

SJSU Student Occupational Therapy Association

Message from the board:

Happy New Year!! We hope that everyone had a fun and relaxing break. Before we jump into the new semester, which is already full of exciting workshops, volunteer opportunities, and fun events, we wanted to take a moment to recap the fantastic events put on by SOTA this last semester. Thank you to everyone who planned, participated, and enjoyed these events. We look forward to sharing more opportunities with you soon!

Best,

SOTA Board 2016-2017

Join our AOTA Representative Rachel Hausman in the celebration as OT turns 100!

<http://www.aota.org/conference-events/annual-conference.aspx>



Upcoming Events

February 2

Canine Assisted Therapy Workshop

February 3

Provide input on new faculty (2/17 & 2/14 as well)

February 9

PTE Carnival

February 13

First SOTA meeting

February 24

Volunteer at the National Center for Equine Facilitated Therapy

Contact Us

Visit our website for the most up to date information:

<http://sjsusota.weebly.com>

If you have comments or suggestions for spring events please email us at:

sjsusotapublicity@gmail.com

Workshops, Workshops, Workshops!

Jamie Tatti and Giselle Stafferoni [Workshop Coordinators]

A Glimpse into Providing Care for Muslim Patients - 9/8

Speaker: Mehrzad Karimabadi, m_karimabadi@yahoo.com

Mehrzad Karimabadi shared about concerns of Muslim clients regarding dietary restrictions and other areas that, if we are unaware of them, may lead to cultural tensions in a healthcare setting. Karimabadi covered a wide array of topics including home health scenarios, end of life care, and possible conflicts during Ramadan with healthcare staff's priorities and was also able to give several examples of real world scenarios she had witnessed through her work with refugees. Several people from the nursing department and someone from nutrition came to the workshop.



A Glimpse into Providing Care for Muslim Patients

Nonviolent Communication for Occupational Therapy - 10/12

Speakers: Aaron DeNardo, OTR/L, James Prieto, Alara Tiernan, Aaron@laughinggiraffetherapy.com

The speakers shared about the process of nonviolent communication (NVC) and how it supports continuous connection through using a cyclical, three-armed model: self-empathy, honest expression and empathic listening. The workshop was very interactive and offered many opportunities to practice the techniques being discussed. Activities included "I see and I imagine," in which participants would practice building awareness about their imagined ideas about people through noticing something about the person and telling them what they imagine it may mean. We practiced, in pairs, empathic listening and we also learned about how to differentiate empathetic listening from other common types of support.

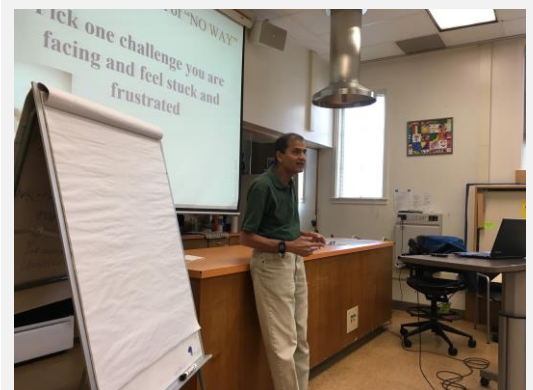


Just one of the many interactive opportunities during the Nonviolent Communication workshop

Emotional Intelligence: Finding a Way Out of "No Way" - 10/27

Speakers: Shabbir Latif, PhD, shabbir@shabbirlatif.com

The presentation began with a 1 minute body, mind, and heart scan: 15 seconds to identify thoughts/beliefs, 15 seconds to identify feelings, and 30 seconds to scan the body. He encouraged that we set timers throughout the day to practice this 1 minute meditation to build emotional intelligence. He then used a 9 dot activity to generate class discussion. Nine dots arranged in the shape of a square with one in the middle were to be connected using four straight lines without retracing or picking up the pen/pencil between strokes. After much frustration the solution, in which we have to "think outside the box" was revealed. A box mentality states that "I know what I know and I know what I don't know." He taught two acronyms: F.A.I.L. (fear, apathy, inertia and lack of vision) and H.O.P.E. (hope, enthusiasm, possibilities, and opportunities). F.A.I.L. is the box mentality and H.O.P.E. is thinking outside the box.



Speaker Shabbir Latif, PhD at Emotional Intelligence Workshop

Occupational Therapy and Mental Health -11/10

Speaker: Amanda Masri OTR/L, OTD,
masriamanda@gmail.com

Amanda Masri has been practicing occupational therapy for eight years, including roles in programs such as Consult-Liaison Psychiatric OT, inpatient acute behavioral health programs, outpatient behavioral health programs with specialized populations, and mental health rehabilitation. She currently works at El Camino Hospital and 7th Avenue Center. Amanda provided the students with information pertaining to assessments, diagnoses and the continuum of care in a mental health setting.

Occupational Therapy and TBI Rehabilitation – 12/1

Speakers: Georgette Cayabyab, OTR/L & Daniela Lita OTR/L,
Georgette.Cayabyab-Clark@va.gov & Daniela.Lita@va.gov

Our speakers provided an informative overview of traumatic brain injuries and the role of OT in rehabilitation. Together, they have over 20 years of experience working in the Inpatient Polytrauma Rehabilitation Unit at the Palo Alto Veterans Hospital. Their topics included the Sequela of TBI, rehabilitation, working with the veteran population and transition & re-entry into the community.

Volunteer Events

Megan Sadou and Partrick Gimeno [Project Coordinators]

Backpack Awareness Day – 9/20

Our volunteers talked to over 150+ students about backpack safety and ergonomics. Many people enjoyed weighing their backpacks, especially those who got a good laugh seeing how heavy their packs really were. The lightest bag was 2 pounds and the heaviest was a whopping 25 pounds! It was also a great chance for people to come out and learn about occupational therapy and how they themselves can get involved in helping others save their backs and spines.

Fall Prevention – 9/22

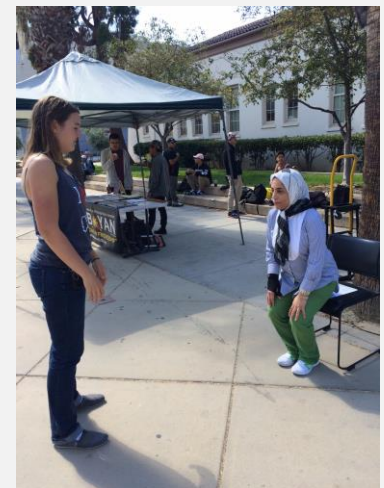
The fall prevention day event saw many students get advice on how they can help prevent themselves and their loved ones from fatal falls. The volunteers had fun putting people through the 4 step balance exercise as well as teaching people the proper way to sit and stand. Overall, we were able to attract many people, including some kinesiology students and various other majors, who were interested in pursuing a career in occupational therapy.



Occupational Therapy and Traumatic Brain Injury Workshop



Spreading the word about OT and backpack awareness



Practicing the proper techniques to prevent a fall while sitting

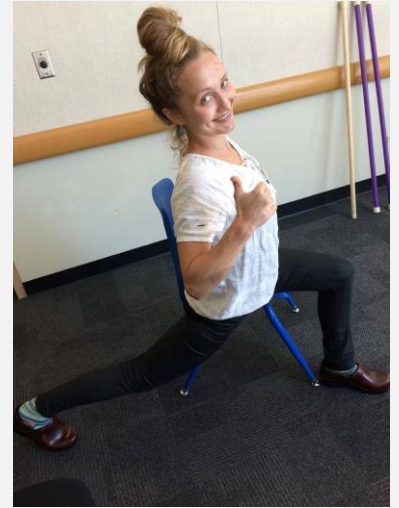
Stepping Out Strong Fall Prevention Screen with American Bone Health – 9/24

Four SJSU students attended the Fall Prevention Screening held at the Mountain View YMCA. Our students joined a group of experienced occupational therapists and physical therapists to screen adults for their fall risk. Students began their morning with a crash lesson about balance tests and basic exercises for fall prevention. Within their first hour, the students became “Peer Educators” as they worked with experts to register, screen and teach dozens of young, middle and older aged adults. SJSU students made a direct impact on the lives of these community members by making up half of the American Bone Health Fall Prevention team!

Dogfest with Canine Companions for Independence – 10/8

On Saturday, October 8th, SJSU students partnered with pups to spread the word about the benefits of occupational therapy! Students hosted an outreach booth at the DogFest of Silicon Valley event, fully equipped with their OT knowledge, sensory bins, a child “agility course” and two lovable canines. Together, the OTS team was effective in their mission: to raise awareness about the benefits of pediatric occupational therapy and animal-assisted therapies for the family and child guests of the event. The team reached roughly 100 visitors, with dozens of children making full use of the agility run! The use of sensory bins and opportunities to practice ADLs with the CCI dogs enabled engagement for visitors of all ages and abilities. With the SOTA team assistance, Canine Companions for Independence was successful in hosting an event that facilitated their fundraising goals through DogFest.

“Because of the support of volunteers like you, we had a very successful event and raised \$100,000, the cost of training, breeding and providing ongoing support to two assistance dog teams. Our chapter really appreciates the relationship we are developing with SOTA. It is a great match as we share common outreach goals. Thanks again.” – Karen Ammer, Dogfest of Silicon Valley Volunteer Coordinators



Demonstrating a balance exercise for people who are at low risk of falling



SOTA Volunteers and participants at Dogfest

40th Annual OTAC Conference

October 27-30, Pasadena California

Amanda Burr & Crystal Gines [OTAC Representatives]



These are just a handful of the smiling faces that made the trek down to Southern California for the Annual OTAC Conference, where SJSU's team of students won third place in the NBCOT Bowl!

Ugly Sweater Potluck

December 8, Final SOTA meeting

What better way to wrap-up a great semester and year than with delicious homemade goodies and an Ugly Sweater Contest? Thanks to our program coordinators, Ivana Ang and Julia Gonzalez, for organizing this event!



First place winners of the Ugly Sweater Contest. Thank you to everyone that participated!