

## **The Foundation for PM&R: What's Next?**

**By Ross Zafonte, DO, President**

As we continue our journey in advancing the field of Physical Medicine and Rehabilitation, I am thrilled to provide you with an update from **the Foundation for PMR.**



Here are some key points to keep in mind:

- **Participation is Vital:** The Foundation relies on the active participation of each member of our community to drive progress forward. Your involvement and support are crucial in our mission to enhance PM&R and help the field thrive in these challenging times. Donate today!
- **Continued Research:** 100% of Foundation-funded researchers from the last 10 years are still actively engaged in their research endeavors, many of which are now supported by federal grants. This sustained effort underscores our commitment to furthering scientific understanding and innovation.
- **Progress in Key Areas:** Foundation-funded research has facilitated significant strides in multiple areas, including musculoskeletal (MSK) health, spine care, and neurorehabilitation. These advancements pave the way for improved patient outcomes and enhanced quality of care.
- **Upcoming Events:** Mark your calendars for the upcoming Rehab 5k, an opportunity for our community to come together in support of PMR initiatives. Additionally, don't miss Dr. Braddom's speaking tour, proceeds from which will benefit the foundation and its vital work.
- **Ascent and Summit Clubs:** Consider joining our Ascent and Summit Clubs, where dedicated members have the chance to make a lasting impact on the future of PM&R through their philanthropic contributions.
- **Strategic Planning and New Website:** We're excited to provide a sneak peek into our strategic planning goals and the upcoming launch of our new website. These initiatives will further enhance our ability to serve the PM&R community and advance our collective objectives.

Thank you for your unwavering dedication and support. **Together, we**

will continue to elevate the field of Physical Medicine and Rehabilitation and make a meaningful difference in the lives of patients worldwide.

**DONATE NOW**

## Rehab 5k is Coming!

**Friday, Nov. 8, 6:30 AM**



Mark your calendar for this year's Rehab 5k Run/Walk & Roll, which will take place along the waterfront in San Diego (in conjunction with the AAPM&R Annual Assembly.) Make sure you take advantage of the early bird discount on registration!

- **Residency Program Challenge** – Once again, we will give residency programs the opportunity to compete for prizes.
- **FREE registration** – All Ascent Club members get free registration to the Rehab 5k event this year. See article below to join.



## Dr. Braddom Hits the Road

For the third time, Dr. Randy Braddom has graciously agreed to do a Zoom lecture tour as a fundraiser for the Foundation. Dr. Braddom is particularly well known for his textbook - but also as a visiting professor, having made over 300 invited presentations both nationally and internationally. The Foundation for PM&R is fortunate that he is among our past Presidents and



a top donor.

**Dr. Braddom is available to speak to your residents on one or more topics for a donation to the Foundation of \$150 or more for each one-hour lecture.** If you prefer, Dr. Braddom will come to your facility (in the continental USA) as a visiting professor. The minimum contribution to the Foundation for a half day of live lectures is \$500 plus travel expenses for Dr. Braddom.

**If you would like to participate,** contact Dr. Braddom directly at [randybraddom@gmail.com](mailto:randybraddom@gmail.com) or 908-601-7036. Take advantage of this opportunity to hear from a legend in the field and a great storyteller – and support psychiatric research as well!

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## Join the Club!



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

- **The Summit Club** - This exclusive group of committed psychiatric 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 psychiatrists 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 psychiatrist who cares about and supports vital research,** please contact Phyllis Anderson, Executive Director ([panderson@foundationforpmr.org](mailto: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 psychiatry meetings to let your colleagues know you care. Thank you!

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## Coming Soon

Every 3 years, the Foundation for PM&R Board of

Directors develops longer range strategic plans, setting new goals to continue our growth and improvement. Just a few of the goals identified when the Board met in February include:



- **Increase the number and size** of research grants offered
- Explore **additional areas of research** that would benefit the field
- Establish guidelines for Board composition that reflects the **diversity of the field**
- Acquire 80% of all **physiatric leaders as regular donors**

As part of our strategic plans, our website will be totally rebuilt with a new look and more intuitive navigation. Watch for the launch in June!



## Find the Foundation Online

Find news and updates about the Foundation for PM&R and physiatric 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 physiatric research issues on our YouTube channel at:

[https://www.youtube.com/channel/UCvtViFtBRd0dExw4V\\_3HNQ](https://www.youtube.com/channel/UCvtViFtBRd0dExw4V_3HNQ).

**DONATE NOW**