

**APTA Geriatrics**  
**Cognitive & Mental Health Special Interest Group Quarterly Meeting Agenda**  
**October 12<sup>th</sup>, 2022**

**Attendees:**

Alex Alexander (Chair)  
Christy Ross (Vice Chair)  
Bill Staples  
Anna Evans  
Minnie Rafael  
Arvie Vitente  
Bringa Johnson  
Michele Stanley

**New Business**

- A. APTA Contact Information
  - a. Please make sure the contact information on APTA website is up to date for receiving future meeting dates, SIG information
- B. Google Poll to be sent out by Alex Alexander, Chair
  - a. This will inquire into your personal thoughts on SIG goals, ideas, best way to contact everyone, getting more involvement, topics of interest for getting information out to members and community
- C. Student liaison positions available
  - a. Check out these positions
    - i. <https://engage.apta.org/volunteerresources/opportunities-list-public?search=True&iscmsadmin=false&CommunitiesFilter=425ed987-0200-4e53-91c1-e48861618bf0&OpportunityStatusFilter=Open&ItemsCount=10&SortBy=StartDateLeastRecent&ShowLocation=true&ShowTimeCommitment=true&ShowCECredits=true&ShowDates=true&ShowSignUpDeadline=true&HidePointsIfZero=true&ShowPoints=true&FilterByMicrositeGroup=true>
- D. APTA Geriatrics Elections are open – please vote!
  - a. Vice Chair position is open
  - b. Close soon on 10/21/2022
- E. Email for CMHSIG is created
  - a. [cognitiveandmentalhealthsig@gmail.com](mailto:cognitiveandmentalhealthsig@gmail.com) Any questions
- F. Updates
  - a. Leadership chat on 8/31/22
    - i. New feature on AGPT page to communicate with members similar to discourse by the end of the year
    - ii. Task force on preferred language across APTA Geriatrics
    - iii. AGE conference cancelled
  - b. Leadership chat on 9/14/22

- i. New geriatrics communities for member to connect → coming 2023
- ii. 4516 members, 351 PTA members, 1764 student members as of the end of August → 3<sup>rd</sup> largest section
- iii. Free Student Membership Dues likely assisted with this growth

#### G. Current Projects

- a. Journal Club – November 15<sup>th</sup> – Pain Management for those with Dementia
  - i. Minnie Rafael and AnnaLisa Na are presenting case study
- b. CSM Education Session – “Identifying , Testing, and Adapting Treatment for Individuals with Cognitive Impairment”
  - i. Needs to be reviewed by the board before being put on website and published
- c. Brainiac Newsletter
  - i. Christy Ross is working on newsletter for Q4 2022
  - ii. Spotlights for upcoming newsletter:
    - 1. Student spotlight
    - 2. Depression and Falls
    - 3. Walk to end Alzheimer’s → Promote on page and through social media
    - 4. November → Alzheimer’s awareness month
    - 5. May → mental health awareness month
    - 6. October → depression screening day
- d. Updating SIG page
  - i. Amie Rosenfeld has found articles and they have been updated on page related to CMH
  - ii. CMH SIG links of interest have been updated
    - 1. Mental Health information
- e. Operation Chain Reaction
  - i. Creighton resident found article and created a draft of a post for social media page and working on infographic to come soon
  - ii. Multiple students interested → each student completes one each quarter?

#### H. Future Ideas

- a. Collaborating with other SIGs for newsletter and monthly challenges
  - i. Balance and falls SIG on falls and depression
- b. Walk to end Alzheimer’s → Promote on page and through social media
- c. November → Alzheimer’s awareness month
- d. May → mental health awareness month
  - i. Talking about PHQ-9
    - 1. Will be required for Home Health
  - ii. Put together a series of webinars on PHQ-9, Geriatric Depression Scale
  - iii. <https://aptageriatrics.org/continuing-education/distinguished-lectures-carole-b-lewis-2022/>
    - 1. Arvie Vitente to create graphic to advertise Bill Staples’ Lecture – Carole B. Lewis Lecture – “Management of the “Difficult” Patient”
- e. October → depression screening day

- f. Social Media Short clips on cognitive testing and mental health screening tools
- I. Upcoming Events
  - a. CSM February 22-25, 2023 in San Diego, CA
    - i. Hilton convention center
    - ii. 382 sessions, 119 on demand
    - iii. 34 pre cons → 4 Geri pre cons
      - 1. Bill Staples and Jill Heitzman – Aging Systems and Social Determinants of Health (All Day Wednesday)
    - iv. November 9<sup>th</sup> early bird discount ends
  - b. Florida PT Association is sponsoring a CE presentation on "Mental Health and Physical Therapy" presented by William "Bill" Staples, PT, DHSc, DPT, FAFTA.
    - i. Wednesday, November 16<sup>th</sup> – 6:30pm – 8:30pm, Zoom Online
    - ii. <https://www.fpta.org/events/EventDetails.aspx?id=1680176&group>
    - iii. Contact Minnie Rafael, PT, DPT at [minnie.rafael@gmail.com](mailto:minnie.rafael@gmail.com) for more information