CORRESPONDENCE
HELBIRANDT, FRANCES A. 1981-1983
1945
Letter from Sue to Dr. Hellebrandt
re her education

Other letters
and 1992 Hellebrandt letters

1992, Hellebrandt letters
August 30, 1981
First Community Village

My dear Sue:

I was greatly moved by your note of the 24th and overwhelmed by the gorgeous deep red roses that came to my door on the 26th. It was the kind of symbolic gesture that sustains and warms the heart of every teacher. Our rewards are mostly intangible but they greatly enrich life in the years that follow active teaching.
I don't dwell much on the past. I remember that I had great hopes for HCV as I bumbled thru the years of your school's beginning. You made it a sound and sturdy institution and I am proud of the achievements of your group.

I remain in relatively good health and still ride 8 miles on my Stationary bike each morning before breakfast. Last year I worked on an interdisciplinary curriculum project at O.S.U. We want health workers to know something about aging.

Incidentally, I attended a P.I.T. Workshop on the subject of aging at O.S.U. that was superb. Just what I would expect of physical therapists - alert to the new demands of the times.

I had the opportunity to talk about successful aging to Psychology and to Social Work students at O.S.U. This fall I am giving 6 seminars on "Healthy living patterns for elders" at the Village. This will be my last "academic" venture. My
vision is deteriorating rapidly due to macular degeneration. It is getting more difficult to read.

I make rounds in our convalescent almost daily and am having a wonderful opportunity to watch the natural history of the aging process.

Keep up the good work at MCV and know that I follow what you do with pride and interest.

[Signature]
F. A. Hellebrandt, M.D.
1962-95 Riverside Drive
Columbus, Ohio 43212

1800-229

30m
8/26/1901
8/26/81
8032

Miss Susanne Hirt
7301 Normandy Drive
Richmond, Virginia 23229
Dear Dr. Hellebrandt

This is to send you greetings and my very best wishes for your birthday.

This is to send you greetings and my warmest wishes for your birthday. I also wish to thank you for the lovely letter that you sent to Steve. This, and many other letters were presented to me in a book that I will cherish for the rest of my life.

Your contribution to the creation of this school is still very much appreciated throughout the years I have been here in this spirit in which you created this school has never been
lost our dear brother
We have a very outstanding
performer at this time with
outstanding clinical and
creative clinical performance
and you should be proud
to see our research
and would welcome
the most talented faculty.

I hope your first day
will be happy and
with many happy returns, and many
happy days in between,
with gratitude and
with gratitude for the
life, love, and friendship
and the lessons I learned
from you.

Very-kindly,your

Grateful one.
September 2, 1982
First Community Village

My dear Sue—

Your birthday greetings reached me like a warm and friendly hand from the distant past. I was away when the roses came. My dear friend, Hella Freud Bernays the niece of Sigmund Freud, glowed in them until the florist came to take them back for redelivery when I returned. He gave her one and she was enormously pleased. I got mine on the 30th and they have added an air of celebration to my rooms.

We went to Chicago for my birthday, marked the day with dinner in a Czechoslovakian restaurant, ate “Old Country” food, and then made a pilgrimage to the house where we
had been born and the ethnic neighborhood where we had spent a happy childhood.

I am very fit - have only 92 miles more to go on my stationary bike to reach 10,000 miles, and am in good health except for failing vision from a senile macular degeneration for which there is no cure. I am working on my unpublished papers so that I can deposit them with my reprints in the Archives at Wisconsin. I make "rounds" in the Convalescent almost daily and continue to be fascinated by the unfolding of the natural history of aging.

I am proud because I was able to prevail on our PI Dept. to assume the responsibility of conducting...
a safe yet worthwhile exercise program for the healthy elderly 80 years old or older. This has been much neglected. The P.T. is the only health professional qualified to tackle this risky area. We are vulnerable on many fronts yet should not be allowed to deteriorate as we inevitably do. A group of P.T. seniors at O.S.U. took us on as a special project last spring with interesting results.

I am enormously pleased with what you have done with your professional life and especially with how much you have given of yourself to the sound
development of P.T. education on a national level. I understand you will retire soon and hope you find the years ahead as full and rich as mine have been. With warm personal regards,

Affectionately yours

Franz A. Hellebrandt
December 2, 1982
1862-35 Riverside Drive
Columbus, Ohio 43212

Dear Sue:

As you probably know, I have one of the commonest disabilities of the aged - macular degeneration. It's progressive and nothing can be done to alleviate it. Mine progressed so rapidly in the last 8 months that I decided to hustle and go over my accumulated unpublished papers while I could still read. I found some that belong to MCV. The Wisconsin papers go to the Archivist of the University of Wisconsin. What shall I do with the others?

I have put the MCV papers together in a notebook that I will send to you via United Parcel, when and if you are willing to accept them, and when and if I can get anyone to take the parcel to UPS.

Some of the little papers come from the Orientation Class we held weekly when the school started. It seems long ago and P.T. Education has gone a long way beyond its humble beginnings. P.M.& R. was also in its infancy. It was struggling for acceptance as a medical specialty and troubled by its relations with technical personnel. I have included a long workshop paper dealing with those issues. You may find it historically interesting.

I have also included a paper called "Living Anatomy" that describes one of the last pieces of research I did and that reviews historical landmarks we should not allow our students to overlook.

If you decide to accept this, use what you can and throw the rest away. The old always want to leave something of themselves behind when they go. It helps us accept our mortality.

Trusting all is well with you, yours for a happy holiday season, I remain,

Sincerely,

[Signature]

P.S. I am in very good general health and not at all depressed about my macular degeneration. I do read large print books by choice now. When I can no longer read, I will listen. I still go to "gym class" twice a week, and my bicycle odometer now reads 10,592 miles. I ride 16 miles a day, in two bouts of 1/2 hour each. That's good for a person "going on 82". FAH
Miss Susanne Hirt
7301 Normandy Drive
Richmond, Virginia 23229

8.26.1901
My dear Sue:

I was so pleased with your call last evening that, leaving my bed unmade, I have tackled a last shelf of papers waiting to be sorted. I almost never think of the past, and particularly not of my professional past. It is an unexpectedly pleasant experience to discover that someone out there in the "real world" might be interested in them—my papers.

The papers my niece is holding in Athens will be dull stuff. It is more the history of early FM&R than PT, because in those days I was deeply troubled by the relationships of the two. The sophisticated modern PT will think my views naive. I don't think even you know how devoid of status PT was in those days.

When I was pressured to move from Physiology to Physical Therapy during the War years, the PT program at Wisconsin was undaunted apprentice training, with no recognition as a University course. It was run by the Wisconsin General Hospital's radiologist because he had something to do with electricity. There was no faculty and no curriculum. PT students did not register in the University. They were advised to wait 3 or 4 years after completing their training, before attempting to take the examinations then given, I think by the office of the American Congress of Physical Medicine. No one remembers how severe a battle it was to wrench PT from the Radiology Department, devise a curriculum, get a faculty, and register students in the University. The event that put the course at Wisconsin on its feet was Emma Vogel's program for WAGS. With a Government contract from the Office of the Surgeon General, we had the muscle to demand laboratory space, classrooms and a faculty. Even at that, most of the physical plant facilities were housed in two of my laboratories in the Physiology Department. I think it was Peg who helped me one night as we painted the floor of one of the labs green.

I savor your achievement at MCV because it too came from primitive beginnings. Be tolerant as you read the record.

Since you seem interested I will send more miscellaneous materials, some of which do not pertain to MCV but do concern themselves with PT education. I have odds and ends of loose reprints and also some of the original journals in which papers appeared. If you find any of them useful they may find a place in your Departmental Library. A few of the journals are obscure. I think I will also send you the Bassett Lecture from Wisconsin because that is an example of how far I got in my thinking about Motor Learning. The two volumes of the American Physiological Society on Motor Control which I plan to study in spring, will tell me how far off I may have been in my own reasoning. I shall donate the volumes to your School when I finish with them. They may serve your graduate students since this is the best compendium of world literature.

You can expect the first notebook of papers soon. The box of reprints, journals and miscellaneous papers will come shortly thereafter. The Motor Control volumes you can load into your car when you visit Columbus. I called Peg Huikill to alert her. She is delighted by the prospect.

I shared your phone call also with my good friend Hella Freud Bernays. Have I told you about her? She is the niece of Sigmund Freud. I plan also to send you a paper titled "Life in Prague After Munich." That will be for personal consumption. You will understand why I send it.

[Signature]

December 9, 1982
1352-35 Riverside Drive
Columbus, Ohio 43212
P.S. - I will include some material on Geriatrics. I do this deliberately because PT will have to concern itself with Geriatrics sooner or later and will have to include some material on that subject in its curriculum.

The matter interests me because I have always wondered WHY it is the OT who is chosen to run exercise programs for the aged. That was the case here at FOU and I was kept busy supplying her with books on exercise physiology. I always thought the PT should be assigned to this responsibility, and after 7 years have achieved it in part. Since last spring we have had a supposedly experimental fitness course conducted by a group of 4 seniors in the PT school at OSU, under theegis of the PT on their faculty who is under private practice contract to supply all the PT at the First Community Village, including our Convallarium.

The PT boys refer to us (old ladies who on the average are over 80) as "Yous guys" and they give audacious advise like recommending that we go to the Gold Circle and buy a sweat shirt and sweat pants. They very seriously gave each of us in the class a physical exam consisting of muscle testing, joint mobility and strength and balance. Then they devised an exercise program specifically for the very aged, and started us on floor exercises. Some of the women had not been on the floor for years. They could not get down, let alone get up. Some can't get out of a chair that does not possess armrests.

I attend the class because I am not at all sure what is correct for us - whether we can build strength - whether tendons do stretch etc. The class is small. About 12 or 14 on a good day. Two members have been hospitalized recently with circulatory episodes. Are we doing too much? Can we do the exercises prescribed without a Valsalva?

If I can get a copy I will include a module of a chapter in an interdisciplinary manual on Geriatrics put out under a government grant at OSU recently. My chapter had to do with "Healthy Living Patterns" and has a lot to say about things which should be known by the PT of the future.
8.26-1901

Prof. Sue Hirt
School of Allied Health Professions
Virginia Commonwealth University
Box 224
Richmond, Virginia 23298

8-26-1901

10-5-84 Susanne Hirt
7301 Normandy Dr
2-2-92 Richmond, Va. 23229
September 16, 1983

F. A. Hellebrandt, M.D.
First Community Village
1826-35 Riverside Dr.
Columbus, Ohio 43212

Dear Frances:

Here is the information you requested.

1. The official title of our educational program is:

   Department of Physical Therapy
   School of Allied Health Professions
   Medical College of Virginia
   Virginia Commonwealth University

2. The person to be contacted by your lawyer or executor of your estate is:

   David E. Bagby, Jr., Executive Director
   Medical College of Virginia Foundation
   1012 E. Marshall St.
   Medical College of Virginia Sta., Box 234
   Richmond, Virginia 23298

   Telephone: 804 - 786-9734

Again, I would like to say how much all of us appreciate your thinking of this "school" of physical therapy as an important part of your life.

I think I mentioned to you that we not only have a large - approximately 30 students - Master's degree program which, under Dr. Otto Payton's leadership, has produced many capable and promising people; but have also started a Ph.D. program in conjunction with either Anatomy or Physiology.

The spirit that you brought to Richmond is still with us.

Cordially yours,

SH/k

Sue

Department of Physical Therapy • School of Allied Health Professions • Box 224 • MCV Station
Richmond, Virginia 23298 • (804) 786-0034
August 29, 1983  
1862-35 Riverside Drive  
Columbus, Ohio 43212

Dear Sue:

I don't have your new home address so I must address you at M.O.V.

Thank you for the beautiful pot of chrysanthemums with which you remembered my 82nd birthday. Extend my grateful appreciation also to your sister. I have put them in our lounge in a spot that gets the best light - so I will not be the only one to enjoy them. It is the custom for us to share our special pleasures.

I write also because I need some information and do not know from whom to get it since M.O.V has changed from the days when I knew it. I wish to remember the P.T. School in my will. I called it the Physical Therapy Division of the School of Allied Health Professions of the Virginia Commonwealth University. I'm not sure what your official title is. I want the bequest to go to your specific school and not to the unit as a whole.

Please send me the following:

1. The specific official title of your school
2. Whom my lawyer should contact or the executor of my estate. I presume I should have the title of the officer, an address and perhaps a telephone number.

I will file the above with my attorney

I have just returned from a week at home where I went to celebrate my birthday. My family is already thinking of a short trip to China next summer. They think I should plan to go along but I have more sense than that. I have registered my desire to move from the Garden Area where I have lived for the last 8 years to Hillside House where I shall probably eventually land. I would prefer to make the move while I can still see and while I am still capable of making the necessary emotional adjustments. I wait only for a suitable room to be vacant, large enough for me to move the minimal essentials that I need for my "work". I'm not ready to retire yet. With warm personal regards and greetings to your sister,

As ever

[Signature]
Greetings Sue. I still don't have your new address. In my move to Hillside, whole sections of my files were misplaced and your letters are among the temporarily lost papers.

How goes your partial retirement? You are as busy as before I suspect. I still want until I can really "retire". So far the days seem to grow more full.

Hope all is well.

Love, F.A.H.
Christmas, 1983
1800-229 Riverside Drive, Columbus, Ohio 43212

Season's Greetings! I send my new address. I have now arrived at the 3rd stage of life in this multilevel retirement center. Hillside House is classified as a "Rest Home" and is the Assisted Living Unit of the First Community Village.

My move was optional – preventative and anticipatory – so that I could adjust to new surroundings and living patterns while I can still see, care for myself, and am fully ambulatory.

I am now past 82 and have ridden 12,000 miles on my stationary bike. I do 8 miles daily before breakfast, usually walk upstairs to the dining room, and almost always walk down without the use of the handrail to keep a waning proprioceptive system alive. Strength and balance remain equal to the task, tho I choose to carry a cane for stability. Vision remains reasonably good. I follow the market daily in the Wall Street Journal with the aid of a magnifying glass, but find large print books a blessing. I was chagrined to discover that my hearing had fallen off significantly but adjusted without incident to bilateral hearing aids. Such are the wonders of the electronic age. I continue well enough in mind and body to make rounds in the Convalarium, sit on the Health & Nutrition, and Safety & Security resident committees, and play recorder duets regularly with a fellow Villager.

I spent 16 weeks in Athens housesitting during the winter and spring while my brother did his last stint of teaching in Malaysia. He had been a professor at Ohio University for more than 50 years. He and his wife spent his 79th birthday in Tokyo with a former student. They have moved permanently to Florida so my prized periodic housesitting, full of solitude and time for study, is a thing of the past.

The move to a single room forced me to dispossess myself almost completely. My bound reprints and unpublished papers went to the Archives of the University of Wisconsin and I gave the Medical College of Virginia materials that might be useful in their graduate program in Physical Therapy. The M.S. I introduced has grown to Ph.D. level work, and I get satisfaction from Sue Hirts' MOV achievement.

The FGV has been my home for 8 years. I shall spend what time remains to me safe and secure in a caring environment that offers ample opportunities for good aging. May your New Year be as free, bright and fulfilling.

Frances A. Hellebrandt