

California Foundation for Occupational Therapy

www.cfot.org



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OTR/L,
CFOT President

Promoting the Value of Occupational Therapy

From the beginning of occupational therapy as a profession, promoting the value of engagement in occupation and occupational therapy was a primary objective as was evident in the name of the National Society for the Promotion of Occupational Therapy, which was founded in 1917. The Society's objectives as specified in its Constitution included:

- “to study and advance curative occupations for invalids and convalescents;
- to gather news of progress in occupational therapy and to use such knowledge to the common good;
- to encourage original research,
- to promote cooperation among occupational therapy societies, and with other agencies of rehabilitation.”

As the profession moved forward, the name of the Society was changed to the American Occupational Therapy Association in 1921.

<https://www.aota.org/education-careers/accreditation/overview/history.aspx#sthash.dziySSDY.dpuf>

This history is important for a number of reasons, i.e., the past informs the present, and it sets the foundation that guides us into the future. As the profession has continued to evolve over the years, whether an individual OT practitioner or student, an OT association or organization, or an OT or OTA program, the basic principles of these original objectives are still applicable and relevant today, and they will likely remain into the future. We all have responsibility to promote the value of occupational therapy.



The Founders of OT 2017

(From the archive of AOTA,

<http://www.otcentennial.org/photo/the-founders-in-1917>

In 2015, as part of AOTA's Centennial Vision activities, then AOTA Vice President Amy Lamb, OTD, BS, OTR/L, FAOTA, led the distinct value ad hoc committee that developed a statement that captured occupational therapy's distinct value encompassing all areas of practice:

Occupational therapy's distinct value is to improve health and quality of life through facilitating participation and engagement in occupations, the meaningful, necessary, and familiar activities of everyday life. Occupational therapy is client-centered, achieves positive outcomes, and is cost-effective (AOTA, 2015). <https://www.aota.org/Publications-News/AOTANews/2015/distinct-value-of-occupational-therapy.aspx>

This statement was meant for OT practitioners to use to facilitate understanding of the value of occupational therapy with multiple audiences. While we may not use this exact statement in our everyday practice, it includes many of the key words we often use when speaking to others about occupational therapy, and the AOTA materials developed with specific distinct value statements for each practice area can also be useful resources.

What does all this have to do with the California Foundation for Occupational Therapy? Among the specific purposes of CFOT is to educate and provide information to other health care providers, agencies, clients, and the public about the value, benefit, and

efficacy of occupational therapy in promoting health, wellness, and engagement and participation in everyday activities. In addition, the core values of CFOT include:

- Excellence in service to the public
- Excellence in supporting educational endeavors
- Support for innovative, evidence-based research in occupational therapy that includes health, wellness, prevention, disability, and community participation
- Promotion of leaders in occupational therapy
- Promotion of public awareness of the benefit of occupational therapy

This issue of the newsletter highlights the 2018 recipients of CFOT scholarships, traineeships, research grants and seed money, as well as recipients of the CFOT Honored Lecturer Award, Humanitarian Award, and Meritorious Service Award. Since the founding of the California Foundation for Occupational Therapy in 1981, scholarships, traineeships, and research grants and seed money, have been awarded annually to occupational therapy and occupational therapy assistant students and practitioners that enhance not only their life-long education and training, but also inspire them to engage in innovative research and program development that contribute to the science, practice, and profession of occupational therapy. In other words, CFOT and these individuals have supported and contributed to the research and evidence that can also be used to inform others about the distinct value of occupational therapy across areas of practice, the continuum of wellness, health, and disability, and changing the lives of others.

The purpose of each of the three CFOT awards also encompasses the value of occupational therapy. The CFOT Honored Lecturer award recognizes California occupational therapy practitioners who have demonstrated leadership and promoted ideas and visions in occupational therapy for the profession and a presentation gives them an opportunity to share their insights and knowledge with the OT community at the CFOT Awards Luncheon and Symposium. In addition, the CFOT Humanitarian Award honors individuals or groups, who have demonstrated exceptional commitment to the philosophical principles of occupational therapy, and engaged in significant humanitarian activities, including:

- Helping to enhance and maximize the potential of the recipients of occupational therapy services
- Encouraging and fostering individual responsibility and human dignity
- Improving health status and enhancing quality of life
- Providing a model for community service
- Creating a healthy society.

The CFOT Meritorious Service award is presented to an individual who has demonstrated exceptional service over five or more years as a current or past member of the CFOT Board

and has made a major impact on advancing CFOT's mission and the profession in the present and into the future. You can read about the contributions and great work of the 2018 CFOT recipients in this newsletter.

Looking back on the past recipients of CFOT scholarships, traineeships, and research grants and seed money, and the above awards, many of them have achieved professional advancement or continued in various roles, e.g., educators in OT and OTA programs, researchers, mentors and fieldwork educators, managers and directors in their practice settings, leaders in OT and other organizations, and more. From student to practitioner and further professional advancement, occupational therapy practitioners in California are making an impact every day on the lives of others, helping them to engage in and participate in the activities and occupations that are most meaningful to them.

In today's world of social media platforms, podcasts, TED Talks, YouTube videos, etc., there are multiple means to access occupational science and research information, and stories that inform and increase public awareness of the value of occupational therapy and reach global audiences. Another focus of CFOT as we move forward into the next fiscal year and beyond, is to gather and share stories from California OT practitioners and clients, and collaborate with other entities to promote and increase public awareness of the distinct value of occupational therapy, as well as explore other ideas such as developing and sharing resources, and hosting, sponsoring and / or supporting educational events / activities for practitioners and consumers. We invite you to join us and harness your passion for occupational therapy to promote the value of occupational therapy and its impact on the lives of others. Here are ways you can help:

- Share your stories, and invite others to share their stories
 - Join and post on the California Foundation for Occupational Therapy Group Facebook page; post on Twitter #cfot, #OTchangeslives
 - Let us know about any media coverage of OT, e.g., local newspapers, news outlets, other broadcast media, etc.
- Help us with committee activities and events
- Give us ideas for fundraising activities or events
- Recommend potential sponsors for such activities or events
- Make a donation and invite others to make a donation – go to the CFOT website: www.cfot.org and scroll down to the bottom left of the page.

For more information, or to send your ideas and recommendations, please contact Pat Nagaishi at: pat_cfotpres@earthlink.net

CFOT AWARDS

2018 CFOT Meritorious Award Dottie Ecker, OTR, FAOTA



Photo by Nate Jensen

CFOT presented the Meritorious Service Award to Dottie Ecker, MA, OTR, FAOTA, for her many years of service as the Nominations / Awards Chair on the CFOT board. She has contributed much to the Foundation and the profession, not only in this role, but as a practitioner, mentor to students, and clinical faculty member at

the USC Chan Division of Occupational Science and Occupational Therapy. She has also served on boards of professional organizations throughout her career and received the OTAC OT Practice and Lifetime Achievement Awards; the AOTF A. Jean Ayres Award; and is on the AOTA Roster of Fellows. Dottie is also known for her smile and sense of humor, and her passion for birding. Our congratulations to Dottie, with much appreciation for her dedication and service to CFOT and the profession!

2018 CFOT Humanitarian Award Vijay Gupta



Vijay Gupta is a violinist, speaker, and advocate for the power of music to change lives. He joined the LA Philharmonic in 2017 at 19 after completing a Masters in violin performance from the Yale School of Music, and a Bachelor's in biology from Marist College. He served as a member of the First Violin section through 2018. As a 2011 TED Senior Fellow, he founded and serves as the Artistic Director of Street Symphony, a non-profit organization dedicated to placing

music at the heart of social justice, engaging communities in greater Los Angeles experiencing homelessness and incarceration through musical performance and dialogue. In 2017, Mr. Gupta was awarded the Leonard Bernstein Lifetime Achievement award by the Longy School of Music of Bard College, and he was named a Kennedy Center Citizen Artist Fellow. Vijay Gupta believes that musical engagement reconnects us to our shared humanity across vast divides, and ultimately impacts social justice. In addition, he was selected as a 2018 MacArthur Foundation Fellow honoree.

Mr. Gupta's schedule prevented him from attending the CFOT Awards Luncheon and Symposium to accept the award in person. Accepting this award on behalf of Vijay Gupta and Street Symphony was Benjamin Shirley, who shared his inspiring story of how Mr. Gupta and Street Symphony impacted his life, which led him to become a First Composer Fellow, and now Street Symphony's Co-Composer in Residence. It was an honor to present this award to Vijay Gupta and Street Symphony, and to share with the OT community the important work he and his organization does through the power of music, connection, and service to change the lives of others.

2018 CFOT Honored Lecturer Jerilyn (Gigi) Smith, PhD, OTR/L, FAOTA

The Power of Selective "Yes"

Dr. Smith has been an occupational therapist for over 35 years. She received her bachelor's degree and post professional master's degree in occupational therapy from San Jose State University (SJSU) and earned her PhD in Health Sciences from Touro University International.



Dr. Smith is highly regarded in her roles at the SJSU Occupational Therapy Program. As Associate Professor there, she teaches courses in practice areas, professional development, and research; and serves as a faculty advisor for student research projects. She is also the Graduate Admissions Coordinator and Advisor for the Occupational Therapy Program, and she sits on multiple committees at the university, college, and departmental levels.

Dr. Smith has written several chapters in well-respected occupational therapy textbooks. She has lectured locally, nationally, and internationally on various topics, but most extensively on occupational therapy's role in dysphagia intervention. Dr. Smith has been an active member of both the American Occupational Therapy Association (AOTA) and

the Occupational Therapy Association of California (OTAC) since the time she was a student, serving on many different committees and in multiple leadership roles. Currently she is serving as the OTAC secretary. Her clinical experience includes working with adults with neurological disorders in a variety of practice settings and she currently works with children birth-3 years old in early intervention home care.

For those of you who did not attend the CFOT Symposium and Awards Luncheon, Dr. Smith has provided a synopsis of her presentation, The Power of Selective “Yes.”

“The theme of this year’s OTAC conference is “Building OT Capacity.” Capacity building is the process by which we obtain, improve and retain the skills, knowledge, tools and other resources needed to do our jobs competently or to a greater capacity.

“I would like to share some of my personal experiences of how saying “yes” has helped me to build my professional and personal capacity.

“My talk today is about Selective Yes, Mindful Yes, Thoughtful Yes. Yeses that spark curiosity or that generate a desire to do something that you never thought you would do. Things that will enrich you as a person and as an occupational therapist.

“It is the fear of the unknown that often leads us to say “no” without considering what saying “yes” might have to offer. Often by saying no to opportunities, we reject many of life’s brilliant chances to experience something new and possibly incredible. There is no perfect timing for saying yes. Opportunity does not wait for perfect timing.

“By saying yes, we invite possibility into our lives as well as allow ourselves the ability to learn what we are capable of and just how far we can go. Yes leads to more doors opening.

“We have a professional responsibility to be actively informed. We have powerful professional organizations that work to protect our practice and our clients. We must all say yes in some way to support these organizations that work so hard to protect us, our profession and our clients.

““Say YES to opportunities to attempt something new that you haven’t tried before. Say YES to possibilities for new adventures, challenges, and experiences. Say YES to things that help you learn something new about yourself, about others, and about life. Say YES to building friendships and connections with people you don’t yet know. Find a way to say yes.

“Yes is a tiny word that can bring big things into your life.”

Congratulations, Dr. Smith, and thank you for your inspiring and timely message.

FUNDRAISING EFFORTS

CFOT was proud to award \$20,000 in scholarships, \$3,000 in traineeships, \$1,000 in research, and \$1,500 in seed money requests for a total of \$25,500! This was possible because of the support and contributions from California OT practitioners and others throughout the year, and the fundraising activities at conference, the silent auction and raffles at the CFOT booth, and the challenge board moving through exhibit hall. Michele Berro, Bonita Kraft, and Linda Florey matched amounts up to \$500.



A huge thank you to the conference attendees who made donations as we gained a total of \$3,300. Thank you also to those contributing a named scholarship or research grant and to everyone contributing auction items to our fundraising efforts. CFOT acknowledges and appreciates the dedication, support, and generous giving we have received over the past 37 years and we look forward to your continued support to promote research and the value of occupational therapy as CFOT moves forward with its mission.

2018 SCHOLARSHIP AND TRAINEESHIP RECIPIENTS

Janice Matsutsuyu Scholarship

Nensha Kamara – Samuel Merritt University
David Saldana – University of Southern California

Jaffee Graduate Scholarship

Prisca Wu – University of Southern California

Knox-Kirsch Scholarship

Kacie Conn – San Jose University

Ardith Breton Scholarship

Erin Lubniewski – San Jose State University

Fred Sammons Scholarship

Elissa Lee – University of Southern California

Callie Woods – Cal State University Dominguez Hills

North Coast Medical Scholarships
Jessalyn Gagui – Samuel Merritt University

Wilma West Scholarship
Darla Gary – San Jose State University

Dr. Martin Shaperman Scholarship
Niki Peterson – University of Southern California

Michele Berro Scholarship in memory of Mary Ann Epstein
Tracy Tang – University of Southern California

Every Child Achieves, Inc. Scholarship
Madeline Horn – San Jose State University

Frank J. Biehl Opportunity Scholarship
Kimiko McNeil – San Jose State University

Chuck Strauch Scholarship
Danielle McCullough – University of Southern California



OCCUPATIONAL THERAPY ASSISTANT TRAINEESHIPS

Janice Matsutsuyu Traineeship
Sherry Younsei, - CBD College

Los Angeles Consultants Group Traineeships
Chaztel Bonifacio – Sacramento City College
Jikko del Rosario – Stanbridge University
Amanda Martin – Gross mont College

CFOT Traineeships
Breana Fulinara – American Career College
Lindsey Sambar – Santa Ana College

OCCUPATIONAL THERAPY RESEARCH AWARDS

Luis Arabit Research Grant in memory of Consuelo and Marialuz Arabit

Jean Koketsu, OTR, OTR/L

“A description of pre-sleep routines of adults using graphic and Interview methods”
University of Eastern Kentucky

Dominique Comot, MA, OTR/L

“Improving oral health among underserved minority populations in Los Angeles: Exploring oral health knowledge, attitudes, and practices among Latino and African-American parents and caregivers of children with and without autism”
University of Southern California



A previous research grant recipient with her poster presentation

SEED MONEY AWARDS

Lily Nichols & Alyssa Moore

“The effects of a simulation laboratory experience compared to didactic teaching on interdisciplinary social problem solving in graduate school occupational therapy students”
San Jose University

Yasaman Danesh-Panahi, Jaclyn Nemzek, Tanya Ruangtragool, Deborah Haratonian, Jennifer Yim, & Tiffany Lua

“Validating the occupational therapy homeschool screening checklist (OTHSC): A pilot study”
Loma Linda University

Rachel Bishop, Kacie Conn, Kaylene de Bord, Darla Gary, & Samantha Santos

“The experience of homeless mothers in an occupational therapy leisure craft group”
San Jose University

Megan Karpf, Brianca Hutchins, Morgan Jardon, Molly Jow, & Tiffany Yu

“How do mothers of preterm infants perceive their competence in meeting infants’ occupational needs upon arrival home following an extended neonatal intensive care unit (NICU) stay?”
San Jose State University

Anna Ghezzi, Nicole Gorman, Susan Hannibal, & Hallie Hicks

“Infant massage for stress reduction among homeless mothers”

Eddie Chu, MA, OTS

“Measuring executive function: Reliability and validity of the Weekly calendar planning activity (WCPA) in college students”
University of Southern California

ENSURING THE FUTURE OF CFOT AND THE PROFESSION OF OCCUPATIONAL THERAPY

In 2016, CFOT embarked on a plan to ensure that it can continue to provide scholarships and support OT researchers in California and enhance its growth to advance and promote the profession of occupational therapy into the future.

If you would like to join the CFOT Legacy Circle, make a contribution of \$2,500 — in installments over five years or as a lump sum, and you will be recognized as Charter Members of the CFOT Legacy Circle and continue to receive special commendation by CFOT.

The contributions in the endowment fund are invested so they grow in value each year. The earnings from these investments may be used each year to support California OT practitioners and students with scholarships and/or research funds, or it may be reinvested for added growth. Please join the pioneers who have started the Legacy Circle with a full contribution.

Charter members of the CFOT Legacy Circle:

**Michele Berro
Linda Florey
Evelyn Jaffe
Susan Knox
Bonita Kraft**

**Bonnie Nakasuji
Heidi Pendleton
Shawn Phipps
Winifred Schultz-Krohn
Julie Shaperman**

Please send your full or partial contribution, specified for the Legacy Circle, to:

**CFOT
826 Morningside Drive
Fullerton, CA 92835**

By joining the CFOT Legacy Circle you will be among a distinguished group making a difference for a lifetime.

SPECIAL THANKS

Since CFOT was founded, CFOT and OTAC have maintained a strong relationship and we want to give special thanks to OTAC for its long-standing support to CFOT philosophically and financially, during both lean and more prosperous times. OTAC provides the CFOT with 1% of its membership dues to collaborate with CFOT and provide support for activities or programs consistent with the educational and research/scholarship goals of both organizations. In addition, OTAC also provides support to CFOT conference events and activities, and we also look forward to expanding our collaborative endeavors in the future.

In addition, CFOT gives special recognition and thanks to Linda Florey, PhD, OTR/L FAOTA for her many years as president of CFOT.

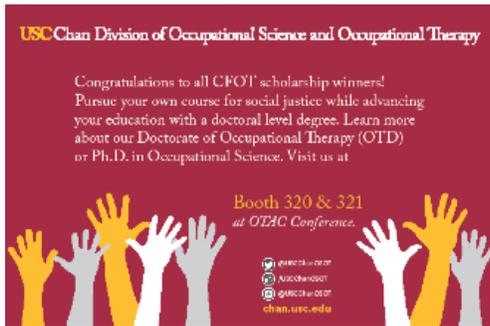
CFOT also gives thanks to Katie Gundersen, MS, OTR/L and Bonita Kraft, OTR/L for coordinating the CFOT luncheon, and many thanks also to Danielle Meglio, COTA/L for coordinating the CFOT booth and silent auction.



2018 CFOT Silent Auction

Last, but not least, we thank our Gold and Silver sponsors:

Gold Level



Silver Level



ATTENTION STUDENTS AND FACULTY

CFOT continues to offer the following funding opportunities to members of OTAC:

Seed Money

Up to \$250.00 (per request) in **“seed” money** awarded to practicing OTs or OT students to help with items like equipment, consultation fees, printing, postage, communications, & supplies used for research **or** program development projects that address occupational therapy and general practice.

“Seed” money will be distributed 4 times per year. Requests are reviewed quarterly and can be submitted throughout the year.

Research Grants

Awards for **research grants** are available for up to \$6,000.00. These requests can be for similar items as listed above. Priority is given to clinical outcome studies.

Research grants will be awarded once each year at the CFOT Luncheon during the annual OTAC Conference.

Grant requests must be submitted by June 15th each year.

No seed or grant money request is too small!

Please visit the CFOT website and click on Research Grants for details / guidelines, including how to apply for either a grant or seed money.

The Research Grant Advisory Committee is available to answer your questions and give guidance on the process. More detailed information on how to contact us is on the CFOT website under Research Grants. We are:

- Judith Palladino, MA, OTR/L
Phone: (951) 203-5071
twopalls@yahoo.com
- Heidi McHugh Pendleton, Ph.D, OTR/L, FAOTA
Phone: (408) 924-3083
FAX: (408) 924-3088
heidi.pendleton@sjsu.edu

We look forward to hearing from you and providing **grants and seed money** for qualifying OT research and program development projects!

CFOT BOARD MEMBERS

President: Pat Nagaishi, PhD, MA, OTR/L

Vice President (Interim): Bonita Kraft, OT

Secretary: Michele Berro, MA, OTR/L

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Conference Co-Chair: Bonita Kraft, OT

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External Development Co-Chair: Vacant

Internal Development Co-Chair: Danielle Meglio, COTA/L, MLD/CDT

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Scholarship Co-Chair: Winifred Schultz-Krohn PhD, OTR/L, BCP, FAOTA



CFOT Board and Guests

OTAC Liaison: Bryant Edwards, OTD, OTR/L, OTAC Vice President

Member-at-Large: Lynn Yasuda, MEd, OTR, FAOTA

Member-at-Large: Elizabeth Yerxa, EdD, OTR, FAOTA

Member-at-Large: Sarah Kelly, OT/L

Member-at-Large: Linda Florey, PhD, OTR/L, FAOTA

Please visit us at
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