**North Central District – WPTA**

**Tuesday February 9, 2021 Meeting Minutes**

**Videoconference via Zoom:** Wes Kurszewski (Chair), Kate Bennett (Vice Chair), Dave Smith (Secretary/Treasurer), Heather Vogel, Nicole Dilger, Stacy Wogernese(Kaiser), Aaron Homolka, Karna Sandok, Mary Repking, Bri Hopp, Kaela Rueden, Nicki Quarne, Amy Trotzer, Dennis Kaster

**CE/Presentation/Discussion:** (end of meeting) – led by Kate Bennett

## [“Return to exercise” – helping patients to overcome the long tail of covid-19. | BJSM blog - social media's leading SEM voice (bmj.com)](https://blogs.bmj.com/bjsm/2020/12/18/return-to-exercise-helping-patients-to-overcome-the-long-tail-of-covid-19/)

* [Rethinking Hospital-Associated Deconditioning: Proposed Paradigm Shift | Physical Therapy | Oxford Academic (oup.com)](https://academic.oup.com/ptj/article/95/9/1307/2686516)

**Officer Reports:**

* Review and approval of minutes from October meeting – (on website). Kate motion. Aaron Homolka second.
* Treasurer report– Dave Smith
* Account balance: $19,894 (12/31/20); no change since September
* Balance above $8K: $11, 894

**Subcommittees/Representatives:**

* Membership Committee: Denise Kearns-Legoo and Cindy Koehler – not present
  + Kate Bennett reminded everyone to use the Facebook page and group to increase membership and communication.
* Education Committee: (Kate Bennett and Janice Devine-Ruggles-Vice Chair, Karna Sandok, Kaela Rueden) – presented by Kate Bennett and Karna Sandok
  + Upcoming Courses: discussion
    - CEEAA (Certified Exercise Expert for Aging Adults) – looking for space, and unsure about timeline for re-opening due to COVID. Working with the Geriatric Section. Slow to respond to communications thus far.
    - Discussion about course. Location possibly at MMC or UWSP. Registration would be through them and not NCD. Discussed ways to reduce cost of registration which is quite high. Three weekends involved and could spread out over two fiscal years. Questioned benefit of the NCD hosting if don’t get benefit of reduced registration or unable to make money. Kate will follow up at May meeting.
  + Clinical Instructor Course: Heather Vogel thought UWSP Program may want to provide course in future? Comment – contact Kathy and Steve within the program about attending meetings, and district events.
  + Ideas for future courses: please get to CE Committee members (contact Kate Bennett or Janice Devine-Ruggles).

**Old Business:**

* Facebook page and group reminder: **NCD of APTA WI (group is NCD)**.
  + Use to increase membership and communication
  + Recommended to send out link for the meetings the day before as a reminder

**New Business:**

* APTA-WI BOD meeting scheduled for 2/13
* Other State Chapter news
  + Name change to **APTA-WI** (was WPTA)
* Results of PPE Survey (Heather Vogel)
  + 13% responded. Company provides PPE for students (77%). Employer provides PPE for students (83%). Schools provide PPE (25%).
  + Dennis Kaster – did not report any issues for private practice.
  + Discussion – decision that no assistance required by the NCD
* District cash reserves: opportunities to support state chapter needs (Wes Kurszewski)
  + State budget significantly reduced due to COVID; less money provided to State Chapter. Districts have healthy account balances. Should Districts support State initiatives; support CE services provided by APTA-WI office (registration, etc...)
  + Discussed cash reserves of the NCD, prior donations, and District Motions that involve donations for various PT-related causes
  + Consensus – would like to give to students and therapists who are members of the NCD whenever possible. No objection to assisting State Chapter.
  + Discussed greatest needs at State level (Wes Kurszewski per Amy Reiter at APTA-WI): The WPT-Fund has their own investment account that generates income, and scholarships are determined each year based on this amount. The ALC Scholarships (Student Charitable Activities grants) come from the state budget, are usually $2500, and are awarded to students doing mission trips and other community service type projects. In 2019, they budgeted $2300, but this year only $1800: $1000 for Student Emerging Leader (only did $500 this year), $500 for a student to travel to the Federal Affairs Forum in DC, $500 for a student to attend the House of Delegates, and $300 for Graduating Student Dues.
  + For more info: ALC committee description at [https://aptawi.org/committees/](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Faptawi.org%2Fcommittees%2F&data=04%7C01%7C%7C7ea19ca75d984ffef4f408d8cd557377%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637485114184759255%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=FKdaZcY6MnyBeN%2FuAzsQ8tUJb1PRoDh00EgN9D%2BNct8%3D&reserved=0) ; [https://aptawi.org/wpt-fund/](https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Faptawi.org%2Fwpt-fund%2F&data=04%7C01%7C%7C01fb444a21a14582ee1508d8cd591cac%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637485129903869337%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=n7QRbs8Rx8tuZpMD9KCCPRahgnC5zVWvrrM776q3T7o%3D&reserved=0)
  + **MOTION**: The NCD will donate $1000 to the ALC Scholarship. (Kate Bennett, second by Heather Vogel). Passed without dissent. Dave Smith will inform Amy Reiter at APTA-WI.
* PT Connections Article: Please share any news for this article with Dave Smith ([smith.david@marshfieldclinic.org](mailto:smith.david@marshfieldclinic.org)), or any other Executive Committee member (Kate Bennett, Wes Kurszewski).
  + Mention Facebook page and group; Mission trip money for students of NCD

**Upcoming Events: *SAVE THE DATE!!!***

* Spring APTA-WI Conference – TBD (see APTA-WI website)

**Future Meetings: Note the meetings will be held on the SECOND Tuesday of the month in February, May, and October at 5:30 pm. Our next meeting date is May 11, 2021**