

California Foundation for Occupational Therapy

www.cfot.org



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Electronic Newsletter

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CONFERENCE HIGHLIGHTS

The California Foundation for Occupational Therapy celebrated its 34th Annual Awards Ceremony at the CFOT luncheon on October 23, 2015. The luncheon was held in conjunction with the Annual Conference of the Occupational Therapy Association of California (OTAC) in Sacramento. The CFOT presented scholarships and traineeships to occupational therapy students, research grants and monies for seed projects to occupational therapists, and CFOT awards. Deborah Bolding, Ph.D., OTR/L, FAOTA was the 2015 CFOT Honored Lecturer. Michelle Craft was the recipient of the 2015 Humanitarian Award.

The CFOT engaged in fundraising for future scholarships and grants through a silent auction and matching challenge.



2015 OTAC Annual Conference

Silent Auction Booth



CFOT AWARDS

The 2015 CFOT awards included the Humanitarian Award and the Honored Lectureship.

2015 Humanitarian Award

The purpose of the Humanitarian Award is to honor individuals or groups who, through their humanitarian activities, have demonstrated exceptional commitment to the philosophical principles of occupational therapy. The CFOT was honored to present the 2015 CFOT Humanitarian Award to Michelle Craft for her ongoing contributions to the Pad Project serving young women in Kenya, Africa. The Pad Project makes washable, re-usable maxi pads for girls and women in impoverished areas in Kenya. The Pad Project is part of Too Little Children, a nonprofit 501C3 organization. More information is available on their website.

The Pad Project was initiated to address a pressing need to help girls remain in school in Kenya. A school principal in Kenya reported that as school girls reached menarche, they were often missing a week of school every month due to the limited availability of feminine hygiene products. School fees in Kenya are a major expense for families and often girls miss school or drop out when they start menstruating. Older boys started buying disposable feminine hygiene products and were giving these to girls in exchange for sex. Emma Stober coordinated a project to make washable, re-usable pads. Emma initiated workshops in her areas in the Midwest and in North Carolina initially.

Emma met Michelle through the pastor at Michelle's church. Emma wished to establish a pad workshop near Travis Air Force Base where her husband had been transferred. She asked the pastor to identify individuals in the congregation who might be willing to establish a pad workshop in the area. Michelle was a member of the church and known to the pastor. The pastor suggested that Emma contact her and a wonderful heartfelt, healthful, and humanitarian endeavor

was initiated at Michelle's quilt shop, The Quilted Heart, in Vacaville, CA.

Michelle provided workshop space, expertise, and recruited volunteers. Michelle is a skilled seamstress and also a retired special education teacher. As any good special education teacher would, she broke down the tasks involved in the assembly of the pads into different steps requiring varying degrees of skill and established an assembly line of tasks so that interested volunteers could assist without the necessity of being skilled seamstresses. She recruited a large core group of volunteers and also improved upon the stitches used in the machine sewing to make a more durable product. She used and uses her business license to purchase necessary materials at a reduced cost and she actively solicits donated materials needed for the project. She has conducted monthly workshops since August of 2013 and these workshops generate the largest number of pads for the overall project. Another important part of the project is having someone in Too Little Children take the pads personally to Kenya to teach the girls how to use, care for the pads, and care for their bodies. Emma Stober was also nominated for the CFOT Humanitarian Award, but Emma felt that Michelle alone should receive the award as she and her volunteers are the largest group of Pad contributors.

The CFOT is honoring Michelle primarily for her important contributions to the Pad project, but Michelle also hosts an annual fundraising event to support local cancer programs and she is also a team captain for the Relay for Life event to support the American Cancer Society.



Pictured above: Michelle Craft

2015 Honored Lectureship

The CFOT Honored Lectureship was established to recognize occupational therapists in the state of California who have demonstrated leadership, promoted ideas and vision in occupational therapy for the profession, and to provide the occupational therapy community an opportunity to hear them speak at a public gathering.

Deborah Bolding, Ph.D., OTR/L, FAOTA was the 2015 Honored Lecturer. Dr. Bolding is currently working in the Farewell to Falls program at Stanford Health Care and she is faculty and coordinator of the Post Professional Master's Program in Occupational Therapy at San Jose State University. She has experience as a therapist in many different areas of practice - fall prevention, functional ambulation, prevocational evaluation, treatment of hands and juvenile arthritis. She also has experience as a manager, teacher, and fieldwork educator.

Dr. Bolding received her Bachelor's degree in Occupational Therapy from the University of Florida, her Master's Degree from Boston University, and her PhD in Post-secondary and Adult Education from Capella University in Minneapolis. She has made numerous presentations at state and national conferences and has many publications. Her publications and presentations span a variety of professional and clinical areas. Professional areas include development of professional behaviors, evidence based practice and clinical areas encompass fall prevention, stroke and arthritis rehabilitation, functional ambulation, electromyography.



Pictured above: Deborah Bolding,

Dr. Bolding has been involved with and held leadership positions in many professional organizations over the years including The American Society of Hand Therapists, The Arthritis Foundation, The Association of Rheumatology Health Professionals, and The Association of Pediatric Therapists. She served as chair of a CBOT practice committee, is on the Practice, Ethics and Reimbursement Committee of OTAC, and is currently on ACOTE, the Accreditation Council for Occupational Therapy Education. She is a fellow of the AOTA and received certificates of Appreciation and the Fieldwork Educator Award from OTAC.

Dr. Bolding's lecture was on Everyday Leadership. She said that she has worked with a variety of staff and has mentored students and has always been interested in learning how critical thinking is developed and nurtured and how practice that promotes lifelong engagement in the profession develops. She traced the steps to her leadership activities citing caring and committed educators and practitioners who sparked the process.



Pictured above: Deborah Bolding, and Michelle Craft



Pictured above: Linda Florey, Michelle Craft and Dottie Ecker

FUNDRAISING EFFORTS

This year the CFOT awarded \$18,000 in scholarships, \$2100 in traineeships, \$6000 in research grants, and \$1500 in seed money requests! The CFOT had 3 new scholarships to offer students this year for a total of 15 scholarships! Fredlyn Berger established the Every Child Achieves, Inc. Scholarship for a student interested in pediatric practice. This is the first year that the CFOT awarded the Frank J. Biehl Opportunity Scholarship in honor of the man we describe as the heart and soul of CFOT. A third scholarship was gained through the donation of a recipient of a CFOT research award, Joyce Cabrara. Joyce did not use all the money for her project, returned the money she did not use, and then donated money. With that combination, we were able to provide an additional scholarship for a student. Thank you Freddie, Joyce and all of our major donors who provide scholarships and traineeships!!

The CFOT continued to offer a reduced rate for students for the CFOT luncheon. In addition, the CFOT offered students an opportunity to attend only the lecture. We want to give students an opportunity to honor their fellow students receiving scholarships, to hear the CFOT Honored Lecturers, and to learn the accomplishments of our Humanitarian awardees. We encourage anyone to sponsor tables for our students!

In conference fundraising we generated monies through the silent auction and through matching the fundraising we generated through the challenge board worn throughout the exhibit hall. Bonita Kraft, Michele Berro, and Linda Florey matched amounts up to \$500. Thank you conference attendees as we gained monies well beyond \$500!!!! This is the 8th year Bonita has provided a match and the 2nd year for Michele. Thank you everyone for contributing auction items and contributing to our fundraising efforts. We are very, very grateful for your current support and your ongoing support for the past 34 years!

2015 SCHOLARSHIP AND TRAINEESHIP RECIPIENTS

Janice Matsutsuyu Scholarship

Stacy Weingarten - University of Southern California

Jaffe Graduate Scholarship

Moon-Ting Dream Chew - San Jose State University

Knox-Hirsch Scholarship

Taraneh Aminian - University of Southern California

Ardith Breton Scholarship

Kelly Findlay - Dominican University

Fred Sammons Scholarship

Joshua Stoudt - Samuel Merritt University

North Coast Medical Scholarship

Clarissa Tu - University of Southern California

Fred Sammons Scholarship

Windy Chou - San Jose State University

Wilma West Scholarship

Carley Wade - San Jose State University

Janice Matsutsuyu Scholarship

Lesley Paige - San Jose State University

Dr. Martin Shaperman Scholarship

Lindsey Loftus - Loma Linda University

Bonita Kraft Scholarship

Lisa Mrsny - Dominican University

Michele Berro Scholarship in memory of

Mary Ann Epstein

Elizabeth Franco - University of Southern California

Every Child Achieves, Inc. Scholarship

Shawnee Herbert - University of Southern California

Frank J. Biehl Opportunity Scholarship

Carly Sanders - Samuel Merritt University

CFOT Scholarship

John Turner - San Jose State University





Pictured above, left to right-

Back row: Tanya Jenkins, Carley Wade, Lesley Page, Lisa Mrsny, Lisa Smith, Clarissa Tu, Dream Chev, Windy Chou
Front row: John Turner, Kelly Findlay, Elizabeth Franco, Joshua Stoudt.

OCCUPATIONAL THERAPY

ASSISTANT TRAINEESHIPS

Janice Matsutsuyu Traineeship

Amy Drow - Santa Ana College

Los Angeles Consultants Group Traineeships

Lisa Smith - Sacramento City College

Tanaya Jenkins - Grossmont College

OCCUPATIONAL THERAPY

RESEARCH AWARDS

Alix Sleight, OTD, OTR/L - University of Southern California

"Supportive Care and Occupation-based Needs of Latina Breast Cancer Survivors"

Megan Chang, PhD, OTR/L - San Jose State University

"Effectiveness of Mindfulness Strategies on Occupational Engagement Among Occupational Therapy Graduate Students"

Please visit the CFOT website – www.cfot.org/research for more information on Research Grant Applications and Seed Money Request (both Research Projects and Program Development) opportunities

SEED MONEY AWARDS

Dragana Krpalek, Heather Javaherian-Dysinger - Loma Linda University

"Experiences of Participating in the Complete Health Improvement Program: Perceived Facilitators and Barriers to Adopting a Healthy Lifestyle"

Maxine Ziprin, Jenny Knowles, Mary Corey, Rose Ngo, Marissa Oshige - San Jose State University

"Strategies Employed by Community-Dwelling Japanese American Elders to Maintain Social Participation"

Sara Wykoff, Cynthia Ting, Jennifer Ullman, Chelsea Upham, Jennifer Jordan-Wong - San Jose State University

"The Play Experience for Siblings of Children with Autism"

Emily Baits, Lesley Paige, Hana Raferty, Danielle

Morse, Ariel Shamouilian - San Jose State University

"Describing the Sensory Profiles of Toddlers in a Homeless Shelter"

Amanda Lord, Colleen McNeill, Jessica Durand,

Emily Langston - San Jose State University

"Understanding the Adult Sensory Processing Experience"

Windy Chou, Vy Dang, Kris Lee, Cindy Van -

San Jose State University

"Learning Computer Skills: Meanings and Influences on Occupations for Older Adults"



Pictured above: Heidi Pendleton and Alix Sleight

ATTENTION STUDENTS AND FACULTY

CFOT Scholarships are available for 2016

Students enrolled in the Entry-Level degree and Post-Professional Graduate degree programs are eligible for a scholarship. The deadline for applications for both the Entry-Level and Post-Professional CFOT scholarships is March 31st.

For more information, students should feel free to access the CFOT web site at www.cfot.org or feel free to call or write:

Laura Weiss, MS, OTR/L

CFOT scholarship co-chair

818-700-5648

Laura.Weiss@DignityHealth.org

Winifred Schultz-Krohn, PhD, OTR/L, BCP, FAOTA

CFOT scholarship co-chair

408-924-3077

Winifred.Schultz-Krohn@sjsu.edu

SPECIAL THANKS

A very special thanks to Katie Gundersen, MS, OTR/L and Bonita Kraft, OTR/L for organizing the CFOT luncheon!

We had over 100 individuals attend!!!

Thank you to Diana Su-Erickson, OTR/L and Danielle Meglio, COTA/L for orchestrating the booth and silent auction!

Thank you OTAC for the continuing support to CFOT philosophically and financially! We are different organizations with differing missions and functions and we have enjoyed a warm and collaborative relationship with OTAC over the years.

Thank you to our scholarship donors, to the reviewers of scholarship and research award applications and to all contributors for your continuing support of CFOT. We couldn't do it without all of you.

CFOT UPDATE

The CFOT board continues the rebranding and goal setting process emanating from our strategic planning. This coming year we plan to venture into social media as part of our core value of promoting public awareness of the benefit of occupational therapy. We need your assistance in recruiting someone to work with Mary Johnston and the board in this important area. If you know of anyone familiar with social media who would be interested in joining us in these efforts please contact: lflorey4040@aol.com!!!

The CFOT board is delighted that the application to submit a float in the 2017 Rose Parade was approved. We will assist in manners that are possible for us as a foundation. The CFOT board voted that 100% of the board will donate to the Rose Parade Project. Thank you OTAC for an inspirational way to celebrate 100 years of occupational therapy!

CFOT BOARD MEMBERS

President: Linda Florey, PhD, OTR/L, FAOTA

Vice President: Julie Shaperman, MSPH, OTR/L, FAOTA

Secretary: Sarah Kelly, OT/L

Treasurer: Susan Knox, PhD, OTR/L, FAOTA

Bylaws & Policies: Julie Shaperman, MSPH, OTR/L, FAOTA

Conference: Katie Gundersen, MS, OTR/L

Bonita Kraft, OTR/L

External Development: Evelyn Jaffe, MPH, OTR/L, FAOTA

Mary Johnston, MA, OTR/L

Internal Development: Diana Su-Erickson, OTR/L

Danielle Meglio, COTA/L, MLD/COT

Nominations & Recognitions: Dottie Ecker, MA, OT, FAOTA

Public Relations: Christopher Goffredo, OTD, MOT, OTR/L, ATP

Nicolaas van den Heever, OTD, BOT, OTR/L

Research: Heidi Pendleton, PhD, OTR/L, FAOTA

Judi Palladino, MA, OTR/L

Scholarship: Laura Weiss, MS, OTR/L

Winifred Schultz Krohn, PhD, OTR/L, FAOTA

Website Development: Nicolaas van den Heever, OTD, BOT, OTR/L

Electronic Newsletter: Christopher Goffredo, OTD, MOT, OTR/L, ATP

OTAC Liaison: Luis Arabit, OTD, MS, OTR/L, C/NDT, PAM, BCN, BCPR

Master Calendar: Michele Berro, MA, OTR/L

President Emeritus: Evelyn Jaffe, MPH, OTR/L, FAOTA

Members at Large: Susan Harris, OTR/L

Lynn Yasuda, MEd, OTR/L, FAOTA

Elizabeth Yerxa, EdD, OTR, FAOTA

Please visit us at: www.cfot.org