

President's Message: Clarity in a Time of Chaos

By Ross Zafonte, DO, President



As we navigate through a time of unprecedented change in healthcare and medical research, the importance of our shared mission has never been clearer—or more urgent. From rapid technological advancements to shifting policy landscapes and resource constraints, our field faces both

remarkable opportunities and serious threats. **Physical Medicine and Rehabilitation stands at a critical crossroads, and how we respond today will shape the care and outcomes of tomorrow.**

Amidst these challenges, one truth remains: **evidence and research are our most powerful tools.** They illuminate paths forward, drive innovation and ensure that patient-centered care is grounded in knowledge - not guesswork. **The Foundation of PMR is committed to supporting this progress, but we cannot do it alone.** We invite and encourage you to contribute in whatever way you can; whether through ideas, collaboration or financial support, **your involvement fuels the future of our field.**

In this issue, we're pleased to share exciting updates and stories that reflect the strength and generosity of our community. You'll find:

- Results from our **successful Spring Fund Drive**
- Early registration for **this year's Rehab 5K event**
- Information on **legacy and planned giving** options
- A moving **report from a past grant recipient** whose work is making a real impact

Thank you for being part of this vital journey. **Together, we are advancing rehabilitation medicine, strengthening the foundation of our specialty and improving lives!**

DONATE NOW

Spring Fund Drive a Success

Thank you to all who donated during our recent fundraising campaign - especially Drs. Kathy Bell, Bruce Gans, Lynn



Gerber and John Melvin, who gave \$5,000 each for a match challenge - and Dr. Nathaniel Mayer, who matched the challenge with a \$20,000 donation! We met and exceeded our target by more than 30%. **Thank you for your support!**

Rehab 5k Coming This Fall



The Foundation for PM&R will host the popular Rehab 5k Run/Walk & Roll event at the AAPM&R's 2025 Annual

Assembly in Salt Lake City. This year's fundraiser will be held at 6:30 AM on Friday, October 24 in Memory Grove Park, one mile from the Salt Palace Convention Center. A virtual option is available for those who are not attending the meeting in person. Sign up when you register for the AAPM&R Annual Assembly (www.aapmr.org), or use the registration form on the Foundation website (www.foundationforpmr.org/events/). Onsite registration will also be available. **Ascent Club Members get free registration!**

Residency Program Challenge - Once again, the 5k will include a competition between residency programs. Team participation fee is \$100; contact Phyllis Anderson at panderson@foundationforpmr.org to sign up.



2024 Residency Program Challenge winners:

Fastest Team - Mount Sinai (*above, right*)

Largest Team - UMiami (*right*)

Most Team Spirit - tie between Medstar (*below, left*) and Spaulding (*below, right*)



Sponsorship Opportunity: For only \$7,500, your institution can sponsor the 5k event. Your name and logo will be on all promotions including the t-shirt all participants receive. Contact Phyllis Anderson at panderson@foundationforpmr.org for more information.

Other Foundation Events at AAPM&R Annual Assembly: We will have a Donor Appreciation Reception and Awards Presentation once again this year, on Thursday, Oct. 23, as well as a Proof of the Pudding debate and VIP Donor Lounge. Watch for more information in the next issue of the UPDATE!

Everyone Wins!

"Legacy gifts", "planned giving", "estate planning", "DAFs", RMDs" - these terms all refer to ways you



can maximize

the long-term impact of your charitable donations while enjoying tax benefits. Your financial planner/tax advisor is the best source for information, but Phyllis Anderson, FPM&R Executive Director (panderson@foundationforpmr.org), can tell you about some of the options such as:

- Including the Foundation in your will
- Investing in a charitable gift annuity
- Making the Foundation beneficiary of a life insurance policy
- Making a gift from your Donor Advised Fund
- Contributing appreciated stock or your annual Required Minimum Distribution from a retirement plan

Join our Legacy Society today by letting us know that you have included the Foundation for PM&R in your financial plan. Call 847-737-6062 or email panderson@foundationforpmr.org.

Opportunities for Residents

Volunteer - Meet other physiatrists, get valuable experience for your CV - and have fun! Many committees are seeking help, especially with social media content.



Residents and faculty are all welcome; commitment is generally only one hour per quarter, and leadership roles are available. Contact Phyllis Anderson at panderson@foundationforpmr.org.

Learn About FPM&R - Have an FPM&R officer give a 20-30 min. Zoom presentation about the Foundation's support for physiatry research and how your residents and faculty can get involved. This session - to be set up at a mutually convenient time - provides both an overview of the opportunities and allows time for questions. Contact [Phyllis Anderson](#), Executive Director, for more information.

Report from a Grant Recipient: Cristina Sarmiento, MD

(2022 Molnar Pediatric PM&R Research Grant, "Growing Pains: A Mixed Methods Approach to Understanding the Transition of Care Needs of Adolescents and Young Adults with Cerebral Palsy in a Pediatric Rehabilitation Clinic")



We have finished our qualitative analysis and are working on our quantitative data collection. Based on the qualitative data alone, we have so much rich information and are finishing up a draft of the first manuscript. We anticipate several manuscripts from the qualitative data as well as at least one additional manuscript that combines the qualitative and quantitative data.

We also submitted an abstract to the 2023 American Academy of

Cerebral Palsy and Developmental Medicine (AACPDMD) Annual Assembly which was accepted for a free paper presentation. It was also nominated as one of the top 10 free papers, and was nominated for AACPDMD's 2023 Gayle G. Arnold Award for Excellence!

In addition to the 2023 AACPDMD abstract presentation, I also presented these findings at the Health Care Transition Research Consortium Research Symposium in Houston, TX in the fall of 2023. We have also had 2 papers published (so far!) with plans to write 1-2 additional manuscripts with these data. I am using some of these data as pilot data for a NIH K23 career development award that I am submitting in June as well.

Published manuscripts:

<https://onlinelibrary.wiley.com/doi/abs/10.1111/dmcn.15907>

<https://www.sciencedirect.com/science/article/pii/S2949923223000399>

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