

WUSOTA

Washington University Student Occupational Therapy Association

Message from the President

As a student at the Washington University Program in Occupational Therapy (WUOT), I feel fortunate to have such a well-rounded education including academia, clinical experiences and evidence-based practice. The Program appropriately challenges students and encourages us to become better clinicians while being a part of something bigger than ourselves. The Washington University Student Occupational Therapy Association (WUSOTA) strives to promote awareness of occupational therapy (OT) in the greater community, fosters professional development of members through engagement in philanthropy and service activities, and gives strength to WUSOTA members for a career as health-care professionals.



Shoshana Falk

The 2017-2018 WUSOTA executive board and general members have been hard at work planning and executing various educational talks, fundraising and volunteer events, cultural awareness events, and

social gatherings. WUSOTA members have taken the initiative to give back to the community this semester with more than 230 hours of community service to organizations including the Crown Center for Senior Living, Hope Lodge, Peter and Paul Community Services and many other national and local organizations.

Many students attended and presented their research at the Missouri Occupational Therapy Association (MOTA) annual conference in October and are excited to continue their educational experience by attending the American Occupational Therapy Association (AOTA) conference in April. As a part of our commitment to research, the WUOT program has again taken the initiative to raise thousands of dollars for the St. Catherine's Challenge, which monetarily supports research in OT. We have had great successes this semester and are looking forward to the spring semester, as we are excited to celebrate WUOT's 100th year.

- Shoshana Falk, OTD/S '19
WUSOTA President

Advocacy

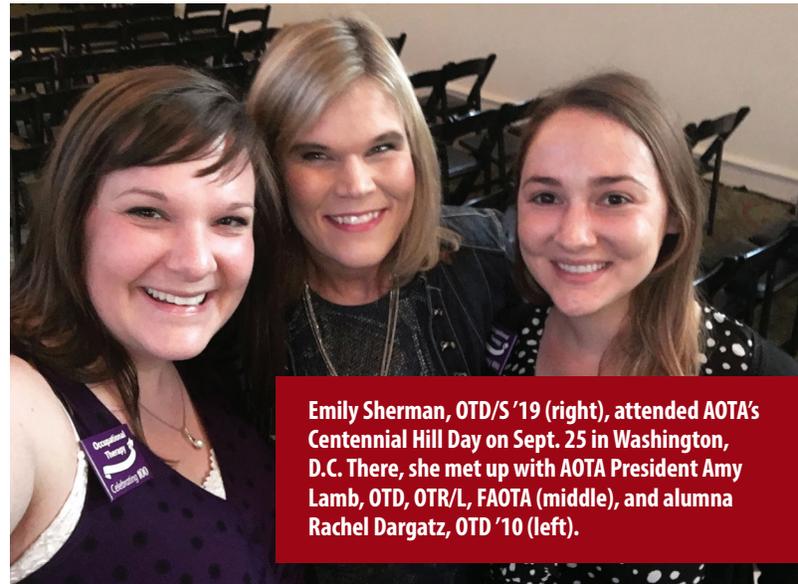
The Advocacy Committee kicked off the semester by hosting a "What is OT" talk for the first-year students, to facilitate a discussion about different areas of practice within OT. In September, the committee held a backpack weigh-in event to raise awareness about the specifications of proper backpack wearing. Students weighed their backpacks to see whether they met AOTA guidelines. The winners were second-year student Laura Flanigan (6 lb., 2 oz.) and first-year student Matt Brandenburg (4 lb., 13 oz.). The committee wrapped up the semester with a letter-writing campaign, where students sent emails to senators and state representatives about the Individuals with Disabilities Education Act (IDEA) and repealing the therapy cap, among other topics.

The Advocacy Committee is excited to offer more opportunities for students to continue to get involved with advocating for our profession next semester!

ASD

During the Fall 2017 semester, the Assembly of Student Delegates (ASD) delivered an in-class presentation to first-year OT students to introduce AOTA's role in our professional community. They coordinated the annual AOTA Student Membership Drive and reached 100% student membership, in accordance with new WUOT requirements. The ASD committee kept students informed about AOTA news and events (e.g., Centennial Hill Day, AOTA Member

Appreciation Week [PDU event], AOTA/NBCOT Student Conclave), as well as compiled a monthly e-newsletter of updates from AOTA and the national ASD Steering Committee. The representatives participated in AOTA's virtual fair session to talk about OT with high school students as a part of Health-care Professions Week and coordinated WUSOTA's participation in an AOTA photo contest to count down the weeks until the conference in the spring. The ASD committee is continuing to prepare materials to support students who want to attend the AOTA conference in 2018—stay tuned for more!



Emily Sherman, OTD/S '19 (right), attended AOTA's Centennial Hill Day on Sept. 25 in Washington, D.C. There, she met up with AOTA President Amy Lamb, OTD, OTR/L, FAOTA (middle), and alumna Rachel Dargatz, OTD '10 (left).

Community Service

The semester started off great with the Honey Packaging Event at the Crown Center for Senior Living. Fifteen OT students mingled with Crown Center residents while packaging honey and school supplies. Later, in September, the committee was lucky enough to surpass its goal in the first-ever WUSOTA Diaper Drive, donating the diapers they collected to the St. Louis Area Diaper Bank. In October, students spent time with residents at Hope Lodge, providing them with a delicious burger bar. They also helped out at the ABC Brigade's Stampede for Stroke and played with kids at the Washington University Medical Center Housestaff Auxiliary (WUMCHA) Children's Party. In November, they joined the Crown Center residents once more to partake in a Wii Bowling night. In December, the Community Service Committee was lucky enough to receive generous donations from staff and students, leading to the successful completion of the first-ever Holiday Hand-up Drive, in conjunction with the Biddle House Lab. Finally, a couple of students volunteered to help out at the Metro Theater production of Hans Brinker. The Community Service Committee would like to thank everyone for all their help in making this semester so great! Stay tuned for what they have planned in 2018!



Hope Lodge Dinner



Holiday Hand-up Drive

Cultural

The Cultural Committee had an action-packed and fun-filled semester! They piloted a new monthly newsletter filled with local events, festivals and volunteer opportunities to facilitate greater student engagement and awareness of the culture of St. Louis. Additionally, they hosted two engaging lunch talk seminars with two WUOT presenters. These presenters educated listeners on some of the overarching themes and intricacies of working with individuals of Jewish backgrounds and those experiencing homelessness. The Cultural Committee also hosted a Cultural Potluck and Documentary Night in the Olin Penthouse. People brought delicious dishes that represented a variety of cultures. The group watched *Salem Neighbor*, a documentary illustrating occupational injustices individuals living in refugee camps face. After the video, the group had a rich discussion regarding the implications that the video topic has for occupational therapy.



Left to right: Jackie Schechter, OTD/S '20, Mary Beth McHugh, OTD/S '19, Maggie Armstrong, OTD/S '20, and Anna Sherman, MSOT/S '18, enjoying Cultural Potluck and Documentary Night.

Fundraising

The Fundraising Committee held a costume, bowling and pool party at Saratoga Lanes to raise money for treatment materials for use in the WUSOTA Stroke Clinic. Some of the best costumes included a deviled egg, American Gothic, Wicket (the Ewok) and a Star Trek crewmember. Participants were awarded prizes for dressing up, and everyone had a great time! The fundraising committee also sold Centennial apparel this semester in order to celebrate the Program's 100th birthday.



Next semester, there will be many more fundraising events to look forward to, including more program-specific apparel sales!

HPSLC

The Health Professional Student Leadership Council (HPSLC) is a student-run organization that promotes inter-professional interaction between students from different health-care fields. This semester, HPSLC hosted several events to connect students from different disciplines, including an Inter-professional Case Panel Discussion. Other events included a Halloween Bar Crawl, monthly happy hours, an HPSLC-Graduate Professional Council mixer, Fall Stroke Case Study, and Community Service day at Kingdom House. At the Fall Stroke Case Study, participants worked on an inter-professional team to help "Mrs. Doe" as she moved along the "continuum of care." Each profession had to educate the other students about how they would assess the case, and, when a question was specific to their profession, they had to remain silent while the team chose an answer. Fun fact: the winning team was the only team with two OT students!

Job Fair

The Job Fair Committee spent the fall semester planning details for the Annual Occupational Therapy/Physical Therapy (OT/PT) Job Fair, which will take place spring 2018 in the Eric P. Newman Center. We are excited to host vendors from around the country, as well as to welcome students from the OT and PT programs to this free event. Students will have an opportunity to learn all about the job opportunities that await them after graduation. The Job Fair Committee is looking forward to providing students with career resource center workshops in order to prepare students to effectively communicate with recruiters.

MOTA

Our Missouri Occupational Therapy Association (MOTA) student representative, Audra Hendrix, OTD/S '19, has been hard at work this semester as the liaison between MOTA and students. Our very own Jeanenne Dallas, MA, OTR/L, FAOTA, spoke at a lunch talk, discussing the importance of joining a state organization and what state organizations do for their members. State organizations provide continuing education opportunities for professionals, as well as advocate for our profession and our clients, among many other things. Students left the talk with a better understanding of what their membership dues go toward and how state association membership can benefit them in the future.

WashU was well represented at the MOTA Conference, as St. Louis University hosted this year's conference. The students who attended and presented at the conference learned a lot from their peers and future colleagues!

The MOTA chair is looking forward to planning an event related to MOTA's Hill Day, which takes place on February 21.

Professional Development

The Professional Development Committee would like to thank everyone for attending their educational lunch talks and for contributing to such stimulating discussions over the course of the semester. The guest speakers complimented the Program's enthusiasm for learning and desire to its broaden scope. The Professional Development Committee has some exciting presentations planned for next semester and is always open to receiving ideas for future lunch talks!

In September, Disabled Sports Association (DASA), a program for children and adults with various disabilities such as spinal cord injury, cerebral palsy, visual impairments and amputation, had a student panel talk to us about getting involved. DASA offers a wide range of adaptive sports such as basketball, track, swimming and archery, and some participants are expected to go on to the Paralympics! The students emphasized the organization's love for having OT student volunteers and encouraged us to sign up and check them out.

SAVE THE DATE
OT/PT Job Fair 2018
 Thursday, March 29, 4:00 - 7:00 p.m.
 Eric P. Newman Education Center

In October, a lunch talk was given by two Orthotic & Prosthetic Design Co. representatives, discussing different orthotics and prosthetics and their experiences working with occupational therapists. The speakers provided models of products that they work with on a daily basis, and described how occupational therapists participate in the process.

The Professional Development Committee wrapped up the semester, hosting a WashU alumna, Capt. Kate Baker, BSC, OTR/L, CHT, who took her talents to the U.S. Air Force. She talked to us about the course she took to get to where she is and the benefits of practicing as an occupational therapist in the military.

St. Catherine's Challenge

St. Catherine's Challenge is a national, student-led organization to raise awareness and funds for occupational therapy research. The committee held a letter-writing campaign Nov. 7, where students sent more than 100 letters to friends, family and alumni in order to promote the importance of research in the field and request donations be made for the cause. The St. Catherine's Committee hosted a holiday candy gram drive, in which students could send candy grams with personalized messages to friends in the OT and PT programs. Be on the lookout for additional activities in the spring!



Alumna Capt. Kate Baker, BSC, OTR/L, CHT (center), gave a presentation on her experiences as an Air Force OT on Nov. 15. Faculty members Monica Perlmutter, OTD, OTR/L, SCLV, FAOTA (left), and Jeanenne Dallas, MA, OTR/L, FAOTA (right), attended the event.

Social Committee

The Social Committee began the semester by welcoming the incoming first-year students and the second- and third-year students back from break with a Meet and Greet Happy Hour event at Mandarin Lounge in the Central West End. The event was full of fun music, great rooftop views and socialization. Group bonding continued as the combined cohorts embarked on a day-long float trip down the Meramec River, as people spent time with new and old classmates. Other group events included a St. Louis Blues hockey game at the Scottrade Center and a Holiday Tacky Sweater Party at the Olin Penthouse. The OT community also branched out and organized a social with the WashU PT department at Bar Louie in the Central West End.

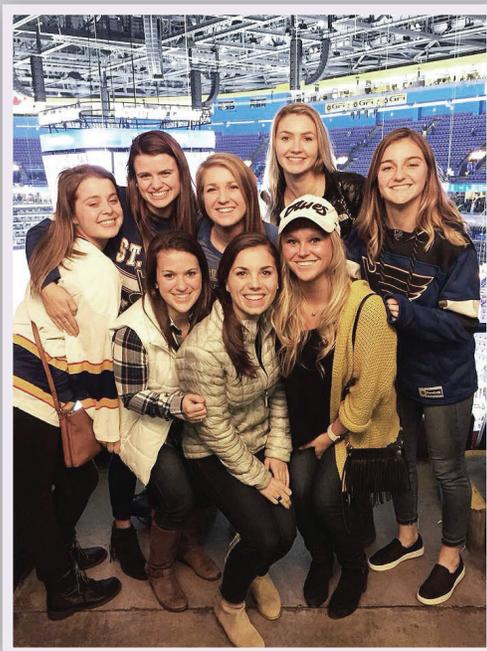
Next semester, we are excited for a Back-to-School Bash in January and everyone's favorite semi-formal, Theraball, in spring!



Float trip



Meet and Greet Happy Hour



St. Louis Blues Hockey Game

Executive Board 2017-2018

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ASD.....	Alana Hansen and An Ngyuen
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Fundraising	Ashley Chuck, Nic Huang and AJ Neff
Job Fair	Shannon Cochrane, Madison Rolling and Lindsay Smith
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MOTA Representatives.....	Audra Hendrix
Professional Development....	Allyson Farren and Ellie Park
Social.....	Jamie Brill, Kathryn Sigmon and Richard Whalley
St. Catherine's Challenge Representatives	Jonathan Basso and Kaitlin LaPlant

Advisors to Executive Board

Student Activities Coordinator.....	Lauren Milton, OTD, OTR/L
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For any questions regarding the WUSOTA newsletter, please contact Maggie Kindra, media relations committee chair, at mjkindra@wustl.edu.