

Gannon's SOTA Newsletter



COME TOGETHER

Katie McKibbin, OTS & Madelyn Wengyn ,OTS

Upcoming SOTA Meetings

9/ 21, Wednesday (4:45 pm)

10/ 19, Wednesday (4:45 pm)

11/16, Wednesday (4:45 pm)

12 / 7 Wednesday (4:45 pm)

Brain Break

Scan the QR Code for Some
SOTA fun!



@guruskinsota

What's Happening in the Community

Join Gannon University and the Center for Social Concerns and Global Exploration this **Saturday, September 17, from 8 am- 12 pm** for the 25th Anniversary of "GIVE" Day! For many years, Gannon University students have volunteered with this organization to make a difference in our community in Tampa Bay and the surrounding areas.

Keep an eye out for an email that will provide your "GIVE" Day location and group so you can carpool with friends. Don't forget to pick up your free t-shirt!

Congratulations to our new Vice President, ASD Alternate, and Committee Chairs!

Vice President of SOTA: Madeline Mosing

ASD Alternate: Riley Price

Fundraising Chair: Taegan Allen

Professional Development Chair: Viviane Bennese

Community Service Chair: Caroline Gates

Social Media Chair: Riley Mintrone

Social Activities Chair: Taylor Cycenas

Reminders

- On **September 14th**, an **EXCLUSIVE** guest speaker, **Dr. Temple Grandin**, is coming to talk about Advocacy and Autism. More information to come.
- Sign Up for Florida Occupational Therapy Association (FOTA)
- FOTA Conference Registration. The conference is on **November 5 & 6, 2022**, The prices are discounted for members.
- AOTA Conference 2023 is on **April 20th -23rd** in Kansas City, Missouri. Keep an eye out for information from Katie McKibbin.
- Stay updated on emails from SOTA to learn more about future guest speakers.

YOU'RE DOING GREAT!

New Movie Recommendation: Gigi and Nate

Trailer: <https://youtu.be/Mb8lVRdumsc>

An Interesting Read on Advocacy



Chen, Y.L., & Patten, K. (2021). Shifting focus from impairment to inclusion: Expanding occupational therapy for neurodivergent students to address school environments. *American Journal of Occupational Therapy*, 75(3), 7503347010. doi: <https://doi.org/10.5014/ajot.2020.040618>

Katie Ernst From Fieldwork

Fieldwork Level: IIA **Fieldwork Site/ Setting:** Acute Care / Morton Plant Hospital

Population: Adults to older adults: 40 yr.-105 yr. Old **Caseload:** 5- 6 per day

Responsibilities: Review Patient Charts, Past Medical History, Meet With Fieldwork Coordinator, Check in with nurse before seeing patients, evaluations, working on basic ADLs with patients.

Common Assessments: Frailty, Manual Muscle Testing, Grip Strength, Range of Motion, Light Touch, Vision, Coordination, Proprioception Testing, Administers Mini-Mental State Exam.

Most Rewarding Experience: Katie empowered a stroke patient who was sad because he believed he would never walk again. Katie made his day by motivating him and getting him to stand!

Funny Experience: A patient asked Katie why she is so pale, and another patient said his session was horrible, but the only reason he continued was because he thought she was pretty!



Viviane Bennese Spotlight Student

Where are you from: Originally from Brazil, moved to Sarasota, FL in 2005.

What Year of OT Program are you in: Second Year **Area of Interest:** Pediatric or Hand Therapy

Favorite Class: All the Pediatrics and Physical Disabilities

Memorable Experience at Gannon: First day of in-person class and meeting my classmates personally. I also was eager to learn and explore the campus.

How Do You De-Stress: I go for long walks, drive around, or take a long/ hot shower

Favorite Occupations: Taking care of family, driving, showering, traveling, dancing, going out with friends, hiking, watching my kids play sports, and sleep.

Tips & Advice: Like any situation in your life, you will have ups and downs throughout this program. Don't let your "downs" discourage you; rely on your classmates to encourage you to keep moving forward. They would be the only ones who would truly understand you.



Gannon's SOTA Newsletter



TRICK OR "TREAT"-MENT

Katie McKibbin, OTS & Madelyn Wengyn, OTS

Upcoming SOTA Meetings

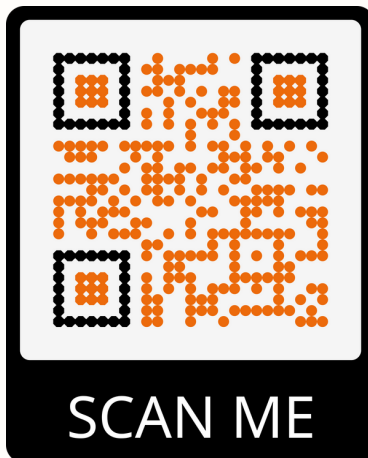
10-19, Wednesday (4:45 pm)

11-16, Wednesday (4:45 pm)

12-7 Wednesday (4:45 pm)

Zombie Brain Break

Scan the QR Code for Some
"Spooky" SOTA fun!



@guruskinsota

What's Happening in the Community

Nancy Yamoah, OT @lovelyy_ot

Nancy Yamoah is an adult rehab occupational therapist that will cover the topics of Travel OT, how to get a job out of graduate school, how to negotiate pay, her experience advocating for being black in rehab, her experience as a therapist, and entrepreneurship. Check out her Instagram handle to find out more information about her: @lovelyy_ot.



Reminders

- Hill Day is November 2
- FOTA Conference November 5th and 6th
- Trunk or Treat at Prince of Peace October 25th @ 5:00 pm
- October 19th @ 5:00 Nancy Yamoah (aka @lovelyy_OT) will be a guest speaker discussing Travel OT, getting a job, negotiating salary, being Black in Rehab, and entrepreneurship
- Spooky White Elephant Social Event October 26 at 4:45 pm
- Trunk or Treat October 27th
- Individual and Group Costume Contest October 27th
- ASD Fall Tri-Annual Meeting on Fieldwork: Thursday, October 20 (Topic is Fieldwork)- Katie is a Group Facilitator at this event.
- Save the Date: AOTA INSPIRE 2023 Annual Conference & Expo, April 20-23, 2023

An Interesting Read

Springer, J. (2015). Getting off the A train: A case for why well-rounded practitioners don't need perfect grades. *American Occupational Therapy Association: OT in Motion*.
https://www.aota.org/publications/student-articles/~/_link.aspx?id=A422779279C34BBAA2028A7DAE9EA04A



Adam Regalado From Fieldwork

Fieldwork Level: IIA **Fieldwork Site/ Setting:** Select Physical Therapy, Outpatient Hand Therapy
Population: Adults to older adults: 40 yr.-65 yr. Old **Caseload:** 8-12 per day

Responsibilities: Complete initial evaluations, re-evaluations, and treatment sessions. Complete documentation, implement new appropriate interventions, use clinical reasoning, and follow necessary protocols based on diagnoses when needed.

Common Assessments: QuickDASH, OMSQ-12, Subjective Pain Measurements, 9-hole Peg Test, Minnesota Manual Dexterity Test, Grip Strength, Pinch strength (generally use three jaw chuck pinch when measuring pinch strength), MMT, Goniometer for ROM, Semmes-Weinstein monofilaments.

Most Rewarding Experience: Fabricating a short opponens orthosis for a client with CMC OA.

Most Challenging: Learning the documentation system took me a couple weeks, especially when completing initial evaluations because there is a lot of information to remember to include.

Advice: Remember we are all students here it is okay to not know everything. Just go in with an open mind and learn as much as you can from your FWE.



Teanna Parisio Spotlight Student

Where are you from: Born in Stuart, Florida but grew up in Atlanta, GA

What Year of OT Program are you in: Second Year **Area of Interest:** Pelvic Floor

Favorite Class: Human Movement with Dr. Carsone and Professor Zemina

Memorable Experience at Gannon: My most memorable moment at Gannon was starting our program in the middle of a pandemic and having to do health checks while wearing masks throughout the day. Then all of that being lifted and finally getting to see our classmates' and professors' faces! I personally find occupational balance by staying busy, but organized.

How Do You De-Stress: I de-stress by going to the gym or spending time outside with my friends which are also my favorite occupations such as health management and social participation!

Tips & Advice: My advice to current and or future students is to get involved! Whether it is at school or in the community, the people around you are your biggest cheerleaders and will be able to open so many doors you never knew possible. Keep organized and focused, but never turn down an opportunity to better yourself.



Gannon's SOTA Newsletter

Gratitude is the Best Attitude

Katie McKibbin, OTS & Madelyn Wengyn, OTS

Upcoming SOTA Meetings

11- 16, Wednesday (4:45 pm)
12 - 7 Wednesday (4:45 pm)

Brain Break

Scan the QR Code for Some
SOTA fun!

This focus is on gratitude. Enjoy
this fun activity that is relaxing
and mindful!



 @guruskinsota

What's Happening in the Community Silent Santa & Sensory Toy Drive

Caroline Gates and Mariela Delgado are working together along with Inspira Tampa Bay, Inc. to make young boys and girls have a Merry Christmas this year.

Gates and Delgado are seeking volunteers to sign up and join an educational sensory regulation station as part of Silent Santa. This event will take place on
December 3, 2022 from 10:00 am to 1:00 pm at Southshore Regional Library, Ruskin, FL.

Most importantly, Gates and Delgado are hosting a Sensory Toy Drive for donations of needed items for the Silent Santa. Donation boxes can be found around the campus, outside RN 255 in the new building, RN C116 in the admin building. Items that are needed are on an Amazon wish list that can be found on flyers around the school. Donation will be accepted until
November 21, 2022!

For more information please contact Caroline gates017@gannon.edu or Mariela delgado002@gannon.edu for further questions.

Reminders

- Guest Speaker: Jill Tighe, AOTA Grassroots/ PAC Specialist
November 3rd
- FOTA Conference November 5 - 6th
- Advising Day November 8th, 2022
- Guest Speaker: Dr. Dishman, Assistive Technology
November 16th
- Guest Speaker: Dr. Michael Urban, AOTA Staff Member
- Sensory Toy Drive until November 21st, 2022
- Silent Santa December 3, 2022 - **Volunteers Needed**
- Advising Day November 8th, 2022
- Thanksgiving Break November 23rd - 27th

Movie Recommendation:
Bethany Hamilton: Unstoppable

Trailer:
<https://www.youtube.com/watch?v=O5MsXjUQLYM>

An Interesting Read :

Humphrey, C., & Causey-Upton, R. (2022). Can OT students be too perfect? The impact of perfectionism on academic and psychosocial factors. *American Journal of Occupational Therapy*, 76(1), 7610505072p1. <https://doi.org/10.5014/ajot.2022.76S1-PO72>

Anna Ingram From Fieldwork

Fieldwork Level: IIB Fieldwork Site/ **Setting:** Outpatient Hand Therapy at Manatee Memorial Hospital

Population: Adults to older adults **Caseload:** 8-19 per day

Responsibilities: I am responsible for planning and implementing treatments for the clients assigned to me at the beginning of the day. I am also performing evaluations and writing them up. Other responsibilities include bringing patients back, verifying identification, and getting them set up on a heat modality if they require it.

Most Challenging Experience: One of my first clients was an older gentleman who only spoke Spanish. He had a stroke several months ago and has a flaccid right arm with right hemi spatial neglect. He also has a severe cognitive deficit, which has made communication very challenging. I mostly rely on nonverbal cues and speaking to his daughters by using a communication device when I need more information.

Most Rewarding Experience: So far, my most rewarding experience has been hearing a client tell me how well they were able to sign their name on a document without assistance. They had not been able to write well since their stroke, which was a very important goal to that client. They were incredibly happy!

Funniest Experience: I was explaining how sticky Thera putty can be to a client, and to be careful to keep it away from clothes. As soon as I finished, I set my wrist down in the Thera putty and it got all over my watch and sleeve it and would not come off. At least I got the point across!

Advice: Get to know all the clients right away, even if they are not on your caseload yet! That gives them the opportunity to get more comfortable with you, and you them, before you start treating! I also think that it is so important to have a sense of humor and have some fun!



Taegan Allen Spotlight Student

Where are you from: Memphis, TN **What Year of OT Program are you in:** Second Year

Favorite Class: Psychosocial Intervention I with Dr. Greseth & Research with Dr. Decker

Extracurricular at GU: SOTA Chairperson for Fundraising Committee, and Member of PTE

Favorite Occupations: Driving, Home Management, Shopping, Social Participation

Memorable Experience at Gannon: My most memorable experience at GU was the Holiday Party and getting to spend time with faculty, staff, and students from all programs to celebrate the end of the Fall semester.

How Do You De-Stress: I try to avoid procrastination as much as possible. I also love driving and listening to music. I also like having "me time," which means making popcorn and watching Netflix.

Tips & Advice: My advice to current and or future students is to utilize your APA Manual. Always double-check your citations. If you haven't already, you got to start using Canva. It makes creating handouts, presentations, flyers, etc., so much better!



TIPS FOR SURVIVING FIELDWORK

OUTCOMES FROM THE FALL 2022 ASD TRI-ANNUAL MEETING

1

TIPS FOR... BALANCING FIELDWORK WITH ADDITIONAL ROLES AND RESPONSIBILITIES

- Self care! Engage in activities that help you unwind (No screen-time, being outdoors, exercise, etc.)
- Time management. Find what strategies work for you, this may mean utilizing written or digital calendars, making lists, asking friends and family to hold you accountable, etc.
- Communicate. Communicate necessary information about your schedule, additional roles



2

TIPS FOR... ENCOUNTERING UNETHICAL BEHAVIORS AT YOUR SITE

- If comfortable, talk to your clinical instructor about it. Ask questions in response to the unethical behavior such as, "I would love to learn more about your decision to do [fill in behavior]."
- Discuss the situation with your fieldwork coordinator, they are there to support you in your fieldwork experiences, especially in situations like these!



3

TIPS FOR... STUDENTS WHO ARE NERVOUS ABOUT BEGINNING FIELDWORK

- Questions are encouraged. Don't be afraid to ask your clinical instructor or other members of the interdisciplinary team questions, fieldwork is a learning experience!
- Don't be too hard on yourself. You are new to this! You are a student and should not expect to know everything. Try your best and be teachable, this is how you will grow!
- Utilize all the resources available to you. These may be mentors in the class above you, occupational therapy guides or reference sheets, or credible websites and videos to learn more about conditions, evaluations and interventions.



4

TIPS FOR... BALANCING PROFESSIONALISM BUT STILL SHOWING YOUR TRUE SELF!

- Make sure you're sticking to your site rules but don't be afraid to be yourself! Always make sure you are following the rules and policies at your fieldwork site.
- Utilize your therapeutic use of self. Always be thinking about how you can use yourself to address the client's needs and how to provide them with the best care possible.



5

TIPS FOR... STUDENTS WHO ARE PLACED AT A SITE THEY ARE NOT INTERESTED IN

- Go in with a positive, professional attitude and make the most of the opportunity. A lot of the skills you learn in one fieldwork setting are transferable to other settings and populations. You may find an aspect of the fieldwork that you really enjoy!



Gannon's SOTA Newsletter

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Katie McKibbin, OTS & Madelyn Wengyn, OTS

Upcoming SOTA Meetings

12 - 7 Wednesday (4:45 pm)

2-15 -Wednesday (4:00 pm)

3- 22 Wednesday (4:00 pm)

4-26 Wednesday (4:00 pm)

Brain Break

Scan the QR Code for
Jolly Ol' Festive Fun!



What's Happening in the Community Holiday Party

SPTA & SOTA are getting festive this week!

On Tuesday, December 6th, from 1 pm- 4 pm, SPTA and SOTA are hosting an Ugly Christmas Sweater Party in front of the Administration Building.

SPTA and SOTA will collect \$1 to be entered for a chance to win an Amazon, Chickfila, or Planet Smoothies gift card.



Reminders

- Holiday Christmas Sweater Party hosted by SPTA and SOTA
- SOTA Meeting with gingerbread house competition this Wednesday!
- Exams are next week; remember to study and take breaks.
- PTE Christmas Fundraiser, Thursday, December 8th at 5:00 pm
- Please complete your course evaluations. This helps our professors improve the courses and future courses we take based on what we need as students.
- Keep your Exxact profile up-to-date, over break.
- Sign-Up for AOTA Conference. Contact Katie McKibbin for additional information.
- ENJOY YOUR HOLIDAY BREAK!

An Interesting Read on Intervention

Kivlen, C., Winston, K., Mills, DiZazzo-Miller, R., Davenport, R., & John-Tyler Binfet, J.T. (2022). Canine-assisted intervention effects on the well-being of health science graduate students: A randomized controlled trial. *American Journal of Occupational Therapy*, 76(6), 7606205120. <https://doi.org/10.5014/ajot.2022.049508>

Terrell Kane From Fieldwork

Fieldwork Level: IIB **Fieldwork Site/ Setting:** Sarasota Memorial Hospital Neuro Clinic

Population: Outpatient Adults (18-90)

Caseload: 22 per week

Responsibilities: Treatment plan for assigned patients, all documentation, perform evaluations independently & relay information gathered to other disciplines, call patients/doctors to discuss scheduling, maintain a log of patients on caseload versus discharged, and clean equipment and do laundry

Common Assessments: 9-hole peg test, box and blocks, Purdue Pegboard, ROM, MMT, trail making, bells cancelation, 5 times sit to stand, functional reach test, vision testing, Minnesota rate of manipulation

Most Rewarding Experience: A patient's spouse pulled me aside and told me that her husband responds well to my treatments and talks about how much he enjoys working with me

Most Challenging: Performed a wheelchair assessment and a patient told me to "make up" his deficits so he could get approved for a better wheelchair

Advice: Don't go home and spend hours doing work outside of fieldwork.

Separate time for "work" and time for yourself. Things can get a bit overwhelming some weeks but when you get into the rhythm, and you will, all of your responsibilities will become second nature. Ask questions, be upfront, and recognize that this is an experience for learning not perfection.



Maggie Logan Spotlight Student

Where are you from: Garden City, MI

What Year of OT Program are you in: Second Year

Favorite Class: Physical Disabilities because we've had many opportunities to be hands on with our mock patients, the Pelican group.

Favorite Occupations: Sleep, Leisure & Play

Memorable Experience at Gannon: So far I'd say it was when we went to the preschool this semester and got to work along side other disciplines to evaluate children. I had so much fun not only getting to know these children and playing with them but also working with the other students here at Gannon.

How Do You De-Stress: I enjoy movies/TV, being active outside, meditating, and exercising when I feel overly stressed.

Tips & Advice: Don't get stuck on a grade or a bad exam, even on a tough course, cut yourself some slack. We are human and no one is perfect. And while your at it, don't just be a student. We all have many roles so make sure to spread your time to all your responsibilities, even to yourself.



Gannon's SOTA Newsletter

LOTs of Love

Katie McKibbin, OTS & Madelyn Wengyn , OTS

Upcoming SOTA Meetings

2-16 -Thursday (4:00 pm)
3- 22 Wednesday (4:00 pm)
4-26 Wednesday (4:00 pm)

Brain Break

Give your mind and heart a
break with this fun activity!



 @guruskinsota

What's Happening in the Community

I've got a "Crush" on You Fundraiser

From February 6th through the 13th, bring in \$2 (or Venmo Teagan Allen) to have a Crush Soda delivered to your "Crush" on Valentine's Day!

Contact **Taegan Allen** for more information at
allen256@gannon.edu

Make Your Own Bracelet

Gabriela's Heartfelt Creations will guide us in creating inspirational bracelets in the Fishbowl on **February 16 from 10:30 am-12:00 pm**. Each attendee will have the opportunity to create 1-2 bracelets that will cost between \$12-\$15 (CASH ONLY). All cohorts are welcome!

You may make one for yourself or give it to someone else!

Any questions, please email, Madelyn Wengyn at wengyn001@gannon.edu

Reminders

- Volunteers are needed for the Italian Dinner Night at Prince of Peace Catholic Church on **February 2nd from 4:30 - 8:30 pm**. Contact Caroline Gates at gates017@gannon.edu to volunteer!
- **Operation Code Vet** needs volunteers on **February 3rd from 8:00 AM- 12:00 PM** to help stage Mr. Wooten's new home for the grand reveal. Contact logan010@gannon.edu for more information.
- "Love is in the Air" - Valentine's Day is **February 14th**
- Dr. Robin Crews OTR/L will guide us through Nature Bathing Session as part of her Capstone. The date is TBD, so look out for an email.
- Spring Break is **February 27-March 12**. Enjoy and find occupational balance.
- SOTA Elections are coming up. Consider running for a position!

Movie Recommendation:

#TEXTMEWHENYou Get Home

Trailer: <https://youtu.be/ksPFC7Agffs>

The film features a young woman from Valrico, FL, who got assaulted at a local library, resulting in a TBI. She receives care from StayinStep

An Interesting Read

Bolding, D.J., & Llorens, L.A. (1991). The effects of habilitative hospital admission on self-care, self-esteem, and frequency of physical care. *American Journal of Occupational Therapy*, 45(9), 796–800. <https://doi.org/10.5014/ajot.45.9.796>

*Dr. Lena Llorens is the first and only African American Women in OT that recieved the Eleanor Clarke Slagle Award

Briana Myers From Fieldwork

Fieldwork Level: IIB **Fieldwork Site/ Setting:** School Williams and Witt Elementary School

Population: Pediatrics (4-11) **Caseload:** Over 50 Students

Responsibilities: During this fieldwork rotation, I provided occupational services to improve fine motor, bilateral coordination, visual perception, primitive reflex integration, and sensory processing skills. I ran groups of 2-6 students with the assistance of a COTA. I performed evaluations for eligibility for placement or discharge from services. I completed documentation weekly for each student. I also attended IEP meetings with my FWE.

Common Assessments: BOT-2, MVPT-4, TVPS-4, and Sensory Profile School Companion

Most Rewarding Experience: There were many rewarding moments during this experience, but the most rewarding was my last day. I received many hugs and heartfelt goodbyes from the students, and it gave me greater joy to know I could help them in their OT journey. Seeing progress when working with the pediatric population is hard when I only worked with them for 3 months. However, it was great feeling knowing I helped in that process for these students.

Advice: Fieldwork can initially seem intimidating, but it is a great learning experience. Don't be afraid to ask questions and for explanations because you're there to learn. It's ok if you don't know something; that's why we're still students. Also, enjoy this time and create time for occupational balance. Fieldwork schedules may be hectic depending on the setting but make time to rest, relax, and live. Occupational balance is essential to your overall well-being.



Caroline Gates Spotlight Student

Where are you from: Dallas, Texas

What Year of OT Program are you in: Second Year

Favorite Class: Neurorehabilitation Techniques with Dr. Carsone

Favorite Occupations: Writing, volunteering, sailing, exercising, socializing, and cooking.

How Do You De-Stress: Yoga, breathing exercises, meditation, sauna, cold plunges, bike rides, and organizing my personal space.

Area of Interest: My goal is to work in home health as a Certified Low Vision Therapist (CLVT) for the geriatric population in Florida. I plan to create an aging-in-place program for low-vision clients with an emphasis on home modifications, adaptive equipment, fall prevention, and decluttering the home environment using organizational systems and techniques.

Tips & Advice: Get to know your professors because they are your biggest cheerleaders and experts in occupational therapy. Continue to research topics you're passionate about, and don't be afraid to branch out and create your niche area of practice. If you're scared of the uncertainty of the future, remember why you started this journey. You are in this program for a reason, so make the most of your experience and realize that any anxiety-provoking situation is a growth opportunity. I often remind myself that if getting a doctorate was easy, everyone would do it!

