremer

Wendy Cork-Keyzer

Vice Chairperson-Claudia Steele-Major

Andrea Stouffer

Secretary/Treasurer-Ellen Giuffre

Kristin Quezada

Chief Representative-Kathy Weiner

Lauren Kremer

Chair Membership and PR-Dorothy Ho,

Natalie Amundsen (Alternate)

Education-Open

Bob Limone (Alternate)

Andrea Stouffer, PT, DPT TriCounties District Delegate to the HOD

Optimizing patient care, contemplating the future of the profession, and promoting inclusivity were among the areas of focus for the 2024 House of Delegates during this year's in-person meetings held July 21-22 at APTA's Leadership Congress in Kansas City, Missouri. The House passed 17 motions that adopted new APTA positions, amended existing APTA positions, charged the association with specific actions, and elected a new honorary APTA member.

Following is a summary of some of the motions that were presented and adopted during this year's House of Delegates. As adapted from PT Magazine.

Motions Related to Clinical and Professional Practice

Primary care and entry-point providers. The House amended the position on PTs as primary care and entry-point providers to strengthen physical therapy's value in societal health (RC 1-24). In a separate motion, a new position was adopted specific to the PT's role as an entry-point provider (RC 24-24).

Trauma-informed care. A new position recommends education for PTs, PTAs, and students on recognizing signs and symptoms of trauma, understanding its impact, and following best practices in responding to patients and colleagues who have undergone trauma (RC 7-24).

Employer programs. The House adopted a position supporting physical therapy's role in providing fitness and health risk assessments as part of employer safety and health promotion programs to improve worker safety, productivity, and health outcomes (RC 10-24).

Motions Related to Inclusivity

Internationally educated PTs. Two new positions recognize the contribution to the profession of PTs who were educated outside of the United States. In one, "internationally educated physical therapist" and the abbreviation "IEPT" were identified as the preferred nomenclature (RC 3-24). The other supports equitable and inclusive processes for licensure by endorsement for IEPTs who have been granted licensure by a U.S. regulatory body (RC 2-24).

Psychological safety. The House adopted a position recommending education that promotes psychological safety within the workplace and learning environments across the physical therapy profession (RC 6-24).

Family-forward organizational policies. Per the adopted House position, APTA is committed to being a family-forward organization and recommends that employers of PTs and PTAs implement family-forward policies and programs (RC 15-24).

Motions Related to Being Future Ready

Artificial intelligence. The House adopted two new positions and amended an existing position to address the growing implications of AI use in the profession, health care, and society. In one new position, APTA supports the ethical development and integration of AI that reduces administrative burden and enhances physical therapist practice, education, and research for the best interest of patients, clients, the profession, and society (RC 11-24). A related new position opposes the inappropriate use of AI by payers to deny or restrict access to, or reduce payment for, physical therapist services or other medically necessary services (RC 12-24). The House also updated its existing position to recognize the emerging prevalence of AI and the role of digital technologies in reducing administrative burden on health care providers (RC 13-24).

Generative Discussion (HOD 2024 continued)

In addition to motion deliberation, the House conducted future-focused generative discussions among delegates on two critical issues the profession is facing: payment and workforce sustainability. The questions related to payment were:

- What payment alternative(s) to the Medicare Physician Fee Schedule would most benefit the profession of physical therapy?

Given the budget neutrality limiting the Medicare Physician Fee Schedule and the limitations of Medicaid in many states, how can access to physical therapists be maintained for individuals who are not able to absorb the cost of this care?

The questions related to workforce sustainability were:

- What changes to our care models should we be considering to address the workforce shortages and/or increased demand?

What strategies would increase the number of practicing physical therapists in the United States or decrease attrition?

The APTA House of Delegates is the association's policy-making body for the profession. In addition to holding elections and conducting generative discussions relevant to the profession, the House meets annually in person to deliberate over motions that impact the profession, the individuals who are part of the physical therapy community, and the patients and clients we serve.

APTA Officers elected: to assume their positions in 2025 ; President-Kyle Covington, PT, DPT, PhD; Vice President-Skye Donovan PT, DPT; Vice Speaker of the HOD-Robin L. Dole, PT, DPT, EdD; Directors-Stefanie Bourassa, PT, DPT and Jeff Jankowski, PT, DPT, ATC. Re-elected Director-Kim Nixon-Cave, PT, PhD, MS, FAPTA. Patrick Esmonde, MES was appointed by the Board as a public member for a one year term.

