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CURRICULUM VITAE

Education

- University of Southern California, Post-doctorate fellowship in Occupational Science and Occupational Therapy, Jun 2012 – 2013
- University of Michigan, Post-doctorate fellowship in Physical Medicine & Rehabilitation, Oct 2009 – 2011
- Wayne State University, PhD in Instructional Technology, Dec 2009
GPA: 3.99
- Wayne State University, MS in Occupational Therapy, Dec 2005
GPA: 4.00
- Wayne State University, BS in Occupational Therapy, Dec 2003
GPA: 3.97 Summa Cum Laude

Honors & Awards

- Rehabilitation Research Career Development (RRCDD) K12 program awardee, 2013-18
- Research Scholars Initiative Award from the AOTA in recognition of the paper, "A randomized control trial comparing tailoring methods of multimedia-based fall prevention education for community-dwelling older adults", 2012
- Research Stipend Award from the NIDRR Advanced Rehabilitation Research Training program, 2009-10
- Everett J. Soop Award from the Michigan Society of Gerontology, 2009
- Institute of Gerontology Annual Research Poster Presentation Award recipient 1st place (Graduate student category), 2009
- National Institute of Health Post-Doctoral Fellowship with the University of Michigan Medical Rehabilitation Research Training Program, 2009
- Chosen to represent WSU as a presenter at Graduate Education in Michigan, 2009
- Dissertation Research Support Grant recipient, 2009-10
- SEMTEC Instructional Technology Annual Scholarship recipient, 2009-10
- Institute of Gerontology Annual Research Poster Presentation Award recipient 3rd place (Graduate student category), 2008
- Blue Cross Blue Shield of Michigan Student Award recipient, 2008-09
- Hubert & Elsie Watson Endowed Memorial Scholarship, 2008-09
- Wayne State University Graduate Professional Scholarship, 2006-09
- Graduate Student Professional Travel Award recipient, 2008
- Named to the Cambridge Who's Who Among Executives and Professionals in Healthcare *Honors Edition*, 2008
- Institute of Gerontology Annual Research Poster Presentation Award recipient 2nd place (Graduate student category), 2007
- Michigan Physical Therapy Association Fall Conference Poster Presentation Award recipient 1st place (Graduate student category), 2007
- College Research Day Award recipient 1st place (Graduate student category), 2006 & 2007
- Margaret Ledbetter Endowed Scholarship recipient, 2007

- National Institutes of Health Pre-Doctoral Fellowship in Aging and Urban Health, 2007
- Wayne State University Unrestricted Private Scholarship recipient, 2006-07
- Del Harder Research Day Best Poster Presentation Award recipient (Student/novice category), 2006
- Graduate School Thesis Research Support recipient, 2005
- Michigan Competitive Scholarship recipient, 2000-05
- H. Barbara Jewett Honor Graduate of the Year Award recipient, 2003
- Named to the Dean's List of Honor Students, 1999-06
- Wayne State University Presidential Scholarship recipient, 1999-03

Scholarly Activities

Manuscripts Published

- Kratz, S., **Schepens, S.**, & Murphy, S. (2013). Effects of cognitive task demands on subsequent symptoms and activity in adults with symptomatic osteoarthritis. *American Journal of Occupational Therapy* 67(6), 683-691.
- **Schepens, S.**, Kratz, A., & Murphy, S. (2012). Fatigability in osteoarthritis: Effects of an activity bout on subsequent symptoms and activity. *Journals of Gerontology Series A: Biological Science and Medical Sciences* 67(10), 1114-1120.
- **Schepens, S.**, Sen, A., Painter, J., & Murphy, S. (2012) Relationship between fall-related efficacy and activity engagement in community-dwelling older adults: A meta-analytic review. *American Journal of Occupational Therapy* 66(2), 137-148.
- **Schepens, S.**, Braun, M., & Murphy, S. (2012). Brief report: The effect of activity pacing on joint stiffness in adults with symptomatic OA. *American Journal of Occupational Therapy* 66(3), 363-367.
- Goldberg, A., & **Schepens, S.** (2011) Measurement error and minimal detectable change in usual gait speed in older adults. *Aging Clinical and Experimental Research* 23(5-6), 406-412.
- **Schepens, S.**, Goldberg, A., & Panzer, P. (2011). A randomized control trial comparing tailoring methods of multimedia-based falls prevention education for community-dwelling older adults. *American Journal of Occupational Therapy* 65(6), 702-709.
- Goldberg, A., **Schepens, S.**, Feely, S., Garbern, J.Y., Miller, L.J. Siskind, C.E, & Conti, G.E. (2010). Deficits in stepping response time are associated with impairments in balance and mobility in people with Huntington disease. *Journal of the Neurological Sciences* 298(1-2), 91-95.
- Goldberg, A., **Schepens, S.**, & Wallace, M. (2010). Concurrent validity and reliability of the maximum step length test in older adults. *Journal of Geriatric Physical Therapy* 16(3), 122-127.
- **Schepens, S.**, Wallace, M., & Goldberg, A., (2010). The short version of the Activities-specific Balance Confidence scale: Its validity and relationship to balance impairment and falls in older adults. *Archives of Gerontology and Geriatrics* 51, 9-12.
- Conti, G., & **Schepens, S.** (2009). Changes in hemiplegic grasp force characteristics and function following intense, repetitive intervention. *OT International* 16(3), 204-217.
- **Schepens, S.**, DeBusschere, R., Foster, C., Goodall, C., Mirza, S., & Williams, S. (2007). Relationships between psychometric test and cursor control device performance in older adults: A pilot study. Publication for the Festival of International Conferences on Disability, Aging, and Technology (6/17/07).

Manuscripts in Preparation

- Mallinson, T., Schepens Niemiec, S., Carlson, M., Leland, N., Vigen, C., Blanchard, J., & Clark, F. Development and validation of the Activity Significance Personal Evaluation (ASPEn) Scale. In preparation for the *Australian Occupational Therapy Journal*.

- Schepens, S., Carlson, M., Mahajan, A. & Clark, F. Self-perceived health and lifestyle needs of Latino near-elderly adults: A qualitative study. In preparation for *Ethnicity & Health*.
- Leland, N., Marcione, N., **Schepens, S.**, Kelkar, K., & Fogelberg, D. What is occupational therapy's role in addressing sleep problems? Resubmitted to *OTJR*, Apr. 2014.
- Schepens, S., Vigen, C., Alexander, N., & Murphy, S. Clinical predictors of daily activity in older adults with osteoarthritis. In preparation.
- Murphy, S., Schepens, S., & Kraatz, A. An analysis of within-day symptoms and physical activity among people with osteoarthritis who report differing levels of pain and fatigue interference. Invited paper in preparation for *Archives of Physical Medicine and Rehabilitation*.
- Murphy, S., Schepens, S. Aging and fatigue and implications for occupational and physical therapists. Invited paper in preparation for *Current Geriatrics Reports* due May, 2014.
- Schepens, S., Pisca, N., & Clark, F. Factor analysis and ethno-racial measurement invariance of the Meaningful Activity and Participation Assessment—Frequency. In preparation.

Abstracts Published

- Marcione, N., **Schepens, S.**, & Leland, N. (2013). The need for sleep interventions to incorporate ethnically diverse older adult participants. *The Gerontologist* 53(S1), Late Breaker.
- **Schepens, S.**, Pisca, N., & Clark, F. (2013). Factor analysis and ethno-racial measurement invariance of the Meaningful Activity and Participation Assessment—Frequency. *The Gerontologist*, 53(S1), p.281.
- **Schepens, S.**, Sen, A., Painter, J., & Murphy, S. (2011) The Relationship between Fall-related Efficacy and Activity Engagement in Community-dwelling Older Adults: Results from a Meta-analysis. *The Gerontologist*, 51(S2), p.528.
- Schepens S., Lyden A.K., Wolford D., Markel A., Murphy S.L., (2010). Lab-based physical tasks to induce fatigue in older adults with symptomatic knee or hip osteoarthritis. *The Gerontologist* 50(S1), p. 41.
- Goldberg A., & **Schepens, S.**, (2010). Minimal detectable change in gait speed for community-dwelling older adults. *Physical Therapy Journal* (Program abstract 157-RR). Retrieved June 15, 2010 from http://www.apta.org/AM/abstracts/pt2010/abstractsPt.cfm?m_id=28521
- Pardo, V., Kroll, S., Serecky, J., **Schepens, S.**, & Goldberg, A. (2010) Validity of the Kansas University Balance Scale for assessing fall risk in the elderly. *Journal of Geriatric Physical Therapy* (Program abstracts- electronic version). 32(4), p.190-191.
- **Schepens, S.**, Carlesimo, R., Wallace, M., & Goldberg, A. (2009, Nov.). Maximum step length testing in older adults. *The Gerontologist*, 49(S2), p.285..
- Goldberg, A., & Schepens, S. (2009). Relationships between gait speed and balance in community-dwelling older adults. *Journal of the American Geriatrics Society*, 57(4): p.S204.
- Goldberg, A., **Schepens, S.**, McNevin, N., Shy, M., & Smith, B. (2009). Relationships between the Activities-specific Balance Confidence Scale and clinical balance measures in people with Charcot-Marie-Tooth disease. *Journal of Neurological Physical Therapy*, 33(4), p.224-332.
- Goldberg, A., & **Schepens, S.** (2009). Perceived health in community-dwelling older adults: Relationships to balance and balance confidence. *Physical Therapy Journal* (Program abstract PO-28-RR-TH). Retrieved July 13, 2009 from http://www.apta.org/AM/abstracts/pt2009/abstractsPt.cfm?m_id=19609
- Frangaj, V., Sawhney, A., **Schepens, S.** & Goldberg, A. (2008). Reaction time to auditory and visual stimuli in the presence of cognitive distraction in young adults. *Journal of Neurologic Physical Therapy*, 32(4), p.210-219.

- Khan, A., Oetjens, C., Smith, D., **Schepens, S.**, & Goldberg, A. (2008). The effect of lumbar extensor fatigue compared to plantar flexor fatigue on trunk position sense. *Journal of Neurologic Physical Therapy*, 32(4), p.210-219.
- Goldberg, A., & **Schepens, S.** (2008). Falls and balance confidence in older adults: The role of trunk position sense. *Journal of the American Geriatrics Society*, 56(4), p.S142.
- Goldberg, A., **Schepens, S.**, & Wallace, M. (2008). Maximum step length test is a valid and reliable measure of balance and mobility capabilities in older adults. *Journal of the American Geriatrics Society*, 56(4), p.S142.
- Lysack, C., Lichtenberg, P., Poteete, P., Cano, A., Conti, G., Goldberg, A., V Milligan, N., O'Connell, M., Pellerito, J., Pociask, F., & **Schepens, S.** (2008, Nov.). Integrating mental health care into occupational therapy practice with older adults. Abstract Program No. 175-2 published on Abstract Viewer from the 61st Annual Scientific Meeting for the Gerontological Society of America, National Harbor, MD.
- **Schepens, S.** & Goldberg, A. (2008, Nov.). Dynamic balance tests predict balance confidence in community-dwelling older adults. Abstract Program No. 397-3 published on Abstract Viewer from the 61st Annual Scientific Meeting for the Gerontological Society of America, National Harbor, MD.
- Goldberg, A., & **Schepens, S.** (2008, Nov.). Perceived health in community-dwelling older adults: Relationships to balance and balance confidence. Abstract Program No. 397-4 published on Abstract Viewer from the 61st Annual Scientific Meeting for the Gerontological Society of America, National Harbor, MD.
- **Schepens, S.**, Goldberg, A., & Wallace, M. (2007). Is the short version of the Activities-specific Balance Confidence Scale a valid measure of balance confidence, and is it related to balance impairment and falls in older adults? *Journal of Geriatric Physical Therapy* 30(3), p.150.
- Goldberg, A., **Schepens, S.**, & Wallace, M. (2007). Novel measures of balance and balance confidence: Relationships to fear of falling in community-dwelling older adults. *Journal of Geriatric Physical Therapy* 30(3), p.149-50.
- Goldberg, A., Allen, D., Cissell, M., **Schepens, S.**, & Talley, S. (2007). The effect of fatigue-induced hip-flexor muscle weakness on reaction and movement time in young adults. *Journal of Neurological Physical Therapy* 31(4), p.196. Combined Sections Meeting of the APTA, (Program abstracts).
- Samsair, S., Zavala, A., **Schepens, S.**, Talley, S., & Goldberg, A. (2007). A comparison of the effect of ankle plantar flexor versus lumbar extensor muscle fatigue on postural sway. *Journal of Neurological Physical Therapy* 31(4), p.196-97. Combined Sections Meeting of the APTA, (Program abstracts).
- Goldberg, A., **Schepens, S.**, & Wallace, M. (2007). Maximum step length test is a valid and reliable measure of balance and mobility capabilities in older adults (Electronic version). *Physical Therapy* (Program abstract PO-RR-26-TH). Retrieved January 9, 2008 from http://www.apta.org/AM/abstracts/pt2007/abstractsPt.cfm?m_id=15024
- **Schepens, S.**, & Goldberg, A. (2007). Balance confidence and assistive device use in older adults who fall. *The Gerontologist*, 47: Special Issue I, p.352. 60th Annual Scientific Meeting for the Gerontological Society of America, (Program abstracts).
- Goldberg, A., **Schepens, S.** (2007). Falls and balance confidence in older adults: The role of trunk position sense. *The Gerontologist*, 47: Special Issue I, p.353. 60th Annual Scientific Meeting for the Gerontological Society of America, (Program abstracts).
- Smolinski, A., Varga, L., Pardo, V., **Schepens, S.**, & Goldberg, A. (2007). Tests of stepping in relation to falls in community-dwelling older adults. *The Gerontologist*, 47: Special Issue I, p.353. 60th Annual Scientific Meeting for the Gerontological Society of America, (Program abstracts).
- Goldberg, A., **Schepens, S.**, & Wallace, M. (2007). Novel measures of balance and balance confidence: Relationships to fear of falling in community-dwelling older adults. *Journal of American Geriatrics Society*, 55(s1) p.S88 (Program abstracts).

- **Schepens, S.**, Goldberg, A., & Wallace, M. (2007). Is the short version of the Activities-specific Balance Confidence scale a valid measure of balance confidence, and is it related to balance impairment and falls in older adults? *Journal of American Geriatrics Society*, 55 (s1) p.S142 (Program abstracts).
- Conti, G. E. & **Schepens, S. L.** (2005). Grasp force control following stroke: Effects of intervention. *The Gerontologist*, 45: Special Issue II, p.234. 58th Annual Scientific Meeting for the Gerontological Society of America, (Program abstracts).

Platform, and Symposium Presentations

- **Schepens, S.**, Marcione, N., & Leland, N. (2014). Relationship of activity engagement to sleep among ethnically diverse older adults. Paper presentation for the American Occupational Therapy Association, Baltimore, MD, (4/4/14).
- **Schepens, S.**, Sen, A., Painter, J., & Murphy, S. (2011). The relationship between fall-related efficacy and activity engagement in community-dwelling older adults: Results from a meta-analysis. Symposium presentation for the Gerontological Society of America, Boston, MA, (11/21/11).
- **Schepens, S.**, & Murphy, S. (2011). The effects of physically demanding tasks on fatigue and daily physical activity in older adults with hip or knee osteoarthritis. Platform presentation for the Society for Ambulatory Assessment 2011 Conference, Ann Arbor, MI, (6/24/11).
- **Schepens, S.**, Lyden, A., Parkinson, E. & Murphy, S.L. The effects of physically demanding tasks on fatigue and daily physical activity in older adults with hip or knee osteoarthritis. Poster presentation for James W. Rae Scientific Day, Ann Arbor, MI, (5/6/11).
- Panzer, V., Smith, V., & **Schepens, S.**, (2010). Multimedia assessment of fall-risk as part of the physical therapy evaluation. Multimedia technology presentation at the Annual Meeting of the American Physical Therapy Association, Boston, MA, (6/17/10).
- **Schepens, S.**, Panzer, V., & Smith, V., (2010). The role of occupational therapists in developing and implementing an evidence-based fall prevention plan of care. Exhibitor sponsored seminar at the American Occupational Therapy Association's 90th Conference and Expo, Orlando, FL, (4/30/10).
- Goldberg, A., & **Schepens, S.**, (2010). Relationships between the Activities-specific balance Confidence scale and clinical balance measures in people with Charcot-Marie-Tooth disease. Platform presentation at the Combined Sections Meeting of the APTA, San Diego, CA, (2/17/10).
- **Schepens, S.** (2009). Balance and falls in older adults. Invited presentation for the Colloquium / Professional Development Series, Detroit, MI (2/03/09).
- Lysack, C., Lichtenberg, P., Poteete, P., Cano, A., Conti, G., Goldberg, A., V Milligan, N., O'Connell, M., Pellerito, J., Pociask, F., & **Schepens, S.** (2008). Integrating mental health care into occupational therapy practice with older adults. Platform presentation at the 61st Annual Scientific Meeting for the Gerontological Society of America, National Harbor, MD, (11/22/08).
- Conti, G., Goldberg, A., Licavoli, C., & **Schepens, S.** (2008). Module 5—Falls, balance and exercise. Symposium presentation at the Michigan Occupational Therapy Association Continuing Education Conference for Aging and Mental Health Training Program: Enhancing Occupational Therapy Practice, Troy, MI, (5/3/08).
- Goldberg, A., Allen, D., Cissell, M., **Schepens, S.**, & Talley, S. (2008). The effect of fatigue-induced hip-flexor muscle weakness on reaction and movement time in young adults. Platform presentation at the Combined Sections Meeting of the APTA, Nashville, TN, (2/09/08).
- Samsair, S., Zavala, A., **Schepens, S.**, Goldberg, A., & Talley, S. (2008). A comparison of the effect of ankle plantar flexor versus lumbar extensor muscle fatigue on postural sway. Platform presentation at the Combined Sections Meeting of the APTA, Nashville, TN, (2/09/08).

- Smolinski, A., Varga, L., Pardo, V., **Schepens, S.**, & Goldberg, A. (2007). Tests of stepping in relation to falls in community-dwelling older adults. Platform presentation at the Michigan Physical Therapy Association Fall Conference, Saginaw, MI, (10/13/07).
- Allen, D., Cissell, M., **Schepens, S.**, Goldberg, A., & Talley, S. (2007). The effect of fatiguing hip-flexor musculature on stepping reaction and movement time. Platform presentation at the Michigan Physical Therapy Association Fall Conference, Saginaw, MI, (10/13/07).
- Allen, D., Cissell, M., **Schepens, S.**, Goldberg, A., & Talley, S. (2007). The effect of fatiguing hip-flexor musculature on stepping reaction and movement time. Platform presentation at the 13th Annual Del Harder Rehabilitation Research Day, Detroit, MI, (5/4/07).
- **Schepens, S.**, & Goldberg, A. (2007). Balance confidence and assistive device use in older adults who fall. Platform presentation at the 13th Annual Del Harder Rehabilitation Research Day, Detroit, MI, (5/4/07).
- Smolinski, A., Varga, L., Pardo, V., **Schepens, S.**, & Goldberg, A. (2007). Tests of stepping in relation to falls in community-dwelling older adults. Platform presentation at the 13th Annual Del Harder Rehabilitation Research Day, Detroit, MI, (5/4/07).
- Goldberg, A., & **Schepens, S.** (2006). Trunk position sense and balance in older adults and in people with neurological disease. Platform presentation at Detroit Rehabilitation Institute of Michigan, Detroit, MI, (10/10/06).

Poster Presentations

- Marcione, N., **Schepens, S.**, & Leland, N. (2013). The need for sleep interventions to incorporate ethnically diverse older adult participants. Poster presentation at the 66th Annual Scientific Meeting for the Gerontological Society of America, New Orleans, LA, (11/23/13).
- **Schepens, S.**, Pisca, N., & Clark, F. (2013). Factor analysis and ethno-racial measurement invariance of the Meaningful Activity and Participation Assessment—Frequency. Poster presentation at the 66th Annual Scientific Meeting for the Gerontological Society of America, New Orleans, LA, (11/22/13).
- Marcione, N., **Schepens, S.**, Leland, N., (2013). Sleep interventions for ethnically diverse older adults: A scoping review. Poster presentation at the International Conference on Aging in the Americas (ICAA), Austin, TX (9/18/13).
- **Schepens, S.**, Pisca, N. & Clark, F. (2013). Factor analysis of the Meaningful Activity and Participation Assessment – Frequency Questionnaire. Poster presentation at the USC/SRG Research Day, Los Angeles, CA (2/20/13).
- Goldberg, A. & **Schepens, S.** (2010). Measurement error and minimal detectable change in timed up and go in older adults. Poster presentation at the 63rd Annual Scientific Meeting for the Gerontological Society of America, New Orleans, LA, (11/22/10).
- **Schepens, S.**, Lyden, A., Wolford, D., Markel, A., & Murphy, S. (2010). Lab-based physical tasks to induce fatigue in older adults with symptomatic knee or hip osteoarthritis. Poster presentation at the 63rd Annual Scientific Meeting for the Gerontological Society of America, New Orleans, LA, (11/20/10).
- **Schepens, S.**, Goldberg, A., & Panzer, V. (2010). The effectiveness of tailoring multimedia-based falls prevention education for older adults. Poster presentation at the 63rd Annual Scientific Meeting for the Gerontological Society of America, New Orleans, LA, (11/22/10).
- Goldberg, A., & **Schepens, S.** (2010). Minimal detectable change in gait speed for community-dwelling older adults. Poster presentation at the Annual Meeting of the American Physical Therapy Association, Boston, MA (6/17/10).
- **Schepens, S.**, Lyden, A., Wolford, D., Markel, A., & Murphy, S. (2010). Lab-based physical tasks to induce fatigue in older adults with symptomatic knee or hip osteoarthritis. Poster presentation at the 27th Annual James Rae Scientific Day, Ann Arbor, MI, (5/07/10).

- Pardo, V., Kroll, S., Serecky, J., Goldberg, A., & **Schepens, S.**, (2010). Validity of the Kansas University Sitting and Standing Balance Scale as a measure of fall risk in the elderly. Poster presentation at the Combined Sections Meeting of the APTA, San Diego, CA, (2/17/10).
- **Schepens, S.**, Carlesimo, R., Wallace, M., & Goldberg, A. (2009). Maximum step length testing in older adults. Poster presentation at the 62nd Annual Scientific Meeting for the Gerontological Society of America, Atlanta, GA, (11/20/09).
- Pardo, V., Kroll, S., Serecky, J., Goldberg, A., & **Schepens, S.**, (2009). Validity of the Kansas University Sitting and Standing Balance Scale as a measure of fall risk in the elderly. Poster presentation at the Michigan Physical Therapy Association Fall Conference, Dearborn, MI, (10/16/09).
- Pardo, V., Nagle, A., **Schepens, S.** & Goldberg, A., (2009). Validity of the Kansas University Sitting and Standing Balance Scale in patients who have had a stroke. Poster presentation at the Michigan Physical Therapy Association Fall Conference, Dearborn, MI, (10/16/09).
- **Schepens, S.** & Goldberg, A. (2009). Dynamic balance tests predict balance confidence in community-dwelling older adults. Poster presentation at the Michigan Physical Therapy Association Fall Conference, Dearborn, MI, (10/16/09).
- **Schepens, S.**, Goldberg, A., & Panzer, V. (2009). The effectiveness of tailoring falls prevention education for older adult learners. Poster presentation at the Wayne State University Institute of Gerontology-Merrill-Palmer Skillman Institute Research Poster Day, Detroit, MI, (10/09/09).
- Pardo, V., Nagle, A., **Schepens, S.** & Goldberg, A., (2009). Validity of the Kansas University Sitting and Standing Balance Scale in patients who have had a stroke. Poster presentation at the EACPHS 6th Annual Research Forum, Detroit, MI (9/09/09).
- Mirza, F., Trifan, P., **Schepens, S.** & Goldberg, A., (2009). The effect of proximal versus distal somatosensory perturbations on trunk position sense in young adults. Poster presentation at the EACPHS 6th Annual Research Forum, Detroit, MI (9/09/09).
- Pardo, V., Kroll, S., Serecky, J., Goldberg, A., & **Schepens, S.**, (2009). Validity of the Kansas University Sitting and Standing Balance Scale as a measure of fall risk in the elderly. Poster presentation at the EACPHS 6th Annual Research Forum, Detroit, MI (9/09/09).
- Goldberg, A., & **Schepens, S.**, (2009). Relationships between gait speed and balance in community-dwelling older adults. Poster presentation at the EACPHS 6th Annual Research Forum, Detroit, MI (9/09/09).
- Ball, M., Little, M., **Schepens, S.** & Goldberg, A., (2009). Effects of body mass index on trunk repositioning error. Poster presentation at the EACPHS 6th Annual Research Forum, Detroit, MI (9/09/09).
- Lewandowski, M., Weber, D., **Schepens, S.** & Goldberg, A., (2009). Does involvement in adult recreational soccer affect step execution time during single-task and dual-task conditions? Poster presentation at the EACPHS 6th Annual Research Forum, Detroit, MI (9/09/09).
- Goldberg, A., & **Schepens, S.** (2009). Perceived health in community-dwelling older adults: Relationships to balance and balance confidence. Poster presentation at the Annual Meeting of the American Physical Therapy Association, Baltimore, MD (6/11/09).
- Mirza, F., Trifan, P., **Schepens, S.**, & Goldberg, A. (2009). The effect of proximal versus distal somatosensory perturbations on trunk position sense in young adults. Poster presentation at the 15th Annual Del Harder Rehabilitation Research Day, Detroit, MI (5/8/09).
- Goldberg, A., & **Schepens, S.** (2009). Relationships between gait speed and balance in community-dwelling older adults. Poster presentation at the 2009 Annual Scientific Meeting of the American Geriatrics Society, Chicago, IL, (4/30/09).

- **Schepens, S.**, Wallace, M., & Goldberg, A. (2009). Is the short version of the Activities-specific Balance Confidence Scale a valid measure of balance confidence, and is it related to balance impairment and falls in older adults? Poster presentation at Graduate Education Week, Lansing, MI (4/23/08).
- Frangaj, V., Sawhney, A., **Schepens, S.** & Goldberg, A. (2009). Reaction time to auditory and visual stimuli in the presence of cognitive distraction in young adults. Poster presentation at the Combined Sections Meeting of the APTA, Las Vegas, NV, (2/11/09).
- Khan, A., Oetjens, C., Smith, D., **Schepens, S.**, & Goldberg, A. (2009). The effect of lumbar extensor fatigue compared to plantar flexor fatigue on trunk position sense. Poster presentation at the Combined Sections Meeting of the APTA, Las Vegas, NV, (2/11/09).
- Goldberg, A., & **Schepens, S.** (2008). Perceived health in community-dwelling older adults: Relationships to balance and balance confidence. Poster presentation at the 61st Annual Scientific Meeting for the Gerontological Society of America, National Harbor, MD, (11/22/08).
- **Schepens, S.** & Goldberg, A. (2008). Dynamic balance tests predict balance confidence in community-dwelling older adults. Poster presentation at the 61st Annual Scientific Meeting for the Gerontological Society of America, National Harbor, MD, (11/22/08).
- **Schepens, S.**, & Goldberg, A. (2008). Dynamic balance tests predict balance confidence in community-dwelling older adults. Poster presentation at the Wayne State University Institute of Gerontology Annual Research Poster Session, Detroit, MI, (10/30/08).
- Goldberg, A., **Schepens, S.**, & Wallace, M. (2008). Maximum step length test is a valid and reliable measure of balance and mobility capabilities in older adults. Poster presentation at the Michigan Physical Therapy Association Fall Conference, Frankenmuth, MI, (10/10/08).
- Frangaj, V., Sawhney, A., **Schepens, S.** & Goldberg, A., (2008). Reaction time with auditory and visual stimulus with cognitive distraction. Poster presentation at the EACPHS 5th Annual Research Forum, Detroit, MI (9/10/08).
- Paulun, J.L., Daniels, K.L., Carlson, C.L., Birk, T., Goldberg, A., & **Schepens, S.** (2008). Lower extremity oxygen perfusion in dynamic versus static stander use in healthy young adults. Poster presentation at the EACPHS 5th Annual Research Forum, Detroit, MI (9/10/08).
- Khan, A., Oetjens, C., Smith, D., **Schepens, S.**, & Goldberg, A. (2008). The effect of lumbar extensor fatigue compared to plantar flexor fatigue on trunk position sense. Poster presentation at the EACPHS 5th Annual Research Forum, Detroit, MI (9/10/08).
- Mitchell, J., Myers, I., **Schepens, S.**, & Goldberg, A. (2008). Magnitude of postural sway response due to vibration of Achilles tendon versus lumbar paraspinal musculature in young adults. Poster presentation at the EACPHS 5th Annual Research Forum, Detroit, MI (9/10/08).
- Carlesimo, R., Wallace, M., **Schepens, S.**, & Goldberg, A. (2008). Maximum step length testing in older adults. Poster presentation at the EACPHS 5th Annual Research Forum, Detroit, MI (9/10/08).
- **Schepens, S.**, Wallace, M., & Goldberg, A. (2008). Is the short version of the Activities-specific Balance Confidence Scale a valid measure of balance confidence, and is it related to balance impairment and falls in older adults? Poster presentation at the 14th Annual Del Harder Rehabilitation Research Day, Detroit, MI (5/9/08).
- Frangaj, V., Sawhney, A., **Schepens, S.** & Goldberg, A. (2008). Reaction time to auditory and visual stimuli in the presence of cognitive distraction in young adults. Poster presentation at the 14th Annual Del Harder Rehabilitation Research Day, Detroit, MI (5/9/08).
- Khan, A., Oetjens, C., Smith, D., **Schepens, S.** & Goldberg, A. (2008). The effect of lumbar extensor fatigue compared to plantar flexor fatigue on trunk position sense.

Poster presentation at the 14th Annual Del Harder Rehabilitation Research Day, Detroit, MI (5/9/08).

- Goldberg, A., **Schepens, S.** (2008). Falls and balance confidence in older adults: The role of trunk position sense. Poster presentation at the American Geriatrics Society Annual Scientific Meeting 2008, Washington DC, (5/02/08).
- Goldberg, A., **Schepens, S.**, & Wallace, M. (2008). Maximum step length test is a valid and reliable measure of balance and mobility capabilities in older adults. Poster presentation at the American Geriatrics Society Annual Scientific Meeting, Washington D.C., (5/02/08).
- **Schepens, S.**, Goldberg, A., & Wallace, M. (2008). Is the short version of the Activities-specific Balance Confidence Scale a valid measure of balance confidence, and is it related to balance impairment and falls in older adults? Poster presentation at the Combined Sections Meeting of the APTA, Nashville, TN, (2/08/08).
- Goldberg, A., **Schepens, S.**, & Wallace, M. (2008). Novel measures of balance and balance confidence: Relationships to fear of falling in community-dwelling older adults. Poster presentation at the Combined Sections Meeting of the APTA, Nashville, TN, (2/09/08).
- **Schepens, S.**, & Goldberg, A. (2007). Balance confidence and assistive device use in older adults who fall. Poster presentation at the 60th Annual Scientific Meeting for the Gerontological Society of America, San Francisco, CA, (11/18/07).
- Goldberg, A., **Schepens, S.** (2007). Falls and balance confidence in older adults: The role of trunk position sense. Poster presentation at the 60th Annual Scientific Meeting for the Gerontological Society of America, San Francisco, CA, (11/18/07).
- Smolinski, A., Varga, L., Pardo, V., **Schepens, S.**, & Goldberg, A. (2007). Tests of stepping in relation to falls in community-dwelling older adults. Poster presentation at the 60th Annual Scientific Meeting for the Gerontological Society of America, San Francisco, CA, (11/18/07).
- **Schepens, S.**, & Goldberg, A. (2007). Balance confidence and assistive device use in older adults who fall. Poster presentation at the Wayne State University Institute of Gerontology Annual Research Poster Session, Detroit, MI, (10/25/07).
- **Schepens, S.**, Goldberg, A., & Wallace, M. (2007). Is the short version of the Activities-specific Balance Confidence Scale a valid measure of balance confidence, and is it related to balance impairment and falls in older adults? Poster presentation at the Wayne State University Institute of Gerontology Annual Research Poster Session, Detroit, MI, (10/25/07).
- **Schepens, S.**, & Goldberg, A. (2007). Balance confidence and assistive device use in older adults who fall. Poster presentation at the Michigan Physical Therapy Association Fall Conference, Saginaw, MI, (10/13/07).
- **Schepens, S.**, Goldberg, A., & Wallace, M. (2007). Is the short version of the Activities-specific Balance Confidence Scale a valid measure of balance confidence, and is it related to balance impairment and falls in older adults? Poster presentation at the Michigan Physical Therapy Association Fall Conference, Saginaw, MI, (10/13/07).
- Goldberg, A., **Schepens, S.**, & Wallace, M. (2007). Novel measures of balance and balance confidence: Relationships to fear of falling in community-dwelling older adults. Poster presentation at the Michigan Physical Therapy Association Fall Conference, Saginaw, MI, (10/13/07).
- Goldberg, A., **Schepens, S.**, & Wallace, M. (2007). Trunk position sense is associated with falls and balance confidence in community-dwelling older adults. Poster presentation at the Michigan Physical Therapy Association Fall Conference, Saginaw, MI, (10/13/07).
- DiPonio, J., Ulewicz, C., **Schepens, S.**, Goldberg, A., & Talley, S. (2007). The effect of stretching hip-flexor musculature on stepping reaction and movement time. Poster presentation at the Michigan Physical Therapy Association Fall Conference, Saginaw, MI, (10/13/07).

- Samsair, S., Zavala, A., **Schepens, S.**, Goldberg, A., & Talley, S. (2007). A comparison of the effect of ankle plantar flexor versus lumbar extensor muscle fatigue on postural sway. Poster presentation at the Michigan Physical Therapy Association Fall Conference, Saginaw, MI, (10/13/07).
- **Schepens, S.**, Wallace, M., & Goldberg, A., (2007). Is the short version of the Activities-specific Balance Confidence Scale a valid measure of balance confidence, and is it related to balance impairment and falls in older adults? Poster presentation at the EACPHS 4th Annual Research Forum, Detroit, MI (9/12/07).
- Smolinski, A., Varga, L., Pardo, V., **Schepens, S.**, & Goldberg, A. (2007). Tests of stepping in relation to falls in community-dwelling older adults. Poster presentation at the EACPHS 4th Annual Research Forum, Detroit, MI (9/12/07).
- Samsair, S., Zavala, A., **Schepens, S.**, Goldberg, A., & Talley, S. (2007). A comparison of the effect of ankle plantar flexor versus lumbar extensor muscle fatigue on postural sway. Poster presentation at the EACPHS 4th Annual Research Forum, Detroit, MI (9/12/07).
- Goldberg, A., **Schepens, S.**, & Wallace, M. (2007). Novel measures of balance and balance confidence: Relationships to fear of falling in community-dwelling older adults. Poster presentation at the EACPHS 4th Annual Research Forum, Detroit, MI (9/12/07).
- Allen, D., Cissell, M., **Schepens, S.**, Goldberg, A., & Talley, S. (2007). The effect of fatiguing hip-flexor musculature on stepping reaction and movement time. Poster presentation at the EACPHS 4th Annual Research Forum, Detroit, MI (9/12/07).
- DiPonio, J., Ulewicz, C., **Schepens, S.**, Goldberg, A., & Talley, S. (2007). The effect of stretching hip-flexor musculature on stepping reaction and movement time. Poster presentation at the EACPHS 4th Annual Research Forum, Detroit, MI (9/12/07).
- Goldberg, A., **Schepens, S.**, & Wallace, M. (2007). Maximum step length test is a valid and reliable measure of balance and mobility capabilities in older adults. Poster presentation at the Annual Meeting of the American Physical Therapy Association 2007, Denver, CO (6/28/07).
- **Schepens, S.**, DeBusschere, R., Foster, C., Goodall, C., Mirza, S., & Williams, S. (2007). Relationships between psychometric test and cursor control device performance in older adults: A pilot study. Poster presentation at the Festival of International Conferences on Disability, Aging, and Technology, Toronto, ON (6/17/07).
- Goldberg, A., **Schepens, S.**, & Wallace, M. (2007). Trunk position sense is associated with falls and balance confidence in community-dwelling older adults. Poster presentation at the World Physical Therapy 2007 Conference, Vancouver, BC (6/4/07).
- **Schepens, S.**, Goldberg, A., & Wallace, M. (2007). Is the short version of the Activities-specific Balance Confidence Scale a valid measure of balance confidence, and is it related to balance impairment and falls in older adults? Poster presentation at the American Geriatrics Society Annual Scientific Meeting 2007, Seattle, WA (5/4/07).
- Samsair, S., Zavala, A., **Schepens, S.**, Goldberg, A., & Talley, S. (2007). A comparison of ankle plantar flexor versus lumbar back extensor muscle fatigue on postural sway. Poster presentation at the 13th Annual Del Harder Rehabilitation Research Day, Detroit, MI (5/4/07).
- Goldberg, A., & **Schepens, S.** (2007). Trunk position sense is associated with falls and balance confidence in community-dwelling older adults. Poster presentation at the 13th Annual Del Harder Rehabilitation Research Day, Detroit, MI (5/4/07).
- DiPonio, J., Ulewicz, C., **Schepens, S.**, Goldberg, A., & Talley, S. (2007). The effect of stretching hip-flexor musculature on stepping reaction and movement time. Poster presentation at the 13th Annual Del Harder Rehabilitation Research Day, Detroit, MI (5/4/07).
- Goldberg, A., **Schepens, S.**, & Wallace, M. (2007). Novel measures of balance and balance confidence: Relationships to fear of falling in community-dwelling older

adults. Poster presentation at the American Geriatrics Society Annual Scientific Meeting 2007, Seattle, WA (5/3/07).

- **Schepens, S.**, Wallace, M., Goldberg, A. (2006). Relationships between trunk position sense, falls and balance confidence in older adults. Poster presentation at the 3rd Annual Research Forum of Wayne State University Eugene Applebaum College of Pharmacy and Health Sciences, Detroit, MI (9/11/06).
- D'Aloisio, J., Jakuszanek, A., Logan, A., Rodzik, D., **Schepens, S.**, & Conti G., (2006). Hand coordination and mouse performance. Poster presentation at the 3rd Annual Research Forum of Wayne State University Eugene Applebaum College of Pharmacy and Health Sciences, Detroit, MI (9/11/06).
- **Schepens, S.** & Conti, G. (2006). Cursor movements of users with incoordination: Effects of adaptive cursor control devices. Poster presentation at the Del Harder Rehabilitation Research Day of Rehabilitation Institute of Michigan, Detroit, MI (5/05/06).
- D'Aloisio, J., Jakuszanek, A., Logan, A., Rodzik, D., **Schepens, S.**, & Conti G., (2006). Hand coordination and mouse performance. Poster presentation at the Del Harder Rehabilitation Research Day of Rehabilitation Institute of Michigan, Detroit, MI (5/05/06).
- **Schepens, S.** & Conti, G. (2006). Cursor movements of users with incoordination: Effects of adaptive cursor control devices. Poster presentation at the American Occupational Therapy Association 86th Annual Conference & Expo, (4/28/06).
- Conti, G. E., & **Schepens, S. L.** (2006). Grasp force control intervention following stroke: Techniques and outcomes. Poster presentation at the American Occupational Therapy Association 86th Annual Conference, Charlotte, NC (4/28/06).
- Conti, G. E. & **Schepens, S. L.** (2005). Grasp force control following stroke: Effects of intervention. Roundtable presentation at the 58th Annual Scientific Meeting for the Gerontological Society of America, Orlando, FL (11/20/05).
- **Schepens, S.**, & Conti, G. (2005). Cursor movements of users with incoordination: Effects of adaptive cursor control devices. Poster presentation at the 9th Annual Graduate Student Research Day for the WSU Medical School, Detroit, MI (9/22/05).
- **Schepens, S.**, & Conti, G. (2005). Cursor movements of users with incoordination: Effects of adaptive cursor control devices. Poster presentation at the 2nd Annual Research Forum of Wayne State University Eugene Applebaum College of Pharmacy and Health Sciences, Detroit, MI (9/12/05).
- Conti, G., & **Schepens, S.** (2005). Grasp force control following stroke: Effects of intervention. Poster presentation at the Del Harder Rehabilitation Research Day of Rehabilitation Institute of Michigan, Detroit, MI (5/20/05).
- Conti, G. E. & **Schepens, S. L.** (2005). Bilateral Grasp Force Coordination following Stroke: Effects of Intervention. Poster presentation at the 4th Annual WSU & U of M Joint Poster Session and Symposia for the Institute of Gerontology, Detroit, MI (4/06/05).
- Conti, G. E. & **Schepens, S. L.** (2004). Grasp force modulation during bimanual tasks in young and elderly adults. Poster presentation at the 3rd Annual WSU & U of M Joint Poster Session and Symposia for the Institute of Gerontology, Detroit, MI (4/17/04).

Grant Writing Activity

- SC CTSI Mobile Health Research Project Award. Movn – A smartphone-based physical activity measurement platform for clinical weight management. Principle Investigator: G. Sukhatme, Phd. Role in grant writing: assisted in study concept development, IRB application development, and writing all clinical sections of the grant. Role in the project: Co-investigator. Submitted Mar. 2014. Status: in review.
- Pragmatic Clinical Studies and Large Simple Trials to Evaluate Patient-Centered Outcomes, PCORI grant. Optimizing health outcomes in at-risk near-elderly Latino patients through a lifestyle intervention implemented in a public health system. Principle Investigator: F. Clark PhD OTR/L. Role in grant writing: conducted a pilot

study, assisted in concept development, and assisted in writing the background, research design, community engagement plan, human subjects, and equipment and resources. Role in the project: Co-investigator. LOI submitted Mar. 2014. Status: LOI accepted, grant preparation in progress.

- Rehabilitation Research Career Development (RRCDC) K12 program (K12 HD055929). Principle Investigator: K. Ottenbacher, PhD, OTR, . Role in grant writing: writing all aspects of my personal training and research plan. Role in the project: Mentee. Submitted May 2013. Status: awarded Aug. 2013 – Jul. 2018.
- PA-11-123 Translational Research to Help Older Adults Maintain their Health and Independence in the Community, National Institute on Aging, NIA (R01). Implementation of lifestyle redesign for older Latinos in a public health setting. Principle Investigator: F. Clark PhD OTR/L. Role in grant writing: conducted a pilot study, assisted in concept development, and assisted in writing the background, research design, human subjects, and equipment and resources. Role in the project: Postdoctoral Research Fellow. Submitted Feb. 2013. Status: score of 50, 44th percentile, not accepted. Resubmitted Nov. 2013. Status: not scored.
- Rehabilitation Research & Development Career Development Award (CDA-1), US Department of VA. Falls efficacy and physical activity in osteoarthritic veterans. Principle Investigator: S. Schepens PhD OTR/L. Role in grant writing: concept development, research design, writing all aspects of grant. Role in the project: Principle Investigator. Submitted Jun. 2011. Status: not scored.
- Research Stipend for NIDRR Advanced Rehabilitation Research Training program. Validity of a wrist-worn accelerometer for measuring daily physical activity in older adults with osteoarthritis. Principle Investigator: S. Schepens PhD OTR/L. Role in grant writing: concept development, research design, writing all aspects of grant. Role in the project: Principle Investigator. Submitted Dec. 2010. Status: not funded.
- PA-10-110 Ruth Kirschstein NRSA Individualized Postdoctoral Fellows (F32). Effects of lab-based activity on fatigability in older adults with osteoarthritis. Principle Investigator: S. Schepens PhD OTR/L. Role in grant writing: concept development, research design, writing all aspects of grant. Role in the project: Principle Investigator. Submitted Dec. 2010. Status: not scored.
- Research Stipend for NIDRR Advanced Rehabilitation Research Training program. Fatigue and fatigability in older adults with osteoarthritis. Principle Investigator: S. Murphy ScD OTR/L. Role in grant writing: writing all aspects of grant. Role in the project: Co-investigator. Submitted Nov. 2009. Status: funded.
- NIH Exploratory / Developmental Research Grant Program (Parent R21). Novel predictors of falls in community-dwelling older adults. R21 AG031378-01. Principle Investigator: A. Goldberg PT PhD. Role in grant writing: assisted in writing the research plan including specific aims, research design, human subjects, equipment and resources. Role in the project: Research Coordinator. Submitted Feb. 2007. Status: not funded.
- Wayne State University New Pilot and Collaborative Grant Program for Translational and Clinical Research. In-situ detection and diagnosis of loss-of-balance and falls in old adults via ubiquitous motion sensing. Principle Investigator: A. Goldberg PT PhD. Role in grant writing: assisted in concept development, literature review, and writing research design and methods. Role in the project: Research Assistant. Submitted Nov. 2007. Status: not funded.
- Wayne State University New Pilot and Collaborative Grant Program for Translational and Clinical Research. The interaction of a neuroprotectant and aerobic exercise on motor performance in a rat model of Parkinson's disease. Principle Investigator: J. Cohen PhD. Role in grant writing: assisted in concept development, literature review, and writing research design and methods. Role in the project: Research Assistant. Submitted Nov. 2007. Status: not funded.

Abstracts / Manuscripts / Books Reviewed

- *Research on Aging*, March 2014
Topic: Social interaction in group and home-based fall prevention programs
- *American Journal of Occupational Therapy*, February 2014
Topic: Group OT for fall risk and stroke
- *Journal of Psychosomatic Research*, January 2014
Topic: Objective and perceived fatigability in old age
- *American Journal of Occupational Therapy*, October 2013
Topic: Cognitive demand and function in older adults
- *American Journal of Occupational Therapy*, July 2013
Topic: Fear of falling and function
- *Pain Management*, July 2013
Topic: Musculoskeletal pain and objective physical activity
- *Journal of Applied Gerontology*, June 2013
Topic: Balance training intervention for active older adults
- *The Gerontologist*, May 2013
Topic: Fall risk screening and dental proprioception
- *Nursing Research and Reviews*, June 2012
Topic: Technology-based intervention for older adults
- *Journal of the American Geriatrics Society*, Feb. 2012
Topic: Fatigability in older adults
- Pellerito, J., (2005). *Driver Rehabilitation & Community Mobility: Principles and Practice*. St. Louis, MO: Elsevier Mosby, Inc.
- American Occupational Therapy Association - Critically appraised papers for best practice, 2004-05

Current Research

- Using mobile phone-based physical activity measurements in clinical weight management. Role: Primary investigator. Collaborators and co-investigators: H. Vathsangam PhD, M. Carlson, PhD, F. Clark PhD OTR/L (2013 – present)
- Self-perceived health and lifestyle needs of Latino near-elderly adults. Role: Primary investigator. Collaborators and co-investigators: M. Carlson PhD, A. Mahajan MD MS MPH, F. Clark PhD OTR/L (2012 – present)
- Implementation of lifestyle redesign for older Latinos in a public health setting. Role: research design and manuscript preparation. Collaborators and co-investigators: F. Clark PhD OTR/L (PI), M. Katz MD, A. Mahajan MD MS MPH, C. Vigen PhD, B. Knight PhD, L. Baezconde-Garbanati PhD, J. Hay PhD (2012 – present)
- Health mediating effects of the Well Elderly Program. Role: data mining and manuscript publication. F. Clark PhD OTR/L (PI), S. Azen PhD, D. Granger PhD, C-P. Chou PhD, J. Jackson PhD OTR, B. Cherry PhD (2012 – present)
- Fatigue and fatigability in older adults with osteoarthritis. Role: co-investigator. Collaborators and co-investigators: S. Murphy ScD OTR/L (PI), D. Williams PhD, M. Geisser PhD, D. Clauw MD (2010 – present)

Completed Research

- The effectiveness of tailoring falls prevention education for older adult learners. Role: Primary Investigator. Collaborators and co-investigators: A. Goldberg PT PhD, V. Panzer PhD, I. Guerra-Lopez PhD, T. Spannaus PhD, M. Barbour PhD (2008-2011)
- Predicting sustainable wellbeing and performance among WSU athletes and fine arts students-a pilot study. Role: Research Assistant. Collaborators and co-investigators: B. Arnetz MD PhD (PI), D. Bassett PhD, T. Birk PT PhD, G. Conti MS OTR, R. Dizazzo-Miller OTD, A. Goldberg PT PhD, J. Pellerito MS OTR, J. Skupski MD MPH. (2006 –2009)

- Motor assessment in neurological disorders. Role: Co-investigator. Collaborators and co-investigators: G. Conti MS OTR (PI), J. Garbern MD PhD, A. Goldberg PT PhD. (2006 – 2009)
- Clinical assessment measures in people with Charcot-Marie-Tooth Disease. Role: research assistant. Collaborators, co-investigators, and research assistants: A. Goldberg PT PhD (PI), M. Shy MD, K. Krajewski MS Certified Genetics Counselor, N. McNevin PhD, K. Dunleavy MS PT, B. Smith DPT, L. Burton PT, M. Wallace BS BHK, A. Saini SPT, P. Trifan SPT, S. Pilon SPT (May 2006 – 2009)
- Retirement Research Foundation. Building Occupational Therapy Skills and Competencies to Advance Mental Health Practice with Older Adults. Role: Co-investigator. Collaborators and co-investigators: P. Lichtenberg PhD (PI), C. Lysack OTR PhD, A. Goldberg PT PhD, G. Conti OTR PhD, J. Pellerito MS OTR, et al. (2006 – 2009)
- Effects of body mass index on trunk position sense. Role: Research Assistant. Collaborators and co-investigators: A. Goldberg PT PhD (PI), M. Little SPT, M. Ball SPT (2008 – 2009)
- The effect of proximal versus distal somatosensory alteration on trunk repositioning error. Role: Research Assistant. Collaborators and co-investigators: A. Goldberg PT PhD (PI), F. Mirza SPT, P. Trifan SPT (2008 – 2009)
- Does involvement in recreational soccer affect step execution time during single and dual-task conditions in the adult population? Role: Research Assistant. Collaborators and co-investigators: A. Goldberg PT PhD (PI), M. Lewandowski SPT, D. Weber SPT (2008 – 2009)
- Maximum step length testing in older adults. Role: Co-investigator. Collaborators and co-investigators: A. Goldberg PT PhD (PI), M. Wallace BHK SPT, R. Carlesimo BHS SPT (2007 – 2008)
- Magnitude of postural sway response due to vibration of Achilles tendon versus lumbar paraspinal musculature. Role: Co-investigator. Collaborators and co-investigators: A. Goldberg PT PhD (PI), J. Mitchell BHS SPT, I. Meyers BHS SPT (2007 – 2008)
- The effect of lumbar extensor fatigue compared to plantar flexor fatigue on trunk position sense. Role: Co-investigator. Collaborators and co-investigators: A. Goldberg PT PhD (PI), A. Khan BHS SPT, C. Oetjens BHS SPT, D. Smith BHS SPT (2007 – 2008)
- Reaction time to auditory and visual stimuli in the presence of cognitive distraction. Role: Co-investigator. Collaborators and co-investigators: A. Goldberg PT PhD (PI), V. Frangaj BHS SPT, A. Sawhney BHS SPT (2007 – 2008)
- A comparison of ankle plantar flexor versus lumbar back extensor muscle fatigue on postural sway. Role: Co-investigator. Collaborators and co-investigators: A. Goldberg PT PhD (PI), S. Samsair SPT, A. Zavala SPT (2006 – 2007)
- Tests of stepping in relation to falls in the community-dwelling elderly. Role: Research Assistant. Collaborators and co-investigators: Victoria Pardo, MHS PT (PI), A. Smolinski SPT, L. Varga SPT, A. Goldberg PT PhD (2006 – 2007).
- The effect of fatiguing hip flexor musculature on reaction time and movement time. Role: Co-investigator. A. Goldberg PT PhD (PI), D. Allen SPT, M. Cissell SPT (2006 – 2007).
- Effects of acute stretching of hip musculature on lower extremity reaction time and movement time. Role: Co-investigator. Collaborators and co-investigators: A. Goldberg PT PhD (PI), C. Ulewicz SPT, J. DePonio SPT (2006 – 2007).
- Dynamic balance training to reduce falls risk in community-dwelling older adults. Role: Research Assistant. Collaborators, co-investigators and research assistants: A. Goldberg PT PhD (PI), M. Wallace BS, BHK, Amy Saini BS. (2006 – 2007)

Academic Appointments

- Research Assistant Professorship in the Division of Occupational Science and Occupational Therapy, University of Southern California, 2013-present
- Post-doctoral Fellowship in the Division of Occupational Science and Occupational Therapy, University of Southern California, 2012-2013
- National Institute of Health Post-doctoral Fellow with the University of Michigan Medical Rehabilitation Research Training Program, 2009-2011
- National Institute of Health Pre-doctoral Fellow in Aging and Urban Health, 2007-2009
- WSU Physical Therapy Mobility Research Laboratory Coordinator and Instructional Assistant, 2006-2009
- WSU Occupational Therapy Instructor: OT Directed Research, 2007
- WSU Instructional Assistant: OT Research II, 2006-07
- WSU Instructional Assistant: OT Movement Assessment, 2005-06
- WSU Occupational Therapy Graduate Research Assistant, 2004-06
- WSU Laboratory Assistant: OT/PT Gross Anatomy, 2002-06

Community Service

Presentations

- Invited presentation for the What's Hot in Aging Research at USC: The Digital Aging Revolution Interdisciplinary Symposium sponsored by USC Leonard Davis School of Gerontology, Los Angeles, CA—"Ambulatory monitoring and wearable sensors: Application to older adult health," Schepens Niemiec, S., & Vathsangam, H., Apr. 2014
- Invited presentation for the Fit for Life Symposium sponsored by USC Emeriti Center, Los Angeles, CA—"Arthritis, activity, and staying active as you age," Schepens Niemiec, S., Feb. 2014
- Institute of Gerontology presentation to the Board of Governors on educating older adults about falls prevention, Detroit, MI. Schepens, S. Dec. 2009
- Windows on the World of Aging learning series presentation "Getting around town: Staying mobile as we age." Televised in Farmington Hills, MI. Lysack, C., Schepens, S., & Machacova, K., Feb. 2009
- Radio presentation for The Senior Solution 107.5 WGPR produced by the Detroit Area Agency on Aging. Topic for discussion included balance and falls in older adults (1/31/09)
- Sanctuary at Stapleton community presentation "The balancing act: Juggling with falls prevention." Goldberg, A., & Schepens, S., Jul. 2008
- Oak Park Recreation Center community presentation—"The balancing act: Are you as balanced as you think you are?" Goldberg, A., & Schepens, S., May 2008
- River Towers Community presentation—"The balancing act: Juggling with falls prevention," Schepens, S. & Goldberg, A., Apr. 2008
- Hannan House Community presentation – "Education on balance and falls in older adults," Schepens, S., & Goldberg, A., Feb. 2008
- Ravendale Community presentation—"Education on balance and falls in older adults," Schepens, S., & Goldberg, A., Jan. 2008
- Bethany Manor presentation—"Education on balance and falls in older adults," Schepens, S., & Goldberg, A., Oct. 2007
- Woodbridge Manor presentation—"Education on balance and falls in older adults," Schepens, S., & Goldberg, A., June 2007
- American House Westland III presentation—"Education on balance and falls in older adults," Schepens, S., & Goldberg, A., June 2007
- Hannan House Community presentation "The balancing act: Are you as balanced as you think you are?" Goldberg, A., & Schepens, S., Mar. 2007

- Hannan House Community presentation – “Issues related to falls, balance, home safety, mobility and exercise in older adults,” Goldberg, A., & Schepens, S., Nov. 2006

Other Service

- Guest evaluator of OTD year 1 students' Critically Appraised Topics of OT Interventions for OT 480: Quantitative Research for Evidence Based Practice, Dec. 2013
- Representative of the Well Elderly Research Team at the 2013 Central County Senior & Caregiver Expo, Aug. 2013
- Guest evaluator of OTD year 1 Critically Appraised Topics of OT Interventions for OT 480: Quantitative Research for Evidence Based Practice, Dec. 2012
- Invited grant reviewer for PORT Health Professional Research Training Program, Nov. 2010
- Poster judge for the Undergraduate Research Opportunity Program Annual Scientific Research and Symposium, Apr. 2010
- Invited grant reviewer for CTSA Health Professional Research Training Program, Nov. 2009
- Mobility Research Laboratory pro bono clinical balance assessment for an older adult, Nov. 2008
- Mobility Research Laboratory pro bono clinical balance assessment, Oct. 2008
- Mobility Research Laboratory pro bono clinical balance assessment, Sept. 2008
- Mobility Research Laboratory pro bono clinical assessment for a patient with a neurological disorder, Jul. 2008
- Mobility Research Laboratory pro bono clinical balance assessment, Jul. 2008
- Student volunteer at the Healthier Black Elder Annual Event, Jun. 2008
- Mobility Research Laboratory pro bono clinical assessment for a patient with a neurological disorder, May 2008
- Student volunteer for the WSU IOG at the Issues in Aging, May 2008
- Student volunteer at the Annual Art of Aging Successfully, March 2008
- Mobility Research Laboratory pro bono clinical balance assessment for an older adult, May 2007
- Conducted a balance and falls clinic at the St. Aloysius Community Center Health Fair, Aug. 2006

Teaching Experience

Courses

- University of Southern California, Current Issues in Practice: Adulthood and Aging (OT508), Lead Instructor, Fall 2013
- University of Southern California McNair Scholars Program, Secondary Mentor, Summer 2013
- Eastern Michigan University, Research Methods in OT I (OCTH540), Instructor, Winter 2012
- University of Michigan Undergraduate Research Opportunity Program, Mentor, Fall and Winter 2010-2011
- WSU Physical Therapy Instructional Assistant: Research in Physical Therapy II, Fall 2006-2009
- WSU Physical Therapy Instructional Assistant: PT Research I, Winter 2008
- WSU Occupational Therapy Instructor: OT Research II, Fall 2007
- WSU Occupational Therapy Instructor: OT Directed Research, Winter 2007
- WSU Occupational Therapy Instructor: OT Research II, Fall 2006
- WSU Occupational Therapy Instructional Assistant: OT Movement Assessment, 2005-06
- WSU Head Laboratory Assistant: OT/PT Gross Anatomy, 2002-2006

In-services, Guest Lectures, and Demonstrations

- Guest lecture to BS OT students for Foundations: Occupation, OT 405 “A Personal Journey in OT Research,” Schepens, S. Nov. 2013
- Guest lecture to MOT year 2 students for Programming for Older Adults, OPTH 619, Eastern Michigan University—“Fall prevention in older adults: The occupational therapist's role,” Schepens, S., Mar, 2011
- Presentation for the U of M Advanced Rehabilitation Research Seminar and Journal Club, University of Michigan—“Ecological momentary assessment in aging research: A journal club discussion,” Schepens, S., June, 2010
- Guest lecture to MOT year 2 students for Programming for Older Adults, OPTH 619, Eastern Michigan University—“Fall prevention in older adults: The occupational therapist's role,” Schepens, S., Mar, 2010
- Presentation for the U of M Advanced Rehabilitation Research Seminar and Journal Club, University of Michigan—“Difficult to measure constructs: Conceptual and methodological issues concerning participation and environmental factors. A journal club discussion,” Langan, J., & Schepens, S., Jan., 2010
- Invited presentation for The President’s Commission on the Status of Women on the topic of Caring for Your Elderly Family Member, Wayne State University—“Assistive technology for independence: Helping your loved one age in place,” Schepens, S., & Goldberg, A., March, 2009
- Invited presentation for The President’s Commission on the Status of Women on the topic of Caring for Your Elderly Family Member, Wayne State University—“Balance & falls in older adults: What caregivers need to know,” Schepens, S., & Goldberg, A., March, 2009
- Guest lecture to DPT year 3 students for Health Promotion and Wellness, PT 8600, Wayne State University—“Balance control in older adults: Screening and intervention,” Schepens, S. & Goldberg, A., March, 2009
- Mobility Research Laboratory demonstration WSU PT 7200 students – “Postural sway, reaction/movement time,” Goldberg, A., & Schepens, S., Oct. 2008
- Mobility Research Laboratory presentation / demonstration to WSU OT 6230 students – “Demonstration in laboratory-based neuromuscular assessment techniques,” Goldberg, A., & Schepens, S., & Conti, G., Apr. 2008
- Invited presentation for the Midwestern Charcot-Marie-Tooth Disease Patient Fair, Detroit—“Mobility assessment in people with CMT,” Goldberg, A., Schepens, S., McNevin, N., Smith, B., Trifan, P., & Pilon, S., Apr. 2008
- Invited presentation for The President’s Commission on the Status of Women on the topic of Caring for Your Elderly Family Member, Wayne State University —“Balance and falls in older adults: What caregivers need to know,” Schepens, S., & Goldberg, A., March, 2008
- Mobility Research Laboratory demonstration/presentation to Monroe High School—“Occupational therapy as a career,” Schepens, S., & Goldberg, A., Feb. 2008
- Guest lecture to DPT year 3 students for Health Promotion and Wellness, PT 8600, Wayne State University —“Balance control in older adults: Screening and intervention,” Schepens, S. & Goldberg, A., Feb. 2008
- Mobility Research Laboratory demonstration WSU PT 7200 students – “Postural sway, reaction/movement time,” Goldberg, A., & Schepens, S., Oct. 2007
- Guest lecture to DPT year 1 students for Critical Thinking and Inquiry for Health Sciences, PT 6300, Wayne State University —“Searching for the evidence” and “Evaluating the evidence,” Schepens, S., June 2007
- Guest lecture to DPT year 3 students for Health Promotion and Wellness, PT 8600, Wayne State University —“Balance control in older adults: Screening and intervention,” Schepens, S. & Goldberg, A., Feb. 2007
- Mobility Research Laboratory demonstration/presentation to Livonia Technological High School – “PT/OT as a career and postural sway and reaction time testing,” Goldberg, A., & Schepens, S., Nov. 2006

- Mobility Research Laboratory in-service to Internal Medicine physicians – “Clinical balance testing and falls in older adults,” Goldberg, A., & Schepens, S., Oct. 2006
- Mobility Research Laboratory demonstration WSU PY2 DPT students – “Postural sway, reaction/movement time,” Goldberg, A., & Schepens, S., Oct. 2006
- In-service to Geriatrics physicians/nurses/fellows – “Clinical balance testing and falls in older adults,” Goldberg, A., & Schepens, S., Oct. 2006
- Mobility Laboratory demonstration to Detroit Public Schools – “Postural sway and reaction/movement time in children,” Goldberg, A., & Schepens, S., Aug. 2006
- Year II Connective Tissue Clinic Days guest lecture, Wayne State University Medical School– “Occupational Therapy and Rheumatology,” Schepens, S., & Parnell, R., 2003 & 2005

Professional Experience

Licensed Occupational Therapist, Outpatient, Nov. 2011 – May 2012

All-Pro Physical Therapy, Livonia, MI

- Technical assistance to the physical therapists in an outpatient setting. Patients presented with a variety of diagnoses, mostly orthopedic in nature, and included adults and older adults

Registered Occupational Therapist, Graduate Fieldwork, May–Dec. 2004

Pellerito and Associates, St. Clair Shores, MI

- Evaluating, treating, and making recommendations for individuals with physical disabilities who would benefit from assistive technology and/or environmental modifications
- Develop and implement assessment tools for clients in need of independent living, computer/technology, leisure, and general assistive technology evaluations

Student Occupational Therapist, Level II, Sept. – Dec. 2003

Oakwood Hospital and Medical Center, Dearborn, MI

- Evaluating and treating adults and children with a variety of diagnosis in an outpatient/inpatient rehabilitation and acute care setting

Student Occupational Therapist, Level II, June – Sept. 2003

Community Care Services: Turning Point Clubhouse, Lincoln Park, MI

- Evaluating and treating adults with a variety of psychiatric diagnosis in a clubhouse setting

Professional Memberships

- American Journal of Occupational Therapy Review Board – peer reviewer, 2013 – present
- Society for Ambulatory Assessment – member, 2014 – present
- Occupational Therapist Registration and Licensure –State of California, California Board of Occupational Therapy, 2013 – present
- CPR certification through American Red Cross, Nov. 2013 – Oct. 2014
- American Occupational Therapy Association – member, 2003 – present
- Michigan Society of Gerontology – member, 2009 – present
- Occupational Therapist Registration and Licensure – Department of Community Health, State of Michigan, Board of Occupational Therapy, 2007 – 2014
- Gerontological Society of America, 2007 – 2010

- Graduate Student Organization of the Institute of Gerontology – member, 2007 – 2009
- Pi Theta Epsilon - member and vice president, 2001-03, Active alumni, 2003 – present
- OT Student Government – Activities coordinator, 2002 – 2003
- Michigan Occupational Therapy Association - member, 2001 – 2002