

Columbia University MOTivator

we see the need, we meet it, we exceed it!

Fall 2017

Columbia OT Celebrates 75 Years

On April 22nd and 23rd, alumni, present and former faculty, and students gathered to celebrate the Programs' 75th anniversary.

On Saturday, attendees enjoyed a happy hour at the Empire Hotel, and on Sunday, we hosted an anniversary program that included the history, present, and future of the Programs, as well as a keynote speech by Lauren Manning, a 9/11 survivor and OT recipient, and a luncheon. There was representation from the class of 1959 to our current students, as well as current and former faculty and staff.

See more details in our 75th Anniversary edition newsletter [here](#).



Congratulations to the Class of 2017



The members of the class of 2017 graduated in May in two ceremonies, Commencement at the Morningside campus, and the OT program graduation on the CUMC campus. The keynote address at the OT graduation was given by Victor Calise, the New York City Commissioner for People with Disabilities. The student address was given by Ivy Vega. Several students and supporters of the program were honored with awards. (For more on awards given at graduation, see page 6.) The faculty and staff of the OT program wish them all the best!

Letter From the Director

Hello Alums!

Welcome back to our OT MOTivator.

We barely catch our breath from one academic year when the next one begins! Our Class of 2017 enjoyed a wonderful commencement event, with Victor Calise, Commissioner for the New York City's Mayor's Office for People with Disabilities, providing the Keynote Address. Mr. Calise, an athlete and member of the 1998 US Paralympic Sled Hockey Team that competed in Nagano, Japan, is leading the charge to make NYC the most accessible city in the world. We felt there was no better consumer and advocate to provide the Keynote.

The summer months saw the construction of our simulation lab, complete with modules for a kitchen, bathroom, bedroom, market, and pediatric sensory gym; and state of the art audio-visual features. This is allowing for both low-tech and high-tech teaching, each of which embed student learning in real life contexts.

Our new class came on board and they are a terrific group. Members of our student body represent every region of the United States, as well as China, Brazil, Peru, Russia, and Canada, providing a unique lens on culture and occupation from which we all learn.

Our faculty continue to embody, in my estimation, the best combination of educators, researchers, and advisors. In the pages of this newsletter we highlight one of our research projects, showcase student activities, and share presentations and publications authored by our faculty, including some co-authored by students. We introduce you to our newest faculty member, Amanda Sarafian, who happens to be a CUOT graduate. We also include reports from two recent graduates, Ji Jeong '16 and Vicky Babikian '16, about bringing occupational therapy overseas: Ji in Khazakstan and Vicky in Armenia.

As always, we hope you enjoy this edition of the MOTivator. Please be sure to send us alumni news as well. Happy reading!



Professor and Director, Programs in Occupational Therapy

Vice Chair, Dept. of Rehabilitation and Regenerative Medicine

Assistant Dean, College of Physicians and Surgeons



Table of Contents

75th Anniversary.....	1
Graduation.....	1
SpOTlight on Faculty.....	3-4
2017 AOTA Conference.....	5
Graduation Awards.....	6
Research Day 2017.....	7
SpOTlight on Students.....	8-10
Retirements.....	11
OT Lab Grand Opening.....	11
SpOTlight on Alumni.....	12-14
Obituary.....	14

SpOTlight on Faculty

Faculty Launch Clinical Trial

Glen Gillen and Dawn Nilsen have begun a clinical trial at Helen Hayes Hospital in West Haverstraw, NY. They aim to differentiate between two dosages of self-directed Mirror Therapy added to treatment as usual for decreasing arm and hand motor impairments, improving activity level, and increasing self-directed participation after stroke. The subjects are from the Stroke Rehabilitation Unit at the hospital, and will be randomly assigned into three groups: treatment as usual plus a 30 minute dosage of self-directed mirror therapy five times a week, treatment as usual plus a 60 minute dosage of self-directed mirror therapy five times a week, or treatment as usual plus 30 minutes of self-directed sham mirror therapy five times a week.

Amanda Sarafian Joins CUOT Faculty



Amanda Sarafian, a graduate of the Columbia OT program, has joined the faculty to teach Pediatrics. She is also currently an EdD candidate at Teachers College. After graduating from Columbia, Amanda worked for four years at Mount Sinai with adults with spinal cord and brain injuries. She then transitioned to working with children with multiple disabilities at the Children's Therapy Center. She

spent some time in VA in early intervention and private practice, and later returned to NJ. Amanda particularly enjoyed having fieldwork students while in practice. She wanted to be able to research the effectiveness of what OTs do for children with multiple disabilities, and especially with cerebral palsy (CP), so she started the EdD program.

Amanda had exposure to OT through her brother with CP, and volunteered in rehab departments in college. She ultimately chose OT because of the activity based treatments. Amanda and her husband have two children.

Other Program News

- CUOT students won the AOTF St. Catherine Challenge. They raised more than \$8,000 for occupational therapy research.
- CUOT was honored with Riverdale Senior Service's Community Partnership Award. Students have been participating in Level 1 fieldwork there for at least 30 years.
- **Dr. Lenin Grajo** was named the Director of the Doctor of Occupational Therapy program.
- **Dr. Sharon Gutman, Dr. Dawn Nilsen, Dr. Katherine Dimitropoulou, Dr. Glen Gillen, Dr. Lenin Grajo, and Dr. Janet Falk-Kessler** were honored at the annual P&S Honors Luncheon in June.
- The programs' new OT lab space will have a grand opening on November 14th. Classes have been using the space since the spring.

SpOTlight on Faculty

Recent Faculty Publications

In the past year, our faculty has published 15 peer reviewed articles, three books, and 22 book chapters. A sampling of these publications is below, and links are included where possible.

Journal Articles and Book Chapters

- Chen, P., Pitteri, M., **Gillen, G.**, & Hyyala, H. (2017). Ask the experts how to treat individuals with spatial neglect: A survey study. *Disability and Rehabilitation*. <http://dx.doi.org/10.1080/09638288.2017.1347720>
- Aldrich, R. M., & **Grajo, L. C.** (2017). International educational interactions and students' critical consciousness: A pilot study. *American Journal of Occupational Therapy*, 71, 7105230020. <https://doi.org/10.5014/ajot.2017.026724>
- Brown, T., **Gutman, S. A.**, Ho, Y. S., Fong, K. N. K. (2018). A bibliometric analysis of occupational therapy publications. *Scandinavian Journal of Occupational Therapy*, 25(1) 1-14. doi:10.1080/11038128.2017.1329344
- **Grajo, L.**, & Candler, C. (2017). The occupation and participation approach to reading intervention (OPARI): A community of practice study. *Journal of Occupational Therapy, Schools, and Early Intervention*, 10(1), 1-10. <http://dx.doi.org/10.1080/19411243.2016.1257967>.
- **Grajo, L.**, **Simon, P.**, Stoner, M., Hogan, M., Miller, C., Peery, A.,... Miller, J. (September, 2017). Developing skills in community-based programming. *OT Practice*, 22(17), 19-2.
- Kwong, J., Bockting, W., Gabler, S., Abbruzzese, L., **Simon, P.**, Fialko, J., Bonaparte, S., Malark, A., Towe, M., Weber, T., & Hall, P. (2017). Development of an interprofessional collaborative practice model for older LGBT adults. *LGBT Health*, <https://doi.org/10.1089/lgbt.2016.0160>
- **Raphael-Greenfield, E.I.** (2016). Substance abuse and addictive disorders. In Dirette, D., & Atchison, B. (Eds.). *Conditions in occupational therapy: Effect on occupational performance* (5th ed.)
- **Falk-Kessler, J.** (in press). Professionalism, Communication & Teamwork. In B. Schell & **G. Gillen** (Eds.). *Willard and Spackman's Occupational Therapy* (13th ed.). Baltimore: Lippincott, Williams & Wilkins
- **Gillen, G.** & **Nilsen, D.M.** (2016). Upper extremity function and management. In **G. Gillen** (Ed.). *Stroke rehabilitation: A function-based approach* (4th ed.). (pp. 424-485). St. Louis: Elsevier Science/Mosby

Books

- **Glen Gillen** published the 4th edition of *Stroke Rehabilitation: A Function-Based Approach*.
- **Sharon Gutman** published *Mastering the skills of journal writing and publication: Using clinical health care reporting standards* and the 3rd edition of *Quick reference neuroscience for rehabilitation professionals: The essential neurologic principles*

2017 AOTA Conference

Practical Applications of Evidenced-Based Motor Control Interventions To Improve Occupational Performance

Glen Gillen & Dawn M. Nilsen

Building Interprofessional Collaboration to Improve Student Outcomes in School Settings

Patty Laverdure, Sandra Scheffkind, Heather Gaylord, **Lenin Grajo**, Susan Bazyk

ELINC: Elder LGBT Interprofessional Collaborative Care Program: Outcome of an Innovative Model for Practice & Training Students

Phyllis Simon

Assessing Home Safety Fall and Accident Risk in the Prematurely Aging, Formerly Homeless*

Sharon A. Gutman, Kevin Amarantos*, Jan Berg*, Melissa Aponte*, Daniela Gordillo*, Anna Peery*, Christopher Rice*, Jonathan Smith*, Tamara Wills*, Ethan Chen*, Richard Peters*, Zachary Schluger*

Convergent Validity of the Jebsen Hand Function Test and Purdue Peg Board Test in Adults with Schizophrenia*

Alice Jih*, Myra Branch*, Michaela Fraser*, Hee Sun Jung*, Brooke Morgan*, **Dawn M. Nilsen**, Elaine Mullen, **Sharon A. Gutman**

Feasibility and Effectiveness of using Prism Adaptation to Treat Motor Function and Spatial Neglect in Stroke Survivors

Kimberly Hreha§ & **Glen Gillen**

Mental Practice Combined with Repetitive Task Practice to Rehabilitate Handwriting Dysfunction in School-Age Children

Ghazala Salem*§

Cooking Can Take You Home: Creating OT Cooking Groups in Homeless Shelters To Heat Up the Transition to Supportive Housing

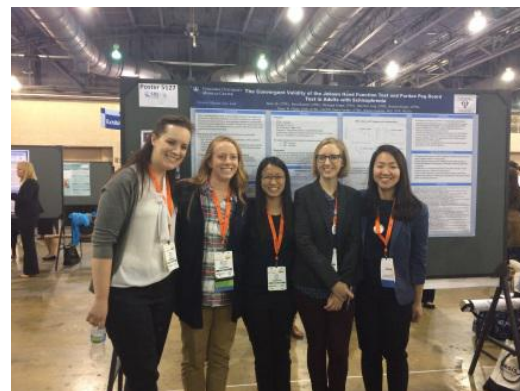
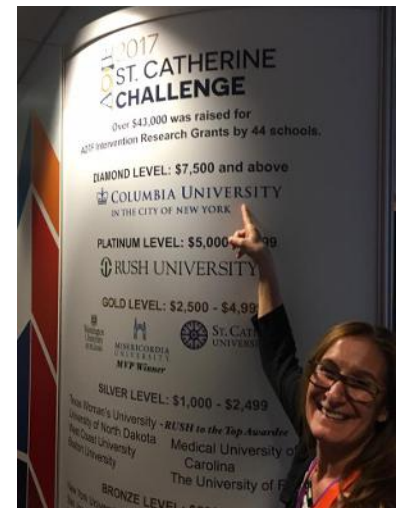
Lee Ann Westover* & **Emily Raphael-Greenfield**

Faculty; *MS student and/or recent graduate; § EDD graduate



Dr. Janet Falk-Kessler was one of four presenters at the State of the Science Symposium. She presented on "Resilience: Occupational Therapy and its Role in Helping to Adapt to Adversity".

In our second year participating, Columbia OT students won the AOTF St. Catherine Challenge. They raised over \$8,000 for occupational therapy research. Congratulations to them for their hard work!



Two presentations by our graduates Ghazala Saleem, Alice Jih, Myra Branch, Michaela Fraser, Hee Sun Jung, and Brooke Morgan were classified as "Young Scientist" presentations. This meant they were selected to present their posters on stage and answer questions during their poster sessions.

2017 Commencement Awards

The following members of the class of 2017 were recognized at graduation for their outstanding work:

The Joan Bozuwa Memorial Award for Scholarship, Leadership, Creativity, and Integrity: Linda Mari Arnaud

The Steven Katz Award for Clinical Excellence: Margo Stoner

Achievement Award for Excellence in Mental Health: Jeanina E. Miller

Patricia A. Miller Achievement Award for Excellence in Gerontology: Ji Hye Jeong

The G. Gordon Williamson Achievement Award for Excellence in Pediatrics: Alison Gordon

The Marguerite Abbott Memorial Award for Physical Disabilities: Stephanie Aaron

Robert Evander Achievement Award for Excellence in Science: Alyssa Scala

The Barbara E. Neuhaus Award for Excellence in Research: Ammarah Fadoo

Other awards given to members of the OT community who support our work include:

2017 Supervisor of the Year: Angela Cirami, OTR, NYU Hospital for Joint Diseases



SpOTlight on Students

Students Present at 35th Annual Research Day

Masters and doctoral students presented their research at the 35th Annual Research Day on May 18th. Topics ranged from prism adaptation to social participation in young adults with autism to the effect of an apartment living program for homeless adults.

Kimberly Hreha, a recent graduate of the EdD program, presented her doctoral research on the "Feasibility and Effectiveness of using Prism Adaptation to Treat Motor and Spatial Dysfunction in Stroke Survivors with Multiple Incidents of Stroke".

Ammarah Fadoo presented her independent study research, a systematic review of studies examining methods of improving social participation in adolescents and young adults with autism spectrum disorders.

Angela Agnese, Stephanie Gross, Sabah Hashmi, Omolara Ogunye, Connie Shin, and Daniella Weiss presented on the effect and satisfaction of an apartment living program for homeless adults with mental illness and substance use disorder.



Chair of the Department of Rehabilitation and Regenerative Medicine Dr. Joel Stein tries out Dr. Kimberly Hreha's prism adaptation glasses while Professor Daniel Geller looks on.

Other students presented the following posters:

Balance Control in the Six Minute Walking Task by Danielle Alonzi, Kate Davey, Jeanette Duong, Alison Gordon, Dana Kalksma, Christine Kim, Kelsey Mezrahi, Liz Peck, Julianna Mauriello, and Alyssa Scala

Home Safety Fall and Accident Risk in the Prematurely Aging, Formerly Homeless by Melissa Aponte, Daniela Gordillo, Christopher Rice, Jonathan Smith, Anna Peery, and Tamara Wills

Establishing the Initial Psychometric Properties of the Dream Home Assessment by Sara Berke, Jeanette Bond, Katherine O'Neill, Maureen Saintilus, and Margo Stoner

Home Mirror Therapy: A Randomized Controlled Study Comparing Unimanual and Bimanual Protocols for Improved Upper Extremity Function Post-Stroke by Stephanie Aaron, Michal Goldstein, Clarice Miller, Jeanina Miller, and Tamara Riewe-Moskovitz

Adaptive Motor Planning in Children with Autism by Sarah Bunevich, Ariel Cipoletta, Ammarah Fadoo, Lauren Haviland, Elizabeth May, Diana Le, Kara Rodriguez, Amal Suliaman, and Ivy Vega

Self-Directed Mirror Therapy After Stroke by Amanda Bezerra, Ji Jeong, Robert Lee, Amy Ransohoff, Amanda Rudnick, and Mark Younan

Motor Learning Strategies in Adults Using the Xsens Suit by Daniel Elliot, Aaron Cockburn, Trisha Gupta, Cole DiStanislao, Charlene Wong, Stephanie Klein, and Lauren Hirsch

SpOTlight on Students

Students Bring Holiday Cheer to CHONY

The MS2 class, led by Mari Arnaud and Daniela Gordillo, was interested in expanding the reach of their volunteer efforts, so they reached out to the Children's Hospital of New York (CHONY) to see if they could do something to do serve the children there.



Several members of the class took a study break to help assemble play dough snowman kits for the children, which were distributed to children who were unable to leave their floor.



Twelve students, Sarah Bunevich, Danielle Alonzi, Anna Peery, Jeanette Duong, Melissa Aponte, Diana Le, Amanda Bezerra, Sara Berke, Amy Ransohoff, Elizabeth May, Ivy Vega, and Daniela Gordillo, went to CHONY to do arts and crafts with the children who were able to attend. While most of the 200 children at CHONY are too immunosuppressed to interact with visitors, 50 children were able to participate in the project.

The students said their time at CHONY was very inspiring and a wonderful opportunity to take a break and do something hands-on with kids. The children also benefited from being able to take a break from examinations and testing in the hospital. The students are planning another visit for the spring and hope that this is the beginning of a relationship between CUOT and CHONY that will continue.



SpOTlight on Students

Ji Jeong '16 Visits Khazakistan

Last summer, MS2 student Ji Jeong had an opportunity to spend about two weeks in Kazakhstan with a close family friend and her mother, who all have a background in working with children with special needs. In Kazakhstan, children with special needs are often rejected from their communities and not provided with a sound education, even if they only have physical challenges. The trip aimed to explore what type of services existed for children with disabilities and to potentially set up partnerships for the future.

Ji and her group visited a government facilitated orphanage that housed about 160 children with varying degrees of disability, including Down Syndrome, Cerebral Palsy, Intellectual Disabilities, and others. They had the opportunity to check out the facility, meet with director and staff, and work on a short arts & craft activity with about ten children. There were rooms at the orphanage that would be great for therapy (i.e. education room set up with many fine motor activities, a sensory room, a classroom with SmartBoard and a computer, etc.), but due to a lack of staff training, they were not being used to their full potential.



The group also visited a rehab center mainly for children with CP that parents of children with special needs started many years ago. The rehab facility had an exercise gym, fine-motor skills room, speech room, art therapy room, and a music therapy room. The physiotherapists were dedicated in working with the children, but they do face challenges, including a lack of physical and occupational therapy majors in the country. Therapists learn different methods in surrounding countries (often China or Russia) and bring them back to Kazakhstan.

Ji said that this trip was a great opportunity for her to explore how OT can play a part in facilities like the ones she visited. “OTs could be instrumental in so many ways, especially in the areas of teaching basic ADL functions, providing education for the staff, and improving a child’s quality of life by giving them the opportunity to participate in life.” Ji completed her Level II Mental Health fieldwork at AFYA before the trip, which provided her with several resources to explain the proper fit for walkers, crutches, and wheelchairs, as well as easy assessment forms to teach staff. Her group was able to bring over \$1000 in educational resources, arts and crafts materials, and even OT games and toys to both sites. They are also in the process of sending various types of equipment (standards, walkers, orthotics, wheelchairs, OT toys, and other items) that a CP center in the US donated to both centers.

SpOTlight on Students

Students Fundraise by Pie-ing Professors



The Class of 2018 did a Pie a Professor fundraiser to raise money for their class. Second place winner Professor Dan Geller pied winner Dr. Glen Gillen with a delicious lemon meringue pie, and then got a little payback. The students raised more than \$300.

OT Bids Farewell to Two Staff Members



This year, the OT program said farewell to two retiring staff members, Brenda Spivey-Nieves and Ellen Morris.

Brenda was a cornerstone of the Programs for more than thirty years. She is enjoying her retirement and filling her time with volunteer work, but still stops by to see us from time to time.

Ellen was also with the Programs for many years. She is spending time exercising and traveling with her local senior center.

Thank you both for your many years of hard work and dedication to the Programs.

Join us on November 14th for Lab Opening!

We invite any local alumni and friends of the Programs to join us for a wine and cheese reception to celebrate the grand opening of our new OT lab space.

Tuesday, November 14th
5:00 pm - 7:00 pm

RSVP by November 10th to Eileen Lloyd: el2777@cumc.columbia.edu or 212-305-7038

We hope to see you there!



The new occupational therapy lab is a combination classroom and lab with simulated ADLs and a sensory gym. There are kitchen, bathroom, and bedroom areas, as well as the CUOT Bodega. Our students have been attending class there since the spring, and the full lab space opened this fall.

SpOTlight on Alumni

Victoria Babikian, '16, Spreads OT in Armenia

Victoria Babikian, class of 2016, has spent much of the last year volunteering as an occupational therapist in Armenia with Birthright Armenia, an organization working to strengthen ties between Armenian Diasporan youth and their homeland. Occupational therapy is still a young field in Armenia - there is only one program granting bachelor's degrees and there are fewer than 30 OTs in the country, most of whom work in pediatrics.

She has been placed with several sites during her time in Armenia. Vicky started working with a center for children ages 2 – 21 with autism. She worked with the younger children doing play therapy and sensory integration, and with the older youth on group activities, including physical exercise, medical exposure, and crafts. She helped design a sensory wall for the occupational therapy corner of their new resource room. She also worked at Kharberd Specialized Children's Home, a state-funded, long-term care facility for children and adults with physical and mental disabilities. There is only one OT there, but students from the bachelor's program do their fieldwork there. Together, they organized group activities focusing on fine and gross motor skills, executive function, socialization, and ADLs.



Vicky's main site was the Children of Armenia Fund, which is a non-profit organization that goes into the rural villages of Armenia, helps rebuild schools, and brings specialists to work with children and families in need. There, she completed a needs assessment and presented about occupational therapy to the staff, and created a system to provide OT. The specialists identify their more challenging cases, Vicky would observe those children in the classroom or developmental centers, evaluate them, provide individual therapy if necessary, and give recommendations and suggestions to the teachers, parents, and specialists who work with the child. She created her own evaluation form specific to the setting and conditions she sees. Vicky said, "this system has been very successful; everyone loves the functional and practical approach of OT!"

Continued on next page.

Victoria Babikian, '16, Spreads OT in Armenia (continued)

She has also been able to lead seminars about occupational therapy. During her presentations, she described the field, noted differences between OT in America and Armenia, explained the PEO model for evaluation and intervention, discussed treatment techniques for common pediatric conditions seen in the local facilities, and discussed ways to improve documentation utilizing levels of assistance and cueing.



Vicky says that Columbia helped her in many ways to be prepared for this experience. She said that the focus on client-based practice "helped me come with an open mind and a thirst to learn about my clients. I knew that my education and experiences were valuable, however my practices had to be specific to the Armenian lifestyle. I had to assess my surroundings first- the dynamics within the population, the resources of the environment, and the occupations valued and necessary to thrive here. This helped me individualize my evaluation and intervention approaches." She has also utilized many of the inexpensive and creative ways to evaluate and provide therapy as she has been acting as a volunteer. "I have been able to create visual perceptual activities from egg cartons and beads, fine motor activities using zippers and buttons, sensory activities with shaving cream, handwriting grasp interventions using coins, and adaptations using simple school supplies and household tools." She also credits her professors and classmates who have sent her various resources, including assessments, articles, personal experience, and professional contacts. She said, "even though I am an entry-level OT without supervision and very few OT colleagues, I feel like I have a community back home supporting me and making sure I succeed."



Simme Cynkin Klebanow: 1926 - 2017

Simme Cynkin Klebanow passed away October 20, 2017 at the age of 91. She was a past faculty member of the Columbia University Programs in Occupational Therapy (1982 – 1986). She was born ON February 28, 1926 in Jerusalem, Israel to the late Naftali and Chana Cynkin.

Simme began her OT studies at the University of the Witwatersrand in South Africa, earned her BS and MS at the University of Pennsylvania, and has made many contributions to our program and to the field of occupational therapy. She authored two textbooks, *Occupational Therapy: Toward Health Through Activities* (1979) and *Occupational Therapy and Activities Health - Toward Activities* (co-authored with Anne Mazur Robinson, in 1990); was considered a leading theorist on activities and occupation; and was awarded the designation of Fellow of the American Occupational Theory Association in 1982. She is survived by two children, seven grandchildren, and nine great grandchildren.

Alumni News

- Naomi Schubin Greenberg, class of 1960, is Professor Emerita at CUNY, on the OT Professional Advisory Council at Hofstra University, occupational therapist and OT Fieldwork Educator at Woodward Children's Center and a member of the new OT Leadership and Legacies Society.
- Jim Swett, class of 1976, started working for the VA in East Orange NJ after graduation. In 1987, he transferred to the VA in Memphis, TN and retired in 2007 after 30 years.

Alumni News?

Send it to Eileen at el2777@cumc.columbia.edu and we will include it in our next newsletter!

Support Columbia OT



Alumni donations help support the following areas:

Scholarships. Last year, students were given 12 awards from general gifts and 4 awards from alumni endowed gifts.

Student support

Education enhancement. Gifts have helped subsidize the cost of iClickers that all students are required to use in class.

Software for classroom instruction

Future donations can support:

Scholarships. 80% of our students rely on Financial Aid.

The new OT multipurpose lab. Our new lab is open and being used by students.

Any area of practice. Future gifts can be directed to support individuals who are interested in a specific area of practice.

International Program Stipends

Prep Courses for the NBCOT exam

Updated admissions technology

Any support that alumni and friends of Columbia OT can provide will help enhance our student's experience.

How to Give

<https://www.givenow.columbia.edu>

Search for Occupational Therapy for donation options.

By mail to:

CUMC Office of Development
516 West 168th Street, 3rd Floor
New York, NY 10032

If you are interested in annual giving or major gifts, please contact Janet Falk-Kessler.

Stay Connected to the Programs



Website, including information about our doctoral programs, an alumni section and news updates

columbiaot.org



Official Facebook page with updates from the Programs

<https://www.facebook.com/ColumbiaOT>



Alumni, Faculty, and Student Facebook group to connect with others and share resources

<https://www.facebook.com/groups/59530213112/>



<https://twitter.com/OTatColumbia>

Click [here](#) to join our mailing list to receive the newsletter via email and receive periodic updates about alumni events