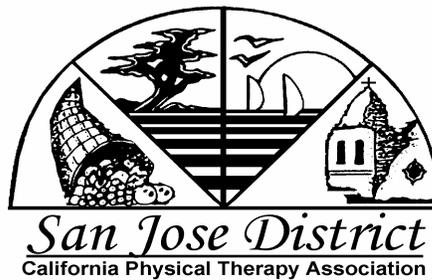


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Issue 18
August 2008

A FEW WORDS FROM OUR CHAIR...

Cheryl Tibbetts, MPT, OCS



2008 DISTRICT EVENT CALENDAR

Be sure to mark these dates on
your calendar!

September 9th: District Meeting

Topic: Town Hall Meeting

**Location: Good Samaritan
Hospital, San Jose**

**September 26-28th: Chapter An-
nual Conference**

**Topic: Chapter Annual Confer-
ence**

**Location: Oakland Marriott City
Center, Oakland**

November 11th: District Meeting

**Speaker: Bill Monning, candidate
for California Assembly, District
27 (Invited)**

**Jeff Denham, California State
Senator, District 12 (Invited)**

**Location: Salinas Valley Memorial
Hospital, Salinas**

Why are you a member of APTA?

Often it seems that those of us who are members are asking non-members why they are not a member, but when was the last time you really thought about why you *ARE* a member? We all know the non-members' answer, "It's too expensive." But what is the members' answer? For me I have several answers, in no particular order.

It is my professional responsibility. I love this profession, I think I've mentioned that a time or two before. I do my best to do what I can to promote and further the profession. From the treatment I provide my patients, to the way I run my business, to being a member of my professional organization.

It is my professional "insurance". I love how James Syms, PT, DPTSc, ATC, SCS describes this. He says, "The PT Board is like the DMV and the APTA is like AAA." We all have a license but we don't all have somebody looking out for us like the APTA/CPTA. It puts my mind at ease to know that if I run out of gas or get a flat tire I can call AAA and they'll come pick me up. I also feel more at ease knowing that the APTA/CPTA is there to answer any questions I may have regarding payment policy, practice issues, all sorts of things. And most importantly they are there keeping a watchful eye on not only PT but other professions that try to encroach on PT practice.

It affords me amazing networking opportunities. I just came home from our Santa Cruz District meeting and spent the short drive home thinking to myself about the wonderful relationships I have developed with PTs not only locally in Santa Cruz and the San Jose District, but across the state and country. I have been involved in the District for only about 4 years but in that time have made great connections that help me in my practice and my life. Also, once I got involved I learned VERY quickly that what from the outside seems like "clique" is nothing like one. Everyone I have met since becoming involved has been nothing but inviting, friendly and encouraging.

I have access to resources that I otherwise would not. There are so many benefits to belonging I could not possibly list them all so I'll list the ones I have used: APTA's Members mentoring Members, APTA's insurance program (liability and disability), I have called APTA/CPTA for legal advice, I call Tameka Island at CPTA with payment/reimbursement questions, I have learned about parliamentary procedure, record retention, etc., etc.

The publications (hard copy and electronic) allow me to stay current with PT practice and issues that effect PT practice. *Physical Therapy* is a respected peer reviewed journal that provides the

latest in PT research. I am also an Orthopedic Section member so I also receive *JOSPT* which is also a respected peer reviewed journal.

I receive discounts on incredible Continuing Education opportunities through annual conferences and course offerings. The best example is this year's CPTA annual conference which I am attending for \$99 (the Early Bird member price which just expired last week). For that price I can attend course taught by world renowned PTs, Shirley Sahrman, Carolee Winstein, Brad Stockert, Brent Anderson, to name a few of this year's speakers.

Lastly, by not only being a member but by being involved my voice is heard and I can influence PT practice. Everything the APTA/CPTA does comes from the membership. In California fighting for Direct Access is happening because the membership demanded that the Chapter Board make it happen. Every newsletter I get to spout off my opinion about whatever I want to. As a member of the San Jose District Executive Committee I have gotten to help decide the District meeting programming and District sponsored Continuing Education. I don't think much of it while it's happening, but simply by volunteering a small amount of my time I have affected a large number of people.

I hope that you share this article with your non-member colleagues and that it makes them think again about joining the APTA. I also ask that you as members send me an email letting me know why you are a member. My email is cheryl@valleypt.net.

The San Jose District newsletter welcomes any and all submissions including articles, letters to the editor and advertisements. For a list of advertising rates please contact the newsletter editor, Cheryl Tibbetts, PT at cheryl@valleypt.net or 831-338-4458.



THE SPEAKER'S CORNER FOR OUR September 9 MEETING

THIS AREA HIGHLIGHTS INVITED SPEAKERS FOR OUR DISTRICT MEETINGS

Tonight's meeting is a Town Hall meeting designed for all physical therapy professionals, not just APTA members. The meeting will be interactive with plenty of time for questions. We encourage all PT professionals to attend.

Cheryl Resnik, PT, DPT

Cheryl is currently President of the CPTA. She is Co-Director, University of Southern California PT Associates; Assistant Professor of Clinical PT, University of Southern California. She has 8 years of experience on the CPTA board as well as 6 years as the VP of APTA's section on Health Policy and Administration. Cheryl is a charismatic speaker with an infectious passion for PT. She will be speaking to us tonight about Direct Access and what the CPTA is doing for you, the PT community.

Stephanie Kaplan, PT, DPT

Stephanie is currently in her second term as a Director on the CPTA Board. She is Director of Physical Therapy, Casa Colina. She is Chair of the Communications and Member Services Committee. In that role she has been involved in the creation of the CPTA's new website, development of Move California modules, a very successful event this past spring on the lawn at the Capitol, development of the "What is a Physical Therapist" brochure, and numerous other member benefits. Stephanie is an engaging speaker with a zeal to get people involved. Stephanie will be speaking tonight about where your membership dues go.

Steve Hartzell

Steve is the Chief Executive of the California Physical Therapy Board. He will be speaking tonight on the regulations for Mandatory Continuing Education for re-licensure.

MEMBER GET A MEMBER CAMPAIGN

Current members bring a non-member to a San Jose District meeting and each of you (the member *and* the non-member) receive a \$5 Starbucks gift card just for attending the meeting. When you arrive at the meeting simply present your current membership card to the Membership Services person at the sign-in table and introduce your non-member colleague. (Offer is limited to one Starbucks card per member and non-member, per meeting)

If your non-member colleague joins the APTA let the California Chapter office know and you will also receive \$25 from the CPTA!

September 26-27th

at the

*Oakland Convention Center
Oakland Marriott*

***CPTA Chapter
Annual Conference***

Don't miss out on this amazing opportunity for continuing education, networking with your peers, and perusing the latest supplies and services from the vendors in the Exhibit Hall.

Continuing Education

The San Jose District is sponsoring a one day course on October 19, 2008 titled:

Differential Diagnosis and Clinical Reasoning for the Upper Extremity

Presented by Chris Sebelski, PT, DPT, OCS

Dr. Sebelski has lectured across the nation on the topics of shoulder and elbow rehabilitation including their relationship to the distal kinetic chain. She will be teaching at St. Louis University this fall after being at the University of Southern California since 1998.

The course is intended for an intermediate audience.

Cost is: \$140 for APTA members and \$225 for non-members

Keep your eyes open for the course brochure and registration form in your mail.

ARE YOU ON THE DISTRICT LIST SERVE?

Are you familiar with List Serves? They are basically an electronic mailing list but your email address is not sent to all the recipients. The email comes from the District's List Serve account with Yahoo! and is distributed to District members who are signed up for the List Serve service. The List Serve is an excellent way to receive information about District events with reminders for District Meetings and Continuing Education courses, etc; members can post job listings, equipment for sale or courses they are offering; any question or information a member wants to get out to the District membership can be posted. All posting are screened for appropriateness by the District's Webmaster.

If you are not already on the District's List Serve you may join by going to the District website at: www.sjdist-cpta.org then click on the "San Jose District Newsletter/Meetings/Activities" button, scroll to the bottom portion of the page and click on "Physical Therapy List Serve". This takes you to the Yahoo! page where you can join the group. Don't miss this member benefit that will help keep you informed about local events.



Kaiser Permanente is currently recruiting high-caliber health care professionals in the Physical Therapy Department. Our current openings consist of **Physical Therapist, Sr. Physical Therapist, and Supervisor Physical Therapist** in the Bay Area. Local Facilities include San Jose, Santa Clara, and Redwood City. Kaiser Permanente provides positive work environment, outstanding facilities and resources, competitive wages and exceptional benefits.

Please contact Vince Le at (408)972-6083 or email at vince.le@kp.org

The San Jose District wants to

thank Kaiser Permanente

for sponsoring our

September meeting



San Jose District
California Physical Therapy Association

1220 30th Avenue
Santa Cruz, Ca 95062

**SAN JOSE DISTRICT
MEETING**

September 9, 2008

**Good Samaritan
Hospital**

**Basement Auditorium
2425 Samaritan Drive
San Jose, CA**

First Class Mail
US Postage Paid
Coastal Mailing

NEXT DISTRICT MEETING:

SEPTEMBER 9, 2008

GOOD SAMARITAN HOSPITAL

BASEMENT AUDITORIUM

2425 SAMARITAN DRIVE, SAN JOSE, CA

6:30—9:00PM

LIGHT REFRESHMENTS PROVIDED

PRESENTATION:

“TOWN HALL MEETING”

CHERYL RESNIK, PT, DPT,

STEPHANIE KAPLAN, PT, DPT

STEVE HARTZELL, CALIFORNIA PT BOARD