



Fall 2020

School of Occupational Therapy

UPDATE FROM THE CHAIR

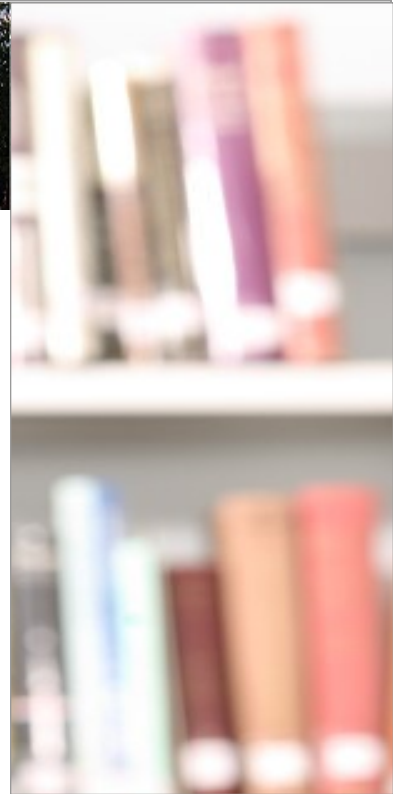
By Yvonne Swinth, PhD, OTR/L, FAOTA, Professor, Department Chair

As I sit down to write this “from the chair” I find myself reflecting on the past 7 months. It has been a time of incredible change, a time to learn to live with uncertainty, a time to celebrate resilience and a time to mourn what we have lost. But, in the midst of all the “hard” this Pandemic has brought, I find myself in awe of the tenacity of the faculty and students in the School of Occupational Therapy at Puget Sound. As this picture shows, the faculty miss our in-person connections with students and each other.



But through the spring, summer and now in the fall we have sought out ways to connect virtually whether through virtual yoga, a movie night or a FaceBook cooking challenge we have been able to connect as a community. I can honestly say that here at Puget Sound we are doing more than just surviving. It is true that OT education looks different right now, but we are thriving. It has meant figuring out new routines, developing creative ways to do things and a lot of communication. But our students are continuing to learn, faculty are working hard to provide classes remotely and in-person labs following social distancing guidelines. We had a very successful virtual symposium in May and we were able to celebrate and toast our graduates virtually graduation weekend.

This fall we welcomed our first class of OTD students and two new faculty. We were able to bring our second-year students to campus for in-person labs, and faculty are using different tools to support virtual learning for students. With the expertise of Dr. Wilbur as a foundation, we have started to explore issues of racism, privilege and implicit bias. Faculty continue to work to refine the new OTD curriculum and we are conducting a search for one more faculty position. While much of how we do things right now is different, we continue to provide a quality curriculum with connections to the community through our experiential learning (ELiCs) and clinics. We are so thankful for the support we have received from many of our alumni to ensure that all students could finish their fieldwork experiences.



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OT AND COVID-19

By Yvonne Swinth, PhD, OTR/L, FAOTA, Professor, Department Chair

With March came an abrupt change in practice for occupational therapy practitioners across the US. Whether the practitioner works in pediatrics, geriatrics, education, a hospital or a clinic almost overnight, things “looked different.” Some practitioners shifted to telehealth overnight, some experienced changes in their roles, habits and routines at their job sites, PPE became necessary in settings where it had never been used before, and some practitioners were furloughed. Not only were practitioners dealing with having to do work differently, they also had to learn to do family life differently. How we did our shopping changed. Trips were canceled, conferences were canceled and continued education moved to Zoom. Some became home school parents overnight. Others of us took on shopping for aging parents or neighbors. All experienced the effects of a quarantine and separation from friends and family.

This Pandemic not only impacted the professional and day-to-day lives of occupational therapy practitioners, but also the lives of our clients and their families. This in turn, required practitioners to rapidly rethink how to best meet the needs of their clients. As an essential service, occupational therapy practitioners sought to develop new roles, habits and routines to meet the needs across contexts and clients. This included how to address the needs of clients recovering from COVID-19.

If you are struggling to establish effective services amidst the Pandemic, resources are starting to become more readily available. AOTA has a variety of resources available to practitioners at <https://www.aota.org/Practice/Health-Wellness/COVID19.aspx> and have lifted the “member only access” in order to support all practitioners. If you are wondering how to write an evaluation completed via telehealth, testing companies like Pearson have developed resources for their tools.

Occupational therapy practitioners are uniquely positioned to respond to this Pandemic. To do so effectively will require practitioners to pause and possibly consider how to reframe services. Applying our expertise in activity analysis, allows school-based practitioners to consider what it “looks like” to do teleservices or to support teachers who are having to teach remotely. It also allows home-based practitioners to redefine the needs of clients during a Pandemic. Practitioners working in the hospitals are working with clients recovering from COVID-19. Again, through activity analysis these practitioners will be able to respond to the unique needs of this population.

If you have established effective services within your setting, now is the time to document successful practices and interventions. In a recent newsletter article, Tomlin (May, 2020) stated:

“Having faced the unpredictable challenges of our immediate situation during the outbreak, as practitioners and as academics, it is time to pause and reflect on what knowledge can be gained about the contributions occupational therapists can make in the treatment of individuals with Covid-19. Given not only the obvious pulmonary impact of the virus, but also the now lengthening list of its other effects (cardiovascular, endocrine, neurological), the occupational performance needs of recovered individuals are likely to be complex.

Long before any systematic studies can be completed, long before any particular rehabilitative interventions can be tested for effectiveness relative to other interventions, what can we learn now about what has happened and about what we as practitioners can do? (Continued on page 3)



CONGRATULATIONS DR. TOMLIN!



Please join us in congratulating Dr. Tomlin for being bestowed the title “Distinguished Professor” this year, for the second time in his career. Distinguished Professors are identified by the Faculty Advancement Committee for high accomplishment in teaching, scholarship, and service.

OT AND COVID-19 (Continued)

The answer is that we must use the tools we have at hand. Therapists with the relevant experience treating people with Covid-19 can tell their stories. These narratives, rigorously composed, take the form of *case studies*.”

It is time to tell our stories to gather data regarding the effectiveness of occupational therapy services during this unprecedented time. Not only when meeting the needs of COVID-19 survivors, but also in how we adapted services in other settings, with other populations in order to address needs in areas of occupational performance while maintaining health and safety for all during a Pandemic.

Tomlin, G. (May 2020) "SITO News 003, La Newsletter della societa scientifica Italiana di terapia occupazionale," pp. 5-7.

FACULTY SEARCH

We have an open position for a Fall 2021 start date. Please pass this information to anyone you think may be interested. Or, if you are interested or have any questions feel free to contact Yvonne Swinth (yswinth@pugetsound.edu). Here is some information about the position

Job Title: Clinical Assistant Professor in Occupational Therapy

Appointment: Full-time, ongoing clinical line position to begin Fall 2021

We are pleased to announce that the University of Puget Sound is seeking a doctorally-prepared occupational therapist to teach in our dual track entry-level Masters' of Science and Doctorate occupational therapy programs. Additionally, teaching in our Post-Professional Doctor of Occupational Therapy Program may be included depending on the expertise of the successful candidate.

Responsibilities:

Primary teaching responsibilities will include adult related content areas. Knowledge and expertise in the following topic areas would be valued: functional anatomy, evaluation and treatment of adult physical disabilities, wheelchair seating and positioning, functional mobility, and the use of physical agent modalities.

The standard teaching assignment is three units per semester. Additional duties beyond classroom teaching include professional development, student advising, supervision of student research and evidence-based practice projects (both entry-level and post-professional), and participation in departmental and university governance.

Qualifications:

PhD (or equivalent research doctorate) or post-professional clinical doctorate, 5 or more years of clinical experience, supervisory experience, and a commitment to liberal arts education. Candidates close to completion of a doctorate will be considered. Candidates must have or qualify for a Washington State Occupational Therapist license. Teaching and research experience is highly desirable.

Application Deadline:

Interested individuals are encouraged to submit application materials no later than January, 2020 to ensure consideration, or until the position is filled.

Please spread the word—Clinical Instructors Needed!

We are in need of clinical instructors for both of our adult and pediatric clinics this year. Our clinical instructors are experienced clinicians who mentor and support our students through their onsite clinical experiences during spring semester of their second year. Clinic responsibilities require approximately 5 hours of onsite work at Puget Sound and approximately 5 hours of work from home providing feedback to students' written work, and providing additional mentorship. Clinical instructors are adjunct faculty at the University as Puget Sound and are a tremendous resource to our students and the community.

At this time we are preparing for different clinical scenarios given the current environment. Our priority is always clinician, student and client safety while meeting the standards for Fieldwork I education. We are implementing modified clinic spaces that will support safe distancing and minimize viral spread. We are also planning telehealth services to meet the needs of our clients and to expose our students to current clinical practice.

If you would like further information about the adult clinical instructor position please contact Amy Kashiwa at (253) 879-3532 or akashiwa@pugetsound.edu. If you would like more information on working as a clinical instructor in the pediatric clinic please contact Sheryl Zylstra at 253 879-3497 or szylstra@pugetsound.edu.



EXPERIENTIAL LEARNING IN CONTEXT (ELiC) COURSE HIGHLIGHTS

By Ashley Chan, OT '21

My ELiC experience was a unique opportunity that provided me with a deeper understanding of the complex interaction between client factors, environmental settings, and occupation, within the context of a client battling cancer. I spent one month living with Gia and her daughter Michelle in Auburn, WA, serving as a caregiver for Gia and nanny (with an OT lens) for Michelle. Gia is a single adoptive mother who was about four months into chemotherapy treatment. Michelle is her six-year-old adopted daughter who experienced developmental trauma in utero and has difficulties with anger and self-regulation.

I quickly learned that my roles and responsibilities as Gia and Michelle's support changed daily. Gia's schedule was constantly changing, based on her fluctuating blood levels. She was required to travel to Seattle to complete lab work, meet with various healthcare practitioners, and receive infusions. Schedule complications always arose, creating an additional stressor. Gia was tasked to give her body the rest it needed, but her everyday duties also included caring for and raising her child, maintaining the home, and advocating for herself in the hospital setting – this seemed like an impossible task for one person to take on.

“I believe that the high complexity of this experience will benefit me when working with clients from all populations.” –Ashley Chan, OT '21

Fieldwork Educator Workshop

Please join us for the Puget Sound OT Department's re-imagined Fieldwork Educator Workshop on Friday, October 30th from 9:00am-12:00pm via Zoom. We will be utilizing our virtual platform to our advantage and offering Continuing Education Units for clinicians supporting supervisory relationships in occupational therapy. This will include a discussion about student supervision in the era of COVID-19, break-out sessions focused on challenges in specific practice settings, and creative opportunities to partner with the OT Department. Please RSVP to Twila Hamel at ot@pugetsound.edu. We look forward to seeing you (virtually) soon!

Luckily, Gia had surrounded herself with a loving group of friends who shared a common religious belief. Gia's coworkers often drove her to appointments, baby-sat for Michelle, and helped perform various tasks around the house. Gia enjoys working with her hands (especially fixing up her home), so being able to spend time with friends while they helped her perform tasks she physically could not was a major source of joy for her. Coming from an OT perspective, I wanted to allow Gia to do as much as she could, and assist only when necessary; however, with Gia's go-getter attitude, I realized that I needed to be the one to step in and advise her to stop before she fatigued for the entire day.

Working with Michelle was fun and challenging for me. She had many up's and down's throughout the day, and it was difficult for me to keep up with her short attention span and tantrums. I had to learn how to set boundaries. As a young adult who looks like a teenager, children often see me as a big kid. I had to learn to be firm with her in saying “no” and recognize signs that indicated she might be escalating. I noticed the ways she coped with her frustration and tried to help her use those techniques when outbursts occurred, in addition to finding alternative strategies. In these unprecedented times of COVID-19, Michelle struggled with the lack of play and social interaction. I found ways to keep her entertained and occupied. We had to take precautions because her mother was at high-risk, and this issue often took a toll on Michelle because it was unfair to her, but also on Gia due to the guilt she felt resulting from factors she had no control over.

This experience has helped strengthen my problem-solving, flexibility, communication, and initiation skills; all of which contribute to my personal and professional development and future OT career. Spending time with the two of them together, I caught a glimpse of life into a single-parent household and the many roles Gia plays, as well as the challenges Michelle faces as a result of trauma. I learned about religion, adoption, and the importance having a strong support system. I saw a multitude of factors shaping the daily lives of Gia and Michelle. This opportunity challenged me in finding creative ways for them to participate in meaningful activities and brought me joy in seeing the two of them grow together. I believe that the high complexity of this experience will benefit me when working with clients from all populations.

*Names have been changed to respect and protect the privacy of the family.

RESEARCH OPPORTUNITY!



Dr. Kaminsky is conducting a survey about technology use in cognitive rehabilitation for adults with acquired brain injury. This is a message from her:

Are you an OT practitioner (OT or OTA) who works with adults with stroke and/or TBI? I am conducting a research study on the use of everyday technology (e.g. smartphones, tablets, etc.)

with this population and would love to have you participate! If interested, you can follow this link (<https://tinyurl.com/yygo7d7l>) to an online survey. It has six sections and should take about 15 minutes to complete. The link is generic and your responses won't be associated with your identifying information. You have the option to enter a raffle for a \$10 gift card at the end of the survey. I'll need your email address for the raffle. That will be stored in a separate and protected file which will be deleted as soon as the raffle is complete! Please let me know if you have any questions! And feel free to pass this on to OT colleagues who also work with adults with stroke and/or TBI! Thanks so much!

FIELDWORK UPDATE

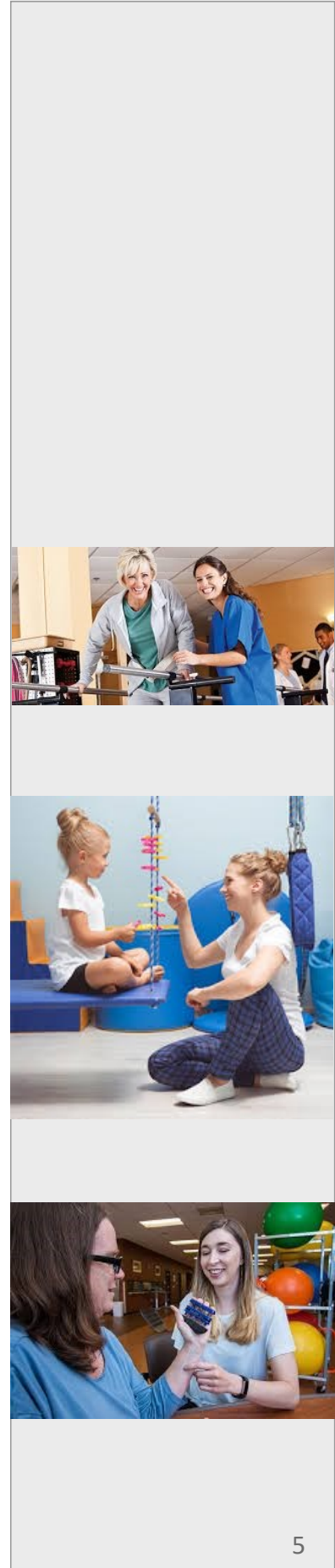
The past 6 months have been chaos for Dawn Yoshimura-Smith in her job as Associate Fieldwork Coordinator. Soon after the onset of the COVID-19 pandemic, level II fieldwork placement cancellations started coming in. Dawn and Claire Brecher, Fieldwork Assistant, put in a lot of time to find replacement sites for students. Unfortunately not all students were able to be placed in the summer and several will have to defer their graduation dates. At this time, all 41 students in the 2020 cohort have confirmed placements for the fall.

Many clinicians have come to the rescue and agreed to take students without much notice and one site even took an additional student and made the 2 student : 1 FW Educator model work! The 2 students loved the added bonus of learning from each other. **All the Occupational Therapists that work with our students are terrific** but several deserve a special shout out for taking a student without much time to prepare.

Marissa Johnson, Cindy Bonilla, Jamie Huizinga, Nicole Chang*, Myra Nishimoto, Shari Addleman*, Dlane Joyner, Julie Gronski*, Carey Goldenberg*, Ally Mohr, Casey Mendoza*, Katrina LaRossa*, Aaron Proctor, Dawn Ebesu, Kim Naguwa*, Tina Teal, Johannah Senn, Sonia Nurkse*, Aubrie Coleman, Norma Pershing, Kazuko Rosen*, Barbara Block*, Sophie Miller, Valerie Cromer, Ruby Farias*, John Mizoguchi*, Corey Young, Jennifer Davis, Allison Axelrod, Heidi Schweizer*, Chris Ernst**
**Puget Sound Alumni*

Dawn is still looking for winter (Jan-Mar) physical disabilities placements in Tacoma, Seattle, Portland, and Springfield, VA. If you can help, please contact Dawn (dsmith@pugetsound.edu).

Despite the unusual circumstances, our students continue to learn from their FWII mentors. Many learned more about telehealth and proper PPE usage than they anticipated. Thank you to our many fieldwork educators who guide our students as they transition to entry-level OTs.



VIRTUAL CAMPUS EVENTS — A DIVERSITY OF LEARNING OPPORTUNITIES

Although we are dealing with the challenges of pandemic living, one upside is that the virtual format of special events makes it easier for alumni and friends of the university to participate from afar. [You can explore the calendar of upcoming university events here:](#)



Events include lectures and plenary discussions, musical performances, and many other enrichment activities. For example, on November 12th at 7:00 pm, Elise Richman, professor of art and art history will present the Register Lecture. The title of her lecture is, "[Beneath Stilled Waters: Representing Columbia Basin Water Issues](#)" and additional information is available [here](#):

EVIDENCE SYMPOSIUM UPDATE

By Renee Watling, PhD, OTR/L, FOATA Clinical Assistant Professor

Each May we host an Evidence Symposium in which the second year students present the evidence and knowledge translation projects they work on throughout the academic year. In May 2020 the symposium was presented for the first time in a virtual format. Over 200 students, faculty, alumni, and community members were able to join us! Students skillfully navigated the video conferencing systems we adopted due to COVID-19 to share their work with attendees. A total of 14 projects were presented with topics ranging from evidence-based assessments and interventions in early intervention, to best practices for work conditioning programs in community-based clinics, effective interventions to support ADL performance in home

health patients, and effectiveness of pediatric feeding interventions. Participants were able to join at least 6 different sessions over 2 hours. Although we missed seeing attendees in person, we were delighted that the virtual format allowed so many to attend from all over the country. We look forward to the 2021 symposium and hope you are able to join us in May!



"Students skillfully navigated the video conferencing systems ...to share their work with attendees"

SCHOOL OF OCCUPATIONAL THERAPY WEBPAGE UPDATES

By Yvonne Swinth, PhD, OTR/L, FAOTA, Professor, Department Chair

We University of Puget Sound webpages will have a new look soon! The university as a whole is in the process of updating its website. In the meantime, with our new OTD program and revised MSOT curriculum we have refreshed many of our School of Occupational Therapy webpages. This summer, all of the faculty in the School of Occupational Therapy updated their faculty pages so that prospective students and other audiences can see the diverse, expansive work of our faculty in the areas of teaching, professional development, and service. [You can access our faculty webpages here.](#)

If you are curious about our new OTD and revised MSOT curriculum, [you can find course descriptions on our updated webpages.](#)

WELCOME NEW FACULTY!

Aimee Sidhu, OTD, MA, OTR/L Clinical Assistant Professor, Academic Fieldwork and Doctoral Capstone Coordinator



Aimee Sidhu is just beginning her first full-time year within the OT Department at Puget Sound as the Doctoral Capstone Coordinator. The summer was spent preparing for implementation of the new curriculum and planting the seeds for doctoral capstone opportunities in the (near) future. Aimee is currently teaching in Introduction to Assessment, Professionalism & Leadership, and Performance Adaptations II. In addition, the OT Department has had to

pivot around the challenges associated with Level I fieldwork, and so Aimee has been developing course content supporting student learning across the breadth of the profession through online modules in traditional and emerging practice areas.

A family road trip was the highlight of the summer, including travel to the Oregon Coast, the Redwoods and Crater Lake. Social distancing protocols have kept travels close to home, but the family has found a love of read-alouds and audiobooks to get through the long drive hours.



The University of Puget Sound School of Occupational Therapy Faculty are recognized experts in their fields of study in both national and international venues.

Amy Kashiwa, OTD, OTR/L Clinical Assistant Professor, Adult Clinic Coordinator



Dr. Amy Kashiwa is excited to join the School of Occupational Therapy this

fall as Clinical Assistant Professor and Adult Clinic Coordinator. Amy arrives with over a decade of clinical experience with adults, and particularly loves working in geriatrics and psychosocial settings. Additionally, Amy has teaching experience in a post-professional OTD program, and thrives on engaging in professional advocacy. She enjoyed collaborating with Kirsten Wilbur and students over the

summer on a study exploring occupation-based interventions for suicide prevention in vulnerable adults.

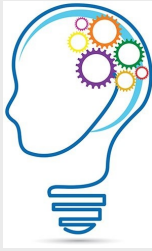
Amy was particularly attracted to the Puget Sound program due to its renewed curricula, focusing on the Subject-Centered Integrative Learning Model for OT (SCIL-OT) by Barb Hooper. Amy is excited about creatively engaging with the teaching and learning community at Puget Sound and explicitly focusing study through the lens of occupations.

In her spare time, Amy enjoys exploring the historic neighborhoods of Tacoma and writing poetry, which she publishes on a 1928 Smith & Corona typewriter.



MENTAL HEALTH CLINIC

By Kirsten Wilbur, EdD, OTR/L Clinical Associate Professor/Mental Health Clinic Coordinator



Mental health clinics got off to a running start this semester. Many of our community sites were unable to have visitors so all clinic experiences are happening on campus in our small clinic sections this fall. Each student was given a client profile and students were able to practice assessments with each other. Students will soon be leading group activities and completing clinical documentation. We welcomed back adjunct faculty Liz Burris, Christina Draper, Heather Juan and Kjirsten Winters. In addition to our “veteran CIs” we have three new adjunct faculty members: Tiffany Cunningham, Amelia Jones, and Julie Tinsley-Shafer, who will introduce themselves below:

Tiffany Cunningham, MSOT '13

Tiffany is a Seattle native who recently returned to the PNW after living in Washington DC for the last four years. She earned her degree in occupational therapy from Puget Sound in 2013 and has since been a pediatric occupational therapist. Tiffany has experience working in a variety of settings, including early intervention, outpatient, clinic based and in the homes and schools of her clients. Tiffany holds a certification in DIR-FCD Model (level 1) and has training in the S.O.S. Approach to

Feeding and SPARK Communication through the Hanen Centre. Tiffany uses the relationship-based approach of the DIR-FCD model to support connection between the child and caregiver, with the goal of each session to use the child's interests and strengths to support development. Tiffany has extensive experience working with children diagnosed with an ASD, ADHD/ADD, Dyspraxia, delays in social-emotional skills and emotional regulation and fine motor delays.

Amelia Jones, MSOT '19

Hello! My name is Amelia Jones and I am a recent graduate from Puget Sound's MSOT program, excited to be back as adjunct faculty for the mental health clinic experience. The clinical instructors I had when I was a student fostered such a positive experience in my education, and it is such a privilege to be a part of that for

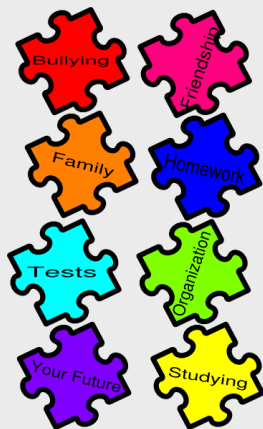
current students! I currently work as an OT in the Kent School District serving 18 to 21-year-old students in the transition program. My favorite occupations outside work include hiking as much as possible, and tending to my giant pumpkin plants. It's great to be back at Puget Sound!

Julie Shafer, MSOT '17

Hi, I'm Julie Schaefer! I completed my Puget Sound OT coursework in May 2017 and moved onto fieldwork placements in outpatient mental health and skilled nursing. I then procured my license in 2018 and began working in a short-term skilled nursing facility. More recently, I have been on an extended maternity leave following the birth of my first child (a baby girl named Sophie!) in May. I am excited

to be back on the Puget Sound campus this semester and even more excited to be working with Puget Sound's OT students as a mental health CI. I have always been passionate about mental health OT, and I believe the clinic experience is an invaluable portion of this program. I look forward to watching the students grow into their professional roles.

I'm excited about the clinics this fall given the changes we made to adapt to the pandemic and we have a great group of adjunct faculty to guide students in their mental health clinic experience! If anyone would be interested in being a mental health clinical instructor, please contact me, Kirsten Wilbur, at kwilbur@pugetsound.edu.



ANTI-RACIST RESOURCES

By Kirsten Wilbur, EdD, OTR/L Clinical Associate Professor/Mental Health Clinic Coordinator

In addition to the Covid-19 pandemic, this spring many cities across the country erupted in civil protest after the death of George Floyd in Minnesota, Ahmaud Arbery in Georgia, and Breonna Taylor in Kentucky. Many of us found ourselves marching in support of the Black Lives Matter protests and perhaps were feeling as though we wanted to do more to dismantle the barriers of systemic racism in this country. Action begins with education! Below I've listed fiction/non-fiction books and videos that can help us learn about the origins of racism in our nation. This is not an exhaustive list, however it is a good start to help you move toward becoming "active anti-racists" (Tatum, 1997, 2017).

The People's History of the United States by Howard Zinn

Racism without Racists by Eduardo Bonilla-Silva

The New Jim Crow by Michelle Alexander

Caste: The Origins of Our Discontents and also, *The Warmth of Other Suns: The Epic Story of America's Great Migration* by Isabel Wilkerson

The Tears We Cannot Stop: A Sermon to White America by Michael Eric Dyson

Homegoing by Yaa Gyasi

So You Want to Talk About Race by Ijeoma Oluo

White Fragility: Why It's So Hard for White People to Talk About Racism by Robin DiAngelo

When They Call You a Terrorist: A Black Lives Matter Memoir by Patrisse Cullors & asha bandele

Between the World and Me by Ta-Nehisi Coates

Citizen by Claudia Rankine

Beloved and *The Bluest Eye* by Toni Morrison

Kindred by Octavia Butler

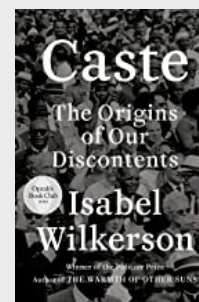
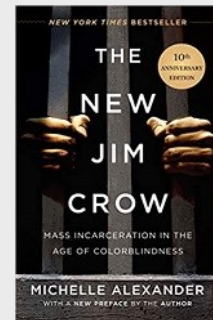
Movies: *13th* available on Netflix; *Requiem for the American Dream* available on Amazon Prime

Podcast: *Caste* found on Apple Podcasts- Oprah's Book Club

Television: *Race Matters: America in Crisis* PBS News Hour Special

DOCTORAL CAPSTONE EXPERIENCE

As of Fall 2020, the University of Puget Sound Occupational Therapy Department has entered its first cohort of entry-level doctoral students. This presents a new opportunity for community clinicians to support students through the doctoral capstone process. Faculty and students are eager to explore creative opportunities within both established and emerging practice settings for innovative learning. If you are curious about more information about this 14-week capstone experience, please contact Aimee Sidhu at asidhu@pugetsound.edu.



SOTA HIGHLIGHTS!

SOTA FUNDRAISER SHIRTS

\$25 UNTIL OCTOBER 8

[https://
www.customink.com/
fundraising/ups-sota-fall-
2020-t-shirt-fundraiser-
3913](https://www.customink.com/fundraising/ups-sota-fall-2020-t-shirt-fundraiser-3913)



**SUPPORT SOTA
GET YOURS TODAY!**



SOTA has been hard at work preparing for a new semester online. Board members and committees (Health & Wellness, Professional Development, Advocacy, Diversity and Inclusion, Social and Fundraising) are finding new and creative ways to provide meaningful and well-rounded learning opportunities for our students. Some highlights include:

Diversity and Inclusion Committee

As part of establishing the new Diversity and Inclusion Committee this Fall, a Coalition of Occupational Therapy Advocates for Diversity (COTAD) chapter was established this August. COTAD chapters create a community among OT students across the nation for education, support, and the sharing of resources. COTAD was established with the goal of promoting diversity and inclusion within the OT workforce and increasing the ability of OT practitioners to serve an increasingly diverse population.

Professional Development Committee

A virtual resume workshop was hosted on September 25th to help students develop writing effective OT resumes!

SOTA Job Fair

Interested in recruiting a Puget Sound OT or PT student? The OT students will host a job fair this Spring. For more information regarding, please contact otjob-fair@pugetsound.edu.

Fundraising Committee

The first t-shirt fundraiser of the year is starting! Shirts are \$25 and orders will be open until October 8th. The link to purchase is listed on the left. 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. There is an option to have the shirt sent directly to you, or if you are in the Tacoma area you can get in contact with Rachel Kasashima (rkasashima@pugetsound.edu) and set up a time to pick up the shirt.



GRADUATION—CLASS OF 2020!

We celebrated the class of 2020 with a virtual graduation event on May 17, 2020. Following tradition, students submitted a Kindergarten or other early learning photo along with a current picture of themselves as they wrap up their didactic studies and transition to Level II Fieldwork. A highlight of this virtual graduation event was the opportunity for family, friends, and faculty to offer a toast to our graduates as part of the graduation “ceremony.” It was so meaningful to be able to add this personal touch!

Several students in the class of 2020 received graduation awards and will be honored during the Convocation program for the class of 2020 that has been rescheduled to May 2021. Chris Doi and Pamela Knapp were recognized with the Watson William Wade Award which is presented to a graduating occupational therapy student who has consistently shown unselfish devotion to facilitating the learning of others. Additionally, Kristine Felix, Elsa Froelicher, Jonathan Montano, and Wanda Saechin received the Department Service Award. This award is given in recognition of exceptional commitment to the curricular and co-curricular experience of occupational therapy students.

We are so proud of all of the members of the MSOT class of 2020 and their resilience in meeting the challenges of finishing up their OT education during a global pandemic. We are looking forward to having the class of 2020 back on campus for an in-person hooding and graduation celebration in May 2021.

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.



FACULTY UPDATES

By Renee Watling, PhD, OTR/L, FOATA Clinical Assistant Professor

During the past four months, like most others, I've juggled my personal response and adjustment to the continued implications of Covid-19 with impact of the pandemic on my professional work. After collaborating with Aimee Sidhu and our educational technology specialists to successfully host our annual evidence symposium in a virtual format for the first time in May, I shifted my attention to learning more about how to use virtual teaching tools effectively. During the sudden shift to online teaching in the spring, I cobbled together enough skill to use Google Meet to convene a class and share PowerPoint slides while lecturing, but I had much work to do to effectively use the online platforms to do more. My main goal was being able to create a sense of community among a group that was meeting for the first time, as I would be doing in two of my fall semester classes. While my skills are still somewhat clunky, I've thoroughly enjoyed meeting our new students and feel that we have achieved a beginning sense of connection despite being in different physical spaces! Summer also provided me with the opportunity to engage more deeply in learning about and exploring my own perspectives and attitudes about race and justice. My work toward becoming anti-racist is ongoing, and I am thankful for the supportive environment offered by the Puget Sound campus community and my colleagues to continue pursue my personal and professional growth in this area.

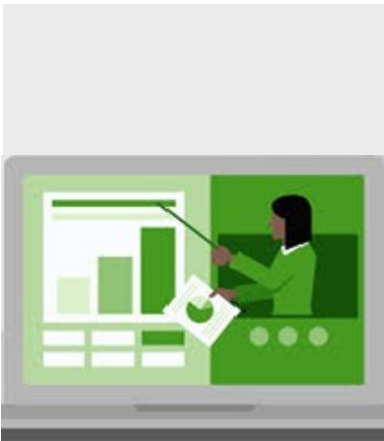
By Kirsten Wilbur, EdD, OTR/L Clinical Associate Professor/Mental Health Clinic Coordinator

Research and course preparation for the new MSOT/OTD curriculum occurred over much of the summer for Kirsten. OT615- *Occupations across the Lifespan* has been dismantled and reworked into the new OT602-*Health and Occupation across Diverse Populations!* This course will now focus on health disparities along with racism and culturally responsive care. Kirsten was also able to work on a collaborative journal article looking at the use of occupation-based interventions on suicide prevention with our new faculty member Dr. Amy Kashiwa and two second year students who assisted with the literature search.

Since Kirsten's summer plans for travel were canceled, she spent time tending a bumper crop of strawberries, tomatoes, green beans and blueberries! She was also able to indulge her creative side and practiced perfecting her shibori indigo dyeing techniques and learned wood carving, resulting in the highlight of her summer: completing a "post and rung" stool! (See pictures on left).

By Sheryl Zylstra, DOT, OTR/L, BCP, Clinical Assistant Professor, Clinic Coordinator: Pediatric OT On-site Teaching Clinic

Greetings friends and alumni! I am now beginning my 6th year here at the University of Puget Sound. I am currently teaching the Occupational Therapy for Infants, Children and Youth, along with Dr. Yvonne Swinth which I thoroughly enjoy. I also continue to manage the pediatric onsite student-led clinic, and this year we are working hard to make changes that will allow for increased social distancing to ensure everyone's safety. One exciting change will include the addition of telehealth services to our program. If you know of clients who are interested in receiving student-led services please send them our way! Another change I am looking forward to is teaching in our new *Interventions Across the Lifespan* course. This course will pair nicely with my work in the onsite clinic as the emphasis will be OT interventions with an emphasis on occupation. On a personal note, I have been continuously postponing a trip to Hawaii - planned for last May, but am very hopeful that I will get there in the not so distant future, whenever it is deemed safe to travel. I am fortunate to live in such a beautiful state, here in Washington, where walks on the beach are still possible (but cooler).



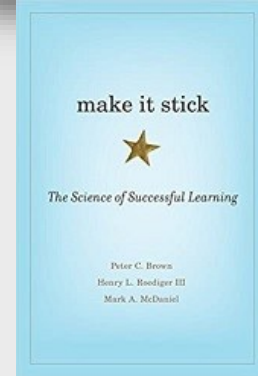
FACULTY UPDATES (CONTINUED)

By Yvonne Swinth, PhD, OTR/L, FAOTA, Professor, Department Chair

This summer Yvonne led a book study with faculty and students on the book *Make it Stick: The Science of Successful Learning*. Based on the book and insights gained from students during the discussion, Yvonne is excited to work with Sheryl and others to bring some new learning strategies into the classroom. She also is working closely with all the OT faculty to support the final updates of the OTD curriculum.

In the midst of all the Pandemic “to dos,” Yvonne has been able to continue several projects. These included her work with Dr. Lavendure on the *Quality Indicators for School Based Practitioners*; it is anticipated that they will be published by the end of the year. She has continued her work editing the *Journal of Occupational Therapy: Schools and Early Intervention*. She also has been involved in supporting school-based practitioners across the country as they transition to telehealth services.

This summer was a busy time at Puget Sound preparing for the fall, but Yvonne was able to get in a camping trip and worked 2-3 days a week on Anderson Island so breaks could be spent swimming, kayaking and paddling boarding with her girls. They are looking forward to being able to travel once things settle down from the Pandemic.



Jennifer S. Pitonyak, PhD, OTR/L, SCFES Associate Professor and Associate Director

Dr. Jennifer Pitonyak (Jenny) is extremely excited to be teaching the new OT 601 Foundations of Occupational Therapy in the new OTD and revised MSOT curricula. This course includes expanded units on occupation— its diversity of form, function, and meaning, the history of occupational therapy’s use of occupation as intervention, and theoretical perspectives about occupation, that are a great match with Jenny’s interests in occupational science and examining structural factors that create situations of occupational injustice.

Jenny’s program development and research with the Tacoma Pierce County Public Health Department is on hold due to COVID-19. She is looking forward to the time when she can continue the work of expanding occupational therapy programs for family mental health across Pierce County. In the meantime, Jenny is focusing on her interests in scholarship of teaching and learning and curriculum development. She recently proposed a sabbatical project for academic year 2021-2022 in which she would develop an undergraduate course in occupational science and map out a plan for a potential undergraduate minor in occupational science at Puget Sound.

Although Jenny’s plans to travel east this summer to visit family in Pennsylvania and Ohio were disrupted, she and her family enjoyed several camping trips in Washington State in the North Cascades and on the Olympic Peninsula. She is also busy tending her garden and working on the art of sourdough bread baking.

