

USC's Top-Ranked Departments of Biokinesiology & Physical Therapy and Occupational Science & Occupational Therapy to Align with School of Dentistry

Unique Integration of Three Health Professions Will Catalyze New Learning, Innovation, Patient Care and Community Health Models

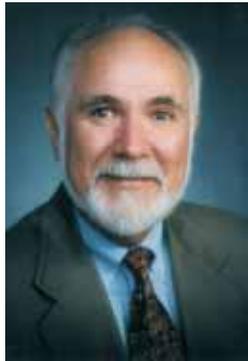


Florence Clark, Ph.D., OTR/L, FAOTA

The University of Southern California (USC) has announced that its Division of Biokinesiology and Physical Therapy and its Division of Occupational Science and Occupational Therapy — each ranked #1 in the nation according to *U.S. News & World Report* — have become aligned with the USC School of Dentistry effective July 1. The move is intended to create new interdisciplinary synergies as recently encouraged by the prestigious Institute of Medicine (IOM).

“USC has a long tradition of innovations that improve the lives of people. This new alignment among three of our outstanding academic programs offers unique and distinctive interdisciplinary directions in education, research and community programs,” said USC Provost C. L. Max Nikias.

Biokinesiology and Physical



Harold Slavkin, D.D.S.

Therapy, Occupational Science and Occupational Therapy and the School of Dentistry will continue to pursue robust independent academic agendas while advancing opportunities to collaborate in health promotion, health literacy, risk assessment, disease prevention and quality of life in order to improve wellness in the United States and around the world. A common theme in the teaching, research and clinical outreach activities will be a focus on underserved populations, which are subject to extreme health disparities.

“There are enormous opportunities to reduce health disparities and to foster early diagnosis and treatment of numerous chronic diseases and disorders that plague Americans,” said Harold Slavkin, D.D.S., dean of the School of Dentistry former director of the National Institute of Dental and Craniofacial Research and member of IOM.



James Gordon, Ed.D., P.T., FAPTA

“We are at a unique point in human history. We face enormous challenges in attempting to improve human health, especially in underserved populations and individuals with chronic disease, but we also have the scientific knowledge and technological tools to meet those challenges,” said James Gordon, Ed.D., P.T., now

(Continued on page 4)

Inside this issue:

| | |
|--|----|
| Message from the Chair | 2 |
| Lifestyle Redesign® for MS | 3 |
| Alumni News | 5 |
| New Ph.D. Recipients | 7 |
| California WellBeing Institute | 8 |
| WFOT Presentations | 10 |
| New Positions for Faculty | 12 |
| OTAC Reorganization | 14 |
| Upcoming 19 th OS Symposium | 15 |
| Dancing with Shakti | 16 |

Message from the Chair

The news contained in the front page story of this issue of our Newsletter, that we are becoming partners with the School of Dentistry and the Division of Biokinesiology & Physical Therapy in a bold new strategic alignment, might come as a surprise to many alums and supporters of what was formerly a “department” and is now properly called the “Division of Occupational Science and Occupational Therapy at the School of Dentistry.” What prompted the change? What will it bring for the Division? Most importantly, what does it mean for the future of occupational science and occupational therapy education at USC?



First, I would like to say that this joining does not represent a “merger” or absorption of any of the three programs in any way. All parties involved in creating this new synergy felt strongly that the unique history and character of each entity involved – their individual “flavor,” if you will – meant that each would make a vibrant ingredient in the recipe for an interdisciplinary future, to complete the metaphor. Each area will continue to make its own rich, individual contribution to the USC community, and to their respective professions.

So what did motivate our Divisions to create this strategic alignment? The reality of health care in America is that it is moving quickly from a past of circumscribed, isolated specialties with only a passing knowledge of each others’ disciplines to a highly interdisciplinary, cooperative marketplace where professionals work in teams to provide the best results in terms of both medical outcomes and quality-of-life for the client. In many clinical settings, occupational therapists and physical therapists already treat health care consumers in tandem, and dentists strive to encourage their clients to regard good habits in their daily routines as lifestyle issues that prevent oral deterioration as surely as a lowfat diet and regular aerobic activity help prevent cardiac complications. We chose to embrace this future by focusing on the elements that we have in common, and complete this alignment with the Division of Biokinesiology & Physical Therapy and the School of Dentistry.

The changes it will bring to the Division will not be obvious at first. Our Professional Program will continue to provide an outstanding Master’s degree education that prepares students to enter occupational therapy as practitioners who are adept at clinical reasoning and skilled at customizing evidence-based treatments to the needs of their clients. Our OTD program will continue to educate occupational therapists to be leaders in our profession, and in public policy and health care administration, all while getting real-world experience in thinking outside the box as entrepreneurs and innovators. Our Ph.D. students will continue to support the growth of occupational science and provide evidence on the cost effectiveness of OT.

So what does the new strategic alignment mean for our Division? There is an old saying, “Anything worth doing is worth doing well.” We are confident that we will continue to be recognized as the top program in our field in the nation. We are confident that the new alignment will allow us to serve the needs of more students, and effectively to explore new facets of occupational science and occupational therapy. We are confident we will benefit from the synergy created by true interdisciplinarity.

As our three programs work together, we will learn how best to support one another’s achievements and build for the future. I know I am speaking for our faculty and staff when I say that we are eagerly looking forward to what happens next. But what happens next, as in any alliance, will depend upon the strength of each entity in the partnership. To hold our own, the Division of OS/OT will need to produce the scientific evidence that supports OT practice. This will require us to recruit the best and brightest faculty. My biggest dream is to obtain two endowed professorships to attract the faculty we need. Each one will require an endowment of \$750,000. This beginning of a new phase in our Division’s history is the perfect time to invest in our program’s future.

A handwritten signature in black ink that reads "Frances A. Clark". The signature is written in a cursive, flowing style.

USC Conducts Lifestyle Program for People with MS

As part of its continuing development of Lifestyle Redesign®, USC OS/OT recently completed an inventive 12-week program supporting the health and wellness needs of adults with multiple sclerosis (MS). The interdisciplinary educational program, “Optimal Living: Redesigning Life with MS,” was the result of collaboration between the Southern California chapter of the National Multiple Sclerosis Society (NMSS) and the USC Divisions of OS/OT and Biokinesiology & Physical Therapy (BKN/PT) and the Department of Neurology.

Optimal Living was run by an O.T. and a P.T. and incorporated both occupational therapy and physical therapy concepts within a Lifestyle Redesign® framework. Applicants completed a questionnaire jointly developed by NMSS, Dr. Mary Kay Wolfe, OTD, Clinical Instructor in the USC OT Faculty Practice, and Dr. Didi Matthews, DPT, Instructor of Clinical Physical Therapy, that covered areas including function, strength, and mobility. Individuals chosen for the course had lived with MS for some time and were experiencing changes in health status, including emergence of new symptoms, increase in severity of symptoms, decrease in function, and cosmetic, emotional, and/or psychosocial changes.

Optimal Living “was not an intervention, but a use of Lifestyle Redesign® as a consumer education tool,” explained Dr. Wolfe, OTD, who headed the occupational therapy portion of the program and designed the OT modules. “Technically, there was no treatment involved.” The program consisted of weekly, 3-hour modules conducted in the Division of OS/OT. Each week, a group meeting focused on OT principles including time management, energy conservation, home modifications, self-advocacy, and preventive health

techniques. Following a break for “lunch and learn,” an afternoon session led by Dr. Matthews, DPT, explored PT topics, such as devising a personal fitness plan. All sessions were attended by an NMSS staff member who served as a liaison to the organization.

As an example of a weekly OT module, the participants were asked to complete a version of Kielhofner’s Occupational Questionnaire, adapted to fit the needs of the MS participants, each day for 7 days. In the next session, therapists led an analysis of the participants’ daily patterns and use of time that proved very enlightening for the participants. The exercise allowed one person to realize she was spending too much time in bed, and that she would prefer doing some type of activity instead of resting. This type of feedback helped participants make changes to their routines.

Optimal Living also provided an opportunity for learning for the three USC Master’s students enrolled in OT590 and two fieldwork students who were assigned to the program. The students assisted in researching content for the modules, each selecting a topic on which they later lectured to participants and led a group discussion. Additionally, each student was partnered with two program participants to whom they gave individualized attention, under close supervision of Dr. Wolfe, OTD. Other student activities included helping to administer the COPM to participants at the beginning of the program to identify areas of concern and again at the completion as a discharge measure, and collaborating with Dr. Wolfe, OTD, to create written recommendations for each participant at the end of the program. Brittney Heinrich, a recent USC OS/OT MA graduate currently enrolled in the Division’s OTD program, called her fieldwork “phenomenal! Because there is no precedent per se, it’s been very exciting helping to create

modules and find our path. It’s a unique way that OT can be reframed in the consumer’s mind, as a holistic practice.”

“The people enrolled in the program have meant everything to me,” Ms. Heinrich added. “I even came back early from spring break just to come for our Friday session! From a learning perspective, they’ve helped me realize I can be as well-prepared as I want, but the patient and their needs will really drive the therapy session. There’s just been countless times when we’ve had this great module prepared with an in-depth lecture, but what the participants wanted was a group discussion, and so we accommodated that need, and that was really good. This has very much piqued my interest in Lifestyle Redesign®.”

Both Dr. Wolfe, OTD, and her students had high praise for the Division’s partners in Optimal Living. “Working with the Division of BKN/PT at USC allowed us to learn the interdisciplinary approach, and understand where the different professions are coming from, where we can collaborate, and where we can find that common ground,” Ms. Heinrich remarked. NMSS was also a valuable resource; for example, NMSS held in-service trainings for all therapists and students, and provided research materials. As well, Dr. Wolfe, OTD, was able to refer program participants to NMSS’ on-staff counselor for psychosocial interventions as needed. “It speaks volumes to how supportive NMSS has been,” Dr. Wolfe, OTD, enthused. “They have been proactive in getting appropriate help to participants in their programs, including Optimal Living.”

Dr. Wolfe, OTD, will be collecting outcome measures from the initial cohort of 12 participants for further research with this population. For more information about all NMSS programs, visit their website at www.nmss.org. ■

Fieldwork Corner

The USC OT Fieldwork Coordination team, headed by Jaynee Taguchi-Meyer, OTD, OTR/L and Robin Turner, Fieldwork Assistant, is busily coordinating approximately 450 Level I fieldwork and Level II fieldwork assignments for the 2006-2007 academic year. Our academic program highly values and thanks our loyal providers of fieldwork experiences, both locally and nationally.

In addition to increasing mental health and geriatric fieldwork opportunities and out-of-state fieldwork experiences, international Level I fieldwork opportunities are again being offered for Spring 2007 in Ghana at the Mephibosheth Training Center, school for children with disabilities, and in Romania. Development for international Level II is being explored. Collaboration with Jean Pacifico-Banta and the School-

based Training Grant continues with expansion of school-based Level II fieldwork part-time fieldwork opportunities offered.

If you are interested in collaborating with us to provide high-quality fieldwork experiences for our students, contact Brigette Ingersoll at bingersoll@comcast.net and get started! ■

Strategic Alignment with School of Dentistry *(Continued from page 1)*

associate dean of the Division of Biokinesiology and Physical Therapy. "To take advantage of this extraordinary opportunity will require imagination and leadership. In creating this new partnership, the faculty members of all three programs are demonstrating just such exceptional leadership."

The unique alignment of three outstanding academic programs will combine enormous talent to promote five key competencies the IOM has declared essential for health professionals in the 21st Century: patient-centered care, working in interdisciplinary teams, employing evidence-based clinical practice, applying quality improvements, and using informatics.

"This alliance has stimulated our faculty to think in new and complex ways about how health care practice and research can be better integrated, have greater impact and address important issues such as prevention and culturally sensitive patient care practices," said Florence Clark, Ph.D., OTR/L, FAOTA, now associate dean of the Division of Occupational Science and Occupational Therapy. "Our linkage will facilitate the pursuit of interdisciplinary collaboration and the enhancement of each of the respective professions." As part of the new alignment, the two former departments will become divisions at the School of Dentistry,

with each division head also holding the title of associate dean.

"Dean Slavkin deserves our gratitude for his work in helping the university to realign these academic units," Provost Nikias said. "They now will collaborate in a manner that allows each one to shine even more brightly than before."

"Today's alignment enhances the opportunities for each field to engage in cross-disciplinary learning and scholarship. Our biokinesiology and physical therapy, occupational science and occupational therapy, and dentistry academic programs are among the finest in the nation. They share a deep commitment to academic quality, clinical excellence, and research innovations. For many years, each of these academic units has provided compassionate health and wellness programs to underserved patients and communities in the Southern California region."

About the Programs

The School of Dentistry, founded in 1897, is internationally known for innovations in learner-centered education, research and clinical excellence; "service-learning" in community-based venues; and mobile clinics that serve the underserved from Bakersfield to the Mexican border. It is influential in shaping what is thought, what is taught and what is practiced based upon scientific

investigations of craniofacial molecular biology, microbial infections and immunity, saliva as a diagnostic fluid, tissue engineering, biomimetic approaches to dental restorative materials, dental implants, sleep apnea and chronic facial pain.

The Division of Biokinesiology & Physical Therapy, which this year celebrated its 60th anniversary, has been a leader in physical therapy education, clinical practice and research since its founding. It was one of the first programs in the nation to establish its own Ph.D. program and also among the first to offer the Doctor of Physical Therapy degree, which is now the standard in physical therapy. The Division's research faculty are international leaders in biokinesiology, the study of the biological bases of movement from its molecular basis to its behavioral consequences.

The Division of Occupational Science and Occupational Therapy, established in 1942, has played a leading role in charting the direction of occupational therapy with breakthroughs in research, theory development, education and practice. It is internationally renowned for the founding of occupational science in 1989, a growing interdisciplinary field focusing on the influence of daily activity on health and well-being. Occupational science has led to advances in occupational therapy education and practice, and to lifestyle redesign innovations to prevent chronic diseases and disability. ■

Alumni News

Micky T. Hinthorn, BS '53, was awarded an honorary life membership by the American Association of University Women for her outstanding and dedicated service to the organization for the past 50 years.

Barbara Sher, MA '67, has added to her "Game Lady" series of child development books with *Attention Games*. This title joins her previous publications *Smart Play*, *Spirit Games* and *Self-Esteem Games*.

Terri Chew Nishimura, MA '85, was featured in a profile as a "Champion for our Children" in the August 7, 2006 issue of the weekly First 5 LA Newsletter. She is Director of Program Development and a founding director of Pediatric Therapy Network, a nonprofit children's research, education and therapy center in Torrance, CA.

Ferol Ludwig, Ph.D. '95, recently retired from Nova Southeastern University, where she was Director of

Doctoral Programs in Occupational Therapy and Professor. She has been appointed Professor Emeritus.

Shawn Phipps, BS '97, was elected Regional Director for Region 2 (Los Angeles area) in the newly restructured Occupational Therapy Association of California. He will serve a 3 year term.

Gene Hurwin, MA '99, was invited to present at the National Conference of Gymnastics. This summer, BIG FUN Therapy and Recreational Services, of which he is founder and Executive Director, was featured in a newscast of the ABC affiliate in Los Angeles.

Jennifer K. Sauer, MA '00, married a U.S. Naval officer and moved to Oahu in 2003. She currently works as an administrative officer for a home medical equipment supplier.

Shelby Surfes, MA '04, OTD '06, was the recipient of the Amy Ross Scholarship in Lesbian Health Studies,

awarded for her "demonstrated interest in, and commitment to, promoting the health of lesbians."

Births

Melinda Huth Monty, BS '93, gave birth to son Drew Allan Mondy in May, 2006. Drew weighed in at 9 lbs., 10 ozs., and measured 20 inches long.

Kristy Naylor Lund, BS '96, MA '98, gave birth to son Henrik Ryan Lund in January, 2006. Henrik weighed in at 7 lbs., 11 ozs., and measured 20 1/2 inches tall.

Kiley Krekorian Hanish, MA '02, gave birth to daughter Roxie Hanish in September, 2006. Roxie weighed in at 8 lbs., 9 ozs., and measured 18 1/2 inches tall.

Aaron Eakman, who is currently pursuing his Ph.D. at USC OS/OT, is the father of son Garrett Hayden Eakman, born in September, 2006. Garrett weighed in at 6 lbs., 15 oz., and measured 20 1/2 inches tall. ■

Losses from the USC OS/OT Family

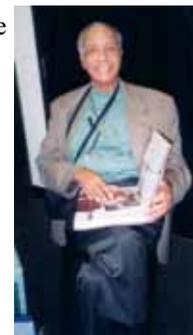
Joseph P. Llorens, Ph.D., devoted husband of Lela A. Llorens, Ph.D., OTR, FAOTA passed away on May 1, 2006 from complications of diabetes. Those who knew Joe will remember him as a distinguished presence at many occupational therapy events, both locally and nationally, over the years. He was quite proud of his association with the USC Division of Occupational Science and

Occupational Therapy at the School of Dentistry.

In his own right, Joe was a creative educator, artist, and photographer. He was seldom without his camera. He contributed photos from numerous events such as the USC Trojans pre-game festivities, the Opening Day celebration for the USC Center for Occupational Science and Lifestyle Redesign and the Division of

Occupational Science and Occupational Therapy Heritage Dinner to our Division's archives.

Joe will be greatly missed by all who knew and loved him, especially by their daughter, Maria. ■



Joe Llorens 1931-2006

Patricia Buehler, BS '49, passed away on April 16, 2006. She was active as an occupational therapist until weeks before her death.

During her long career, Pat created many innovative techniques in treating patients with cerebral palsy, strokes and other neurological disorders, and was one of the first occupational

therapists to support the success of persons with disabilities in the community setting. Her faith in the ability of the children and young adults she worked with changed the lives of many. She inspired the work of her peers as well as occupational therapists in generations to come.

Pat enjoyed a variety of occupations

herself, including equestrian sports, tennis, Western history, and travel to the beach, mountains, desert and especially Hawaii. She also earned an MBA from Pepperdine University. Pat leaves behind a generous legacy to the Division, for which we are most grateful. Her loving spirit and contributions to occupational therapy will always be remembered. ■

Awards and Recognition

Congratulations to the following faculty and staff on their outstanding achievements!

Several faculty members took part in the WFOT 2006 Congress (see related story, page 10).

Mahjabeen Aftab, OTR/L, Instructor of Clinical Occupational Therapy, was qualified as a Certified Lymphedema Therapist by the Lymphology Association of North America in May.

Erna Blanche, Ph.D., OTR/L, FAOTA, presented on “Daily Living Context and Pressure Sores in

Consumers with Spinal Cord Injury” to the ACRM-ASNR Joint Educational Conference in Boston in September. This summer, she taught a course in occupational science through the School of Occupational Therapy at the University of Chile that was attended by over 40 Latin American OTs and opened the door for future collaboration with USC OS/OT.

Florence A. Clark, Ph.D., OTR/L, FAOTA, presented two papers at the 5th Occupation UK and Ireland Symposium at The University of Northampton in September. The titles were “The USC Well Elderly Studies:

Promoting Health and Reducing Age-Related Health Declines through Lifestyle Redesign®” and “Daily Living Context and Pressure Ulcers in Consumers with Spinal Cord Injury: Qualitative Research and Theory Development into the Role of Lifestyle in Promoting Health.”

Ruth Zemke, Ph.D., OTR, FAOTA, will present on “Why the Study of Occupation is Interdisciplinary” at the 10th Occupation Science Seminar at Aino University in Japan in December. Three recent USC OS/OT Ph.D. graduates will also be presenting (see related story, page 7). ■

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Ph.D. Program Update

Perseverance Pays Off in Longitudinal Study of Stroke

Perseverance is key for any Ph.D. student, but was particularly important for Julie McLaughlin Gray, who recently earned her Ph.D. from USC OS/OT. The challenges that Dr. McLaughlin Gray encountered during her studies ranged from difficulties finding an ideal study participant and then carrying out a longitudinal study, to balancing her time among such highly meaningful occupations as fulfilling her Ph.D. program, raising two children and working full-time as an Instructor of Clinical Occupational Therapy in the Division. “You *can* accomplish a Ph.D. program in conjunction with other responsibilities, but it’s going to take a little bit longer,” observed Dr. McLaughlin Gray about her long journey to accomplishing her goal.

Dr. McLaughlin Gray’s aim for her thesis project was to study recovery in survivors of ischemic stroke. With

input from her thesis committee, Dr. McLaughlin Gray designed a qualitative study that would use narrative analysis to trace the story of changes in one person’s experiences and occupations over time in the first year following a stroke. It eventually required a year-long search to find a person who met all her study criteria.

In using a single case history design, Dr. McLaughlin Gray was asked by reviewers what she wished to accomplish. “You get a better handle on what the [relevant] questions are,” she explained. “You also get valuable information regarding clinical reasoning, and we know that therapists think in terms of cases when they are trying to solve complex situations. I also went back to substantiate this approach by looking at how medical research has been done historically, where single cases have been used in the literature and then tested in larger, quantitative studies.”

Ultimately, this approach proved very satisfactory for Dr. McLaughlin Gray. “What was nice for me was that I studied exactly what I wanted to do. I wanted to see what recovery is like from the survivor’s perspective, and then what the process is like over time, which you really can’t capture unless you follow someone and observe what the transitions in occupation are – how and when do people make changes in their routines, and so on. I really wanted to see what that was like.”

Now having received her Ph.D., Dr. McLaughlin Gray continues teaching in the Division, where, she notes, “occupational science has informed my teaching because it’s at the center of the way I analyze treatment problems and intervention – how can we focus on occupation as the goal, and use occupation to get there?” In fact, this has been the subject of some of Dr. McLaughlin Gray’s publications. ■

Literary Analysis Illustrates Uses of Occupation

It might be said that Dr. Tomoko Kondo’s exploration of occupational science has come full circle. She first encountered OS at the 1st Occupational Science Seminar held in Japan in 1995, where she met Dr. Florence Clark. “I was amazed by the seminar’s content,” she recalled. Intrigued by Dr. Kondo’s ideas about the connection of literature and OT, Dr. Clark invited her to come study at USC. Now, having earned a Ph.D. from USC OS/OT for her thesis “Recovery from Life Crisis through Occupations,” which uses literary analysis of Haruki Murakami’s novel *The Wind-Up Bird Chronicle* to explore how activities can facilitate healing experiences, Dr. Kondo will return to Japan this December to present on her doctoral thesis at the 10th Occupational Science Seminar.

While working as an OT in her native Japan and studying for a degree in literature at night, Dr. Kondo noted similarities between the psychological struggles and frustrations faced by her clients and those encountered by fictional characters. This stimulated her to think about the deeper dimensions of meaning to be found in occupational engagement. Dr. Kondo next earned a Master’s degree in OT at SUNY-Buffalo, where she “wanted to do more research to supplement my clinical experience.” After 2 years as a faculty member in OT at Hiroshima University, Dr. Kondo came to USC to pursue her Ph.D., and decided to use Murakami’s vivid and moving novel “to examine the role of occupations in recovery from life crisis by focusing on subjective experiences as detailed in a work of fiction.”

Dr. Kondo has already presented a poster on her dissertation at WFOT (see related story, page 10), and has been asked by several institutions in Japan to lecture on OS. She also won an appointment as associate professor in OT at Teikyo-Kagaku University in Yamanashi Prefecture (in the suburbs of Tokyo). “When I talk to young students in Japan about the concept of occupation, they are really excited and happy,” Dr. Kondo observed. “There’s more emphasis there on the medical model, but that should evolve and change because people want to see and know who they are as OTs.”

Also presenting at the 10th Occupational Science Seminar will be recent USC Ph.D. graduates Dr. Etsuko Odawara, who will be keynote speaker, and Dr. Eric Asaba. ■

USC OS/OT Develops LifeAdvisor Training for CWI

The USC Division of Occupational Science and Occupational Therapy at the School of Dentistry has announced it has developed an innovative training program for “LifeAdvisors” for the new California WellBeing Institute in Westlake Village, California. A project being launched by DHM Holdings and ARCUS HealthyLiving Services, Inc., the California WellBeing Institute has been created with the goal of improving the health and wellness of people who wish to improve their health-related quality of life while visiting a comfortable resort environment. The \$300 million, 750,000 square-foot well-being complex is currently under construction and is scheduled to open in November 2006. In addition to a 270-room Four Seasons Hotel, the complex will include a luxury spa with 28 treatment rooms, a state-of-the-art fitness center, and medical facilities with complete diagnostic capabilities. The Institute will offer spa and fitness amenities along with evidence-based nutritional, medical, healthy living and LifeAdvisement services to resort guests. In accepting the contract to provide the LifeAdvisor Training Program, USC OS/OT is collaborating with ARCUS HealthyLiving Services, Inc., which is overseeing all wellness programs at the Institute.

In the past, health care consumers often believed that chronic health problems in one’s well-being that can begin as early as one’s 40s or 50s are natural consequences of aging. That notion was challenged when researchers from the then-named Department of Occupational Science and Occupational Therapy conducted the first USC Well Elderly Study, publishing its groundbreaking results in *JAMA* in 1997. Led by Dr. Florence Clark, Dr. Ruth Zemke, Dr. Jeanne Jackson and Deborah Mandel, MA, OTR/L, the USC Well Elderly Study was based on evidence that

much of age-associated diseases or conditions are attributable to lifestyle choices and are therefore modifiable and preventable. The independent-living seniors taking part in the USC Well Elderly Study who received an occupational therapy-based intervention showed improvements in health-related quality of life and a slowed rate of age-related health problems. By demonstrating that lifestyle changes can positively affect health and well-being, the interdisciplinary study team had effectively shown the benefits of Lifestyle Redesign®, an intervention the Division has continued to investigate through clinical studies, and to modify for diverse populations (see related article, page 3). It was the impressive results of the USC Well Elderly Study and its scientific credibility that caught the attention of ARCUS and led to securing the contract for LifeAdvisor Training.

The California WellBeing Institute represents a fresh, evidence-based approach to health promotion. Key to the consumer’s experience at the Institute will be LifeAdvisement sessions, led by a LifeAdvisor who will be trained in the program devised through the USC Division of Occupational Science and Occupational Therapy contract and granted a Certificate of Completion once course requirements are met. Although Dr. Clark is leading the development of the LifeAdvisor Training Program, the curriculum will be truly interdisciplinary. Towards that end, she has constituted an outstanding team of experts consisting of Dr. Rodney Goodyear, Professor and Associate Dean for Faculty of USC’s Psychology in Education program; Dr. Jacqueline Mondros, Vice Dean of USC’s School of Social Work; Dr. Elahe Nezami, Assistant Professor and Director for Undergraduate Studies in Health Promotion of USC’s Institute for

Prevention Research, and Jody Tolan, MBA, Director of Program Design and Development at USC’s Marshall School of Business’ Office of Executive Education. The curriculum is heavily grounded in evidence-based best-practices, which differentiates the LifeAdvisor from life coaches. This multidisciplinary mix is reflected in the first group of students in the LifeAdvisor Training Program, who include certified practitioners from the professions of occupational therapy, social work, counseling and clinical psychology.

The LifeAdvisor will assist the Institute guests in coordinating their overall wellness experience at the resort and in developing a customized and sustainable plan for healthy living once they leave the resort. The goal of the LifeAdvisor is to assist the Institute guests in making real and lasting life changes to improve overall health and well-being.

The participation of the USC Division of OS/OT in the development of the California WellBeing Institute represents a pioneering step for the field of occupational therapy. LifeAdvising will use the occupational therapist’s knowledge of lifestyle, health and prevention in a completely new setting, that of the resort. Through this novel environment, highly effective preventive health care will be made available to clients who might not ordinarily seek out evidence-based wellness practices. Additionally, working with the Institute will allow consumers, corporate entities and other health care disciplines to consider the usefulness of integrating an occupational science perspective into a range of practice arenas and settings. As Dr. Clark observed, “It is truly impressive that the corporate sector took note of the Lifestyle Redesign® research program housed in the Division of Occupational

(Continued on next page)

LifeAdvisor Training (Continued from previous page)

Science and Occupational Therapy and the strong results of the USC Well Elderly Program and decided we should oversee the LifeAdvisor Training based on our scientific credibility and know-how.”

While the California WellBeing Institute is the first of its kind, it may soon be joined by other WellBeing Institutes that will open around the world in the next decade. Given this plan for continued growth, “the California WellBeing Institute is a terribly exciting project because it positions the occupational therapy profession to be leaders in enabling people throughout the world to live happier and healthier lives,” Dr. Clark stated.

USC OS/OT alums who are California WellBeing Institute LifeAdvisors include Donna Wong Christopher, Katy Gillett, Amber Smith, Susi Warne and former faculty member Don Gordon. Former USC OS/OT faculty member David Leary is a LifeAdvisor II, and alumna Colette Nagami is Manager, LifeAdvisement Program. ■

Honor Roll of Donors

The USC Division of Occupational Science and Occupational Therapy at the School of Dentistry gratefully acknowledges alumni and friends for their financial support and the encouragement their support represents.

We make every effort to ensure the accuracy and completeness of the Honor Roll. Unfortunately, the names of a few generous donors were inadvertently omitted from the Honor Roll of Donors that appeared in our last newsletter issue (Volume 1, 2006). The Division of Occupational Science and Occupational Therapy regrets this oversight, and we wish to recognize the following for their kind contributions to our Division during the past year:

Susan Knox
Felicia Lopez
Phyllis Meltzer
Bonnie Nakasuji
Shawn Phipps
Kara Tyndall

Former USC OS/OT Faculty Named TJU Health Professions Dean

Janice P. Burke, Ph.D., OTR/L, FAOTA, has been named the first Dean of the Jefferson School of Health Professions, Jefferson College of Health Professions, Thomas Jefferson University, in Philadelphia. Dr. Burke, who joined Jefferson in 1988, is a Professor of Occupational Therapy and was appointed to Chair of the Department in 1998. Prior to arriving at Jefferson, Dr. Burke was an OT practitioner in Los Angeles, where she co-founded Therapy West, a private practice designed to serve the needs of children with neuromuscular and developmental disorders.

Dr. Burke served as Director of Training in Occupational Therapy at the University Affiliated Program (UAP), Children’s Hospital of Los Angeles, and adjunct assistant professor at USC OS/OT from 1974 to 1984. She was responsible for

developing and implementing interdisciplinary training experiences as part of a team of eleven health professionals.



Congratulations, Dr. Burke!

Dr. Burke received her BS degree in occupational therapy from Utica College, Syracuse University; her MA degree in occupational therapy from USC; and her Ph.D. in Education, Culture and Society from the University of Pennsylvania’s Graduate School of Education. She was elected a fellow in the American Occupational Therapy Association in 1984 and has received numerous awards for her work as an educator, scholar and leader.

Dr. Burke’s accomplishments in the Department of Occupational Therapy at Jefferson have included developing and implementing five U.S. Department of Education training grants beginning in 1989 and continuing currently. She is co-

investigator with Dr. Laura Gitlin on an NIMH-funded project to investigate how tailored activity may improve affect among individuals with dementia who are living at home. Another NIMH-funded project Dr. Burke is conducting is a qualitative research study investigating approaches to supporting mental health in older African American adults. Dr. Burke’s scholarship includes development and publication of a theoretical model, The Model of Human Occupation. Additionally, she has written extensively on clinical practice techniques.

Dr. Burke was elected a Board Director of AOTA in January of this year and is a member of the editorial board for the *American Journal of Occupational Therapy*. She has previously served on the American Occupational Therapy Foundation Board of Directors (2000- 2002) and has served in other leadership roles within Jefferson and the national health care community. ■

USC Participants Present Diverse Topics at WFOT 2006 Congress

USC OS/OT was well represented at the WFOT

2006 Congress in Sydney, Australia in July. Faculty and recent graduates who co-authored and/or presented papers or posters included:

Eric Asaba and Jeanne Jackson — Occupations, identities and possibilities:

A narrative inquiry into experiences of living with spinal cord injury (paper)

Christine Carrier, Bonnie Nakasuji and Gelya Frank — Culture and occupation in a post-colonial world:

Experiences in Africa (paper)

Florence Clark and Jeanne Jackson — Lifestyle Redesign® to achieve



USC poster presenters at WFOT 2006 in Sydney included (l. to r.) Bonnie Nakasuji, Jeanne Jackson, Etsuko Odawara and Tomoko Kondo

successful aging in the well elderly population: Replicating research results and exploring mediating mechanisms

(paper); Daily living context and pressure ulcers in consumers: From

qualitative research to development of theoretical principles and models (poster)

Florence Clark and Katie Salles-Jordan — USC Lifestyle Redesign® Weight Loss Program (poster)

Sue Forwell and Ruth Zemke — Validity and clinical utility of the

personal projects approach with persons with multiple sclerosis (paper) Tomoko Kondo — Recovery from life crisis through occupations (poster)

Bonnie Nakasuji — Meaningful occupations among people with disabilities in Ghana (poster)

Etsuko Odawara — Culturally accepted occupation and occupational place: OT for good aging (poster)

Diane Parham and Susanne Smith-Roley — Fidelity of occupational therapy based on sensory integration principles (paper)

Katie Salles-Jordan — Stress management through Lifestyle Redesign® (paper)

Mary Kay Wolfe — Meeting the needs of people who use wheelchairs (presented on pressure ulcer risk on this international expert panel). ■

A USC Student's Personal View of WFOT 2006

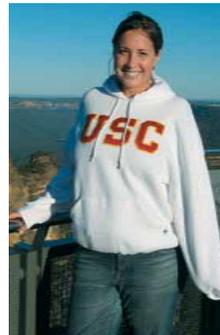
by Gabrielle Bidart, BS '07

When Dr. Florence Clark invited me to come to Australia to attend WFOT 2006 with her last fall, I really had no idea what I was getting myself into. I had only been in the Occupational Therapy Bachelor's program for half a semester and was still a little unsure about what an occupational therapist really did. But, I couldn't pass up an excuse to visit Australia, meet practitioners from around the world, and live with an OT and her husband in the Australian countryside while getting fieldwork experience.

Fast forward to the following summer. I am getting off the plane in Sydney feeling very excited but apprehensive. I wasn't sure what to expect. The first morning Dr. Clark and I attended a group session about ethics in research led by two women from South Africa. I soon realized that I was not only the sole student in the room, but also the only one without a Ph.D. Initially this was extremely intimidating, but because all the women in the room were so receptive to everyone's

comments, it didn't take long for me to feel comfortable enough to join in.

Through Dr. Clark I had the opportunity to meet some amazing OTs who were doing things I had never imagined. For example, I went with a woman to meet the architect who was helping her design an "occupation-based community" centered around her university. Older adults were given housing near the school so they could continue to interact and share with younger people. Roads had no more than two lanes, and there were many sidewalks and paths, so people could cross easily and walk to work and errands. Every home would be wheelchair accessible and without stairs, and therefore would be convenient for someone at any point of their life. This was just one of the many aspects of occupational therapy that was new to me that I was exposed to at WFOT.



Gabrielle flying Trojan colors in Australia's Blue Mountains after WFOT

One of the most powerful things I learned at the conference was that OTs can really do anything; from working in war-ravaged countries to establishing day camps for siblings of terminally ill patients, OTs are involved and improving their quality of life. Dr. Rachel Thibeault, an OT whose international work set her apart from many of the other speakers at WFOT, exemplified all the things I learned at the conference and really showed how to make a difference to

people who live under the worst circumstances. Her work with women who have lived through the horrors of civil war in Sierra Leone inspired me to start thinking about ways I could take OT to an international level. USC's Ghana program may be my next step in seeing how occupational therapy can help people in third world countries and testing my boundaries of what I perceive occupational therapy to be. This invaluable experience at the WFOT Conference has profoundly changed me and made me excited to be an occupational therapist. ■

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OS/OT Assoc. Professor Begins New Duties at WestEd

Diane Hammon Kellegrew, Ph.D., OTR/L of the USC Division of OS/OT has assumed duties as the Associate Director of the Center for Prevention and Early Intervention at WestEd, a nonprofit agency that conducts large scale research and technical assistance in all areas of education throughout the U.S. WestEd contracts with the Department of Developmental Services (DDS) Early Start Unit, to provide a comprehensive system for addressing the educational needs of all those that work in early intervention settings. A comprehensive system of personnel development (CSPD), CSPD is mandated under Part C of Individuals with Disabilities Act (IDEA). Dr. Kellegrew will help redesign the Early Start training projects and will develop new lines of early intervention research. This is a unique opportunity, as no similar state-level position is filled by an OT.

Dr. Kellegrew was recruited to this position by WestEd's Executive Director of the Center for Prevention and Early Intervention, Virginia Reynolds. Both WestEd and DDS

Early Start were interested in re-envisioning the statewide system for ensuring a sensitive and comprehensively prepared early intervention workforce. As Dr. Kellegrew explained, "It is essential that this training be readily accessed by those that need the information in a timely manner. Early points of contact with families can be critical for future family functioning and the developmental trajectory of the child. We hope to use distance learning solutions, local hands-on workshops and other creative solutions to offering curricula to such a wide audience across great geographical distances."

Other new duties for Dr. Kellegrew will include staff support to the California Interagency Coordination Council, consultation on state Infant and Family Mental Health Projects, and supervision of the Community College Personnel Preparation Project to infuse early intervention competencies for child care workers.

She will also lead state task forces to develop competencies for early intervention that can be used for



Congratulations, Dr. Kellegrew!

course development by universities and by the state task force to refine the personnel model for early intervention.

Dr. Kellegrew will retain her faculty appointment as Associate Professor of Clinical Occupational Therapy, continuing to serve as the Principal Investigator and Administrator for the USC School-Based Occupational Therapy Training Grant. She will also be available to supervise OTD students engaged in policy work in early intervention. "My continued affiliation with USC OS/OT and the opportunity I have had to study program evaluation, evidence-based practice, and occupation-centered practice has provided tremendous preparation for this state-level challenge," she reported. She can be contacted at her USC e-mail address or at dkelleg@wested.org. ■

Division Names New Asst. Professor of Clinical OT

Returning to the USC Division of Occupational Science and Occupational Therapy after earning her Ph.D. here in 1998, Bonnie L. Kennedy, Ph.D., OTR has accepted an appointment to the faculty as an Assistant Professor of Clinical Occupational Therapy. Among other duties, Dr. Kennedy will teach courses in physical disability to first year students in the Professional Program.

Dr. Kennedy brings to her position a combination of clinical and teaching experience. As a practitioner, Dr. Kennedy has provided clients services in physical rehabilitation, pediatric, acute inpatient and outpatient orthopedics and neurology. She taught

occupational therapy at the University of Wisconsin – Milwaukee, where she her responsibilities included training students over a 2½ year period in the experience sampling method for studying stress, pain, flow and emotion as it varied during daily activities and across environmental contexts. Following her tenure at UWM, Dr. Kennedy went to the University of Pennsylvania, Department of Physical Medicine and Rehabilitation in Philadelphia, where she recently completed an NIH T32 post-doctoral fellowship under the mentorship of Dr. Margaret G. Stineman, where her research focused on the real-time experience of ordinary daily activities that occupy the time and the life space

of individuals with and without disabilities, and how this evolves over time.

"I have enjoyed all of my work as an occupational therapist because of the variety of people and situations I have been privileged to work with," Dr. Kennedy declared. "I am excited to be at USC to pursue interdisciplinary research into occupation and rehabilitation outcomes. The environment of people and ideas here at USC is so stimulating. Bold innovations, energetic people and the desire to create and share new knowledge are what attracted me to USC. I look forward to building on that tradition." ■

New Asst. Professor Examines Occupation & the Brain

Joining us in the USC Division of OS/OT as an Assistant Professor is Dr. Lisa Aziz-Zadeh, who has a joint position with the Division and the Brain and Creativity Institute of USC College of Letters, Arts & Sciences. "I am very excited to join the distinguished faculty at USC," Dr. Aziz-Zadeh stated. "Some of my goals include conducting brain imaging studies that deal with how sensory-motor representations contribute to higher cognitive functions and emotion processing. I am also interested in conducting fMRI studies on creativity, in particular creativity with the visual arts."

As part of her Ph.D. studies and thesis at UCLA, "Precursors to Language: Sensory-Motor Integration, the Mirror Neuron System, and Laterality," Dr. Aziz-Zadeh conducted studies using behavioral measures, functional magnetic resonance imaging (fMRI) and TMS, exploring as her main question how rudimentary sensory motor representations in the brain are related to higher cognitive processes, like language. She continued this work in her post-doctoral studies with Dr. Giacomo Rizzolatti at the

University of Parma, Italy, and then afterward at UC Berkeley. Between working in Italy and Berkeley, Dr. Aziz-Zadeh received a grant, The Tennenbaum Family Initiative in Creativity, to investigate the neurological basis of creativity, for which she spent 9 months at UCLA completing a study on verbal creativity using fMRI.

Much of Dr. Aziz-Zadeh's research involves the "mirror neuron" system, which was discovered by Dr. Rizzolatti in 1996. Earlier studies had found indirect evidence supporting the existence of mirror neuron systems that activate both when a person performs a task and when the person watches someone else perform the task. In a new study exploring how the mind differentiates between action and talk, Dr. Aziz-Zadeh and her co-investigators recruited 12 volunteers and used fMRI to compare the same areas of the premotor cortex in the same subject as each person observed an action and heard language describing the action. The team made the significant discovery that the brain's premotor cortex shows the same activity pattern when subjects

observe an action as when they hear a description of it. For example, the premotor area involved during observation of a specific action, such as kicking, also lit up when the subject heard the corresponding word, whereas metaphor seemed not to activate the action areas as much as a direct action statement.

While the premotor cortex has long been identified as a center of activity for actions, the notion that it could also process verbal descriptions of those actions has met some resistance. "If you hear the word 'grasp,' it's actually the premotor cortex that's active, not just a separate, abstract semantic area in the brain. Neuroscience is coming around to this idea, but there hasn't been much data supporting it," she explained, adding that this was the first study to make such a direct comparison.

A paper co-authored by Dr. Aziz-Zadeh on this subject (which was cited by the *Washington Post*), as well as one on the sounds of actions and the mirror neuron system, appeared in the September 19, 2006 issue of the journal *Current Biology*. ■

USC OS/OT Skills I Class Celebrates OT's Roots



Crafts have been recognized as a meaningful activity since the founding of OT. The popularity of crafts has made a resurgence recently thanks to advocates for the quality and satisfaction to be found in "handmade" items, most notably media superstar Martha Stewart. Students in the Skills I class this summer included Megan Laib (top left), Jesus Diaz (bottom left) and Yuko Ohshita (below), who shared their classmates' enjoyment of learning crafts to use with future OT clients.



Skills I instructor Dr. Linda Fazio (Professor of Clinical Occupational Therapy, Assistant Chair of the Division and Coordinator of the Professional Program) welcomed USC OS/OT Board of Councilors member Lawrene Kovalenko, MA, OTR, for a visit to the classroom.

Save the Date – 19th Occupational Science Symposium in March

This year's Occupational Science Symposium, the 19th such gathering sponsored by the USC Division of Occupational Science and Occupational Therapy at the School of Dentistry, will be held on March 29 and 30, 2007. The theme for this year's conference will be Health and Wellness. The first day of the Symposium will focus on interdisciplinary research, and the second day will focus on global research in occupational science. Events will be held at the Davidson Conference Center on the University Park Campus.

We are very fortunate to have professor of psychology Carol Ryff, Ph.D., as our keynote speaker this year. Professor Ryff was identified by the OT/PT/SD working group last year as a top interdisciplinary researcher on health and wellness. When USC OS/OT Associate Professor

Diane Parham, Ph.D., OTR/L, FAOTA, invited Dr. Ryff to speak at the OS Symposium, she responded with an emphatic yes, stating that interdisciplinary research on health and wellness is her purpose in life. Dr. Ryff leads a center on adult midlife health and well-being at the University of Wisconsin – Madison, reflecting her lifespan perspective, and she is known for her ability to bring researchers from different fields together to collaborate in research on health.

“OS and OT are well positioned for leadership in health and wellness,” commented Dr. Parham. “Our work with clients has always focused on optimizing their well-being, and this symposium will allow us to assess where we are now and where we are going in this important aspect of health care provision.” ■



Let's Keep in Touch!



We'd like to hear from you and share your news in an upcoming issue of *Occupational Science & Occupational Therapy*. Please mail this completed form to: USC Division of Occupational Science & Occupational Therapy, Attn: Jackie Mardirossian, 1540 Alcazar St., CHP-133, Los Angeles, CA 90089-9003; fax to 323-442-1540; or e-mail to jmardiro@usc.edu.

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Check here if this is new information. _____

Here's my news (attach additional sheet if necessary): _____

I'd like to read about the following in an upcoming newsletter: _____

Culture Embodied by “Dancing with Shakti”

When USC anthropology student Anita Kumar was a child in Orange County in the 1980s, her parents wanted her to learn the classic Indian dance form of Bharatanatyam, “but I didn’t engage with it because I didn’t want to stick out,” recalled Ms. Kumar. “Our parents wanted us to learn it as a tie to [our Indian] culture, but it was a *foreign* culture with a capital ‘F.’”

Years later, Ms. Kumar rediscovered Bharatanatyam through choreographer Viji Prakash’s Shakti Dance Company, and became inspired to create a documentary using her own background to explore the experience of hyphenated identity for her Master’s thesis. In the process, Ms. Kumar found that this dance was a means to encounter Indian heritage in an embodied way. “It threw off my ideas about culture, race and ethnicity,” she explained. “Culture is not inherited, but instead needs to be engaged with.”

Ms. Kumar approached Dr. Gelya Frank of USC OS/OT for advice in constructing a “cultural biography.” Dr. Frank demonstrated this method for simultaneously exploring self and other, while showing the impact of both within specific cultural environments. Writing about and taping Ms. Prakash, studying Bharatanatyam dance and discussing the emerging project with her academic advisors helped to clarify Ms. Kumar’s own situation and sense of identity as a woman of South Asian descent in America.

“Anita Kumar’s work is a wonderful example of the

importance of a culturally defined occupation that has gone through generations of social transformation to allow for new meanings in changing contexts,” commented Dr. Frank. “This beautiful dance form has been reclaimed by

middle class and professional families as a marker of ethnic identity for young people of Indian descent, and its appeal is spreading beyond the South Asian community.”



The Shakti Dance Company performs intricate, symmetrical choreography expressing Indian culture and “female energy”

Impressed by Ms. Kumar’s documentary, Assoc. Professor of Anthropology Dr. Nancy Lutkehaus submitted it for consideration in USC’s innovative new Visions and Voices series, a university-wide arts and humanities initiative established to fulfill the goals set forth in USC’s strategic plan to communicate

core values to students and to affirm the human spirit. The program was accepted, and will consist of three activities, all open to the public: a performance by the Shakti Dance Company, a dance workshop conducted by Ms. Prakash (accompanied by live music), and a documentary screening/discussion with Ms. Kumar and Ms. Prakash. “This provides many different points of entry that students and audience can have into the event because it is multidimensional,” Dr. Lutkehaus explained. “For example, people can learn some dance movements and the embodiment of the dance, and thereby experience the intangible connection between one’s body and the music.”

The Shakti Dance Company performance will be March 27, 2007. For more information on all events, please visit www.usc.edu/visionsandvoices. ■

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