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Issue 23
August 2009

A FEW WORDS FROM OUR CHAIR...

Eric Folkins, PT, DPT, OCS



2009 DISTRICT EVENT CALENDAR

Be sure to mark these dates on
your calendar!

September 15th: District Meeting

Topic: Meet Your Legislator

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

November 10th: District Meeting

**Topic: PT Considerations for
the Oncologic Patient**

Speaker: Eric Ip, PharmD

**Location: Salinas Valley Me-
morial Hospital, Salinas**

WE'RE GOING

GREEN

The San Jose District
will begin distributing
this newsletter elec-
tronically in 2010. If
you wish to continue
receiving a hard copy
you must contact the
newsletter editor,
Cheryl Tibbetts at
cheryl@valleypt.net or
(831) 438-4478

RESEARCH

I graduated from Physical Therapy back in the 1900's, and oh, how my practice changed. I no longer try to isolate and strengthen the VMO for knee patients, I use a lot fewer modalities, I apply clinical prediction rules when appropriate, I realize the importance of eccentric strengthening for tendinosis, I perform grade V mobilizations and I am one of a handful of local PTs who practice vestibular therapy. These are just a few of my practice changes.

Why did my practice and that of many others change so much? You probably guessed by the title, RESEARCH. The California Chapter of the American Physical Therapy Association is the 3rd largest physical therapy association in the world. I am sure everyone agrees we should promote research within our Chapter. Currently the PT Fund, which supports Physical Therapy research in California, needs help.

The goal for the PT Fund is to raise 50,000 dollars to help support research in California. Chris Powers, PH.D, PT recently sent me this email:

"The California PT Fund (Fund) is an independent organization, governed by an independent Board of Directors and entirely dependent upon voluntary contributions.

The Fund's annual "granting" capacity has always been limited to the previous year's contributions - raise \$10,000, grant \$10,000. This practice is no longer practical for many reasons, the most significant being the Fund's relevance. Physical therapy research has matured to where complex studies designed to validate clinical practice require funding beyond the Fund's current granting limits. For the Fund to remain relevant, fundraising must be expanded and directed to individuals and groups within and outside our professional community. Prior to committing time and resources to a major expansion of fundraising activities, the Fund Board must know that the broader professional community is still supportive and committed to the Fund's mission and relevance.

This would help Reaffirm CPTA's commitment and support to physical therapy research and California researchers

Through consultation with professional philanthropic fundraisers, the Fund board has been advised NOT to seek money elsewhere if the Chapter's leadership is not fully committed and financially supportive of the Fund.

At its last meeting, the Fund Board agreed that the Fund should be disbanded if we were unsuccessful at meeting our goal of raising \$50,000 from the districts. While this would appear to be a bit extreme, the Board decided that the Fund should not continue to exist in its current state. Currently, the manpower and expenses associated with running the Fund far exceed the limited benefits realized by the members of the CPTA through the administration of few small research grants. It was felt that the valuable resources used to keep the Fund viable would be better used in support of other CPTA activities."

If physical therapists and CPTA members don't support the PT Fund, how can we ask outside donors to support the PT Fund. If each member donated 16 dollars the 50,000 dollars would be met. That comes out to 1.33 cents per month. I think I will skip one coffee per month and donate to the PT Fund, with change left over. Go to ccapta.org and click on PT Fund to see the many research projects the fund has supported.

To make a contribution contact CAL-PT-FUND at: California Physical Therapy Fund, Inc., 2880 Gateway Oaks Drive, Suite 140, Sacramento, CA 95833, call (916) 929-2782, FAX (916) 646-5960 or e-mail jtindall@ccapta.org.



THE SPEAKER'S CORNER FOR OUR September 15th MEETING

THIS AREA HIGHLIGHTS INVITED SPEAKERS FOR OUR DISTRICT MEETINGS

Assemblymember Paul Fong (D-Cupertino) grew up in Sunnyvale and was elected as the representative of the 22nd Assembly District in 2008. His district, located in the southern Bay Area, is made up of Cupertino, Mountain View, Sunnyvale and portions of Santa Clara County, Santa Clara and San Jose.

Assemblymember Fong is the Chair of the Elections and Redistricting Committee, which oversees all issues that relate to voting districts elections.

He also serves as a voting member of the Banking and Finance, Higher Education, and Utilities and Commerce Committees. In addition, Assemblymember Fong serves on the Select Committees on Aerospace, Biotechnology, Community Colleges, Domestic Violence, and Innovation and the Bay Area Economy.

Prior to being elected to the State Assembly, Assemblymember Fong served on the Foothill-De Anza Community College District Board of Trustees and served consecutive terms as President of the Board. Assemblymember Fong is an activist for causes such as education, business, civil rights, affordable housing, and the environment. He is an avid supporter of making communities stronger through outreach and human services. He is a founding member of the Asian Americans for Community Involvement (AACI), a community based organization that provides health services, youth programs and community service opportunities, as well as pathways for equality and social justice.

For his commitment and leadership, Assemblymember Fong has received many awards including: the 2009 Mover of Mountains Award from the Martin Luther King, Jr. Association of Santa Clara Valley, the 2008 Human Relations Award, Santa Clara County; the 2007 Norm Mineta Lifetime Achievement Award; the 2007 Asian Pacific American Leadership Institute Civic Leadership Award, and the 2007 Mayor's Award of Excellence amongst many others.

Assemblymember Fong holds two degrees from San Jose State University; a B.A. in Sociology and a M.P.A. He also holds a MAEd. from the University of San Francisco. He and his wife, Grace, are owners of the Flower Cottage in Sunnyvale. Paul and Grace have three children, Sean, Nicole and Sydney.

Assemblymember Bill Monning (D-Carmel) was elected in November of 2008 to represent the 27th District, which includes portions of Monterey, Santa Cruz, and Santa Clara Counties.

Since taking office Assemblymember Monning has gained several key appointments: the Assembly Committee on Budget, chair of the Assembly Committee on Labor and Employment, as well as serving as a member of the Assembly Environmental Safety and Toxics Materials Committee, the Assembly Judiciary Committee, the Joint Legislative Audit Committee, and as member of the Budget Subcommittee #5 on Information Technology/Transportation.

In April of 2009, Assemblymember Monning gained two further appointments by Speaker Bass, one to the California Coastal Conservancy and the other to the Assembly Stimulus, Economic Recovery, and Jobs Task Force.

(Continued on following page)

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 831-438-4758.

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Prior to his service in the State Assembly, Assemblymember Monning was a professor at the Monterey College of Law and a professor of International Negotiation and Conflict Resolution at the Monterey Institute of International Studies. He is the former president and co-founder of Global Majority, Inc., an organization committed to education, training and advocacy in the field of non-violent conflict resolution.

Assemblymember Monning also served as a Senior Fulbright Specialist, receiving a Fulbright scholarship to teach and research in Peru and Chile. Additionally, he was a member of the Monterey County Court-directed mediation panel and served for four years as Executive Director of the Nobel Peace Prize winning organization, International Physicians for the Prevention of Nuclear War.

The Assemblymember received a B.A. at the University of California at Berkeley and a law degree from the University of San Francisco School of Law. He and his wife, Dana T. Kent, a family physician, reside in Carmel, California and they have two daughters: Laura and Alexandra.

(As of August 27th Assemblymember Fong has confirmed and Assemblymember Monning has not)

In 2010 this newsletter will be distributed electronically.

If you would like to receive a hard copy of the newsletter please contact the newsletter editor, Cheryl Tibbetts at:

1220 30th Avenue
Santa Cruz, Ca 95062

Sad News

The San Jose District lost one of our PTA members earlier this month. Rosalie Cape, PTA passed away earlier this month. She had been our District PTA Representative and involved with the education committee in the past. Her loyalty to the CPTA and our profession was admired and she will be missed.

Electronic Voting This Fall

Don't forget the San Jose District is utilizing electronic voting for our fall elections. If you would like a paper ballot mailed to you, you need to contact:

Cheryl Tibbetts, PT

Nominating Committee Chair

1220 30th Avenue

Santa Cruz, Ca 95062

Or

cheryl@valleypt.net

The nominating committee is in the process of putting together a slate of candidates and nominations will be officially opened at the September District meeting in San Jose. If you are interested in running or would like to nominate someone, please let us know. You do not need to get the person's consent to serve to nominate them, the Committee will do that.

The open positions and their terms are:

Chair-Elect (2 years)

Treasurer (2 years)

Chief Representative (2 years)

Nominating committee (3 years)

Assembly Representative (2 years)



San Jose District
California Physical Therapy Association

1220 30th Avenue
Santa Cruz, Ca 95062

SAN JOSE DISTRICT
MEETING

September 15, 2009
Good Samaritan
Hospital
2425 Samaritan Drive
San Jose, CA

FIRST CLASS MAIL
U.S. POSTAGE
PAID
SALINAS CA

Current resident or/

ONLY 1 MORE NEWSLETTERS AND THEN WE'RE GOING ELECTRONIC!

NEXT DISTRICT MEETING:

SEPTEMBER 15, 2009

GOOD SAMARITAN HOSPITAL

BASEMENT AUDITORIUM

2425 SAMARITAN DRIVE, SAN JOSE, CA

6:30—9:00PM

LIGHT REFRESHMENTS PROVIDED

PRESENTATION:

“MEET YOUR LEGISLATOR”