

GW SOTA Newsletter

The George Washington University's Student Occupational Therapy Association

MAY 2025 Issue

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SPRING IS IN THE AIR

Written by Matt Eggers

Will all of those D.C. April showers truly bring May flowers? The month of May *may* hold many beautiful moments! First and foremost, it's a bittersweet end to an adventure as our beloveds D3s depart GWU in order to continue their OT journeys after **May Graduation!!!** We know that you all will do amazing things for the profession and will represent GW OT well as our first-ever graduating cohort... what an accomplishment!!!

The month of May also offers us Mother's Day, Memorial Day, Mental Health Awareness Month, our last **L'Arche Dinner** of the semester, and our buddies in D2 are off and away for Fieldwork II. Without further ado, let us *spring* into this month's newsletter!

BEST BUDDIES FRIENDSHIP WALK - WASHINGTON D.C.

Created by Matt Eggers



AMOUNT RAISED \$422,290.61

GOAL \$400,000.00

The Best Buddies Friendship Walk in Washington, DC is a memorable event held on the historic National Mall. The community served by Best Buddies encompasses individuals with intellectual and developmental disabilities (IDD) and their families. On April 26th, dedicated OTD students committed themselves to show up and build genuine friendships, foster inclusion, and create opportunities for our community. Thank you to them for being a part of this amazing experience. And a **very special thank you** to those who donated and helped represent GW OT!!! Showing up to events like this helps propel our mission to celebrate diversity and make a meaningful impact in the lives of those we serve. We can't wait to see you at next year's event. With your help, our mission of promoting friendship and inclusion will be stronger than ever!



"The smallest act of kindness is worth more than the grandest intention."

-Oscar Wilde

ERGONOMICS AND EXERCISE FOR CASHIERS

Written by Matt Eggers

A unique study published in March explored the physical challenges faced by supermarket cashiers due to repetitive tasks and static postures. The research involved 60 cashiers and looked at the impact of a 12-week ergonomic and exercise program on reducing musculoskeletal pain. Participants were divided into two groups, with one receiving both ergonomic training and exercise, and the other only ergonomic training.

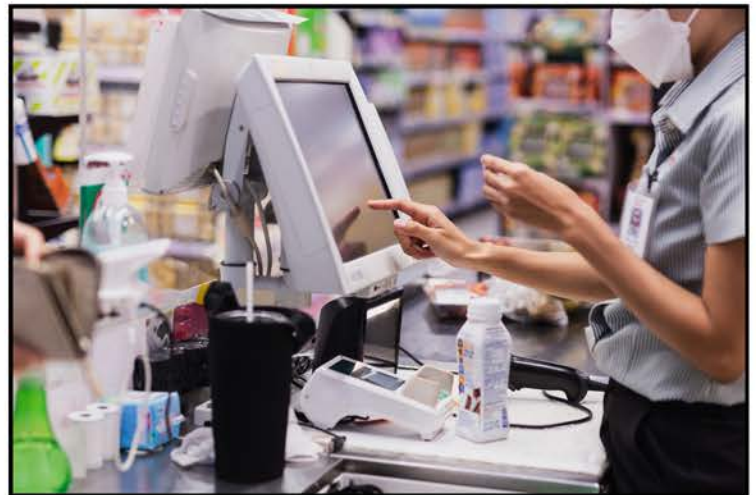
Results showed significant reductions in pain, particularly in the upper and lower back for the intervention group. This is evidence that a combination of ergonomic education with physical exercise may improve upper and lower back health of cashiers. This approach not only reduced pain but also improved activity limitations and decreased consultations for back pain.

For Occupational Therapists Practitioners (OTPs), this evidence is interesting. OTPs could use this information to design targeted interventions that address the specific ergonomic and physical needs of cashiers, quite literally improving their occupations and enhancing job satisfaction. The wellbeing of people in demanding retail environments is often overlooked.

This study highlights the potential of ergonomic strategies combined with physical activity as a proactive approach to occupational health, benefiting cashiers and potentially other retail workers as well.

Resources:

Caşar, D., Safran, E. E., & Şevgin, Ö. (2025). The effect of combined ergonomic training and exercises on musculoskeletal pain and ergonomic risks in supermarket cashiers: A randomized controlled trial. *International Archives of Occupational and Environmental Health*, 98(3), 255-265. <https://doi.org/10.1007/s00420-025-02132-z>



Matt's Movement Trivia

Tightness of which of the following muscle groups would be associated with posterior pelvic tilt?

- a. hip flexors (iliopsoas)
- b. hip adductors
- c. hip extensors (gluteals)
- d. iliotibial tract

Answer: c. hip extensors (gluteals)

STUDENT SPOTLIGHTS:

BONNY THACH

Say hello to Bonny!!! Bonny has recently taken on the rewarding role of SOTA Community Service Chair! She first discovered OT while she was working at an adaptive summer camp for kids with developmental and behavioral challenges. The camp focused on getting kids involved with sports, while simultaneously teaching emotional regulation strategies. Most of the staff were OTPs and encouraged Bonny to get into OT school, helping to launch her path towards our amazing profession. She's interested in acute care, ICU therapy, and policy/advocacy work.

Bonny continues to learn something new about OT everyday. She was especially interested to learn how important and complex the human hands actually are, especially after a guest lecture with Dr. Moghtaderi in the cadaver lab. She likes opportunities to connect lessons from class to real-world experiences.

Bonny's hobbies include attending concerts, going to the gym to get ripped, and taking fools down during a game of flag football. If you bring a mango to campus, look out! As it's Bonny's favorite study snack and she just might take a bite!



(Bonny pictured on left)

KYLAH MAXWELL

HAAAYYY, KY! Our newest SOTA Treasurer/Bulletin Board Committee member, Kyla, was drawn to healthcare at a young age. Especially after helping to care for her grandmother. She found an interest in OT though her job at Cranial Technologies, Inc. There, she worked with a clinical team that captured images used to create cranial orthotics. The lead clinician was an incredibly skilled OT and also Kyla's mentor. They were a huge inspiration for Kyla's choice to enroll into the GW OTD program! Kyla is interested in geriatrics, orthotics/prosthetics, and women's health. She shared that she's fascinated by OTs role in pelvic floor rehabilitation and continues to be inspired by the many niche areas that OTs can address. Outside of the program, Kyla enjoys swimming, spinning, fitness, trying new foods (total foodie!), and keeping up with nails and makeup.

Picking her up a latte or any scone from WholeFoods Bakery will send Kyla jumping for joy, as those are her preferred study snacks!



The logo for ASD/AOTA NEWS is enclosed in a thin gold border. The text 'ASD/AOTA' is in a large, bold, sans-serif font, with 'ASD' in dark blue, 'AOTA' in a multi-colored gradient (yellow, orange, purple, green). Below it, the word 'NEWS' is in a smaller, dark blue, bold, sans-serif font.

ASD/AOTA NEWS

Written by ASD Rep, Juan’Nique Campbell

Discover AOTA’s Monthly Specialty Meetings!

AOTA offers a dynamic lineup of monthly specialty meetings covering diverse topics in occupational therapy. The meetings for this month cover topics in pediatrics, women’s health, sensory integration, older adults, assistive technology, and entrepreneurship.

The meetings are organized and led by the “Special Interests” volunteers of AOTA and offer informal opportunities to connect with special guests and other OT professionals.

Upcoming Special Interests Sections (SIS) meetings:

1. May 6, 2025 2. : Metacognitive Reflection Chat with the Mental Health Special Interest Section
2. May 14, 2025 3. : School-based OT policy discussion
3. May 16, 2025 : Sensory Integration Foundations in Early Childhood Development

Get Inspired with the Latest OT Student Pulse!

The April 2025 edition of the OT Student Pulse is by students, for students! The newsletter is packed with valuable insights, fieldwork tips, and opportunities to connect with other OT students. In this edition they featured some student reports such as “A first-timer’s guide to AOTA INSPIRE 2025” and “Key Takeaways from the ASD Winter 2025 Tri-Annual Meeting”

Featured within the Fieldwork Spotlight Section, we hear from a student who used her “OT Goggles” to enhance a summer camp with accessibility and mobility efforts for the participants with disabilities!

As students we can all submit an article, editorial, or even a pet to be featured as the “OTSP Pet of the Month”! You can read the full issue by clicking on the “external journals” subpage of Publications on the AOTA website!

FAREWELL & GOOD LUCK: BIDDING ADIEU TO CLASSMATES HEADING OUT FOR FIELDWORK II

Justine Williams

- Fieldwork site= Fox Rehab
- Population= Geriatrics

Meghan Moriarty

- Fieldwork site= American Stroke Foundation
- Population= Neuro/Stroke

Rebecca Warren

- Fieldwork site= Leaps & Bounds Pediatrics
- Population= Pediatrics

Alicia Alleyne

- Fieldwork site= LimbTech
- Population= Wide range. Focus on seating & positioning fieldwork

Marisa D'Imperio

- Fieldwork site= CalvertHealth Outpatient Rehab Center
- Population= Adults/Older adults

Katie Jewett

- Fieldwork site= Fox Rehab - Georgia
- Population= Adult

Claudia Carey

- Fieldwork site= Cardinal Pediatric Therapy
- Population= Pediatrics

Rachel Metts

- Fieldwork site= GWU Hospital Outpatient Rehabilitation Center
- Population= Hand Therapy

Elise Jernigan

- Fieldwork site= George Washington University Hospital






“Great things are not done by impulse, but by a series of small things brought together.”- Vincent Van Gogh

UPCOMING EVENTS

Created by Matt Eggers

Check back each month to see what's up and coming this month in SOTA! Don't forget to review event details on the next page.

MAY 2025

SUN	MON	TUES	WED	THURS	FRI	SAT
				1	2	3
4  Star Wars Day	5 L'Arche Dinner 6p	6	7	8	9	10
11 Mother's Day	12	13	14 OTD Awards Ceremony	15	16	17
18 	19 Summer Semester Begins	20 SOTA All-Member meeting 12p	21	22	23	24
25	26  Memorial Day	27	28	29	30	31

MAY 2025 EVENT DETAILS:

Monday, May 5th @ 6p-7:30p: L'Arche Dinner

- Details:
 - Address: 3008 6th St. South, Arlington, VA 22204
 - Accompany, chat, eat, and hang out in a low-stress environment with DD adults
 - FINAL dinner of the semester!
 - Sign-up and click here or go to <https://docs.google.com/forms/d/1RS71cc5droqVRZpWF32bKw7PZrzlhDLAbUKzOMTDxcw/edit?usp=drivesdk>

Wednesday, May 14th @ 9a-12:30p: OTD Capstone Poster Presentations

- Details:
 - Address: University Student Center
800 21st St. NW
Continental Ballroom, #309
@1:00p-2:30p: OTD Awards Ceremony
 - Address: University Student Center
800 21st St. NW
USC Amphitheatre, 3rd floor

Sunday, May 18 @ 10:30a-12:30p: University Commencement

- Details:
 - The National Mall
 - Student Speaker and OTD graduate, Natalia Anzaldúa ★

