

FALL 2022 NEWSLETTER

CALIFORNIA STATE UNIVERSITY DOMINGUEZ HILLS
Department of Occupational Therapy

CONTENTS

Faculty Updates - 2-3

New Staff - 4-5

Featured Alumni - 6

Honoring Dr. Susie Wyatt - 7-8

Student Life - 9-29

Holiday Spirit - 30-31



OTD CAPSTONE COORDINATOR



DR. SHERYL RYAN

I am excited to announce that I became the Capstone Coordinator for the OTD program in August. In this role I am looking forward to being part of the OTD team and coordinating capstone experiences. This means being a matchmaker for the interests of students and needs of sites so that the doctoral capstone experience is a win-win for everyone involved!

I will be out and about listening to sites about their hopes and vision, making sure everyone understands the difference between Level 2 Fieldwork and the doctoral capstone experience.

Additionally I will be communicating with faculty about what it means to serve on the capstone committees.

Our first OTD cohort will start planning their capstone project in Summer 2024 and complete their capstone experience in Fall 2025. Any fieldwork partners or faculty who want to learn more about the process, please contact me!





CONGRATULATIONS!



DR. LISA HIESTAND

Lisa Hiestand, OTD, MS, OTR/L received the *Distinguished Post Professional OTD Alumni Award for Leadership Performance* in Occupational Therapy from Eastern Kentucky University's Department of Occupational Science and Occupational Therapy. Our congratulations to Dr. Hiestand!

Lisa is on the fieldwork faculty team at CSUDH as well as an active leader in the

Occupational Therapy Association of California having served 2 terms as Treasurer. She is currently the Director of Rehabilitation at Cedars-Sinai Marina del Rey Hospital.



Welcome!



Marquessa "Marty" Rhone
Administrative Staff |
Department of Occupational Therapy

My name is Marquessa "Marty" Rhone of Carson, CA. It's a pleasure to assume the role of Administrative Support Assistant for the Occupational Therapy Department. As a native of Southern California, I relish the opportunity to be a part of CSUDH, an institution which shines as a progressive beacon in our community.

I bring with me over 18 years of expertise in executive administrative services, customer service and project support. As a US Coast Guard Veteran, I proudly served 11 years. My various duty stations included the USCGC HEALY (WAGB-20) Polar Ice Breaker and Office of the Commandant and Vice Commandant (Service Chief) in Washington, DC. I was honorably discharged in 2017, leaving the service having earned the US Coast Guard Commendation, Achievement and Arctic Service Medals as well as marksman designation.

After separating from the military, I worked as a federal contractor with the

NASA Goddard Space Flight Center in Greenbelt, MD. In furthering NASA's core values of safety, integrity, teamwork, excellence and inclusion, I served as the executive assistant and project support specialist for the Explorations and Space Communications department.

Prior to joining the CSUDH OT Department, I worked for Volunteers of America Los Angeles, a non-profit human services organization that believes in the potential of every person no matter the circumstance. With a focus of assisting the homeless veteran population of Los Angeles County, I served as a peer support specialist and case manager. Addressing housing insecurity has been a passion of mine from youth until present day. Working to support the humanitarian needs of this population will forever be a priority for me and my family.

I am a mother to a beautiful and intelligent daughter, Monroe (9), and newly engaged to the love of my life, Jonathan. When I am away from the office, I enjoy listening to jazz music and visiting hidden gathering spots in Los Angeles County and beyond. On any given Sunday afternoon, you can find us on Zuma Beach in Malibu taking in the sights and sounds or supporting our local equine community events.

It is a great honor to join with you. The University leadership, division and department staff have welcomed me to the Toro family with open arms. I thank them for their confidence in my abilities and look forward to continuing the legacy of excellence. Go Toros!

Welcome!



Desirae Terrell
Department Coordinator |
Department of Occupational Therapy

My name is Desirae Terrell and I am excited to join the Occupational Therapy Department and the larger CSUDH community where student success is valued and prioritized. Prior to CSUDH, I worked at Cal State Fullerton and before that, I worked at a lighting manufacturing company for 7 years.

I completed my undergraduate degree at University of California Santa Barbara in Black Studies and Applied Psychology. Currently I am studying for my Master's degree in Leadership in Higher Education at Pepperdine University.

I am excited to work in a department where the content of my Master's program can be applied in

meaningful ways. I am passionate about higher education, creating equitable pathways for students of all backgrounds to succeed, and creating spaces where all identities feel welcomed and celebrated. I am happy to be working in an environment where I can continue my journey as a life-long learner and look forward to all that I will learn in this role.

Outside of work I love reading, watching movies, listening to podcasts, attending Pilates classes, and spending time with my family. I have a fun, energetic 4-year-old son who keeps us on our toes and ensures that there is never a dull moment in our lives!

Featured Alumni

Loree Pham, MS, OTR/L, Dip ACLM

Since graduating from the CSUDH MSOT program in 2020, Loree joined the Lifestyle Redesign for Chronic Conditions Lab at USC Chan Division of Occupational Science and Occupational Therapy as a PhD student under the guidance of Dr. Beth Pyatak. Her primary work in the lab involves being a research assistant on the Function and Emotion in Everyday Life with Type 1 Diabetes (FEEL-T1D) study, the first large-scale study to integrate continuous glucose monitoring (CGM), ecological momentary assessment (EMA), and accelerometry to disentangle the short-term dynamic relationships between blood glucose, function, and emotional well-being in adults with type 1 diabetes. In addition to gaining more experience in Lifestyle Redesign, Loree also became a certified Diplomat of the American College of Lifestyle Medicine and she hopes to grow the profession's role in utilizing lifestyle management for the reversal of disease, prevention, and well-being.

Last year, Loree along with three other MSOT alums, Regina Sarnicola, Christina



Villasenor, and Tiffanie Vu, published a research article based on their work on spirituality that stemmed from the program's qualitative design course. Recently, Loree was awarded her first research grant as a part of a Collaborative Activated Research Team developed at the 2022 Occupational Therapy Summit. Currently, Loree is in the process of preparing for her qualifying exam and is excited to move on to the next phase of her PhD - the dissertation!



REMEMBERING DR. SUSIE WYATT

(1953-2022)

by Marilyn M. Noriega, MA, OTR/L

Susana, or better known to her friends and colleagues as “Susie,” passed away on October 4, 2022, having lost a year long battle with pancreatic cancer. She is survived by her daughter (Jacqui), son-in-law (Trevor), 3 grandsons (David, Tyler, Ryan) and son, John.

Susie was born as a fraternal twin along with 3 other siblings, to a physician father, Andres, of Hungarian extraction, and a Colombian mother, Evie, who was a phlebotomist. Susie grew up speaking Spanish, having moved from Bogota, Colombia to Chicago as a young girl. Her bicultural background served her well in both her roles as educator and occupational therapist working with high risk adolescents.

Susie’s first career was as a high school teacher, often sharing fond memories of her baseball coaching and driver’s training days. During these early years, Susie acquired her Masters Degree in Counseling. In between these academic pursuits, she obtained a certificate in dog training which was a commonly shared love of ours, she for her Bouviers and mine for Akitas.

Married and later divorced, Susie began her OT career and education at Loma Linda University. She and I first met there as I taught the psycho-social courses. Upon her graduation, I offered Susie her first OT position at Masada Homes located in Carson, CA. It was here that Susie began her professional journey utilizing her teaching and her passion in engaging adolescents. But even more keen was her curiosity of the unaddressed sensory regulation issues within this population. She carried this interest into a locked mental health facility engaging youth with serious and chronic mental health disorders. Here, she utilized a sensory regulation program which she found to lessen the numerous physical take-downs while finding key interventions that supported the youth’s search for wellness and competence.

As I began the self study process to accredit the BS program in Occupational Therapy at CSUDH, Susie was one of the first faculty I recruited. She taught courses which are now known as Activities Across the Lifespan, Group Dynamics and later Research. She instituted our program’s first research day and the OT program gained notoriety on campus for being one of the few majors who encouraged research at the undergraduate level.

Susie served on several OTAC committees over the years. She also organized and planned one of Claudia Allen’s annual 3-day weekend workshops supporting her ongoing research on cognitive disability.



Her final landing, before retiring at the end of 2021, was initially as a staff OT at the LA County Augustus Hawkins Hospital in Compton. It was here over an eight year span, Susie was formally recognized by lead psychiatrists, nurses and the rehab team for her astounding statistic of 90-95% reduction in patient take-downs, used when adolescents could not independently reduce their outbursts. She was asked to provide formal presentations to the LA County Board of Supervisors, unit staff and medical interns/residents.

Susie consistently remained a “shining” advocate in teaching and training of OT Fieldwork Level I and II students, always seeking a continual stream from CSUDH. Because of her unique approach and teaching strategies, two of CSUDH OT graduates are currently employed there. Upon Susie’s retirement, CSUDH alumnus, Olivia Kardos, was given the task of taking over the Adolescent Unit that was Susie’s pride and joy. Susie so proudly spoke of Olivia’s talents and skills in working with the adolescents on this unit.

Susie obtained her OTD in May of 2021, just months away from receiving news of her diagnosis. This was a hallmark event that only heralded the work she had already been recognized and acknowledged for in her career and work setting. She had hoped to apply for the Director of Rehab Services within the hospital to further the leadership and advancement of OT within the L.A. County Mental Health system.

The OT’s, many who travelled from as far as Yucaipa and Aliso Viejo, at Susie’s Celebration of Life shared “Susie stories”, tears, and thoughts of this amazing, intelligent, caring, and endearing woman. As one of my “besties”, Susie was always quick with a pun, ecstatic to share her connections with her grandchildren/children and the youth she worked with; inspiring to her many fieldwork students, passionate with her need to continually learn, and “authentic” as both an occupational therapist and human being!

REMEMBERING DR. SUSIE WYATT (1953-2022)

“ Susana “Susie” Wyatt was a dedicated OT with a passion for educating and mentoring students and staff alike. She worked for 13 years at LAC+USC ‘s Inpatient Psychiatric Service. Susie was deeply committed to working with the adolescent population. Our OT department will always remember Susie fondly for her professional contributions including the implementation of sensory-based interventions on both the adult and adolescent units at Hawkins. She is loved by many and will be deeply missed.
- **Cristina Ranches, OT Supervisor at Augustus F. Hawkins Mental Health Center & Part-time Faculty**

“

I was lucky to have Susie as my CI in the Spring of 2019 on the adolescent unit at Augustus F. Hawkins inpatient psychiatric hospital, and soon after as my mentor when I began working there after graduation. Susie was a true educator at heart. She loved teaching and it came naturally to her. You were constantly learning from her, even when you didn't realize you were. She gave her students the space to make mistakes and encouraged us to learn from them. Susie was always upfront and honest with you and we looked forward to the daily “debriefs”, even if we knew some hard truths were coming from her because they were always constructive.

Susie also believed in having a work/life balance and always said “work hard, play hard”. She discouraged us from completing work at home and encouraged us to do something fun for ourselves on the weekends. She was invested in several hobbies such as beading and archery, and also valued her daily video chats with her grandsons.

I envisioned many more years of being able to learn from her, but I am grateful for and cherish the time I did have. Thank you Mama Bear Susie for all that you offered me, the field of OT, and all the kids you helped as a pioneer youth mental health OT.

--**Olivia Kardos, C13**



“

Susie was an amazing educator, CI, occupational therapist, and friend to all. She nurtured those around her and fostered a loving environment for both her patients and people in her life. I will always remember her words of wisdom and countless stories that were always allowing me to learn from her unique lived experiences. I am grateful to have had the privilege of working and learning from her. Forever in our hearts.

- **Cindy Carrillo, C16**

PTE INDUCTION

November 7th

PI Theta Epsilon (PTE) welcomed 15 additional members with a small induction ceremony. Newly inducted board members included:

Noemi Magtoto as Mentor Chair
Sunny Kim as Public Relations Chair
Amy Lumley as Secretary

Professor and PTE faculty advisor, Dr. Sheryl Ryan, shared words of wisdom and encouragement with all members pledging their efforts to advance the field of occupational therapy through activities and scholastic excellence.

Congratulations!

STARTING IN THE BACK (L-R):
AINA ALI, JONATHAN ALCANTARA,
AMANDA MARTELLI, MAKENNA LU,
MICHELLE JOYCE, KAREN LIM,
AARON MELLA, MATTHEW
HOSHIKO, REBECCA "K" BONING

MIDDLE ROW: PAULA BASTO, JOJO
MACIAS, AMY LUMLEY, SUNNY KIM,
ELIZABETH KWAN

SEATED: RACHEL MORGAN,
CATHERINE NGO, NOEMI MAGTOTO



SOTA

SOTA VISIONARY SCHOLARSHIP RECIPIENTS



Shekinah Laylo

Shekinah has demonstrated tremendous leadership through her sustained dedication to SOTA as SOTA president. In addition to her admirable academic and professional accomplishments, as SOTA president Shekinah effectively collaborated with her team to reach their organizational goals, such as to establish community within the C17 cohort and to outreach to the CSUDH and larger community.

Congratulations Shekinah!



John Stokes

John has embraced every opportunity to be a leader through his actions in SOTA, as a peer supporter across cohorts, and through his service as section 3 representative to the full faculty meetings for 3 semesters. In addition to his admirable academic and professional accomplishments, he has also given his time and talent to the C18 new student orientation.

Congratulations John!

9/12: WELCOMING NEW SOTA CHAIRS!



We kicked off the beginning of the fall semester by welcoming our new SOTA Chairs for the upcoming 2022-2023 academic year! Congratulations to our new:

Outreach chair: Ariana Castillo
Social media/publicity chairs:
Erica Ni and Tiffany Tran
Snack chairs: Makenna Lu and Catherine Ngo
Yearbook/historian chairs:
Deniece Caraballo, John Johnson (JJ),
and Austin Shen

We are so lucky to have you join our team!



9/27-9/30: SPIRIT WEEK!



SOTA hosted a spirit week from September 27th to September 30th! Students from all sections were encouraged to participate in:

- Wild Sock Day
- Wacky Wednesday
- School Spirit Day
- Pajama Day

It was so fun to see everyone dressed up and enjoying themselves!

SPIRIT WEEK
SEPTEMBER 27TH-30TH!

27 TUES **WILD SOCK DAY**

28 WED **WACKY WEDNESDAY**

29 THURS **SCHOOL SPIRIT DAY**

30 FRI **PAJAMA DAY**

Participants will be entered for a chance to win a gift card!

A FEW STILLS...



AOTA

10/10: Conference Highlights



On Monday, October 10th, SOTA hosted an AOTA Conference Highlights event with speakers Elisabeth (Ellie) Bolten (C16) and Chris Simmons (C17). We were so lucky to have Ellie and Chris with us to share their experiences of attending the AOTA conference!

It was an extremely informative and motivational event as we learned more about their experiences and what they gained from it. Many of us are now looking forward to attending the AOTA Conference next year in Kansas City, MO!

Thank you Chris and Ellie!

CSUDH | STUDENT OCCUPATIONAL
THERAPY ASSOCIATION

AOTA CONFERENCE HIGHLIGHTS
10.10.22 | 7:00-7:45PM

Meet the Speakers



ELISABETH BOLTEN (C16)

Elle is a recently licensed OT who graduated from CSUDH. She works at Therapy West, an SI clinic in Culver City. Elle is passionate about research and plans to obtain a PhD in the future to further OT practice.



CHRIS SIMMONS (C17)

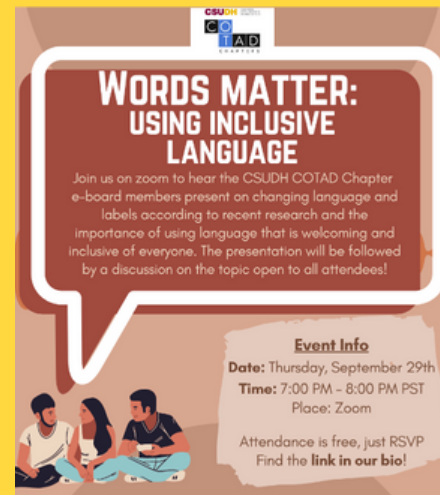
Chris is a 2nd year MSOT student who served as the CSUDH representative to the AOTA Assembly of Student Delegates. Chris is a geek at heart and hopes to integrate assistive technology into his future OT practice.

COTAD



WORDS MATTER: USING INCLUSIVE LANGUAGE

COTAD hosted their first event of the Fall semester on September 29th. COTAD was pleased to introduce the new C18 E-board members, who put together a presentation titled, *Words Matter: Using Inclusive Language*. Each member led an important discussion on changing language and labels based on current research. The event featured language describing pronouns, unhoused individuals, mental health, first-person language, and autism spectrum disorder. The presentation outlined the impact of utilizing language that is both inclusive and welcoming. A jamboard was used to engage the audience in discussing language to avoid and language that is encouraged.



For an in-depth discussion, attendees and E-board members were assigned to breakout rooms, where they were able to share their responses to different discussion questions. After the conclusion of the presentation, attendees had the opportunity to share their thoughts on why it is important for occupational therapists to utilize inclusive language. The Words Matter: Using Inclusive Language event was a wonderful opportunity to discuss and embrace diversity. COTAD hopes that they were able to share valuable knowledge and looks forward to facilitating more conversations and events like this in the future.



10/28: STUDENT WELLNESS AND BACKPACK AWARENESS DAY



On Friday, October 28th, SOTA along with COTAD went to St. Pius V Catholic School in Buena Park, California, to present to 6th, 7th, and 8th graders about student wellness and backpack awareness.

We had a great time sharing information and advice about topics such as screen time/social media, sleep, nutrition, and physical activity. Thank you to Ihda Ibasco (CSUDH OT Alumni) for all your help, especially for coordinating the event with the school! We hope to be back in future years to continue spreading awareness about occupational therapy, student wellness, and backpack awareness.

A FEW STILLS...



11/19: SOTA X COTAD FRIENDSGIVING CULTURAL POTLUCK



On Saturday, November 19th, SOTA and COTAD hosted a Friendsgiving Cultural Potluck to kick off Thanksgiving festivities! It was a wonderful time of bonding as we shared about the cultural dishes we brought and enjoyed time with one another.

Thank you everyone for your amazing company. We are so grateful for one another and the amazing community we've built!

A FEW STILLS...



OTAC

CONFERENCE 2022 HIGHLIGHTS

AWARDS

LAURA DEARY, BS, COTA/L

MEMBER, AWARDS COMMITTEE (2017-2022)

MEMBER, PRACTICE ETHICS AND REIMBURSEMENT
COMMITTEE (2018-2022)

It has been such an honor to serve for the sixth time on the OTAC Awards Committee. I always find the process so rewarding when reading the nominations and later reaching out to talk with the nominees. Whether the nominee is a student, a practitioner with 50+ years of experience, or somewhere in between - each nominee is a true inspiration encouraging us to set the bar higher and higher.

If you know someone who is deserving of being recognized, please consider nominating them for an OTAC award next year (www.otaconline.org)!



A FEW STILLS...



OTAC POSTER PRESENTATION

Lydia Lee and Mina Kim, OTS, CSUDH MSOT C17

PERCEPTIONS OF MALE OCCUPATIONAL THERAPISTS ON DELIVERING HANDS-ON CARE TO PEDIATRIC FEMALE CLIENTS

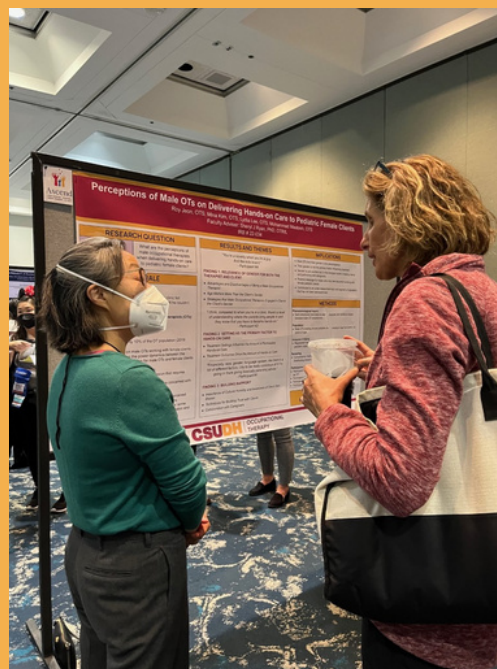
Mina Kim and I (Lydia Lee) presented a poster on our qualitative research study at the 2022 OTAC conference in Santa Clara. Our study found that being a male OT is not a hindrance to working with pediatric clients, whether they were male or female. In many ways, being male was perceived as advantageous.

It was gratifying to speak with OTs, OTAs, and male OT students at the conference who shared that our findings were similar to their experiences. Putting everything together for the presentation was more work than we anticipated, but we agreed that the experience was worth the effort. Thank you to the OT Department for funding that made attending the conference possible. Special thanks to Dr. Sheryl Ryan for her unwavering encouragement and guidance.

-Lydia Lee, C17



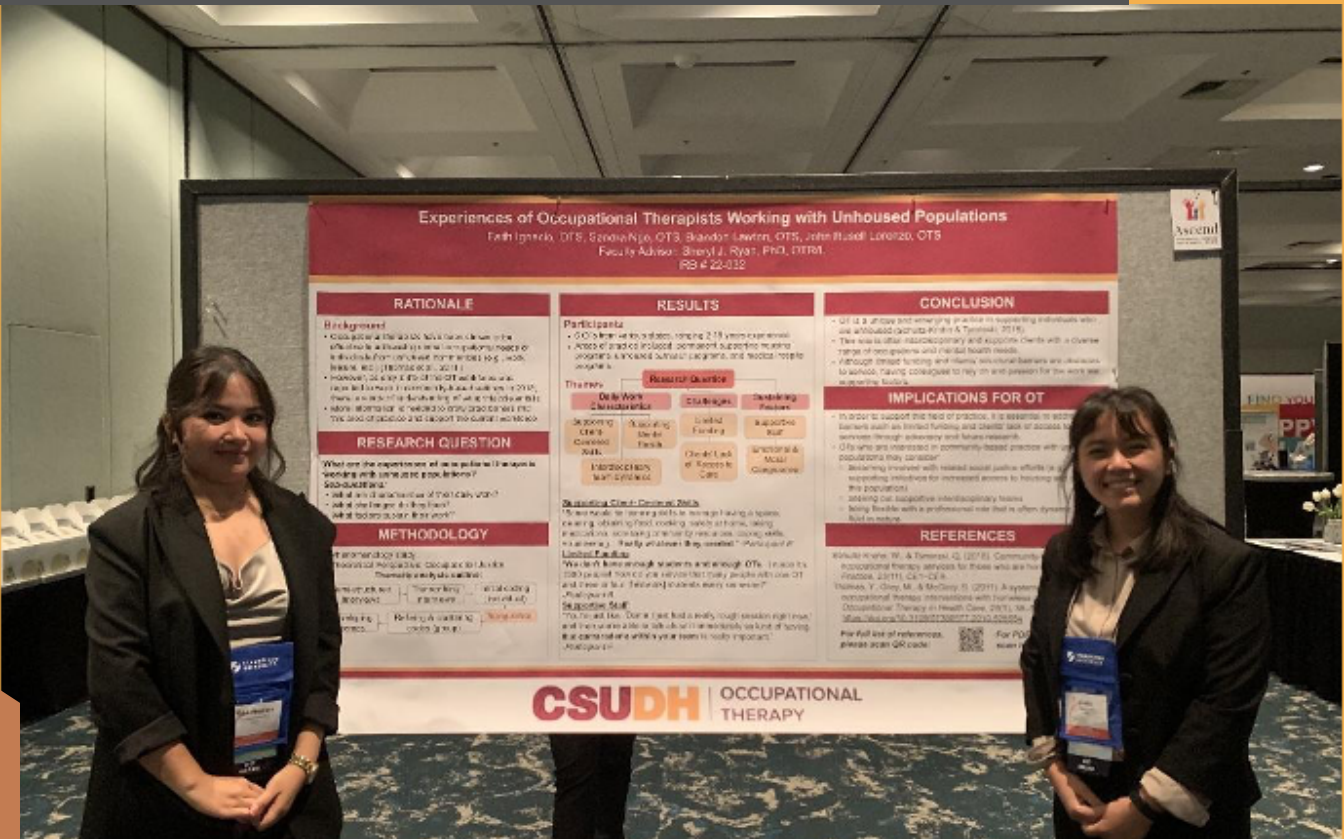
Mina Kim



Lydia Lee

OTAC POSTER PRESENTATION

Faith Ignacio and Sandra Ngo OTS, CSUDH MSOT C17



Faith Ignacio (left), Sandra Ngo (right)

Faith Ignacio and I (Sandra Ngo) had the pleasure of attending the 2022 OTAC conference in Santa Clara on October 28-29, 2022. We presented our qualitative research study titled, "Experiences of Occupational Therapists Working with Unhoused Populations" that we completed in Fall 2021 with our colleagues Russell Lorenzo and Brandon Lawton, under the supervision of Primary Investigator, Dr. Sheryl Ryan.

The conference was a truly wonderful experience! It was really inspiring to meet many individuals who came up to us during the poster session to share their interests and even their own experiences working with unhoused populations in previous fieldwork experiences. This made me realize that professional conferences are not only a place to learn about new topics in occupational therapy, but to connect with others who have similar interests as yourself. I am truly grateful to the CSUDH OT department for helping to make this happen for us.

-Sandra Ngo, C17

OTAC POSTER PRESENTATION

Sonia Monreal-Alvarez, MinJi Kim, Morgan Kumlin
and Shekinah Laylo, OTS, CSUDH MSOT C17

Our (Sonia Monreal-Alvarez, MinJi Kim, Morgan Kumlin and Shekinah Laylo) presentation was titled "The Lived Experiences of First-Generation Immigrants in Los Angeles Navigating the Healthcare System." Some of our findings included the following:

- Los Angeles has many programs that allow for greater access to healthcare
- Individuals want to have a good relationship with their doctor where they feel cared for,
- The internet and social circles are valuable resources for finding healthcare professionals.

Our presentation was done virtually, however, it was a great experience to attend the conference, support our classmates and partake in learning opportunities through the workshops that were offered.

-Sonia Monreal-Alvarez

OTAC POSTER PRESENTATION: MY THERAPIST IS THE TREES

Ria Glassman, Kristina Ballard, Nina Hoang, and Caitlin Terry, OTS
CSUDH MSOT C17

Ria Glassman, Kristina Ballard, Nina Hoang, and Caitlin Terry presented their qualitative research at OTAC 2022. The title of their study was "My Therapist is the Trees": A Phenomenological Study. OTAC provided a forum for us to share our research with the OT community as well as listen to stories from OT's across California who were passionate/curious about nature, spirituality, and mental health.

We also really enjoyed the camaraderie with each other after being apart for Fieldwork 2. Thank you to Dr. Sheryl Ryan for her support and guidance throughout the qualitative research process and the OT department for making qualitative research a key part of our curriculum and presence at OTAC.



-Caitlin Terry

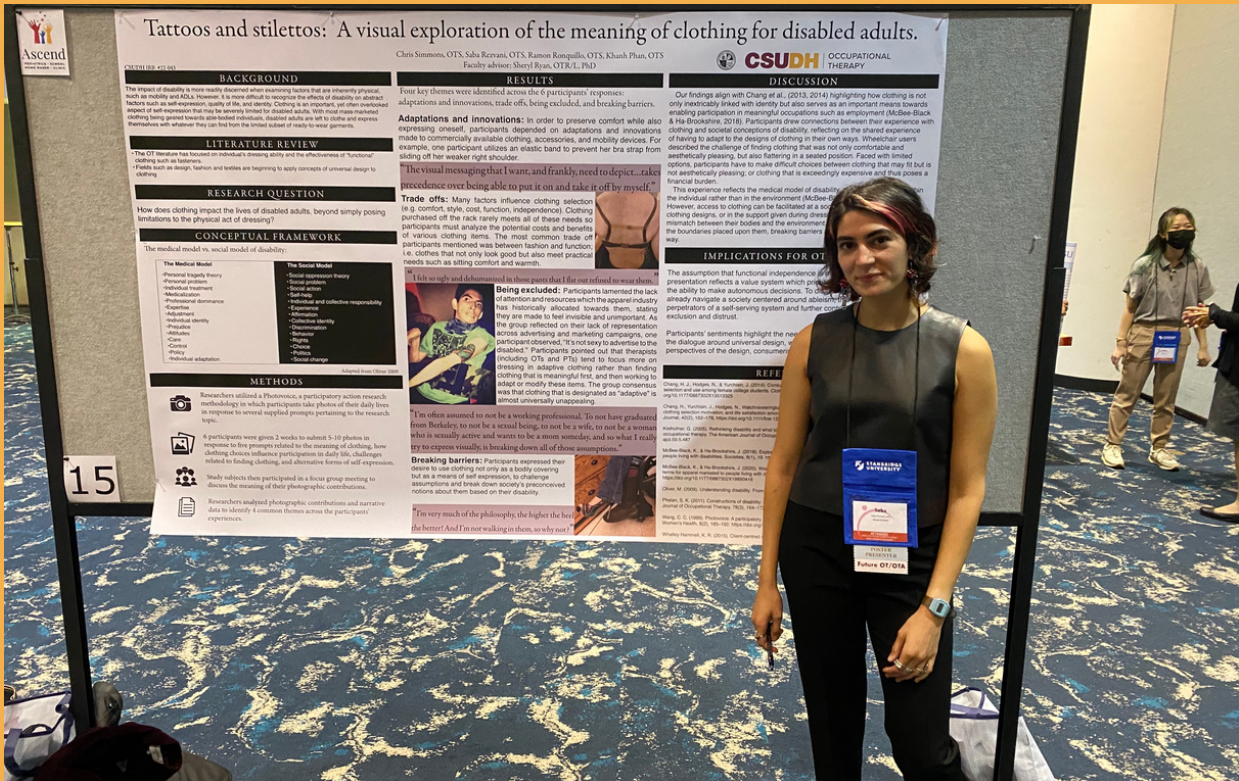
"My Therapist Is The Trees": A Phenomenological Study

Nina Hoang, OTS; Caitlin Terry, OTS; Kristina Ballard, OTS; Ria Glassman, OTS
Faculty Advisor: Sheryl J Ryan, PhD, OTR/L
IRB # 22-031

Introduction	Key Concepts	Discussion
<ul style="list-style-type: none"> Since the COVID-19 pandemic, depression and anxiety have significantly increased. Disruption in daily activities or occupations create feelings of meaninglessness. This is a matter of spiritual urgency. While the domain of occupational therapy includes spirituality, many OTs report difficulties addressing spiritual engagement in interventions. 	<p>Spirituality: A deep experience of meaning brought about by engaging in occupations that involve the enacting of personal values and beliefs, reflection, and intention within a supportive contextual environment.</p> <p>NBOT: Nature-based interventions have been used by therapists in a variety of mental health settings and have been shown to have positive effects on those struggling with symptoms of anxiety and depression.</p>	<ul style="list-style-type: none"> Nature contributed to the spirituality of participants by infusing their lives with connection and meaning and decreasing symptoms of anxiety and depression. Participants were comfortable and even energized talking about spirituality regardless of struggling with the words to describe it, perhaps because nature was used as the doorway into the spirituality conversation. Keeping spirituality central within occupational therapy models may reduce the risk of therapist and client "becoming depersonalized automatons on a health care production line" (Bremault-Phillips, 2018).
Research Question	Results	Implications for OT
<p>How does nature contribute to spirituality for people with symptoms of depression and anxiety?</p>	<p>Researchers coded for commonalities. Four major themes emerged:</p> <ol style="list-style-type: none"> Nature is healing <i>"I get really bad depression and anxiety and I've been in kind of a funk... so today I went for a walk in the woods and it's like my therapist is the trees. As soon as I'm in the forest, all my worries kind of melt away..." (Research Participant)</i> Nature provides connection <i>"I feel spiritual when I'm out in nature, basking in God's creation, just with the elements, like the sun, wind, trees. I find that there are spirits around us..." (Research Participant)</i> Spirituality is ineffable <i>"What comes to mind right now is a sense of mystery, like magic, and synchronicity, and not always being able to explain... There is some other realm to it that maybe our regular brain can't fully grasp and yet it's there. It's part of us, it's alongside us..." (Research Participant)</i> Spirituality is a practice <i>"I haven't been particularly spiritual in the last few years. I've been very busy. I just feel somewhat disconnected in the way that our lives are structured and the way that we live in houses with street lights and cars and roads and buildings..." (Research Participant)</i> 	<ul style="list-style-type: none"> Participants experienced healing and increased well-being by connecting with their spirituality in nature. Spirituality must be consistently practiced. To address this, we recommend taking interventions into nature, or bringing nature into the intervention, to facilitate spiritual engagement.
Methodology		
<p>Design: Phenomenology Participants: 8 individuals who experienced anxiety or depression</p>		
References		
<p>Bloomfield, D. (2017). What makes nature-based interventions for mental health successful? <i>SLP/psych International</i>, 14(4), 82-85. https://doi.org/10.1192/S205641400000006</p> <p>Nisbet, E. K., Zelenski, J. M., & Murphy, S. A. (2011). Happiness is in our nature: Exploring nature relatedness as a contributor to subjective well-being. <i>Journal of Happiness Studies</i>, 12(2), 303-322. https://doi.org/10.1007/s10992-010-9197-7</p> <p>Bremault-Phillips, S. (2018). Spirituality and the metaphorical self-driving car. <i>Canadian Journal of Occupational Therapy</i>, 85(1), 4-10. https://doi.org/10.1177/0006417417751143</p>		

OTAC POSTER PRESENTATION

Saba Rezvani and Chris Simmons OTS, CSUDH MSOT C17



Saba Rezvani and Chris Simmons presented their poster titled, "Tattoos and stilettoes: A visual exploration of the meaning of clothing for disabled adults." This qualitative study explored how clothing impacts people living with disabilities, beyond simply posing limitations with the physical act of dressing.

I had a really wonderful time speaking to folks all across the OT world who acknowledged the role we can play in improving clothing and dressing interventions with our clients.

-Saba Rezvani

Highlight: Integrating Cultures through Occupational Therapy

The poster is a vertical rectangular graphic with a white background on the left and a light brown background on the right. At the top left, the text 'ICOT SPEAKER SERIES' is written in large, bold, black letters. Below this, 'OCCUPATIONAL THERAPY IN UKRAINE' is written in a smaller, black, sans-serif font. On the right side, the text 'Speaker By:' is followed by the names and credentials of Dawn Hironaka and Laura Deary. A circular photograph of the two women is positioned below their names. The woman on the left is Dawn Hironaka, and the woman on the right is Laura Deary. They are both smiling. Laura is holding a small sign with text in Ukrainian. At the bottom left of the poster, a calendar icon is next to the date and time: 'TUESDAY, NOVEMBER 29 7:30 PM'. At the bottom right, the social media handle '@icot.csudh' is displayed in a small, rounded rectangle.

ICOT
SPEAKER SERIES

OCCUPATIONAL
THERAPY IN UKRAINE

Speaker By :
Dawn Hironaka
DrOT, OTR/L, BSPR,
C/NDT
Laura Deary
BS, COTA/L

TUESDAY, NOVEMBER 29
7:30 PM

@icot.csudh

ICOT was happy to hold the first speaker series of the year focusing on occupational therapy in an international setting. We welcomed Laura Deary and Dawn Hironaka to share their experiences of teaching in Ukraine to PTs, RNs, and neurologists.

Laura and Dawn spoke of the role of occupational therapy in the rehabilitation setting. Utilizing innovative thinking and their expertise, they strategized and adapted occupational therapy practices for accessibility of Ukrainians in everyday life. This was a valuable opportunity for students to learn more about creating interventions in unfamiliar environments and using a client-centered approach in new cultures.

-Lydia Lee, C17

ICOT: BULGARIA INTEREST MEETING



ICOT hosted a Bulgaria Interest Meeting consisting of a presentation on Bulgaria by Dr. Paul Penoliar and testimonies by C17 students who participated in this past year's trip. Chris Simmons, Aracelli Villareal, and Jenna Leland of C17 were invited to speak with C18 about their experiences in Bulgaria.

We had the opportunity to learn about the Ukrainian people and culture, as well as, the students' experiences with pediatric and geriatric conditions, implementation of interventions, collaboration with various professionals on the care team, and the takeaways they found most important. Hearing C17's perspectives on their experiences were informative and insightful. We hope this discussion will further inform C18's decision-making regarding participation in the 2023 Bulgaria trip.

ICOT Upcoming Event



It's going to be a fabulous week
filled with exciting stuff from August 18-23, 2023:

OTR 596 Graduate Internship, International Study in Bulgaria

More information will follow for this unique and fun
learning opportunity in Bulgaria.

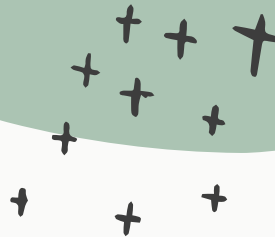
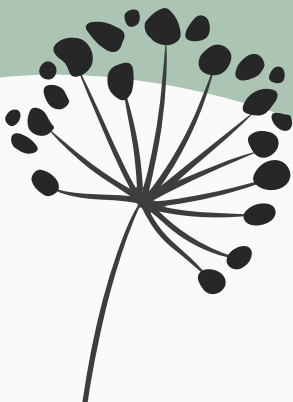
Contact ICOT Executive Board at icot.csudh@gmail.com
or Dr. Paul Penoliar at ppenoliar@csudh.edu with any questions.



International Study in Bulgaria

Come join us:

**OTR 596 Graduate Internship,
International Study in Bulgaria**



Full Faculty Meeting and Holiday Celebration!



Enjoy a short escape with highlights of the December Full Faculty Meeting

The full faculty meeting was held on December 15th, just before the winter holidays. Everyone enjoyed it and here are the few glimpses ...



Potluck

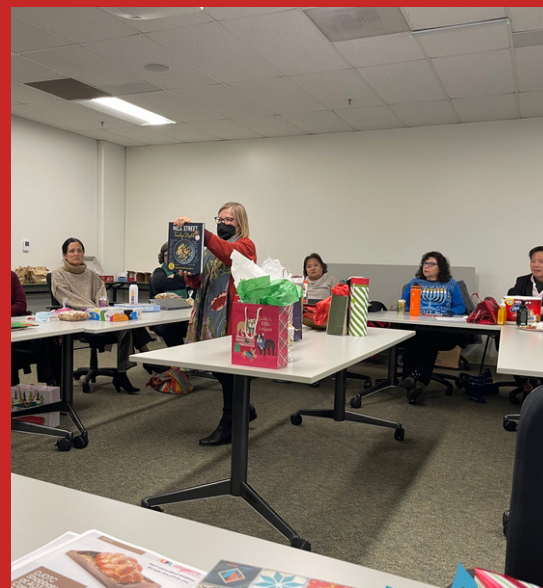
Few stills of the deliciousness brought in by the staff and faculty!



Gift Exchange

Hope these pictures of the gift exchange sets your mood right and provides sweet reminders of your Winter holidays!

A FEW STILLS...



EDITOR/CREATOR

Pooja Yogi

EDITORS IN CHIEF

Dr. Eric Hwang

Dr. Lora Woo

Special THANKS to our contributors:

Dr. Eric Hwang

Dr. Daniel Swiatek

Dr. Heather Kitching

Dr. Sheryl Ryan

Desirae Terrell

