

President's Message: Support the Future!

By Ross Zafonte, DO, President



The landscape of medical practice is changing rapidly—and few fields face greater challenges or greater opportunity than Physical Medicine and Rehabilitation (PM&R). As clinicians confront rising complexity, shrinking resources, and increasing scrutiny, the Foundation for PM&R stands at a critical crossroads. Thanks to the

generosity of our supporters, we've become an incredibly stable and successful force for innovation and education.

But now, more than ever, the field and PM&R practice need your help. **We must prove—through rigorous research and outcomes—that what we do not only works, but transforms lives.** This is the way to open a future for our patients and ourselves. We must show that our clinical care, new biologic therapies, novel infusions and regenerative strategies are not just promising ideas, but the future of clinical care.

Your donation is not simply a gift to an organization—it's an investment in the profession, in patients, and in yourself. **It supports breakthrough research, cutting-edge education, and the development of the next generation of therapies for pain, disability and functional restoration.** It ensures that the future of PM&R will be defined not by limitation, but by leadership, courage and innovation. Together, we can develop new ways to treat pain, restore function and renew hope.

DONATE NOW

NEW! How to Get Research Funding

The Foundation for PM&R will host a new symposium at the AAPM&R Annual Assembly on **"Getting Funded: How**



to Write and Submit a Successful Foundation for PM&R Research Grant Proposal." Drs. Elliot Roth and Ross Zafonte (Foundation VP and President) will be joined by renowned researchers and past Foundation grant recipients, Drs. Prakash Jayabalan, Adam Tenforde and Patricia Zheng. The session will take place on Saturday October 25, from 3:00-4:15 PM and is free to all Annual Assembly attendees.

Debate on Steroid Injections in Knee OA

Every year at the AAPM&R Annual Assembly, the Foundation hosts a debate session on a controversial topic in PM&R. This year's debaters will ask: "**Intra-articular steroid injections for knee osteoarthritis: Is it time to stop doing them?**"



The session will be held at 12:30 PM on Friday, October 24 at the Salt Lake

City Convention Center. **Drs. Prakash Jayabalan and Jennifer Soo Hoo** will debate, with Dr. Thiru Annaswamy moderating.

Join the Club!



The Foundation for PM&R has two groups for physiatrists who 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!

2025 Rehab 5k is Coming

Friday, October 24, 6:30 AM, Memory Park, Salt Lake City

Mark your calendar for this year's Rehab 5k Run/Walk & Roll, which will

take place in Salt Lake City's Memory Park (in conjunction with the AAPM&R Annual Assembly.) **In Person or Virtual** – Join us in SLC, or take part in the fun from home. Make sure you take advantage of the early bird discount on registration if you are attending the meeting!

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.



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 every participant receives. Contact Phyllis Anderson at panderson@foundationforpmr.org for more information.

Advance Psychiatric Science ...

... **without doing the research yourself!** There are many opportunities to help advance the field through the Foundation for PM&R:

- **Volunteer** – Our volunteer-driven committees always welcome new members.
- **Spread the word** – Call the Foundation office to have us provide a 20-min Zoom presentation for the residents and faculty in your department about the research grants program and how they can apply.
- **Build awareness** – Stop by the Foundation booth at the AAP and AAPM&R annual meetings to get a Donor badge and wear it proudly! Let your colleagues know that you support the Foundation for PM&R.
- **Donate!** Individual donations from psychiatrists like you are the primary source of funding for the Foundation for PM&R. There are many ways to give:
 - **Become a sustaining donor** – It's easy to set up a monthly contribution through our website www.foundationforpmr.org/donate-now/.
 - **Donate your annual RMD or appreciated stock** – You can realize tax benefits by donating your annual required minimum distribution from a retirement account, or stock that has appreciated in value. Contact the Foundation Executive Director, Phyllis Anderson, at 847-737-6062 or panderson@foundationforpmr.org to find out how.
 - **Direct a gift from your DAV** – If you or your family has a donor advised fund, you can direct your fund manager to make a gift to the Foundation.
 - **Make a legacy gift** – If you include the Foundation for PM&R in your estate plan - either with a fixed gift or percent of your estate, or by naming the Foundation as beneficiary on a life insurance policy or annuity – you can join our Legacy Society. Contact the Foundation Executive Director, Phyllis Anderson, at 847-737-6062 or panderson@foundationforpmr.org for

more information, and talk to your financial advisor.

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