

*Board-Certified Geriatric Clinical Specialist; Certified Exercise Expert for Aging Adults*

Since graduating in 2012, I have had the honor and pleasure of serving APTA-Geriatrics in various capacities, including being the APTA-Geriatrics Vermont State Advocate, Balance and Falls SIG Chair, GeriEDGE Chair, and CSM Programming Co-Chair. These leadership roles provided me with the opportunities to focus on my passion, providing solutions to problems that clinicians see in day-to-day clinical practice. One such problem was difficulty keeping up with research, therefore I started the APTA-Geriatrics' Journal Club. In 2018, I made the difficult decision to temporarily decrease my involvement with APTA-Geriatrics and complete my PhD and MPH. My dissertation focused on identifying clinical barriers and developing solutions related to incorporating physical activity into geriatric physical therapy. With this knowledge, I am equipped to collaborate with our membership and leadership team, and work towards APTA-Geriatrics' commitment of advancing the PT profession and optimizing the experience of aging. I hope to further advance this commitment by promoting collaboration with other national organizations I am actively involved with, such as ACSM and Exercise is Medicine. Furthermore, as the APTA-Geriatrics' Secretary, I will use my strong communication and organizational skills to bring your voices to the table and help us meet the APTA-Geriatrics' vision of embracing aging and empowering adults to move, engage, and live well.