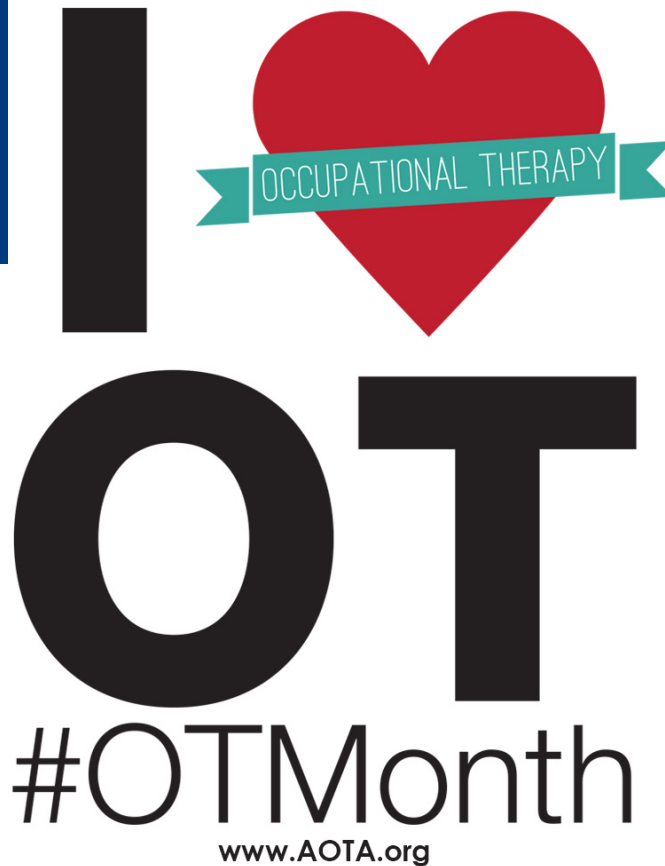


On Topic

THE OFFICIAL NEWSLETTER OF SJSU SOTA
APRIL 2019

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by Sonja Kramer

April is Occupational Therapy Month! This is an initiative to raise awareness of all that OTs do for their clients put on by the American Occupational Therapy Association (AOTA). OT month was first celebrated in 1980, and is in April to coincide with AOTA's Annual Conference and Expo. The newest message from AOTA is about Living Life to the Fullest. Celebrating OT month is about advocacy for our profession and getting the word out to anyone you can think of for how OT is changing lives. It does not need to be something big to be useful and empowering for yourself and your profession.

Some suggestions of ways to celebrate may include:

- ~ Volunteer at the OT month booth put on by SOTA! Sign up on facebook or email!
- ~ Describe on social media how OT helps people live life to the fullest. The official hashtag is #OTMonth. You can find free graphics for promoting OT [here](#)
- ~ Download and give out brochures and fact sheets to clients, friends, family, prospective students and more [here](#)

Due to Spring Break falling during the first week of the month, the next SOTA Meeting is April 10th!

St. Catherine's Challenge: Congratulations SJSU!



By Sonja Kramer and Colleen Nunn

You may have by now heard that San Jose State University's occupational therapy students won the national competition of St. Catherine's Challenge with a total fundraising effort of over \$9000 to fund OT research! St. Catherine's Challenge is an annual student-led fundraiser through the American Occupational Therapy Foundation (AOTF) honors society, Pi Theta Epsilon (PTE). The challenge was started in 2013 by students at St. Catherine's University and seeks to raise funds to support research grants awarded by the AOTF. Occupational therapy students representing more than 55 universities across the United States participated in the 2019 St. Catherine's Challenge. This is the SJSU chapter of PTE's third time participating in St. Catherine's Challenge. Each year, we have raised the bar on fundraising and shown that we are eager to support evidence-based practice in our profession. Last year, SJSU students raised more than \$6,000, acquiring the distinction of highest-earning public university.

This year, in an effort to get more students involved and hopefully more funds raised, we decided that PTE would join forces with SOTA to try to meet a stretch goal of raising \$8,000. With less than a month left in the Challenge, we had raised around \$3,000 and were unsure how much more we could expect to raise before the deadline. Then came the power of plenty of people pitching in! Dozens of students from PTE and SOTA redoubled their efforts of fundraising: putting on a spaghetti feed, selling baked goods, contacting friends and relatives and former clinical instructors, advertising on social media, and more.

At the conclusion of the fundraising efforts, the top fundraisers competed against the faculty in a celebratory bowling tournament and won!

Topping the nation in fundraising is an amazing accomplishment and we should feel really proud of ourselves! Congratulations to all students and faculty for supporting the efforts to benefit OT research!

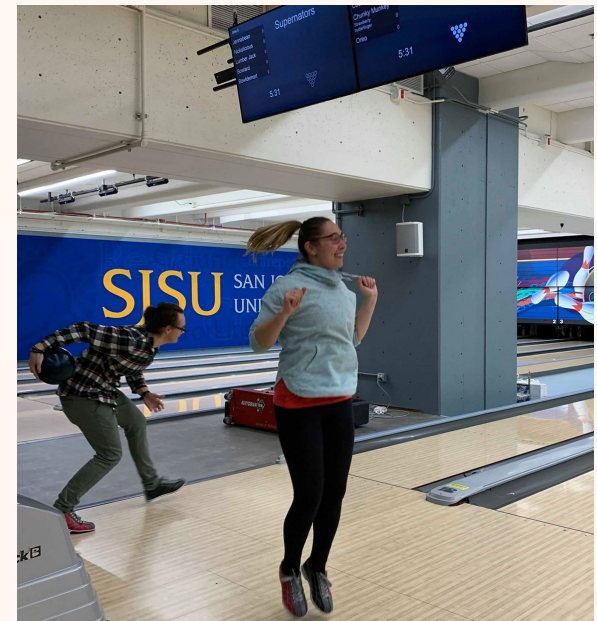
SOTA Events



OTAC PAC at the Barracuda game



SOTA Bowling Social



Past Events

Mar 6 - St. Catherine's Challenge Bowling Event and Potato Party

Mar 9 - OTAC PAC Hockey Night at SAP Center

Mar 13 - SOTA Bowling Social

Mar 27 - ONR Documentation Workshop; Happy Hour at The Continental

Future Events

April 22 - Low Vision Workshop

Your New 2019–2020 SOTA Board!

Please welcome your new SOTA Board Members! They will be training with current board members over the next weeks and running the final SOTA meeting of the school year in May. Another election will be held to fill remaining open spots on the Board.

Bio submissions: Mar 26 to Apr 1 at 6pm; Election Polls Open: Apr 1 at 10pm to Apr 8 at 10pm; New SOTA Board Announced Apr 9

Chairperson: Cameron McCallister

Vice Chairpersons: Jolie Law & Megan Karburn

Treasurers: Maiko Ibay & Madelyn Penman

Secretaries: Alyssa Jung & Allison Elmore

Program Coordinators: Elaine Lim & Kristin Ramos

Publicity Coordinator: Cynthia Nogoy

Student Faculty Representatives: Jen Jeffery & Melissa Finger

Project Coordinator: Kate Poisson

Track 1 Representatives: Elisa Chan & Sarah Kennedy

Webmaster and Social Networking Coordinator: Lisa Bullard

Remaining Open Spots

- Co-chairperson (1 opening)
- Co-Project Coordinator (1 opening)
- Co-Publicity Coordinator (1 opening)
- Track 2 Representative (2 openings)
- Workshop Coordinator (2 openings)
- Webmaster and Social Networking Coordinator (1 opening)



Fast Facts: OT in Social Media

In a deviation from the usual installment, these are not really facts, but different **free** OT resources that I have found browsing social media. Their blog posts, Instagram posts, and YouTube videos have been inspiring and educational additions to my media consumption and I wanted to share them with you. I hope you enjoy them as much as I have!

Occupational Therapy for Kids

- Focus: Pediatrics
- Has a [website](#) and Instagram @occupationaltherapyabc
- Goal is to share tips and tricks for all OT needs
- Intervention ideas, equipment ideas, behavioral tips, and more

Allie the OT

- Focus: Older Adults
- Has a [website](#), Instagram @allietheot, and YouTube channel
- Goal is to educate client about healthcare, rehab, and living with a disability, and empower client to advocate for themselves
- Also great educational resource for OTS and new grads for self-learning and client education

Kristin Lueck

- Focus: Evidence based practice, interventions, education, professional development
- Has a [website](#)
- Goal is to provide information and resources about interventions and practices to the OT practitioner

OT Toolkit

- Focus: Physical Disabilities and Chronic Conditions
- Has a [website](#)
- Goal is sharing experience, knowledge and resources to make other OTs' lives easier
- Selection of free handouts and treatment guides from book OT Toolkit
- Author Cheryl Hall is an SJSU grad