

A MESSAGE FROM THE PRESIDENT

Hello APTA Alaska Members,

Remember mid-March, 2020? Pandemic, apocalypse, shut down 2 weeks and we'll be through it, right? Wow.

As I opened the survey from APTA about my intentions regarding attending CSM 2021 in Orlando in February, it really hit me how long we have been in quarantine status and how much longer things will be abnormal.

Here in our state, the skies have not cleared, far from it. Published from DHS regarding dates July 3-9: "This case increase is sharp and significant. More than one-fifth of COVID-19 infections in Alaskans since the pandemic began were discovered last week, suggesting a large increase in transmission in the state." As expected, this was followed by an increase in hospitalizations. We need to be as vigilant as ever with our practice and our behavior in the community.

Taking into consideration the current trend of COVID-19 infection rates in Alaska and elsewhere, trying our best to understand what the climate will be in October, at the last APTA Alaska Board of Directors meeting we agreed to cancel the Fall Conference in Girdwood. In order to avoid cancellation penalty fees, this decision was imminent. It's disappointing to not be able to see each other, but now is a time for resilience and mustering optimism. We have booked the Alyeska Prince for October 2-3, 2021 as part of that optimism.

We are quickly pivoting to a 1-day virtual format with a world-renowned speaker that will be announced in the next couple of days. This will allow us to convene at least partially, obtain high quality CEUs, hold our annual business meeting, and avoid a major financial risk with Alyeska. Please support your chapter and your profession by registering for this conference.

Opportunities continue to abound for helping others through this pandemic. Stress, anxiety, and depression are all elevated and rising. Without question, this leads to a sicker population and an increase in any pain condition. Work together to dampen these stresses in our patients, and their day and life will be better. The side effect will lead to you feeling less helpless in this world that is spiraling and changing by the moment. Innovation is built under duress and there is plenty of that to go around. Compassion is most appreciated in a time of need.

A small percentage of our population who need our help are actually using our services. They need us more than ever right now and one of our yearly goals is to reach out to them through APTA Alaska. After a COVID-induced pause, we are rapidly moving toward a public service announcement, the first in some much needed public outreach. We are uniquely skilled to help



patients with their pain and movement challenges and they can come to us directly...let's do this.

Take care of each other and I look forward to seeing you all in October at the Virtual Fall Conference.

Alec Kay, PT, DMT, Board-Certified Clinical Specialist in Orthopaedic Physical Therapy
President, APTA Alaska