

*Certified in Advanced Competency in Home Health*

I am a retired physical therapist with more than 50 years of active practice. I have been on the faculty of several PT programs and am a former Director of the Physical Therapist Assistant Program at LaGuardia Community College. For all those years, up to the present, I actively promoted programs in back injury prevention. Current programs have larger mind-body connections. My background includes trainings in Yoga, Pilates, Tai Chi, Alexander and Feldenkrais techniques, among other mind-body approaches physical and mental well-being. The focus of my current trainings is on older adults and the people who serve them. These programs include virtual and phone-fitness classes. Their focus is on improved safety, fitness, fall and injury prevention using a simple ABC system I developed, Alignment, Breathing and Centering. In addition to the APTA, I am an active member of the National Aging In Place Council (NAIPC). My mission is to enhance the physical and mental well-being of individuals so they can “age-in-place.” If I am selected, it would be my honor to serve the APTA Geriatrics Section, Health Promotion SIG as Vice-Chairperson.