

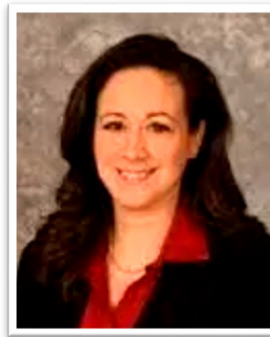


Quarterly News

President's Message

What. A. Year.
(and it isn't over yet!)

I would have never imagined in my wildest dreams that I would assume the role of PATS President during a virtual business meeting, with my son handing over the gavel from George Roberts in our home office due to a global pandemic. I also would have never imagined that this same pandemic would STILL be affecting us over six months later, resulting in delays to our education programs, furloughs, and deployment of athletic trainers to the front lines of COVID-19 across the Commonwealth as a result of Governor Wolf's temporary expansion of our current practice act. These times are beyond uncertain and continue to cause an amazing amount of stress and anxiety for us all.



Shelly DiCesaro, PhD, LAT, ATC

Yet, through everything that has been spiraling around us, I can't help but hear those famous words from our very own Mr. Rogers..."When times are scary, look for the helpers." And that is exactly what I see. All of you...stepping up to the occasion, doing what athletic trainers do. Rising up to meet the needs of our patients, public and importantly, each other. I have heard countless stories of athletic trainers screening on the front lines of COVID, developing return to play protocols and safety policies for our secondary school and collegiate athletes, creating unique and novel ways to check-in on their patients and offer their services as best they can, and lastly, checking in on each other's well-being, offering a source of support and a shoulder to lean on. Many of these things you will read about in the pages that follow, and I can honestly say after hearing the stories from so many of you, I have never been more proud to call myself an athletic trainer.



November 2020 Issue

OUR MISSION:

The mission of the Pennsylvania Athletic Trainers' Society is to:

Empower Athletic Trainers to be leaders in transforming healthcare by advocating, educating, and providing resources to deliver quality patient-centered care.

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VISIT US AT:

www.gopats.org

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[Click here](#) for Committee Chair
Information

President's Message Continued...

Many of these things you may have already seen (like this newsletter), took part in (legislative letter writing campaign), or will see in the near future (more to come soon!). Recently we have added 2 new committees to the mix, Community and Youth Activities focusing on promoting sports safety and athletic training at the youth and community level and Member Engagement and Value focusing on our member's needs, requests, and opportunities. Nicky Cattano (PATS President-Elect) and I have just wrapped up 11 strategic planning meetings with our committee chairs and members. These meetings served to bring key committees together to brainstorm and begin organizing smaller steps for eleven different strategic goals we identified as a high priority. The goals range widely from increased complimentary CE opportunities, educational programs on sports safety and injury prevention and improved inclusivity throughout our membership and clinical best practices.

I am ECSTATIC for what is to come for our PATS members and am so excited to watch this all unfold. Keep an eye on our social media feeds (Instagram, Facebook, Twitter, YouTube) and be sure to listen to the PATS podcast as well for not only amazing interviews but PATS updates too! We will be looking for workgroup members as the plans develop and I hope you will consider volunteering your expertise with us. I welcome your insight, suggestions and questions and hope you will take an active role in the society and look forward to where athletic training is headed in Pennsylvania!

Shelly

Student Spotlight: Raivir Tuteja

Year: Junior, Class of 2022

Clinical Rotation(s): Carnegie Mellon University Football

Certifications/Credentials: NREMT, American Heart BLS (CPR & AED)

.....

Why did you want to pursue a career in athletic training? Athletic Training is a profession that includes two things that I am very passionate about and brings them together: helping people and sports. I always have thought to myself, how can I surround myself with sports as a career? I wasn't a phenomenal athlete, nor did I have an interest in coaching sports, but I wanted to be able to help athletes and be on the sidelines as part of a team. It was not until my senior year in high school did I realize that maybe that dream could come true with pursuing Athletic Training. Ever since then, I chose to major in Athletic Training and have loved every minute of it!



Student Spotlight Continued...

How has Covid 19 changed your learning experience? Ever since Covid-19 happened, It has changed my learning experience in ways I could not have imagined. As an athletic training student, not being able to learn with a “hands-on” approach has impacted my learning significantly. However, what has not changed is how well my professors and preceptors have been able to adapt to different ways of teaching and providing us a quality learning experience without losing the quality education my program has to offer. From wearing masks and gloves during labs to socially distanced lectures, I can say that I am learning as much as I can in the safest way possible.

What do you hope to bring to the field of athletic training that may be unique or help improve the field? I like to think that the more diverse a profession is, the more the advanced it will be. Being a Sikh athletic training student brings a more diverse image to the field of athletic training. It allows someone like me from a different background and culture to have the opportunity to work alongside athletes and contribute to their success on and off the field. Not only that, I hope to represent the image of a more inclusive and diverse Athletic Training profession in order to empower others of different backgrounds to join the profession and family.



What do you believe PATS members can do to be better allies in improving inclusivity? As a new PATS member myself, I feel the best way in improving inclusivity is to keep an open-mind and keep learning about others. Within the field of athletic training, we meet so many patients, athletes, and fellow athletic trainers who have different experiences and come from backgrounds that we know either nothing about or have only heard about them. Being able to learn from others’ lives will help us as athletic trainers to treat our patients in the most professional and caring way while creating incredible relationships along the way.

What are your career goals? My goal is to work on the professional stage and build up years of experience to eventually open up a sports facility that maximizes athlete’s performance and health. One of my biggest dreams, however, is to serve as an Athletic Trainer for the USA Olympics team.

What are your interests outside of athletic training? Outside of athletic training, I enjoy playing sports such as basketball and volleyball as well as playing the Tabla (Indian drums).

PATS Regional Representatives

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**PATS Website Password
Members Only**

GOPATSGO

Let’s Get Social!

Follow us on



NATA President Kathy Dieringer, EdD, LAT, ATC: In Her Own Words

Update Your Information

If you are a PATS member and not receiving this newsletter electronically.....we need your help. We have taken great strides in the development of our Society's Electronic Newsletter. It saves money and time and provides valuable information. **Please go to the NATA website "Members Only" section and update your email address.** Please be assured your information will not be released. It will be used for PATS/ NATA membership communication only.

Volunteer with PATS

[Click Here](#) to become involved with **YOUR** organization!



New NATA President Kathy Dieringer graciously spent a moment with the PATS Quarterly Newsletter to discuss goals for her tenure, NATA connection with PATS, and some personal stories too.

-What was your first reaction when you found out you were the new President-Elect of NATA? Was there a happy dance? A little apprehension due to the Covid crisis? Mix of both? Overwhelming joy, then excitement. Had I not been in my car when I got the call, there likely would have indeed been a happy dance. I'm not apprehensive about this role and

the impact of COVID-19. To the contrary, I believe my background puts me in a unique place to be able to navigate the challenges and opportunities presented by COVID-19.

-What new initiative are you most excited about tackling during your tenure? I am excited about moving reimbursement and CMS recognition forward as fast as possible to allow ATs who wish to be reimbursed for their services to do so. More so, the programs that will be developed as we move forward with diversity, equity and inclusion initiatives I am confident will be amazing and are long overdue. It's time our members of color have equal representation throughout our leadership.

-How do you believe Covid 19 will change the profession moving forward? I believe that COVID-19 has created opportunities for us as a profession, and now it's our responsibility to capitalize on those. Because of our expertise, we should be at the tables where decisions are being made about return to play/work and normalcy. Many of our employers are seeing the value we bring, and those who don't yet will continue to be reminded that we are the experts in emergency preparedness and prevention.

-Any words of wisdom or comfort for those athletic trainers who have lost their jobs or have been furloughed due to Covid?

Know that we have your back and will continue to work hard to promote who we are and what we do. The number of ATs who lost their jobs is staggering, and sadly many were due to hospitals or clinics that dropped the AT contract programs. Now is the time to increase our advocacy efforts to those schools and help them to see why a full time AT employed by the

NATA President Kathy Dieringer Continued

school is the gold standard of healthcare for secondary school & middle school athletes.

-How do you see PATS (or any of the state organizations) and NATA work together to promote and support athletic trainers? It's a group effort, isn't it? What can the NATA do to help PATS and what can PATS do to help the NATA. Either way, the profession wins! The most important thing is that the lines of communication stay open so that everyone is aware of what is needed to advance initiatives.

-For those who are interested in serving the profession through roles in PATS and/or NATA but are not sure where to start, what would you suggest? Start somewhere—anywhere. My service history started with annoying my district director until he put me on a committee, and then working hard to be positively remembered. Volunteerism is just that: volunteering to serve, but you have to push the issue to be noticed. Network as much as possible with anyone and everyone, and leave a positive impression. You never know who will remember you, but you want to be remembered for the right reason! Finally, use your mentors to make the connections you can't—that's what mentors are for.

-Who has been the most influential mentor to you during your professional career so far? I've been fortunate to have a few but Dr. Bobby Barton stands out. Dr. Barton was President of the NATA when I was earning my masters at ECU, and I was able to witness first-hand what the pinnacle of service looked like. He was selfless and dedicated to the members—a true servant's heart. I hope to be remembered as that type of leader.

-Would you mind giving us a good athletic training story? Maybe a favorite memory, crazy injury, or funny encounter? My favorite story is still one I share from my undergraduate time at the University of Texas. We have all experienced overflowing a whirlpool, and we were no different. One of us had forgotten that we were filling it, and it overflowed, and of course, we were reprimanded for not paying attention. The very next day, the Head AT, (who had just reprimanded us) did the same thing. We rushed to the whirlpool room, helped her clean it up, and all spontaneously burst into laughter, including her. The incident reinforced the very important lesson of realizing that everyone is human and grace, and that a sense of humor is critical in our jobs.

-One word to describe what athletic training means to you? Passion.

-Any final thoughts you would like to add? I am excited about the next few years and welcome communication from the membership. Be safe!



PATS Committee News

PATS Convention Committee

Chair: Liz Evans, LAT, ATC

-PATS Convention has already started working on the 2021 Symposium! We hope to see you face-to-face this year in the Harrisburg/Hershey area. Our convention will be held June 10-12 at the Harrisburg Hershey Sheraton. The 3-day symposium will open with morning workshops and end the first day with our Moyer Lecture and Welcome Reception. On Friday, we will have a full day of educational sessions, the annual business meeting and our Honors and Awards banquet. This dinner is included with full registration and will honor our PATS award winners, Student Scholarship winners and our 2021 Athletic Training Hall of Fame Inductees. We will finish our conference on Saturday with more opportunities for continuing education. We look forward to seeing you this summer!



PATS College & University Committee

Chair: M Scott Zema, MeD, LAT, ATC

-We would like to welcome Scott Zema as the new Chair for the College & University Committee. The College & University Committee is looking for individuals who are interested in adding their talents to our committee. The goal is to have every division have a representative. The committee is looking for a Division I representative, a Division III Representative, and a JUCO Representative. Individuals who are interested can send Scott a brief email detailing their interest as well as a current resume/CV to CollegePATS@gmail.com.

PATS Ethics Committee

Chair: Jackie Williams, PhD, LAT, ATC

-The Ethics Committee reviews complaints submitted by the public

PATS Committee News

regarding an individual who may have violated the PATS Code of Ethics. The committee also participates in educating on the ethical behavior for athletic trainers. If you have a question about ethical behavior or topics that will assist the committee in developing educational items, please contact us at ethicspats@gmail.com.

PATS Honors & Awards Committee

Chair: John Post, MBA, LAT, ATC

-The Honors & Awards Committee would like to remind the membership that the due date for submission of nominees for the following awards is fast approaching! The SERVICE AWARD, DISTINGUISHED MERIT AWARD, and TEAM PHYSICIAN AWARD are all due DUE DECEMBER 1, 2020. Please find the application materials on the PATS website. Start thinking about nominating a deserving athletic training student for a PATS Student Scholarships which will be due April 1st! Please contact the committee at honorsandawardsPATS@gmail.com with any questions.

PATS Governmental Affairs Committee

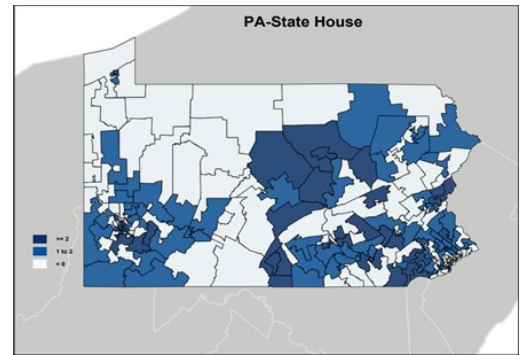
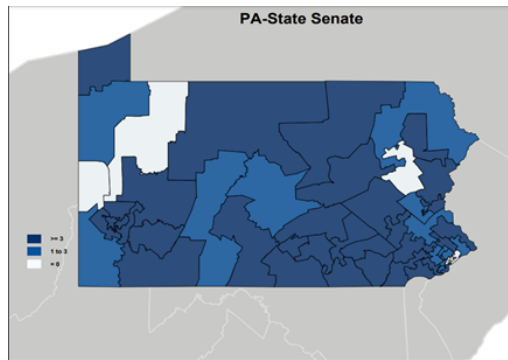
Chair: Tanya Miller, MS, LAT, ATC

-The Governmental Affairs Committee hopes everyone has been well throughout the unprecedented year of 2020. PATS has been busy regarding governmental affairs since the pandemic began. Recently, the committee completed a letter campaign to our legislators in the House and Senate in PA. We collaborated with the NATA in using specific software to help us identify our members and their legislators and also to see how and who our campaign impacted. While the committee successfully impacted a majority of our Senate, we were lacking in our response in the House. Of our members we contacted, 78% did not open our email and were unable to assist us in this critical cause. We plan on increasing our advocacy efforts in



PATS Committee News

Pennsylvania and we are hopeful that we can increase our member involvement in the future. THANK YOU to the members that responded to our letter campaign! The below maps are of the House and Senate members that were impacted. We also met with Rep. Quinn at his district office and presented him with a letter of support for HB 2779 that he sponsored. This bill could positively affect Athletic Trainers and all healthcare workers in PA as we continue to provide a positive response to the pandemic after the emergency declaration has ended. We continue to watch this bill, and many others, that may impact our profession in the Commonwealth.



From Left to Right : Nicky Cattano, Sue Moffitt, Rep. Christopher Quinn, Tanya Miller, and Linda Mazzoli



PATS Inclusivity Committee

Chair: Mercedes Himmons, MS LAT, ATC

-The PATS Inclusivity Committee hit the ground running in August. We have shared virtual educational opportunities on diversity and inclusion. We will

PATS Committee News

still share opportunities as they arise to encourage continuing education. Currently, we are working on infographics to share with the Members discussing diversity, equity, and inclusion. These infographics can be used to kickstart conversations and to simply provide information that isn't commonly known. We also participated in the PATS Podcast with Adam & Phil, and hopefully it was informational for everyone! The Inclusivity Committee would love to continue collaborating with other committees to work on increasing recruitment and retention efforts in the Commonwealth. If you are interested in working with the committee, we welcome volunteers! Reach out to us via email at InclusivityPATS@gmail.com.

Navigate Difficult Conversations *with 10 steps*

START HERE

Why is this conversation happening?

Emotion? Constructive?
Logic? Destructive?

What is the best and worst case scenario?

How will you react? How will you continue?
Will you follow up? How will you make changes?

Keep control of:

Emotions
Self Reactions
Your Purpose
Your Responsibility

Create an outline:

Written or Oral List Important Points

Plan a road map for the conversation

Keep your goals in sight

But identify at least two points you are willing to concede

FOCUS on mutual respect

Allow the other person to be heard, but this does not necessarily mean agreement.

Demonstrate interest in developing the thoughts and goals of both parties

Address the issue from all angles

Have an open and fluid conversation

Utilize Command Consultation or Vote

Make sure you are clear moving forward

Overall:
How did it go?
What could you have done better?
What steps do you need to take next?

- 01**

Identify your purpose

- 02**

Develop a plan

- 03**

Analyze your story

- 04**

Plan of action

- 05**

Determine potential outcomes

- 06**

Acknowledge their statements

- 07**

Ask questions

- 08**

Compromise together

- 09**

Make a decision

- 10**

Reflect on your conversation

FINAL DESTINATION



References:
Ringer, J. (n.d.). We Have to Talk: A Step-By-Step Checklist for Difficult Conversations. Retrieved October 1, 2020, from <https://www.mediate.com/articles/ringer1.cfm>
VitalSmarts Speakers (2012, Dec 14). Crucial Conversations / Joseph Grenny. [video]. YouTube. https://www.youtube.com/watch?reload=9&v=PuJgqTs-G44&feature=emb_logo



PATS Committee News

Membership Engagement and Value Committee

Chair: Mary Kathryn Schickel, MS, LAT, ATC

-The member engagement and value committee is a newly restructured committee, focusing on increasing the membership as well as creating engagement opportunities for current members. We will be reaching out to the membership to see what our members identify as the most important and valuable part of being a PATS member. This feedback will lead to a better understanding of how PATS impacts our members both as an individual and for the profession. Using that feedback, will work to develop new opportunities for members to interact, connect, and grow. This feedback will frame our approach to potential new members and highlight the impact that PATS has on our members individually as well as the impact on the profession of Athletic Training.



Nominations Committee

Chair: Matt Frantz, MEd, LAT, ATC

-This year, we are looking to implement a new process to nominate folks for elections that's safe and secure, yet easy. Look for more info as we get closer to the call for nominations. First year chair, Matt Frantz, and recent committee addition Mike Zalno, are excited and ready to go.

*Below: Mike Horan and Dr. Christopher Alanda
(PATS Team Physician Award Recipient)*

Secondary Schools Committee

Chair: Kiernan Melograna, LAT, ATC

-The Secondary School Athletic Trainers Committee wants to focus on a few distinct tasks this upcoming



PATS Committee News

quarter. We are hopeful that every Secondary School AT will take the time to track their Covid numbers and exposures to the best of their ability, throughout this school year. In addition we'd like everyone to continue to work on [PASS](#)

(Program Assessment for Safety

In Sports) which is a roadmap to best

practices. This is something that you can

work on over time to identify and improve areas where weaknesses can be found. This is a wonderful tool which should be utilized in each Secondary School to help provide the greatest care to our athletes.

Along with working on PASS, we would like everyone to update [ATLAS](#) (Athletic Training Location & Services), where you take a short survey so accurate data of Athletic Training Services in Secondary Schools can be tracked. Updating ATLAS is extremely important, due to furloughs and staffing updates that were brought on by the pandemic.

We are in the process of developing a Wellness Survey, based on the NATA's *Wellness Screening Guidelines for Secondary School Athletic Trainers.*, that we are hoping will ultimately be approved by the board and then released for PATS members to utilize at their institutions. Prior to the Covid-19 pandemic mental health was a hot topic and we feel that Covid has caused an increase in mental health crises in our student athlete



Above: Wilson High School ATs Kiernan and Kyle with their Alvernia Clinical Students and HS interns

Right: Amy Smearman and Staff at Holidaysburg Areas Jr./Sr. High School



PATS Committee News

population. There is an ever-increasing emphasis on mental health and we feel this is a necessary tool for our tool box.

Technology Committee

Chair: Jesse Townsend MS, LAT, ATC

-The Technology Committee manages the PATS social media accounts as well as helps maintain the website. Contacts from the committee for each



platform are Devin Kielur (Instagram @gopatsAT), Ashley Shutack (Twitter @gopatsAT), and Jesse Townsend (Facebook @gopatsAT). Hank Fijalkowski oversees the

website (www.gopats.org) and is the liaison with the website vendor.

Committee members Philip Hensler and Adam Richmond produce the PATS Podcast. Check out all 10 episodes at www.youtube.com/user/gopatsAT. Philip and Adam are working on obtaining new equipment as well as reaching out to guests that are experts in their fields from outside the Commonwealth. Other committee members that provide input and assist with projects are Amy Aggelou, Lindsey Keenan, and Sam Silverstine. The Executive Board liaison is Bill Frye.

The committee is also charged with any technology related projects as well as supporting the needs of other committees by assisting with social media posts. A recent



PATS Committee News

accomplishment was helping the organization transition to new gmail accounts. Devin Kielur has incorporated Hootsuite to improve efficiency of social media posts as well as utilizing Linktree (www.linktr.ee/GOPATS) to connect members with relevant website links all in one place. A future goal of the committee is to work with the Public Relations Committee on a marketing campaign that highlights the TBI grant program from the Department of Health. The Chair of the committee, Jesse Townsend, can be reached at technologyPATS@gmail.com.

Young Professionals Committee

Co-Chairs: Joanna Entz, MS, LAT, ATC & Donnie Russel, MS, LAT, ATC

-Greetings Members! The Young Professionals Committee is currently seeking recommendations and applications for new members. A Young Professional is defined as an Athletic Trainer who has been licensed and certified between one to twelve years. We are also accepting senior athletic training students who are interested in participating PATS.

Our 2021 strategic plan includes planning virtual events such as socials, CEU opportunities and guest speakers to discuss topics that is pertinent to young professionals. With the uncertainty of COVID-19, the YPC is looking for ways to keep the membership engaged in networking and continuing education. Should the 2021 annual meeting take place in person, we are looking to plan our annual social, but also a possible resume review center and professional head shoot station. We continue to work toward ways to improve the PATS mentorship program and would love to have new committee members for fresh perspectives.

If you are interested or know a student or young professional who may be interested in joining the Young Professionals Committee, please contact Donnie Russell or Joanna Entz at PATSyounghpros@gmail.com. The YPC would like to take this time to wish everyone a safe and healthy holiday season.



Northwestern Region

Representative: Audra Neumann LAT, ATC

-I hope all of you are finding the good in all the chaos that surrounds us at this time. We have to look for the good to help keep us encouraged. As athletic trainers at every level and in every setting there is a new normal to us doing our jobs putting more strain on us as professionals. The mental health of all AT's has been challenged during this time. I am just putting out there that we need to support each other right now. Make calls to your colleagues and check on how they are doing. Take advantage of your employers benefit programs for counseling. ATs Care is available for support during crisis. Check out the information on the NATA.org, whether it be personal or professionally related, consider contacting ATs Care.

[Email ATs Care](#)

[Online Contact Form](#)

- The National Suicide Prevention Hotline: 800.273.8255
Text "HOME" to 741741 anytime in the U.S. and connect to a crisis counselor

On a note of celebration, Gary Hanna, LAT of Edinboro University has achieved a couple accolades this year. He has been inducted to the Edinboro University Athletic Hall of Fame class of 2020. Most recently he has claimed the title of Preceptor of the Year, 2020 through the NATA. Way to go Gary, you are a very hard worker and a passionate athletic trainer you deserve these awards, Congratulations!

I want to take this opportunity to remind you that the NW representative email has changed to nwreppats@gmail.com. Please be sure to communicate through this email address so that I do not miss out on any of your communications. Please keep me up to date on the great things that are happening in Northwest Pa, we need to celebrate the good things happening.

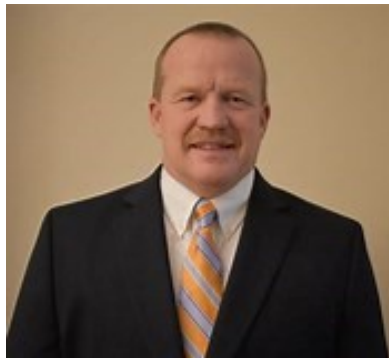


PATS Regional Rep's News

To conclude, it is a gift to work with such talented and giving individuals. We have a great profession and I applaud all of you for all that you have done to represent athletic training during this time. Stay safe and healthy until next time.

Larry Cooper Receives Award

The University of Pittsburgh School of Health and Rehabilitation Science recently honored Larry Cooper with the Distinguished Alumni Award. This award is granted to an “outstanding SHRS alumni who have distinguished themselves through their academic, professional and humanitarian accomplishments.” Larry Cooper earned his Bachelors in Science in Health and Physical Education, Recreation, And Dance from the University of Pittsburgh in 1983.



Larry Cooper worked at Penn-Trafford High School for 27 years before retiring. He has served PATS, District 2, and NATA as well as sitting on multiple board and committees during his tenure. Cooper currently serves as the District II Secretary. In addition to this Distinguished Alumni Award, Cooper has been inducted in to the PATS Hall of Fame in 2016 and is part of the NATA 2020 Hall of Fame Class.

Congratulations Larry!



Treasurers Report

Miranda Fisher, MS, LAT, ATC

| | 10/18/20 20 | 10/1/2019 | Difference |
|---------------------------------|------------------|--------------------------|-------------------------|
| Checking (Main- Wells Fargo) | \$86,830. 68 | \$70,090. 57 | \$16,740.1 1 |
| Scholarship- Wells Fargo | \$194,994 .14 | \$198,666 .76 | (\$3,672.62) |
| Research- Wells Far- go | \$101,209 .82 | \$102,954 .95 | (\$1,745.13) |
| Total | \$383,034 .64 | \$371,71 2.28 | \$11,322.3 6 |



Disbursements

| | <u>2020-</u> <u>2021</u> | <u>2019-</u> <u>2020</u> | <u>Difference</u> |
|--------------|-----------------------------|------------------------------|---------------------------|
| March- June | 7,618.80 | 5,571.00 | \$2,047.80 |
| July - Sept | | \$ 1,291.80 | (\$1,291.80) |
| Oct-Nov | | \$ 14,653.20 | (\$14,653.2 0) |
| Dec | | \$ 46,999.20 | (\$46,999.2 0) |
| Jan-Feb | | \$ 23,927.40 | (\$23,927.4 0) |
| TOTAL | \$ 7,618.80 | \$ 92,442.6 0 | (\$84,823.8 0) |