

CPTA

TRICOUNTIES DISTRICT

A Message From The Chair

**Ellen Giuffre,
PT, DPT, OCS**

Thank you all for a great two years as your chairperson for TriCounties. During my time as chair, we had to make many changes because of the challenges of Covid.

One of these was transitioning to a fully virtual platform. Instead of the in-person meetings we were used to, we had to learn how to use a virtual platform. And with that, we learned how to virtually raise our hand, mute and unmute, as well as the other ever-changing challenges of at home meetings.

These last few years have been very fulfilling and have helped me grow as a PT. I wouldn't have been as involved in our local CPTA if a friend didn't encourage me to get involved, first as secretary/treasurer and then as chair.

I would like to encourage any of you interested in becoming active in our district to reach out to me or any of us included on this newsletter. We will be happy to answer any questions and get you plugged in.

Thank you to our outgoing officers: Lauren Kremer, Vice Chairperson; Kathy Weiner, Nominating Committee.

And welcome to our new officers: Lauren Kremer, Chairperson; Chris Izu, Vice Chairperson; and Kristen Quezada, Nominating Committee

Our new TriCounties District Chairperson Lauren Kremer has been involved with TriCounties for the past two years as our Vice Chair. She now has a private practice in the Spanish Hills Club. When Lauren moved here two years ago, she hit the floor running by taking on the Vice Chair roll.

This year at annual CPTA Conference she received the Rising Star award. We're fortunate to have her leading our district.

Stay Healthy and Safe!

**Lauren Kremer, PT, DPT
Vice Chairperson**

I'm very excited to serve as Chairperson for the next term. I'd like to also welcome back Chris Izu who will be serving as Vice Chair!

Thank you to everyone who participated in elections and to those serving our district as elected officers and representatives.

We are planning some great events for next year including speakers for our district meetings, continuing education, and social events.

The results from our end of the year survey showed that most people prefer to continue the district meetings on Zoom, but would like opportunities to gather together in-person. We will offer both types of events this year per your request!

Lastly, I'm grateful to be a part of such an active district. Our executive committee is here to provide you with support and resources. Please email me at LaurenKremer13@gmail.com.

APTA

December 2022

TRICOUNTIES DISTRICT
PROFESSIONAL SERVICE AWARD

Receipt Deadline December 31, 2022

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 December 31, 2022

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 the first District meeting of 2023. 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 2023 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. (2023 District Chairperson), by December 31, 2022

Kathy Weiner, PT

TriCounties CAL-PT-PAC

CPTA's Advisory Council met virtually on November 16th for a legislative update coordinated & facilitated for us by **Tameka Island** with **Chris Reed** giving a Governmental Affairs report, **Oscar Gallardo** reporting for the Political Affairs Committee and **Carl London**, CPTA lobbyist speaking with us about the recent election results.

Government Affairs Committee (GAC): **Chris Reed** reports:

- **SB250 (Pan)** Categorized as a "Gold Card" for Healthcare Providers. This law would have made it possible for these healthcare providers to not need prior authorization for treatment if they had met certain requirements. It passed out of the Senate but did not pass the Assembly. Looking for it again next year

Dawn Janes heads the committee that is working on modernizing our practice act. Some of the issues the committee is looking at are:

prescriptive authority for DME
DPT as a regulatory designation
tissue penetration.

The committee is also looking for member feedback.

Chris has had numerous meetings with the California Teachers Association regarding the Credentialing for physical therapist who work within the school system. Currently, they are not eligible for advancement up the career ladder and have no voice in conversations because of their uncredentialed status

Next year, we expect to bring forward a modification of a prior bill to allow PTs to practice Animal Rehab. **Chris** expects pushback from the Veterinarians again.

Political Action Committee (PAC) **Oscar Gallardo** reports: Oscar began by thanking all who have contributed to the PAC. Monies donated are used to help **push the above legislation to fruition**. This year's PAC donation total so far is \$72,050.00.

Oscar reminded us that our primary goal for outreach to our legislators is not to only educate them

about what we do but to become their pipeline for information about how various pieces of legislation will affect our practices. Call your legislator and set up a zoom as a way of making your voice heard.

Lobbyist Report: **Carl London**:

Carl reports that all 8 statewide elections went Democratic. Of the 80 seats in the Assembly 63 are Democratic and 17 are Republican; on the Senate side: 31 are Democratic while 9 are Republican.

There are several resources you can look at for day to day votes counted: <https://electionresults.sos.ca.gov/> or the Secretary of State website.

Robert Rivas may be our new speaker. Anytime there is a new leader there are shifts in committees and we want to work at improving the chances that a "friend of physical therapy" will be placed in a key roll by making inroads with our legislators.

Ways to do this would be signing up for their newsletters, follow their calendar of events, meet for coffee (**Chris Reed** did this early on with **Evan Low**). **Evan** was named our Legislator of the year this year), health fairs or inviting them to your District meetings to speak or just do a meet and greet.

All in all a great meeting, Lots of good information. Hoping that you find it useful to make inroads with YOUR legislators. If you would like any help with setting up a legislative outreach, please let me know. I will be meeting with mine soon as they will be in their home office more often this time of year.

Tricounties will be offering an Ethics Course, in person in the spring of 2023. More info to come as the specific details are set.





CAL-PT-PAC Contribution Form

Maximizing the impact of every dollar donated!

The California Physical Therapy Political Action Committee's (CAL-PT-PAC) philosophy is to support the election of members of the California Legislature who support the profession of physical therapy. Please complete the form below and send it along with your contribution to the CPTA Office, 1990 Del Paso Rd., Sacramento CA 95834. To obtain further information, you may call (916)929-2782, (800)743-2782 or visit the website at www.ccapta.org.

Back the PAC!

Name: _____

(Please specify if donor is a company or individual. One donor per form.)

Address: _____

City: _____ State: _____ Zip: _____

Email Address: _____

Employer/School*: _____

*Required by state law. If self-employed, please write self. If this information is incomplete we will be required to return your contribution.

Occupation: PT PTA Student Other: _____

District: _____

I would like to make the following contribution:

\$1000 ~ Grizzly**
 \$500—\$999 ~ 2600 Club**
 \$20—\$499 ~ Advocate
 \$1—\$19 ~ Contributor
 \$20 ~ Student Cub
 Other: _____

Amount\$: _____ No money orders or cashier's check. **No Cash donations over \$99.**

Check#: _____ Payable to CAL-PT-PAC (Full amount only. No check installments.)

Cash (cash contribution may not exceed \$99 per state law) Credit: Visa / MC / DISC / AMEX

Card Number: _____ Exp Date: _____ CVV# _____

*When making a credit card contribution of \$100 or more you may be charged in EQUAL payments within the calendar year. Please circle the months you would like to be charged. **All installments must be made by 12/31/21.**

Jan Feb Mar Apr May June July Aug Sept Oct Nov Dec

I would like to make this contribution annually

*Annual contributions will be renewed on or around January 1 of every year.

I would like to donate an additional \$26 to "Elect a PT/PTA"

Authorized Signature: _____ Name on Card: _____

Billing Address: _____

Contributions are not deductible as charitable contributions for Federal Income Tax purposes

Membership and Public Relations **Dorothy Ho, PT, DPT, PCS**

Happy holidays! What a treat 2022 has been for our district, as we were able to get together to spread the PT love to our communities!

We kicked off 2022 with a special event to help improve the way kids and teens move. Our members got together to evaluate and fit adaptive tricycles for kids and teens with the **Ventura Chapter Trykers** (March 2022). What an absolute joy it was to see the big smiles on all the kids' faces!



PT absolutely improves the way we move! **Charlee** (R) and **Dorothy** (L) were on hand to help evaluate/fit adaptive tricycles for kids and teens as the Ventura Chapter Tryker's adaptive bike eval/fit event!

Two months later (May 2022), **Kathy Weiner-R** and **Jamie Katz** (L) spread hope and support to the Cancer Support Community at the HOPE Walk event in Thousand Oaks, while yours truly had the privilege of traveling to Rwanda to help improve quality of life for survivors of the Rwanda genocide.



To commemorate PT Month in October, we got together at Pub Night in Simi Valley to support the ALS community and helped to clean up Ventura Beach (with special thanks to **Cynthia Hughell, Debi Craddock, Dorothy Ho &** especially **Tom McLaughlin** who drove all the way down from San Louis Obispo to help with the beach clean-up!).



Fun get-together Pub Night in Support of ALS Community at El Capitan in Simi Valley J Can you find Rick Katz, our CPTA President?



Ventura Beach Clean Up Crew collected buckets of trash; we were amused by some very interesting finds! Special thanks to (L to R) **Debi, Dorothy, Cynthia & Tom**

As we celebrate what's most meaningful to us this season, let's continue to be enrich the lives of others (and selves in return!) through our time, talents and resources!

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

The 2022 APTA House of Delegates, 78th session, was held in hybrid format: On July 30 virtually, and August 14-15 live in Washington, DC. New Board members were elected, and 14 of 18 motions were discussed and voted upon. Following, a list of our newly elected officers, and highlights from the motions addressed.

Our newly elected APTA officers, whose term will begin January 1, 2022 are:

Secretary - incumbent Kip Schick, PT, DPT, MBA
Vice Speaker - incumbent Kyle Covington, PT, DPT, PhD
Director - incumbent Carmen Cooper-Oguz, PT, DPT, MBA
Director - incumbent Heather Jennings, PT, DPT
Director - Craig Johnson, PT, MBA
Nominating Committee - Tracy Porter, PT, DPT, EdD
Nominating Committee - Jennifer Ryan, PT, DPT, MS

Highlights from the motions that were brought before the house.

Adopted: “**Digital health technologies and therapeutics** in physical therapist practice”. Certain criteria were established, including that the PT may determine best mode of PT delivery (digital vs in person) for their particular practice and patient/client.

Amended: “**Direction and supervision of the physical therapist assistant**”, in collaborative team-based care. Addressed some concepts of supervision of the PTA by the PT, and included the PTA in the inter-professional care team for the patient/client. Aligns policy with other current policies and documents, including Core Competencies, Core Values, and Standards of Practice for Physical Therapy.

Adopted: **Role of PT in nonpharmacological blood pressure management.** This position supports the PT's and PTA's roles in promoting research, education, practice, and policy in the nonpharmacologic management of blood pressure to enhance the health and well-being of society.

Adopted: The APTA supports access to **physical therapist services in the prenatal and postpartum periods** as the standard of care to improve health outcomes and prevent comorbidities and health disparities

Adopted: The APTA supports unrestricted access to physical therapists as **entry-point practitioners** for activity participation, wellness, health, and disability determination.

Adopted: The APTA supports **direct - to - employer physical therapist services** to improve access, increase quality of care, and decrease health care costs. **Charge:** That the APTA develop a coordinated approach to enable members to pursue direct-to-employer physical therapist services.

Adopted: The APTA supports national and state efforts to improve access to **physical therapist services for Medicaid beneficiaries.** To improve health equity, the APTA supports physical therapist services as a mandatory benefit in all Medicaid programs, authorized without administrative delays and barriers at adequate levels to meet patient needs, and paid commensurate with other public and private payers.

Adopted: The APTA supports equitable processes to include **individuals with disabilities** entering and within the profession of physical therapy through reasonable accommodations across their career.

Adopted: APTA's commitment to being inclusive of **LGBTQIA+ populations.**

(APTA HOD Delegate continued)

Referred back to board, with report due in 2023: That the APTA work toward expanding **prescriptive authority** within the physical therapist scope of practice for DME, prosthetics, orthotics, supplies, and possibly certain pharmacological substances. The latter was a highly contentious subject, with approximately 50% each either opposed or in support. The former had been addressed in 2013, without also including prosthetics, orthotics, supplies.

Charge: the APTA explore opportunities outside of the currently established framework of sections/academies to enhance **engagement, collaboration, and knowledge -sharing in physical therapist practice**. Addresses the financial concern by members that they must join multiple APTA sections to gain the literature/knowledge they seek.

Charge: that the APTA (in collaboration with relevant stakeholders) evaluate **continuing competency requirements** as the preferred method for maintenance of licensure and develop recommendations for a uniform evaluation process of educational and professional activities that could be implemented by components and jurisdictions.

Discussed, and not voted on as time ran out:

That APTA supports **equity vs equality** (the point of debate) **in pay across all genders** in the physical therapy profession.

Proposed and not addressed, as time ran out:

1-That the APTA pursue **member access to a health care plan**. The board described that they are in the process of implementing an APTA Health Benefits Marketplace. In 2022, this was targeted to practice owners and contract workers. The 2023 work plan includes information gathering to determine the demand for healthcare for individual members to determine viability.

2-Amend: bylaws of the APTA, to allow a member of the nominating committee to vote in HOD.

U.S. Secretary of Health and Human Services Xavier Becerra visited Sunday. As stated in APTA's newsletter, he encouraged the physical therapy profession to help tackle long COVID and to influence the challenging Medicare payment environment by committing to high-quality care.

Andrea Stouffer is your Tri Counties District Delegate. Please contact her if

1. You have questions or would like more information, and
2. You have ideas for motions that you would like to be brought to HOD 2023.
astouffer@westernu.edu

Congratulations to 2022 Tri Counties District Award Recipient, Joseph J. Godges, PT, DPT, MA, FAPTA Board-Certified Clinical Specialist in Orthopaedic Physical Therapy, recognized as Catherine Worthingham Fellow of the American Physical Therapy Association

Chief Representative

Kathy Weiner, PT

TRICOUNTIES CHIEF REPRESENTATIVE ASSEMBLY REPORT 2022

Your Tricounties Assembly Representatives represented you and your interests at the CPTA Assembly of Representatives held in Anaheim on September 23, 2022.

In the months prior to the meeting, there were discussion groups available and as a District, we Zoomed together to delve into each Assembly Resolution that would be presented for consideration at the Assembly. In all, 7 Assembly Resolutions had been proposed.

Representing you were: Bob Limone, Kathy Zack, Tom McLaughlin, Andrea Stouffer, Bettye Torres-Saleh, Ellen Guiffre, Kathy Weiner.

Our morning was taken up with annual reports including CPTA's Strategic Planning Goal Report, Financials and Nominating Committee Reports, including the Report on Pro Bono Services.

Report on Pro Bono Physical Therapy Services in California. In 2021 the Assembly asked for there to be a legal study done on Pro Bono provision of services. The report was delivered at the 2022 Assembly.

Highlights of the report:

1. Use EMPLOYEES to provide services. NOT independent contractors, volunteers or interns.
2. Ensure pro bono services meet the same standard of care as paid services
3. Avoid discounting services to Medicare patients.
4. Ensure adequate insurance coverage when providing services pro bono
5. Use established volunteer & non-profit programs to help find opportunities

For the full 13 page report, please contact CPTA and they will lead you to it.

Assembly resolutions that were adopted include:

-AR7 which amended ARPOL-3 to add language to include "The Representative to the Physical Therapist Assistant Engagement Group shall be included in Chapter Delegation discussion & voting when considering submission of a motion to the House of Delegates. "

-AR8 which added Assembly Representatives to the list of "all other elected or appointed positions who take the Oath of Office".

-AR9 Delineated the Duties and Responsibilities of the Representatives to the Assembly. These duties include attending meetings and participate in one legislative advocacy activity per year among others. The resolution also included a policy that if the representative were not meeting these responsibilities, they could be asked to resign.

-AR11 The California Private Practice Group was dissolved

Assembly Resolutions that were NOT adopted:

-AR10 Chapter Board recommended rescinding CCPOS-9, which was its position on Electromyography & Electroneuromyography due to the language considered antiquated and already codified into law since 2000 & also no longer appears to accurately reflect the Chapter's vision for expanded practice relevant to tissue penetration.

Much discussion followed as some therapists are still using this modality. The motion failed to receive 51% of the vote

-AR12 Proposed by an individual. Asks for the support of the CPTA for the removal of the COVID-19 mask mandate for all individuals in all settings. The author thinks that the wearing of masks does some actual harm to the patient and the clinician. Several people rose in opposition of this proposal citing statewide guideline mask mandates still in place and the motion failed. Several people rose in opposition of this proposal citing statewide guideline mask mandates still in place and the motion failed.

Chief Representative

(Continued)

AR13 Proposed by an individual. Askes for the CPTA to bring forth a motion to the House of Delegates to change the position of the APTA on age-appropriate vaccinations to support the removal of the COVID-19 vaccine requirement in all health care settings. The APTA has added the COVID-19 vaccination to the list of recommended vaccines and the author thinks the vaccine is not effective and its side effects are not completely known. This motion failed.

As you can see, we, as your Representatives, had a fruitful day with a little bit of fun thrown in at the end with a tribute to Rick Katz, our fearless leader. The day ended with the 2023 slate of CPTA candidates engaging in the Candidates Forum.

If you entertain thoughts of being a part of this integral aspect of your physical therapy profession, I would love to hear from you!

Nominating Committee

Kathy Weiner, PT

Tricounties members voted for 2023 slate of candidates online .

The new officers elected:

Lauren Kramer- Chair Term 2023-2024

Christopher Izu- Vice Chair Term 2023-2024

Nominating Committee: Kristen Quezada

Term 2023-2025

Assembly Representative:

Ellen Guiffre Term 2023-2024

Congratulations to the new and returning members of Tricounties Executive Committee and Assembly Representatives. Thank you for your willingness to serve! We are so very proud of you!

Looking to the future, we will need to add 1-2 alternates to the 2023 Assembly. If you have questions about the responsibilities please let me know at now @ twloveskw@aol.com, Dorothy Ho @: dh81303@yahoo.com or Kathy Zack @: kathyzack@charter.net

2023 District Executive and Leadership Committees

District Chair:	Lauren Kremer
Vice Chair:	Chris Izu
Secretary/Treasurer:	Bettye Torres-Saleh
Nominating Chair:	Dorothy Ho
Nominating Committee:	Kathy Zack
Nominating Committee:	Kristen Quezada
District Delegate to HOD:	Andrea Stouffer
Chief Representative:	Kathy Weiner
Representative:	Ellen Guiffre
Representative:	Wendy Cork Keyzer
Representative:	Andrea Stouffer
Representative:	Tom McLaughlin
Representative:	Bob Limon
Membership/PR:	Dorothy Ho
CAL PT-PAC:	Kathy Weiner
Continuing Education:	Kathy Zack
Newsletter Editor:	Kathy Zack

