

APTA Liaison Newsletter

College of Health
& Rehabilitation
Sciences:
Sargent College

Welcome!

Hi everyone!

Congratulations to those of you who graduated (3rd years – you did it!; BS/DPT – we did it too!). We worked incredibly hard and learned a lot of valuable skills to make us not only a better PT, but a better person. To each is own, but I think one of the most valuable skills we learned is empathy – “the ability to understand and share the feelings of others.” During these times, it is important we utilize this to listen to the voices around us, to understand and share the feelings of the outrage, the hurt, the pain, the confusion, the disappointment. It is time we empathize with the people of our community.

Right now, amidst COVID 19, we are faced with a not-so-new burden than has been on the shoulders of the oppressed for over 400 years. The recent deaths of George Floyd, Ahmaud Aubrey, Breonna Taylor and countless others not named or caught on camera have renewed the trauma for many and called the country to reflect.

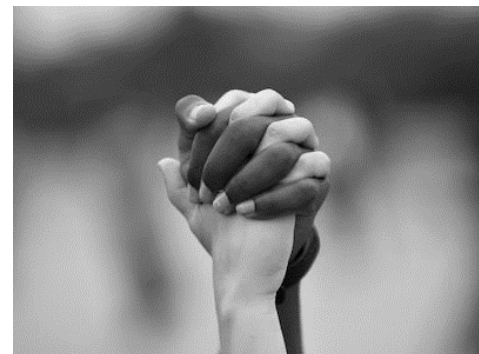
As of 2018, the APTA changed its mission statement to “a healthier society through a stronger community” to emphasize the notion of bringing people together. While this was implemented in 2018, it is evident that this still applies today. Right now, our community is weaker than ever and thus our society is sicker than ever. I personally ask you to, at the very least, think like a future clinician. Actively listen to your “patient” that is your community, and work to heal it however you can and are comfortable with. Whether that is speaking out on social media, donating money to organizations, attending protests, or simply just listening to be more educated. Please don’t turn your back on a sick patient – don’t turn your back on a divided community that needs healing.

Please take the time to get involved and stand up for what you believe in. Martin Luther King Jr. once had a dream, what is yours?

Warm regards,
Akshat Mehta
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Speak Your Voice

In our classes we learn the importance of treating an individual as a whole. That means acknowledging and trying our best to understand the factors that are impacting the communities we live in and will soon serve as health care providers. Across the country individuals are being impacted physically, emotionally and, mentally by these current events. **BUPTA is doing our part by joining with the other 130 student organizations on BU's campus to donate \$5,000** (which was initially raised for the Marquette Challenge, but since it was cancelled we decided to still donate that money) **to the Boston University Student Organization Fight for Social Justice Fundraiser**. As an individual if you are looking for a way to donate, contribute or just learn more we have included some resources for you. – Jordan Coverson, DPT 2021

Organizations to Donate to:

- [George Floyd Memorial Fund](#)
- [Reclaim the Block](#)
- [National Bail Out](#)
- [Black Lives Matter](#)
- [Run with Maud](#)
- [The Innocent Project](#)
- [Minnesota Freedom Fund](#)
- [Bail Project](#)
- [Black Visions Collective](#)
- [Campaign Zero](#)
- [National Bail Fund Network](#)
- [Justice for Breonna](#)

Petitions to Sign:

- [Justice for George Floyd](#)
- [Justice for Breonna Taylor](#)
- [Justice for Ahmaud Aubrey](#)

Organizations to Follow:

- [@blkivesmatter](#)
- [@colorofchange](#)
- [@naacp](#)
- [@showingupforracialjustice](#)
- [@civilrightsorg](#)
- [@reclaimtheblock](#)
- [@ethelsclub](#)
- [@unitedwedream](#)
- [@privtoprog](#)
- [@ckyourprivilege](#)
- [@ShowUp4RJ](#)

Use [this link](#) to automatically email all of the government officials in your town and state to advocate for change!

Things to Watch:

- Netflix:
 - o 13th
 - o When They See Us
 - o Hate That You Give
 - o Mudbound
 - o American Son
 - o Dear White People
 - o See You Yesterday
- Hulu:
 - o The Hate U Give
 - o Whose Streets
 - o If Beale Street Could Talk
- Amazon Prime:
 - o I Am Not Your Negro
 - o The African Americans: Many Rivers to Cross
 - o The Hate U Give
- HBO: King in the Wilderness
- What [this YouTube Video](#) and let the ads play to generate revenue for protestor bail money.



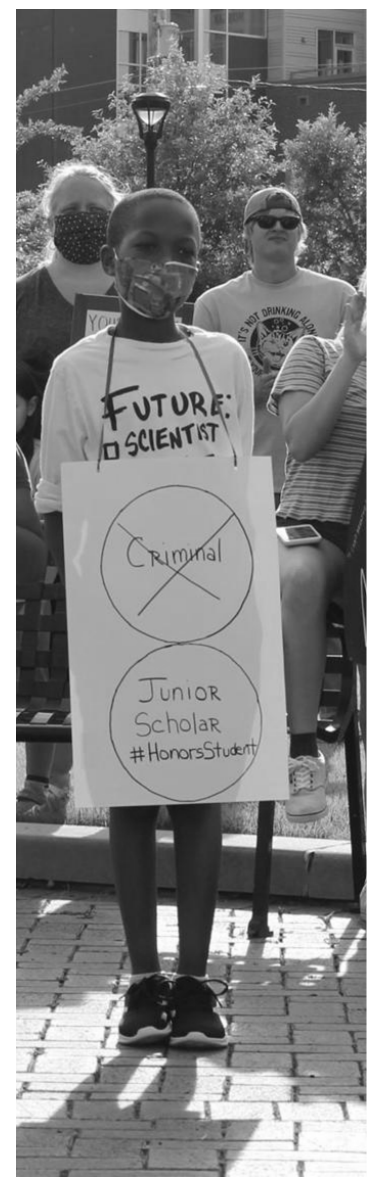
Books to Read:

- How To Be an AntiRacist by Ibram X. Kendi
- White Fragility by Robin D'Angelo
- The Health Gap by Michael Marmot
- The New Jim Crow by Michelle Alexander
- So You Want to Talk About Race by Ijeoma Oluo
- Why are All the Black Kids Sitting Together in the Cafeteria? by Beverly Tatum

Podcasts to Listen to:

- Scene On Radio (Season 2)
- Code Switch by NPR
- Unlocking Us Breane Brown

Pictures Tell a Story



Information for Students

[Join the APTA](#) now! [Benefits](#) include:

- Members receive up to 20% cash back on online purchases from hundreds of popular retailers, including Target, Kohl's, Nordstrom, Sephora, and Zappos.
- PTJ, APTA's official scientific journal, is free for APTA members.
- PT in Motion magazine prints 11 issues a year free for APTA members.
- Members save up to 80% on office and school supplies when shopping at Office Depot and OfficeMax
- **Graduating student members who participate in the Career Starter Dues Program receive a 50% discount in their first year postgraduation, plus free registration to APTA's NEXT Conference & Exposition upon renewal**

Interested in news affecting our profession and what is happening with the future of PT? Click [here](#) to learn more about the top stories in PT.

Interested in writing? Have a story to tell? The APTA's Student Assembly is always looking for new stories to share on their Pulse blog. Send them an email at pulse@apta.org

Earlier this year APTA distributed its second **#ChoosePT** public service announcement (PSA) titled "**You Have a Choice**," to radio and television stations across the country. Since its launch in early February, 19 states have broadcast it on TV and 11 have broadcast it on the radio to a total audience of more than 24 million. You can help ensure the PSA airs in your state! For easy instructions on how to pitch the PSA in your state, please contact Colleen Fogarty in APTA's PR and Media Relations Department at colleenfogarty@apta.org or 703/706-3216.

APTA has developed a **Value Talk presentation** for members and leaders to dispatch in their communities, educational programs, districts, and chapters. **Membership in APTA** is personal, and we get that. It's a choice, and it means something different to everyone. APTA is there for our members through every facet of their education and professional careers, and we want to continue to provide valuable, everlasting support to our future members and leaders. This interactive **Value Talk PowerPoint** includes talking points to guide you through the presentation with clarity and confidence, and we have a set of tips and tricks for new presenters. The presentation is designed to be presented solo or with a partner. APTA staff can join you virtually too! Schedule yourself to present a Value Talk today. Contact **APTA Membership Development** for more information.

Do you know a #DPTstudent or #PTAstudent who has done something amazing to serve their community? [Contact](#) the APTA Student Assembly and you'll be featured on the #PTServiceSpotlight

Need something to listen to? Then, [APTA Pulse podcast](#) for PT and PTA students is for you! Episodes air on the first Wednesday of each month in the APTA podcast feeds.

Resources

Want to keep up with other PT students on facebook? Join the [Doctor of Physical Therapy Students](#) FB page today!

Instagrams to follow for PT:

- Acutecarerehabmemes (meme account)
- Physiogram (not a meme account)
- Iheart_pt (meme account)
- Physio_memes (meme account)

The Academy of Pediatric Physical Therapy Student and New Professionals Group is designed to connect student and new professionals with a passion for pediatrics to one another through networking opportunities. With a strive to raise awareness about current events and legislation within the profession and become strong advocates for not only awareness, but also positive change. If you would like to be involved directly send me an email and I will put you in connection with them! Attached is a flyer with their website, social media outlets, and podcasts in order to raise awareness about the valuable resources available for support, including:

- Attending conferences and hosting social events (NSC, APPTAC, CSM)
- Podcasts and Newsletters about relevant topics within Pediatric PT
- Posting involvement opportunities through Social Media
- Providing Mentoring and Networking opportunities

If you are looking for other opportunities to attend events or simply get involved, email Eric Folmar, PT, DPT at e.folmar@northeastern.edu

The following resources are for current students of physical therapy: [Scholarships, Awards, and Grants](#)