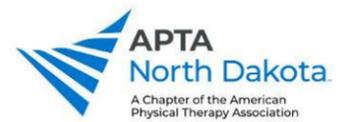

APTA North Dakota President *Cindy Flom-Meland*

Quality Assurance Bulletin Q4 2021



Cindy Flom-Meland
APTA North Dakota
President

Where are you from? Grand Forks, ND

How long you have been practicing?

30 years as of May 1991 (at Altru for all of those years – currently flextime in inpatient rehab and at UND (faculty) since 1998 – involved in clinical education for many years as Director of Clinical Education and assistant DCE and now currently, Chair of the program.

How you came to be a PT

In junior high school in civics class, we were to research a profession that we were interested in pursuing, the profession I learned more about and knew it was just the right one for me, was physical therapy. I never looked back after that! I was a patient in PT as a junior in high school after rupturing ligaments in my ankle from a basketball injury. That experience and my love for kids had me interested in working either with athletes or with kids; however, while in PT school it was neurology that really peaked my interest. I love everything about the brain, the CNS, and the body's amazing ability to recover following an injury, granted, not always to the level we desire.

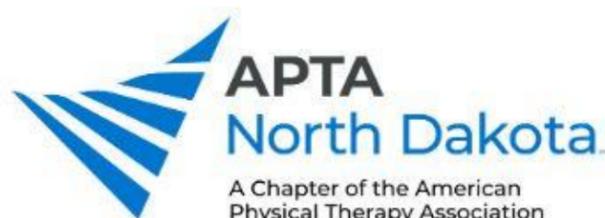
Your experience as part of ND APTA and current experience as President?

I had my first taste of APTA national as a student, I attended a national conference and sat in part of the House of Delegates. I was hooked. Within a year or so of graduation I had the opportunity to be slated as Secretary for what was then known as the North Dakota Physical Therapy Association. Since that time, I have been active either as a Board member or a committee member with the exception of a year or two.

Along with the role of secretary, I have served on the QA committee, Member-at-Large >30,000, Delegate/Chief Delegate, Ethics Committee, and now President. It was exciting to be part of the launch of APTA North Dakota's new brand in following the rebranding of APTA national. It has been an exciting year for APTA with the Centennial and such an amazing time to celebrate how far this profession has come. I'm excited to see what the future holds.

Cindy, thank you from APTA North Dakota membership for your years of dedication and service to our profession!

APTA North Dakota is proud to have you as our component President, representing our state.



Aspiring Presidents: See below!

What does the role of President look like?

First, I will say it is not scary. I say that, because yes, I was intimidated by the position when first asked if I'd consider running for it. I have found the position to be that of Guide. When a Guide is surrounded by people that are excited for their roles and putting in the time and effort to fulfill their roles, it takes the self-induced pressure off a bit. Yes, there is responsibility that comes with the position and yet I have worked to function as a unit (i.e. the full BOD or the executive committee) versus as an individual.

What would be your advice for someone desiring to one day fill your shoes?

Get involved early, stay involved – in different seasons of life that may look different, but it is important to stay invested in one's profession (my opinion of course). Observe, watch, and listen to others. Take on the challenge that your gut is telling you try.

There are people willing to mentor, help, guide you along the way. Keep the passion for your profession alive and well. Figure out a way to integrate personal and professional life. I don't really see it as a work/life balance as I feel I am who I am because of life experiences in both my personal and professional life – both have shaped me as a professional and human being, hard to separate.

I am grateful for all the great leaders and mentors that I have learned from over the years. I am also glad to have found a profession that I am just as excited about today as I was many years ago when I first learned about it as an 8th grader.

The roles of leadership.



Tyler Burcham

**Reimbursement
Chair**

- promote physical therapy to health care market-place decision makers
- influence payer activity on a local and regional level



Caitlyn Stonestreet

**Recruitment and
Retention Chair**

- receive materials regarding recruitment of APTA ND members
- direct recruitment and retention program for APTA ND



Marley Zachmann

Public Relations

- promote the progression of physical therapy to the public and consumers
- review and distribute APTA materials for member use



Steven Halcrow

Nominating Chair

- recruit candidates for committee vacancies and office positions
- devise and implement proper voting procedures