



Spring 2025 Newsletter

Spotlight on the Chair

Renee Watling was recently interviewed for The Hatchet, Puget Sound's award winning weekly e-newsletter. Renee spoke about her current research and what students get out of the OT program at Puget Sound. Click below to read the full article.

[Read the Q&A with Professor Watling](#)



AOTA INSPIRE Alumni Gathering

Join Puget Sound faculty, students, and alumni at the AOTA Inspire Conference this April in Philadelphia. We will host a fun "meet up" to enjoy appetizers and connect with attendees from



80th Anniversary Celebration

Save the date! Join us **Saturday, June 7, 2025** to celebrate 80 years of the School of Occupational Therapy! Special events will include a luncheon and opportunity to connect with OT students and recent grads around their areas of interest and capstones. This is all happening during the **Summer Reunion Weekend** - watch the School of OT webpage for forthcoming details!

<https://www.pugetsound.edu/alumni/events/summer-reunion-weekend-2025>



Support Puget Sound School of OT

As part of our upcoming 80th Anniversary celebration, the Puget Sound School of OT is proud to be an official advocate of this year's Logger Day Challenge on **Tuesday, March 4, 2025**.

Every dollar directly impacts student opportunities for conference attendance, research project presentations, and professional growth. *Your generous gift enhances the student experience today, developing the next generation of OT's for tomorrow.*

[SHOW YOUR SUPPORT HERE!](#)



Faculty-Led Study Abroad

In January 2025, School of OT faculty members, Dr. Cecille Corsilles-Sy and Dr. Aimee Sidhu, facilitated first and second-year OT students on a faculty-led study abroad to explore the healthcare practices of the Philippines. Learning activities included engagement in community hospitals - Philippines General Hospital and Mary Johnston Hospital - as well as community-based rehabilitation programs in Pampanga and Cavite. Highlights of the two-week immersive experience included:

- Community-based diabetes support group, including introducing the Filipino Food Pyramid in Tagalog (Mary Johnston Diabetes Clinic)
- Observation of a student-run clinic at the University of the Philippines-Manila, just before returning to our own student-run clinic
- Community-based coffee cooperative connections through bonding with older adults (Barangay Tua Farmers Agricultural Cooperative)
- Exploration of the Pintô Art Museum, an exhibition space and galleries focused on Filipino art and artists, including a special section looking at disability through fine art
- Enjoy these photos of our memorable trip abroad!





Dr. George Tomlin Evidence Symposium

Please join us on **Thursday, May 8th** for the annual Dr. George Tomlin Evidence Symposium from 6-8pm in Harned Hall. This year's symposium will include topics such as technology to support aging in place, best practices for OT practitioners in middle school settings, OT collaborations with public health agencies and organizations, and positive risk-taking for older adults, in addition to much more. Please RSVP here: [May 8th Symposium](#). We look forward to seeing you!

AOTA Education Summit Participation

Numerous OT faculty attended the annual AOTA Education Summit this past November in Charlotte, North Carolina. Faculty presentations included:

- A workshop entitled Transformative learning for OT students navigating diverse complex intercultural

interactions by Aimee Sidhu & Cecille Corsilles-Sy.

- A Technology Roundtable utilizing digital scavenger hunts as interactive engagement for both students & faculty by Maggie Hayes, Amy Kashiwa & Aimee Sidhu.



Specialty Conference for AOTA Children & Youth

The Specialty Conference for AOTA Children & Youth was held in Seattle in mid-December 2024. Numerous Puget Sound students, faculty and alumni were spotted, both presenting workshops and posters, as well as engaging in the wide array of presentations. Can you spot yourself and/or your colleagues in this photo?

Collaborators Needed!!

Evidence project collaborators needed!! Do you have a clinical question that you are eager to find evidence to support? Are you seeking input from a student team to inform your current practice? Evidence projects begin in late April. If you are interested in collaborating with OT students in their educational journey, please complete this [Interest Form](#) or reach out to Renee at rwating@pugetsound.edu for more details.



OT Department Highlights

The School of Occupational Therapy was well-represented at the December 2024 AOTA Children & Youth Conference in Seattle. Dr. Yvonne Swinth presented strategies for school-based occupational therapy to support systems-level approaches for increased student success. Students Alyssa Beck, Madison Cate and

Savanna Girouard had a constant crowd at the poster presentation of their evidence project titled Treatment for Children with Avoidant Restrictive Food Intake Disorder (ARFID).

Dr. Shelly Norvell recently conducted an interdisciplinary workshop through the Holistic Health and Fitness (H2F) program at Joint Base Lewis McChord (JBLM) on the benefits of Lifestyle Medicine for active duty female military personnel. Collaborating with two PTs and a Registered Dietician, the day-long continuing education workshop covered the unique health needs of the Female Tactical Athlete across the lifespan. As the sole OT, Dr. Norvell was able to contribute content addressing sleep and mental health during young adulthood, pregnancy, postpartum, perimenopause, and menopause. The audience consisted of civilian and active duty health care members who take care of those who serve in these important roles.



Documentary Screening

Please join the Puget Sound OT Community for a free documentary screening of *Keys Bags Names Words: Hope in Aging and Dementia*

Event date/time: **Tuesday, April 1, 2025**
(Doors open at 5:15pm; introduction at 5:45)

Location: Grand Cinema, 606 Fawcett Ave., Tacoma WA

Link to the trailer [here](#).

This event is grant-funded through a Community Engagement Initiative Grant.

Film description: "Dementia is one of the greatest fears of people today. This documentary aims to shift that narrative of fear and hopelessness to one of hope and action. There are things we can do as

individuals to reduce our risk of developing dementia. There are ways to connect meaningfully with our loved ones, even if they no longer recognize us. We can live a high quality of life after

diagnosis. *Keys Bags Names Words* shows intimate profiles of people living with dementia and their care partners. You'll meet doctors discussing what you can do in your life to support brain health and prevent cognitive decline. And you'll meet musicians and artists, scientists and policy experts from around the world engaged in a bold approach to tackle a leading global challenge for health and social care in the 21st century, dementia and brain health. This film is not a lament to loss, but an inspiring celebration of the human spirit."

Please [RSVP HERE](#).

Contact Amy Kashiwa with any questions: akashiwa@pugetsound.edu

Connect with us!

Social Media Updates!

Check out our new [OT facebook page](#) using the link below. Stay in touch to see what is happening in the OT department here at Puget Sound.



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