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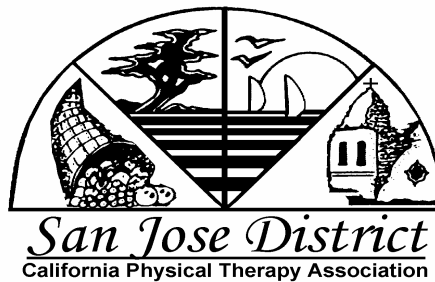
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Issue 24  
October 2009

## 2009 DISTRICT EVENT CALENDAR

Be sure to mark these dates on  
your calendar!

**November 10th: District Meeting**

**Topic: Treating Patients with  
Parkinson's Disease**

**Speaker: Janine Yip, PT**

**Location: Salinas Valley Me-  
morial Hospital, Salinas**

**WE'RE GOING**

**GREEN**

**The San Jose District  
will begin distributing  
this newsletter elec-  
tronically in 2010. If  
you wish to continue  
receiving a hard copy  
you must contact the  
newsletter editor,  
Cheryl Tibbetts at  
cheryl@valleypt.net or  
(831) 438-4478**

## A FEW WORDS FROM OUR CHAIR...

**Eric Folkins, PT, DPT, OCS**



The first news letter of the year compared President Barak Obama's grass roots efforts to grass roots efforts of physical therapists to achieve direct access in the state of California. How did the CPTA and especially the San Jose district do with our 2009 grass roots efforts?

Cheryl Tibbetts did a great job as PR chair this year. The most successful event was the San Jose District's attendance at the two-day Big Sur International Marathon Expo. The physical therapists that participated had the opportunity to educate and demonstrate our expertise in skeletal muscle conditions to 20,000 attendees. Wellness evaluations were completed and many people benefited from our advice.

Members of the San Jose District presented 5 "Move California" presentations this year (that we are aware of). These power point presentations are available for free to all CPTA members. Topics range from falls to low back pain, shoulder injury prevention to golf and many more. The five presentations in our district reached almost 200 persons.

In the legislative arena we had 11 physical therapists and 2 students in our district attend "Leg Day" in Sacramento. They joined over 100 physical therapists at the state capitol to educate legislators about physical therapy and direct access. Several members also met legislators in their home towns. Assembly member Paul Fong attended the District Meeting at Good Samaritan Hospital and answered education and health care concerns from the members. That tallies up to 44 legislator visits, during "Leg day" each person met with two legislators (26 visits), 3 hometown visits and 15 people at the district meeting. Excellent! There may be more that I was not aware of and Thank You. Bob Williams, our Political Action Committee chair, and member of the CPTA Government Affairs Committee has been very active at the state level and monitoring all bills that may affect the profession of physical therapy.

The San Jose District offered many educational opportunities at district meetings and sponsored a very successful course by Sara Meeks. Ann Vivian and Cindy Walton were instrumental in bringing this course to our district. We hope to have 1 or 2 educational opportunities in our district next year with great discounts to members.

Two members of the San Jose District were recognized at the 2009 CPTA conference in Pasadena. Stuart Katzman received the Charles M. Magistro Service Award. This award is made for consistent, valuable and exceptional service to the Chapter and to the APTA. Cindy Walton, Secretary of the San Jose District, received the 2009 rising Star Award. The Rising Star Award is for members at the beginning of their Association careers and have demonstrated enthusiasm, creativity, valuable contributions and exceptional service to the CPTA at the Chapter or District level. CONGRATULATIONS to Stuart and Cindy.

I couldn't name everyone and their contributions to our profession from our district. Below is a list of people who gave up their time away from work and family for the CPTA, San Jose District and the profession of physical therapy. Please say thank you. I apologize if I left anyone off the list.

Sherri Betz  
Eric Folkins  
Jil Johnson  
Bettye Pena  
Cheryl Tibbetts  
Kathryn Valdez  
Bob Williams

Alain Claudel  
Amy Folkins  
Stuart Katzman  
Wendy Pugh  
Roberta Troxell  
Ann Vivian

Tom DeFranco  
Jonathon Holtz  
Barbara Merrill  
Kelly Sheehan  
Chris Reed  
Cindy Walton



## THE SPEAKER'S CORNER FOR OUR November 10th MEETING

THIS AREA HIGHLIGHTS INVITED SPEAKERS FOR OUR DISTRICT MEETINGS

### Jeanine O. Yip, DPT, NCS

Dr. Jeanine Yip graduated with a doctor of physical therapy from the University of Southern California in 1998 and received her Neurologic Clinical Specialist certificate in 2006. She currently works at the Community Hospital of the Monterey Peninsula. Prior, Jeanine Yip worked at the University of Southern California Division of Biokinesiology and Physical Therapy as Assistant Professor of Research Physical Therapy coordinating several randomized clinical trials involving the effect of exercise on neuroplasticity in Parkinson's disease and Stroke. In addition, Dr. Yip's previous work at Rancho Los Amigos and at UCLA includes studying the effect of exercise in spinal cord injury and MS. Dr. Yip taught in the doctor of physical therapy program at USC as well as in the Neuroresidency program there. She has published as well as presented her research at professional conferences at the local and national levels and speaks frequently at various support groups as well as symposiums about current research and therapy topics in Stroke and PD.

## CONTINUING COMPETENCY RULES APPROVED

The rules have finally been approved for the continuing competency requirements for PT licensure renewal. Following is a brief review of some of the more important parts of the regulations:

1. The regulations will become effective on 11/6/09 according to the CPTA.
2. Continuing competency will be required for license renewals that expire on or after 10/31/2010.
3. For licenses that expire between 10/31/10 and 12/31/11, if the renewal is submitted prior to the expiration date, 15 hours of the continuing competency shall be completed. If the license is not renewed before the expiration date, the full 30 hours shall be completed.
4. For licenses that expire on or after 11/01/11, the full 30 hours shall be completed.
5. The PTBC will only accept continuing competency course taken after the effective date of regulation. All courses must be provided by an approved Agency. Courses taken prior to the effective date of the regulation will not be applied towards meeting the requirement.
6. Continuing competency hours taken must relate to:
  - “The professional practice of physical therapy, including professional accountability, professional behavior, and professional development.”
  - “Patient/client management, which includes the examination, evaluation, and diagnosis and prognosis; plan of care, implementation, and education.”

It is MANDATORY that during each two year cycle the continuing competency hours MUST include:

- a.) two hours in ethics, law and regulations
  - b.) four hours in life support for health professionals.
7. The PTBC will conduct random audits and may request copies of you continuing competency course certificate, DO NOT SUBMIT certificates with your license renewal.

The San Jose District newsletter welcomes any and all submissions including articles, letters to the editor and advertisements. For a list of advertising rates please contact the newsletter editor, Cheryl Tibbetts, PT at [cheryl@valleypt.net](mailto:cheryl@valleypt.net) or 831-438-4758.

## District Fall Elections

Here's the slate of candidates for this fall's election:

Chair-Elect: Sara Furniss, PT

Treasurer: Roberta Troxell, PT and Chris Reed, PT

Chief Representative: Thomas DeFranco, PT

Nominating Committee: Kathryn Valdez, PT

Representative: Chris Reed, PT, Cindy Walton, PT and Cheryl Tibbetts, PT

Thank you to all the candidates for your willingness to serve  
our District and our profession.

Don't forget the San Jose District volunteered to run a pilot project for the CPTA and is utilizing electronic voting for our fall elections. The ballot will be available in early November, you will receive an email letting you know voting is open and giving you a link to the ballot. Voting electronically is quick, easy and painless. Please take a moment to participate in the elections process.

If you would like a paper ballot mailed to you, you need to contact:

Cheryl Tibbetts, PT

Nominating Committee Chair

1220 30th Avenue

Santa Cruz, Ca 95062

Or

[cheryl@valleypt.net](mailto:cheryl@valleypt.net)

**In 2010 this newsletter will  
be distributed  
electronically!**

If you would like to receive a hard copy of the newsletter please contact the newsletter editor, Cheryl Tibbetts at:

1220 30th Avenue

Santa Cruz, Ca 95062

Or

[cheryl@valleypt.net](mailto:cheryl@valleypt.net)

This space is blank because YOU didn't submit an article, comment, concern, opinion, idea, view, remark, statement, etc.

The APTA, CPTA and San Jose District are here for you and because of you. Please help us provide you with the information you need and want by letting us know what that is.

Thank you, The Management :)



*San Jose District*  
California Physical Therapy Association

1220 30th Avenue  
Santa Cruz, Ca 95062

**SAN JOSE DISTRICT**  
**MEETING**

**November 10, 2009**  
**Salinas Valley Memorial**  
**Hospital**  
**450 East Romie Lane**  
**4th Floor Rehab Services**  
**Salinas, CA**

THIS IS YOUR LAST HARD COPY NEWSLETTER!  
NEXT YEAR WE'RE GOING ELECTRONIC!

**NEXT DISTRICT MEETING:**

**NOVEMBER 10, 2009**

**SALINAS VALLEY MEMORIAL HOSPITAL**

**4TH FLOOR REHAB SERVICES**

**450 EAST ROMIE LANE, SALINAS, CA**

**6:30—9:00PM**

LIGHT REFRESHMENTS PROVIDED

CAL-PT-PAC BAKE/FOOD SALE

**PRESENTATION:**

**“TREATING PATIENTS WITH  
PARKINSON’S DISEASE”**