

WUSOTA

Washington University Student Occupational Therapy Association

Message from the President

Being in the Washington University Occupational Therapy (WUOT) program has provided me the opportunity to work with some of the most knowledgeable and compassionate students I have ever had the pleasure of knowing. The hard work everyone puts forth in research, jobs, schoolwork and volunteering is truly inspiring. I feel so lucky to constantly learn from my peers and their unique experiences, and I would like to thank all of my classmates for continuing to be my source of motivation.

The Washington University Student Occupational Therapy Association (WUSOTA) has served as a great organization for students to further leadership skills, professional development, social experiences and cultural experiences.

The 2014-2015 WUSOTA executive board got the ball rolling over the summer semester with a "No Limits" apparel fundraiser, a phrase that we chose to serve as a motto of our future profession.

We welcomed our first-year students this fall semester, and as a student body, we have grown stronger and more involved with their



Jenna Rebhun

presence. The student body has shown great participation through involvement in the Walk to End Alzheimer's, an exciting Beep Ball tournament with the St. Louis professional Beep Ball team, letter writing campaigns to advocate for OT services through policy, and various documentary showings about societal conflicts. The student body continued to inspire others through the creation of an occupational therapy "Dynamite" music video explaining what occupational therapy is and what we do as a profession throughout the continuum of care.

As the semester came to a close, we were all very proud to represent WUOT at the American Occupational Therapy Association (AOTA)/ National Board for Certification in Occupational Therapy (NBCOT) National Student Conclave, with more than 60 WUOT student attendees and several student poster presenters. Thank you so much to all of the students for your hard work and involvement this semester! I look forward to what our executive board and student body have in store for the spring!

- Jenna Rebhun, OTD/S '16
WUSOTA President



More than 60 WUOT students attended the 2014 AOTA/NBCOT National Student Conclave held in St. Louis, Mo., in November.

Advocacy

The Advocacy Committee has been doing a great job promoting the field of occupational therapy! From August to October, members of the committee have been presenting a series of lectures for the Barnes-Jewish Ambulatory Care Medicine interns in order to educate them about the role of occupational therapists. Furthermore, the committee participated in Backpack Awareness Day on Sept. 17 by educating students and faculty on the proper use and wear of backpacks. The committee is also in charge of letter writing campaigns in which they encourage OT students to write personalized letters to legislators about current OT issues and policies. For instance, on Nov. 18, they held a letter writing campaign in order to write to federal legislators about the OT in Mental Health Act and also to Missouri legislators about the Missouri legislation on traumatic brain injury. In order to educate students about these policies, the committee hosted a workshop to first teach students about the issues.

Next semester

The Advocacy Committee is gearing up for OT month in April! They also plan to get involved with the Boy/Girl Scouts, particularly with their Disability Awareness programs, through presentations or other necessary services they may need from OT students. In addition, the Advocacy Committee would like to go to a local elementary school to discuss OT and get the younger generation excited about

this burgeoning field. An elevator speech workshop and other letter writing campaigns are also in the works, so stay tuned!

ASD

As the Assembly of Student Delegates (ASD) Delegate for WUOT, Brie Hussey has done many things to bridge the gap between AOTA and OT students. This semester, she co-led an informational meeting about AOTA and the Student Conclave along with Missouri Occupational Therapy Association (MOTA) Representatives, Savannah Sisk and Jianna Fernandez. She encouraged students to attend the 2014 AOTA/NBCOT National Student Conclave, conveniently held in St. Louis on Nov. 14-15. More than 60 WUOT students attended, which was the highest attendance from any OT program this year! Brie also brought current AOTA news to the WUSOTA members during the general body meetings, which included congressional affairs and active legislature regarding OT. She urged students to take an active part in government by voting in the recent federal election.

Next semester

Brie plans to host a Classroom to (AOTA) Boardroom discussion. She also plans to sell clipboards that students can use during their fieldwork experiences. Lastly, she will inform students about and encourage students to attend AOTA's 95th Annual Conference and Expo held on April 16-19, 2015, in Nashville, Tenn.!



A “Not-so-Scary” Halloween event

“Being involved in the WUOT Community Practice Halloween event was a great experience! The event, which was open to families in the community, as well as those who receive services through the Children, Youth, and Family division of Community Practice, was held to give kiddos the opportunity to participate in a fun, safe, not-so-scary Halloween party with their families. A group of OT students were able to plan activities and make signs and other decorations for the event. At the party, we colored, made crafts, face-painted and chatted with some very cute kids in costume! It was fun to interact with families from the community in a playful setting while representing WUOT. It was great to see the relationships between the clinicians and the children and families they have impacted. The fact that our clinicians take time to plan and host a family-friendly holiday event shows how much they care about the community they serve.”

- Merissa Harkema, OTD/S'16

Community Service

The Community Service Committee has accomplished many goals this semester! The Community Service Committee, and fellow students, volunteered and participated in the local Walk to End Alzheimer's, Walk Now for Autism Speaks, and Stampede for Stroke to help raise money and awareness. They also collected over 141 pounds of food for the Ferguson community in the PB and Joy Food Drive and diapers for the St. Louis Area Diaper Bank. For Halloween, students volunteered at TASK's Halloween party where they facilitated games, karaoke and dancing for children with disabilities. Then, in collaboration with WUOT's Community Practice, the students organized crafts and games for clients and their families at the "Not-so-Scary" Halloween event. Since service isn't all fun and games, the committee put the students to work maintaining the yards and homes in the local Naturally Occurring Retirement Community (NORC) and for two women living at home with disabilities during Adopt a Home Day with Caring Solutions. Students brought food dishes to the Hope Lodge dinner event for the residents who stay there for the duration of their cancer treatment in St. Louis. Lastly, students explored their creative side while helping to paint a mural for the Bridge, a local shelter for the homeless and at-risk individuals.

Next semester

The Community Service Committee is planning to build on their success with the following events next semester:

- TASK Social Night
- Hope Lodge Dinner
- Walk MS
- Relay for Life

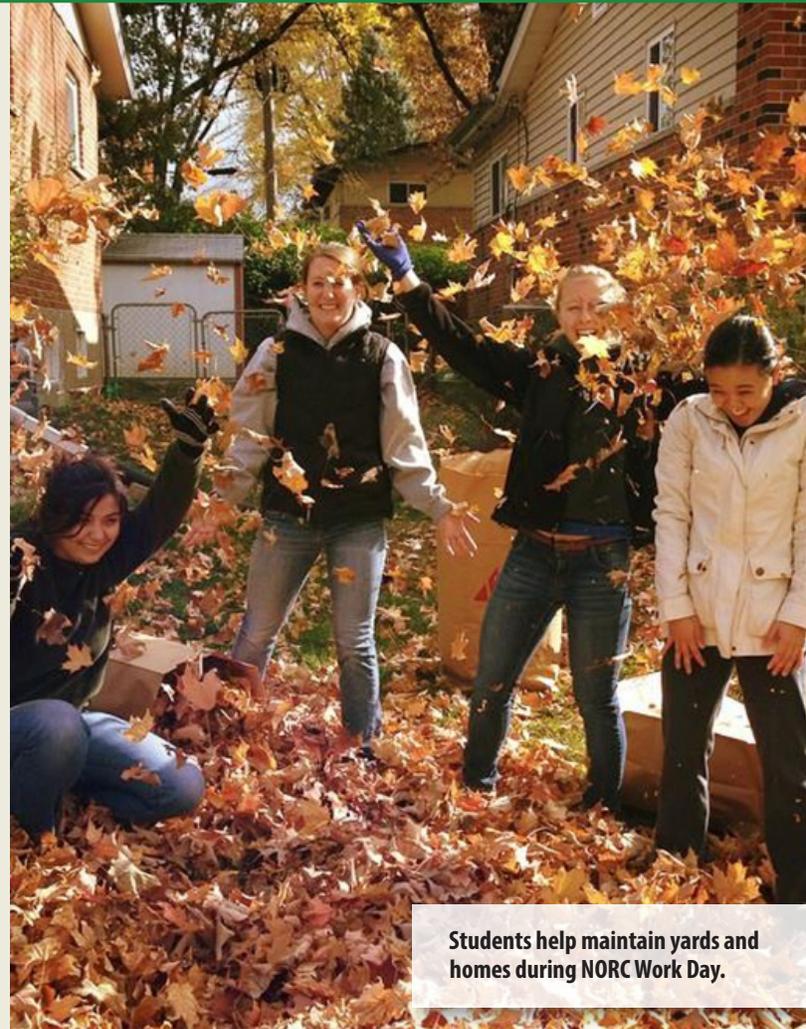
Cultural

As practicing occupational therapists, we will encounter people of many cultures. The mission of the Cultural Committee is to enhance cultural competency to prepare students for employment in an increasingly diverse practice population. This semester, the Cultural Committee has hosted educational and entertaining events, such as Beep Ball, and, later in the semester, a lecture about deaf culture.

Overall, Beep Ball was a great success! A group from Lighthouse for the Blind spoke about Beep Ball, baseball for the blind, and demonstrated the game to the students, who were also able to play themselves. Students were instructed to listen to the pitcher and the beep of the ball and to not rely on their vision while batting. Both nervous and excited, students took turns batting blindfolded. Some swings went beyond three strikes, while some hit home runs. First-year student Sam Talisman described the event as "fun and a great way to learn more about visual impairments."

Next semester

Some events to look forward to next semester are a religion forum in January and a disability lunch in March. More information will be coming soon.



Students help maintain yards and homes during NORC Work Day.

Fundraising

The Fundraising Committee started their hard work on raising funds for WUSOTA back in the summer semester. They held a tank top fundraiser with a "No Limits" design in July, selling more than 50 tank tops for a grand total of \$750! When the weather started to get a little cooler, the committee held a sweatshirt fundraiser. It was a great way to keep cozy while showing support for WUOT. The fundraiser sold a whopping 103 sweatshirts for a total of \$1,145, making it the most successful fundraiser they had this semester! The tumbler fundraiser included tumblers designed with the WUOT logo in four different colors. The profit from this fundraiser is still growing, but they have made almost \$600 thus far. The Fundraising Committee and the Social Committee partnered up for the pumpkin decorating contest in which teams could sign up and decorate pumpkins while drinking hot apple cider. The committees decided to make it a social event; thus, although no money was made, it was still a lot of fun! The Fundraising Committee ended the semester with a gingerbread house decorating contest on Dec. 3. Teams made gingerbread houses while listening to holiday music and eating baked goods.

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Community Service Day at Gateway Greening

HPSLC

The Health Professional Student Leadership Council (HPSLC) is an organization that promotes and advances collaboration among students in the health care field. Programs in HPSLC include Goldfarb School of Nursing, St. Louis College of Pharmacy, and Washington University School of Medicine programs in Audiology/Deaf Education, Medicine, Physical Therapy and Occupational Therapy. Holly Carlson is the HPSLC representative for WUOT.

On Sept. 16, HPSLC started off the year with a meet and greet event for students from all programs at the Shell Café in order to facilitate connections between interdisciplinary health care students in an informal environment. It had samples from Schlafly, a local brewery in St. Louis! This event was followed by Community Service Day on Sept. 20, where students participated in six service project options around the St. Louis area: Gateway Greening, St. Louis Dream Center, Covenant House, Crisis Nursery, Little Sisters of the Poor, and Mission St. Louis. Students from all the programs, including 28 OTs, volunteered at this event!

HPSLC also hosted a series of lunch talks on Oct. 27-29 and Nov. 3-5. These lunch talks were an opportunity to have one person from each program talk about their respective fields in order to educate other students about their roles in the health care team. Andrea Bennett, a second-year student, spoke on behalf of WUOT. Lastly, HPSLC held a Pediatric Case Study Night on Nov. 10, where 12 second-year OT students participated and were each on a separate team with students from other disciplines working on the same case. Congratulations to Sarah Caldwell's team for winning! Sarah Oberle, OTD, OTR/L, from Community Practice was the faculty panelist for OT. HPSLC would also like to thank the three first-year OT students who volunteered to help run the event – Berrit Goodman, Hannah June and Kylie Fischer!

Next semester

HPSLC is planning to host a fun Game Show Night! They are also planning an Adult Case Study Night in which first-year OT students are more than welcome to participate.

Fundraising

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Next semester

The Fundraising Committee is currently discussing a few ideas for more fundraisers next semester. Although nothing is set in stone, some of these ideas include selling valentines on Valentine's Day, sunglasses, and more tank tops when the weather gets warmer! Stay tuned!

Global Awareness

The Global Awareness Committee (GAC) is a sub-committee under the Cultural Committee focused on promoting global occupational therapy. The GAC held three movie nights this semester: "It's a Girl!," "Half the Sky" and "MissRepresentation." The central theme shared by the movies is gender; however, they focused on different issues, such as gendercide, sex trafficking, and media portrayal of women in different parts of the world, mainly India, China, Cambodia, and the United States. They have been followed by discussions about the content of the video, the best ways to address these issues, and OT's role in addressing these issues. Besides the successful movie nights, the GAC held a World Federation of Occupational Therapy (WFOT) panel and discussion with Kathy Kniepmann, OTD, MPH, EdM, OTR/L, and Cambey Mikush, OTD, OTR/L, who were both attendees at the WFOT Conference in Japan this past summer. They discussed their experiences and the valuable opportunities they had learning about occupational therapy from practitioners across a wide range of settings and cultural backgrounds!

Next semester

The GAC is hosting a possible game night with opportunities to learn about games from different countries! They are also hosting a cultural traditions panel, which has been a popular event in the past.

Job Fair

The Job Fair Committee has been hard at work organizing the upcoming annual Job Fair. They have sent out all of the invites to prospective employers and have been keeping track of everyone who is signing up. The most recent count is seven, and that number is expected to rise in the next few weeks! They are also working on getting door prizes and trying to establish connections with other programs to encourage them to come to this free event.

Next semester

The Job Fair Committee encourages everybody to attend the Job Fair! It is scheduled on Feb. 26, 2015 at the Eric P. Newman Education Center (EPNEC). It is a FREE event, and it will provide a lot of helpful information and important networking opportunities for its attendees. See you there!



WUSOTA's OT "Dynamite" Video:
<http://youtu.be/JvRVMu-6j9Y>

“We all had a lot of fun working on the video together. It gave us a chance to get to know the second-years better, and we're happy to help out and promote our profession.”

- Elizabeth Pesch, MSOT/S '16

Media Relations



The Media Relations Committee has been in charge of updating the WUSOTA Facebook page with current WUSOTA news and upcoming events. Please visit our Facebook page at <https://www.facebook.com/WashUStudentOccupationalTherapyAssociation>. Committee chair Nikki Alvarez would like to personally thank her committee members for their hard work and for their contributions

to this newsletter – first-year students Katrina Christopher, Maxwell Lustick, Megan Matthew and Elizabeth Pesch!

Next semester

We will continue to update the WUSOTA Facebook page and provide the OT students, faculty and alumni with the WUSOTA newsletter in the spring.

MOTA

As the Missouri Occupational Therapy Association (MOTA) student representatives, Savannah and Jianna have been busy acting as liaisons between the students and the MOTA board. Savannah attends the MOTA board meetings, where she shares what WUSOTA has been up to and then takes notes on what the MOTA board has been doing to share at WUSOTA meetings. In order to get the students excited and learning more about the great state of Missouri, Jianna and Savannah have shared fun trivia facts about OTs in Missouri during the WUSOTA meetings. This semester, they focused a lot on communicating with the student reps at other OT and OTA schools in Missouri in preparation for the annual MOTA conference.



Jianna Fernandez and Savannah Sisk at the MOTA Conference

They developed a survey that all student reps sent to all the OT and OTA students in Missouri to find out interest, knowledge and membership in MOTA among students. In addition, they developed marketing materials to help the other schools spread the word about MOTA. On Oct. 1, they held a joint lunch talk with Brie, the ASD representative, on details about AOTA and MOTA, why students should join professional associations, and why students should attend either the Student Conclave or the MOTA Conference. At the actual MOTA Conference on Nov. 14-15, at the Lake of the Ozarks, they sponsored a student/new grad mixer. Approximately 35-40 students and new grads from across the state joined them at the mixer and participated in a fun trivia game that Jianna and Savannah developed. They provided food as well through the generous sponsorship of RehabCare and the MOTA board.

Next semester

Jianna and Savannah will be focusing more on policy and advocacy with Capitol Hill Day, held in Jefferson City, Mo. They also plan to have a lunch talk letting students know what happened at the MOTA conference and sharing what they learned.

Professional Development

This fall, the Professional Development Committee put out a music video to promote occupational therapy and explain the profession in an exciting and educational manner. Second-year OT students created and sang a parody of Taio Cruz's "Dynamite." First- and second-year students worked together to create the video, which has close to 4,000 views on YouTube!

The Advocacy Committee also had a movie viewing for "Where Soldiers Come From," followed by a discussion.

Next semester

The Professional Development Committee has many events planned for next semester! The topics include OT and prosthetics, OT and pediatric oncology, finding your path in OT, OT neurorehab, exploring new technology, OT in primary care, OT and sports, and a tentative panel of guest speakers with cognitive disabilities sharing their experiences with OT. We won't have a problem completing our PDUs next semester!



Students take a swing at playing Beep Ball.



Social Committee

This fall was an exciting semester for the Social Committee with six events. First, they introduced all the first-years to the Central West End with the orientation scavenger hunt, which ended at Bar Louie's happy hour. The next event was happy hour at Howl at the Moon – there was a great turn out and tons of fun! They had an adventure with the float trip. It was freezing and the buses were late, but that didn't stop the students from having an awesome time. Lastly, they partnered up with the Cultural Committee for the Beep Ball tailgate and had a great showing for the student night Blues hockey game (GO BLUES!). The ugly sweater holiday party was held on Dec. 5, which gave students a break from their finals and a chance to show off their ugliest holiday sweaters!

Next semester

The Social Committee is gearing up for Theraball on Mar. 28, 2015, location TBD. Other exciting social events are planned as well!

For any questions regarding the WUSOTA newsletter, please contact Nikki Alvarez, media relations committee chair, at alvarez@wusm.wustl.edu.

 **Washington University in St. Louis**
SCHOOL OF MEDICINE
Occupational Therapy

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Pumpkin decorating contest