



# CALIFORNIA FOUNDATION FOR OCCUPATIONAL THERAPY NEWSLETTER

WINTER 2024

## PRESIDENT'S MESSAGE

*By Michele Berro, CFOT President*



Happy 2024! Every year I enjoy the process reflecting on the year that has passed and setting intentions for the year ahead. It is with that sentiment in mind that I share my heartfelt appreciation and gratitude for all that we have accomplished together and my

optimism for everything we have to look forward to in 2024!

The mission of the California Foundation for Occupational Therapy is to advance OT knowledge and practice in California by providing scholarships, traineeships, seed money and research grants to deserving OT students and clinicians. Simply put the Foundation raises funds so that we can give it away!

The 2023 CFOT Awards Luncheon and Symposium at the OTAC Conference was attended by close to 100 participants. There we recognized awardees with \$28,000 in Scholarships & Traineeships, and \$4,100 in Research Grants and Seed Money for a total of \$32,100, our largest sum ever! We look forward to increasing the amount this year!

A big thank you to all our wonderful donors who participated in our Chance Drawing and \$500 Matching Challenge at the OTAC Conference. I would also like to recognize our generous donors who make gifts throughout the year. Your donations help to sustain the Foundation, sponsor the luncheon, and fund the scholarship, traineeship, seed money, and research awards given to all our worthy recipients.

Our goal was to raise \$10,000 at the OTAC Conference and we well exceeded that amount thanks to our amazing donors. As we begin the Foundation's 43rd year, we are grateful to our dedicated Board of Directors and our donors for allowing us to deliver on our promise to advance OT knowledge and practice ultimately benefitting the patients we serve. Thanks to everyone for supporting CFOT and wishing you and yours all the best in 2024!

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# MEET OUR NEW BOARD MEMBERS

By Lisa Deshaies, CFOT Publicity & Newsletter Chair, and Stephen Lofy, CFOT External Development Chair



## LISA DESHAIES CFOT PUBLICITY & NEWSLETTER CHAIR

I have been a passionate OT for over 36 years. After graduating from the University of New Hampshire, I headed west to California with a plan to train and work at Rancho Los Amigos National Rehabilitation Center for a couple of years. 36 years later, I continue there as a

Clinical Instructor for Outpatient OT Services, specializing in complex fractures, burns, amputations, arthritis, and other upper limb orthopedic conditions.

I obtained a Certified Hand Therapist credential in 1995 and have taught “Principles of Hand Therapy” as Adjunct Clinical Faculty for the Chan Division of Occupational Science and Occupational Therapy at the University of

Southern California for over 20 years. I’ve published in OT and hand therapy textbooks and have presented locally and nationally on topics related to hand therapy and occupation-based care.

Outside of work, I value time spent at the beach, on the water, exploring a trail, traveling, and fanatically rooting for my beloved New England sports teams.

I have volunteered with OTAC as a newsletter and conference program proofreader for many years. I’ve also volunteered with CFOT as a scholarship reviewer and occasional proofreader. I am excited to take on a more formal role with CFOT & look forward to collaborating on the amazing work this foundation does. Who doesn’t love giving away money to ensure the future of OT?!!



## STEPHEN LOFY CFOT EXTERNAL DEVELOPMENT CHAIR

I began my career in Occupational Therapy after graduating from San Jose State University in 1983. As I reflect on my career, I realize I fulfill the role of the classic OT, “a Jack of all trades and Master of none”. I have worked in a variety of settings including acute rehabilitation as

Outpatient Services Administrator, Regional Occupational Therapy Consultant for NovaCare- SNF Division, Manager of Occupational Therapy in a Workers Compensation outpatient program and hand therapy clinic, Director of Rehabilitation at numerous skilled nursing facilities and roles including owning a private practice.

Earlier in my career I served on the OTAC Board as Los Angeles Chapter- Western Area Chapter President from 1993 to 1995. This proved to be a wonderful opportunity to participate at the Board level, working on several committees, including the long-range planning committee.

As a California licensed Owner/Operator I have managed several online traffic schools since 2007. My wife and I continue to manage our website business including promotion through social media and advertising. Licensure also requires updating the course curriculum and meeting all requirements of the DMV and California Court system.

I have always had an interest in inventing and have had several healthcare related items sold through Fred Sammons Catalog, NorthCoast Medical and McKesson. I recently submitted a patent on my new product to assist in transfers, called the TransferPoleBooster.

Outside of therapy I volunteered at a local organization for the homeless, St Mary’s Dining Room, where we provide over 700 meals a day, as well as other services including a hygiene center, dental clinic, social services, and housing. I served on the Board from 2017 to 2022 including my last year as President. I was heavily involved in our fundraising program which included a yearly major fundraiser and contacting donors throughout the year.

In my spare time I have participated in triathlons, 10 marathons, and a 50-mile run. I also enjoy playing disc golf, and spending weekends with my wife, 3 children and grandkids. My daughter also attended San Jose State University for her Masters in OT. My son graduated from Pacific with his PhD in Physical Therapy and my other son attended San Jose State University for a computer engineering degree.

I look forward to joining the CFOT Board and lending my years of OT and volunteer experience to advance the Foundation.

# CFOT ENDOWED DONORS

(DONATION OF  
\$25,000 OR MORE)



JANICE  
MASTSUTSUYU

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NANCY  
SCOTT  
IN HONOR OF  
LISA TEST

---

MICHELE  
BERRO  
IN MEMORY OF  
MARY ANN EPSTEIN

---

MAUREEN  
CUNNINGHAM  
HERWOOD

# CFOT LEGACY CIRCLE MEMBERS

(DONATION OF \$2,500)

MICHELE BERRO

LINDA FLOREY

JOYCE FRIES

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SUSAN KNOX

BONITA KRAFT

BONNIE NAKASUJI

JUDI PALLADINO

HEIDI MCHUGH  
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SHAWN PHIPPS

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SCHULTZ-KROHN

JULIE SHAPERMAN



# 2023 DONORS



CFOT MAJOR DONORS		
GOLD (\$20,000)	SILVER (\$7,500 - \$19,999)	BRONZE (\$1,500 - \$7,499)
Maureen Cunningham Herwood	Bonita Kraft	Michele Berro John Goodfellow Evelyn Jaffe Susan Knox

CFOT DONORS				
PATRON (\$500 - \$1,499)	SPONSOR (\$250 - \$499)	DONOR (\$10 - \$249)		
Heidi McHugh Pendleton Yuriko Lynn Yasuda	Deborah Bolding Sarah Bream Lisa Deshaies Mary Lawlor Ethel Mandelbaum Susan Schwartz Laura Weiss	Richard Bookwalter Bianca Callier Sharon Cermak Cheryl Ecker Alison George Gordon Giles Kathleen Gross Kathryn Gundersen Allison Hershberg Tammy Hitchcock	Jacalyn Mardirossian Christine Jackson Heather Javaherian Janis Kitsuwa-Lowe Jean Koketsu Diane Laszlo Zoe Mailloux Mary Maverick Bonnie Nakasuji Terry Peralta-Catipon	Samia Rafeedie Sheryl Ryan Swati Shah Alexis Sobel Susan Spitzer Lillian Sun Kathryn Wise Lora Woo

CONFERENCE CHALLENGE (\$500)	
Michele Berro Richard Bookwalter Bryant Edwards Mary Evert Linda Florey Mary Kay Gallagher John Goodfellow Susan Knox	Bonita Kraft Stephen Lofy Patricia Nagaishi Terry Peralta-Catipon Samia Rafeedie Winifred Schultz-Krohn Jerilyn Smith Diana Su-Erikson

# MAUREEN CUNNINGHAM HERWOOD MAJOR DONOR RECOGNITION



CFOT deeply thanks Maureen for her extremely generous donation creating four Endowed Scholarships, two Endowed Traineeships and four Endowed Research Grants!

Maureen explains, “This donation was made from a charitable remainder uni-trust, (a wonderful way to pass the gains of an asset to a charity at the end of life), funded with residential property donated by my husband.

When he passed away last March after living with a few neurological

conditions, CFOT was chosen because we knew the good work they did and their need for monetary donations, as I served on the board and I have educated students at a variety of hospitals where I worked during my career.

There is a big need to educate students in Occupational Therapy and continue our research to prove the value of OT in many settings.”

## SCHOLARSHIP TESTIMONIAL



### AMBER SCHWARTZ RECIPIENT OF THE MICHELE BERRO SCHOLARSHIP IN MEMORY OF MARY ANN EPSTEIN

“I am very honored to have been awarded a scholarship from CFOT. As a first-generation college student, this award has had a profound impact on my academic endeavors.

With CFOT’s support, I will continue to participate in academic research while pursuing a meaningful career in occupational therapy.

I am also grateful for the opportunity to attend OTAC , present my research, and network with other professionals. It was a wonderful opportunity, and I will forever be grateful for the support from CFOT’s generous donors.”



**OCCUPATIONAL THERAPY**  
Transforming lives through individualized, innovative strategies for everyday living.

## COULD YOU BE ONE OF CFOT'S *Scholarship Recipients?*

CFOT IS CURRENTLY ACCEPTING APPLICATIONS FOR  
*more than 15 available scholarships*  
\$2,000 EACH

California Foundation for Occupational Therapy is offering scholarships to assist students who are pursuing either of the following degrees:

### **ENTRY-LEVEL DEGREES**

Students enrolled in entry-level graduate degree OT program leading to a Master's degree in OT or Doctor of OT degree.

### **POST-PROFESSIONAL GRADUATE DEGREES**

Occupational therapy practitioners seeking graduate education beyond entry-level degree with goals of furthering service, education or research in OT.

*This year we have specialty scholarships in autism and pediatrics.*

**DEADLINE TO SUBMIT:  
MARCH 31, 2024**

**APPLY NOW!**



**OCCUPATIONAL THERAPY**

Transforming lives through individualized, innovative strategies for everyday living.

## COULD YOU BE ONE OF CFOT'S *Research Grant or Seed Money Recipients?*

**CFOT IS CURRENTLY ACCEPTING PROPOSALS FOR**  
*more than 10 available Research Grants*  
RANGING FROM \$1,000-\$7,000  
*and Seed Money*  
UP TO \$250

California Foundation for Occupational Therapy is offering  
Research Grants and Seed Money to OT Practitioners, Faculty and Students:

### RESEARCH GRANTS

#### GENERAL FUND GRANTS

- Up to \$7,000 each
- Reviewed and funded annually
- OT outcome studies are a priority

#### SPECIALLY FUNDED GRANTS

- \$1,000 - \$2,500 each
- For research in areas of Women's Health, Physical Dysfunction, Mental Health, Pediatrics, Occupation-Centered Practice, Fieldwork, and LGBTQ+

### SEED MONEY

- Up to \$250 each
- For research or project/  
program development
- Can be submitted throughout  
the year and will be funded  
quarterly

**DEADLINE TO SUBMIT  
RESEARCH GRANTS:  
JUNE 15, 2024**

**SUBMIT NOW!**





**OCCUPATIONAL THERAPY**  
Transforming lives through individualized, innovative strategies for everyday living.

# CFOT is looking *for you!*

We are looking for volunteers to take on tasks large and small. Maybe you are available once a month, or just once a year. We need everyone's help to grow CFOT and support OT students, clinicians and researchers in California. We would love for you to join the CFOT team!



**CFOT.ORG**

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**WE INVITE ANYONE INTERESTED IN:**

- FUNDRAISING**
- DONOR OUTREACH**
- MARKETING**
- SOCIAL MEDIA**
- PROMOTING OT**
- OUTREACH TO SCHOOLS**
- PHOTOGRAPHY**
- WRITING ARTICLES**
- PROOFREADING/EDITING**
- RESEARCH GRANT REVIEW**
- SCHOLARSHIP REVIEW**

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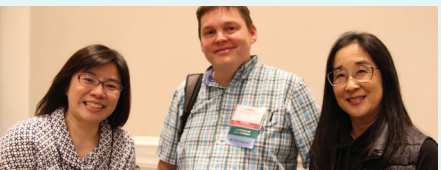
**CLICK TO VOLUNTEER**

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For more information please contact  
**PRESIDENT@CFOT.ORG**



# CFOT AT THE 2023 OTAC CONFERENCE



# HONORED LECTURER



*We'd like to thank our 2023 Honored Lecturer, Lisa Deshaies! Your talk on Nourishing and Flourishing Our Roots was such an inspiration for all that attended.*



Announcing the  
**2024 Honored Lecturer**

—◆—  
**Heather Kitching**

OTD, OTR/L, FAOTA



# Congratulations to our 2023 CFOT Scholarship & Traineeship Awardees

## SCHOLARSHIPS

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### **Ardith Breton Scholarship**

*Kelly Liao – University of Southern California - D*

### **Bonita Kraft Mental Health Scholarship**

*Christine Villalobos – University of Southern California - D*

### **Chuck Strauch Scholarship**

*Daniel Chi – Samuel Merritt - M*

### **Evelyn Jaffe Scholarship**

*Skylar Trezona – San Jose State University - M*

### **Frank J. Biehl Scholarship**

*Tania Herrera – University of Southern California - M*

### **Fred Sammons Scholarship**

*Brianna Franks – University of Southern California - D*

### **Janice Matsutsuyu Scholarship**

*Sharon Han – University of Southern California - D*

*Ajene White – University of Southern California - PPD*

### **Knox-Hirsch Scholarship**

*Melanie Kijel – University of Southern California - D*

### **Linda Florey Scholarship**

*Willa Griffin – University of Southern California - M*

### **Lisa Test Scholarship**

*Kiana Shibata – San Jose State University - M*

### **Michele Berro Scholarship in memory of Mary Ann Epstein**

*Amber Schwartz – California State University at Dominguez Hills - M*

### **Wilma West Scholarship**

*Ciara Stewart – San Jose State University - M*

PPD – Post Professional Doctorate  
D – Entry Level Doctorate  
M – Entry Level Masters

## OTA TRAINEESHIPS

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### **Janice Matsutsuyu Traineeship**

*Samantha Gomez – Sacramento City College*

### **Los Angeles Consultants Group Traineeship**

*Maura Escobar Guillen – Santa Ana College*

## 2023 APPLICATION REVIEWERS

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*Deborah Bolding, PhD, OTR/L, FAOTA*

*Sue Bowles, OTD, OTR, CHT*

*Sarah Bream, OTD, OTR/L*

*Lisa Deshaies, OTR/L, CHT*

*Stephanie Foster, PhD, OTR/L*

*Katrina Long, EdD, MS, OTR/L*

*Grace Lopez, MA, OTR/L*

*Bonnie Nakasuji, OTD, OTR/L, C/NDT, FAOTA*

*Harold Neuendorf, OTR/L, CHT*

*Wendy Nitsche, OTR/L*

*Kit Satre, OTR/L*

*Kay Simmons, OTR/L*

*Andy Whalley, OTR/L*

# Congratulations to our 2023 Research Grant Awardees

We are very grateful to all those donors who have funded grants to support the research of occupational therapy practitioners, faculty and students engaged in clinical, doctoral level, or post-doctoral level research.

## RESEARCH AWARDS

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**COURTNEY BOITANO**  
OTD, OTR/L, BCBA-D

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*Lecturer of Occupational Therapy  
San Jose State University*

Evaluation of Response to Intervention (Rtl) occupational therapy tier 1 and tier 2 services on general education elementary school students' sensory processing: A follow up study.

Funding for this grant comes from the Lisa Test Endowed Research Award and the CFOT General Research Fund.



**GLORIA M. GREEN,**  
OTD, OTR/L

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*Student Researcher  
Loma Linda University*

The burden to care: Exploring the impact of loss of a loved one on occupations, roles, and routines for caregivers.

Funding for this grant comes from the Dr. Robert B. Jaffe, MD, Woman's Health Research Award



**WEISHAN WEN,**  
OTD, OTR/L

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*Student Researcher  
Loma Linda University*

An exploration of current parenting experiences related to the social-emotional development of children during the COVID-19 endemic.

Funding for this Grant comes from the Lisa Test Endowed Research Award and the CFOT General Research Fund.

# Congratulations to our 2023 Seed Money Awardees

Awards up to \$250 are given quarterly to occupational therapy practitioners, faculty and students (individually or in groups) conducting pilot studies or needs assessments, or developing new interventions, client education programs, or projects.

## SEED MONEY AWARDS

### University of Southern California

- *Perspectives and Practices for Handwriting Instruction*
- *Student Researcher: Nadia Raymundo, MA, OTR (OTD Resident)*
- *Faculty Advisor: Dr. Sharon Cermak, EdD, OTR/L, FAOTA*

### Dominican University of California

- *Supporting OT Collaboration with Caregivers in SNFs*
- *Perspectives and Practices for Handwriting Instruction*
- *Student Researchers: Mai Huynh, OTS; Lovegift Dudero, OTS; Ridhee Patel, OTS*
- *Faculty Advisor: Gina Tucker-Roghi, OTD, OTR/L, BCG*

### San Jose State University

- *An Examination of the Homework Habits, Perspectives, and Dispositions of First Year Occupational Therapy Students*
- *Student Researchers: Emily Flynn, OTS; Jacqueline Schieffer, OTS; Wilson Guo, OTS; Orissa Smith-Goshen, OTS*
- *Faculty Advisor: Melisa Kaye, EdD, OTR/L*

### San Jose State University

- *Effectiveness of an Occupational Therapy Response to Intervention Model on Student Self-Regulation in a General Education Setting: A Longitudinal Analysis*
- *Student Researchers: Julie Powell, OTS; Ariana Jimenez, OTS; Brooke Henry, OTS; Kiana Shibutu, OTS; Grace Jenn, OTS*
- *Faculty Advisor: Courtney Boitano, OTD, OTR/L, BCBA-D*

# Congratulations to our 2023 Seed Money Awardees

## CFOT RESEARCH GRANT REVIEWERS

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CFOT has a large community of volunteers who wholeheartedly support OT research and are willing to lend their expertise to the Foundation to assure that worthy studies are supported. Our list of reviewers includes a wide variety of outstanding academicians and clinicians across California. The Research Advisory Board depends upon their willingness to contribute in such a meaningful way to assure that CFOT's precious resources are distributed fairly and ethically.

We would like to thank these occupational therapists who enthusiastically gave of their time, energy and expertise to review the 2023 research grant applications and assist in selecting deserving research for funding: Christy Billock, Richard Bookwalter, Kate Hayner, Melisa Kaye, Terry Peralta-Catipon, Sheryl Ryan, Gina Tucker-Roggi, and Robyn Wu, with additional support from Domenique Embrey and Linda Florey.

If you are interested in contributing as a reviewer, please email the CFOT Research Advisory Co-Chairs and indicate your area of expertise. We will be delighted to call on you when an appropriate research grant application is submitted.

## RESEARCH CO-CHAIRS

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Judith Palladino  
research@cfot.org

Heidi McHugh Pendleton  
research@cfot.org

### California State University, Dominguez Hills

- *The Lived Experience of Transgender Athletes in Competitive Sports*
- *Student Researchers: Celine Ly, OTS; Sarah Rohloff, OTS; Jaynee MacDonald, OTS; Guadalupe Banuelos-Diaz, OTS*
- *Faculty Advisor: Sheryl J. Ryan, PhD, OTR/L*

### California State University, Dominguez Hills

- *The Experience of Unpaid Latino/a Caregivers Taking Care of Aging Family Member*
- *Student Researchers: Grace Ghitea, OTS; Damarice Herrera, OTS; Valerie Ortega, OTS; Waianae Seo, OTS*
- *Faculty Advisor: Sheryl J. Ryan, PhD, OTR/L*

# Congratulations to our 2023 CFOT Humanitarian Awardee Laguna Beach Assistance League



The California Foundation of Occupational Therapy (CFOT) honors individuals/groups who, through their humanitarian activities, have demonstrated exceptional commitment to the philosophical principles of occupational therapy and to the mission and goals of CFOT.

CFOT is pleased to present our 2023 Humanitarian Award to the Laguna Beach Assistance League for their significant humanitarian activities: funding Early Intervention Programs for developmentally delayed children and their parents, Senior Support services, and supporting a Therapeutic Riding Center.

This League is an all-volunteer, 501© (3) nonprofit organization that puts caring and commitment into action through philanthropic programs and hands-on involvement. The Laguna Beach chapter, initially called Las Amigas, began in 1952 with 14 women who had a philanthropic vision, and was chartered in 1962, and became the 19th chapter of National Assistance League. They now have 160 member volunteers working to make Laguna Beach and surrounding communities better places to live and work.

CFOT salutes you and is pleased to present you with our 2023 Humanitarian Award!

# Congratulations

TO OUR CHANCE DRAWING WINNERS FROM  
OUR BOOTH AT THE 2023 OTAC CONFERENCE



TRADER JOE'S

*Bonita Kraft  
& Liliana Sun*

WINNERS



STUDENT  
GIFT DRAWING

*Emily  
Clark*

WINNER



GOURMET  
GROCERY

*Bonita  
Kraft*

WINNER



SHOP UNTIL  
YOU DROP

*Erin  
Dolin*

WINNER



STARBUCKS

*Alison  
George*

WINNER



SWEET TREATS

*Danielle  
Meglio*

WINNER



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Yuriko Lynn Yasuda

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Evelyn Jaffe

# MAKE A DIFFERENCE



Occupational Therapy transforms lives through individualized, innovative strategies for everyday living. You can help to ensure the future of our profession and benefit those we serve through your donations to CFOT.

Every gift counts! A donation to CFOT is an investment in the future of Occupational Therapy students, practitioners, and researchers.

Make a difference  
and donate today!

**DONATE TODAY!**  
[CLICK HERE](#)

Click on the donate button above or  
mail your donation to

CFOT

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Sacramento, CA 95864

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