

PPMA UPDATE

Pennsylvania Podiatric Medical Association

APRIL 2026



Podiatric CMEs breed a love of the outdoors

by Jeannette Louise

The Goldfarb Foundation, the Pennsylvania Podiatric Medical Association's educational component, celebrated its 20th year of hosting "The Montana Meeting." The Montana Meeting offers continuing education credits in one of the top fishing destinations in the United States: Missoula, Montana. The optional fishing excursion at the meeting has been a draw for podiatrists. The meeting also serves as a group travel event for non-podiatrists who appreciate the well-organized excursions in beautiful Montana.

When Dr. Edwin Hart III had an innovative idea to create an event for The Goldfarb Foundation that had never been done before, he placed a random call seeking the expertise of a fishing guide.

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TUSPM STUDENT
SPOTLIGHT

PODIATRIC CMES BREED A LOVE FOR THE OUTDOORS

The recipient of this call was Russell Parks. Russell was tasked with creating an unforgettable experience on the water just outside The Goldfarb Foundation's educational meeting. The fly-fishing guide created a memorable experience for experienced outdoor enthusiasts and newcomers alike, which has become an annual event that many look forward to.

We caught up with Russell Parks of Fly Fishing Outfitters of Missoula, Montana, to ask him why podiatrists should go on this trip, scheduled this year to take place September 23rd through September 27th, as he has been the tenured guide of this trip, responsible for cultivating memories that our members have appreciated, along with Event Chair Edwin Hart III, DPM . Russell tells us, *"With hundreds of miles of water at our fingertips, we never run out of fishing options for the clients we provide fishing instruction to,"* including The Goldfarb Foundation's group.

Russell is no stranger to the great outdoors. He has been fly fishing since the young age of 12 in Texas and has lived and worked in Montana for 26 years, passing along his tips to our participants, appreciating the guided expertise he provides.

Those considering booking this event should know they can attend alone or bring their family and friends. While education is at the center of this activity, many attendees are non-DPMs and not even doctors. Continuing education credits are available for those DPMs who wish to earn them at a reasonable price. Russell says, *"This is a great opportunity for podiatrists to not only get their continuing education credits but get that recharge that we all need in our lives. Rest and Relaxation, combined with meeting requirements, seems like a fantastic setup that we are glad to provide."*



Guests will arrive via the newly remodeled Missoula Airport, and accommodations are at the DoubleTree Missoula-Edgewater, which is ten minutes from the fishing excursions. The event is chaired by Dr. Hart, who ensures guests have the experience of a lifetime while also running a well-organized event. Dr. Hart encourages anyone considering attending to *"make their reservations and plan to renew themselves, while leaving surprised that you picked up a new sport!"* Tracey Vlahovic, a regular lecturer for The Goldfarb Foundation, left this meeting doing just that after being recognized for catching the biggest fish in the group!

PODIATRIC CMES BREED A LOVE FOR THE OUTDOORS

For those still on the fence about trying something new, Russell encourages you to come out and have fun, without worrying about expectations- *“you do not need any fishing experience to attend the Montana Meeting.”* He is dedicated to teaching rookies and experienced enthusiasts to learn something new and have fun. It is a great way to spend time in the beautiful outdoors, make memories, and strengthen your network - all while fulfilling educational requirements.

To learn more about September’s event, *“The Montana Meeting,”* visit www.goldfarbfoundation.org/CME-Meetings/2026-Montana-Meeting. Information about Missoula Fly Fishing Outfitters can be found at www.missoulaflyfishingoutfitters.com.

CAREER CENTER

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FROM OUR MEMBERSHIP DESK

MEMBERSHIP DUES UPDATE

PPMA's dues cycle runs from June 1st to May 31st.

The next quarterly due date for the 2026-2027 fiscal year is June 1, 2026.

Members who owe a balance for the 2025-2026 fiscal year will see their membership expire on May 31.

All current members will receive an invoice for the 2026-2027 fiscal year in May.

*PPMA WELCOMES OUR NEWEST MEMBER,
EMILY MERRIMAN, DPM, FROM INDIANA*

Thank you for your support of PPMA!



Pennsylvania Podiatric Medical Association

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Members are encouraged to nominate a member or professional in your community who deserves recognition!



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Rising Star

Partner of Podiatry

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ppma.org/page/StepupAwards-SubmitNominations



PARTNERS



ENROLL IN AUTOMATIC PAYMENTS



PPMA is now offering members the option to enroll in auto-payments. You can choose to have your membership dues automatically processed quarterly or annually. Please indicate your choice below, along with the credit card number you would like to have stored securely*, and a signature to authorize payment. A receipt will be sent to your email address on file after each payment is processed.

Check one:

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_____ Please enroll me in QUARTERLY payments (June, September, December, March)

Credit Card Number: _____

Expiration Date: _____ CVV Code: _____

Name (printed): _____ Date: _____

Signature: _____

_____ This form can be emailed to kelsey@ppma.org, faxed to 717-761-4091, mailed to 757 Poplar Church Rd., Camp Hill, PA 17011, OR you may also call the office at 717-763-7665 with a credit card number and authorize automatic payments.



This certifies that Pennsylvania Podiatric Medical Association has completed the PCI SAQ-A and are in compliance with the PCI Data Security Standard

The Cardholder stated above authorized this payment. If this payment is part of a recurring series of payments, the Cardholder understands the terms and amounts of those recurring payments, and authorizes payment for each of them. Cardholder consent will expire once all scheduled recurring payments have been processed, or if all future recurrences are cancelled. The Cardholder acknowledges that specific payment dates may vary. Examples include, but are not limited to: payment dates falling during weekends, holidays, or during system outages. In order to facilitate the processing of those recurring payments, stored credentials will be used. Those stored credentials will only be used to process payments that are part of this series of recurrences. In order to use those stored credentials for any other payment, Cardholder re-authorization will be required. In the event that a consent agreement must be modified, the new agreement will be sent to the email address associated with the invoice.

MEMBER SPOTLIGHT ON ELZA TYSHKO, DPM

Tell us how you learned about podiatry.

I didn't come from a traditional pre-med background. I was studying applied mathematics and physics in Russia before immigrating to the United States with my parents. My mother developed plantar fasciitis, and as I was translating for her during her podiatry appointments, I learned about this branch of medicine. After doing more research on my own, I became very interested in the field and realized it was something I could truly see myself pursuing.

What is it like being in private practice?

By being a physician in general, we learn something new every day. One of the most meaningful parts of private practice is building long-term relationships with patients and their families. I have the privilege of treating some families across four generations, and getting to know them very well. I go through different stages of life with them - new family additions, losses, good times, and difficult moments. Over time, many of my patients truly become an extended family to me, and some even feel like close friends.

"Strong professional organizations ultimately strengthen the future of podiatry for both physicians and patients."

-Elza Tyshko, DPM

When you say "aim to be doctor wife, not doctor's wife," what does this mean to you, and do you think more female DPMs feel the same way?

My female colleagues definitely share similar views, as they all manage the same demanding balance of responsibilities. This quote is meant to inspire future generations of female podiatrists, especially during this time of a national physician shortage. Advanced degrees and professional careers are often more challenging for women than for men due to biological and social factors, but that should never limit our chances to pursue our dream professions. I started podiatry school with two babies, had another during podiatry school, and had one more during my residency. I try to inspire women who are unsure whether they can balance both career and family, and to show that if one woman can do it, another one can too.

You market yourself as a soul and sole healer. Clever!! What does this mean?

Saint Gavrilia was a physiotherapist who carried out her work by performing podiatric procedures for underserved communities in India. She believed that service, especially caring for the lowest parts of the body, was a way of reaching the human soul.

MEMBER SPOTLIGHT ON ELZA TYSHKO, DPM

That idea resonated with me strongly. Treating the “sole” is, in many ways, also a way of caring for the “soul,” because compassionate care, kindness, and human connection are just as important as the procedure itself.

What benefits does PPMA provide to you that you appreciate?

I believe membership in PPMA is both a professional responsibility and a privilege. Organizations like PPMA, and APMA more broadly, play a critical role in advocating for our profession, protecting our scope of practice, and ensuring that podiatrists are respected and recognized within the larger medical community.

PPMA also provides valuable opportunities for continuing education, professional collaboration, and mentorship. Being part of PPMA helps keep us connected as a professional community, allows us to learn from each other, and ensures that our voices are represented at the state and national levels. Strong professional organizations ultimately strengthen the future of podiatry for both physicians and patients.

How has your digital presence impacted your practice?

Truthfully, much of my digital presence is oriented toward other medical professionals rather than directly toward patients. However, patients absolutely love watching my silly reels and especially enjoy seeing my office staff participate. Social media allows them to see our personalities, our sense of humor, and our down-to-earth approach, and it helps make the medical environment feel less intimidating. Many new patients say that scheduling their first appointment felt easier because they already felt familiar with our office. It creates a sense of connection before they even walk through the door, and when they finally meet us in person, they often comment that it feels like they already know us.



A MESSAGE FROM THE PRESIDENT

We welcome Spring to the Keystone State. It is a great time of year to take advantage of all the benefits membership in PPMA provides, including travel discounts through our affiliations with The Guild and Union Plus. Union Plus provides travel discounts of up to 50% on hotels, car rentals, discount tickets to amusement parks and attractions in Orlando, and much more. It is one of the ways PPMA recognizes your hard work and reminds you to take time for yourself. As you make your summer vacation plans, maximize your membership benefits and visit Union Plus's website to save money on your next trip.

Pennsylvania was well represented at last month's House of Delegates meeting in Washington, D.C., at which Patrick DeHeer, DPM, was elected as President. Student representatives from TUSPM and LECOM were represented on Capitol Hill. The Diabetic Foot Health Access and Modernization Act was discussed to reduce the burdens we are experiencing with Medicare and to address what many consider dated legislation that needs reform.

Our board recently met and discussed several initiatives, including the need to add podiatry to the Fair Contracting Health Care Practitioners Act, enacted last year. We will provide you with updates on this legislation. PA House Bill 1391 (covering DME) continues to be a topic of discussion with our local representatives to ensure they understand the struggles we are facing and that we can meet the needs of our patients. These efforts include supporting Representative Joyce in Pittsburgh during the House of Delegates Meeting. Representative Joyce is one of the House champions of the Diabetic Foot Health Access and Modernization Act.

Our office notified you of updates to Medicare's Skin-Substitute Reimbursements and the reversal of that decision. At this time, we do not expect any additional billing changes, but reimbursements may be impacted. In the event this occurs, we will keep you informed.

In addition to advocating on your behalf, PPMA continues to ensure that you receive valuable membership benefits you can count on. Preliminary results from our membership benefits survey indicate that our members appreciate the discounts we offer, including professional liability, education through the Goldfarb Foundation, and other discounts.

If you have benefited from PICA liability savings with The Yurconic Agency, won't you consider telling a friend who would benefit from PPMA membership? We also remind you that OPEIU has a website and an app you can download to learn about everyday savings, including travel, prescription, and retail discounts, and much more. This will allow you to maximize your membership.



A MESSAGE FROM THE PRESIDENT

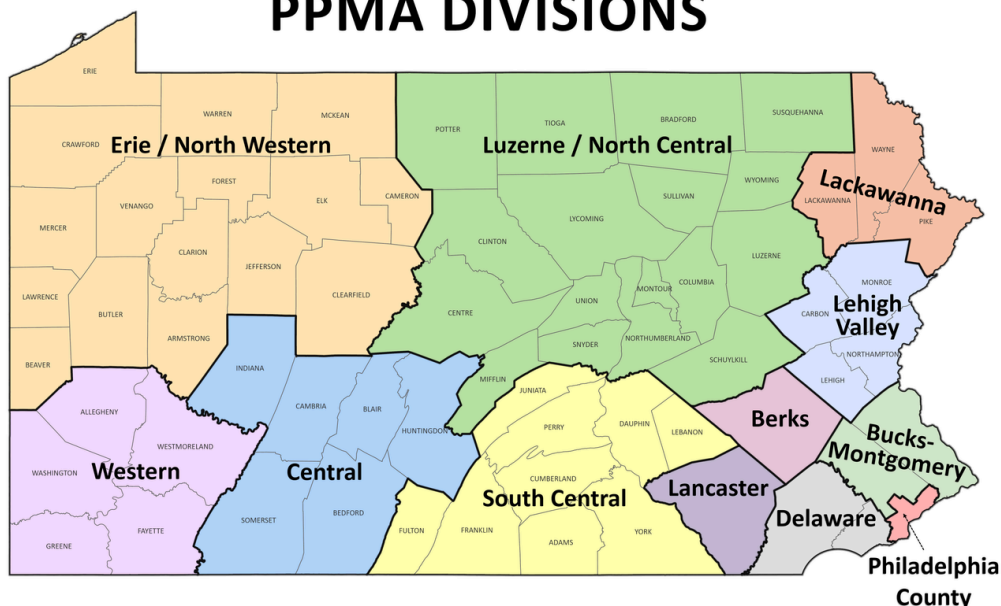
The Goldfarb Foundation is accepting registration for the third year of LESS CHAOS (Lower Extremity Surgical Symposium), scheduled to take place May 28-31st at The Loews Philadelphia Hotel. This is a must-attend event with well-known lecturers that residents, fellows, and attendings will want to participate in. Attendings who register for the event will receive a free Resident registration. Members who work with Residents should encourage their Residents to visit The Goldfarb Foundation's website for more details about this event.

This year's Clinical Conference is moving from the Valley Forge Casino Resort to the Hilton Philadelphia City Avenue, located between Valley Forge and Center City Philadelphia. The event was moved from The Valley Forge Convention Center. This year is a license renewal year, and we expect a big attendance. Members receive a deep discount on this conference, and when combined with any early-bird pricing, can really save big on licensing requirements.

Pennsylvania's House of Delegates will take place in Pittsburgh this June, and division representatives will be on site to ensure that the entire state comes together as one voice on behalf of podiatrists in Pennsylvania. PPMA is now providing financial management support to many PPMA divisions throughout the state to reduce the burden on division leaders and allow them to focus on bringing members together for education and networking. Members who are considering getting more involved may want to attend a division meeting. If you are unsure which division you are in or would like contact information, please contact our office.

Alicia Canganeese, DPM

PPMA DIVISIONS



SOCIAL MEDIA



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Join us in congratulating
Andy Meyr, DPM of TUSPM,
as
President Elect of ACFAS



TUSPM STUDENTS TYLER DALEY, HIBAH NASEER (front), AND ADELWALE AWOYEMI (back left), AND LECOM STUDENT, BRIAN PRICE (back right), ON CAPITOL HILL IN CONJUNCTION WITH HOUSE OF DELEGATES



PPMA FAMILY SCHOLARSHIP
APPLICATIONS ARE NOW BEING ACCEPTED



Active members with children who are attending a two-year or four-year program, or an accredited technical school this fall, are encouraged to visit our website and apply for a scholarship. The deadline to apply for consideration is April 30th, 2026.

More information, including eligibility requirements and an online application, can be found at ppma.org/familyscholarship.

EXPERIENCE PODIATRIC MEDICINE DAY



April 25th is a great day to introduce podiatric medicine to someone in your life.

SOLUTIONS TO YOUR CODING ISSUES

PPMA members who have been unable to join our webinar on insurance contracts, reimbursements, and related topics can access the content on demand.

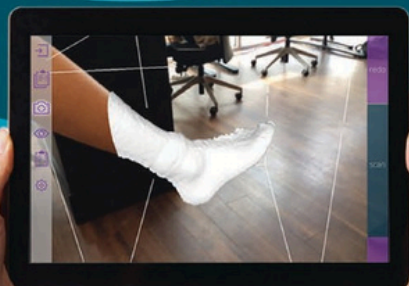
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The APMA Political Action Committee (APMAPAC) is a nonprofit, bipartisan fundraising committee through which member podiatrists and students support federal candidates who champion podiatric medicine’s issues before the U.S. Congress.

APMAPAC helps podiatrists maintain influence in politics by pooling voluntary personal contributions to strengthen their legislative efforts.

DONATE NOW!



<https://bit.ly/3RqvnEI>

Pennsylvania members have donated over \$5,000 to the APMA PAC in 2026. Thank you for your support!

The Pennsylvania Political Action Committee (PPAC) is a nonprofit, bipartisan fundraising committee through which podiatrists support PA candidates who champion podiatric medicine issues.

The PPAC supports podiatrists’ advocacy efforts in PA. We continue to support our podiatry’s legislative partners and champions.

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PURSUIT OF THE AMERICAN DREAM

I am a first-generation Latin American woman who grew up in Perth Amboy, NJ. My parents immigrated from underdeveloped countries, instilling in me at a young age the sacrifices they both endured to ensure brighter futures for their children.

In life, there are many things to be thankful for. For me, that includes my family, my health, and my education. The one constant in my life has been my drive to pursue my education. My parents instilled in me that it was the most important and powerful tool no one could take away.

Our experiences shape who we are. My family was one of six families left homeless after a five-alarm fire that was described as “the most intensive blaze” ever witnessed by the local firefighter captain who rescued us. While we lost all our material belongings and most cherished possessions, our community came to our aid in a time of crisis. Gratitude has been embedded in my story since this early life-changing experience.

I attended Perth Amboy High School and graduated #17 out of over 500 students. I received a BS in Biochemistry with a Minor in Sociology from Montclair State University. I obtained a Master's of Biomedical Sciences from Rutgers University. Currently, I am enrolled at Temple University School of Podiatric Medicine.

In pursuit of the American Dream, of supporting my community through healthcare, I knew I would have to advance my education. I am thankful for my family's sacrifices because without their hard work, I would not be in the position that I am today, with the opportunity to advance my education in podiatric medical school.

I am grateful for the support system that has given me the strength to wake up every morning and pursue my passion. That village of supporters includes professors, family, and friends, to be able to be here today. So many on my side have dealt with every milestone and hardship. I feel privileged to experience this love and to continue seeing the fruits of all my ancestors' sweat and tears come to fruition. Being thankful for me is not tied to a specific moment but embedded across the span of my life.

“As a student doctor, I am part of the Podiatric community.”

-Jessica Vasquez



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MEMBER TESTIMONIAL ON DEBT CONSOLIDATION SERVICES OFFERED BY UNION PLUS THROUGH PPMA'S AFFILIATION WITH THE GUILD

"I recently received an email from the OPEIU regarding applying for a consolidation loan. It was a Friday afternoon and I got off work early and thought, "what the heck I'll click on the link." I did just that and answered a few questions online. Within a few minutes I received a follow up phone call. The fellow was very friendly and courteous. I answered a number of additional questions and was connected with a loan agent. He was equally helpful and knowledgeable. Long story short within an hour I had the consolidation loan at a great rate that would save me significantly. It also allowed me to pay off all my credit cards much faster. The money was in my bank account 4 days later. Not bad considering the weekend. This is a terrific members benefit that I would recommend to all members. Thank you OPEIU and thank you PPMA!!"

-Gerald Gronborg, DPM (Member and Past President)

PURSUIT OF THE AMERICAN DREAM



Life has thrown me so many curveballs, like the house fire I experienced in my childhood. Yet I find it important to remain focused and am as compassionate and resilient as ever, ready to provide for others. My community is my fuel, and I am so thankful that, now as a student doctor, I am part of the Podiatric community, gaining more friends on this journey. I am thankful for the opportunities presented to me at Temple University School of Podiatric Medicine.

Jessica Vasquez is a first-year student at Temple University School of Podiatric Medicine (TUSPM). She is a PPMA Student Representative at TUSPM, Class Treasurer and Yearbook Editor (2029), and a First Year Liaison with The American Association for Women Podiatrists.

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Pennsylvania Podiatric Medical Association

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