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GHAA SIG Message

- By GHAA SIG Leadership Team

New Volunteers! New Taskforces!

We are excited to introduce two new members (**Amie Rosenfeld and Minnie Rafael**) to serve on the GHAA **Newsletter Taskforce**. They will help GHAA to share information about global aging projects or network through the GHAAnews.

GHAA recently established two new Taskforces: 1) **Student Taskforce** and 2) **Research Taskforce**. The student taskforce is led by Soshi (GHAA Nominating Committee) and aims to engage student members from the APTA Geriatrics to learn about the importance of global aging in physical therapy and help to facilitate student activities in GHAA.

The research taskforce is led by Becca (GHAA Secretary) and Sushil (GHAA Nominating Committee). It focuses on research activities within GHAA and recruit GHAA members to participate those exciting activities. Currently, the research taskforce is developing and researching idea with the focus on the Senior Athlete. A survey will be sending out to the GHAA members and to get involved.

Please join our next GHAA Member meeting on July 13 at 7pm EST, register via [GHAA webpage](#) under SIG Event.

Welcome to GHAA

- By Jenny Cruz Garcia Youssef

Please join me to welcome our newly selected GHAA Newsletter Taskforce members (Amie and Minnie) and congratulate Joseph Siu to be appointed as the APTA Geriatrics Liaison to the International Association of Physiotherapists working with Older People (IPTOP).



Amie Rosenfeld, PT, DPT, GCS, currently practices in an interdisciplinary team at the Comprehensive Center for Brain Health, University of Miami. She serves as a clinical dementia rater and physical performance assessor for research participants. Her research interests are in the effects of exercise and holistic approaches in prevention of neurodegenerative diseases. Amie is also an adjunct faculty at Nova Southeastern University PT program.

Carmina "Minnie" Lagarejos Rafael, PT, DPT, GCS, CEEAA, serves as the chairperson of FPTA Geriatrics SIG and geriatric specialist onsite reviewer for the ABPTRFE. She is a laboratory faculty instructor and lecture contributor at the University of St. Augustine Health and Sciences, Miami. Minnie is also a manuscript reviewer for the Philippine Journal of Physical Therapy. She is active in her local community in assisting within the Filipino community and the geriatric population in the Miami area. She also mentor PT students as an APTA credentialed clinical instructor.



Highlights of the Month

- By Jennifer Howanitz

On March 15, 2022, GHAA hosted a journal club that focuses on the "Trajectories and Predictors of Functional Capacity Decline in Older Adults from a Brazilian Northeastern Hospital" from [J. Geriatrics Physical Therapy](#) in 2021.

Dr. Karla Vanessa, the primary author, provided a robust description of the research that was completed in Brazil and the implications of successful identification of patients at risk for functional decline throughout the hospital course. The research led to the development of suggestions for health professionals to utilize to prevent functional loss in Brazil, such as improving in-hospital mobility for older patients during hospitalization.

GHAA also coordinated [a case study](#) developed by Jennifer and clinicians from the Lehigh Valley Health Network in Allentown, PA. The case illustrated common comorbidities seen in geriatric practice in the US like those encountered by the researchers in Brazil, namely cognitive decline and limited in hospital mobility.

GHAA Stories

- By Joseph Siu and Jenny Cruz Garcia Youssef

What is IPTOP?

IPTOP is the International Association of Physiotherapists working with Older Adults. It represents an international special interest group of PT who dedicates in older adult healthcare from 24 countries across 4 continents. Joseph is appointed to represent APTA Geriatrics and the United State as the country representative for IPTOP. If you have any questions about IPTOP and are interested in global aging initiatives, please contact Joseph (kcsiu@unmc.edu).

What is FUTURE Foundation?

FUTURE Foundation is a nonprofit organization that fosters and focuses the resources of the global Filipino PT diaspora to better improve their skills, hence the health and wellness of the people they serve. Global Filipino PTs sharing their time, talent, and treasure by advocating for the profession of PT, their patients, and the communities they serve by skill sharing, scholarships, community building, and charity. The



GHAA Stories (Cont.)

foundation envisions the unique potential of the Filipino PTs to be a force for good wherever in the globe and whichever the professional setting may be. We hope that creating this organizational platform and being physically present in the communities we serve on a regular basis combined with presence on the social media platform can help us achieve this goal. See the attached poster for more information.

National Senior Game

Becca (GHAA Secretary) attended the recent National Senior Game in Florida in May. She and her team organized the senior athlete fitness exam session at the event. You can visit the [YouTube](#) for more stories.



How to connect with GHAA?

GHAA website:

<https://aptageriatrics.org/sig/global-health-aging-adult-special-interest-group/>

Join GHAA SIG:

<https://aptageriatrics.org/sig-membership-signup/>



Call for stories of our next GHAAnews

If you have a great story or professional resources to share with GHAA members, please let us know by emailing Jenny (GHAA Vice-Chair) (jeni21ptrp@yahoo.com) or Joseph (APTA Geriatrics IPTOP Liaison) (kcsiu@unmc.edu). Looking forward to sharing your stories!

GHAA Member of the Month

- By C. Vicki Gold, PT, MA

Ms. Gold is retired from "hands-on" physical therapy, after more than 50 years of practice. Her academic work has included being Director of the Physical Therapist Assistant Program at LaGuardia Community College in NYC, as well as serving on several PT faculties (New York University, Hunter College in New York, and California State University in Fresno).



Her specialized trainings have included PNF with Ms. Margaret Knott and NDT with Ms. Berta Bobath, Orthopedics, Geriatric PT, among others, as well as multiple mind-body systems (Yoga, Tai Chi, Pilates, Alexander, and Feldenkrais Techniques).

She currently promotes The ABC Mind-Body System she created many years ago, **A**lignment, **B**reathing and **C**entering, and continues to study issues related to better mind-body understanding and health. Her knowledge and insights are regularly integrated into her Thera-Fitness programs.

Ms. Gold has traveled to many locations in and out of the United States and has been privileged to work in settings with people of different cultures and backgrounds. She speaks some French, Spanish and Yiddish! She is distressed that her Portuguese has lapsed. 😊

She is interested in anything that helps people lead healthier, more independent lives, especially as they age. Ms. Gold is happy to make herself available where the group feels she can be the most help. She can be reached at: 828-572-5113 or vicki@thera-fitness.com.

Tips to GHAA members: GET INVOLVED! It will make the profession more gratifying than you can know.

FUTURE FOUNDATION

Our Mission

FUTURE Foundation is a nonprofit organization that fosters and focuses the resources of the global Philippines (Filipino) PT diaspora to better improve their skills, hence the health and wellness of the people they serve.

Our Vision

Global Filipino PTs sharing their time, talent and treasure by advocating for the profession of PT, their patients, and the communities they serve by skill sharing, scholarships, community building, and charity.

Our Story

Prior to FUTURE Foundation, Filipino PTs in general (and our alma mater, FEUNRMF in particular) who resided internationally had no formal organization or platform to organize, reconnect with each other, and have concerted efforts to give back. It is because of this need that we framed the articles of incorporation written in 2016 to reflect our goals: to be filed as a non-profit with specific "inurement prohibition" bylaws which places potential United States federal and state law penalties for misuse of FUTURE Foundation funds or programs for personal gains. An independent accounting firm is contracted to perform auditing of Foundation finances.

Recognizing that that all Filipino PTs will have unique circumstances, career paths and financial situations, charter Board Trustees chose to make FUTURE Foundation a non-dues paying organization, with governance via a board-only, non-membership structure, and solely rely on fundraising drives as well as the generosity of our PT colleagues and supporters to fund our advocacy programs. While the governing body of the FUTURE Foundation is limited to FEUNRMF Alumni and one non-alumni Filipino PT, every Filipino PT, wherever they reside, is welcome to participate and benefit from our mission.

Essential Information

The full legal name of our nonprofit is FUTURE Foundation FEUNRMF PT Alumni Association Inc and is registered both with the IRS and the NJ Department of the Treasury Division of Revenue and Enterprise Services. Governed by an active 5-member volunteer board of trustees.

Learn more at futurefoundationpt.org
Interested? Reach out to us: trustees@futurefoundationpt.org
Support our work and donate via PayPal! Scan this QR Code



FUTURE Foundation: Internationally Educated Physical Therapists (IEPTS) as Potential Change Agents for Global Health Equity

President: Maria C. Aguila, PT, DPT Secretary: Rose Linsangan PT, DPT Treasurer: Jenny CG Youssef, PT, DPT, GCS
Board of Trustees: Benjamin Aguila, PT, DPT (Immediate Past President) Eleazar Tayag, PT, DPT, MPH, GCS, OCS



CURRENT AND PAST OFFICERS AND BOARD TRUSTEES OF FUTURE FOUNDATION
Left to Right: President: Maria C. Aguila, PT, DPT Benjamin Aguila, PT, DPT Brian Cornejo, PT, DPT, NCS Jeff Garrovillas PT, DPT, OCS
Laxmi De Jesus PT, DPT Joan Vicente, PT, DPT, OCS, FAAOMPT Eleazar Tayag, PT, DPT, MPH, GCS, OCS
Secretary: Rose Linsangan PT, DPT Raquel Barcelon PT, DPT Norman Barcelon PT, DPT Treasurer: Jenny CG Youssef, PT, DPT, GCS

Our Four Programs

Scholarships

Our Ad Astra Scholarship is the only scholarship grant specifically benefiting the Filipino PT that offers an opportunity to obtain tuition assistance for a doctorate in PT degree.

Skill Sharing

Facilitating access to higher education to the Filipino PT by collaborating with University of Montana/Rehab Essentials in partnership with FEU NRMF to advance the PT profession in the Philippines and wherever the Filipino PT serves. Encouraging accomplished physical therapists to provide minimal or no cost seminars to share knowledge and move the PT profession in the Philippines forward, in collaboration with multiple professional, educational and clinical institutions.

Our governance team and members have presented in national conferences, serve in leadership roles, and facilitate connections so that leaders of the PT profession present at international summits of the global PT community.

Charity Work

Providing PPEs to help health care workers prepare and respond to the global crises.
Sending condolences and sympathy floral arrangements for PT colleagues who passed on.
Providing financial assistance for medical illness costs of PT colleagues.

Community Building

Fostering a sense of community, both in person and online by facilitating camaraderie and social networking events among Filipino PTs.
Advocating to the general public about the PT profession with informative posts, interviews, patient advocacy social media forums.

PTs of FUTURE Foundation

Our governance team and supporter PT colleagues have received professional awards, certifications, and recognition within the physical therapy community. They serve in the academe, clinical and administrative positions. We envision the unique potential of the Filipino PTs to be a force for good wherever in the globe and whichever the professional setting may be. We hope that creating this organizational platform and being physically present in the communities we serve on a regular basis combined with presence on the social media platform can help us achieve this goal.

We believe that the work we do benefits not just the Filipino PTs, but the entire Physical Therapy profession and all the patients and communities we serve. We hope that this helps explain why, who and what the FUTURE Foundation stands for, and can earn your participation, trust, and support for our programs.