

GW SOTA Newsletter

The George Washington University's Student Occupational Therapy Association

November 2023 Issue

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GREETINGS FROM SOTA!

Written by **Celia Accardi and Jenny Kim**

Thank you so much for taking the time to be in GWU's SOTA and read over the November newsletter! We look forward to reporting to you all on past, current, and upcoming SOTA events, SOTA members, and current OT-related news.

The SOTA Newsletter will be delivered on the 1st Friday of each month. Some articles and sections to expect in future newsletters are ASD/AOTA News, Community Service Events, Faculty/Student Spotlights, Monthly Calendars, Important Reminders, and more.

If you have any interest in contributing to the monthly newsletter, please let us know via this [link](#). Anyone, regardless of experience, is welcome to join the Newsletter Committee!

REMINDERS ABOUT SOTA

Written by **Celia Accardi**

Being a member of SOTA opens up a plethora of opportunities that promote personal and professional growth. Before reading ahead, please take some time to familiarize yourself with the following reminders about SOTA.

Our philanthropy is The Living Classroom Foundation, a local community organization that inspires community members to reach their full potential. This organization is accessible to all age groups through various resources like education opportunities, job training, and health and wellness events. Most fundraising events through SOTA will donate funds to The Living Classroom Foundation.

As for attendance, please be mindful that all-member SOTA meetings are required. SOTA's mission and vision run on full member participation.

If you need to miss meetings for any reason, please contact both the Secretaries, Meghan Moriarty and Sabrina Luu (contacts: meghan.moriarty@gwu.edu, luusb2000@gmail.com).

Attendance rules are available to view in the SOTA constitution. Three or more unexcused absences could result in fewer SOTA membership opportunities and privileges. Beyond the attendance requirements, attending meetings is an important opportunity to build connections with other SOTA members, ask questions, and get involved in the DMV communities.



WELCOME 1ST YEARS

Written by Jenny Kim

Congratulations to the Class of 2026 for your admission to the GWU eOTD program! We are so excited to welcome you to SOTA. In the next three years, we hope you gain incredible experiences and insightful knowledge to become impactful future practitioners! It won't be easy, but it will be worth it. Here is some advice from our 2nd years:



Marina Bien

“Make time for yourself! Things can get hectic with school and other life responsibilities. It is important to take a few moments every day to do something just for you. Keep that occupational balance in your life!”



Iman Nasir

“Learn to be patient and flexible, not only with others but also yourself. We are all learning. Remember, it is important to take things seriously but not personally.”



WHY GWU?

“I choose GWU because of the hybrid learning schedule and location. I felt DC would offer me more opportunities.”

-Maya Chavez

“I was really impressed with how research-driven the program is!”

-Rachel Metts

ST. MATTHEW'S COMMUNITY HEALTH FAIR

Written by Jenny Kim

On October 22nd, SOTA volunteered at the St. Matthew's Health Fair. The Cathedral of St. Matthew The Apostle hosts an annual health fair led by their Social Justice and Community Service Committee.

At the fair, several providers offered free healthcare services to the community. These services included tests for balance and walking, vitals, blood, and grip strength. Community members received health education and local resources.

SOTA members created and gave out educational handouts about home safety and mobility. This educational handout contained helpful suggestions, resources, and statistics. To meet the needs of the local community, SOTA members offered both English and Spanish handouts.



Volunteers reflected on ways to promote and advocate for occupational therapy services.

Justine Williams, Community Service Co-chair, shared her thoughts about the event. "It was a great opportunity to advocate for occupational therapy. I noticed that many community members and even other professionals were not familiar with this form of therapy. I was able to practice giving my elevator speech about occupational therapy! I'm looking forward to volunteering again next year. I hope next year, we can offer more services like tests and assessments."

Check out the handout!

Our members made **English** and **Spanish** educational handouts for this event.



During the event, SOTA connected with the GWU PT department. There are plans to collaborate on future health fair events.

Overall, the St. Matthews Health Fair was an informative event for both community members and the GWU OT department. Volunteers noted that meeting local community members and addressing their health concerns was a great opportunity to apply OT knowledge and understand the community.



Written by Celia Accardi

SOTA had the incredible opportunity last week, thanks to Emma Tober, our SOTA ASD (Assembly of Student Delegates) representative, to meet with AOTA guest speaker, Caitlin Halloran Edwards. Caitlin outlined AOTA's purpose and discussed the various benefits associated with AOTA membership for students. Notable benefits include: access to publications, academic success tools (exam prep tools), staying up to date on current events/news in OT, networking opportunities, and access to OT Student Pulse. OT Student Pulse is AOTA's monthly newsletter for students, written by students. Members have opportunities to contribute to the newsletter as well.

Looking to Volunteer?

Check out Pages 8-9 for more upcoming Community Service Events!



AOTA Resources:

[Student AOTA Homepage](#)

[AOTA Podcast \(FREE\)](#)

Upcoming Webinars (FREE):

[Sensory Diet - Making it Work in the School Setting](#)

When: 11/16 @ 2:00 pm–3:15 pm ET

Objectives: Improve planning skills and effectively implement sensory diets using existing resources.

[Everyday Products for Accessible Living Identified by Individuals with Disabilities](#)

When: 11/28, 2:00 pm–3:00 pm ET

Objectives: Increase awareness and understanding of the daily navigation process for people with disabilities. Explore how certain products may increase accessibility in their daily lives.

Email for Caitlin Halloran Edwards:

challoranedwards@aota.org

SPOOKY FESTIVITES WITH SOTA

Written by Jenny Kim

BOO! SOTA hosted several spooky activities to kick off the Halloween festivities this year.

Social Co-chairs, Kate Agnes and Brianne Shust, led the locker decorating contest, costume contest, and candy drive. Members enjoyed Halloween treat bags, candy, and festive music during lunch.



See the results of the Halloween contests below!



Cutest



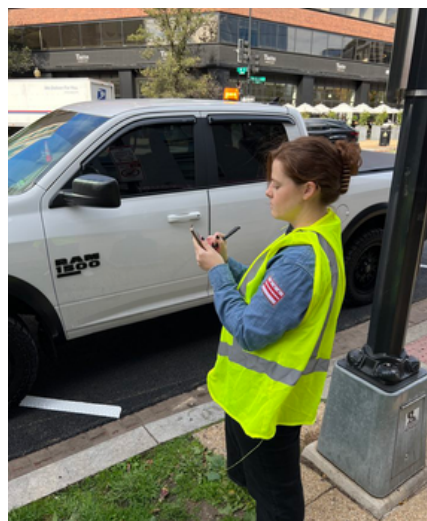
Best Look Alike



Most Creative



Scariest



Funniest



Honorable Mention



Best Overall



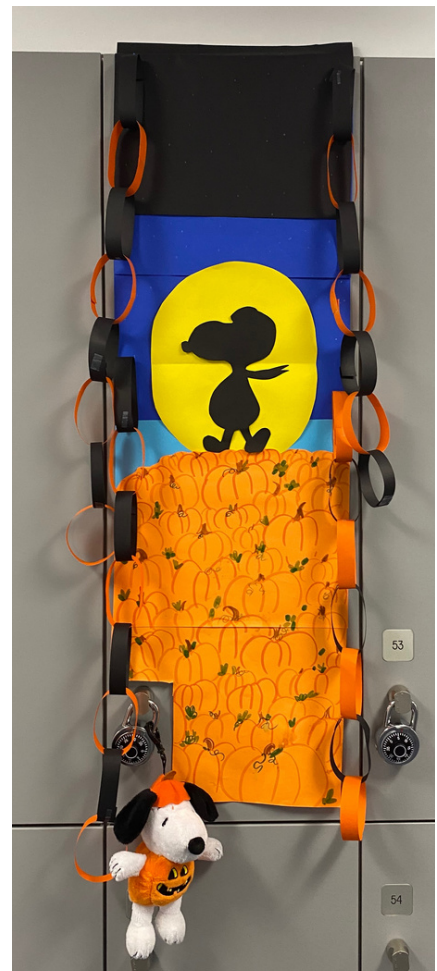
Best Homemade

Treats for Troops is a candy collection program hosted by Soldiers' Angels, where local businesses and organizations collect and donate sweet treats to the military. Soldiers' Angels is an organization that provides aid, comfort, and resources to the military, veterans, and their families.

The holiday festivities encouraged lots of fun social engagement between students.



Thank you to everyone who participated in the SOTA Halloween Party and candy drive!



Best Locker

NOVEMBER CALENDAR

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-----|---|---|--|---|-----|
| 29 | 30 | 31 | 1 | 2 | 3 DUE @ 11:59pm: Bake Sale Sign-Up | 4 |
| 5 | 6 | 7 9am-2pm: Special Olympics (Tennis) | 8 6:30pm: Best Buddies Volunteer Orientation | 9 12pm: Executive Board Meeting | 10 10am -11pm: Best Buddies Event 10am-6pm: Bake Sale | 11 |
| 12 | 13 | 14 | 15 | 16 12pm: All Member Meeting | 17 | 18 |
| 19 | 20 | 21 9am-2pm: Special Olympics (Bocce) | 22 | 23 NO SOTA MEETING! | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 1 | 2 |

KEEP IN MIND FOR DECEMBER:

- **12/7 @ 9:00am-2:00pm:** Special Olympics - Fall Festival Event (DAY 1)
- **12/8 @ 9:00am-2:00pm:** Special Olympics - Fall Festival Event (DAY 2)
- **1st-2nd week of December:** Holiday Cards due
 - *Look out for updated due date(s) from community service board members*

NOVEMBER EVENT DETAILS:

Fri, 11/3 @ 11:59pm: Bake Sale Sign-Up's Due

- Sign-up options:
 - Table event (sign-up [here](#))
 - Make delicious baked goods (sign-up [here](#))

Tues, 11/7 @ 9:00am-2:00pm: Special Olympics - Tennis

- In need of additional volunteers (sign-up [here](#))

Weds, 11/8 @ 6:30pm: Best Buddies Volunteer Orientation

Thurs, 11/9 @ 12:00pm: Executive Board Meeting (via Zoom)

- Link: <https://gwu-edu.zoom.us/j/97445753036>
- ID: 974 4575 3036

Fri, 11/10 @ 10:00am-11:00pm: Best Buddies Homecoming Event

- In need of additional volunteers for:
 - Event set up (10:00 am-4:00 pm)
 - Event (4:00 pm-11:00 pm)
 - Sign-up [here](#)
 - Learn more [here](#)
 - *Volunteers are not required to stay for full shifts. Note your availability in the volunteer application.*

Fri, 11/10 @ 10:00am-6:00pm: Bake Sale

- **Location:** 1st floor of the University Student Center (right in front of the main elevators)

Thurs, 11/16 @ 12:00pm: All Member Meeting (via Zoom)

- Link: <https://gwu-edu.zoom.us/j/96659748271>
- ID: 966 5974 8271

Tues, 11/21 @ 9:00 am-2:00 pm: Special Olympics - Bocce

- In need of additional volunteers (sign up [here](#))

Thurs, 11/23: No SOTA Meeting!

