

Visit the Foundation's Legacy Planning Website

Are you currently, or have you considered becoming a Legacy Partner of the Foundation? The Foundation's legacy planning website provides you with the information and tools you need right at your fingertips. This user-friendly website includes an online interactive step-by-step Wills Planner, instructional videos, and a FREE downloadable Wills Guide to assist you with helping us keep the torch lit for the future!

To learn more visit legacyfpt.org, or email wendyarminio@foundation4pt.org with questions. If you would like some information mailed to you, please call 800-875-1378 and ask to speak with Wendy Arminio, Development Director.

CUT HERE

To: **Foundation for Physical Therapy**

From: Name _____

Address _____

Phone _____

Email _____

I have already included the Foundation in my estate plans (but have not previously notified you) and would like to become a Legacy Partner. *(If you have already notified the Foundation about your estate plans, you automatically are a Legacy Partner and do not need to reply.)*

I would consider becoming a Legacy Partner:

Please send me more information about including the Foundation in my will or trust.

Please call me to discuss gift planning or the Legacy Partners. (Be sure to note your phone number above.)

Please send a Wills Guide to help me get started.

Digital version (Be sure to note e-mail above.)

Print copy via postal mail

(Please cut out and mail this form in the enclosed business reply envelope.)

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Fall 2013



The Eternal Flame

"KEEPING THE TORCH LIT FOR THE FUTURE."

SPECIAL MESSAGE FROM LEGACY PARTNER AMBASSADOR PAT TRAYNOR, PT



Greetings! This has been an exciting year for the Foundation, just recently the Board of Trustees awarded a total of \$228,000 in Promotion of Doctoral Studies (PODS) I & II Scholarships and a New Investigator Fellowship Training Initiative (NIFTI) to 14 physical therapists. The call for applications for emerging investigator research grants and Florence P. Kendall doctoral scholarships ended in mid-August and those will be awarded later this year. Did you know that since its establishment, the Foundation has awarded more than \$13 million to launch and fund the careers of over 500 emerging physical therapist researchers? New data has shown that Foundation supported researchers have gone on to receive an estimated \$550 million in funding from a variety of sources, including the National Institutes of Health, Department of Defense, Veterans Administration, National Science Foundation, and many others. Support from Legacy Partners will enable the Foundation to do much more for a longtime to come! Since our last newsletter, the Foundation had the opportunity to welcome three new Legacy Partners, all of which are featured below so that you can learn more about them and their support of physical therapy research.

Meet Our New Legacy Partners

Janet Peterson, PT, DPT

Janet Peterson started out as a Stanford University undergraduate with dreams of becoming a high school history teacher, but after taking a human biology class as a freshman with the legendary primatologist Jane Goodall, she was inspired to pursue a career in the sciences, particularly in the health field. When she was accepted into Stanford's physical therapy program, her lifelong fate had been decided.

In the mid-1970s, students in Stanford's physical therapy program were taught to be "change agents," meaning that they were taught to treat patients based on their own interpretations of the specific problems and issues the patients were experiencing, and to use the skills they learned to apply personalized interventions. Peterson has continued to use this way of thinking for how she approaches everything in life.

After graduation, she worked in a rehabilitation hospital in the San Francisco Bay area for a few years, and then moved back to her hometown of Seattle, working in a hospital setting for the next 20 years. While there, she received additional training in ergonomics, subsequently leading to the next phase of her career. In 1998, Peterson started her own business, J.P. Ergonomics Consulting, which provides ergonomic consulting services for individuals and groups.

Additionally, Peterson has been involved in the Washington Chapter of the American Physical Therapy Association (APTA) and House of Delegates since 1989. She served as President of the Washington Chapter from 1999-2003, and then served on APTA's Board of Directors from 2003-2008.



Janet Peterson

Through her connections with APTA, Peterson became familiar with the Foundation for Physical Therapy and its importance to physical therapy research. She recalls those early morning weekend calls when Dr. Marilyn Moffat called to

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Meet Our New Legacy Partners

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ask for her support of the annual Split Raffle fundraising effort. As a way for Peterson to try and increase more involvement by her chapter members and generate awareness in supporting physical therapy research, she reached out to them asking to contribute whatever they could to the Foundation's efforts.

While serving on APTA's board, Peterson decided to pursue a doctor of physical therapy (DPT) degree. Her studies reinforced the critical function of the Foundation and the importance for research in providing evidence for physical therapists in supporting the work that they do. She chose to make a planned gift to the Foundation by learning from her parents; both were charitable givers and made

provisions in their wills for legacy gifts to causes that were meaningful to them during their lifetime.

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For Peterson, she understands the importance of physical therapy research to the continued success of the profession and wants to see it continue to grow and evolve. She views physical therapy research as being critical to the health of the profession and status in the health care environment. “If we aren't able to document efficacy, then we will be left behind in the health care world. The decrease in government funding makes it even more vital for the Foundation to be there to help provide seed money for new researchers. The Foundation continues to be a great training ground for new researchers to learn how to receive funding from other sources,” Peterson says.

Irene McEwen, PT, DPT, PhD, FAPTA

When Irene McEwen was in college and considering a major, she wasn't quite sure what she wanted to do. She considered something in the medical field—pharmacy at first—but then decided that wasn't for her. She had several friends that were studying physical therapy and liked what they had to



Irene McEwen

say about their experiences. One day as she was working in a preschool doing a clinical rotation, she met a young boy with cerebral palsy who warmed her heart with his broad smile and huge, imaginative vocabulary. She knew then that this was the right profession for her. This experience led her to practice a lifelong career in pediatrics working with and on behalf of children that have developmental disabilities.

After graduation, Dr. McEwen spent time working in a hospital setting as well as in schools serving children with special needs in Washington, Arizona, and Sydney, Australia. In all of her experiences of working with children, she learned that one of the most important things for them was to have as much independent mobility as possible. Not only was this important for movement within their own environments, but also in advancing their cognition and development in other areas. While pursuing a PhD, is when Dr. McEwen had her first encounter with the Foundation for Physical Therapy. She applied and received funding for a doctoral training research grant in 1987 for her project titled, “Assistive Positioning as a Control Parameter of Social-Communicative Interactions Between Students with Profound Multiple Disabilities and Classroom Staff.” She also received the American Physical Therapy Association's Dorothy Briggs Memorial Scientific Inquiry Award for this work in 1993.

Upon receiving her PhD, Dr. McEwen began working for the University of Oklahoma

Health Sciences Center in the Department of Rehabilitation Sciences teaching both physical therapy and occupational therapy to students in professional and post-professional programs. Although now semi-retired, she still serves as project director of a United States Department of Education training grant for occupational therapists and physical therapists pursuing a doctor of science degree.

Throughout her career Dr. McEwen has been involved in activities with both the APTA and the Section on Pediatrics. She has enjoyed her participation and the networking opportunities that both groups have provided for her. She has served on Physical Therapy's editorial board as editor for case reports, and on various committees with the Section on Pediatrics.

Dr. McEwen decided to make a planned gift to the Foundation because it would allow her an opportunity to give back and “pay it forward” to a profession that has been really good to her throughout her career. She believes that research is vitally important, and because of her special interest in pediatrics and her desire to expand research in this area, she is designating her planned gift toward a pediatrics-focused endowment fund. “It's important for people to know that this mechanism exists for supporting research, and that a legacy gift is a great way to make a gift in the future,” McEwen says.

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Brad Thuringer, PTA

Brad Thuringer did not start out his college career with the idea of becoming a physical therapist assistant, he instead envisioned himself as a U.S. history and government teacher. But after a sports injury in his junior year introduced him to physical therapy, Thuringer's life and career path would take a dramatic change. He was offered an opportunity to work for a clinic that would agree to pay for the remainder of his classes, and would also allow him to pursue his passion for teaching.

Brad Thuringer has been an instructor with the Physical Therapist Assistant Program at Lake Area Technical Institute in Watertown, South Dakota since 2001. “I feel like I have the best job in the whole world because I get to teach a person to be a part of a profession that provides such reward, in assisting people to return to a normalcy in their life and be free of pain,” he says.

His involvement in both the Foundation for Physical Therapy and the American Physical Therapy Association (APTA) started after he attended and volunteered at his first national meeting and met leaders within the physical therapy

profession. He has held appointed positions within numerous sections and chapters of APTA. In 2012, Thuringer became the first physical therapist assistant to ever be appointed and serve on the Board of Directors for the Physical Therapy Political Action Committee (PT PAC).

The desire to help others comes naturally to Thuringer as he actively seeks ways to do more. He works tirelessly in his efforts to gather brand new athletic footwear that he distributes to underprivileged children each year during APTA's annual conference, through the Shoes4Kids program that he started.

His support of physical therapy research and the Foundation began more than a decade ago when he received a phone call from Carolyn Bloom, PT, asking him to support the Foundation's Split Raffle fundraising effort. After making his first donation he has never stopped asking himself, “what more can I do for the Foundation?” Over the years he has helped to encourage other physical therapist assistants and their instructors to support the Foundation by participating in telephone and email fund drives. He initiated the PTA Big Give appeal, where

he recruited the help of his family to bake and ship cookies to thank those who made donations to the Foundation. He also has organized Because I Can run/walk events in his local community to benefit physical therapy research. “Research should be a reflex, not so much a forced stretch. Research will allow us that scientific knowledge that will undoubtedly benefit so many, many people. A gift small or large is just one way to make a difference,” he says.

Just recently Brad Thuringer decided he wanted to do even more for the Foundation and chose to become a Legacy Partner, by designating the Foundation as a beneficiary of his life insurance policy. “By making a planned gift you are doing something that will have rippling effects,” he says.



Brad Thuringer

After making his first donation he has never stopped asking himself, “what more can I do for the Foundation?”

Reduce Your 2013 Taxes with an IRA Gift

The fiscal cliff law permits individuals who are 70-1/2 to rollover up to \$100,000 from their IRA to charity, free from federal income tax. Better yet, an IRA rollover gift qualifies for your 2013 required minimum distribution, permitting you to lower your income and taxes for this year while supporting physical therapy research!