Congratulations, Cohort 9! We know that you will do well in boards and become great practitioners and leaders in our field. We wish you nothing but the best!
Proudly, a Dominguez Hills OT!

“I love being an occupational therapist.” Something I often say, may it be in one-on-one casual conversations or during Occupational Therapy Information Sessions. The reason may seem obvious, given that it is quite a rewarding career with a very promising job outlook. US News World Report ranked occupational therapy (OT) as #15 of the Top 100 Best Jobs of 2015 based on 10-year growth, median salary, employment rate, future job prospects, stress level, and work-life balance (http://money.usnews.com/careers/best-jobs/rankings/the-100-best-jobs?page=2). Business Insider ranked OT as #11 of the Top 13 Most Meaningful Jobs in America (http://www.businessinsider.com/most-meaningful-jobs-in-america-2015-7).

But more than just the job, to truly love what you do is also very much dependent on the context of where you work, the people you work with and the day-to-day activities. I have been working at California State University Dominguez Hills for the past 13 years. Through the years, there have been ups and downs, and people have come and gone. But the bottom line is, regardless of having more than a 100 mile drive daily, I like coming in to work. I work with a great team of staff, collaborative faculty, and supportive administration, all for the service of stellar and highly motivated students. Sometimes referred to as a “communiversity,” Dominguez Hills provides my role as an occupational therapy educator a socio-cultural context of respect, camaraderie, and pride. So, YES! I love being an occupational therapist. But more accurately- I AM PROUD TO BE A DOMINGUEZ HILLS OT!!
1. CSUDH Interdisciplinary RSCA Grant awarded to:
Research Title: A Pilot Study on the Effectiveness of the Community-Based Health Enhancement Lifestyle Program (Community-HELP) for Older Adults
Principal Investigator
Name: Terry Peralta-Catipon, PhD, OTR/L
Department: Occupational Therapy
Co-Principal Investigator
Name: Eric Hwang, PhD, OTR/L
Department: Occupational Therapy
Co-Principal Investigator
Name: Nop Ratanasiripong, PhD, RN, CCRC
Department: School of Nursing (SON)
Co-Principal Investigator
Name: Scott W. Cheatham, DPT, Ph.D. (c), OCS, ATC, CSCS
Department: Division of Kinesiology & Recreation
Co-Principal Investigator
Name: Ben Zhou, PhD
Department: Division of Kinesiology & Recreation
Study Description:
The primary aim of the Community-Based Health Enhancement Lifestyle Program (Community-HELP) is to enable community-dwelling older adults to self-monitor and independently improve and develop a type of lifestyle that could enhance their health and quality of life by creating their own personal goals and developing behaviors according to that influence participation and success. Piloting the program at Carson Community Center allows the team to be of service to the local community. In addition, outcomes of the study could better inform the research team on how to further develop the program, not just to enhance effectiveness through holistic and culturally-sensitive approaches, but to also ensure accessibility and cost-effectiveness for long-term implementation.

2. CSUDH Interdisciplinary RSCA Grant awarded to:
Research Title: Understanding Obesity Among Young Black and Latina College Women: Individual and Structural Explanations
Principal Investigator
Name: Katy Pinto, PhD
Department: Sociology
Co-Principal Investigator
Name: Terry Peralta-Catipon, PhD, OTR/L
Department: Occupational Therapy
Study Description:
Health status influences economic and social mobility. Healthy people have good social relationships, high academic achievements and high economic returns (Case and Paxson 2006). Physical health, more specifically, obesity is an important health crisis. Obesity at a young age has the potential consequence to lead to very serious negative health outcomes later in life (Al-Isa & Wijesekara, 2013). In addition, college itself can be a trigger for weight gain, and as such, it is important to understand obesity for this population. We propose a study that measures individual and neighborhood characteristics to better understand obesity for Latina and Black women in college. We propose an interdisciplinary approach to this issue to combine the theory of sociology and the applied approach of occupational therapy. Sociology emphasizes the importance of combining structural and individual factors in studying social issues. Occupational therapy brings in the focus of the individuals’ lifestyle patterns and its correlation to BMI, life satisfaction and quality of life. Together these perspectives will help us better understand obesity for an already vulnerable group.

3. CSUDH Interdisciplinary RSCA Grant awarded to:
Research Title: Effectiveness of Language on Relational Reasoning Comparison between Young Children with Autism Spectrum Disorder and Typically Developing Children
Principal Investigator
Name: Yan-hua Huang, PhD, OTR/L
Department: Occupational Therapy
Co-Principal Investigator
Name: Megumi Kuwabara, PhD
Department: Child Development
Study Description:
The purpose of this innovative interdisciplinary study is to (1) identify factors (e.g. language) that facilitate relational reasoning among individual objects in children with Autism Spectrum Disorder (ASD) and (2) compare the differences in visual processing between typically developing children and children with ASD. This study will be the first study to focus on the effectiveness of language on relational reasoning in young children with ASD and we will complete this innovative and interdisciplinary pilot study in order for external grant opportunities. This interdisciplinary research results will contribute to 1. Evidence of visual processing differences between children with ASD and typically developing children in younger populations.
2. Potential ways to facilitate and alleviate the core characteristic – “sticky” attention preventing the relational processing – that relates to the symptoms in children with ASD. Ultimately, with this knowledge, professionals can develop appropriate interventions and plans to allow for successful treatment outcomes.

**Abstract:**
Individuals with severe mental disorders continue to experience low employment rates. Occupational therapists play an important role in helping these individuals develop the skills and obtain the supports necessary for productive living. This retrospective cohort study aimed to explore employment outcomes and identify factors predictive of the outcomes of an in-house prevocational training program designed for newly discharged psychiatric inpatients. Data retrieved from the files of 58 participants including demographics, diagnostic history, physical fitness, functional assessment results, the use of vocational counselling service and employment status were analyzed. The overall employment rates among the participants were high (67.2–79.3%) within the 6 months following the prevocational training program. No significant differences were found in the employment rates across the 1, 3 and 6-month time periods post-training. Vocational counselling service post-training and hand function were two factors predictive of participants’ employment outcomes. Occupational therapists should attend to the clients’ need for continuous vocational support and carefully identify the personal, functional and environmental factors contributing to successful employment. Caution in interpreting the results is warranted because of the lack of control and randomization in this retrospective study. Additional longitudinal cohort or experimental studies would add further certainty to the current findings.

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doi: 10.15453/2168-6408.1170

**Abstract:**
Growing interest in promoting healthy lifestyles as a way to enhance successful aging has led to the necessity of screening and monitoring lifestyle behaviors among older adults. The 56-item Health Enhancement Lifestyle Profile (HELP) and its screening version, the 15-item HELP-Screener are a set of instruments designed for assessing various health-related lifestyle behaviors in older adults, including exercise, diet, social and productive activities, leisure, activities of daily living, stress management and spiritual participation, and other health promotion and risk behaviors. This article depicts the critical features (e.g., administration and scoring) and clinical usefulness of the two instruments and reviews the literature that supports the instruments' psychometric properties (e.g., reliability and validity). Two case studies are also provided for exemplifying the clinical application of the tools. Occupational therapists can use the brief HELP-Screener for determining clients’ need for further evaluation with the 56-item HELP wherein scrutiny of diverse lifestyle behaviors and consultation of possible health-promoting strategies can take place.
Cohort 9’s Graduation Banquet

Justine Escobar and Brandy Saccacio

On April 22, 2015 Cohort 9 celebrated their Graduation Banquet at The Doubletree Hotel, Carson CA. The evening was an event to celebrate the accomplishment of all students throughout the 2 ½ year program. Along with several speeches and issuance of CSUDH MSOT sashes, the evening entertainment included a fun photobooth, DJ/dancing, picture slideshow by Stephanie Pegan, and a graduation rap performance led by Tim Nguyen. Cohort 9 would like to thank the professors and staff who were able to attend and show their support. Also, a special thanks to the SOTA executive board for planning the evening and sending us off in style. We wish Cohort 10 the best of luck with their Fieldwork II rotations, and we know they will rock it!
Claudia Allen OTR/L Presents the ACL 6 on Campus

Marilyn Noriega, MA, OTR/L and Claudia Allen, MA, OTR, FAOTA

This past Spring, our program was honored to spend an afternoon with one of our profession’s icons, Claudia Allen, M.A., OTR/L, FAOTA. In hearing from a colleague that Ms. Allen was in the midst of redesigning her assessment and instructional format, I was urged to personally contact her. Claudia, with her unique brand of warmth, wit and humor, shared priceless vignettes and historical accounts of her formative years. One story, I loved, Claudia set up her own meeting, with Ms. Helen Willard, then Chair of the School of Occupational Therapy at University of Pennsylvania, and Ms. Spackman to find out where to find a job as an occupational therapist. This meeting simultaneously became a lesson of what made our profession tick.

The major thrust of Ms. Allen’s presentation was her growing concerns over the future direction of occupational therapy. This comes in light of both the current trend to overmedicate the populations with whom our healthcare system has no other treatment options, such as the elderly, and the great cost to our already taxed Medicare system, which without, our profession might become extinct.

Ms. Allen emphasized how she is “impressed by the realization that the paradigm shift is energized by the decreasing importance of neuroanatomy and the increasing importance of neurophysiology as well as the teaching and learning to overcome anatomical skills is fading into the past.”

We need to learn more about psychotropic drugs and how they affect ability to function, i.e., names, dos-ages, half life, week, or minutes to reach therapeutic effects.

For activities, I would like people to honor the specific, concrete knowledge we need to know… remember the metronome matched to the person’s heart to sustain attention longer while exercising. The way to evaluate an effective activity is to ask does it gain and sustain the person’s attention. A lay person can evaluate the effectiveness of activities but a lay person cannot produce effective activities.

To produce effective activities you need the ACL’s because the concrete information that captures attention is in a hierarchical scale. The quality of concrete information matches what the person will pay attention to as in material objects, directions and elements of the physical environment. The hierarchy tells you what the person can and cannot do, just like the age of a child works: a 5 y/o can do everything that younger children can do and nothing that older children can do. The ACL scale is the only rank order scale that is sensitive enough to measure medication effectiveness, the end of the period of recovery, a decline in a progressive brain disease, the damage to functional ability endured by cancer survivors, heart attack victims, the fluctuations in ability to function correlated with COPD and the ceiling in growth and development with pediatric onsets.” C. Allen (personal communication, June 26, 2015)

She concluded her presentation urging us to refer to her website (www.acdmweb.com) from which all current information, updates and upcoming website trainings, as well as a video stream of her afternoon with us, will be posted. Some updates in her web-site include the new Allen App that can be seen on any smartphone or tablet. The ACL 3 along with the modes within have been recently published.
Cassandra Duwe

On April 16-18, four students from C10, Cassie Duwe, Rachel Fein, Kristine Laird, and Talina Minasian attended the 2015 annual AOTA conference in Nashville, Tennessee. The conference was an opportunity for these students to network with other students from across the nation and other OTs, attend town hall meetings, learn about current trends in OT, and explore the newest information available for occupational therapists. All students enjoyed learning more about the profession and attending the conference. Another highlight of the trip was attending the alumni reception that was hosted at the Sheraton in Nashville where students had a chance to meet with other CSUDH alumni including Daniece Loomis and Danielle Luther from C9, as well as Dr. Claudia Peyton. All four students would like to thank the OT Department for the scholarship to attend the conference.

Lisa Langford

The Occupational Therapy Career Fair is open for OT Students, Alumni, and the campus community. This year the OT Program welcomed over 30 of our Community Fair Partners who have supported the Occupational Therapy program. Many of our Career Fair Partners have attended for over five years or more. Employers accepted resumes, offered advice, shared new and innovative techniques in the field, and provided OT products and promotional items. We thank and appreciate the CSUDH Career Center who came out and assisted our students in planning for their future careers. In attendance, were representatives from the Occupational Therapy Association of California who came to share information about the OTAC float for the 2017 Pasadena Rose Parade. We are excited as it will be the first time that the profession of Occupational Therapy will participate in the parade. If you would like to donate visit http://www.otaconline.org/. We cannot thank everyone enough for always supporting our students and coming out to learn more about Occupational Therapy at California State University, Dominguez Hills. We look forward to seeing you at the next fair in April 2016.
“Student Research Day provides a unique opportunity for graduate and undergraduate scholars to share their research or creative projects within a supportive community of peers and faculty. Undergraduate students anticipating graduate work at the master’s or doctoral levels as well as graduate students continuing in doctoral programs are especially invited to participate.” (CSUDH)

This year marked the 10th anniversary of Student Research Day at CSUDH and once again Occupational Therapy students made us proud of their accomplishments! Our students represented the department very well and among the 23 research projects entered six were chosen as winners! OT students were in competition with over 400 other student researchers for 46 first or second place awards and won six. The success of our students is extraordinary in light of the large number of competitors and the small number of OT students on our campus. Needless to say we were beaming with OT Toro Pride!!

The names of our occupational therapy winners of first and second place at this years’ CSUDH Student Research Day, can be found below. All CSUDH student winners were then in competition for the 10 slots available to represent CSUDH at the all twenty-three campus CSU System wide competition on May 1st and 2nd at California State University, San Bernardino. One OT student research group was chosen among the 10 slots as representatives of CSUDH at the system wide all CSU competition. In San Bernardino the all CSU system wide competition was fierce. We were very excited to have one OT research group among the ten CSUDH research entries. Our hats are off to Whitney Baird, Bethany Grigsby, and Eric Carlson, for their ex-ceptional presentation of Transgender Identity and the Experience of Transition: A Phenomenological Study, and to their faculty mentor, Claudia Peyton, PhD, OTR/L, FAOTA.

Business, Economics and Public Administration I

<table>
<thead>
<tr>
<th>2nd Place</th>
<th>Nalleli Reyes, Sarah Shorb, and Wendy Wang, Occupational Therapy</th>
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<tbody>
<tr>
<td></td>
<td>Civilian Employment among Veterans</td>
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<td>Faculty Mentor: Claudia Peyton, Occupational Therapy</td>
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Health, Nutrition and Clinical Science I

<table>
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<tr>
<th>1st Place</th>
<th>Vicky Chin, Laura Cole, and Lisa Eisenberg, Occupational Therapy</th>
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<td>Animal-Assisted Therapy through the Lens of Occupational Therapy</td>
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<td>Faculty Mentor: Claudia Peyton, Occupational Therapy</td>
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<table>
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<tr>
<th>2nd Place</th>
<th>Haley Arnold, Candace Chatman, and Cassandra Duwe, Occupational Therapy</th>
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<tbody>
<tr>
<td></td>
<td>A Phenomenological Exploration: Caring for People with Down Syndrome</td>
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<tr>
<td></td>
<td>Faculty Mentor: Claudia Peyton, Occupational Therapy</td>
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Health, Nutrition and Clinical Science II

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<tr>
<th>2nd Place</th>
<th>Ariana LeBrun, Sarah Marrich, and Jonathan Moh, Occupational Therapy</th>
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<tr>
<td></td>
<td>Photovoice Exploration: Meaningful Co-Occupations of Parents of Children with Autism Spectrum Disorder</td>
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<td></td>
<td>Faculty Mentor: Claudia Peyton, Occupational Therapy</td>
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Health, Nutrition, and Clinical Science III

1st Place
Nick Alvarez-Jett, Erika Borska, and Taryn Erickson, Occupational Therapy
History of Fear of Falling in Community-Dwelling Older Adults
Faculty Mentor: Claudia Peyton, Occupational Therapy

Health, Nutrition, and Clinical Science IV

1st Place
Whitney Baird, Bethany Grigsby, and Eric Carlson, Occupational Therapy
Transgender Identity and the Experience of Transition: A Phenomenological Study
Faculty Mentor: Claudia Peyton, Occupational Therapy

2nd Place
Nasreen Jokhio, Chanmi Ha, and Rebekka Manzella, Occupational Therapy
The Experiences of Adults Practicing Aikido: An Ethnography
Faculty Mentor: Claudia Peyton, Occupational Therapy

Student Representatives for CSUDH at the all CSU Competition in San Bernardino

Health, Nutrition, and Clinical Science IV

Whitney Baird, Bethany Grigsby, and Eric Carlson, Occupational Therapy
Transgender Identity and the Experience of Transition: A Phenomenological Study
Faculty Mentor: Claudia Peyton, Occupational Therapy
Student Class Activities
Person, Environment, Occupation Interaction
Cultural Food Fair

On April 10th, Cohort 11 students had a Cultural Food Fair as part of OTR 500. Some of the food the students brought included the following:

Appetizers: Potato Balls (Cuban), Spam musubi (Hawaiian Japanese), Pita and hummus (Mediterranean), Tapas (Spain), and Lentils (Ethiopian)

Main Dish: Lasagna (Italian), Chana Masala (Indian) + white rice

Dessert: Dau Lau/Dau Lo (Chinese Hawaiian), Chocolate Modak (Indian), Tres Leche Cake (Mexico), Russian Tea Cake (Russian), Mochi (Japanese), and Gingersnap Cookies (Swedish)

Drink: Moroccan Mint tea (Morocco), and Yakult (Japan)

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Occupations Across the Lifespan
Adult Space and Place

Yan-hua Huang, PhD., OTR/L

Discussed how to change Space into Place and its relationship to health and wellbeing.
Student Class Activities continued
Activities Across the Lifespan

Laurelin Hefter

Using the Occupational Therapy Practice Framework as a guide, Cohort 11 participated in activity based occupations for future client interaction and healing. The Activities Across the Lifespan class was led by guest and CSUDH Occupational Therapy alumnus, Katy Mackey. While participating in groups, Occupational Therapy students identified the occupational areas which the activity served as well as the specific performance skills enhanced by the activity.

South Bay Adventist Community Health Fair Occupational Therapy Booth

Grace Yim

On March 22, 2015, we helped occupational therapists Butch Cambus and Portia Paulino promote the occupational therapy booth at South Bay Adventist Church’s Community Health Fair. We handed out flyers and pamphlets that educated the public about OT. We gave demonstrations on the use of assistive devices (splints, adaptive eating equipment, bath and grooming aids). Lastly, we not only introduced different hand and finger exercises with theraputty, but also distributed hand strengthening exercise pamphlets and small cans of play-doh.
Cohort 11 Clinical Red Shirt Ceremony

On April 9, Cohort 10, along with the OT department faculty and staff welcomed the cohort 11 as fieldwork students. The event began with Dr. Diane Mayfield welcoming the students to fieldwork and giving the students pointers to fieldwork success. Following this, members of cohort 11 were called up on stage and were welcomed by the faculty and C10 students. The newest fieldwork students were presented with a CSUDH OT bag that contained a goniometer, fieldwork shirts, a tape measure, and water bottle. Quickly donning their redshirt over their attire, students took pictures and many selfies following the event. Congratulations cohort 11 and welcome to Fieldwork!

Pasadena Rock N’ Reggae Triathlon- Next Step Fitness

Prof. Paul Penoliar

CSUDH Cohort 10 participates in annual Pasadena Rock n’ Reggae Charity 5K and Triathlon on March 7th, 2015 held on the grounds of the Pasadena Rose Bowl and Aquatics Center. They helped raise $51,000 to support the efforts of Next Step Fitness to raise awareness for individuals living with paralysis and mobility impairments deserving of long, healthy and happy lives. The proceeds support the initiative to ensure access to the Next Step Fitness center in order to achieve the means to maintain the health benefits of exercise to improve quality of life for greater health and well-being.

Advocacy Day

Melissa Jazmines-Broersma

On June 23, the OT department welcomed OTACs Vice President Elect, Luis Arabit to speak at CSUDH OTs first annual Advocacy Day. Luis Arabit is currently the Clinical Coordinator at White Memorial Medical Center in Los Angeles and Co-Chair of the Occupational Therapy Association of California’s Advocacy and Government Affairs Committee. He spoke of current trends and legislation that may affect the future of OT. Following the presentation, students participated in an engaging discussion regarding OT trends, regulations, and ways to advocate for the profession. Thank you, Luis, for coming to campus and sharing your experience, passion, and insight with us. If anyone is interested in joining Region 2 Government and Legislative Affairs Committee, please feel free to email Luis at Luis.Arabit@ah.org.
Let’s Help Katie Kick Cancer!!

Our Cohort 10 Student, Katherine Henderson, was recently diagnosed with an invasive cancer. As a full-time student, she unable to work and paying for treatments can be burdensome. Show your love by donating to: http://www.youcaring.com/medical-fundraiser/help-katie-kick-cancer/354254#.VV4vEE3ak9k.facebook

Thank you for all your support!

Pi Theta Epsilon Announces New Officers

Rachel Fein

Pi Theta Epsilon Honors Society would like to welcome its newest members from C11 as well as congratulate the new executive board:

President – Elizabeth Giancola
Vice President – Rachelle Buenviaje
Treasurer – Sara Matsuura
Secretary – Laura Dumas
Fundraising Chair(s) – Sabrina Setareh & Grace Yim

Cohort 11 SOTA Executive Board

Cassandra Duwe

SOTA C10 Executive Board would like to congratulate the new C11 SOTA Executive Board who will officially be taking over during second summer session! The new executive board members are:

Presidents: Calvin Cheng and Michelle Savarese
Vice President: Amy Chu
Treasurers: Alyssa Cook and Amanda McConnell
Secretary: Evelyn Guevara

Congratulations to all!
**SOTA News and Events**

**Pancake Breakfast Fundraiser**

On Wednesday, January 21, SOTA hosted a pancake breakfast in EAC 400. This event was a welcome event for C11 and also served as a fundraising opportunity for SOTA. Pancakes were available for purchase, along with toppings and coffee. Funds raised from the event went towards scholarship opportunities for SOTA members. It was a fun event and a nice way to get to know the new C11 students!

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**Life Rolls On**

Michelle Savarese

On Saturday May 30th the first “Life Rolls On” event of the season took place in Santa Monica. This event is done throughout the summer at different locations and provides an opportunity for people of all ages with spinal chord injuries to participate in an incredible day filled with fun, laughter, and lots of surfing. Teams of volunteers are assembled that help these athletes either learn to surf, or have the opportunity to surf again. CSUDH MSOT students volunteered in helping out signing people in, transferring athletes to the water, and riding the waves with them assisting with any needs these athletes had while in the water. Our volunteer group consisted of Julie Thai, Rebecca Prosser, Kelly Archer, Anna Cheng, Calvin Cheng, Amy Chu, Michelle Savarese, and Hana Hunt. The event was free to the public and lasted from 8am until 4pm. It was such an amazing oppor-tunity to be a part of an organization dedicated to helping people live life to the fullest!
On Wednesday July 22nd SOTA had their annual fundraiser called SOTA Brew-Ha-Ha! It was located at The Dude's Brewing Company in Torrance, CA. The event included dinner of Mediterranean food, raffle, silent auction, and comedy. We had the pleasure of enjoying stand-up comedy by Jay Cramer who has been on television shows like Greys Anatomy, NCIS Los Angeles, and who works at Rancho Los Amigos National Rehabilitation Center. We also got to enjoy the improv group called Trust Fall which is comprised of improvisational comedians who have trained at the Groundlings and are members of the Sunday Company. SOTA had many people who contributed to make this event a success including students who got raffle donations from local venues, donations from faculty and family members, as well as those who attended the event. All proceeds from this event will be going to future scholarships for students to attend OTAC and AOTA national conferences as well as future social and volunteer events that are provided for students by SOTA.