

CPTA

TRICOUNTIES DISTRICT

CAL-PT-PAC Fundraiser

Excerpt from Oscar Gallardo, PT, DPT, Chairperson CAL-PT-PAC. (See the entire article in this newsletter). Oscar will be joining us via Zoom to provide an update on legislative issues affecting the PT profession. " Educating legislators on our important issues and establishing the relationships that are needed to promote the interests of our profession takes more than just a lot of "sweat equity" by our committee members, staff, lobbyist, and other PT colleagues. The CAL-PT-PAC is here and ready to take the lead in advocating on your behalf and with your financial support we can accomplish many things together. We have had many successes and we have also come up short on some important legislative proposals".

The Tricounties District fundraiser takes place on Saturday, July 16 starting at 1:00 PM. For a donation of \$40.00 to the PAC, Melanie Halstead, the Wine Lady will tell us all about the wines we will be enjoying from Scout & Cellar. These are clean crafted wines and Melanie is very knowledgeable about them all.

Date: Saturday, July 16 at 1:00 PM

Location: Kathy Zack's home

90 Eucalyptus Road, Nipomo

Donation: \$40 to the CAL-PT-PAC if attending in person. Wine can be available to attend with a Zoom meeting at a slightly higher price to include delivery.

RSVP: Kathy Weiner at 805-551-0044 or twloveskw@aol.com by July 8, 2022



SCOUT & CELLAR[®]
CLEAN-CRAFTED WINE
WINE CONSULTANT
Melanie Halstead
The Wine Lady 805
805.206.4101
scoutandcellar.com/melaniehalstead

The advertisement features a teal background. On the left is a watercolor illustration of a wine bottle and a glass. On the right is a photograph of Melanie Halstead, a woman with brown hair, wearing a light blue long-sleeved top, blue jeans, and brown boots. The text is centered and includes the brand name, tagline, her title, name in cursive, her nickname 'The Wine Lady 805', her phone number, and her website.

APTA

June 2022



**A Message From
The Chair
Ellen Giuffre,
PT, DPT, OCS**

Hi TriCounties PTs and PTAs!

Thank you TriCounties members for continuing to support your profession and association.

I would like to welcome our incoming officers Bettye Torres-Saleh (secretary/treasurer), Kathy Weiner (nominating committee chair and chief rep). We will also like to welcome Andrea Stouffer who will be the District Elected Delegate to the House of Delegates. Welcome Kathy Zack to our nominating committee. Welcome to our new representatives: Wendy Cork-Keyzer, Andrea Stouffer, Tom McLaughlin, Bob Limone, and Kathy Zack. And I thank those of you that are continuing to serve through 2022.

We have exciting news of a PAC fundraiser for TriCounties district coming in July. We are also looking forward to the CPTA Annual Conference being held back in person in Anaheim in September. We hope to see many of you at both events.

Stay healthy and safe!

2022 District Executive and Leadership Committees

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

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

Happy summer! I hope everyone is spending time with their family and enjoying the weather. We've all been working so hard the last few years, and we need to remember to take time for ourselves to enjoy life and decompress.

We have an exciting year ahead of us! At our fall business meeting, Dr. Katie Hunter, PT, DPT will be presenting on treating the pregnant and postpartum patient. Katie is a pelvic floor physical therapist who specializes in treating pelvic floor muscle dysfunction. In 2020, she opened her own clinic, The Pelvic Practice, with a mission to help men and women with pelvic pain understand that their symptoms are treatable and much more common than they might think. Katie serves as the Physical Therapist Advisor for the Juna app, which is an app based on pregnancy and postpartum fitness and nutrition. This is sure to be an exciting presentation, so keep watching your emails for further information!

We are also excited to bring some in-person experiences back to the Tricounties district this year. I haven't been able to meet most of you in person yet, since my term began during the pandemic! I'm excited to meet you and get to know you better.

As stated before, please take some time for yourselves this summer. Burnout is real and our profession is experiencing it now more than ever. Give yourself the same grace and compassion that you show your patients!

Hope to see you soon.

We would love to hear from your. If you have any ideas on course topics or speakers, please email me at LaurenKremer13@gmail.com.



Leading the CAL-PT-PAC in 2022

Oscar Gallardo, PT, DPT

Chairperson, CAL-PT-PAC

Like many of you, I entered 2022 in a state of anxiety and uncertainty dealing with, yet another Covid-19 surge in our state. At the same time, I felt hopeful and excited for the new opportunities that would present themselves in the year to come. One of these was the opportunity to lead the CAL-PT-PAC as the new chairperson. As we head into an election cycle this year, I look forward to the opportunity to work alongside my colleagues on behalf of our CPTA members and PAC donors to advocate for our profession and to foster productive relationships with both incumbents and new members of the California State Legislature.

Educating legislators on our important issues and establishing the relationships that are needed to promote the interests of our profession takes more than just a lot of "sweat equity" by our committee members, staff, lobbyist, and other PT colleagues. The CAL-PT-PAC is here and ready to take the lead in advocating on your behalf and with your financial support we can accomplish many things together. Together we have repeatedly protected our profession and the public from unreasonable scope of practice expansion by athletic trainers, introduced and aided the passage of our Worker's Comp reform legislation SB537, and introduced our prior authorization reform legislation AB1468.

We have had many successes and we have also come up short on some important legislative proposals. It is for that reason that I call on your financial support. Each legislative cycle brings new issues and challenges as well as ongoing battles that require our full attention and resources. This year will also bring additional unique challenges related to redistricting which will undoubtedly result in the departure of some of our legislative allies and a realignment of committee members throughout the legislature.

While these are all significant challenges, I also think of them as opportunities for the CAL-PT-PAC. In 2022 we will have the opportunity to establish new relationships and renew longstanding ones with key

legislative allies. As always, we will be called upon to be the leading voice for our profession and provide support for key legislation that affects our livelihoods and the well-being of our patients. Looking further ahead, we will be engaged in efforts to modernize our PT practice act, explore opportunities to introduce legislation related to dry needling by physical therapists, and continue our efforts to introduce and/or support legislation that improves patients' access to PT services and enhances payment for the services we provide.

To accomplish all these goals we need your financial support. To our continuing donors, I sincerely thank you for your support because your financial contributions allow us to do this work on your behalf. For our prospective donors, I ask that you consider how much value you place on these legislative efforts that protect your livelihood and donate today. Together we will continue to lead the way in advocating for our profession and protect our patients' access to the life-enhancing services that you provide. Support the CAL-PT-PAC. DONATE TODAY. On behalf of the CAL-PT-PAC and its trustees, thank you for your support.

Kathy Weiner, PT

TriCounties CAL-PT-PAC

We appreciate Oscar's words so very much. Our PAC works tirelessly for us. Oscar will report on current legislation at our PAC Fundraiser meeting:

JULY 16th, Saturday beginning at 1:00 PM

At the home of Kathy Zack

90 Eucalyptus Road

Nipomo, Ca 93444

Also helping us enjoy the day will be our very own **Wine Lady**. For a donation of \$40.00 to the PAC, Melanie Halstead, will tell us all about the wines we will be enjoying from Scout & Cellar. These are clean crafted wines and Melanie is very knowledgeable about them all.

If you are unable to make the event on person, Please let me know. We do have the ability to have you join us virtually. I will need to know that you choose that option ASAP (my number is below) so the wines can make their way to you.

Please note: There will be a slightly higher donation amount added to the virtual attendee's cost. TBA



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**

“Smell the sea, and feel the sky. Let your soul and spirit fly!” sang Van Morrison. Happy Summer everyone! I’m delighted to highlight special events that have helped souls and spirits fly over these past few months, thanks to our amazing Tri-Counties District members!

Our district’s multi-talented PT Kathy Weiner presented “Where’s Your Head At?” (an engaging talk about posture) to ~25 participants at the Noontime Rotary in Simi Valley in April. What a fabulous way to help out our local community!

Pictured below is Kathy (on right) with Evelyn Garfield (left), President of the Noontime Rotary Simi Valley. Kathy, we love your “posture” and active stance with PT public outreach!



Just a few weeks later, Jamie Katz (PT on left) and Kathy Weiner (right) led Team Tri-Counties at the 2022 HOPE Walk in Thousand Oaks to benefit the Cancer Support Community. Thanks to the generous support of district members, our team raised \$315 to help empower people/families affected by cancer. Every step, dollar & minute spent helped lift the souls & spirit of the cancer community.



In May/June, yours truly traveled to Rwanda, Africa to support a very special group of women through “Itara,” which equips survivors (of the 1994 Rwandan genocide) with sewing skills to provide a sustainable and bright future for their families. Each artisan sews beautiful and unique products with Kitenge fabric (such as pictured here) that are available at boutiques in Rwanda, or online at www.itarastudio.org



I was especially touched when Betty (in blue below), a survivor of genocide atrocities, showed me her residual limbs/prosthesis in private and allowed me to collaborate with her on ways to preserve and maximize her sewing function. Betty is an incredibly gifted artisan who had adapted to sewing for years with one hand, while using her other hand to manually power a sewing machine (whereas most people use their foot to pedal/power the sewing machine). This approach took a toll on Betty’s shoulders and made it difficult for her to walk home with her Loftstrand crutches after a day of sewing. We explored potential access points using her residual limb to power an electric sewing machine. Betty knew her body best and quickly learned to efficiently access an electric machine with her residual limb (which freed up both hands to sew)!



Betty was deeply moved that others recognized her challenges, abilities and wanted to optimize her movements to improve her human experience! Talk about our APTA vision in action!!! There was not a dry eye left in the studio that night!

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



I am so grateful for this Rwanda mission, which reminded me of how impactful and inspiring we as physical therapy providers can be to our local and global communities. As Ronald Regan once said, “we can’t help everyone, but everyone can help someone.”

I invite you to participate in our district’s next public outreach/membership adventure (**Saturday 10/22/22 at Ventura Promenade - Beach Clean-up**). Who knows...you might just end up being transformed while transforming society in the process!



Dorothy Ho surrounded by the beautiful children of Rwanda

Nominating Committee

Kathy Weiner, PT

I know what some of you are thinking! Yes, I do! You're thinking, "I want to step up and contribute in a leadership role for my Fabulous Tricounties District but I just don't know where to begin." WELL, we would LOVE to help you bring that thought to a reality.

We have so many mentors right here to help you learn the ropes. You are never in it alone. It's a wonderful feeling to give back to your profession and work along side of cohorts to accomplish District business: maybe put on a timely course, finding the best speaker and venue, organize a team for beach cleanup, work with CPTA to promote a PAC Fund-raiser, bring forth a motion at the Assembly that will ease an issue you are aware of in clinics you have worked in. You are thinking about it so take the step and ask.

The Nominating Committee is looking to fill several positions this year. I will list them in a minute. But there are committees that I want to mention first.

We have a PR and Membership Committee. In this committee, you may help to organize gatherings of new timers/recent grads, or teams for the Hope Walk, bicycle clinic Etc. This committee has been skillfully lead by Dorothy Ho for several years and Dorothy would love to have you offer your expertise.

We have a Con-Ed Committee. Covid has stopped this committee's ability to schedule their normal 1 or 2 day in person courses but Kathy Zack is gearing back up to possibly offer a course later this year. I have attended several of Tricounties Con-Ed courses. Courses are offered at reasonable rates as a member benefit. They are well attended and local. Kathy would welcome your help in putting on these courses. As a planning member you are entitled to attend the course that you manage at no charge.

Finally, we have the CAL-PT-PAC committee. We raise awareness and funds for our PAC who work tirelessly up in Sacramento for us and the PT profession. We will be holding a fundraiser in July. (see PAC report in this newsletter). This committee keeps members informed about legislation that effect our practices, builds relationships with legislators and

their staff, and visits them in Sacramento and in their home offices.

District Positions available for 2023:

Chairperson: This person serves as the spokesperson for the district. They conduct the business of the district and oversees the Executive Committee. They participate in CPTA leadership calls and meetings. This is a two-year term.

Vice Chair: This person assists with planning the District meetings and finalizes details related to the event. They serve in the absence of the Chairperson. This is a two-year term.

District Representatives (number to be determined) The duties of the Representatives are to become knowledgeable in the District, Chapter and National Bylaws, read pre-published materials pertaining to issues coming before the Assembly, attend meetings, participate in the District's activities and legislative events. Attendance at the Assembly of Representatives meeting in the Fall and meetings associated with it is required. This is a two-year position.

Nominating Committee- As a nominating committee member you assist in soliciting nominations for District elected offices and positions, presenting a slate of candidates and completing the District election process. This is a three-year term.

Chair: Kathy Weiner: twloveskw@aol.com

Dorothy Ho: Dh81303@yahoo.com

Kathy Zack: kathyzack@charter.net

TriCounties District

Nomination Recommendation Form

Complete a form for each candidate recommended.
Member recommended _____

Contact info _____

Recommendation is for the 2023 position of:

- Chairperson
- Vice Chairperson
- District Rep
- Nominating Committee

Person completing this recommendation form

Name _____

Join Team Sansum Clinic



Based in Santa Barbara, Sansum Clinic is the oldest and largest non-profit, outpatient multi-specialty group between San Francisco and Los Angeles with over 200 physicians and surgeons and a staff of healthcare professionals in over 30 specialized areas of medicine. Sansum Clinic has garnered recognition, accreditation and awards from national and state agencies. It is our mission to provide an excellent healthcare experience, recognizing our first priority is the patients we serve. We continue to provide the most advanced care that our patients have come to expect from Sansum Clinic.



Currently we have opportunities for the following therapist positions:

PHYSICAL THERAPISTS:

- 11 patients per day
- General and post-op orthopedics
- Some ambulatory neuro patients
- No weekends
- Must be licensed in the state of CA

PHYSICAL THERAPY ASSISTANTS:

- 11 patients per day
- General and post-op orthopedics
- Some ambulatory neuro patients

PHYSICAL THERAPIST IN ONCOLOGY:

- 8-10 patients per day
- Evaluate and treat lymphedema in cancer and palliative care patients; including UE, LE, head and neck patients, medical and cancer-related edema patients
- Supervise physical therapy assistants and aides
- No weekends
- Board-certified clinical specialist in oncology physical therapy
- Certified lymphedema, MLD, CLD trained. Ideal if LANA-certified
- Interest in developing rehab education for the oncologic/lymphedema population
- Must be licensed in the state of CA



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ADMINISTRATIVE POSITIONS

FOR MORE INFORMATION CONTACT:
Shawneen Flanders-Clark, CHCR
Talent Acquisitions Supervisor

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PHONE: 805-689-8256
www.sansumclinic.org

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