

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 be encompassed in a community that promotes such a well-rounded education, which includes academia, clinical experiences and evidence-based practice. This will lead our class to achieve our goals in the future. The Program appropriately challenges and encourages us to become better clinicians while being a part of a community that establishes unity and inclusion. The Washington University Student Occupational Therapy Association (WUSOTA) strives to promote awareness of occupational therapy in the greater community, foster professional development of its members through engagement in philanthropy and service activities, and give strength to WUSOTA members for a career as health-care professionals through opportunities to grow personally, socially and professionally.



Ronald Drummond

The 2018-2019 WUSOTA executive board and general members have been hard at work by 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's annual conference in November. They are excited to continue their educational experience by attending and presenting at the American Occupational Therapy Association this upcoming April. As part of our commitment to research, the WUOT program has again taken initiative to raise thousands of dollars for the St. Catherine Challenge, which monetarily supports research in occupational therapy. We have had great successes this

semester and are looking forward to the spring semester, when we begin a new century of WUOT.

- **Ronald Drummond, OTD/S '20**
WUSOTA President

Message from the Vice President

As a first-year student, I am surrounded by individuals who inspire me to be the best student, person and clinician I can be. I feel honored and privileged to be surrounded with faculty and peers that serve as valuable resources for me. WUOT encourages inclusivity and collaboration in order to establish a positive and powerful community and support system for all students. WUSOTA consistently strives to serve as advocates for the profession of occupational therapy, provides opportunities for students to explore various areas of occupational therapy practice and volunteering, and facilitates the development of friendships among students.



Brendan Cook

The 2018-2019 WUSOTA executive board and general members have been fulfilling their mission by planning and conducting various events, including fundraising, educational discussions, volunteering, cultural awareness and much more. For the upcoming semester, our organization's plan is to continue to fulfill our mission, while also developing activities and events that extend to communities outside our program. By focusing on the three Cs—commitment, collaboration and community—we will implement the perspective that fully committing to and collaborating with one another will result in a stronger community.

- **Brendan Cook, MSOT/S '20**
WUSOTA Vice President

Advocacy

The Advocacy Committee stayed busy this semester! They hosted two lunch talks to share lessons learned from students who attended the World Federation of Occupational Therapists (WFOT) conference in South Africa and AOTA's Hill Day in Washington, D.C. The committee also participated in AOTA's National Backpack Awareness Day and educated students on proper backpack ergonomics. They hosted a panel of second-year WUOT students to answer questions about the first-year WUOT student experience. The Advocacy Committee also set up a voter registration table to empower students to register before the midterm elections. Finally, the committee hosted a successful letter writing campaign and sent more than 50 letters to elected officials to advocate in favor of federal funding for student loan subsidies, the Student Support and Academic Enrichment (SSAE) grant program and many other topics. Stay tuned for more advocacy events next semester!

ASD

This year reintroduced a separate Assembly of Student Delegates (ASD) Committee at WUSOTA! In September, the committee reached out to local schools and provided handouts on the importance of safe backpack-wearing techniques. They also partnered with WUSOTA's Advocacy Committee to provide a lunch talk on AOTA's Hill Day. This fall brought about the annual AOTA membership drive, and 100% student membership was achieved once again! WUOT ASD Representatives volunteered at a virtual career fair during Health Professions Week, providing insight and answering questions from prospective students. This spring will bring another wonderful OT month in April followed by AOTA's annual conference in New Orleans. The ASD Committee looks forward to another great semester full of opportunities to get involved!

Community Service

The Community Service Committee had a wonderful semester coordinating volunteer events to support WUOT's St. Louis neighbors. They started out the semester at the Tri My Best Triathlon, cheering on and helping children and young adults in swimming, biking and running activities. Students also helped individuals engage in adaptive sports at the Paraquad Sports Extravaganza. They helped pass out water and direct walkers at the St. Jude Walk/Run in downtown St. Louis.

The Community Service Committee also hosted a diaper drive, and WUOT collected and donated 3,059 diapers to babies and toddlers in need at the St. Louis Diaper Bank. It was wonderful to see so many participants at Stampede for Stroke as WUOT students cheered on and directed participants running for a great cause. The committee loved helping out with Wii bowling events at the Crown Center; volunteers has fun watching the residents show off their new skills!

Finally, volunteers hosted a taco dinner for the residents of Hope Lodge and listened as residents spoke about their cancer journeys. The Community Service Committee can't wait to see what ways WUOT students can help out St. Louis neighbors next semester!



St. Louis Diaper Bank drive



St. Jude Walk/Run

Career Fair

The Career Fair Committee spent the fall semester planning details for the annual Therapy Career Fair, which will take place Thursday, March 28, 2019, in the Eric P. Newman Center. They are excited to host vendors from around the country, as well as to welcome students from occupational, physical and speech therapy programs to this free event. Students will have an opportunity to learn all about the job opportunities that await them after graduation.

Fundraising

This semester, the Fundraising Committee had two sales: one for WUOT polos and the other for Centennial apparel to celebrate WUOT's 100th anniversary of its founding. Next semester, fundraising events to look forward to include program-specific winter apparel and another WUOT polo sale for those who didn't get one the first time around!



Cultural

In fall 2018, the Cultural Committee welcomed many new members and had a few firsts. In August, they carpoled to the Festival of Nations to experience food and crafts from around the world in Tower Grove Park. They have also sent out a monthly newsletter of cultural happenings in and around St. Louis. In November, the Cultural Committee hosted their first ever Podcast Listening Party and had a fascinating discussion about the role of OT in different aspects of spinal cord injury rehabilitation, including fostering intimacy. In early January, they are looking forward to hosting a multicultural holiday party with foods and decorations from all around the world. Next semester, look out for a second podcast party, a documentary night and other fun events!



Students attended the annual Festival of Nations at Tower Grove Park in August to experience foods and crafts from various cultures.

SAVE THE DATE
Therapy Career Fair 2018
 Thursday, March 28, 3:30 - 6:30 p.m.
 Eric P. Newman Education Center

MOTA

This year, the Missouri Occupational Therapy Association (MOTA) Committee has been hard at work supporting student participation at the annual MOTA conference and increasing committee presence and inter-class collaboration here at WUOT. Future committee activities will include increased policy-based knowledge consumption and dissemination for students and increased inter-professional collaboration and networking across student Missouri occupational therapy associations.

Professional Development

The Professional Development Committee would like to thank their fellow students for attending their educational talks over the course of this semester. This fall, the committee brought in several first-time speakers to enhance the current topics studied in the program. They kicked off September with the Disabled Sports Association (DASA), which provides sports opportunities for children and adults with various disabilities such as spinal cord injuries, cerebral palsy and amputations. DASA offers a wide range of sporting opportunities such as basketball, swimming and archery, and they love having OT students volunteer to help make these programs a success! The committee rounded out September with a talk from Kavon Javaherian, President of Sling Health St. Louis, which is a national student-run, nonprofit organization focused on solving the surplus of clinical problems facing those who work in hospitals. Interdisciplinary teams work together for the school year and then present their findings at the end of the year.

In October, students welcomed Carol Babcock from OSF St. Anthony's Hospital to speak about the necessity of concussion care, especially in light of sports injuries, which have significant long-term effects. November brought students two fantastic new speakers. The first speaker was Karen F. Barney, PhD, OTR/L, FAOTA, founder of the Transformative Justice Initiative at Saint Louis University (SLU). Dr. Barney spoke to students about occupational justice and the services offered through this transformative justice initiative at SLU.



MOTA representatives (left to right) Bernadette Sheffield, MSOT/S '19, and Makenna Snyder, MSOT/S '19, at the 2018 conference.

Finally, the committee ended the semester with a talk from third-year student Dianna Derigo, OTD/S '19, who spoke to students about Trauma-Informed Care (TIC) and the development of the Model of Trauma-Informed Care Distinct to Occupational Therapy (TIC-OT), based on her research. The Professional Development Committee would like to thank students again for attending these talks, and they look forward to seeing everyone again in the new year!



Dianna Derigo

St. Catherine Challenge

This semester, the St. Catherine Challenge Committee hosted events to raise funds for occupational therapy research. These events included a fundraising night at Panera Bread and a letter-writing campaign. Thank you to everyone who planned, facilitated and attended these events! The St. Catherine Challenge Committee is very grateful to have so many individuals in the WUOT program and the community who support research for the occupational therapy profession. Next semester, they will be hosting another letter-writing campaign, penny wars, and a chocolate-covered strawberry and valentine sale. The committee looks forward to another successful semester!



Social Committee

The Social Committee began the semester by organizing an outing to the St. Louis Zoo in Forest Park. The fun continued as the second- and third-year cohorts welcomed the incoming first-year students with a Scavenger Hunt throughout the Central West End that ended with a Meet and Greet Happy Hour at International Tap House. Group bonding continued as the combined classes spent the day floating down the Meramec River, during which new memories and bonds were made and old friendships were strengthened! Other events included a Friendsgiving Potluck and a Holiday Tacky Sweater Party at Bar Louie in the Central West End.

Next semester, the Social Committee is excited for an ice-skating event, the return of WUSOTA Idol, and the highly anticipated semi-formal, Theraball, in April!



St. Louis Zoo trip



Friendsgiving potluck dinner



Friendsgiving potluck dinner

2018-2019 Executive Board

- President Ronnie Drummond
- Vice President Brendan Cook
- Treasurer Maggie Fleita
- Secretary Taylor Grootwassink
- Advocacy Cassidy Koziol, Christine Nelson and Erica Steinhoff
- ASD Allison Doerpinghaus and Kylie Van Roekel
- Career Fair Maggie Armstrong, Micki Kleven and Sarah Sherman
- Community Service Julie Abraham and Leanna Namovic
- Cultural Virginia Bantz and Julia Colton
- Fundraising Mary Kate Riffle and Eric Yamakado
- Media Relations Tzvia Cahn and Natalie Shirk
- MOTA Representatives Bernadette Sheffield and Makenna Snyder
- Professional Development... Maribeth Clifton and Katie Holt St. Catherine
- Challenge Representatives Ana Archer and Erin Gibson
- Social Tarin Buol, Chris Gonzalez and Jaidyn Johnson

Advisors to Executive Board

- Student Activities Coordinator Lauren Milton, OTD, OTR/L
- Design and Layout Michele Berhorst

For any questions regarding the WUSOTA newsletter, please contact Michele Berhorst media/marketing administrator, at berhorstm@wustl.edu.