



# Columbia University MOTivator

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

Spring 2019

## Columbia OT Plans First Annual Janet Falk-Kessler Lectureship



On May 16th, Columbia will offer the first annual Janet Falk-Kessler Distinguished Lectureship and Day of Scholarship. The day will start off with student research presentations, and then move to presentations and posters by clinicians from the Department of Education, NYPH Columbia, Burke Rehabilitation Hospital, and researchers from Columbia, NYU, Touro, and other area schools.

The presentations and posters presented by both students and clinicians will cover a wide range of topics, from homelessness to stroke to bullying to pelvic floor dysfunction.

Kristie Patten Koenig from NYU will give the Janet Falk-Kessler Distinguished Lectureship to cap off the event. Her talk is entitled "Embracing an Authentic Strength-Based Paradigm for Occupational Therapy".

Columbia OT is excited to launch this event for many reasons. The event gives tribute to Professor Emerita, Dr. Janet Falk-Kessler and honor her outstanding contributions to Columbia OT and the OT profession. We also want to host an annual gathering and opportunity for professional development for alumni, friends, and colleagues and show our appreciation for our dedicated fieldwork educators, clinical instructors, and adjunct faculty. We also hope the event will provide channels for collaboration among faculty, students, and clinicians of neighboring OT programs and facilities in the region.

We look forward to seeing you at the event! For more information, see our website.

[Click Here to Register](#)

# Letter From the Director

Dear Columbia OT Family,

I am hoping everyone is well and ready for some warm weather. We have finally unpacked all of our boxes and the Georgian Building is beginning to feel like our home. Please feel free to stop by for a tour.

We are just finishing our admissions process. As has been true for the last several years we literally have hundreds of applicants for only 55 slots. The applicant pool is strong in their academic achievement as well as their volunteerism and service. Our program is thriving!

Please help me welcome Dr. Razan Hamed to our occupational therapy faculty. Dr. Hamed received her PhD from the University of Pittsburgh. She is a seasoned educator having held faculty appointments at the University of Jordan and the University of New Hampshire. Most recently she served as Program Director, Department Chair, and Vice Dean at the New York Institute of Technology. Dr. Hamed's research interests include effects of the environment (in its social and physical sense) on the daily functioning of patients with long-term health conditions (e.g., depression, substance abuse, stroke, and multiple sclerosis) as well as psychometric testing of OT assessments. Dr. Hamed will be teaching components of our research curriculum.

On behalf of me and the faculty, we are looking forward to seeing many of you at the inaugural Janet Falk-Kessler Distinguished Lecture and Day of Scholarship to be held on May 16th. We are hoping this new yearly event will serve as a means for our alumni to stay in touch and network.

Till then,



Glen Gillen, EdD, OTR, FAOTA

Professor and Director, Programs in Occupational Therapy

Vice Chair, Dept. of Rehabilitation and Regenerative Medicine

Assistant Dean, College of Physicians and Surgeons



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# SpOTlight on Faculty

## Faculty and Students Run Functional Literacy Program

The Functional Literacy intervention at Pibly was an 8-week, twice a week program aimed at enhancing independent living and community participation of previously homeless adults by improving their functional literacy skills. Lenin Grajo and Sharon Gutman ran the program.

The 8 modules of the program addressed functional literacy skills to improve access to (1) food package and nutrition labels, clothing care, and household products; (2) community signage including maps, transportation schedules, and store aisle signs; (3) automated teller machines and transportation ticket kiosk directions, (4) utility bills, bank statements, and check writing; (5) monthly and weekly budgets, (6) prescription and over-the-counter medication labels; (7) medication administration, sorting, and storage according to package instructions; and (8) leisure activities including game directions and newspaper movie listings.

Nine MS 1 and 2 students joined Drs. Grajo and Gutman in the study: Hannah Gelb, Katie Langan, Karen Marx, Devon Paciello, Christie Santana, Ashley Sgandurra, Krysti Teng, Emily Hagemann, and Kaitlyn McKnight. CU OT alum Travis McLaughlin and Pibly Housing Program Director and Friend of CU OT awardee Kimberlee Baltich also assisted in the study. The CUOT community also had a book drive for the library at Pibly and collected several boxes of books.

The program was very well-received by the participants and established great collaboration with local community infrastructures including local grocery store and pharmacy managers, and Metropolitan Transport Authority personnel.



## Katherine Dimitropoulou Receives K Award



It is our pleasure to announce that Dr. Katherine Dimitropoulou has received the KL2 Mentored Career Development Award funded by NIH through the National Center for Advancing Translational Sciences (NCATS).

The award is administered through the Irving Institute for Clinical and Translational Research at Columbia University Irving Medical Center.

The research project that is part of this award is entitled: Adaptive motor decisions in response to task demands in children with Cerebral Palsy Hemiplegia.

# SpOTlight on Faculty

## Razan Hamed Joins Columbia OT Faculty



The Columbia OT program is excited to welcome Dr. Razan Hamed. She joined the faculty in January and will be teaching the Research I and II courses. She received her Bsc in Occupational Therapy from the University of Jordan and her MS and PhD from the University of Pittsburgh. Prior to coming to Columbia, she worked at the University of New Hampshire and was the program director at NYIT.

Razan's research interests include the effect of the environment on long-term psychosocial disorders (substance-related disorders, depression, etc), psychometric testing of OT assessment tools, and assessments and intervention for substance related disorders.

Outside of the office, Razan enjoys hiking and kickboxing. She lives in New Jersey with her husband and three children.

## Other Program News

- **Dawn Nilsen** was named Associate Director of the Programs.
- The 13th edition of Willard & Spackman was released in October. **Glen Gillen** edited the volume alongside Barbara Boyt Schell. **Lenin Grajo, Sharon Gutman, Dawn Nilsen, Glen Gillen, Janet Falk-Kessler, and Emily Raphael-Greenfield** contributed chapters.
- **Janet Falk-Kessler** was awarded the 2018 NYSOTA President's Award for her commitment, contribution, and exceptional dedication to the profession.
- **Dawn Nilsen** will be honored with the 2019 AOTA Recognition of Achievement Award, given to occupational therapy practioners who have made notable contributions to the profession and its consumers in a focused area of OT practice.
- **Lenin Grajo** was a member of the sub-committee that created the Revised Occupational Therapy Research Agenda.
- **Dawn Nilsen** participated in a Choosing Wisely interview with Hilary Richardson from AOTA on Occupation-Based Interventions for Clients with a Hemiplegic Shoulder
- **Lenin Grajo** was featured on On The Air, an OT podcast. You can listen here.



# AOTA 2019

Join our faculty, doctoral students, and recent graduates for short courses and posters highlighting their recent research in New Orleans.

## Thursday, April 4

8:30 – 10:30 am, CC Hall I

PA 1008: Increasing Purpose in Life and Social Connectedness of Older Adults Through a Multidimensional Reminiscence Program in a Community Senior Center

*Phyllis Simon, Sarah Chefitz, Amanda Tedino*

10:00 – 11:30 am, CC 291-292

Short Course 125: Everyone Can Play! An Evidenced-Based Approach on How to Use Assistive Technology to Facilitate Play in Children with Severe Disabilities

*Stephanie Hui, Katherine Dimitropoulou*

11:00 am – 1:00 pm, CC Hall I

Research 2035: Effectiveness of a Tailored Intervention for Women With ADHD and ADHD Symptoms: A Randomized Controlled Study

*Sharon Gutman, Sheetala Balasubramanian, Maya Herzog, Elizabeth Kim, Hannah Swirnow, Yudis Retig, Samantha Wolff*

11:00 am – 1:00 pm, CC Hall I

GP 2014: Communities of Practice as a Mechanism of Translating Clinical Research and Knowledge in OT: A Scoping Study

*Alyssa Lipari, Amanda Rubin, Sara Chefitz, Brittany Manning, Kristin Decker-Perrone, Amanda Tedino, Lenin Grajo, Sharon Gutman*

11:00 am – 1:00 pm, CC Hall I

PA 2004: Facilitators & Barriers to Participation in Evidence-Based Programs in Urban Senior Centers Serving Lesbian, Gay, Bisexual, and Transgender Older Adults

*Phyllis Simon, et al.*

## Friday, April 5

9:00 – 11:00 am, CC Hall I

Research 4027: Assessing Environmental Safety Modifications in the Chronically Ill Sheltered Homeless: A Pilot Study

*Sharon Gutman, Derek Douglas, Amber Carmiencke, Lauren Freudman, Maria Huerta, Matthew McCaa, Sam Miller, Alisha Sherpa, Miles Viant*

**Continued on next page.**

# AOTA 2019

## Friday, April 5 (Continued)

10:00 – 11:30 am, CC 391-392

Short Course 228: AOTA Choosing Wisely Town Hall

*Glen Gillen, Phyllis Simon, Dawn M. Nilsen, et al.*

10:00 – 11:30 am, CC 291-292

Short Course 224: Use of the Family Activity Adaptation Model to Coach Caregivers and Children with Hemiplegic Cerebral Palsy in Development of Bimanual Hand Use

*Ellen Osei, Katherine Dimitropoulou*

12:45 – 2:45 pm, CC Hall I

Research 5001: The Interactive Role of Emotional Intelligence, Attachment Style, and Resilience in the Prediction of Time Perception in Doctoral Students

*Pat Precin*

12:45 – 2:45 pm, CC Hall I

Research 5034: Pilot Effectiveness of a Stress-Management Program for Sheltered Homeless Adults With Mental Illness: A Two-Group Controlled Study

*Sharon Gutman, Sara Barnett, Lauren Fischman, Jamie Halpern, Genni Hester, Colleen Kerrisk, Travis McLaughlin, Ezgi Ozel, Haisu Wang*

1:30 – 3:00 pm, CC Theater A

Short Course 244: Learning, Functional Cognition, and Participation in School-age Children and Adolescents with Neurological Disorders

*Katherine Dimitropoulou, Lenin Grajo, Amanda Sarafian, et al.*

3:15 – 5:15 pm, CC Hall I

MH 6002: Trauma and Recovery in OT

*Pat Precin*

3:15 – 5:15 pm, CC Hall I

RD 6016: Preliminary Development of the Relative Mastery of Motor and Occupational Performance Scale (RM-MOPS) for Stroke Rehabilitation

*Lauren Winterbottom, Lenin Grajo*

## Saturday, April 6

8:00 – 9:30 am, CC 388-390

SRP 301B: The Effects of an Adapted Community Sports Camp (“GAME ON”) on Functional Mobility, and Fitness in Children and Adolescents with Cerebral Palsy

*Katherine Dimitropoulou, Genni Hester, et al.*

9:00 – 11:00 am, CC Hall I

RD 7025: Development of the Performance Skills Assessment for Schizophrenia (PSASz): A Performance-Based Assessment for Adults With Schizophrenia

*Lee Ann Westover, Lauren Winterbottom, Lenin Grajo*

# SpOTlight on Students

## Students Provide Falls Prevention Workshops to Seniors

Every September, MS2 students visit senior centers, NORCs, and other day programs to provide Falls Prevention workshops to seniors, based on materials from AOTA. The first day of fall is Falls Prevention Awareness Day, sponsored by the National Council on Aging. The participants are always appreciative and engaged. The students usually visit sites where they will complete their Level 1 Older Adult fieldwork in the spring.



## MS2 Presents at AOTF Event

Program Director Glen Gillen attended an AOTF event in October along with second year students Ashley Sgandurra, who spoke at the event, Lisa Touhey, and Anjali Karuvelil. Columbia was invited and featured as the most consistent program to raise funds for OT research through AOTF. Our students came in second last year and first the year before in the St. Catherine's Challenge.



## MS1 Organizes Holiday Card Drive



Annelise Malgieri, an MS1 and current Miss Bergen County, organized a holiday card drive this winter. Along with her family and friends, CUOT students helped create 720 cards that were donated to the New York State Psychiatric Institute and the New Bridge Medical Centers psych unit.

While delivering the cards to New Bridge, Annelise spoke to the child/teen and adult units. She said, "I shared my story with both groups, and hosted a question and answer where we talked about eliminating stigma and maintaining quality of life despite diagnoses. It was both empowering and enlightening and I look forward to applying the lessons I've learned through this experience as an OT. "

# SpOTlight on Alumni

## Alumna Maggie McNiece Consults on The Upside



Maggie McNiece, a 2009 graduate of the CUOT program, is an OT at the Kessler Institute for Rehabilitation in New Jersey. She has worked on the spinal cord unit since joining Kessler in 2011 and currently manages the PTs and OTs in the department.

She recently acted as a consultant on the movie *The Upside*, which featured Bryan Cranston as a wealthy paraplegic who hired Kevin Hart, who played a parolee looking for work, to care for him. While the movie has received some criticism for failing to cast a disabled actor in the lead role, Maggie told us she felt the movie accurately portrayed the caregiver relationship and gave visibility to OTs and therapists.

She got involved with the movie when the production team reached out to Kessler for help, and she volunteered. At first, the assistant director called with some questions and visited Kessler with the director and Bryan Cranston. Later, she was invited to set as a consultant.

Her favorite part was helping with the scene when Kevin Hart was changing a catheter. She taught him how to do it, he'd film the scene, need more help, and call for her - "Maggie, I need you!". She was impressed by the commitment they had to getting the details right.

Join us at AOTA in New Orleans for our annual alumni party!

Friday, April 5th

8:00 - 10:30 pm

New Orleans Marriott

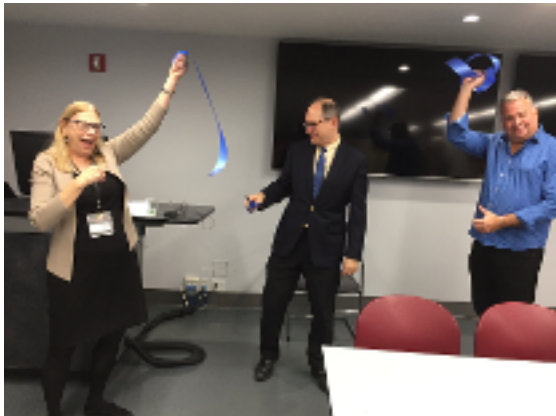
Balcony N

### Alumni News?

Send it to Eileen at [el2777@cumc.columbia.edu](mailto:el2777@cumc.columbia.edu) and we will include it in our next newsletter!



# Open House for New Space in Georgian Building



In November, the Columbia OT and PT programs held an open house at our new space in the Georgian Building to show off the space and welcome Dr. Glen Gillen as the Program Director of the OT program.

Dr. Joel Stein, the chair of the Department of Rehabilitation and Regenerative Medicine, cut the ceremonial ribbon to open the space.

We'd love to show you around!



## OTs on Instagram

Instagram can be a great place to get ideas, both professional and for personal projects.

Columbia alumni Staley Alexander started posting as a student, giving advice about fieldwork, surviving grad school, studying for the NBCOT, and is now a new therapist. You can follow her at [@staleyalexander](#).

Lenin Grajo has been making the other CUOT faculty and staff hungry with his vegan lunches. He shares his recipes and creations at [@otcooksvegan](#).

Please share your OT Instagram accounts with us!



# 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**

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

**Education enhancement.**

**Software for classroom instruction**

Future donations can support:

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

**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 Glen Gillen.

# Stay Connected to the Programs



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

[columbiaot.org](http://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/>



*Official Instagram page with updates from the Programs*

<http://www.instagram.com/columbiauniversityot>

Click here to join our mailing list to receive the newsletter via email and receive periodic updates about alumni events