**North Central District – WPTA**

**Tuesday May 11, 2021 Meeting Minutes**

**Videoconference via Zoom:** Wes Kurszewski (Chair), Kate Bennett (Vice Chair), Dave Smith (Secretary/Treasurer), Heather Vogel, Karna Sandok, Mary Repking, Kaela Rueden, Nicki Quarne, Benjamin Dorow, Cindy Koehler, Amanda Hodel, Ben Solheim, Janice Devine-Ruggles, Austen Jentges, Lisa Skibba

**CE/Presentation/Discussion:** (end of meeting) – led by Kaela Rueden

* Sleep Health Promotion: Practical Information for Physical Therapists: <https://academic.oup.com/ptj/article/97/8/826/3831304>

**Officer Reports:**

* Review and approval of minutes from October meeting – (on website). Kate B motion. Cindy K second.
* Treasurer report– Dave Smith
* Account balance: $18,144 (04/30/21); donation to student scholarships per motion at February meeting; meeting dues to state

**Subcommittees/Representatives:**

* Membership Committee: Denise Kearns-Legoo and Cindy Koehler – Cindy presented
  + Nothing in 2020 due to COVID. Plan for 2021. Get ideas to Cindy
* Education Committee: (Kate Bennett Vice Chair, Karna Sandok, Kaela Rueden) – presented by Kate Bennett and Karna Sandok
  + Upcoming Courses: discussion
    - CEEAA (Certified Exercise Expert for Aging Adults) – 3 course series (3 weekends) resulting in certification. Presented by the Geriatric Section of the APTA. Have been discussing the contract. Seems like there is the same amount of work for the NCD but no financial gains. They appear to want total control of the course.
    - Likely wouldn’t happen until 2022 or 2023. Marshfield or UWSP sites being explored. All therapists would benefit except Pediatric/School based. Ron and Kari Jensen (Marshfield) have taken course and give high recommendations.
    - ICE has a similar course per Ben Solheim, cheaper. Ben will talk to Jeff at ICE about info, and send to CE Committee
    - Not able to combine with other districts to host course
  + Ideas for future courses: please get to CE Committee members

**Old Business:**

* Facebook page and group reminder: **NCD of APTA WI (group is NCD)**. Become a member of the group which is private. Will list Zoom links and more sensitive information that will not be listed on the public page.
* Janice Devine-Ruggles was present at beginning of the meeting to say good-bye, as she and her husband are now retired and moving. Janice has been a member since the NCD’s inception, holding various positions in the district, and was very active on the CE Committee. She was thanked for her contributions and we all wish her the best of luck on this next journey in her life!!!

**New Business:**

* APTA-WI Spring Conference summary (Kate Bennett): poorly attended, lost money. Recorded and seemed like it could be accessed for a fee at a later date.
* Fall Conference will likely be live in the Wisconsin Dells; see below for details
* Fall Elections for Executive Committee of NCD: please consider running for office. Will nominate at the fall NCD meeting. Elections will be held online until late November or early Dec by APTA-WI.
  + Kate Bennett noted she will not be considered for Chair due to other time commitments
* APTA-WI Opioid Safety Task Force Pain Conference, 3rd Annual (per Wes)
  + November 5-6 in Wausau at the Jefferson Street Event Center.
  + Chris Ashbeck, Wisconsin Rapids, is heading the committee for planning
  + Should NCD host or support a social event?? Happy Hour? Other sponsorship?
  + Currently scheduled (others still being planned)
    - Day 1:
      * Social Determinants of Health and its relation to chronic pain (Eric and Lexi Rebne, Sue Wenker from UW Madison)
      * Sleep Hygiene (Talking with two different speakers regarding this)
      * Potentially having a pain psychologist discuss pain psychology (again speaking to two different speakers)
      * An extended talk on psychological and social determinants and diseases of despair (Kelly Ashbeck)
    - Day 2:
      * Graded Motor Imagery Lecture and Lab full day class
  + Ben Solheim provided a pain psychologist to consider: Bill Schmelzer from For Well Being Centre (Wausau).
* PT Connections Article: Please share any news for this article with Dave Smith, or any other Executive Committee member (Kate Bennett, Wes Kurszewski).

**Upcoming Events: *SAVE THE DATE!!!***

* Fall APTA-WI Conference: October 14-15, 2021. Glacier Canyon Lodge Hotel and Convention Center - Wisconsin Dells
* APTA-WI Opioid Safety Task Force Pain Conference: November 5-6 in Wausau at the Jefferson Street Event Center (Jefferson Street Inn)

**CONTACTS:**

**Chair: Wes Kurszewski** [wesley.kurszewski@gmail.com](mailto:wesley.kurszewski@gmail.com)

**Vice Chair: Kate Bennett** [jimkatejulia@yahoo.com](mailto:jimkatejulia@yahoo.com)

**Secretary/Treas: Dave Smith** [smith.david@marshfieldclinic.org](mailto:smith.david@marshfieldclinic.org)

**Future Meetings: Note the meetings will be held on the SECOND Tuesday of the month in February, May, and October at 5:30 pm. Our next meeting date is October 12, 2021**

Submitted by NCD Secretary Dave Smith, MPT on 05/13/21