



# CALIFORNIA FOUNDATION FOR OCCUPATIONAL THERAPY NEWSLETTER

JUNE 2022

## PRESIDENT'S MESSAGE

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# TRANSFORMING LIVES THROUGH INDIVIDUALIZED, INNOVATIVE STRATEGIES FOR EVERYDAY LIVING

*By Pat Nagaishi*

### HISTORY - OCCUPATIONAL THERAPY – MISSION - CFOT

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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 its name as 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
- gather news of progress in occupational therapy and to use such knowledge to the common good
- encourage original research
- 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.

This history is important, as the past informs the present, and it sets the foundation that guides us into the future. Whether you are 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 (albeit modernized over time) and relevant today, even as the profession has continued to evolve over the years. And they will continue to remain relevant in the future. We all have the responsibility to promote the value of occupational therapy.

The California Foundation for Occupational Therapy (CFOT) was founded in 1981; and as stated in our Bylaws, 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.

CFOT's mission is to advance the science and practice of occupational therapy to enhance health, well being, and participation in life activities for all individuals, communities, and populations through supporting and promoting occupational therapy research, education, and public awareness.

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

These values underpin our commitment to support education and research through funds raised from donations that go to scholarships, traineeships, and research and seed money grants, to ensure that the clients we serve receive the best occupational therapy treatment offered, as advances in healthcare, science, technology, and service delivery move forward into the future. For information about CFOT and to make donations, please go to our website at [www.cfot.org](http://www.cfot.org).

### WHAT TO EXPECT FOR 2022

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The past two years (2020 and 2021) have been a long journey through the disruption brought by the COVID pandemic and the necessary life-changing restrictions, adjustments, adaptations, and strategies implemented for safety, health, work, education, and everyday living.

In addition, climate change has affected normal weather patterns with warmer temperatures, more severe storms, wildfires, drought, etc., which has also disrupted and altered our lives globally.

*Continued on page 2*

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# CALIFORNIA FOUNDATION FOR OCCUPATIONAL THERAPY

## HONORED LECTURER: CHRISTY BILLOCK

By Diana Su-Erickson

Christy Billock is a Professor and Founding Program Director of the Occupational Therapy Doctorate (OTD) program at Keck Graduate Institute (KGI). Prior to working at KGI she served as a Professor and Curriculum Coordinator of Occupational Therapy at West Coast University and previously was an Associate Professor at Loma Linda University.

Dr. Billock holds a PhD in Occupational Science from the University of Southern California, where her dissertation focused on women's experience of spirituality in everyday life. Questions of meaning, mattering, and how it all relates to occupation have influenced her work over the course of her career. She created the Occupational Therapy Spiritual Narrative Assessment (OTSNA) tool and is passionate about teaching students how to have conversations that matter with their clients. Her definition of spirituality is utilized in the Occupational Therapy Practice Framework: Domain and Process, 4th edition.



### CFOT 2022 HONORED LECTURER

**Christy Billock, PhD,  
OTR/L, DipACLM**  
*Occupational Science from  
the University of Southern  
California*

Dr. Billock's clinical background is in inpatient rehabilitation, and she is a board-certified diplomate of the American College of Lifestyle Medicine. She has taught occupational therapy for 24 years in a broad range of subject areas, including neuroscience, lifestyle medicine, geriatrics, rehabilitation, mental health, wellness, and occupational therapy history and theory. Dr. Billock has spoken at numerous state, regional, national, and international professional conferences. She is passionate about innovation in occupational therapy and growing the profession's role in health promotion.

Dr. Billock is the recipient of several awards including the University of Southern California (USC) Creativity in Occupational Therapy Award, USC Penny Louise Richardson Award, Loma Linda University Faculty Recognition Award, West Coast University OT Faculty of the Year Award, Occupational Therapy Association of California Award of Excellence, and most recently, the California Foundation for Occupational Therapy Honored Lectureship.

*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. A presentation gives them an opportunity to share their insights and knowledge with the occupational therapy community.*

### PRESIDENT'S MESSAGE *Continued from page 1*

The spring season, which typically represents renewal and reawakening, came early here (e.g., in southern California) as trees and flowers were blooming in December in neighborhoods, and people were enjoying comfortable weather.

This year in 2022, there is optimism and hope as COVID data and protocols, and the increased number of people who are vaccinated/boosted are moving toward normal routines such as family gatherings, traveling, shopping, going to events, etc. Yet, vigilance is needed as COVID is still with us as new variants emerge.

Last year, on October 22, 2021, CFOT celebrated its 40th Anniversary Awards/Symposium virtually (Visit the CFOT website for the 2021 [newsletter](#).)

We have good news this year, as the OTAC Conference will be held in Santa Clara from October 27 – 30, 2022, and we are excited the CFOT Awards/Symposium will be back in person on Friday, October 28, 2022 from 11:30 am to 1:00 pm. We hope to see you there!

Find out more about the CFOT activities highlighted in this issue.

# CFOT HONORED LECTURERS



Elizabeth Yerxa, EdD, OTR/L, FAOTA.....	1983	Gordon Giles, PhD, OTR/L, FAOTA.....	2002
Lois Barber, OTR/L, FAOTA .....	1984	Diane Hendricks, MA, OTR/L, FAOTA .....	2003
Lela Llorens, PhD, OTR/L, FAOTA .....	1985	Mary Margaret Evert, MBA, OTR/L, FAOTA.....	2004
Florence Cromwell, MA, OTR/L, FAOTA.....	1986	Marcia Goodman-Lavey, Esq, OTR/L.....	2005
Florence Clark, PhD, OTR/L, FAOTA.....	1987	Marti Southam, PhD, OTR/L, FAOTA .....	2006
Mary Reilly, EdD, OTR/L, FAOTA.....	1988	Y. Lynn Yasuda, MEd, OTR/L, FAOTA .....	2007
Claudia Allen, MA, OTR/L, FAOTA.....	1989	Kathleen Barker Schwartz, EdD, OTR/L, FAOTA.....	2008
Elizabeth Yerxa, EdD, OTR/L, FAOTA.....	1990	Bonnie Nakasuji, OTD, OTR/L.....	2009
Evelyn Jaffe, MPH, OTR/L, FAOTA.....	1991	Mary Lawlor, ScD, OTR/L, FAOTA .....	2010
Linda Florey, PhD, OTR/L, FAOTA.....	1992	Pam Richardson, PhD, OTR/L, FAOTA.....	2011
Carlotta Welles, MA, OTR/L, FAOTA.....	1993	Winifred Schultz-Krohn, PhD, OTR/L, BCP, FAOTA.....	2012
Mary Foto, OT/L, FAOTA.....	1994	Erna Imperatore Blanche, PhD, OTR/L, FAOTA .....	2013
Diane Parham, PhD, OTR/L, FAOTA.....	1995	Heather Javaherian-Dysinger, OTD, OTR/L.....	2014
Ruth Zemke, PhD, OTR/L, FAOTA .....	1996	Deborah Bolding, PhD, OTR/L, FAOTA .....	2015
Susan Knox, PhD, OTR/L, FAOTA .....	1997	Lela Llorens, PhD, OTR/Ret., FAOTA.....	2016
Sandra Greene, MA, OTR/L.....	1998	Ada Boone Hoerl, MA, COTA/L.....	2017
Heidi Pendleton, PhD, OTR/L, FAOTA.....	1999	Jerilyn (Gigi) Smith, PhD, OTR/L, FAOTA.....	2018
Dorothy Wilson, OTR/L, FAOTA.....	2000	Shawn Phipps, PhD, MS, OTR/L, FAOTA.....	2019
Guy McCormack, PhD, OTR/L, FAOTA.....	2001	Luis Arabit, OTD, MS, OTR/L, FAOTA.....	2020
Gordon Giles, PhD, OTR/L, FAOTA.....	2001	John Goodfellow, OTD, OTR/L.....	2021
Evelyn Jaffe, MPH, OTR/L, FAOTA.....	2001	Christy Billock, PhD, OTR/L, DipACLM.....	2022

# CFOT LEGACY CIRCLE

*By Bonita Kraft*



The CFOT Legacy Circle is an endowment fund established in 2016 with the purpose of ensuring that the Foundation can continue to provide scholarships and support OT researchers in California, as well as enhance the growth of CFOT to advance and promote the profession of occupational therapy well into the future. If you are interested in joining 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 a member of the CFOT Legacy Circle and continue to receive commendation by CFOT.

The contributions in the endowment fund are invested in a way that they grow in value each year. The earnings from these investments may be used to support California OT practitioners and students with scholarships and/or research funds each year, or they may be reinvested for added growth.

Here at CFOT we invite you to contribute and join the group of esteemed members of the Legacy Circle. Please send your full or partial contribution made out to:

CFOT • 950 Glenn Drive, Suite 150, Folsom, CA 95630

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

## LEGACY CIRCLE MEMBERS

Michele Berro  
Linda Florey  
Joyce Fries

Evelyn Jaffe  
Susan Knox  
Bonita Kraft

Bonnie Nakasuji  
Judi Palladino  
Heidi Pendleton

Shawn Phipps  
Winifred Schultz-Krohn  
Julie Shaperman

# THE CALIFORNIA FOUNDATION FOR OCCUPATIONAL THERAPY (CFOT) RESEARCH

By Judith Palladino and Heidi McHugh Pendleton

The California Foundation for Occupational Therapy (CFOT) is committed to occupational therapy client success throughout California by supporting the research and program development efforts of the members of the Occupational Therapy Association of California (OTAC).

We encourage members of the occupational therapy community to engage in formulating questions that can be answered by carefully planned and executed research methodologies and/or by developing cutting edge projects or programs that further the goals of occupational therapy clients.

## SEED MONEY FOR RESEARCH OR PROGRAM DEVELOPMENT PROJECTS

Typically, applicants for this funding are individual occupational Therapy practitioners/academics or entry-level students (individual or in groups of two or more, under supervision of a research/faculty advisor). **Up to \$250.00** is awarded per application for items like equipment, consultation fees, gift cards, printing, postage, communications, and supplies.

Research Seed Money can be used to fund pilot studies, needs assessments, or studies requiring less extensive research efforts as those required for Research Grants described below.

Program Development/Project Seed Money can fund development of intervention programs, client education programs, or projects designed for the public benefit.

Applications can be submitted throughout the year. They are reviewed and awarded quarterly.

For information on the most recent recipients of seed money, please look on the CFOT website under the Newsletter tab: **November 2021 issue**.

Please see the Research section on the CFOT website for details/guidelines, and the application forms.

## RESEARCH GRANTS

Research Grants (up to \$7,000 per grant) are available to California licensed practicing occupational therapists, including academicians and post entry-level students engaged in independent advanced practice, doctoral level, or post-doctoral level research. These requests can be used to help fund items such as equipment, consultation fees, gift cards, printing, postage, communications, and supplies used for individual research.

There are a variety of research grants available, including those focused on occupational therapy outcome studies in mental health, women's health issues, pediatrics, physical disabilities, and LGBTQ+ issues. And, we are very grateful to those individuals who have funded these grants (please see the specific list of grants on the website).

Research Grants must be submitted by **June 15th** each year. They are awarded at the CFOT Awards/Symposium at the OTAC Annual Conference.

For information on the most recent recipients of Research Grants, please look on the CFOT website under the Newsletter tab: **November 2021 issue**.

Please visit the CFOT website and click on Research Grants for an overview of the available grants, details/guidelines, including how to apply for a grant.

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  
Phone: (951) 203-5071  
twopalls@yahoo.com
- Heidi McHugh Pendleton, PhD, OTR/L, FAOTA  
Phone: (650) 464-1066  
heidi.pendleton@sjsu.edu

We look forward to hearing from you and providing MONEY for qualifying Occupational Therapy research and program development projects!

**\*\*In addition**, we are very grateful for the community of occupational therapy practitioner and/or academic volunteers who have lent their expertise in reviewing grant submissions (see recognition list of reviewers in November 2021 Conference Newsletter on CFOT website). If you are interested in the role of grant reviewer, please do contact us, indicating your area of expertise.

# REIMAGINING FUNDRAISING IN A PANDEMIC

*By Danielle Meglio and Christine Wietlisbach*



The California Foundation for Occupational Therapy (CFOT) was founded in 1981 as a nonprofit, public benefit organization to help support students, practitioners, and researchers advance their knowledge and skills, thereby enhancing occupational therapy services to the public. CFOT also educates the public about the potential benefits of occupational therapy services. Since its inception, many scholarships, traineeships, and grants have been awarded annually — all made possible by tax-deductible contributions from OT practitioners, their families, supporting organizations, and grateful service recipients.

Traditionally, CFOT's largest and most successful fundraising events have occurred at the OTAC Annual Conference in the form of our annual awards luncheon/speaker, silent auction, Challenge Board round-up, Legacy Circle membership drive, raffles, and special events. Practitioners, community organizations, and businesses gave generously (in the form of prizes to auction or raffle off) to support our fundraising efforts.

However, there have been changes within the landscape of the COVID pandemic. In-person fundraising events have been significantly curtailed in the last couple years. Some practitioners have had employment hours modified with reduced income. Additionally, many businesses, in or just emerging from crisis-management mode, have found they are unable to accommodate requests for donations. This changing philanthropic environment has challenged the CFOT Board to find ways to encourage continued donor engagement. After all, CFOT relies on YOUR support to continue our work of supporting the profession.

Each and every donation to the Foundation — no matter how small — is important. This year, as we start to resume some normalcy in our professional and social activities, please consider the multiple ways you can support the work of CFOT. You really can make a difference.

The CFOT Board plans to be present at this year's OTAC Annual Conference and, while we will not be holding our traditional silent auction, there will be other opportunities to support CFOT scholarships, grants, traineeships, and public education. Look for a CFOT raffle, as well as an opportunity to donate during conference registration. Remember, even small donations make a difference and are appreciated by award recipients. Ultimately, you are supporting YOUR profession. OUR profession.

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# CFOT AT OTAC CONFERENCE

By Katie Gundersen



The California Foundation for Occupational Therapy (CFOT) looks forward to seeing YOU at the OTAC Annual Conference this fall. We are a nonprofit 501 (c)(3) public benefit foundation whose mission is to advance the science and practice of occupational therapy to enhance health, well-being, and participation in life activities for all individuals, communities, and populations through supporting and promoting occupational therapy research, education, and public awareness. We will have a table in the registration area where you will find everything you always wanted to know about CFOT, and more. You will also find us in the Exhibit Hall where you can join trivia games, purchase donation drawing tickets for some FABULOUS prizes, and make your donations to support the future of OTs in California.

We excitedly look forward to our Annual Awards Luncheon and Symposium where we award scholarships, research grants, and traineeships to students and practitioners. None of that would be possible without the generosity of our donors. Every dollar counts, from the smaller contributions to the major Legacy Circle donations. Find out how YOU can contribute to the future of YOUR profession. And come and enjoy the presentation from our 2022 Honored Lecturer, Christy Billock, while you enjoy a very special luncheon. (Yes, continuing education credit is offered for joining us there.)

Not planning on attending the OTAC Annual Conference this year? You can still contribute to the Foundation by logging in to [www.CFOT.org](http://www.CFOT.org), or mailing your donation to CFOT at 950 Glenn Drive, Suite 150, Folsom, CA 95630.

## JOIN CFOT FOR OUR ANNUAL AWARDS LUNCHEON AND SYMPOSIUM AT THE OTAC CONFERENCE!

FRIDAY, OCTOBER 28, FROM 11:30 AM – 1:00 PM

TICKETS ARE \$75. REGISTRATIONS WILL OPEN SOON.



# CFOT BOARD OF DIRECTORS



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Pat Nagaishi, PhD, MA, OTR/L (Retired)

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Bonita Kraft, OT

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Sarah Kelly, OT/L  
Linda Florey, PhD, OTR/L, FAOTA  
Julie Shaperman, MSPH, OTR/L, FAOTA  
Susan Knox, PhD, OTR/L, FAOTA

# MAKE A DIFFERENCE



Occupational therapy transforms lives through individualized, innovative strategies for everyday living, and it is critical to ensure the future of our profession through your donations to CFOT.

Every gift counts! A donation to CFOT is an investment in the future of the occupational therapy profession.

Make a difference and donate today!

[DONATE TODAY!](#)  
CLICK HERE

Click on the donate button above or mail your donation to

CFOT  
950 Glenn Drive, Suite 150  
Folsom, CA 95630

