



Washington University in St. Louis

SCHOOL OF MEDICINE

Occupational Therapy

Spring 2017

O.T. Link

Enabling
mobility in the
community



O.T. Link Contents

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Official publication of the Program in Occupational Therapy at Washington University School of Medicine

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From the Director



The Spring 2017 semester began with excitement as we were honored to be a part of the open house and ribbon cutting ceremony at Paraquad on January 26 to officially open the Accessible Health and Wellness Center. We have long partnered with Paraquad to serve people with disabilities in our community by identifying and removing barriers to independent living, education, employment and wellness. Our Enabling Mobility in the Community Laboratory, led by **Kerri Morgan, PhD, OTR/L, ATP**, is strategically positioned in the center (page 4). Its proximity to the new gym and its members opens the door to further community-based research to promote health, decrease secondary conditions and enhance participation in people with disabilities. It also provides more educational opportunities for master's, doctoral and PhD students in the Program by working closely with this population.

As educators, we are continually on the lookout for opportunities for our students to collaborate with other students in the Washington University community. **Christine Berg, PhD, OTR/L, FAOTA**, found an opportunity when she attended the iTeach Symposium last year and met Jennifer Ingram, a senior lecturer in fashion design at the Sam Fox School of Design & Visual Arts. Together, they developed an independent study in “apparel strategy” where teams of OT and fashion design students created garments for clients with mobility or vision impairments and specific wardrobe needs (page 8). It is so inspiring to see how these interprofessional collaborations can create new educational experiences for students that impact their future careers and the people they'll be working with.

In our last issue, we announced that our Program acquired the Milliken Hand and Rehabilitation Center from The Rehabilitation Institute of St. Louis (TRISL) on November 1. Milliken's services are now part of the Program's growing Community Practice, a move that brings the center back to WashU, where it began more than 45 years ago (page 10). Several therapists on staff are alumni of our Program, and Milliken has been one of our fieldwork sites since 1995. We look forward to partnering with Milliken on research initiatives, educational opportunities for our students and extending our reach into the community.

I am always deeply saddened to hear about the passing of one of our own. Recently, Catherine Williamson contacted me to let me know her mother, **Janet Williamson, MEd, BSOT '71, OTR**, passed away in October (page 12). Janet led an extraordinary life of service to others in our community, both as an OT and as a volunteer. She mentored faculty member **Kathy Kniepmann, OTD, MPH, EdM, OTR/L**, when she was an OT student. Kathy describes Janet as “relentlessly optimistic,” which could be used to describe so many of you who are out in communities all over the world making a difference in the lives of people each and every day.

It is hard to believe that in less a year we will be celebrating our 100th year anniversary (page 14). Please “save the date” of October 6, 2018 to join us for our Centennial gala event here in St. Louis. We have many exciting things in the works to mark this incredible milestone in our history. I hope to see you at our annual alumni reception at AOTA's Annual Conference & Centennial Celebration in Philadelphia (back cover) on March 30. It would be wonderful to share with you in person what we have planned.

The best to you,

A handwritten signature in black ink that reads "Carolyn Baum". The signature is fluid and cursive, with a long horizontal flourish at the end.

Carolyn Baum, PhD, OTR, FAOTA

*Elias Michael Executive Director, Program in Occupational Therapy
Professor of Occupational Therapy, of Neurology and of Social Work*



Dr. Jaime Muñoz

Dr. Jaime Muñoz gives inaugural lecture for the Voices of Inclusive Health Care Lecture Series

The Program in Occupational Therapy welcomed Jaime Muñoz, PhD, OTR/L, FAOTA, as the inaugural speaker for the Voices of Inclusive Health Care Lecture Series on November 14. This series of annual lectures focuses on the social determinants of health and community health issues that impact people's everyday lives.

Muñoz is an associate professor and department chair at Duquesne University in Pittsburgh, Pennsylvania. His current scholarly interests focus on exploring the scope of occupational therapy practice in criminal justice systems nationally and internationally. His sustained interest in developing and measuring outcomes of community-based occupational therapy programming – particularly with populations that are often marginalized – made him the ideal choice to launch the lecture series.

“Dr. Muñoz’s work with incarcerated populations is groundbreaking as he was one of the first OTs to examine the occupational performance issues that these individuals face once they are released back into society. Many are incarcerated as juvenile offenders, and may not have learned life skills or had an opportunity to become invested in their communities before their imprisonment,” says **Steve**

Taff, PhD, OTR/L, FAOTA, who co-chairs the Program’s Diversity and Inclusion committee that sponsors the lecture series. “Dr. Muñoz is putting intentional effort behind identifying and supporting meaningful activities that give this population the tools they need to achieve success in their lives and in their communities.”

In his lecture titled, “Channeling Capacity: Addressing the Occupational Needs of People in Criminal Justice Settings,” Muñoz defined the challenges and articulated his vision for occupational therapy creating positive change within criminal justice systems. The lecture drew a diverse and interdisciplinary audience of students, alumni, faculty, colleagues and community members. Taff saw the lecture as not only an opportunity for students to gain exposure to Muñoz’s work, but to think about developing their own vision and practice. “Our students learned by Dr. Muñoz’s example that they have the capacity to forge their careers in new directions by addressing populations that haven’t been typically associated with ‘occupational therapy.’ I hope this lecture series will inspire the next generation of OTs to explore this and other emerging practice areas that our profession can impact,” says Taff.

Barco to receive Roster of Fellows Award

Congratulations to **Peggy Barco, OTD, OTR/L, SCDCM, CDRS**, who will receive the American Occupational Therapy Association’s Roster of Fellows Award at AOTA’s 2017 Annual



Peggy Barco

Conference & Centennial Celebration in Philadelphia, Pennsylvania. The purpose of the Roster of Fellows is to recognize occupational therapists who have made a significant contribution to the continuing education and professional development of members of the Association through their special skills and knowledge in therapeutic practice, education and/or research. Barco is being recognized for her contributions to the “Advancement of Driving Rehabilitation Practice.”

“This is a very special honor to receive and something I never anticipated would happen when I began my career in occupational therapy several years ago. Choosing this profession was one of my best decisions and it has provided me a wealth of opportunities, new adventures and lasting friendships,” shares Barco. “I could not have accomplished this without the support and collaboration of the wonderful professionals and students I am honored to know and work with.”

The Roster of Fellows Awards will be presented during the Annual Awards & Recognition Ceremony on Saturday, April 1, from 5:45 – 6:45 p.m. at the Pennsylvania Convention Center. The ceremony is open to the public and conference attendance is not required.

Want more Program news?

Stay up-to-date on the latest Program news by visiting our website at ot.wustl.edu or connecting with us on Facebook, LinkedIn and Twitter.



Enabling mobility in the community

BY MICHELE BERHORST

Bridging the gap between rehabilitation and community services



Kerri Morgan, PhD, OTR/L, ATP (right), observes Clayton Braun's wheelchair propulsion biomechanics as he propels forward. Braun was a member of Team USA Wheelchair Rugby.

Kerri Morgan, PhD, OTR/L, ATP, is a familiar name in the Program in Occupational Therapy. Known for her numerous personal and professional accomplishments, Morgan is a 1998 Program alumna who has served in several capacities including as a research staff member, a clinician, an instructor and now a scientist. She serves in leadership positions on many organizational and state boards, and is an avid wheelchair athlete. Morgan has been a member of the U.S. Paralympic Track and Field Team since 2008, and she competed in the 2016 Rio Games, where she won a silver medal (women's 100 meters) and a bronze medal (women's 400 meters). Morgan is frequently described by colleagues as energetic, competitive, driven and focused. Those qualities caught the attention of her mentor, the late **David Gray, PhD**, when she was a student in his laboratory.

“For the record, I did not come to OT school to be a researcher. After I graduated, Dr. Gray offered me a part-time job as a research assistant in his lab until ‘I found something else,’” recalls Morgan fondly. “Needless to say, that didn’t happen.”

Morgan worked for many years in Gray’s Disability and Community Participation Research Office (DACPRO) and helped him develop nationally and internationally recognized participation measures. During this time, Gray impressed on Morgan the importance of conducting research in communities in addition to medical or rehabilitation institutions.

“The key thing he taught me was any time you study people with disabilities, you have to measure their participation from their perspective. Our lab was purposely situated in that community with direct access to the population we were working with,” shares Morgan.

The Program leased space for DACPRO at Paraquad, a nonprofit agency that serves more than 3,000 people with disabilities annually in the St. Louis area. Paraquad provides direct services and advocates for systemic change to promote accessibility, integration, opportunity and independence. The relationship provided multiple benefits to each organization and the surrounding community.

“Our data was showing the participants experienced benefits such as increased strength, increased endurance and decreased pain from the program.” —Kerri Morgan, PhD, OTR/L, ATP

In 2004, Gray applied for and received a grant from the Missouri Foundation for Health to fund a health and wellness program for people with disabilities. In partnership with the Program in Occupational Therapy, the Enabling Mobility Center was established at Paraquad. The program provided tools, education and exercise equipment to participants for 12 weeks before transitioning them to another community facility. There was just one problem with that plan that they didn’t anticipate.

“The participants didn’t want to leave our program or the Enabling Mobility Center. We quickly realized that we were giving them a unique, OT-supported environment with equipment they could use to meet their fitness goals that they couldn’t find in a traditional gym setting. Our data was showing the participants were experiencing increased strength, increased endurance and decreased pain from the program,” says Morgan. Because of the apparent need in the community, Paraquad kept the Enabling Mobility Center going when the funding ended in 2008. The gym consistently served about 125 participants each year, with dozens more on the waiting list.

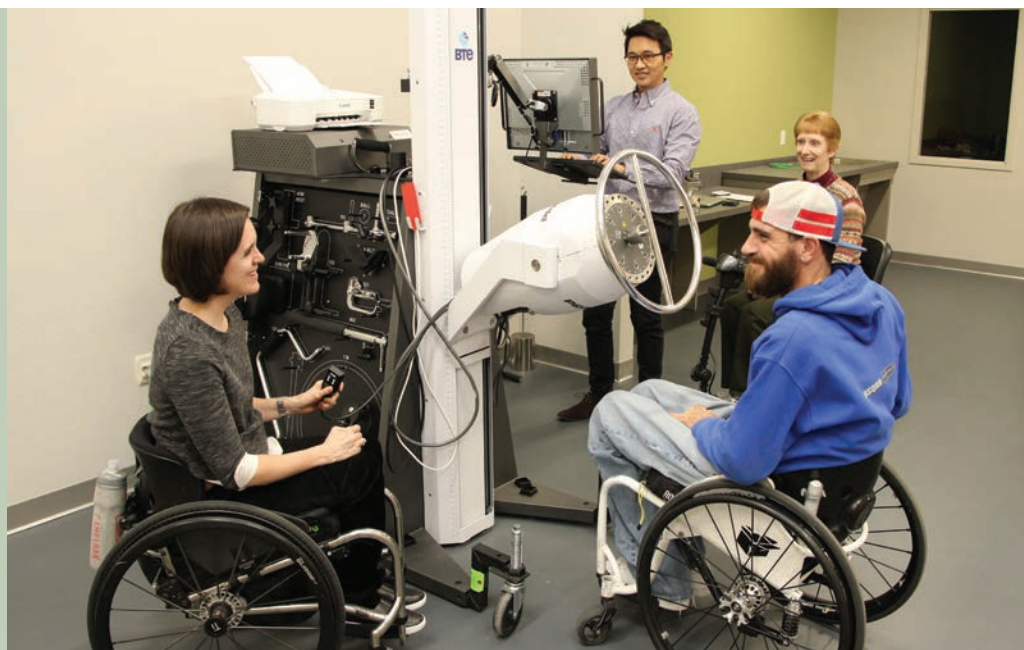
Morgan became an instructor in the Program as she continued to develop her research skills. Deciding that she wanted to become an independent investigator, Morgan applied to the PhD in Movement Science program in the Program in Physical Therapy at Washington University.

“I already had a strong grasp on environment in relation to participation because of my experience with Dr. Gray, so I purposely picked a program that was focused on the person instead. I was able to study neuroscience, biomechanics and

Community-based research

The Enabling Mobility in the Community Laboratory examines community-based, post-rehabilitation interventions that promote health, decrease secondary conditions and improve physical fitness to enhance the participation of people with disabilities in major life activities.

Left to right: Kerri Morgan, PhD, OTR/L, ATP; PhD student Benny Chen, MA; research participant Clayton Braun; and research coordinator Kim Walker, OTD, OTR/L, ATP.



exercise physiology, with the end goal of designing interventions to help people transition into the community after rehabilitation,” says Morgan, who earned her PhD in May 2015. Sadly, Gray passed away unexpectedly a few months before her graduation.

Morgan went on to complete a postdoctoral fellowship at the University of Alabama-Birmingham. In January 2016, Paraquad began construction of a new 22,000-square-foot Accessible Health and Wellness Center, which will enable up to 500 people with disabilities to achieve their fitness goals each year. As Morgan prepared to return to the Program, she discussed plans for her new research laboratory with **Carolyn Baum, PhD, OTR/L, FAOTA.**

“Dr. Baum was extremely open in allowing me to define what the lab’s mission would be. I wanted to explore the gap between rehabilitation services and community resources. I wanted to ask research questions such as how can we get people to transition easier and faster to the community, provide more

supports and get them on a healthier, educated routine faster,” explains Morgan. “The timing worked out perfectly with Paraquad’s expansion so the lab could be incorporated into the new facility.”

The Accessible Health and Wellness Center opened in January 2017, and Morgan’s Enabling Mobility in the Community laboratory is positioned as part of the center. The space also houses the Wheelchair Seating and Mobility Clinic and the Parenting with Disabilities Program, which are part of the Program’s Community Practice services. The lab’s primary study population is patients with lower leg mobility limitations including spinal cord injury, multiple sclerosis and cerebral palsy. The proximity to the new gym and its members opens the door to further community-based research to promote health, decrease secondary conditions and enhance participation in people with disabilities. It also provides more opportunities for master’s, doctoral and PhD students in the Program.

“Graduate students can work with me on research projects, or they can work with the Program’s Community Practice clinicians. The new facility can be used for case-based learning, assistive technology and other educational activities to enhance the student’s experiences in our Program,” says Morgan. “I was fortunate to have PhD student **Benny Chen, MA,** join my lab. We have been looking at ways to measure the effectiveness of the 12-week exercise program once the participant returns to their home. We can educate someone on how to exercise and eat healthy, but are they really doing it outside of the lab environment?”

Morgan is also studying the implementation of interventions to train manual wheelchair users in propulsion biomechanics using motor learning principles; developing and testing a computer-controlled dynamometer for use with manual wheelchair users for wheelchair training; and examining the duration and intensity of exercise programs to change the overall physical fitness of people with disabilities. Throughout her multi-faceted research, the goals remain the same.

“I want to develop an understanding of what happens when a person leaves rehabilitation and returns to their community setting. What is that process and how can we get the interventions to meet them where they are emotionally, physically and geographically?” says Morgan. “In the next few years, I want to see the lab well-funded, the students engaged in our work and contributing to the literature of rehabilitation science and occupational therapy.”



Kerri Morgan, PhD, OTR/L, ATP, and PhD student Benny Chen, MA, discuss using the SmartWheel to test the effects of an exercise regimen on propulsion biomechanics.

Open for business

Left to right: Aimee Wehmeier, executive director and CEO of Paraquod, Inc.; Kimberly Paddock-O'Reilly, executive vice president of Logan University; Carolyn Baum, PhD, OTR/L, FAOTA; Kerri Morgan, PhD, OTR/L, ATP, board chair of Paraquod; and Julie Hardin, senior manager of corporate giving at Express Scripts, cut the ribbon to officially open the new Health and Wellness Center at Paraquod, Inc. on January 26.



Health and
Wellness
Center



Health and
Wellness
Center



Designing an Apparel Strategy

OT and fashion design students collaborate to create specialty clothing for clients

BY MICHELE BERHORST

Faculty member **Christine Berg, PhD, OTR/L, FAOTA**, is always on the lookout for opportunities for occupational therapy students to collaborate with other students in the Washington University community. Berg found an opportunity when she attended the iTeach Symposium in January 2016. Held every two years, the symposium brings together Washington University faculty and instructional staff from across disciplines to share insights and ideas on teaching and learning. There she met **Jennifer Ingram**, a senior lecturer in fashion design at the Sam Fox School of Design & Visual Arts. Ingram was looking for a project that her students could collaborate on with students at the School of Medicine.

“I teach mostly 3-D classes in which the students take their drawings and make them into the prototypes or sample garments.

They typically design for the ‘ready-to-wear’ market, but I also teach a module where the students design for specialty markets such as formal wear, swimwear and haute couture,” shares Ingram. “Christine and I came up with the idea of having teams of students design garments for a different specialty market – clients with mobility or vision impairments – and specific wardrobe needs based on their occupations.”

During the summer, Berg and Ingram piloted their project with Katie Banister who survived an auto accident in 1990 that left her a quadriplegic. She and her husband, Steve, co-founded Access-4-All, Inc., whose mission is to educate and empower others through motivational speaking and disability education. Banister is dressed by an attendant and can shop in most clothing stores, but wanted a more tailored look for her various speaking engagements and professional appearances.



Maureen Hyde, OTD/S '18 (left), and Geige Silver, BFA/S '17 (right), present their clothing designs to their client to review.

“Katie doesn’t need a lot of functionality in her garments, but she has trouble finding structured, button-down shirts off the rack that fit her. Because she is sitting, those types of shirts tend to bunch up and are not flattering,” Berg says. “On our first meeting, Katie took Jennifer and me into her closet to show us what works and what doesn’t to help us better understand what exactly she was looking for.”

“My grandmother had multiple sclerosis and used a wheelchair so I thought I knew what to expect as far as what the clothing needed to do to work for Katie,” says Ingram. “But listening to Katie’s specific needs really challenged me as a designer to think outside the box. That’s what I wanted my students to do with this project – think beyond aesthetic beauty and address their clients’ needs in terms of functionality.”

With the needs assessment complete, Ingram created nine sketches of shirt options for Banister featuring flattering A-line silhouettes, three-quarter length sleeves and details around the collar. Berg shopped at secondhand stores for sample clothing. Together, they went fabric shopping to find structured fabrics without stretch to create the crisp, tailored look Banister wanted. They met with Banister a second time to review and refine the designs. On their final meeting with Banister, Berg and Ingram presented the designs and discussed the outcomes of their pilot project before offering it to students as an independent study in the fall. When they did, there were many OT students interested in taking the Sam Fox School’s Apparel Strategy course.

“We ended up with eight teams consisting of an OT student, a fashion design student and



Sara Ulfers, OTD/S '17 (left), and Ella Young, BFA/S '17 (right), discuss their revised designs in the second visit with their client.

an actual client. The class met once a week for seven weeks, with the first 15 minutes typically consisting of a lecture or an activity to help the students gain awareness of the mobility and environmental challenges their clients faced,” says Berg, who brought wheelchairs, goggles and other equipment to class to simulate impairments for the fashion design students to experience firsthand. “The OT students then took them throughout Bixby Hall so they could start to think about how clothing factors into mobility in the everyday situations their clients encounter.”

The remaining class time consisted of mentoring the student teams one-on-one as they worked on their client interviews, clothing designs and solutions. The class differed from Ingram’s other courses in that the teams did not produce a prototype or sample garment. Each team followed the three-meeting model with their clients that Berg and Ingram had piloted, with the final meeting featuring a creative, gallery-style presentation in which students displayed

their design portfolio and received feedback from their clients and peers.

“Christine and I were excited to see the creative designs the teams came up with for their clients. We all agreed early on there would be no Velcro used,” Ingram says. “Since fasteners are a major component of aesthetics and functionality, the students researched out-of-the-box options for their designs such as the magnetic closures found on handbags. In the end, we saw that many of the functional needs aren’t limited to people with mobility or vision impairments. The design solutions the students came up with could easily be marketed to mainstream consumers – there’s no reason to label it ‘adaptive clothing.’”

The students enjoyed not only working with a real client, but also the collaborative process itself. “The ability to work with a specific client and have a conversation about the function and aesthetics of clothing made the design process so much more meaningful,” shared Alex Giger, a third-year fashion design student. “I loved getting to know my client, Jessi, and my OT partner, Berrit Goodman. I learned so much about what clothing can do – it really has the ability to change the course of a day, boost self-confidence and provide a positive in someone’s life. That is what I hope my future design practice will do for my clients.”

Looking ahead, Berg and Ingram plan to offer the project as a module of the Fashion Collaboration Studio Course in fall 2017 with another collaborator on board – students from the School of Engineering & Applied Science. “We are hoping they can help us not only design different closures, but also make prototypes of the actual hardware,” Berg says. “Who knows, we might end up creating something new for the fashion industry!”




This design is a dress shirt with a built-in sweater vest, center-back opening, a right side slit to provide access to a gastrostomy tube and a sewn-in cotton undershirt. It also features interchangeable short and long sleeves. The idea of consolidating several features into one was to facilitate caregiver dressing.

Joining hands

Milliken Hand and Rehabilitation Center becomes part of Community Practice

BY MICHELE BERHORST



Patricia Paynter, OTR/L, CHT (right), adjusts the rubber splints to support Kathryn Smith's finger joints.

On November 1, 2016, the Program in Occupational Therapy acquired the Milliken Hand and Rehabilitation Center from The Rehabilitation Institute of St. Louis (TRISL). Milliken's services are now part of the Program's growing Community Practice, a move that brings the center back to WashU, where it began more than 45 years ago.

Founded in 1971 by Paul Weeks, MD, as part of the Irene Walter Johnston (IWJ) Institute of Rehabilitation at the School of Medicine, the center was initially funded by Thomas M. Moore, the president of the Milliken Publishing Co. in St. Louis, and James Lee Johnson. It was eventually named in honor of Moore's grandfather, John T. Milliken. The center became the first of its kind in the Midwest and only the third hand center in the U.S. Weeks served as director and performed all medical treatments and surgical procedures.

The Milliken Hand and Rehabilitation Center relocated to the East Pavilion at Barnes Hospital in the early 1980s. In the 1990s, Barnes Hospital and Jewish Hospital of St. Louis joined with Christian Health Services to form BJC HealthCare. When BJC HealthCare later entered into a partnership with HealthSouth, the Milliken Hand and Rehabilitation Center became part of the outpatient services at TRISL. Following the acquisition last November,

the Program welcomed the center's five physical therapists and 11 occupational therapists into its clinical practice.

"It really is a sort of homecoming for us," says **Patricia Nellis, MBA, OTR/L**, director of clinical operations for the Program in Occupational Therapy. "Several therapists on staff are alumni of our Program, and Milliken has been one of our fieldwork sites since 1995. We are pleased to partner with Milliken on research initiatives, educational opportunities for our students and extending our reach into the community moving forward."

A strong, evidence-based practice

More than 1,000 patients visit Milliken each month. The therapists on staff work with plastic, orthopedic and neuro surgeons, and other physicians, from Washington University School of Medicine and the community. The collaborative relationship between physician and

therapist not only sets Milliken from other facilities, it provides a greater level of personalized care for patients.

“Following surgery, occupational and physical therapy can help ensure patients recover fine-motor skills, restore function and movement and improve their ability to perform daily tasks as quickly as possible. Hand injuries can significantly impact a person’s ability to function as desired, and this unique partnership opportunity between patient, physician and therapist allows us to deliver exceptional care and empower patients in a way other providers cannot,” says Nellis.

The patient, physician and therapist relationship extends to research. Physical therapist **Lorna Kahn, BSPT, CHT**, has co-authored several papers with Susan Mackinnon, MD, chief of the Division of Plastic and Reconstructive Surgery, who is renowned for her work in peripheral nerve injuries and nerve transfer techniques. Kahn’s area of research examines functional outcomes in spinal cord injury patients following nerve transfers in the upper extremities.

Occupational therapist **Anna VanVoorhis, MS, OTR/L**, has been working with W. Zachary Ray, MD, assistant professor of neurosurgery, on a study funded by the Department of Defense to investigate hand function after nerve transfer in spinal cord injury. For her portion of the study, VanVoorhis is examining rehabilitation outcomes and how hand function improves with therapy after nerve transfer.

“Working on the study has been a great learning opportunity for me, as well as a wonderful opportunity to meet amazing patients and families from around the country. It has been amazing to see recovery of hand and upper extremity function in patients and the way that patients and families work together to achieve their functional goals,” says VanVoorhis.

Looking ahead

In addition to expanding the reach of Washington University’s Community Practice, acquiring Milliken Hand and Rehabilitation Center creates rich educational opportunities for master’s and doctoral students in the Program.

Program alumna **Macyn Stonner, OTD ’16, OTR/L**, joined the clinical staff at

Cia Passig Carpenter, MS, OTR/L, CHT (left), tests Rodger Radcliff’s grip strength. Radcliff’s hand was reattached following an industrial accident.



Milliken in February 2017. She became interested in hand injuries when she shadowed a therapist as an undergraduate. Stonner further explored her interests with her Program mentor, **Vicki Kaskutas, OTD, OTR/L, FAOTA**.

“I began exploring the intricacies and complexities of the structures involved in the upper extremities in Dr. Kaskutas’ anatomy class. I then became involved in the American Society of Hand Therapists (ASHT) Hand Therapy Review Course that is held in St. Louis each year by assisting in the cadaver lab with the guided anatomy review,” says Stonner.

Stonner later completed her Fieldwork Level I at Milliken. “There is a lot of literature on the biomechanical factors people with upper-extremity peripheral nerve injuries face. I wanted to delve deeper into the more holistic issues individuals may experience such as emotional, quality of life, effect on work performance, sleep quality and the ability to perform household tasks,” explains Stonner. “My doctoral model focused on upper-extremity care by identifying

occupational needs and exploring environmental factors.”

Stonner returned to Milliken to complete the 16-week doctoral experiential component. The advanced clinical practice and research environment present at Milliken gives students the opportunity to learn from and work with some of the best hand therapists in the nation. Nellis hopes to expand the experiential learning opportunities at Milliken even further.

“We are currently exploring the idea of starting a student-run hand therapy clinic to offer free services for under-resourced clients. Personalized care will be provided by a graduate occupational therapy student, who will assess and treat clients with oversight from a licensed, practicing occupational therapist. We have been successful using that model for our student-run stroke clinic, and it could provide needed therapy to people who wouldn’t otherwise have access to services,” says Nellis.

a Beacon of Hope

BY MICHELE BERHORST

Alumna Janet Williamson, MEd,
BSOT '71, OTR, encouraged others
to live life to the fullest



When Janet Williamson, MEd, BSOT '71, OTR,

passed away in October 2016, she left unfulfilled her lifelong dream of visiting the African Congo. The daughter of a preacher in rural Kansas during the Great Depression, Janet was raised in a family that often hosted visiting missionaries and nationals in their home. The travelers would share stories about life in the Congo, and young Janet decided she wanted to be a mission doctor.

After high school, she attended pre-med classes at Phillips University in Enid, Oklahoma. It was in the comparative anatomy class where she met fellow student Joseph Williamson. He eventually proposed, and the newly married couple drove their Rambler to St. Louis, where Joe had been accepted into Washington University School of Medicine. They had two daughters – Catherine and Sherry – soon after the move.

“Dad served in the U.S. military in Korea and used the G.I. Bill to pay for his tuition. Mom was a very fast typist and supported our family as a secretary at Washington University while he was in medical school,” says Catherine. “She was very practical, and soon realized she couldn’t be a missionary doctor and travel internationally with young children to care for.”

Janet Williamson in 1975 as the coordinator of occupational therapy at Jewish Hospital in St. Louis.

Joe earned his medical degree in 1958 and completed residency training in pathology in 1961, both at Washington University. He joined the School of Medicine faculty in 1962. Janet continued to work and raise her family, but still yearned to help people live their lives to their full potential. She learned about occupational therapy, and enrolled in the bachelor's degree program at Washington University. "I remember Mom practicing her OT skills on me and my sister. One night we learned how to crack and separate an egg with one hand, and then Mom had to come up with a recipe to use all the eggs," remembers Catherine. "At that time, the occupational therapy curriculum included crafts such as woodworking, ceramics and sewing, which spoke to Mom's interests as she enjoyed doing all of those activities."

After earning her degree in 1971, Janet worked as an OT in several acute care settings in St. Louis. Her three-month rotation in the burn unit at St. John's Mercy Hospital profoundly impacted her own perceptions about pain. "She would always look back on the level of pain her patients suffered and never complained about her own pain at all. She had the utmost respect and compassion for people who experienced serious burns," says Catherine.

Following that experience, Janet accepted a position as the coordinator of occupational therapy at Jewish Hospital in St. Louis. There, she influenced countless OT students, patients and colleagues until her retirement in 1988. "My work as an occupational therapist consisted of assessment and treatment of patients with a wide range of physical diagnosis, including spinal cord injury, traumatic brain injury, stroke, upper extremity amputation and burns. Goals of treatment were primarily to increase the level of function, involving strength and coordination, daily living skills, vocational potential, home modifications and driving evaluations," Janet noted in a biographical statement.

Kathy Kniepmann, OTD, MPH, EdM, OTR/L, one of the many OT students mentored by Janet, is now assistant professor of occupational therapy and neurology in the Program of Occupational Therapy.

"My first OT fieldwork was at Jewish Hospital with Janet. During that time, the biomedical model predominated the profession, but Janet encouraged me to look beyond symptoms, with a more expansive emphasis that included meaningful occupations, client-centeredness and attention to environmental factors. Janet's guiding principle, personally and professionally, was to provide opportunities for people to live full, meaningful lives," shares Kniepmann.

Janet's guiding principle extended into her personal life and into her community. Her passion was gardening, and she enjoyed

"Janet's guiding principle, personally and professionally, was to provide opportunities for people to live full, meaningful lives."

– Kathy Kniepmann, OTD, MPH, EdM, OTR/L

teaching young people about native wild flowers, trees and prairies. Both she and Joe were actively involved in gardening clubs, and donated thousands of plants to local residents to start their own gardens. Janet also volunteered at local organizations such as Planned Parenthood, the International Institute and English as a Second Language.

"Mom's heart was full of compassion, especially for refugees and those adjusting to life in America. She always regretted not being a missionary in the Congo, but she was a missionary here in St. Louis. She welcomed so many people to our community, and helped them learn life skills so they could support themselves and their



Joe and Janet Williamson

families," says Catherine. "She was a beacon of hope for so many because she never gave up on anyone no matter what their situation was. If she could help someone, she would do it."

As a distinguished diabetes researcher, Joe was invited to speak all over the world. The couple traveled extensively throughout the years, and they often opted to stay in small communities in South America and Asia to learn about the people and the culture. They became supporters of Heifer International, an organization whose mission is to work with communities to end world hunger and poverty, and to care for the earth.

Joe and Janet were also longtime supporters of Washington University and their respective programs. They were deeply committed to giving back to the school that provided their training and to supporting the next generation of medical researchers and OT clinicians.

"Janet was relentlessly optimistic. Her love of life was infectious, and she enjoyed meeting people from different backgrounds. She had a heart of gold and found wonderful ways to connect with everyone," says Kniepmann.

If you would like to give online in honor or memory of Janet, please visit our website at ot.wustl.edu/alumni. You can also contact Patrick Delhougne in Medical Alumni and Development at 314-935-9680 or p.delhougne@wustl.edu to make a gift.

Announcing the OT Program Alumni Awards

The Distinguished OT Program Alumni Award and Emerging Leader Award recognizes alumni of the Program of Occupational Therapy at Washington University School of Medicine for their individual achievements in or contributions to the field of occupational therapy in research, education, leadership, professional development or community participation.

The awards will be presented at the Program's Centennial gala event on October 6, 2018 at the Ritz-Carlton in St. Louis, Missouri. Nominees selected must be in attendance at the gala to accept their award. Nominations will be accepted starting on July 1, 2017 and closing on January 31, 2018 and can be made online at ot.wustl.edu/OTalumniaward.

Eligibility

- The nominee must be a graduate of the Program in Occupational Therapy at Washington University School of Medicine.
- Potential nominees who are associated with Washington University, its governing board, the State government, or State regulatory boards or agencies can be nominated only after they no longer hold their respective positions.
- Self-nominations will be considered.
- Each award is to be presented only one time to an individual. Therefore, all previous recipients are ineligible for subsequent consideration.
- All nominees must be living at the time of nomination.
- All nominees must have the highest standard of personal integrity and character.
- Have shown extraordinary leadership and/or career trajectory, and
- Have graduated in the past ten years.

Nomination Materials

Materials to submit with nomination include:

1. A biographical sketch, resume or CV summarizing the nominee's achievements.
 - a) If your nominee does not have this available, please include
 - i) a summary of positions and employment, leadership roles, accomplishments, previous awards and publications, and ii) a short narrative about the person and their attributes that makes them eligible for the award (see Selection Criteria).
2. Additional supportive documents (i.e., at least one letter of recommendation from a colleague, patient/client, students and/or community member).

Selection Criteria

Qualified nominees for the **Distinguished OT Program Alumni Award** should possess the following attributes:

- **Professional Achievement:** Nominees have attained prominence in their occupational therapy career through research, education and/or clinical practice.
- **Community Participation:** Nominees have demonstrated a commitment and dedication to community participation in regards to accessibility, mobility, policy and/or advocacy.

In addition to the criteria above, qualified nominees for the **Emerging Leader Award** must:



Save the Date

The Program in Occupational Therapy Centennial Gala

Saturday, October 6, 2018

Ritz-Carlton Hotel
Clayton, MO

*Celebrating 100 years
of helping people
live meaningful lives*



Child weaving,
1922

Nomination Process

Nominations will open on July 1, 2017 and will close on January 31, 2018. The selections will be made by the Award Selection Committee in March 2018. You can nominate online at ot.wustl.edu/OTalumniaward.

If the nominee is selected by the committee, he or she must be in attendance at the Centennial gala event on October 6, 2018 in St. Louis, Missouri to accept the award.

If you have any questions about the nomination or selection process, please contact Michele Berhorst at (314) 286-1606 or berhorstm@wustl.edu.

Share your experiences!

Mary Ellen Formby, BSOT '78

What do you think made your WUOT experience different from those of students at other universities?

When I was in OT school, our academic program was closely tied to OT experience in clinical or community settings. We learned from both perspectives as we went along – other programs waited until the clinical affiliation to get that experience.

What is your best memory of your time at WUOT?

I loved the old building (4567 Scott Avenue, see below) that was tucked into the medical complex at Washington University. We were a small group in a small setting – the learning experience was great!

What skills/life lessons proved to be most valuable to you that you acquired in your time at WUOT?

I have always felt well prepared after my time at Washington University. I have practiced in many areas of OT during my career, and I always felt like I could do anything. I learned how to problem-solve and work in unfamiliar situations.

We want to hear from you!

Our history is not complete without the voices of our alumni. Please take a few minutes to complete our short survey today!

<http://bit.ly/OT100survey>



Class of 1978

Make a gift

Your donation to the Program in Occupational Therapy Scholarship Fund helps support future occupational therapists to impact the communities in which they serve. Donations also may be made in honor or in memory of an individual.

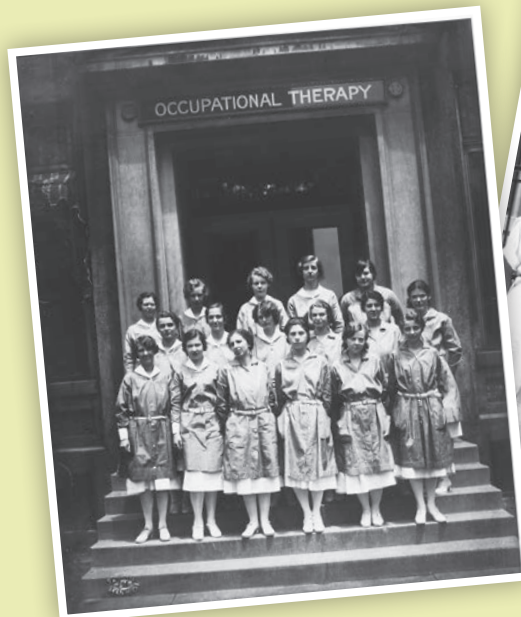
Give online at through our website at ot.wustl.edu/alumni.

If you have any questions about Occupational Therapy Scholarship Fund, please contact Patrick Delhougne in Medical Alumni and Development at 314-935-9680 or p.delhougne@wustl.edu.

4567 Scott Avenue

In 1929, the St. Louis School of Occupational Therapy was moved from 3510 Washington Avenue to 4567 Scott Avenue to a building purchased by Dr. Malvern E. Clopton and presented to Washington University. Clopton was president of the Missouri Association for Occupational Therapy at the time. Renamed the Program in Occupational Therapy, it resided at 4567 Scott Avenue for more than 65 years. In 1995, the Program moved into its current location at 4444 Forest Park Avenue.

Left photo: The 1930-1933 classes pose in the doorway of 4567 Scott Avenue.
Right photo: The class of 1986 in the same doorway more than 50 years later.



Student happenings



Students enjoyed “spooktacular” fun at the annual Halloween party held at the Olin penthouse on October 28.



Brooke Fosaaen, OTD/S '18 (left), and Hayley Barlow, MSOT/S '17, fabricate resting hand splints for the Sensorimotor Interventions course on November 4.



Chris Enke, OTD/S '17 (second from left) presented a poster at the 2016 Institute of Public Health Annual Conference on November 29.



Students presented their systematic review posters on clinical topics as part of the Fundamentals of Evidence-Based Practice course on December 5.



Students learn about safe transfers during a Case Based Learning II live client event on January 26.



What's cooking?

Left to right: Alana Hansen, MSOT/S '18, Lindsay Smith, MSOT/S '18, and Samantha Eagle, OTD/S '19, dressed in traditional Nigerian garments prior to enjoying the cuisine they helped prepare in their cooking lab as part of the Theory and Foundations for Occupational Therapy Practice class.

Washington University School of Medicine
Program in Occupational Therapy
4444 Forest Park Ave., CB 8505
St. Louis, MO 63108-2212

 Washington
University in St. Louis
SCHOOL OF MEDICINE

Occupational Therapy



Tweets we love
@WUSTLOT

Kerri Morgan @TeamUSA brings home silver in 100m and bronze in 400m from Rio
@Paralympics <http://go.teamusa.org/2cCUDUM>
-Washington U. Med @WUSTLmed 19 Sep 2016

Upcoming events



March 30 - April 2, 2017

**AOTA Annual Conference &
Centennial Celebration**

Philadelphia, Pennsylvania
Pennsylvania Conference Center
www.aota.org/conference.aspx

*You are invited to the Program in
Occupational Therapy Alumni
Reception on March 30. Watch for
your invitation coming soon.*



April 21, 2017

OT Scholarship Day

Eric P. Newman Educational Center
(EPNEC)
320 S. Euclid Ave.
St. Louis, MO 63110

*Registration information to come
at ot.wustl.edu*



May 19, 2017

Commencement

The Program in Occupational Therapy
Commencement Ceremony will be
held in Graham Chapel at 1:00 p.m.
on May 19, 2017.

The Program in Occupational Therapy is accredited by the Accreditation Council for Occupational Therapy Education (ACOTE) of the American Occupational Therapy Association (AOTA), located at 4720 Montgomery Lane, Suite 200, Bethesda, MD 20814-3449. ACOTE's telephone number, c/o AOTA, is (301) 652-AOTA and its web address is www.acoteonline.org.