NYPTA SSIG Newsletter

Our Vision: “Connecting and empowering students by creating opportunities for networking, professional development, advocacy, and fun events to enhance the student experience.”

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SSIG UPDATES

The NYPTA SSIG has been hard at work this year, and we are excited to share with you what we have accomplished so far. In January, the SSIG officers were elected into office. We have been helping physical therapy students and physical therapist assistant students around New York State by providing networking opportunities, planning our annual SSIG conference for September 2018, organizing national advocacy dinners, and highlighting students around New York State. Stay tuned to see what the NYPTA SSIG is all about, and how you can become more involved!
On March 19, SSIG officers traveled to Manhattan for the first ever SSIG retreat. This retreat was monumental particularly because, for many officers, it was the first time they met in person. Typically, our Executive Board meetings are held remotely via video conference call. The retreat was very eventful and the group had a productive day of team building, discussions, and goal setting. The best part of the retreat was when we broke into random teams and competed in a photo scavenger hunt around Manhattan. A little friendly competition brought out many laughs, high-fives, and dozens of pictures and videos to remember the day!

Later in the day, we set goals about how we aimed to improve the PT and PTA student experience in New York. Emily Rubin, SSIG Vice President and SPT at Hunter College, said, “I am excited about the plans that the Regional Representatives have to improve the SPT/SPTA experience in their region.” Personally, planning and leading the 6-hour SSIG retreat was a challenging and very rewarding experience. Multiple SSIG officers have expressed that they learned a lot, both personally and professionally, from working with each other at the retreat; this feedback made me happy because learning from each other’s strengths is one of our goals as the SSIG and one of my goals as President.
Advocacy Activities in the Big Apple

By: Jenna Kantor, PT, DPT, NYPTA SSIG Advocacy Chair, Columbia University

Attention, New York Students!

This has been an exciting year for physical therapy professional advocacy in New York. First, we joined the #ChoosePT campaign for the second year in a row in fall 2017 to spread awareness about physical therapy as a solution to the opioid epidemic. Students, PTs, and PTAs wearing bright orange #ChoosePT shirts spoke up in Manhattan at recordings of both Good Morning America and The Today Show.

In spring 2018, the NYPTA SSIG organized "National Advocacy Dinners" at various physical therapy schools across the state. National Advocacy Dinners is an initiative by the APTA Student Assembly designed to organize events that teach students more about professional advocacy and identify important legislative issues to help advance the state of the physical therapy profession. The APTA Student Assembly has reported that there have been 35 Dinners nationwide, with five of them in New York State alone. Way to go, New York PT and PTA students! What is great about this event is that it does not have to be a dinner; it can take the form of a pub night, a social, or whatever format suits your community. If you want to see change in the physical therapy profession, a National Advocacy Dinner is a great way to learn how to advocate.

The third action step the NYPTA SSIG has undertaken is the creation of Facebook Live videos that discuss, educate, and provide opportunities to make a difference through advocacy with the NYPTA and APTA. Three episodes are posted per week and the number of views has continued to increase, signifying an increase in interest in advocacy in New York.

So what can we do next to take action and advocate for the benefit of our future patients?

This fall, look out for a statewide email campaign that will make it easier than ever to send a letter to your legislators. The NYPTA SSIG aims to use this campaign to increase education, action, outreach, and passion for advocating for our physical therapy, and to help our voices be heard by our government! To prepare for this event, make sure you can log into NYPTA.org. If you are not a member, this is the perfect opportunity to join the NYPTA as a student member and make a positive difference!
NYPTA SSIG is now accepting nominations for “Student Highlight!”

By: Wren Serafini, SPT, NYPTA SSIG Nominating Committee, Long Island University

Student Highlight is an honor created by the NYPTA SSIG Officers to bring to light all of the outstanding things fellow students across New York are doing to advance the physical therapy profession, give back to community, pursue academic excellence, and many other unique endeavors that bring exceptional quality to our future profession.

On a monthly basis, NYPTA SSIG Officers will select one student for the honor of Student Highlight. This selection is based on the content of the Student Highlight Nomination Form (see links below). **We encourage all New York DPT and PTA students to nominate themselves or a fellow student that deserves recognition!**

Once selected, this student will be featured on NYPTA SSIG social media outlets and on the NYPTA SSIG Webpage, where his or her outstanding qualities and achievements will be shared with the community of students in physical therapy.

We want to hear about the ways in which our students demonstrate the core values of accountability, altruism, compassion/caring, excellence, integrity, professional duty, and social responsibility! Nominate yourself or a fellow student and start inspiring others!

**September Student Highlight**

In September, rather than highlighting a single student, the NYPTA SSIG is dedicating the entire month to highlighting our new student cohorts at each New York DPT and PTA program! Help us welcome all of our new first-year students into the SSIG network by sending their class picture to us via email at [NYPTASSIG@gmail.com](mailto:NYPTASSIG@gmail.com) or to the NYPTA Student Special Interests Group Facebook page. The purpose of the SSIG is to enhance the student educational experience, foster a strong student community, and create a foundation for students to be actively involved in the physical therapy professional community throughout their career. Get the word out to your first-year students and let’s continue to build a stronger community. It’s never too early to get involved!
NYPTA SSIG is now accepting nominations for Student Highlight!

To nominate yourself, click here:
https://docs.google.com/forms/d/iZPTzBpIHrvbSanXAfuf-R6dtmWnehwnLZ6IFHrsbHydI/prefill

To nominate a fellow student, click here:
https://docs.google.com/forms/d/12QHQWd1mwk2O-SoSWvB1V168RN0Y205kbstn5wXO1/prefill
Why APTA Membership?

By: Megan Sliski, SPT, NYPTA SSIG Secretary, Utica College

Like most students throughout the state, I have a driven focus toward studying for school and working toward becoming the best physical therapist I can be. If I had decided to focus solely on my schoolwork and ignore the invitation to run for a SSIG officer position, I would not have been able to make such a difference in the state and the world of physical therapy.

I would not have been able to run for any SSIG position if I were not a member of the APTA and NYPTA. One of the great advantages of APTA and NYPTA membership is the ability to serve in an officer position. From serving in this position, I have acquired communication, documenting, and time management skills. Additionally, I have gained an official mentor, became a committee member for the first annual SSIG Conference in NYC, which allowed me to help create an educational event throughout the state and will be attending National Student Conclave in the fall in Rhode Island with new SSIG friends/colleagues to further network and learn about the physical therapy profession.

The more time I spend with the passionate individuals that make up the NYPTA and the SSIG, the more learning experiences I encounter and am inspired about my profession as a physical therapist.

Getting involved in the NYPTA and the SSIG has given me more resources, lessons, and opportunities that are priceless. Whether you are an officer, a representative, a liaison, or a member of the NYPTA or SSIG, you can and you WILL make a difference in the profession of physical therapy and the lives of others, including your own.
NYPTA SSIG Officer Election 2019

By: Wren Serafini, SPT, NYPTA SSIG Nominating Chair, Long Island University

Nominations Open September 10, 2018!

Are you an ambitious DPT or PTA student seeking opportunities to step up into student leadership? Serving as a SSIG Officer is a way to further develop valuable professional skills that you will need after graduation! Nominations for 2019 NYPTA SSIG Officer Positions will open **September 10, 2018**! Any PT or PTA student who is a member of the NYPTA is eligible to run for a SSIG officer position. This is your opportunity to apply for a position and stand out as a student leader in physical therapy!

As a busy student, it is wise to consider the time commitment while considering running for an officer position. Time commitments vary by position and time of year. Being a SSIG officer requires time management skills but it is very feasible to excel in both coursework and officer obligations.

What officer positions are open for election?

**Executive Board**
- President
- Vice President
- Secretary
- Treasure
- Communications Chair
- Nominations Chair

**Advisory Board**
- Advocacy Chair
- Special Events Chair
- Service Chair

**Board of Regional Representatives**
- Brooklyn/Staten Island
- Central (2)
- Greater New York
- Hudson Valley
- Long Island
- Western

Descriptions of each officer position can be found in the Student Special Interests Group section of the NYPTA website [https://www.nypta.org/group/StudentSIG](https://www.nypta.org/group/StudentSIG)
What is the time commitment of a SSIG Officer?

By: Wren Serafini, SPT, NYPTA SSIG Nominating Chair, Long Island University

As a busy student, you may have the reasonable concern of time commitment. It is important to recognize that time commitments vary across position and time of year. As an officer of the Executive Committee or Advisory Panel you can expect to have monthly meetings and dedicate a few hours a month toward officer duties. However, the average workload for the President and Vice President is a little more extensive.

Regional Representatives can expect to meet once a month and dedicate a couple of hours per month toward officer duties. Being an officer requires time management skills and meeting deadlines, yet it is very feasible to excel in your coursework and successfully fulfill your officer obligations. Think of this as a way to further develop valuable professional skills that you will need after graduation!

Estimated time commitment:

**President and Vice President:** 5-10 hours per week
**Executive Committee Officer:** 2-3 hours per week
**Advisory Panel Officer:** 2-3 hours per week
**Regional Representative:** 1-2 hours per week

If you want to be a voice for New York students in physical therapy, contact your current SSIG leadership at NYPTASSIG@gmail.com
Save the Date: September 29th, 2018

You are invited to the NYPTA Student Special Interest Group's 2018 annual conference. Learn from the experts about a variety of topics with a focus on professional development. Plan ahead for post graduation, and supplement your academic program with relevant lectures, Q & A panels, lively discussion on topics that interest you, and a full day of networking. Also, you will have the opportunity to connect with other New York students and future colleagues at the post conference social at the Smithfield at 5:30.

Registration has opened
Sign up online via the NYPTA website:
https://www.nypta.org/members/group.aspx?code=StudentSIG

Look to the NYPTA SSIG Facebook page and future emails for more information about our first annual conference!!
Meet the Authors

Meet Allie Cartier
Allie Cartier is a third year DPT student at Utica College. Allie currently serves at the NYPTA Communications Chair. She also serves as a project committee member for the National Student Conclave. In the past, Allie has served as a student delegate at the New York Chapter Delegate Assembly and NYPTA liaison for Utica College. Allie has an interest in women’s health physical therapy particularly with pregnancy and postpartum. Allie enjoys reading, being active outdoors, and spending time with her family. Allie organized and edited the first NYPTA SSIG newsletter.

Meet Jenna Kantor
Jenna Kantor is a graduate of Columbia University’s Doctor of Physical Therapy Program and a performer. She is a NYPTA SSIG Co-Founder, the NYPTA SSIG Advocacy Chair, was on the NYC Student Conclave 2017 Committee, works with the NYPTA Greater New York Legislative Task Force, is a Key Contact for the APTA PPS, and was the NYPTA Public Policy Committee Student Liaison. Jenna is known on social media for advocating passionately for the physical therapy profession and as the founder of Powerful Performer, which empowers performers to become their own health superheroes. She is a host for two podcasts, “Healthy, Wealthy, and Smart” and “Physiotherapy Performance Perspectives.” To learn more, visit her website www.jennakantor.com.

Meet Bronte Miller
Bronté Miller is a third-year DPT student at Stony Brook University - Main Campus and President of the NYPTA SSIG. She also led the SSIG Development Team last year to found the NYPTA SSIG and served as a member of the NYC Student Conclave Committee. Bronté believes that transforming our profession starts with empowering students to grow as leaders and problem solvers through earlier engagement in the physical therapy community. Bronté has lived all over but has taken a liking to New York as her new home. She enjoys dancing, hiking, and learning new languages in her spare time, and is currently planning her wedding. Bronte organized and edited the first NYPTA SSIG newsletter.
Meet Wren Serafini

Wren Serafini is a third year DPT student at Long Island University- Brooklyn. Wren currently serves as the NYPTA SSIG Nominating Committee Chair. In the past, she has worked as a member of the NYPTA SSIG Development Team and served as a member of the first SSIG Nominating Committee. Originally from Chicagoland, Wren moved to NYC to attend PT school and feels that she has found a home here in the New York physical therapy community. Wren enjoys learning about pelvic floor/orthopedic PT, practicing yoga, running, playing with her sweet pup, and cooking plant-based meals.

Meet Megan Sliski

Megan Sliski is a second-year DPT student at Utica College. Meg currently serves as the NYPTA SSIG Secretary. She is also the chair of the Utica College Mini Student Conclave Planning Committee. Meg is a current employee of the Kelberman Center, where she works with children who have been diagnosed with Autism Spectrum Disorder. Her areas of interest include neurology, pediatrics and neonatal care. In her spare time, Meg enjoys her role as a NYS cheerleading judge, traveling to new places, crafting, and going for long walks. Megan organized and edited the first NYPTA SSIG newsletter.