

SOTA

West Virginia University SOTA September Newsletter



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Our students have already started the year off great by getting involved with the community and having fun along the way! Read ahead to find out what we've been up to and events we have coming up!



Welcome Back Picnic!

On August 23rd, The Occupational Therapy Class of 2017 hosted a Welcome Back Luau for students and faculty. With wonderful weather and many guests, everyone who attended was able to enjoy good grub and games. Overall, the Luau was a successful kick off the new school year in WVU Occupational Therapy!

Sara Starc

WVU Kid's Hockey Camp



On August 23rd /24th WVU held a kids hockey camp. The kids ranged from ages 8 to 12 years old and attended the camp for two days over the weekend. A handful of OT students volunteered to help with dry land activities, which included dynamic stretching, agility training, plyometrics, and fun relay races. OT students created various exercise stations using cones, hurdles, and other exercise equipment. The kids had to work together and use teamwork for the relay races, which they really seemed to enjoy! Overall, the OT students had fun interacting and teaching the kids various physical activities. Cassandra Kehr and Jodi Weightman



HEALTHSOUTH
Mountain View Regional Rehabilitation Hospital



It was the perfect weather for the Wash and Repair at Health South. We cleaned up to 15 wheelchairs during the event. An ice cream truck provided us with delicious ice cream cones! We got to enjoy and experience archery by James Cowie III and his buddy. They

also brought their weight bench for anyone who was brave enough to give it a try!

Rachel McCutcheon



Fieldwork

For the first years that might not know yet, the second years are just finishing up, or starting (depending on what rotation they picked) their second level I fieldwork and the third years have all just spent their summer completing their first level II fieldwork. Fieldwork is an opportunity for all students to get to spend time in a setting of their choice, and basically take the concepts we have learned in class and apply them in the real world. I wanted to remind all the first years that will be going out on their first level I fieldwork this year to reach out to their buddies or any student if they have any questions or concerns. That also goes for the second years; ask your buddies or any third years about sites. Ask them what they liked, what they didn't like, and how to prepare, etc. If anyone is looking for a general overview about the different sites that the third years just went to on their fieldwork there will be presentations in the large OT lab for the next few weeks. 9/10/2014 will be third years presenting about their Acute Care and Rehab rotations, 9/17/2014 will be Outpatient, Home Health, and Hands, and 9/24/2014 will be Skilled Nursing, Acute Care, and Rehab. Fieldwork is an exciting time for every occupational therapy student; make sure to take advantage of this wonderful experience.

Jessica Willoughby, Public Relations

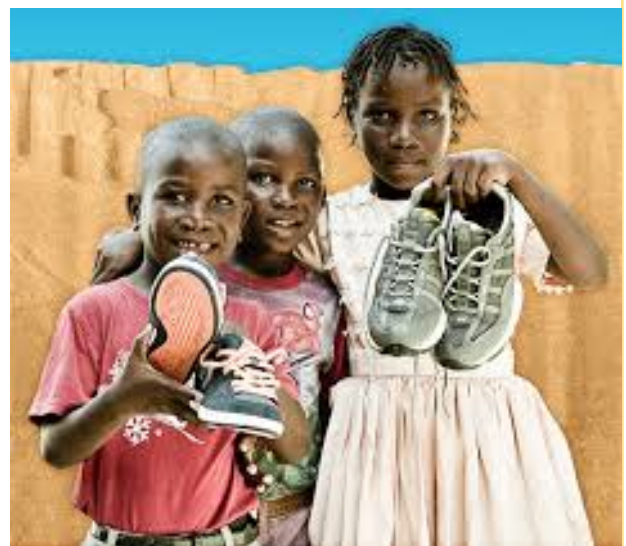


October 27, 2014 is World OT Day. World OT Day is a time where all occupational therapists reach out and try to help people nationally and internationally. This year will be SOTAs first year participating in World OT Day, and we will be doing a "Soles4Souls Shoe Drive."

Soles4Souls is a non-profit organization that collects donated shoes and ships them to people in need. These are people all over the world; their most recent shipments

were to Haiti and Honduras. Some of the people who will be receiving these donated shoes have never worn a pair of shoes, let alone owned a pair. What we are asking is for everyone to try and donate a pair of shoes (or more) to our drop off box (located in the large OT lab) with a dollar. If you bring a pair of shoes in to donate and a dollar you will receive a maximum of one SOTA fundraising credit, remember you need 5 per semester. The dollar is to offset the cost of shipping the shoes to Soles4Souls so they can then send them out. This fundraiser will run from September 22- October 27, so even if you don't have a pair of shoes yourself, ask your family over fall break when you go home! Soles4Souls takes any size and any kind, just please nothing with holes and that's in horrible condition. Let's support World OT Day!

Jessica Willoughby, Public Relations



Volunteer Opportunities

The Vera Bradley Bingo is scheduled for November 8th at Cheat Lake fire department. This will be our big fundraiser for the year and there will be an opportunity to gain a lot of volunteer hours as well as fundraising credit. We encourage everyone to participate!



Relay for Life is held in the Spring but you can get started now by joining the Relay for Life committee! Joining the committee is an excellent way to gain volunteer hours and support a great cause. For more information contact Rebecca Shark (rshark@mix.wvu.edu) and look out for emails throughout the year for meeting times and fundraising opportunities!

The Walk to End Alzheimer's will take place at the WVU Coliseum on September 28th at 1PM. Join our team "WVU Occupational Therapy" by logging onto www.alz.org and searching for the walk in Morgantown, WV. Contact Haley Powell (hpowell2@mix.wvu.edu) with any questions!



The homecoming parade will take place on October 3rd. More details regarding the parade will be available as the event approaches but in the meantime helping to set up the float is an excellent way to get those volunteer hours! Let's show Morgantown how diverse OT is! ☺

Upcoming Events!

Welcome Back Social	September 26 th
5K Walk to End Alzheimer's	September 28 th
Homecoming!	October 3rd
Homecoming Game vs. Kansas	October 4 th
Photo Contest Deadline (more details to come! 😊)	October 10 th
Fall Break!	October 13-14 th
Vera Bradley Bingo	November 8 th
Christmas Social	December 5 th

Let's Go
Mountaineers!