

Your Foundation, Our Success By Ross Zafonte, DO, President



The Foundation for PM&R has experienced an extraordinary year of growth and achievement, and it is with great enthusiasm that we share some key highlights. As the only dedicated PM&R foundation supporting innovative research, our work is changing the face of the

field. One hundred percent of our funded investigators continue to conduct impactful research, leading to meaningful advancements in clinical practice. We have done this while being remarkably financially successful over the last several years. **This unprecedented continuity and success underscores the transformative power of the Foundations grants and the unique opportunity for all of us to contribute to this momentum.**

This represents strong return on your investment that will benefit you and others in the field of PMR. **Your support has been instrumental in achieving this success**, and given all of the challenges within health care the urgency to expand our efforts has never been greater.

Research Grant Money Available

The Foundation for PM&R provides vital pilot funding for psychiatric researchers. Our spring 2024 cycle is now open

with an application deadline of May 1. Information about the grants can be found on the Foundation website (www.foundationforPMR.org/research-grants-2/); applications must be submitted online at <https://foundationforPMR.submittable.com/submit>. Opportunities include:

Encompass Midcareer Investigator Grant - One grant of \$20,000 for an experienced psychiatric investigator to pursue a new line of inquiry. Special thanks to Encompass for their ongoing support of this grant!

Richard Materson ERF New Investigator Grant - Up to 3 career-development grants of \$10,000 each for a research project by a psychiatric investigator 5 years or less out of training (residency or fellowship).



Gabriella Molnar Pediatric PM&R Research Grant – One grant of \$10,000 for a pilot study in pediatric rehabilitation.

Scott Nadler PASSOR Musculoskeletal Research Grant – One grant of \$30,000 for a pilot study in musculoskeletal rehabilitation.

Tactile Medical Cancer Rehabilitation Research Grant - One grant of \$10,000 for research in rehabilitative care of cancer patients. Special thanks to Tactile Medical for their support of this grant!

Questions about our research grants program can be directed to Phyllis Anderson, panderson@foundationforPMR.org or 847-737-6062.

Another Great Year for FPM&R!

The Foundation for PM&R enjoyed a **third consecutive record-breaking year for donations** – thank you all for your generosity!



Congratulations, 5k Winners

We had the largest turnout ever at the 2024 Rehab 5k Run/Walk & Roll event in San Diego in November. Winners include:



Top 3 males:

Romain Labas (16:52)

Jeremiah West (17:36)

Kirk Sheplay (17:39)

Top 3 females:

Irene Kalbian (18:23)

Allyson Dunlap (18:36)

Jacqueline Hogan (20:58)



Residency Program Challenge winners were:

Fastest Team - Mount Sinai (*left*)

Largest Team - UMiami (*below left*)

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



Many thanks to our sponsor:



If your institution would be interested in gaining additional exposure at the 2025 AAPM&R Annual Meeting in Salt Lake City by sponsoring the Rehab 5k event, contact Phyllis Anderson, panderson@foundationforPMR.org or 847-737-6062.

Get Involved!

Are you looking for an opportunity to make a difference by sharing your time and talent with a nonprofit organization?



The Foundation for PM&R is seeking volunteers for the following:

Communications Strategy Committee – Do you like to write, or are you engaged with social media? The CSC is seeking volunteers for 2025; you would be asked to attend 4 one-hour quarterly meetings, and write or post on your own schedule.

Awards and Grants Review Committee – This vital group needs a wide variety of experts with research experience to review our research grant applications. Each reviewer will receive 1-3 grant applications to review on your own time over the summer.

If you have other interests, we have numerous committees that always welcome enthusiastic volunteers – no experience required! Please contact Phyllis Anderson, Executive Director, at panderson@foundationforpmr.org or 847-737-6062 for more information.

Join the Club

The Foundation for PM&R has two groups for physiatrists who want recognize the need for more **evidence- and outcomes-based** **physiatric research as well as expanded research capacity.**



The Summit Club - This exclusive group of committed physiatric philanthropists pledges a minimum annual gift of \$1,000 or more per year for five years. Members receive special recognition in our publications, on our website, and at all meetings, plus access to our private lounge at the AAPM&R Annual Assembly, where you can get some coffee or tea and connect with friends and colleagues between sessions.

The Ascent Club - Our Ascent Club is exclusive to physiatrists age 45 or under. Your monthly gift of \$20 or more provides a consistent support base for the research needs of our field. Members enjoy all the benefits of Summit Club membership, plus free registration to the Rehab 5k.



If you would like to be recognized as a physiatrist who cares about and supports vital research, please contact Phyllis Anderson, Executive Director (panderson@foundationforpmr.org or 847-737-6062) to sign up for one of these clubs today! Then wear your Summit or Ascent Club ribbon proudly at national physiatry meetings to let your colleagues know you care. Thank you!

Find us in Phoenix

If you are attending the Association of Academic Physiatrists meeting on February 27-March 1, please stop by the Foundation for PM&R at booth #126 in the Exhibit Hall. Pick up information on our research grants and awards program, and make a donation to build PM&R research. Hope to see you there!



Follow the Foundation Online

Find news and updates about the Foundation for PM&R and psychiatric research by following our social media accounts.



Facebook: FoundationforPMR

Instagram: foundation4pmr

X (Twitter): F4PMR

LinkedIn: Foundation for PM&R

You can also find videos about psychiatric research issues on our YouTube channel

at: https://www.youtube.com/channel/UCvtViFtBRd0dExw4V__3HNO.

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