# California State University Dominguez Hills DEPARTMENT OF OCCUPATIONAL THERAPY

## Summer 2024 Newsletter



#### **Keep Calm and Pickleball**

COTAD hosted a Pickleball Tournament at Dignity Health Sports Park to promote our Occupational Therapy Programs (Masters and Doctorate) as well as, welcome everyone to the new semester. There over 12 teams committed to having a wonderful time and all teams displayed a great sense of competition and sportsmanship.

The day was filled with tournament play and then elimination matches. The final match was between *Nothin' but Net* vesus *Cookin' in the Kitchen* and the winner was *Cookin' in the Kitchen*. The winning duo took home the trophy or, should we say, pickle home! Congratulations to Sam L and Hanna from OTD C1 on being our first pickleball champs!

Thank you to everyone who came out to participate and a special shout out to Dr. Penoliar for all his help setting up this event. We may have different paddles, but we are one community!



From OTD Ci,
Pickleball
Champions
Hanna and Sam L

## Boys and Girls Club Long Beach High School Outreach by COTAD



On February 14th, COTAD E-Board presented to the local Boys and Girls Club about occupational and therapy furthering education to middle school and high school students. The students had wonderful questions and were thankful to hear about the experiences of first generation students in higher education. As always, a balloon activity was used to demonstrate what occupational therapy can do for an individual. This was a fun and rewarding experience!

## **MERCH**

Have you got your merch? Show your CSUDH OT pride!

IYou can pick up your OT merchandise from SOTA. There are fantastic hoodies, cool jackets and awesome t-shirts available for sale. Don't miss out

(Showing the amazing merch are C19's Damarice Herrera, Wakana Seo, and Abby Haury)



## FEATURED ALUMNI

## ELYSIA AGUERO







My name is Elysia Aguero and am proud to say that I graduated from the MSOT program C14! I started my OT journey as a preschool teacher who loved teaching but was searching for more knowledge to understand children and to help them learn. My internet searches and discussions with friends and family lead me to the CSUDH MSOT program.

After graduation, I began my career as a pediatric OT at Therapy West, Inc. in 2020 and am still working there today. Over the past 3.5 years, I feel that I've come full circle with a better understanding of children's needs and how to help them learn/develop their skills (e.g., self-regulation, self-care, play, etc.). At Therapy West, I have also had the opportunity to guide many fieldwork students through their rotations in the outpatient pediatric setting. I found that providing this mentorship is one of my favorite parts of my OT career.

LOOKING FOR ALUMS

If you know of an alumni that is doing good works in the profession, please contact otprogram@csudh.edu for consideration as the Featured Alumni in the Department's newsletter, It would be awesome to recognize our graduates for their contributions to occupational therapy.

Having an OT career pairs well with personal mindfulness practice, to regulate myself and allow me to be the pediatric OT I want to be for my clients and students. An important part of my mindfulness practice is yoga and this year, I completed a 200-hour vinyasa yoga teacher training program.

This year I also expanded my love of teaching by joining the fieldwork faculty team at CSUDH OT. Go Toros! I have had the opportunity to continue to guide fieldwork students in community settings and share mindfulness practices. I feel so grateful to be back at CSUDH, around new and familiar faces in the MSOT and OTD programs, and back on a campus that was like home for 2.5 years. I am excited to continue to collaborate with faculty and support our graduate students/future OT's as they take the journey that I was on not that long ago - a journey that has been life-changing and affirming.

### Featured

# Alumni

#### Allison Satkoski

I began my OT journey in 2018 in cohort 14. I had a lot of great experiences such as getting to be SOTA VP and creating merch with the SOTA team for our department.

As I entered the work force, I worked in a pediatric clinic and elementary school while simultaneously employed at Scripps Hospital in San Diego. I greatly enjoyed both areas of practice and loved getting to dip my toes into two very different areas of practice. However, it became evident my passion was working with adults. I then received an opportunity to move full time into acute care and have been working at various hospitals since. I landed at St Jude Medical Center about two years ago, where I gained an interest in the OT role in ostomy care.





I now assist on a small team, along with wound care, to provide specialized care to folks who receive new ostomies. In addition, I began providing stroke and safe transferring education to nursing staff in a quarterly stroke certification course. Primarily I spend my time working in the critical care unit, but very much enjoy working with people with all different diagnoses.

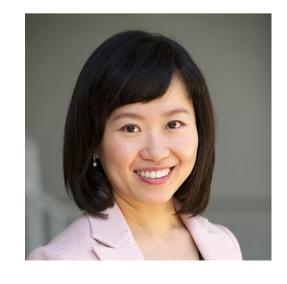
In working with our fieldwork team, I have the pleasure of working alongside the same individuals that helped me find my passion as an OT. As someone who had fieldwork educators that were encouraging and pushed students out of their comfort zones, I hope to be the same for my students. I want to continue to grow as a practitioner, always keeping my mind on the student's mentality, ultimately to serve my patients and families to the best of my ability. OT is such a wonderful and unique career, and I am so thankful to get to serve in this profession.

# CONGRATULATIONS

Dr. Yan-hua Huang

Presented Research Paper at AOTA 2024 Conference

AOTA invites prospective presenters to submit proposals to events such as the Annual Conference. Her students have presented at Conference showcasing the work of CSUDH OT.



# FIELDWORK EDUCATORS PANFI

On July 16, 2024, Pi Theta Epsilon and the Department of Occupational Therapy co-hosted the 6th annual Fieldwork Educator Panel via Zoom. A variety of professional settings were represented by five occupational therapy practitioners from pediatric outpatient, schoolbased, hospital, hand therapy, and mental health settings.

Panelists spoke about their professional experiences as fieldwork educators to inform students about site-specific expectations and processes, tips for preparation, and key qualities of successful fieldwork students. Thirty-seven students were in attendance and had the opportunity to ask panelists for advice regarding occupational therapy practice and participation in fieldwork in the future. Panelists provided students with the following themes for student success:

- self-reflection
- collaborative communication within the occupational therapy team and the interdisciplinary team
- authenticity
- professionalism
- flexibility

Much appreciation to all of our panelists for their time in sharing their experiences and thoughtful recommendations as students prepare for their fieldwork rotations.



Ingrid Leu, OTD, OTR/L Exodus Recovery Inc.

Madison Bond, OTR/L SLEA Therapies





Lacey Tygenhof, OTR/L School-Based

Dorene Doi, OTR/L VA Long Beach Healthcare System





Wanda Weimer, MA, OT, CHT, CLT, CEAS Torrance Memorial

### SUPPORT ICOT

Check out their fun selection of stickers. Order yours here! https://forms.gle/LY6WvszVqdAi3vWs9

Integrating Cultures through Occupational Therapy ICOT



venmo







#### **ICOT CELEBRATES**

### South Asian Culture









In July, ICOT held their highly anticipated South Asian Cultural Night in celebration of Indian customs, food, and dance! The night began with a presentation on Indian culture followed by ways in which enhancing our cultural humility and awareness can have a positive impact on our practice. For example, when building rapport with our South Asian clients, how cool would it be to say that you have tried pani puri, learned Bollywood dancing, and even know a bit about festivals like Diwali?

Enjoy the pictures depicting hand-painted diyas (oil lamps), fresh pani puri (popular Indian street food), and a Bollywood dance lesson being taught by one of our very own students and ICOT Secretary, Gauri Deshpande.

# SOTA Tappenings

#### **TOTE-LLY FUN!**

Shout out to SOTA for hosting several fun experiences for fellow cohorts. The wonderful events were coordinated by the super talented and creative, Abby Haury (C19).

The OT-themed totes were a hit. More than 75 students participated and it was so successful, a second date was added.







Welcoming our New E-Board



# CSUDH OT STUDENTS VISIT RANCHO



The Center for Applied Rehabilitation Technology (CART) opened in 1989 at Rancho Los Amigos National Rehabilitation Center (RLANRC) in Downey. CART's mission was to help children and adults with physical disabilities lead more independent lives through the use of assistive technology.

Assistive technology (AT) enables individuals with disabilities to participate more fully in everyday activities at home, school, work, and in the community. CART Occupational Therapists, Hanalynn Hunt and Allyson Tong, hosted the CSUDH Master students from *OTR-569: Application of Adaptive and Assistive Technology in Occupational Therapy* for a presentation on AT.

As occupational therapists, our role in AT involves assessing one's physical and cognitive function, as well as, environment to determine the appropriate access methods and equipment to best address their goals, including the promotion of occupational engagement. Students received tours and demonstrations in the Model Home and Emerging Tech Lab. Information on services provided through CART such as Adaptive Gaming, 3D printing, Augmentative & Alternative Communication (AAC), and Home Modifications/Automation & Environmental Controls were shared.

#### Hippotherapy Day at Manes for Movement

One of our elective class offerings (OTR 595) was on hippotherapy. We were delighted to have the skilled Liz Pauley instruct the students on this specialty area of practice.

Students had the opportunity to visit *Manes For Movement* where they had a first-eye account on this very specialized therapy. *Manes for Movement Equine Assisted Therapies and Activities* focuses on services for children and adults with a variety of needs in the community. Their mission is to help improve function and change the lives of children and adults with special needs through the use of equine assisted therapies and activities.





Other OTR 595 course offerings have included:

- Acute care
- Hand Therapy
- Psychiatry
- Feeding & swallowing
- Kinesiotaping
- Splinting

### NuMotion Visits

#### **CSUDH**



I greatly appreciate NuMotion coming to campus and taking time out of their day to provide us with an enriching experience. Being able to personally test the durable medical equipment (e.g., manual and power wheelchairs) helps us better understand the vast array of adaptations for clients. Numotion provides mobility solutions, wheelchairs, and mobility equipment to our customers with the goal of moving their lives forward for years to come.

I hope the knowledge our cohort has gained will be implemented in practice as we utilize our therapeutic self in advocating and empathizing with everyone.

By: Shaey Entezami, C19





## Dr. Sheryl Ryan



This is the second article from a grant funded study that Dr. Ryan was in the midst of doing when she started CSUDH in 2019. This article is a great example of the power of writing in a team. After her first article, which was also published in Occupational Therapy in Menatl Health, her motivation for the second article was low. Then an email came from an OT in Oregon, Caroline McCarty, who had read the first article and appreciated the approach she had taken to adoption. When she said that there was another article worth of data, but Sheryl needed help, she signed on and brought a recent OTD graduate, Ember Farnam-Alavi to help. They evaluated the qualitative data that she had not yet addressed and drafted the manuscript together. Dr. Ryan stated that she feels thankful for working in a team and collaboration with Caroline and Ember.

The link for her article: https://doi.org/10.1080/0164212x.2024.2387608



C19 had a wonderful time celebrating the end of our didactic semesters and spending time with each other in the intense heat! It was also wonderful to see our new SOTA e-board leaders celebrate with us!







Correction Notice:
The Fall 2023 newsletter referred to the dog above as Max. Our apologies to Mac. We hope to see him again next year at our annual Career Fair.



One of the most coveted OTR 595 courses offered was Dr. Julie Werner's Hand Therapy workshop

