

Fall 2021

School of Occupational Therapy

Update from the Chair

By Yvonne Swinth, Department Chair

In our last newsletter we celebrated different accomplishments as we navigated through the pandemic. Now, 6 months later, I continue to be in awe of the resiliency of our occupational therapy community...our students, faculty, alumni and community partners. We are learning to live with this “new normal” the pandemic has put us in, while at the same time maintaining hope for continued opportunities to re-engage in some of the occupations and learning activities we so highly value as we look to the future. And, within this conundrum of living the reality of a pandemic, while hoping for continued movement out of some of the restrictions, the occupational therapy students, faculty, alumni and community partners are not only surviving, but we are thriving...

We have welcomed 40 new students to our first-year cohort and we are able to be fully in-person, for all our classes, this academic year. There is a renewed energy among our students and faculty as we are able to interact in small groups and engage in more hands-on activities. Students are learning and thriving despite the remaining pandemic restrictions.

We have continued to have alumni and other community partners reach out to support our faculty, students and educational goals. Some, such as Gaea Haymaker, have offered to give lectures to our students. Others, like Cathryn Schaefer, have helped teach in select core classes throughout the semester. Many alums have taken in extra fieldworks students during this pandemic so our students can graduate on time. I recently learned at the last AOTA program director’s meeting that, due to the pandemic, some programs had 50% or less of their students graduate on time, and other programs had students who took a full semester or more off before completing their studies! An overwhelming thank-you to everyone who has stepped in to help faculty and students meet our goals and timelines, despite unprecedented challenges. Due to the support of so many alumni and community partners, we continue to thrive with over 90% of our students graduating on time this past year.

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SPECIAL POINTS OF INTEREST

- Recovery Beyond: Experiential Learning pg.10
- Canine Companions for Independence pg. 12
- Registration open for Spring Clinics pg. 18
- Purchase Polo Shirt Link until Nov. 22nd for SOTA fundraiser

**Prestigious Teaching
Award Received by
OT Faculty Renee
Watling!**



Please join us in Congratulating OT faculty member [Renee Watling](#), on receiving the University of Puget Sound's **Thomas A. Davis Teaching Award** at the faculty awards ceremony in August 2021. This prestigious award recognizes significant achievement in teaching, as noted by colleagues and students, and signals successes in pedagogy and student learning. This award was presented to only 4 faculty members at the event. We are so fortunate to have Dr. Watling teaching in the School of OT!

UPDATE FROM THE CHAIR (CONTINUED FROM PAGE 1)

Moving forward, we continue to create opportunities for alumni to be involved with our growing programs. One of the upsides of the pandemic is that we have figured out how to better collaborate with alumni who live across the country. We encourage you to go to our website and complete our [Alumni Engagement Survey](#) to share ways you would like to stay connected.

We are so proud of all of our OT students.....they have navigated taking classes, studying, experiential learning, social activities and more in new and unique ways. They have remained healthy and are thriving in their day-to-day roles, habits and routines.

We are continuing to roll out our updated MSOT curriculum and new OTD curriculum. Faculty are working hard to update some classes as well as implement new classes. We also are in the midst of finishing our self-study for the MSOT curriculum and then in the spring will be writing the OTD self-study. We will have the MSOT ACOTE visit in April and then the visit for the OTD program in the Fall of 2022. Faculty are thriving as they teach and work with students. You can read more about faculty activities in their updates within this newsletter.

As with all of life, we have also had some changes in our faculty this year. Dawn Yoshimura-Smith retired in June and is now living part-time in Hawaii and part-time stateside. We miss her, but have enjoyed having Andee Spehar as part of our team. Tatiana Kaminisky has moved on to new life adventures with her family (and crafts). But amidst these transitions we are excited to announce the addition of two new faculty members – Cecille Corsilles-Sy and Shelly Norvell. Both have been involved in our program in different ways over the years and we are so thankful they have chosen to join our team full-time. We also have had a change in support staff as Twila has moved on to help her aging father and spend more time with family, and Sylvia has moved on to new adventures outside of Puget Sound. We are excited to introduce our two new support staff members – Megan Wright and Christine Hills, later in the newsletter. We know those that left us are thriving in their new adventures, and we gratefully welcome those new to our department.

Yes—the students, faculty, alumni and community partners of the School of Occupational Therapy at Puget Sound collectively endure and thrive despite the difficult time we are navigating. As a community we have built a foundation of resilience, and together we will continue to move forward. We hope that each of you are doing well; that you are finding time with your family and friends and that you too have found ways to thrive.

UPDATES ON THE DEVELOPMENT OF THE DOCTORAL CAPSTONE EXPERIENCE

By Aimee Sidhu, Faculty

The University of Puget Sound School of Occupational Therapy has been dedicated to providing its students with a high-quality education through didactic and clinical experiences. Over the course of its lengthy history, the curriculum has continually adapted to respond to changes in the field of OT. The latest change is the addition of a Doctoral Capstone Project and Experience for Doctor of Occupational Therapy (OTD) students.

The Doctoral Capstone Experience is a 14-week, self-directed experiential experience that allows students to develop advanced, in-depth occupational therapy skills within a particular area of interest. This experience follows development of the Doctoral Project over the course of the preceding semesters and is taken as the students' final experience (following fieldwork) in the third year of the OTD program. Students work with the doctoral capstone coordinator, Dr. Aimee Sidhu, their faculty mentor, and a site mentor to design an immersive learning experience that focuses on one or more of the following: clinical practice skills, research skills, administration, leadership, program and policy development, advocacy, or education. One of the unique aspects of the Doctoral Experience, differentiating it from the fieldwork experience, is that it can be mentored by interdisciplinary partners and can happen in new and emerging practice areas.

The University of Puget Sound is currently the only school in Washington State offering this unique, in-depth opportunity. We are excited to partner with our community practitioners to further the development of this process, as our first doctoral students will be anticipating a Spring 2023 Doctoral Experience. If you are interested in learning more, please reach out to Dr. Sidhu at asidhu@pugetsound.edu

Clinic Video

Puget Sound Occupational and Physical Therapy Clinics from University of Puget Sound on Vimeo.

The video is available for your viewing pleasure at

[https://
vimeo.com/555309170](https://vimeo.com/555309170)



THANK YOU!

We want to thank everyone who has given to the OT Gift Account. These donations support student research and the presentation of their projects at local, state and national conferences. Your support makes a difference!

**Special Thanks to Our
Clinical Instructor
Liz Burris**

In special recognition for the many years Liz Burris has served as a mental health clinic CI, here is a little information about Liz:

Liz graduated from UPS with her MOT in 1996 and has been a CI for the community-based Mental Health Clinic for 14 years.

She enjoys quilting, volunteering in the community, and spending time with her adult son, Marc, who experiences Autism and developmental delay. Liz is a military veteran, who served 30 years in the Army.

Liz enjoys the enthusiasm and energy of the OT students and believes the Puget Sound OT Mental Health clinic program helps provide a needed service for the community.



HIGHLIGHTS FROM THE COMMUNITY BEHAVIORAL HEALTH CLINIC

By Kirsten Wilbur, Faculty

This fall semester the second year students began their mental health clinic experiences using the new MSOT/OTD curriculum with a new name and focus. Community Behavioral Health Clinic, better reflects the wide range of community settings our students are assigned to. Behavioral health encompasses addictions treatment as well as mental health treatment and supports the fact that we have clinics at New Phoebe House for women in recovery from addiction; Pearl Youth Residence, working with adolescents in a residential program; and many transitional and long-term settings for adults with serious mental illness. Another change this year is running clinic with both the MSOT and OTD students. The OTD students will be finishing the semester with a detailed Outcome Report focused on the progress of each client group. These reports will be sent to our community clinic settings to emphasize the importance of occupational therapy.

Despite the pandemic, all of our community sites were excited to have us return in person. We got off to a somewhat rocky start with one of our sites in a 3 week lockdown due to a resident testing positive for COVID-19 and we have had students and faculty needing to isolate due to exposures or positive COVID-19 tests. Through it all, the students and clinical instructors appear to be practicing flexibility and resilience!

This year we welcomed back Heather Juan, Shauna Irish, Tiffany Cunningham, Kijrsten Winters, Amelia Jones, Julie Schaefer, and Liz Burris as our clinical instructors. A special thank you to each of them for their dedication to the learning and enrichment of our students! We couldn't run clinic without you! For anyone interested in working as clinical instructor in the Community Behavioral Health clinic fall semesters, please contact Kirsten Wilbur, kwilbur@pugetsound.edu.

EVIDENCE SYMPOSIUM UPDATE 2021

By Renee Watling and George Tomlin, Faculty

The spring 2021 Evidence Symposium was a “virtual” success! Forty-eight occupational therapy students capped off their time in the program by presenting their evidence and knowledge translation projects over zoom to an audience of nearly 200 students, faculty, alumni, and community members. These year-long projects were completed in collaboration with an occupational therapy practitioner who had identified a clinical question or situation for which they needed empirical, published evidence. Students worked in teams to examine the literature, identify relevant studies, excerpt and synthesize the data, and interpret the implications for practice. The evidence results were then shared with the collaborating practitioner and a plan for translating the knowledge into the collaborator’s practice developed. After the year of hybrid learning, both faculty and students were much more fluent in hosting virtual meetings, and with the support of Tech Services, we offered a polished event giving students an excellent experience in disseminating scholarly information. A total of 13 projects were presented with topics ranging from interventions for diplopia in people with acquired brain injury, effectiveness of safe patient handling programs, improving recidivism within inpatient psychiatric hospitals, to nonpharmacologic pain management for infants in the PICU, auditory interventions in pediatrics, and improving on-task behavior and performance in school-aged children. The next round of projects is currently underway with student groups exploring the evidence for 12 new questions. We hope you are able to join us next May to hear about the evidence for treating essential and Parkinsonian tremors and function during self-feeding, multi-layer compression bandaging for manual decongestion of lower extremities in patients with heart failure, use of auditory intervention to decrease pain, effectiveness of craft groups in inpatient psychiatric OT, the effect of ear infections on developmental trajectory, best practices for supporting toilet training at home, and more!

CONTACT Renee Watling, PhD, OTR/L, FAOTA at rwatling@pugetsound.edu if you have a question from professional practice and would like to be a collaborator for the next cycle of projects. These will be organized starting in April 2022, and they will be completed in May 2023.



Fieldwork Highlights

Special thanks to sites, coordinators, and educators for going the extra mile:

Cindy Lech at Infinity came through with placements when we were desperate and had run out of other options. Those placements allowed some of our students to graduate on time.

Sarah Leever, Debra Barton, and Jolita Perez from Multicare arranged two last minute acute care placements .

Lauralyn Blanco at East Bay Post Acute agreed to take back-to-back students to help out.

FIELDWORK HIGHLIGHTS

By Andee Spehar, Staff

Dawn, Claire, Aimee, and most recently Andee, have been very busy with student placements, site visits, and everything in between! The Class of 2021 is busy participating in their Level II Fieldwork experiences, with many completing their second rotations. Forty-seven students were placed at a total of 94 sites. While many are completing fieldwork within the region, students also accepted placements in Kansas, Arizona, Hawaii, Wyoming, and Colorado, to name a few. As COVID-19 continues to be a fixture in everyday life, students have learned to adapt, embrace uncertainty, and navigate OT's role in COVID recovery alongside their Fieldwork Educators. Students recently took a minute to reflect on their time in Fieldwork thus far and have shared how COVID has shaped their experiences:

“It’s been interesting to watch the recovery process for individuals from the early stages of the care continuum to their discharge from inpatient rehab, and so cool to be a part of making that recovery happen. At the same time, it’s incredibly sobering to see first-hand the devastating effects of the virus, and to watch how hard everyone in the hospitals are working to combat them. I’m learning a ton from my COVID care experiences, but I’m also hopeful that in the future it will become less relevant!

Thank you to our Site Fieldwork Coordinators and Fieldwork Educators!

We want to send out a huge thank you to all of our Fieldwork Educators who continue to mentor students despite the challenges posed by COVID.

Tacoma Public Schools offered to mentor two students for the fall. A special thank you to Brandi Liven-good, Christina Draper, Cynthia Brandt, and Ingrid Carlsen.

Jennifer Davis, Nina Caudill, and Priscilla Julian from Joy and Laughter Developmental Therapy took back-to-back students summer and fall.

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Floating between inpatient rehab and acute care, a surprisingly significant portion of my caseload in both settings has been patients recovering from COVID. When the pandemic began, I remember our professors saying how it would be interesting to see what OT's role becomes in COVID recovery, so it's pretty wild to be so heavily involved in that now. We work with these patients on regaining their strength and endurance, as well as learning to monitor their own oxygen saturation levels (which can drop very quickly) and to manage their own supplemental oxygen. On the acute care side, I've worked with a few actively infected individuals who were recently in the ICU, which involves some intensive PPE protocol. I've also been able to observe the process of "proning" in the ICU. This process involves repositioning intubated COVID patients into a prone position, which has been shown to increase oxygenation. It takes a team of 8 to carefully reposition these patients, so the hospital recruits employees from all different departments (including therapies) to fill their "proning teams." -Mckenna J.

“I’m currently rotating to the cardiothoracic ICU, and while I don't get to see the COVID patients on the unit, my supervisor encourages me to follow

FIELDWORK HIGHLIGHTS (Continued)

to see the course of their care. We also talk a lot about the follow up care that COVID survivors will need as many of them will have hypoxic brain injuries. It's genuinely humbling to see the incredible care and extensive measures that the team provides to save people's lives. It also really drives home the importance of getting vaccinated and wearing a mask." -Claira G.

"Covid impacted my FW experience by forcing me to confront uncertainty. I completed my first FW experience in a SNF and I worked with a few patients who were recovering from COVID, as well as those who had recently lost family members due to COVID and were grieving. We were implementing what we thought was best practice when working with people recovering from COVID, but every time I began a session with them I did not know what to expect. We were uncertain whether the virus would spread when patients and staff tested positive, and very thankful when it did not. I was uncertain if I would be able to complete my placement on time when I had to quarantine due to a member of my household having a breakthrough case. I think that this uncertainty did help me grow, because I like to feel like I am in control of the situation at all times, and that wasn't an option while working in a healthcare facility during a pandemic. After this experience I feel more able to let go of a need to control and instead work on reacting to new situations as they occur." -Emily B.

"Because of COVID, we've been wearing masks and face shields as staff and patients who come to the gym have to wear a mask and gloves. We often wipe objects and surfaces down as well. Furthermore, we have "isolation rooms" as well, for various reasons (Covid, CPAP, C. Diff). The COVID isolation rooms are strictly prohibited for me as a student and luckily it hasn't been very often." -Michelle P.

It was really eye-opening to look through our placement table with the intention of finding the excellent and outstanding. There are so many more sites than are listed that always take a student, or took a student despite their own challenges with COVID (when it would have been easier not to), or have put in extra work to make meaningful placements for students while also following new COVID-related policies. It was inspiring to take a few minutes to think about the collective work, time, and care that everyone at all of our sites dedicates to educating our students. We are so grateful for the support of our alumni and dedicated fieldwork educators!

Are you interested in becoming a Fieldwork Educator? Do you work locally? In a tiny town across the country? Perhaps a big city? Do you work in a SNF? Schools? Acute care? Emerging practice area? We would love to hear from you! Please e-mail Andee Spehar, Associate Academic Fieldwork Coordinator, at aspehar@pugetsound.edu to learn more.

Fieldwork Highlights

Special thanks to sites, coordinators, and educators for going the extra mile: (Continued)

Sky Bridge Therapies took back-to-back students - special thanks to Cindy Bonilla, Nancy Ricker-son, and Wendy Cochran.

Valerie Cromer at VA Puget Sound arranged last minute placements for both summer and fall, and provided three separate placements, thanks to FWEs Pedro Ashford, Jennifer Boyce, and Abbey Lacey.

Beth Miklos-Essenber arranged a last-minute placement at Madigan and FWE Esther King provided an excellent placement experience for our student.

Kent School District is accommodating two students this fall - special thanks to Ameila Jones, Genie Charvet and all the other FWEs supporting students.

Meridith Drenski at Movement PT arranged a last-minute placement and OT Akim Nyormi is accommodating our student as FEW.

South Kitsap Schools arranged a last minute placement - special thanks to Kate Mclellan.

ALUMNI UPDATE

“Trudy Helps Out at the Queen”

Canine Companions for Independence



OT class of 1997 graduate Lynne Hooley was recently highlighted in her local newspaper for partnering with a non-traditional colleague. Quietly perceptive, extremely attentive, and walking on 4 legs - Lynne's assistant, Trudy, is a 3 year-old yellow Labrador!

“Trudy encourages patients recovering from a stroke to pet or play fetch with her for arm strength. Playing tug of war with patients improves strength and balance as well,” said Lynne. Together, Lynne and Trudy graduated as a Certified Facility Dog Team through Canine Companions, a nonprofit organization that provides more than two years of training in their service program.

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School of OT Participates in Year-Long Exchange with Gunma University

By Jenny Pitonyak, Faculty

The School of Occupational Therapy at Puget Sound has a long tradition of cultural exchange with the Department of Rehabilitation at Gunma University in Japan. For well over a decade, students and faculty from Gunma University have visited Puget Sound, every-other-year, for a week-long cultural exchange. Students and faculty from Puget Sound have also traveled to Gunma prefecture several times, and most recently had planned to travel to Japan in May of 2020. When the pandemic led to that trip being cancelled, and then prevented Gunma University students and faculty from visiting us in spring of 2021, we decided to explore a virtual exchange.

Associate Professor and Associate Director, Jenny Pitonyak, collaborated with Kaori Shimoda, OT faculty at Gunma University, to envision a virtual exchange that would allow our shared learning and cultural sharing to continue--despite the pandemic! The virtual exchange includes both synchronous events on Zoom and asynchronous peer exchange among the students of both universities. In September 2021, two synchronous Zoom events were held. The first event featured “a day in the life” of being an OT or PT student at each university. Second-year OTD students, Katy Knackstedt, Seira Plouviez, Anthony Sy, and Hannah Yu prepared a welcome message for the Gunma students and shared it along with the below photo of the second-year cohort. This same small group of second-year students then collaborated to create a photo presentation depicting common, everyday activities of students in our Puget Sound OT programs. They also shared this new video with the Japanese students; it highlights [our onsite clinics](#) and its value to the local community. The Gunma students then shared presentations showing what it is like to be an OT and PT student in Japan. This included photos of Japanese cuisine and the beautiful landscape in Gunma prefecture.

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Exchange with Gunma University (Continued)

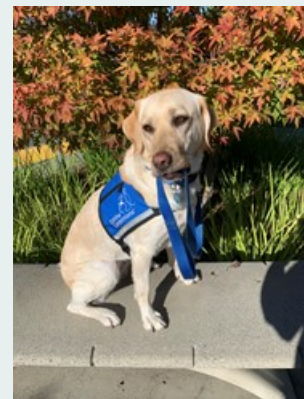
The second virtual event consisted of a series of short presentations on how COVID-19 has impacted OT and PT practice and education. Professor of Physical Therapy, Danny McMillian, shared examples of how PTs are assisting patients with COVID-19 in their recovery. Clinical Assistant Professor of Occupational Therapy, Amy Kashiwa, presented how our onsite clinics were able to adapt during the pandemic, providing OT both in-person and via telehealth. Shelly Norvell, Clinical Assistant Professor of Occupational Therapy, provided examples of how the outpatient clinic where she practiced implemented COVID-19 safety protocols and managed additional challenges like short censuses and high staff turnover. In turn, the Gunma University faculty and students shared about their pandemic experiences and examples of how labs have been adapted for remote learning.

Second-year OTD student, Jorge Medina, is taking the lead on coordinating a variety of peer-to-peer activities; plans include having the Gunma students join a Puget Sound SOTA meeting and sending a care package of personal messages and local treats. Beyond these plans, we expect to host at least two additional virtual events with Gunma University in March 2022, highlighting the practice expertise and scholarly work of faculty from both universities.

The second-year '23 MSOT & '24 OTD cohort began the semester by celebrating being fully in-person this fall



Canine Companions for Independence (continued)



Trudy sporting their new logo above!

They taught Trudy 40 commands to help calm and motivate patients to reach their goals. Examples include asking patients overcoming a stroke to pet Trudy, asking an orthopedics patient to pick up a Trudy bone, or encouraging children to play tug of war with Trudy to improve strength and balance or painting Trudy and their own nails while working on fine motor coordination skills.

Aside from these physical benefits, four-legged friends – and therapists – tend to have miraculous healing powers. They can help lower stress hormones and blood pressure, and help us take a break from our immediate problems.

Thank you, Lynne, for sharing with us another unique opportunity to share our OT skills with patients. Inspiring hope and achieving goals, one paw at a time!

**Recovery Beyond:
Experiential Learning
(Continued)**

Goal-planning and interventions are not imposed on a person, but rather created together as part of the therapeutic process. We recognize that a person's pathway towards recovery is unique to each and every individual.

We hope this may aid others to advocate for the role of OT in mental health settings. Overall, this ELiC underscored the importance of listening to the needs of others and being flexible in the ways to support organizations. By working with Recovery Beyond behind the scenes, we had a valuable opportunity to learn the thought processes and team strategies to create an inclusive event for a topic and population that are often both overlooked and stigmatized. We hope our peers will continue to engage with Recovery Beyond in the future, and we are indebted to the organization's generosity, inclusivity and openness to OT.

RECOVERY BEYOND: EXPERIENTIAL LEARNING

By Colleen O'Hagan & Seira Plouviez, OTD Students

Over the summer, we volunteered with Recovery Beyond, a local non-profit whose mission is to empower individuals to achieve long term sobriety through a supportive community that enables goal setting, life-long learning, and healthy lifestyles. During our first meeting, we were told that the organization was hosting their first public event called the "Rise Up Celebration" at the end of the summer. Although we initially anticipated the bulk of our volunteering to revolve around outdoor hikes and fitness classes, we quickly realized the importance of this event and pivoted to adapt to the organization's current needs.

Throughout the summer, we supported Recovery Beyond in achieving their vision of creating an event that was both a specialized health fair and celebration of individuals on their journey of recovery. We contacted organizations to participate as vendors, as well as brainstormed ways to ensure the event would feel both fun and welcoming while underscoring the importance of raising awareness of substance abuse, a topic especially relevant within the context of the COVID-19 pandemic. Additionally, we created a community resource sheet that provides information such as treatment centers, shelters, and organizations that provide clothing and grooming services for individuals entering into recovery while experiencing houselessness.

Through this experience, we were able to advocate for the role of OT in recovery and have the opportunity to communicate the unique position occupational therapists hold in assisting individuals on this journey. Below is a snapshot of the literature we created and highlights the distinctiveness of OT in recovery:

Substance abuse, overuse and dependence impacts the roles, habits, behaviors, and health of an individual. The field of OT emphasizes a holistic approach to help support individuals on their journey of recovery. OT practitioners are well-trained to facilitate clients to critically examine their everyday routines and the ways in which they impact varying dimensions of life. OT practitioners work collaboratively with clients to construct healthier routines and foster hope by re-establishing meaningful roles. This is done through a process of shared decision-making, as OT prides itself on being client-centered and client-driven.

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OCCUPATIONAL THERAPY STUDENT DELIVERS 2021 COMMENCEMENT SPEECH



“How can the skills and experiences of a specialized Puget Sound graduate education impact society on a broader level?”

WATCH ASHLEY CHAN MSOT '21 SPEECH

“Ashley Chan graduates with her Master of Science in Occupational Therapy... Ashley is committed to using her Puget Sound education to advocate for increased diversity in occupational therapy and has put that mission into practice with her experiential learning in context project to develop materials for high school health profession career fairs for the recruitment and mentorship of prospective students of color. Ashley’s ability to connect deeply with all those lucky enough to work with her is a trait the Occupational Therapy faculty have noted will serve her well in the future, and the Puget Sound community has been fortunate to know her empathy for all and her determination to advocate for social justice in health professions. Her speech will challenge us to continue to broaden our thinking on how increasing diversity increases all of our opportunities.”—President Isaiah Crawford

“...as OT students, we learned that the demographic of our profession is primarily females who are White. Our faculty teaches students to recognize the need to increase diversity within our profession and health professions as a whole, to best serve individuals from wide-ranging sociocultural backgrounds. They have taught us to value our differences and practice self-reflection in efforts to better understand how we can contribute to society.”

“Over the past year and a half, our nation has experienced an increase in hate and attacks against Asian people, by nearly 150%. The world has watched Black Americans being killed by the people whose job it is to protect and serve them. We, the students at Puget Sound, have learned and accepted our duty to make communities better, more socially just, places.”

“The education we have received from Puget Sound has prepared us to become leaders in our professions and make an impact in an ever-changing society. We are ready to embark on the next step of our journey. Keep learning, keep reflecting, and keep fighting for social justice.”—Ashley Chan, MSOT '21.

FACULTY UPDATES

Jenny Pitonyak



Jenny is in her sixth year at Puget Sound. With the development of the new OTD program and revision of the MSOT curriculum, she shifted to teaching the new OT 601 course, *Foundations of Occupational Therapy*. She is enjoying the opportunity to infuse occupational science literature into the unit on “What is occupation?”. Jenny will be on sabbatical in spring 2022 and has plans for a number of scholarly projects. She is developing an undergraduate course on occupational science with future plans to propose a pathway or minor that could be a pathway to occupational therapy for undergraduate students at Puget Sound! Jenny has a number of other

manuscripts and chapters in progress on topics ranging from occupation as a determinant of life course health development, to pedagogical approaches in OT education. She recently published this article in the *Journal of Occupational Therapy, Schools, & Early Intervention*: <https://www.tandfonline.com/doi/full/10.1080/19411243.2021.1983499>

Throughout the pandemic, Jenny took on new occupations of sourdough bread baking and listening to podcasts about mindfulness meditation.

Kirsten Wilbur



Kirsten continues to teach in the Mental Health and Gerontology courses, and is in the middle of teaching her second year of the OT602- *Health and Occupation across Diverse Populations*. Kirsten completed two SAW Saturday workshops this fall with the first and second-year cohorts and was excited to welcome former students, Amanda Burns and Macolm Reed, as community small group facilitators. In September Kirsten gave two presentations at the COTEC-ENOTHE conference. The conference is for occupational therapists and OT program instructors in Europe and was to have been in Prague, Czech Republic in September 2020.

However, due to COVID-19, the resilience-themed conference was held virtually. Kirsten presented on “The Resilient Practitioner: Avoiding Compassion Fatigue and Burnout,” and “Developing a Resilient Workforce: Diversifying the Students, the Faculty and the Curriculum.” Kirsten is also collaborating with Dr. Amy Kashiwa on a manuscript currently in review regarding a scoping review of occupation-based interventions that can be used in suicide prevention. In her free time this summer Kirsten biked, kayaked, and took up rigid heddle weaving!

FACULTY UPDATES CONTINUED

Yvonne Swinth

Yvonne continues to teach in the pediatrics course and is working with Renee to create a second semester pediatric course that will be part of the new curriculum. Both Yvonne and Sheryl have enjoyed updating the first semester pediatric course, and being able to spend more time on some of the content now that there are 2 semesters of pediatrics! Yvonne has continued to work on the Quality Indicators for School-Based Practice (QISBP) with a colleague, Patricia Laverdure. Together they have pre-

sent about the QISBP at AOTA, the Children and Youth Specialty Conference, and for several state OT associations. The first publication will be available by the end of the year and a website will be launched in the spring. She continues to edit the Journal of Occupational Therapy: Schools and Early Intervention, and has co-authored several chapters. Outside of work endeavors, she spent time with her family paddle boarding, kayaking, hiking and reading.



FACULTY FAREWELL

Tatiana Kaminsky

It is with mixed emotions that we said goodbye to Tatiana at the end of the 2020-2021 academic year. For over 15 years Tatiana has been a vital member of our faculty. She is known for her excellence in teaching, creative costumes and haikus. She has taught in the entry-level and post-professional programs including classes in neuro treatment, neuroscience, biomechanics, policy, advocacy and leadership, as well as content in foundation courses. She also mentored numerous research and evidence projects during her tenure at Puget Sound. Recently she finished editing a book on occupational therapy and

vision that should be available in early 2022. She is spending these next few months with her family, crafting, and resting. She has been participating in craft fairs making a variety of crafts including needle felted fairies, upcycled picture frames, water bottle carriers, and fabric marble mazes (once an OT always an OT!). She is also back doing community theatre with her family. If you are free you can go see them all in "The Snow Queen" at the Carco Theater in Renton, Dec 4th & 5th. She is not sure what her next "work adventure" will be, but for right now she is enjoying her time at home.



We all enjoyed Tatiana's Halloween costumes each year



Tatiana's felted needle fairies

NEW FACULTY INTRODUCTIONS!

Meet Shelly Norvell



Shelly Norvell, Faculty

Shelly Norvell is excited and honored to join the School of Occupational Therapy full time as a Clinical Assistant Professor, following several years working in the department in various adjunct roles and serving as a clinical instructor in the adult on-site clinic. She is currently co-teaching the Adult Rehabilitation I and Foundations of OT courses, as well as chairing a graduate II evidence based project which is examining the effectiveness of lymphedema assessment tools.

Shelly comes to the program with over 26 years of clinical experience primarily working in adult outpatient orthopedics specializing in hand therapy. In addition, she also has experience in skilled nursing facilities, home health, and inpatient acute care. She enjoys utilizing her experiences in the clinic setting to bring real-life scenarios into the classroom and challenge students to make connections between academic instruction, evidence, and practice.

She recently completed a post-professional OTD program at Chat-

ham University where her doctoral capstone research involved studying the prevalence, risk factors, and effects of thumb injuries among the occupational therapist population. She is presenting her investigation findings this fall at the Mountain West Virtual Occupational Therapy conference and is partnering with another Puget Sound faculty, Jenny Pitonyak, to prepare a manuscript for submission to a peer-reviewed journal.

Shelly is passionate about the occupational therapist's role in the prevention and reversal of chronic diseases and her next goal is to acquire training through the American College of Lifestyle Medicine (ACLM) to become a Lifestyle Medicine Professional. In her free time she enjoys cycling, travel, attending live music and theater productions, hiking, reading, and watching sports of all kinds. She has been married to her high school sweetheart, Daniel, for 28 years. Together they have three children ages 15-22, and two rescue Doberman Pinschers who keep everyone in the household well-trained!

MORE NEW FACULTY INTRODUCTIONS

Cecille Corsilles-Sy, Faculty

Dr. Cecille Corsilles-Sy has been a part of Puget Sound School of Occupational Therapy on and off for over a decade as a Visiting Professor and as a Clinical Instructor. She joins us this Fall as full time Clinical Assistant Professor. Cecille brings a wealth of knowledge and experience to Puget Sound including 10 years of teaching, over 20 years of clinical practice and 7 years of administrative work as director for an OTA program. She conducted intervention research on stroke and collaborated with Puget Sound faculty on Scholarship of Teaching and Learning (SoTL) studies on OT-OTA collaboration, and on critical thinking in OT education. Cecille's clinical

practice was in hospital-based inpatient rehab, acute care, and outpatient rehabilitation for adult populations.

In the Spring semester, Cecille partnered with Sheryl Zylstra, DOT, OT-R/L BCP to teach a new course *OT Interventions Across the Lifespan*. Currently, Cecille is enjoying teaching the course *Functional Anatomy for Occupational Therapists*. She is also excited to take part in developing course content on adult populations for our new MSOT and OTD curricula.

In her spare time, Cecille enjoys hiking with her family, singing, dancing, and playing the guitar.

Meet Cecille Corsilles-Sy



RECRUITING CLINICAL INSTRUCTORS FOR SPRING!

We are actively recruiting adult Clinical Instructors (CIs) for our spring 2022 onsite teaching clinic! This is a rewarding part-time adjunct teaching experience to help prepare the next generation of graduates for level II fieldwork. We hope you will consider this unique teaching opportunity!

Our teaching clinic is scheduled on Tuesdays and Thursdays beginning January 18; ending on May 3rd, 2022. Currently we are seeking CIs available at 11am, 1pm, or 3pm sections. Per university policy, adjunct instructors must provide proof of COVID-19 vaccination to human resources. Orientation is scheduled in mid-January prior to the first day

of clinic.

CIs typically supervise 6 OT students paired with community volunteers (clients) in need of OT services. Fifty-minute treatment sessions are followed up with office hours or group feedback sessions throughout the semester. Total time commitment is approximately 6 hours per week (4 hours onsite each week). Examples of CI responsibilities include direct supervision of client sessions, providing verbal or written feedback on assignments, co-signing student documentation, and evaluating student performance.

If interested, please contact:
ot@pugetsound.edu.



Staff Thank-You and Farewells (*continued*)

Dawn Yoshimura-Smith

By Kirsten Wilbur, Faculty

It is not often that one is lucky enough to work with one of their best friends, however I'm privileged to say that has been my experience for most of my career as an occupational therapist. I've known and worked off and on with Dawn Yoshimura-Smith for over 30 years, and it was with great sadness that I and my OT colleagues said farewell to Dawn in July. Dawn is a loyal UPS alum and strong supporter of the OT program. As a UPS graduate she often assisted with class reunion events, the University's spring Luau, and took part in many career talks about OT with undergraduate students. Dawn began working in the School of OT as an adult clinical instructor in the on-site OT adult clinic in 2000 and then as an assistant to the Academic Fieldwork Coordinator in 2013. Eventually, she became a full-time instructor with the School of OT in 2015 as the Associate Academic Fieldwork Coordinator.

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NEW STAFF INTRODUCTIONS!

Andee Spehar, Fieldwork Coordinator



Andee joined the School of Occupational Therapy in July as the Associate Academic Fieldwork Coordinator. She is taking over for Dawn Yoshimura-Smith who semi-retired and moved back to her home state of Hawaii (we're only a little jealous). Andee is a graduate of the program, receiving her Master's degree in 2012. Since

graduating, she has practiced in skilled nursing, with the majority of her time spent in school-based therapy. While working in schools, Andee mentored a number of OTA students during their Level II Fieldwork rotations. She enjoyed being a part of their learning experiences and loved the "Ah-ha!" moments when things clicked for students. She is thrilled to return to the University of Puget Sound and has enjoyed working with students to find placements to fit their unique needs.

Megan Wright, CTP, Program Coordinator



Megan is excited to join the school of OT as our new Program Coordinator. She comes to us with a background collaborating with Occupational Therapists through prosthetic fabrication for interdisciplinary clinical research trials.

Her experience ranges from work-

ing with active service members at a state-of-the-art comprehensive amputee care center, to growing a specialized private practice. Her work covered a variety of devices, limb loss levels, and functional goals, but focused primarily on upper-extremity prosthetics including body-powered, sport devices, myoelectric and pattern recognition systems used with targeted muscle re-innervation, as well as dynamic bracing for limb salvage patients. In her free time she enjoys anything active and outdoors, from hiking and backpacking, to scrambling and sailing. Feel free to stop by the office if you're ever curious about prosthetics or interested in a recommendation for a great hike nearby.

MORE NEW STAFF!

Christine Hills, Department and Clinic Assistant



Christine Hills is new to our staff as Department and Clinic Assistant. With a degree in Exercise Science, she joins us with experience as a wellness professional focusing on functional assessments, rehabilitation and special populations. In more recent years Christine has devoted most of her time as a yoga teacher and administrator, recognizing the practice of mindful presence is most necessary when we step off

our mats and into the rest of our day! She is equally excited and humbled to be a part of our OT program.

Off campus, Christine is a mom to three children and attentive human to one fluffy dog and two sweet bunnies. She might be found practicing yoga, going for a walk or hike, skiing, playing tennis, reading, baking, or most likely on the sidelines of a soccer field.

Thank you and Farewell to OT Staff



Sylvia Benavides

Sylvia Benavides, program coordinator, left the university for a position working for the state government that will better enable her to ease into retirement. Sylvia came to the School of OT in the summer of 2020 from the Office of the President

where she had worked since 2013. She brought with her exceptional knowledge about university resources and systems, and connections across campus that were an asset for her work with us on OT admissions and accreditation. Her creativity and attention to detail showed in her work updating the appearance of our School of OT newsletter, and her coordination of events such as our new student orientation. We are so thankful to have had Sylvia working with us, even if for a short period of time.

Farewell (*continued*)

Prior to Dawn's departure she showed her superhuman powers by securing Level II field-work placements for 80 students the past two years of the pandemic! Dawn and her husband, Larry Smith, moved to Hawaii the end of September. Dawn and Larry are working to rebuild Dawn's family home, and I hear she has been busy visiting some of our OT alums on the island. Farewell and best wishes Dawn. We miss your laugh and generous aloha spirit!

Twila Hamel

Twila Hamel, department and clinic assistant, decided to relocate back to Colorado to be closer to family. Twila was invaluable to the School of OT during her several years as support staff. She worked to update organizational systems, particularly with our onsite clinics, and assured that the day-to-day operations of the department were smooth. Twila's calm, caring nature always showed in the careful attention she gave to students and clinic clients—like the always full bowl of chocolate on her desk! We miss Twila and wish her the best in this next phase of her life.

ADULT CLINIC LINKS

ADULT CLINIC
Recruitment Flyer



ADULT CLINIC
Referral Forms



We need your help! Do you know any adults or children in need of free OT services?

We are actively recruiting community volunteers for our spring onsite teaching clinics! If you know of **anyone who needs OT services**, please share the following flyers and/or QR codes with your community contacts. The onsite clinics are a valued component of our program, and recruiting adult and pediatric clients in need is very important to us.

ADULT ONSITE CLINIC



School of
Occupational
Therapy



Helping people overcome barriers to engaging in daily activities and resuming past roles

Graduate students providing individualized therapy supervised by licensed occupational therapists

FREE ADULT ONSITE
TEACHING CLINIC SERVING
TACOMA



SCHEDULING NOW FOR
SPRING SEMESTER
BEGINNING JANUARY 2022



MEDICAL PROVIDER REFERRAL
REQUIRED



TUESDAY OR THURSDAY
APPOINTMENTS



CLINIC READY FOR COVID
SAFETY



Email: ot@pugetsound.edu



or call (253) 879.3499

Daily Activities



SELF-CARE



SLEEP & REST



PLAY/LEISURE



SOCIALIZING



EDUCATION



WORK



MANAGING
MEDICATIONS

Additional information on our Onsite Teaching Clinics can be found at:

<https://www.pugetsound.edu/academics/school-occupational-therapy/site-occupational-therapy-teaching-clinic>

PEDIATRIC ONSITE CLINIC



School of Occupational Therapy

SEEKING VOLUNTEERS FOR OUR STUDENT-LED PEDIATRIC OCCUPATIONAL THERAPY CLINIC

AGES 1 to 16



Helping children overcome barriers to playing, learning, and interacting fully every day

Addressing learning disabilities (ADHD, autism), motor delay, sensory concerns, etc.

Students providing individualized therapy supervised by licensed occupational therapists

FREE ONSITE PEDIATRIC TEACHING CLINIC SERVING TACOMA

←→

SCHEDULING NOW FOR SPRING SEMESTER BEGINNING JANUARY 2022

←→

NO INSURANCE REQUIRED

←→

TUESDAY OR THURSDAY CLINIC VISITS

←→

CLINIC READY FOR COVID SAFETY AND SOCIAL DISTANCING

←→



Call (253) 879.3499
 or email
ot@pugetsound.edu

Daily Activities

- SELF-CARE
- SLEEP/REST
- PLAY/LEISURE
- SOCIALIZING
- LEARNING

PEDIATRIC CLINIC LINKS

PEDIATRIC CLINIC Recruitment Flyer



PEDIATRIC CLINIC Referral Forms



FUNDRAISING

Support UPS SOTA by purchasing an OT polo (\$30) or quarter zip sweater (\$40).

Go to: <https://www.customink.com/fundraising/ups-ot-polo-and-quarter-zip> to purchase your shirts before November 22nd, 2021. Shirts will be available for pick-up in mid-December or you can select to have the shirts mailed directly to you.

Thank you for your support!



SOTA HIGHLIGHTS!

By Monica Lyons MSOT '22 and Inga Rhondes MSOT '22 SOTA Co-Presidents



Our SOTA officers are enjoying being back on campus full-time and planning in-person SOTA events.

SOTA is excited to be back on campus this year after several months online. Board members and committees (Health & Wellness, Professional Development, Advocacy, COTAD [Coalition of Occupational Therapy Advocates for Diversity], Social and Fundraising), are finding ways to build relationships between students through on-campus activities and events. Some highlights include:

The **Advocacy Committee** is collaborating with the Disability Student Union on campus to plan and host sessions. Additionally, they are working to have a graduate representative on the president's cabinet! The **Social Committee** is finding ways to host events that are fun, help students connect and keep us all safe with COVID-19 protocols. The first event was a Halloween Hunt where students explored the chills and thrills that lie within and around the haunted halls of Weyer(wolf) hauser! The **Health and Wellness Committee** is gathering students for local hikes and gearing up for a de-stressing doggie day later this year. Our **COTAD Committee** became an official chapter last year and continues to explore ways to promote diversity and inclusion within the field of OT. The **Professional Development Committee** hosted a great resume workshop this fall and is already planning for the spring job fair.

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SOTA HIGHLIGHTS (CONTINUED)

Are you interested in recruiting a Puget Sound OT or PT student for future employment? For more information regarding the job fair, please contact otjobfair@pugetsound.edu. Finally, our **Fundraising Committee** is creating ways to support SOTA throughout the year.

We're excited to announce we launched our first fundraiser of the year! We are selling polo shirts and quarter zip sweaters which are great for representing our OT program. Click on the link to the opposite page to purchase shirts. All funds raised will go directly to SOTA to support various events, workshops, and opportunities for students to receive an AOTA annual conference attendance scholarship. If you're available to pick up the shirt on campus, contact us at upssota@pugetsound.edu to find a time in mid-December to pick it up on campus. Otherwise, please select to have the shirt mailed directly to you.

Even through navigating the ups and downs of attending graduate school during a pandemic, we continue to find ways in which we can be resilient use occupational therapy to meet the needs of our community.

Our new first-year cohort celebrated meeting in person for the first time with a SOTA-sponsored outdoor reception.



**Support SOTA!
Order your Logger
OT gear here!**



**SOTA 2021
Halloween Party**

