

# APTA- GERIATRICS BALANCE AND FALLS SIG STUDENT HIGHLIGHT MAY 2021

Holly Bennett, PT, DPT  
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PG. 1

The CDC's new *Still Going Strong*  
campaign

PG. 2

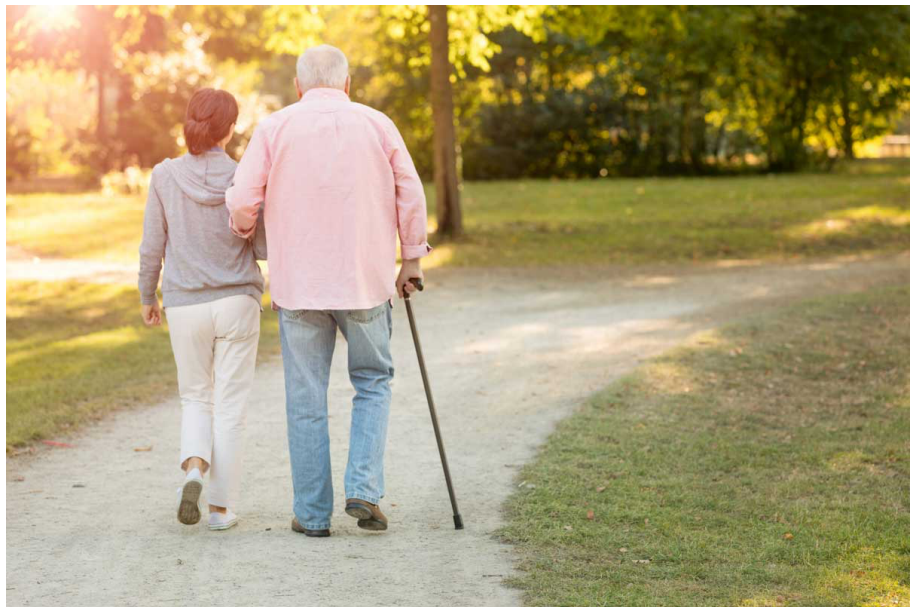
Webinar: Cancer, Cognition and Physical  
Function

PG. 3

PTA Professional Focus Piece: Ann  
Lowrey, PTA, BA

Get Access to BFSIG's  
Monthly Challenge: *National  
Stroke Awareness Month*

Make sure to email  
[agptbalanceandfallssig@gmail.com](mailto:agptbalanceandfallssig@gmail.com) to  
be added to our email list to receive  
each monthly challenge. Each newsletter  
is equipped with suggestions to getting  
started and resources to help you out on  
your challenge! Challenge yourself to  
get out and get involved!



## NEW CDC CAMPAIGN HELPS OLDER ADULTS AGE WITHOUT INJURY



This month is Older Americans Month! The CDC is launching a new campaign, *Still Going Strong*, to bring awareness to how older adults and caregivers can prevent injury. The purpose of this campaign is to encourage older adults to continue in participating in activities while taking steps to prevent leading causes of injury such as falls, motor vehicle accidents, and traumatic brain injuries. Click on the link [here](#) for access to the campaign's website!



## APTA ONCOLOGY BFSIG: CANCER, COGNITION AND PHYSICAL FUNCTION WEBINAR

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The APTA Oncology BFSIG is hosting a webinar titled Cancer, Cognition, and Physical Function on **May 18<sup>th</sup>, 2021 at 8PM EST**. The webinar will be presented by Dr. Jennifer Blackwood PT, PhD, Board Certified Geriatric Clinical Specialist (pictured above). Dr. Blackwood is a Board Certified Geriatric Clinical Specialist through the American Board of Physical Therapy Specialties and an associate professor of Physical Therapy in the physical therapy department at the University of Michigan-Flint. Dr. Blackwood has won numerous teaching and research awards at the University of Michigan – Flint as well as at the State and National levels. Her research focuses on factors which contribute to physical activity, mobility, and falls in older adults with a specific emphasis on those with early cognitive declines as a result of pathology (Mild Cognitive Impairment, Alzheimer's disease) or other disease associated sequelae (chemotherapy induced cognitive impairment).

This 1-hour course will highlight research describing relationships between physical and cognitive function in older adults with a history of cancer. Results from recent studies will be presented and future directions for research will be discussed.

Costs are \$10.00 for BFSIG members (any BFSIG- Neurologic, Geriatric, or Oncology), **Students are free**, and general members are \$30. Click the link [here](#) for more information and access to register for the course!



APTA Geriatrics Balance and Falls Special Interest Group would like to introduce you to a new piece of our newsletter. As the PTA Liaison of the SIG, a goal is to begin focusing on our Physical Therapist Assistant, Physical Therapist and PT/PTA team members. We are looking for those of you interested in sharing your experiences as a clinician, your journey to this profession, and/or your involvement in the community and profession. We learn by so much by seeing what others are doing. Please join me in sharing who you are and what you are doing to promote optimal patient care! Please contact me at [agptbalanceandfallsig@gmail.com](mailto:agptbalanceandfallsig@gmail.com) for more details and your interest in participating!

Ann Lowrey, PTA, BA.

The spring of 1998, I stood with my husband in the rehab department of Harmarville Health South near Pittsburgh, PA. We watched as two physical therapists stood my 27-year-old, 6'5" brother-in-law to walk again after a brain injury and stroke. The look of determination on the therapist's faces and the look of pure joy on my brother-in-law's face

will always be etched in my memories of him. My journey began the fall of 1998 at the University of Pittsburgh, Titusville Campus to become a Physical Therapist Assistant. The profession was what I wanted to be a part of. I graduated in April of 2000 and was employed by a local hospital in the acute care and transitional care center for a couple of years. I moved on to another in-patient facility closer to home and then on to a private owned outpatient clinic where I spent the next 11 years. I was able to focus on the geriatric population at this clinic and began my adventures as an active volunteer with APTA Pennsylvania. My next move was to skilled nursing. This is where my heart is. I have had the pleasure of working in skilled nursing full-time for almost 3 years.

Membership in one's professional association is really a vital part of the growth and sustainment of that association. We are needed and valued as members to promote optimal patient care, advocate for our patient and profession, and ensure our profession is present in the lives of all of those around us. I am a proud member of APTA, APTA Pennsylvania, APTA Geriatrics, APTA Academy of Education, and APTA Health Policy and Administration. Volunteering in the association gives me great satisfaction in knowing that I am doing all I can to benefit the profession, clinicians, students, our patients, and continue my professional development as a PTA