

WUSOTA

Washington University Student Occupational Therapy Association

Message from the President

The Washington University Student Occupational Therapy Association (WUSOTA) executive board kicked off this spring with a ton of great events! The student body and faculty/staff participated in a friendly penny wars competition to help fundraise for the St. Catherine Challenge, which encourages occupational therapy programs to raise money for the American Occupational Therapy Foundation (AOTF). The Washington University Occupational Therapy (WUOT) program was recognized and awarded with the MVP Award for their contribution to the St. Catherine Challenge at AOTA's Annual Conference & Expo in New Orleans this past April.



Ronald Drummond

We had a variety of successful events among the different committees. This included lunch talks on sex and disability and hand therapy, letter-writing campaigns to advocate for the occupational therapy profession locally and nationally, t-shirt sales through the fundraising committee and community service events, including a Valentine's Day party at Biddle House Opportunities, a local emergency homeless shelter in downtown St. Louis. The Therapy Career Fair had a great turnout from vendors and students in March. Many students enjoyed learning from the various podcast parties and attending other cultural events.

I'd like to thank all of the WUSOTA executive board members for helping make this year such a success. It was a pleasure working with you, and I appreciate your time and effort toward all of this year's events. We are also thankful for the participation of the entire WUOT student body! Executive board positions have transitioned to a new group of students, and I am excited to see their contributions to this organization in the coming year.

To everyone walking in graduation this May, remember that each one of you has the capacity to bring about the best in your future clients. The skillset you gained while in this program will set you up for success, no matter where you end up. Believe in yourself and what you have learned, and never feel afraid to call upon the friends and colleagues you've made through this program. It was a true privilege to meet each one of you, and if there is anything that I am able to do to benefit your future, please do not hesitate to reach out.

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

Message from the Vice President

With my second semester coming to an end, I wanted to reiterate how blessed and thankful I am to be a student here at WUOT. I truly believe that I am in a position where I am learning how to be the best clinician I can be, which is helping me become the best person I can be. I also want to thank and recognize WUSOTA for all of the hard work they have done this year. To the committee members, committee chairs and current executive board, I want to say thank you for an amazing year. As incoming president, it is my goal and obligation to continue this great work while cultivating an inclusive community.



Brendan Cook

Last, I want to recognize and congratulate our graduates this year. You all are about to cross the finish line, embark on a new journey and WUOT is so proud. You are now part of WashU history and the new leaders of our profession. Continue to be bold, strong and succeed in all of your endeavors. Thank you all for everything.

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

Advocacy

This semester, the Advocacy Committee held a letter-writing campaign where students wrote over 50 letters to voice their opinions to their new representatives in the 116th Congress on issues relating to occupational therapists' role in home health and higher education loan forgiveness. They also organized three events at local schools to share about OT as a possible career choice with students of all ages. In April, the Advocacy Committee celebrated OT month by hosting an ice cream social and OT meme competition, during which students created memes to share on social media to advocate for the profession and start a conversation about OT. Finally, the Advocacy Committee celebrated legislative wins from the previous federal legislative session by informing classmates on the successes related to OT.

ASD

This semester, the Assembly of Student Delegates (ASD) committee was involved at both the local and national levels. During national OT month in April, ASD partnered with the Advocacy Committee to support different OT-related events on campus. WUOT was represented by more than 50 different posters, presentations and short courses at AOTA's Annual Conference & Expo in New Orleans. Following the event, the ASD Committee hosted a debrief panel for conference-goers to share tips, tricks and advice gleaned from attending. Congratulations to Judy Lee and Rachel Teslow, the ASD representatives for the 2019-2020 school year!

Hope Lodge dinner preparations



Community Service

The WUSOTA Community Service Committee had a wonderful semester filled with several meaningful and fun events! OT students prepared and served a hot meal for approximately 50 individuals undergoing cancer treatment and staying at the American Cancer Society Hope Lodge. They partnered with St. Patrick Center and Biddle House to host a Valentine's Day party for individuals experiencing homelessness. Additionally, they volunteered with the Crown Center for Senior Living residents, where WUOT students helped residents engage in fun leisure activities by teaching them how to operate a Nintendo Wii device. The Community Service Committee is grateful for the many organizations they were able to partner with this year and look forward to the opportunity to continue working with them in the future!

St. Patrick Center donations

Career Fair

The Career Fair Committee hosted their 14th annual Therapy Career Fair on March 28 in the Eric P. Newman Education Center. Twenty-nine different vendors from around the country attended and visited with students from occupational, physical and speech therapy programs. Overall, the Career Fair made over \$11,000 from this student-run networking event. Preparations are in the works for the 2020 Therapy Career Fair.

Students speak with a recruiter at the 2019 Therapy Career Fair.



Multicultural holiday party

Cultural

This semester was filled with a variety of exciting activities that continued to encourage students to learn more about various elements of culture. In January, the Cultural Committee hosted a multicultural holiday party where students cooked dishes from cultures around the world, shared their dishes with other party-goers and discussed the personal significance of the dishes they prepared. Students discussed the role of the arts in culture and disability during a podcast party and documentary night. Finally, the committee organized an art and wine event, where students visited Kehinde Wiley's art exhibit before meeting for dinner, drinks and discussion.

Fundraising

The Fundraising Committee would like to thank everyone who supported WUSOTA through all of their fundraisers this year! They finished off the semester with one final apparel sale of polos and t-shirts in April that was a success!

MOTA

In spring 2019, the Missouri Occupational Therapy Association (MOTA) Committee were hard at work supporting student participation at the annual MOTA Hill Day event. Even though this event was postponed due to inclement weather, the 2019 and 2020 classes will never forget their memorable contributions to MOTA's Hill Day efforts. Committee activities included meetings, distribution of committee-contributed briefs highlighting state level OT issues and participating in MOTA conference calls. We would like to welcome new committee chairs, Elan Reiser and Josh Zalk, who will be handling WUSOTA's MOTA efforts next year.

Professional Development

The Professional Development Committee would like to thank their fellow students for attending their educational talks over the course of this semester. The committee brought in several first-time speakers to enhance the current topics studied in the program. In February, students welcomed new faculty member Jessie Bricker, OTD, OTR/L, to share her experiences as a pediatric occupational therapist and answer questions about her previous practice experience. Students really enjoyed learning about her passion for pediatrics. In March, students welcomed post-professional OTD student Rose McAndrew, MSOT, OTR/L, to discuss her role in hand therapy prior to returning to school. Students also heard from OTD students Darby Kyler and Tiffany Nguyen, who gave an informative talk covering pathology, symptoms, interventions and resources for the individuals with Parkinson disease. The committee rounded out the semester with an open and engaging talk about spinal cord injury, sex and intimacy by Katie Rodriguiz-Banister. The Professional Development Committee wishes everyone a great summer and the best of luck!

St. Catherine Challenge

This semester, the St. Catherine Challenge Committee hosted events to raise funds for OT research. These events included a letter-writing campaign, valentine sale and penny war. Thank you to everyone who planned, facilitated and attended these events! They raised \$3,032 throughout the year, and Washington University received the MVP award, which recognizes a veteran program that went above and beyond during the campaign. The St. Catherine Challenge as a whole raised over \$60,000 to fund an AOTF Intervention Research Grant (IRG). The committee is grateful for such a successful year and looks forward to next year's challenge!

Social Committee

This semester, the Social Committee hosted many fun events. Their first event was "A Night at the City Museum" in downtown St. Louis, where the students enjoyed channeling their inner child as they explored the museum. They also hosted the second annual "WUSOTA Idol" at Tom's Bar and Grill. Popular songs ranged from Disney classics to early '90s punk rock. Last, the committee had an amazing turnout for Theraball, which was held at the Schlafly Tap Room. The Social Committee would like to thank everyone for a great year and for all of their support and attendance at events this semester. The committee chairs had a great time serving as representatives of the Social Committee and look forward to the amazing events the new chairs are already planning!

Faculty and students with the 2019 St. Catherine Challenge MVP Award at AOTA's Annual Conference & Expo in New Orleans.



AOTF | 2019
**ST. CATHERINE
CHALLENGE**

Theraball 2019



Congratulations to the 2019-2020 WUSOTA Executive Board! We look forward to seeing what you have in store for the organization.

2019-2020 Executive Board

President	Brendan Cook
Vice President	TBD
Treasurer	Ali Uchdorf
Secretary	Hannah Schmid
Advocacy.....	Liz Whitaker and Amanda Wolski
ASD.....	Judy Lee and Rachel Teslow
Career Fair	Eliza Hendrix, Shivanti Kariyawasam and Bridget Regan
Community Service	Emily Gough, Leora Radman and Katie Walbrun
Cultural.....	Rose Greenblatt and Annie Wright
Fundraising	Leah Botkin, Heather Neal and Mario Millsap
Media Relations	Laura Boden and Sammy Paton
MOTA Representatives.....	Elan Reisner and Josh Zalk
Professional Development....	Katie Chin, Jessica Ivy and Esther Jeon St. Catherine
Challenge Representatives	Allison Frank, Rachel Rindner and Anneliese Schlesinger
Social.....	Kelsey Lawrence and Carlo Pinpin

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.