



# SPTA NEWSLETTER

SEPTEMBER - OCTOBER 2010

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## National Physical Therapy Month

October is national physical therapy month! Physical therapy as a profession has been around for almost a century in the United States. However, physical therapy's roots date back to the Hippocrates era back in 460 A.D.! P.T.'s have been helping people maximize their quality of life by maintaining and regaining function through various techniques, strategies, and exercises. Whether it is orthopedic, geriatric, wound care, pediatric, or any other of the physical therapy areas, individuals have been guided back to health through physical therapy.



**A PT works with two children with polio on the parallel bars in the 1950s.**

This year the APTA has dedicated Physical Therapy month to its Moving Forward campaign. The APTA is encouraging individuals of all ages and abilities to go out and get active. We as future physical therapists need to promote physical activity to improve the health of America. By doing we can play a part in the struggle to decrease the rates of obesity and obesity related issues such as diabetes.

## Centaur Stride Donation Gala-2010

At the first department meeting this fall semester, the SPTA presented Centaur Stride with its donation of \$3,500. The money was raised from the spring SPTA 4th Annual Charity Gala. **Centaur Stride** is a hippotherapy clinic which treats individuals using therapeutic horseback riding. The donation was presented Centaur Stride board member, Claire Tomassini, the mother of 2nd year student

**Megan Tomassini.** Megan's brother is a rider at Centaur Stride and is just one of the many individuals who have benefited from Centaur Stride's services. The organization was very appreciative of our gift and will put the money to great use. Thanks to everyone who contributed to Gala and its fundraising efforts, especially co-chairs **Chelsea Foss** and **Emily Strong**.



# PUMPKIN DECORATING

The SPTA hosted a pumpkin decorating and painting event with our friends from People Inc. on Tuesday, October 19th in the Schenck study lounge. It was a major hit! There were 28 pumpkins decorated and everyone who attended had an amazing time! The next People Inc. event will be coming up soon so keep your ears open!



## UPCOMING SPTA EVENTS:

- **Polar Plunge: Dec 4th (Register today online!)**
- **Western District APTA Meeting: Nov. 3rd**
- **Blood Drive: Dec 2nd**
- **Department Meeting: Nov. 4th**
- **PT Banquet at Ellicott Creek Manor: Nov. 20th**
- **SPTA Clothing Drive: Hand in forms and money to Dorothy by Nov. 10th**

# UNYTS BLOOD DRIVE

The first blood drive of the school year was held on September 29th. It was one of the most successful blood drives ever at Daemen! We contributed 86 viable pints and 5 double red cell donations! That's a total of 91 viable donors! Way to go Daemen College!



The next blood drive will be given by the American Red Cross and will take place on December 2nd.—mark those calendars!

# KAN JAM & TGIF

In celebration of PT Month, the SPTA hosted a Kan Jam party on Friday, October 15th before TGIF. Students enjoyed board games, Kan Jam, and collected hat and sock donations for the upcoming Western District APTA fundraiser to benefit

Buffalo City Mission. Everyone who attended received a free Frisbee and was entered into a raffle. Following Kan Jam, the SPTA hosted TGIF with the Health and Wellness Club. It was a lot of fun, and thanks to everyone who volunteered!

