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# Otras Perspectivas (Other Perspectives), Volume 17, Issue 01, January 2016

Occupational Therapy Graduate Program

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# OTras Perspectivas

O T H E R P E R S P E C T I V E S

UNM OCCUPATIONAL THERAPY GRADUATE PROGRAM NEWSLETTER



*Betsy VanLeit,  
Ph.D., OTR/L  
Associate Professor  
and Director  
Occupational Therapy  
Graduate Program  
Department of Pediatrics*

## DIRECTOR'S MESSAGE

It is my pleasure to introduce this issue of OTras Perspectivas, and as usual I am amazed that another year has come and gone. Much has transpired in 2015, and many of the articles in this newsletter speak to our continued energy and growth. Of course, none of this would be possible without the passion, creativity and dedication of our faculty, staff and students, and I want to mention some of the wonderful activities that you will read about in the pages of this newsletter.

This will be my last newsletter column as Program Director, as I will be retiring from UNM in July 2016.

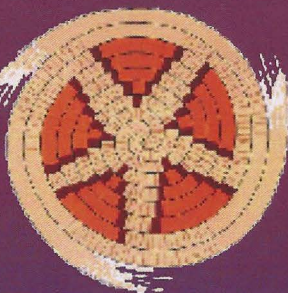
This has been a good year for research scholarship. Turn to page 2 for a listing of the many peer-reviewed publications that our talented faculty have contributed to the literature in areas of interest to occupational therapy practitioners. In addition, we are very proud of the fact that Diane Parham was

awarded the prestigious Cordelia Myers Award for the best article of the year in the American Journal of Occupational Therapy (AJOT). If you are curious to learn more about many of the research projects that we are engaged in, turn to page 9 where you will find a list of the scholarly projects that our students are working on under the mentorship of their faculty research advisor. This continues to be a model that does an excellent job of supporting student research competency development while helping faculty members to keep their research projects moving forward.

On the service front, we've been extremely busy as well. As president of the New Mexico Occupational Therapy Association (NMOTA), Carla Wilhite has done a wonderful job of facilitating many collaborative initiatives between NMOTA and the UNM OTGP that involve therapy practitioners, faculty and students.

Sue Iliff and her Fieldwork Advisory Board continue to strengthen and enhance fieldwork programming throughout our region. Heidi Sanders continues to build programming and capacity with La Familia-Namaste, a community-based program focusing on the needs of children who have experienced loss and trauma. I am proud to be involved along with OTGP students in regular service learning addressing the needs and interests of men in a local homeless shelter.

There's lots more that I can't fit into this short introduction, so please read the newsletter in its entirety. You'll hear about Terry Crowe's most recent experiences as a Fulbright Senior Scholar in Turkey, student experiences south of the border in Oaxaca, a research project exploring the effects of service dog and military veteran partnerships, updates from our students and alumni and much more. Happy reading!





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## Content Editor:

Terry K. Crowe, Ph.D. OTR/L, FAOTA

And many thanks to all of you who contributed articles and photographs!

OTras Perspectivas is an annual newsletter of the University of New Mexico Occupational Therapy Graduate Program.

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## Graphic Design:

Kathy Montoya, Montoya Creative

## OT Program Website

<http://hsc.unm.edu.som.ot>

 Find us on Facebook:

[www.facebook.com/UNMOTGP](http://www.facebook.com/UNMOTGP)

## Recent Faculty Research Publications

(Bold = Faculty, *Italics* = UNM OT Students or alumni)

Crowe, T.K., Sedillo, J.S., LaSalle, J. & Furgang, E. (2015). Time use and space use of adults with developmental disabilities. *The Open Journal of Occupational Therapy*, 3, Article 2.

Iliff, S. et al. (2015). Creating community collaboration with a fieldwork advisory board. *OT Practice*, 20, 16-18.

Schaaf, R. C., Schoen, S. A., May-Benson, T. A., Parham, L. D., Lane, S. J., Smith Roley, S., & Mailloux, Z. (2015). The Issue Is—State of the science: A roadmap for research in sensory integration. *American Journal of Occupational Therapy*, 69, 6906360010. <http://dx.doi.org/10.5014/ajot.2015.019539>

Roley, S.S., Mailloux, Z., Parham, L.D., Schaaf, R.C., Lane, C.J., & Cermak, S. (2015). Sensory integration and praxis patterns in children with autism. *American Journal of Occupational Therapy*, 69, 6901220010. <http://dx.doi.org/10.5014/ajot.2015.012476>.

Poole, J.L., Huffman, M., Hunter, A., Mares, C., & Siegel, P. (2015). Perceived manual ability, hand strength, dexterity, and sensation in persons with Charcot-Marie-Tooth disease. *Journal of Hand Therapy*, 28, 364-368.

Willems, L.M., Vriezolk, J.E., Schouffoer, A.A., Poole, J.L., Stamm, T.A., Bostrom, C., Kwakkenbos, L., Vliet Vlieland, T.P.M., & van den Ende, C.H.M. (2015). Effectiveness of non-pharmacological interventions in systemic sclerosis: A systemic review. *Arthritis Care & Research*, 67, 1426-1439.

Poole, J.L., St. Germain, C., & Schaeffer, A. (2015). Factors related to quality of life in non-Hispanic white adults with and without type 2 diabetes. *Journal of Metabolic Investigation*, 1, 1-7. doi: 10.14800/jmi.1000

Poole, J.L., Chandrasekaran, A., Hildebrand, K., Skipper, B. (2015). Participation in life situations by persons with systemic sclerosis. *Disability & Rehabilitation*, 37, 842-845.

## Welcome New Staff Member, Amanda Abeyta



My name is Amanda Abeyta and I am the new OTGP Administrative Assistant. I am an Albuquerque native, born and raised, as well as a current UNM undergrad. In the coming years, I will hopefully be headed for a degree geared toward the study of psychology, then hopefully on to teaching. I have spent the past three years as a Chiropractic Assistant and Wellness Coordinator for a chiropractic clinic here in Albuquerque. Though I thoroughly enjoyed what I did, I couldn't pass up the chance to become a part of the Occupational Therapy Graduate Program team. I am honored to be able to do my part in helping to prepare future occupational therapists as OT is important to me on a very personal level. I have a brother who is physically disabled and needs regular occupational therapy. I am so grateful for this opportunity and cannot wait to see what it brings!

## UNM OTGP Participation in the 2015 NMOTA Annual Conference

By Joanna Cosbey, Ph.D., OTR/L

We would like to recognize the hard-work and terrific contributions of our students, graduates, and faculty at the 2015 Annual NMOTA Conference held September 4th and 5th in Albuquerque. Many of our students shared their research posters during the Ellen Reavis Sunset Soiree. In addition, a number of students (current and past) and faculty presented information including topics such as rural practice, community collaboration, supporting mealtimes for individuals with developmental disabilities, and integrating evidence-based practices in the workplace.

Several of our students led presentations with OTGP faculty members, including Sue Shelley (Class of 2016) and Kelly Ledingham (Class

of 2016) who presented “Strategies to Support Mealtimes: Cognitive, Behavioral, and Social Strategies” with Dr. Joanna Cosbey (Faculty and Class of 1999); David Jack Gleghorn (Class of 2015) and Christopher Guitierrez (Class of 2015) who presented “The Effect of Mindfulness Training on Executive Functioning and Social Skills in Elementary Aged Children” with Heidi Sanders (Faculty and Class of 1997) and Anona Whitley (Class of 2014). In addition, a number of our full-time and part-time faculty members led presentations related to their research and other areas of interest. Heidi Sanders, Robin Leinwand (Adjunct Faculty and Class of 2011), Hannah Bloom (Adjunct Faculty and Class

of 2010), and Rachel Nelson (Class of 2014) highlighted successful programs that involve collaborations between the UNM OTGP and community groups in a presentation titled “If You Build It, They Will Come’: Expanding the Role of Occupational Therapy in New Mexico.” Mary Thelander Hill (Adjunct Faculty and Class of 2010) and Lisa Edwards presented “OTR and COTA: Defining Our Roles and Strengthening Our Collaboration,” while Dr. Diane Parham (Faculty), Sue Iliff (Faculty), and Maurice Lopez presented a two-part session titled “Empowering Your Practice with Evidence Based Practice” that was designed to help OT practitioners strengthen their practices within their own workplaces.

Additional presentations were given by Dr. Carla Wilhite (Faculty and Class of 1996), “Rural Practice: Developing the Occupational Profile of the Farmer and Rancher: Occupational Identity, Assessment, and Intervention Design,” and Hannah Bloom, Sue Iliff, and Heidi Sanders, “Fostering Global Citizenship through International Fieldwork.”

We’d like to thank the NMOTA Conference Committee for once again hosting a terrific event to bring the OT practitioners of New Mexico together! Please join us at the 2016 NMOTA Annual Conference on September 2 and 3. And if you have not joined NMOTA, please send in your membership dues ([nmota.org](http://nmota.org)).



Alyse Howard  
(Class of 2016)



Melissa Watson, Sandy Clough, Vanessa Trujillo and Colin Baugh selling OT t-shirts for SOTA



Anjali Sears (Class of 2016)



### Tractor Seating Research is in the Field

By Carla Wilhite, OTD, OTR/L

Carla Wilhite, OTD, OTR/L and graduate students from the OTGP have moved the tractor seating pressure mapping research from the laboratory out into the field. Local and regional farmers without major health issues are being pressure mapped in tractors under varying surface conditions and weather. The hypothesis of the research is that an existing contour seat in the tractor will not be as effective in redistributing the seated pressure of the operator as other intervention cushions. Pressure mapping under in vivo conditions requires exceptional coordination and communication, thus the decision was made to work

with farmers and ranchers with minimal health issues before moving research back to working with farmers and ranchers with disabilities who operate tractors. The team is quickly gaining expertise in acquiring data under challenging conditions.

Although microclimate forces attributed to seated pressure are only one variable of interest in the seating interface between operator and seat, macroclimate ground forces and total body vibration are known risk factors for accumulated musculoskeletal injuries for the agricultural workforce who operate machinery. Solutions have mainly been directed toward larger environmental



*New Holland Tractor Seat used in the pressure mapping study*

structures in the operator's station, such as flotation for the cab and suspension of the seat. This research is projected to acquire more information about microclimate forces that also act on the operator, and

hopefully future tractor seating materials can be identified that improve the comfort and health of the tractor operator while they conduct the familiar and necessary activities of farm and ranch life.

### UNMOTGP and NMOTA Make Great Partners

By Carla Wilhite, OTD, OTR/L

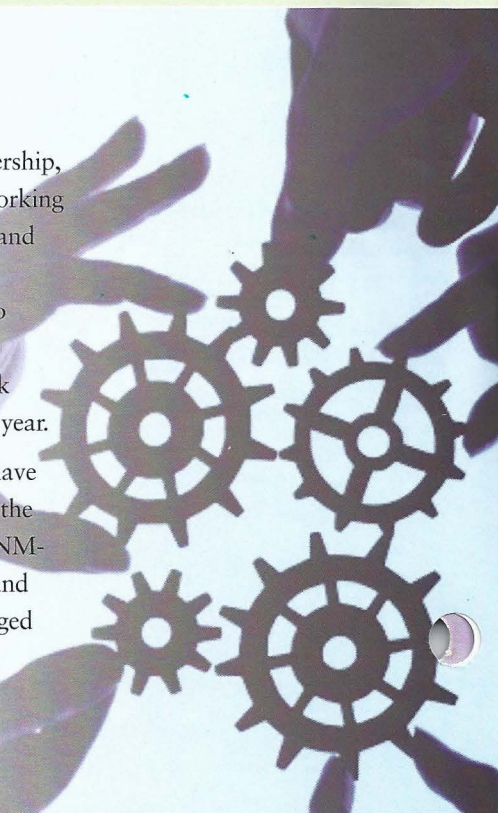
The University of New Mexico-Occupational Therapy Graduate Program (OTGP) and New Mexico Occupational Therapy Association (NMOTA) have been working closely and collaboratively for many years, but this year was an exceptional period of partnership. The OTGP Class of 2015 excelled in service to NMOTA through volunteerism on committees, planning Legislative Day, publishing THE REACHER newsletter (NMOTA's official newsletter), promoting

occupational therapy in New Mexico through Facebook/ This Is OT, and assisting in the planning, creation, and launch of NMOTA's first public radio announcement campaign promoting occupational therapy.

NMOTA has also been able to support, promote, and sponsor the UNM-OTGP and its students. NMOTA assisted with sponsoring three UNM-OTGP students to attend the AOTA-NBCOT National Student Conclave, where

students learn about leadership, political action, and networking with potential employers and role models from the OT community. NMOTA also supported UNM-OTGP's AOTA Certified Fieldwork Educators Workshop this year.

NMOTA is fortunate to have a strong partnership with the faculty and students of UNM-OTGP, and many future and present leaders have emerged from the synergy of the alliance.



## Dr. Crowe Receives Fulbright in Turkey with the Hacettepe University Occupational Therapy Program in Ankara

By: Terry K. Crowe, Ph.D., OTR/L

**D**r. Terry Crowe received a Fulbright Senior Scholar award to teach in Turkey at the Hacettepe University. In 2013, Dr. Crowe received another Fulbright award to work with Riga Stradins University in Riga, Latvia.

Dr. Crowe spent 3 weeks (Sept. 28 to Oct. 16, 2015) working with the newly developed Occupational Therapy Department in Turkey. The Department graduated their first class of 30 occupational therapists in 2015. The Hacettepe University has Bachelors, Masters and PhD Programs in Occupational Therapy. Dr. Crowe consulted with the faculty on curriculum development and research, taught 12 classes with both undergraduate and graduate

students and developed future possibilities for research collaboration and international exchanges. Her classes focused on topics including Occupational Therapy in the U.S., Evidence-based Practice and Family-Centered Care.

Terry loved her time in Turkey and made many life-long friends. She was very impressed with how the Department facilitated the growth of the profession of Occupational Therapy in Turkey in 6 short years. The hard-working faculty have developed a 4-year educational program at the bachelors' level approved by WFOT, created Masters and PhD Programs to develop faculty members and advance practice, conducted impressive research including randomized



*Dr. Crowe with Hacettepe students at the Ataturk Mausoleum in Ankara, Turkey*

controlled trails, created a professional journal in both English and Turkish to share their research, and worked with the government to develop Occupational Therapy jobs. In addition, they are pushing occupational therapy to work in many new areas in Turkey including schools, mental

health facilities and working with marginalized populations. This was a mutually beneficial exchange with Terry bringing back new knowledge to share with the UNM Occupational Therapy students and faculty. Terry was graciously welcomed and hosted by the Hacettepe University faculty and students.



*Dr. Crowe with the Hacettepe University faculty and graduate students*

## OT Class of 2016

By Melissa Watson



*From left to right*

*Back Row: Kristiana Dion, Dailey Jackson, Sandy Clough, Brenna Garvin, Pete Ben-Attar, Joshua Bradford*

*Middle Row: Macaela Gomez, Brenda Tryon, Kelly Ledingham, Anjuli Sears, Colin Baugh, Vanessa Trujillo, Alyse Howard, Jacqueline Apodaca, Michael Veilleux, Timothy Neugebauer*

*Front Row: Mylinh Nguyen, Maureen Chavez, Julianna Nacion, Mark Jaramillo, Beverly Apodaca, Mari Perez, Susan Shelly, Tracy Wilkey, Megan McConnell, Melissa Watson*

It is hard to believe we are nearing the end of our second year in this program! It has gone by fast, but there are marked changes in our knowledge, confidence, and leadership skills after countless practicals, presentations, and fieldwork experiences. Over the summer, many of us made progress on our research projects as well and have just begun to understand the amount of time and effort required to get a project off the ground and running. Some of these projects will be seen to completion while others are one step of many to come. Both experiences have given us insight into how pursuing

further education or going into academia may be. The summer semester also provided a more prolonged fieldwork experience in various psychosocial areas of occupational therapy. This was a new practice area for many of us that helped us understand and appreciate our profession's mental health history. I strongly believe the content from this class has influenced how we will view and implement the remaining applied courses in the program.

Despite our busy schedules, our class has also made it a priority to live a balanced life. Though some times are easier than others, it brings great joy to have a

group of friends to spend time with and enjoy the outdoors, our children and families, or discover a new place to eat. We are thankful for the friendships formed through this program and plan to continue some of these relationships as we go into practice. As we plan and finalize our Fieldwork II sites, we are reminded to embrace these next few months. Everything we have worked so hard for is almost here, yet we know some of us will miss the closeness of coming to class every day with the same group of friends and chatting with our knowledgeable faculty whenever possible.

## OT Class of 2017

By Bebe Makena



*From left to right*

*Back row: Khizer Ashraf, Jay Burnett, Chardae Durden, Joe Flores, Katie Bos, Katherine Michalske, Melanye Yacos, Josh Bradford*

*Middle Row: Paula Walker, Bebe Makena, Carmelita Trujillo, Jeff Bazanele, Aubrey Alexander, Heather Marts, Julie Diaz, Shelby Wier, Ramona Yazzie, Amber Tracy, Jessica Surrock, Margarita Ortega y Gomez, Rose White*

*Front row: Elisa Dry, Prudence Simon, Tracy Wilkey, Terrena Vigil Brady, Melissa Cummings, Cara Owen, Sarah Sutherlin, Cassie Valdez*

*Absent: Meg Stewart, Erika Velasco, Alyssa Williams*

The Class of 2017 reflects the on-going dedication to diversity embedded within the UNM OTGP values. We are weavers, dancers, artists, musicians, barrel racers, runners, sports enthusiasts, gourmets, gardeners, birders, rock climbers, story-tellers, yogis, writers, and so much more. We come from different regions of the state, the country, and the world. We include members and allies of the LGBT community, and we encompass different generations, genders, faiths, cultures, professions, degrees, and languages.

Each of us has gratefully entered this program carrying the hope that we will be able to merge the best of what we have to offer with the practice of occupational

therapy. As it has been for earlier classes, our ultimate goal is to help those in need to adapt to difficult circumstances through therapeutic engagement in occupations that they find meaningful. Intellectually, we knew that the Occupational Therapy profession offered many practice options for therapists with diverse talents. Now, a mere three months into our first year, our intellectual understanding is transforming into an expanding sense of real possibility. It is exciting!

At this point, we have administered the Bayley III Screening Test to toddlers, learned how to use a goniometer and conduct manual muscle testing, discovered ways to research databases and assess journal

articles, developed PICO questions, initiated problem-based learning sessions, and practiced learning through discussion. Some have also become involved in the Senior Mentor Program. All of these real experiences, and their associated class discussions, have given rise to aspirations of interdisciplinary clinics that integrate creative expression into therapeutic intervention. Some are considering futures that combine neuroscience with assistive technology. Others are interested in holistic methods to manage chronic pain. Every member of OT17 has a growing idea of how to turn their original hope into a real career. We are very thankful to be included as strands in the basket.





## OTGP Creates Snack & Chat Program for Men Experiencing Homelessness

By Betsy VanLeit, PhD, OTR/L, Rachel Goldman MOTS and Cindy Chavez MOTS

It's a typical Wednesday night at the Albuquerque Opportunity Center (AOC). Eight men sit around a large table munching on homemade brownies, and cheese and crackers. They begin to share their day's experiences. One man reveals that five of the residents were beaten up on the streets that day. Thankfully they made it back safe, though bruised, to the shelter. Another man shares good news: today he found possible housing and may be moving within the week. He will also start classes at the local community college to become a substance abuse counselor. And then the group starts a spirited game of "Apples to Apples".

This is a typical Wednesday night Snack & Chat session at the AOC - a shelter that provides short-term overnight bed accommodations, shower and bathroom facilities, computer access, weekly acute medical services, and nightly programming for men of all ages who are experiencing homelessness. Many have substance use problems and/or mental illnesses. Some qualify for longer term respite services because of serious medical conditions. In addition, the VetTran program provides extended services (up to 2 years) to a small group of veterans to help facilitate their transition into housing and employment.

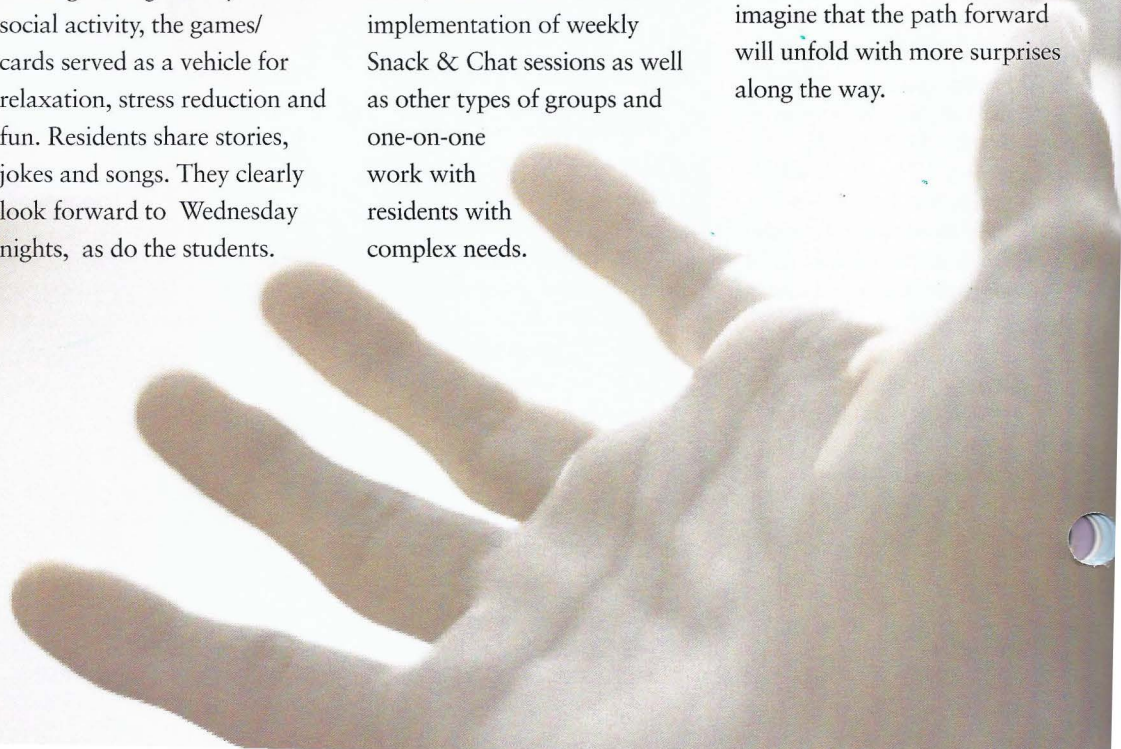
As a project in the OTGP Community Health class, two students (Rachel Goldman, MOTR/L, Class of 2014 and Cindy Chavez, Class of 2015) worked with Dr. Betsy VanLeit on a needs assessment focused on improving the overall quality of life of the residents. From interviews and a focus group, we learned that participants wanted activities that were fun, immediately beneficial, social, and stress relieving. Life on the streets was hard and unpredictable, and their lives lacked simple enjoyment and connection with others.

In response, we started a weekly "Snack & Chat" group that involved sitting around a big table with food, games and cards. Shelter residents could come and go throughout the evening. As a generally familiar social activity, the games/cards served as a vehicle for relaxation, stress reduction and fun. Residents share stories, jokes and songs. They clearly look forward to Wednesday nights, as do the students.

One resident recently thanked us repeatedly, commenting that after a terrible day on the streets he finally felt that he could rest and smile. Snack & Chat is more profound than its name suggests. Many of the men begin to open up about their lives, experiences, successes, and challenges. They want to share their life stories, including their highs and lows, hopes and dreams. They thank us for the ways that we listen and care and help them to feel human again.

The program continues to thrive. OTGP students and faculty volunteer to run Snack & Chat on a weekly basis. We received a \$500 grant from the OTGP Class of 2015 for snacks and drinks. We now are able to offer a psychosocial Fieldwork I placement at the AOC, which involves continued implementation of weekly Snack & Chat sessions as well as other types of groups and one-on-one work with residents with complex needs.

We feel that our work at the AOC exemplifies a client-centered and directed approach that honors occupation as therapeutic means and also addresses occupation as outcome. We strive to embody the core values of occupational therapy in our interactions with the AOC, and we emphasize respect for essential humanity and dignity; honoring each person's perspective and subjective experience; expressing empathy and caring; using imagination and integrity as we create and engage; and responding to the inherent potential of residents to experience well-being. We feel fortunate to work at the AOC, and we are now looking toward sustainability and expansion of our efforts in working with people experiencing homelessness. We imagine that the path forward will unfold with more surprises along the way.



## Occupational Therapy Graduate Program

### CLASS OF 2016

#### RESEARCH PROJECTS

Title of Project	Faculty Researcher (s)	Assigned Students
Effects of Service Dog/Veteran Partnerships: Focus Groups	Terry Crowe, Ph.D. Victoria Sanchez, Ph.D.	Brenna Garvin Alyse Howard
Effects of Service Dog/Veteran Partnerships: Individual Interviews/Observations	Terry Crowe, Ph.D. Victoria Sanchez, Ph.D.	Brenda Tryon Mylinh Nguyen
Systematic Review of OT Interventions for Rheumatoid Arthritis	Janet Poole, Ph.D. Trish Siegel, OTD	Beverly Apodaca Melissa Watson Jacqueline Levinson
Playground Design to Promote Child Development	Diane Parham, Ph.D.	Mari Perez Pete Ben-Attar
Autonomic & Behavioral Sensory Response of Children with Autism	Diane Parham, Ph.D.	Roselyn Otero Tracy Wilkey
Systematic Review of Somatosensory Interventions for Children With Autism	Diane Parham, Ph.D.	Rachel Goldman
Pressure Mapping Tractor Seating for Operators with SCI	Carla Wilhite, OTD	Julianna Nacion
Agriculture for Life: A guide for health promotion and participation for farmers with health challenges	Carla Wilhite, OTD	Macaela Gomez Tim Neugebauer
Estimating the Prevalence of NM Farmer/Rancher Disability, Chronic Health Issues, or Conditions of Aging and AgrAbility	Carla Wilhite, OTD	Kristiana Dion Sandra Clough
Analysis of Characteristics of Children Accessing a Center-Based Feeding Clinic	Joanna Cosbey, Ph.D.	Maureen Chavez Megan McConnell
Training the Trainers: Teaching Community Providers to Implement a Family-Centered Parent Coaching Intervention to Promote Food Acceptance of Children with ASD	Joanna Cosbey, Ph.D.	Kelly Ledingham Sue Shelley
Attachment Behaviors with Sensory Play Groups with Children in Treatment Foster Care	Heidi Sanders, M.A.	Jackolyn Apodaca Anjuli Sears
A Survey of Referral and Practice Patterns Following CMC Arthroplasty	Trish Siegel, OTD	Dailey Jackson Colin T. Baugh

### CLASS OF 2017

#### RESEARCH PROJECTS

Title of Project	Faculty Researcher (s)	Assigned Students
Effects of Service Dog/Veteran Partnerships: Focus Groups	Terry Crowe, Ph.D. Melissa Winkle, OTR/L Victoria Sanchez, Ph.D.	Chardae Durden Margarita Ortega y Gomez
Systematic Review of Effectiveness of Dog Assisted Therapy	Terry Crowe, Ph.D. Melissa Winkle, OTR/L	Khizer Ashraf Terrena Vigil
Systematic Review of Occupational Therapy Interventions for Osteoarthritis	Janet Poole, Ph.D. Trish Siegel, OTD	Bebe Makena Erika Velasco
Systematic Review of Occupational Therapy Interventions for Systemic Lupus Erythematosus	Janet Poole, Ph.D. Trish Siegel, OTD	Josh Bradford
A Retrospective Study of Functional Outcomes (DASH) Following Therapy for Partial Digit Amputation.	Trish Siegel, OTD	Jeff Bazanele Joe Flores
Meeting the Needs of Families of Children with ASD: A Survey of Needs and Services	Joanna Cosbey, Ph.D.	Carmelita Trujillo Katie Bos
Systematic Review of Occupational Therapy Interventions During Mealtimes	Joanna Cosbey, Ph.D.	Prudence Simon Julie Diaz
Analysis of Characteristics of Children Accessing a Center-Based Feeding Clinic	Joanna Cosbey, Ph.D.	Amber Tracy Heather Marts
Pressure Mapping Tractor Seating	Carla Wilhite, OTD	Melissa Cummings
Estimating the Prevalence of New Mexico Farmer/Rancher Disability, Chronic Health Issues, or Conditions of Aging	Carla Wilhite, OTD	Shelby Wier Katherine Michalske
Agriculture for Life: A Guide for Health Promotion and Participation for Farmers with Health Challenges	Carla Wilhite, OTD	Sarah Sutherlin Ramona Yazzie
La Familia Study	Heidi Sanders, M.A. Jessica Salazar, MOT, OTR/L	Paula Walker Cara Owen
Autonomic & Behavioral Sensory Responses of Children with Autism	Diane Parham, Ph.D.	Cassie Valdez Jessica Surrock
Impact of Loose-Parts Playground Intervention on Children's Play	Diane Parham, Ph.D.	Jay Burnette Elisa Dry
Systematic Review of Effects of Sensory-Based Strategies & Environmental Changes for Children with Sensory Processing/Sensory Integration Challenges	Diane Parham, Ph.D.	Melanye Yacos Alyssa Williams
Does Your Child Qualify for OT?: Parent Perspectives on Homeschooling	Sue Iloff, M.A., OTR/L Mary Thelander-Hill, MOT, OTR/L	Rose White Aubrey Alexander

## Adventures in Oaxaca, Mexico

By Khizer Ashraf, MOTS & Jeff Bazanele, MOTS (Class of 2017)

For the past twelve summers, Dr. Terry Crowe has led an interdisciplinary course in the colorful state of Oaxaca, Mexico, where students are given a one-of-a-kind opportunity to experience thousands of years of tradition, culture, and life. The focus of the course, called Introduction to Traditional Mexican Medicine, is to expose students to Curanderismo - a system of health and wellness which is a comprehensive approach to health that intertwines

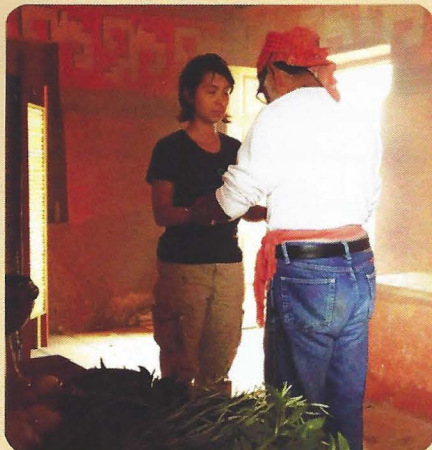
the body, mind, and spirit. Throughout the nine day course (plus 3 travel days), students learn the history and meaning behind Curanderismo, its applications in modern Mexican culture, and some of the biology that supports traditional healing. Learning, however, occurs on many additional levels during the journey, as the immersion experience allows students to also explore the local language, art, and culture.

communication. Travel arrangements within the state of Oaxaca were organized by Claudia Schurr and Yves Chavan of Tierraventura ([www.tierraventura.com](http://www.tierraventura.com)), an ecotourism agency that educates tourists on the unique history of Oaxaca, and supports efforts to preserve the local ecology and culture. Many of the workshops on Curanderismo were facilitated by Don Laurencio Lopez Nuñez, a skilled curandero and botanist who has conducted workshops internationally on the subject.

gave us insight into different aspects of curanderismo. Workshops included lessons on the philosophy and beliefs that drive curanderismo; a nature walk to identify healing plants in the Sierra Norte mountains; a trip to the local market to buy herbs; a hands-on experience making salves, cough syrup, and massage oil using traditional techniques; and demonstrations and discussions by different curanderos/as in their areas of specialty. Following these workshops, we still had time to explore the city's markets, socialize with locals, and eat the regional specialties, all the while uncovering the state's rich history.

The first four days of the course were spent in the friendly and bustling capital of Oaxaca City. We stayed in groups with a host family, allowing us a glimpse into typical urban Oaxacan life. Mornings were spent in Spanish language instruction at a local school, where we practiced conversation based on our level of ability. In the afternoons, various workshops

The second portion of the class was centered on experiencing traditional medicine in the Zapotec villages of the high Oaxacan Mountains. In our first part of this journey, the class was privileged enough to spend a few nights in the Zapotec village of Lachatao.



Don Laurencio Lopez Nuñez performing a Limpia

This past summer, a group of fifteen students participated in the course, including three first year Occupational Therapy Graduate Program students, and one practicing occupational therapist. A Spanish language interpreter familiar with curanderismo, Elena Klaver, also joined the group to facilitate

Continued on page 11 ►

## Dr. Brandi Jones (Class of 2009) is our AOTA New Mexico Representative

By Terry K. Crowe, Ph.D., OTR/L



Brandi (Proctor) Jones, OTD, OTR/L was elected the Representative for New Mexico on the AOTA Representative Assembly (RA). Brandi recently completed her Occupational Therapy Doctorate (OTD) from Chatham University. Dr. Jones has been a practicing Occupational Therapy for 5 years, and she has practiced in a variety of settings including

adult and pediatric inpatient rehabilitation, acute and sub-acute hospital settings, early intervention, and mental health. She is currently working in home health care. She is also a Facilitator for Problem-Based Learning in our Graduate Program bringing her depth of clinical knowledge to our students.

Brandi's vision for Occupational

Therapy is to advance our research base and to be recognized as an evidence-based profession with a wide range of skill sets and contributions especially in underserved practice areas such as mental health. Brandi is a native New Mexican who will represent our occupational therapy community at a high level! Congratulations, Brandi!

Here we visited ancient ruins pathed by trails that led well above the clouds to experience an intimate traditional ceremony. We later moved on to another village called San Juan, where we stayed at a large Danish-owned retreat and local farm layered with rows of produce, herbs, and wildlife. During this stay, we learned about the health benefits of using food as medicine, and reflected on our class readings to integrate them with our own experiences. Our final journey led us to a family-

run coffee plantation near the Pacific coast of Oaxaca, where we continued our exposure to traditional medicine with a well-known healer. Throughout the landscape, spotted with cacao and coconut trees, we could see flying parrots whose colors rivaled any picture out of a zoology book, intimate waterfalls, and natural springs. Our last stop on the coffee plantation was the perfect end to such a stimulating experience that taught all of us on a global and personal scale how to think about healthcare.

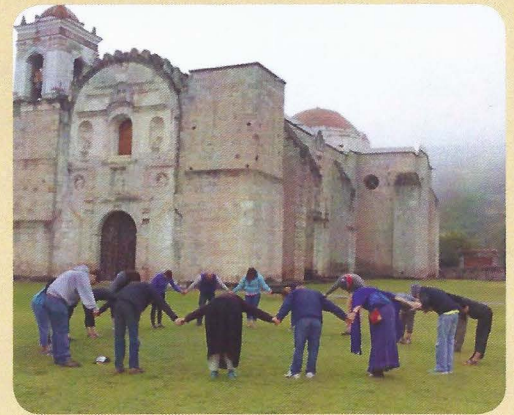
exposed to as much as possible in the nine days, but still have time to absorb what they're learning and apply it to their own views of the world.

As someone studying to go into healthcare, learning about curanderismo and the belief system behind it was so important, and challenged me to examine how I view medicine." –Khizer Ashraf

"I have grown up in the world of curanderismo since a very young age, and it was always a dream of mine to visit the Pueblos Zapotecos to experience the medicine and knowledge of this area. Once we arrived in the Pueblos that were located in the high mountains of Oaxaca, I automatically knew that this was going to be an experience that I would never forget in my entire life. The local healers

and beautiful landscapes created an environment that enriched and reinforced not only my own path, but also the life journeys of all of my colleges that were participating. It was an honor and a privilege to see these healers in their local practice, and have them share their wisdom with all of us." –Jeff R. Bazanele

*This course is offered by Latin American Studies (LTAM 400/500). Thanks to the Latin American and Iberian Institute (LAI) and funding received from the UNM Study Abroad Allocation Committee.*



*Special ceremony at Lachatao Village*



*Dr. Terry Crowe and Claudia Schurr of Tierraventura with the 2015 Traditional Medicine course participants.*

Quotes from the authors

"Before taking this class, I had very little experience with Mexican culture and no knowledge of Curanderismo. I was blown away by how much I learned. The course is structured so that people are

## Graduation Awards

The Occupational Therapy Graduate Program Graduation Ceremony for the Class of 2014 was held on May 11, 2014 at El Pinto Restaurant. The Carolyn Thurman-Rustvold Community Spirit Award was presented this year to Rachel Goldman. Brenna Freeze and Myra Peel

received The Department of Pediatrics Occupational Therapy Scholarship Award which is presented to the graduating students with highest academic excellence. Jack Gleghorn received the HealthSouth Leadership Award and Geneva Nolan received the HealthSouth Research and Scholarship

Award. Jason Jackson received the Occupational Therapy Graduate Program Excellence in Research Award. At the Graduation ceremony, two community members were recognized for their outstanding contributions to the UNM Occupational Therapy Graduate Program and received the Friend of

Occupational Therapy Award: Todd Hynson, Registrar for the Health Sciences Center and Mary Sue Williams and Sherry Shellenberger, creators of the Alert Program®. Lisa Brower (Class of 2003) and Sara Metheny (Class of 2008) received the Distinguished Alumni Awards.

## International Occupational Therapy Day

For the Advocacy, Communication and Leadership class (Fall 2015), 2nd year students presented posters of Occupational Therapy around the world. Faculty and first year students joined the class to learn about the global impact of Occupational Therapy.



Anjuli Sears,  
Vanessa Trujillo,  
Mylinh Nguyen,  
Macaela Gomez  
Cambodia



Beverly Apodaca,  
Megan McConnell,  
Mari Perez  
The United  
Kingdom



Colin Baugh,  
Susan Shelly,  
Pete Ben-Attar  
Bermuda

## UNM Shines at AOTA Conference

UNM faculty once again were prominent at the annual AOTA Conference, which this year (April 16-18, 2015) was in Nashville, Tennessee. Their activities are summarized below. Names of UNM Occupational Therapy Graduate Program faculty are in bold print; names in italics are alumni of the program.

### Research Papers:

**Janet Poole & Patricia Siegel:** Systematic Reviews on Occupational Therapy and Adults with Musculoskeletal Disorders and Arthritis

### Poster Sessions:

**Tara Glennon, Cheryl Ecker, Diana Henry, Heather Miller Kuhaneck, & Diane Parham:** Sensory Processing Measure-Infant/Toddler: An Assessment Tool to Support the Role of OT in Traditional and Primary Care

**Cosbey, J. & Muldoon, D.:** Parents Promoting Mealtimes Using Evidence-Based Practices for ASD

**Sue Iliff (Chrisman):** Building Community with a Fieldwork Advisory Board

**Diane Parham, Cheryl Ecker, Tara Glennon, Diana Henry, & Heather Miller Kuhaneck:** Development of the Sensory Processing Measure (SPM) for Middle Schoolers and Teens

**Janet Poole, Kristin Johnson, Ashley Prokopiak, & Betty Skipper:** Difficulty and Importance of Occupations for People with Scleroderma

**Patricia Siegel & Janet Poole:** Blended Learning to Teach Anatomy and Interventions Used in Hand Therapy

### Special Interest Section Buzz Session:

**Roseann Schaaf & Diane Parham:** Navigating, Promoting, and Translating Current Evidence Related to Sensory Integration

# Occupational Therapy Graduate Program Highlights



Graduates Since First Graduating Class of 1995

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Faculty Presentations Done in the Past Year

Students Placed in Fieldwork II Sites

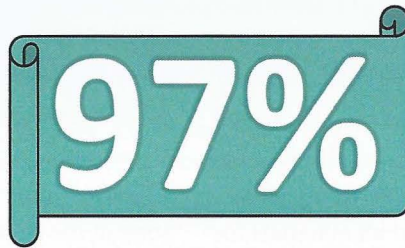
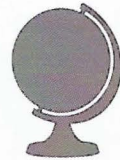
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Countries Faculty/Students Made Contributions to in the Past Year:

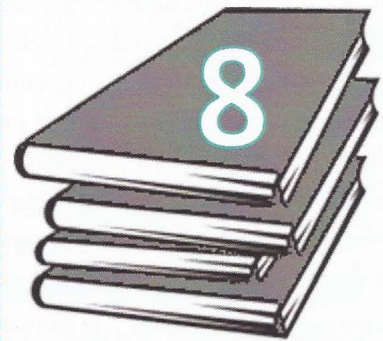
England, Italy, Mexico, Netherlands, Nicaragua, Rwanda, Taiwan, Turkey, and USA



NBCOT Pass Rate for the Last Two Classes

Number of Scholarships Awarded to Students Over the Last Three Years

38



Articles Published in the Past Year



Community Organizations/ Programs we Partnered with in the Past Year

## La Familia - Namaste: "Live, Laugh and Play - A Sensory Camp for Kids"

By Heidi Sanders, MA, OTR/L

The University of New Mexico (UNM) Occupational Therapy Graduate Program continued its collaboration with La Familia-Namaste in an exciting new adventure. La Familia-Namaste provides treatment foster care (TFC), a community based program focusing on the needs of children who experienced loss and trauma. The UNM OTGP has partnered with La Familia to support attachment through sensory-rich play and developmental consultation. While intervention typically focuses on the parent-child dyad, this summer offered new experiences and challenges.

The Albuquerque TFC team launched "Live, Laugh and Play - A Sensory Camp for Kids" throughout the months of June and July (2015) at their facility in Tome. The four-day per week camp offered children in TFC the

opportunity to experience camp activities similar to their non-TFC peers, but with support and close supervision by trained group of professionals. Over 30 children participated in the day camp this summer, which was staffed full-time by La Familia-Namaste staff. The staff provided transportation to the camp site in Tome to several campers, supervised camp activities, and prepared and served several snacks and lunches daily. In addition, La Familia-Namaste purchased and prepared all materials for the camp activities.

UNM OTGP faculty member, Heidi Sanders, MA, OTR/L, and eight Fieldwork I students from the graduate program assisted in making the camp a success. The UNM group supported the campers during morning yoga sessions, led by La Familia family therapist, Leah J. Brouwers, LFT and then facilitated

social interactions and task completion during art and outdoor play activities. After lunch, the UNM group ran weekly sensory groups, based upon the Alert Program®, but with outdoor and camp-style activities. For example, during "Look Week", campers completed an outdoor scavenger hunt matching items in nature with paint chips. A favorite activity was a spy-themed hallway "laser" obstacle course, created with streamers, complete with the "Mission Impossible" theme song in the background. In addition, as part of the UNM OTGP Community Programs, Jessica Salazar, MOT, OTR/L (Class of 2013), created and led social skills groups for the children. Jessica integrated mindfulness, Social Thinking® concepts, and journaling into the curriculum.

The camp offered a unique opportunity for La Familia-

Namaste and UNM OTGP students to observe the children without the support of their treatment parents. For children who have experienced trauma, caregivers often are essential in co-regulating the children. As such, many social skill and self-regulation skill deficits were noted as the campers interacted with peers and other adults. The observed behaviors correlated to common concerns raised at school or during sibling interactions for many of the campers. As a result, the UNM Community Programs faculty, Jessica Salazar, MOT, OTR/L and Rachel Nelson, MOT, OTR/L, (Class of 2014) will be implementing three social skill based groups this fall, focusing on specific needs identified this summer. In addition, Heidi will continue to provide team consultations, as needed, for individual children, as well as sibling cohorts.

## Dr. Carla Wilhite Receives National Recognition for Her Service



Faculty member Dr. Carla Wilhite was recently honored for her distinguished service to the profession of occupational therapy when she was selected to be a founding member of the American

Occupational Therapy Foundation Leaders and Legacies Society. Within the state of New Mexico, occupational therapists benefit from Dr. Wilhite's leadership and service in her role as President of

the New Mexico Occupational Therapy Association. We are delighted that her leadership in occupational therapy is also widely recognized at a national level. Congratulations, Dr. Wilhite!

## Mary Sue Williams, OTR/L and Sherry Shellenberger Recognized with the 2015 Friends of Occupational Therapy Award 2015

By Heidi M Sanders, MA, OTR/L

The UNM Occupational Therapy Graduate Program acknowledged two occupational therapists that are truly gifts to our profession and our community during the May 2015 Graduation Ceremony. Mary Sue Williams and Sherry Shellenberger are the creators of the Alert Program®, focused on helping children, teachers and families understand self-regulation and utilize sensory-based strategies. As adults and children learn this terminology and corresponding sensory strategies, they become, quoting Mary Sue, “‘detectives’ to support students to obtain an optimal state for learning, playing, or working.”

Mary Sue and Sherry further developed the engine analogy through their work in Albuquerque Public Schools, Albuquerque Therapy Services and Gallup Public Schools. As a result, The Alert Program® has evolved into a resource that includes multiple books, games, songs, various collaborations, workshops, extensive research, and long-distance learning. 2015 marks the 23rd anniversary of the first publication of the Alert Program®. Today, Alert Program materials are available in five different languages, online, through Webinars, radio broadcasts, and Skype consultation.

Sherry Shellenberger was the recipient of the AOTA Service Award in 1991, served as a representative to AOTA for two terms and as a past President of the New Mexico Occupational Therapy Association. Mary Sue Williams was awarded AOTA's “Excellence in Intervention, Development, and Dissemination” award in 2003 and served as the Department Head of Occupational and Physical Therapy for Albuquerque Public Schools prior to launching the Alert Program®.

Mary Sue and Sherry provide an annual training to our occupational therapy and physical therapy students. In addition, with their mentorship and resources, over fifty of our graduate students have implemented the Alert Program curriculum at a local charter school, supporting over 250 students and 20 teachers. Mary Sue and Sherry are great models of innovative, creative and community focused occupational therapy practice.

## Sara Metheny Awarded UNM Occupational Therapy Program Distinguished Alumni Award

By Terry K. Crowe, Ph.D., OTR/L

We were pleased to award Sara Metheny MOT, OTR/L, (Class of 2008) the 2015 UNM Occupational Therapy Program Distinguished Alumni Award. Unfortunately, being the go-getter she is, Sara was running a half-marathon at the Grand Canyon on Graduation Day.

After receiving an Undergraduate degree in Biology and Spanish, Sara graduated from our Master's Program in 2008. As a graduate student, Sara stood out as a leader. She single handedly organized our Legislative Day in Santa Fe, a collaboration between OTGP and New Mexico OT Association. Each year all of our students spend a day in Santa Fe learning about the legislative process and increasing visibility for OT. Sara led this effort by herself which often takes 3 students!

Since 2014, Sara has been an Adjunct

Faculty Member at UNM. She does an amazing job of serving as a facilitator for our Problem-Based Learning. Her facilitator reviews completed by the students are always at the highest level and students consistently appreciate the professional knowledge she brings to the group discussions.

Sara currently serves as the Presbyterian Hospital Rehabilitation Department Manager. She leads a team of 60 OTs, PTs, and Speech Therapists who work in pediatric and adult settings. This includes a 60 bed NICU. This high-level position demonstrates Sara's proven leadership skills, strong commitment to high ethical and professional standards and flexibility in devising proactive responses to changing healthcare demands. Sara is an outstanding occupational therapist that we are proud of as an exceptional graduate of our program.

## Lisa Brower awarded the UNM Occupational Therapy Program Distinguished Alumni Award

By Janet L. Poole, PhD., OTR/L

Lisa Brower, MOT, OTR/L class of 2003, received the 2015 UNM Occupational Therapy Program Distinguished Alumni Award at the May Graduation Ceremony.

Lisa graduated from the Occupational Therapy Graduate Program in 2003, in the second master's degree class. Lisa was an energetic student with a great sense of humor. As a student, she was already mentoring a student in the next class and traveled all around New Mexico and even to Tucson, Arizona to get the participants needed for her master's thesis on scleroderma. Of course, she presented the research with me at AOTA.

In less than 2 years after graduating, Lisa became the Occupational Therapy Inpatient Lead at HealthSouth and in less than 10 years she became the Director of Therapy

at HealthSouth where she oversees a staff of 45 who include inpatient and outpatient therapists and technicians and transportation personnel. Under her leadership as the Director of Therapy, the traumatic brain injury, spinal cord injury and stroke programs were given the Gold Seal of Approval by the Joint Commission and received the disease-Specific Care Certification.

Lisa is supportive of our students and graduates and is instrumental in ensuring that the HealthSouth Scholarship awards continues yearly. Our graduates who work for Lisa say she is dynamic and challenges therapists to develop new occupation-based and client centered programs and supports them to move into leadership roles.



## On the Fieldwork Front...

By Sue Iliff, MA OTR/L

2015-16 has been another exciting year for fieldwork! In April, we hosted the Inaugural Fieldwork Appreciation event for fieldwork supervisors. It was a time for reconnecting, networking, and recognizing everyone's efforts. During the event, the UNMOTGP awarded the Fieldwork Educators of the Year to **Annette Hashimoto, OTR/L** (Class of 1998) who owns her own therapy company called FUNctional Aquatics and to **Maurice Lopez, OTR/L**, an experienced occupational therapist (OT) in the hand clinic at the Veteran's Administration Medical Center in Albuquerque. The Fieldwork Sites of the Year awards were given to UNM's Carrie Tingley Hospital and KidPower Therapy Associates, P. C. All were honored and plaques given in appreciation of

their hard work and dedication to student learning.

In July, UNMOTGP collaborated with the OT Program at the University of Texas, El Paso, TX and the OTA Program at PIMA Institute in El Paso, TX to bring yet another AOTA Fieldwork Educator Certificate Program to the area. We joined forces with our state OT associations to fund the event and certify 25 more OTs as Fieldwork Educators in the southern part of New Mexico and El Paso, TX.

In September, the fieldwork team started using a new database called Acadaware. This advancement will allow for better tracking capability and allows student access so that they have more involvement in the fieldwork process. We have

finally joined the modern world of technology and excited to learn all of Acadaware's abilities!

The Fieldwork Advisory Board (FAB) continues to be busy at work enhancing the

fieldwork programming in our community. We have added new members and present regularly at national, state, and local conferences on various topics in fieldwork education. This year the FAB and community fieldwork educators created and presented workshops on Building Community Collaboration with a Fieldwork Advisory Board (AOTA annual national conference), Empowering Your Practice with Evidence-Based Practice (NMOTA annual state conference), and COTA/OT Collaboration and Clinical Supervision: Progressing a Student in Fieldwork (Fall 2015 Fieldwork Educator workshop, local community). Next up on our agenda is planning the 2016 Spring Fieldwork Educator workshop on Evaluating Students Effectively using the AOTA Fieldwork Performance Evaluation.

Last but not least, HUGE CONGRATULATIONS are in order for the graduating Classes of 2014 & 2015. Most of these students have already passed the NBCOT exam and are currently working in our New Mexico community. This

is only made possible through the expert supervision from the amazing fieldwork educators and sites that willingly volunteer each year to provide valuable learning experiences for our students.

Thank you to all the wonderful fieldwork educators and sites in our New Mexico community that contributed to fieldwork education in 2015. The sites included UNMH, UNM Sandoval Regional Medical Center, UNM Carrie Tingley Hospital, HealthSouth Rehabilitation Hospital, Presbyterian Healthcare System, Veterans of America Healthcare System, Lovelace Health System, The Medical Resort at Balloon Fiesta Park, The Rio at Las Estancias, Inspirations, Albuquerque & Bernalillo Public Schools, The New Mexico School for the Blind and Visually Impaired, ExplorAbilities, Inc., KidPower, Climbing Tree Therapy, FUNctional Aquatics, OnPointe Home Health Care, Legacy Home Health, Theraplay, New Mexico Orthopedics, and Zuni Indian Health Services Hospital.

Are you interested in becoming a fieldwork educator? You can earn 12 Contact hours for supervising an OT student and voluntary faculty status through UNM that gives you access to the library databases and other discounts. Give back to your profession and stay current! Please contact Sue Iliff, MA, OTR/L, Academic Fieldwork Coordinator at 505-272-3455 or siliff@salud.unm.edu.



Annette Hashimoto, OTR/L and Maurice Lopez, OTR/L —Fieldwork Educators of the Year



Carrie Tingley Hospital and KidPower Therapy Associates, P. C.—Fieldwork Sites of the Year



## The Effects of Service Dog and Military Veteran Partnerships

By Mylinh Nguyen, MOTS

**T**erry K. Crowe, Ph.D., OTR/L, Stephanie Barger, CPDT-KA Director of Education at Paws and Stripes, and Victoria Sanchez, DrPH, MPH, Associate Professor, UNM Public Health Program, have been conducting two qualitative research studies on the effects of service dog and military Veteran partnerships. A total of 9 Veterans from the Paws and Stripes organization participated in the focus groups study, and 7 Veterans participated in the individual interviews/ observations study.

Paws and Stripes is a local Albuquerque organization that pairs military Veterans with post-traumatic stress disorder (PTSD) and/or traumatic brain injury (TBI) with service dogs at no cost. The mission of Paws and Stripes is to help Veterans with PTSD & TBI to live full and rich lives and help shelter

dogs along the way.

PTSD and TBI symptoms often impact a Veterans' occupational performance, functioning in daily life activities, social relationships, and reintegration into civilian life. Current research on the effects of veterans and service dog partnerships is scarce and primarily consists of anecdotal research. In efforts to gain more knowledge in this area, Dr. Terry Crowe and team are pioneering research on the general benefits and challenges in owning a service dog and how service dogs impact the Veterans emotional and physical well-being.

Class 2016 OTGP students, **Alyse Howard** and **Brenna Western** are assisting with the focus groups research



Mylinh Nguyen, Brenda Tryon, Brenna Western, Alyse Howard

project. Mylinh Nguyen and **Brenda Tryon** are assisting with the individual interviews/ observations research project. These students have the opportunity to assist with the focus group and individual interviews, transcribe data and conduct coding, and help write

manuscripts for publication in peer-reviewed journals.

Veterans have sacrificed their lives for our country. We look forward to giving back to those who have served our country through the power of shared knowledge and research.

## Dr. Diane Parham Receives AOTA Award



Dr. Parham receiving the award from the President of AOTA, Virginia Stoffel

**D**r. Diane Parham received the Cordelia Myers Award for Best AJOT Article for 2014 at the AOTA Awards Ceremony on April 18th, 2015 in Nashville, Tennessee. The article selected was: Su, C-T., & Parham, L.D. (2014). Validity of sensory systems as distinct constructs. *American Journal of Occupational Therapy*, 68, 546-554. <http://dx.doi.org/10.5014/ajot.2014.012518>.

In this article, Drs. Su and Parham present the results of a rigorous research study examining the validity of one of the major theoretical frameworks used in occupational therapy practice: Sensory

Integration (SI). The study tested one of the underlying tenets of the SI framework -- that sensory systems are distinct constructs using confirmatory factor analysis on Evaluation of Sensory Processing-Research Version 4 data from 454 children with sensory processing deficits. Their results indicated that processing was distinct in four sensory systems: tactile, vestibular-proprioceptive, auditory, and visual. This finding supports the original SI framework and set the groundwork for further testing of its premise that the vestibular, proprioceptive, and tactile systems provide the foundation for adaptive functioning.

## Carolyn's Causes Camp 2015

By: Terry K. Crowe, Ph.D., OTR/L

This year Carolyn's Causes (in memory of Carolyn Thurman Rustvold (Class of 1999)) tried a new model for the Camp. The parents and children met on Friday, July 24 for an evening at Kidpower. The parents met with Carla Cay Williams, Audrey Bergen (Class of 2000), and Andrea Maddaleni (Class of 2005), to learn about sensory regulation related to their children.



Kay and Chuck Thurman, parents of Carolyn

The children participated in activities at the fun-packed Kidpower. On a sunny Saturday morning from 9 to 1, the Sunflower team and many volunteers participated in planned activities for a few hours at North Domingo Baca Park. Activities included decorating clay pots and planting sunflowers (Carolyn's favorite flowers), playing on the wonderful outdoor playground equipment, water play, parachute games, bean bag toss and animal walks. One of the purposes of the camp this year was to work with the children and their parents to provide knowledge about sensory regulation and suggest fun therapeutic activities to do at home or in the community with the entire family.

Children from ages 3 to 14 years were thoroughly engaged from start to finish. Many of our wonderful UNM graduates including Cecilia Gonzales Morris (Class of 1999), Barbara Hanlon (Class of 1999), Mikaela



Carla Cay Williams, Mikaela Pierce and Cecilia Gonzales volunteering at Carolyn's Camp

Pierce (Class of 2000), Billy Meyer (Class of 2015), Tonya Carbajal (Class of 2015), Teresa Ziomeck (Class of 2012) and Vanessa Trujillo (Class of 2016) volunteered. Dr. Terry Crowe who serves on the Carolyn's Causes Board also participated in the Camp.

At the end of lunch, a tree at the park was dedicated

in Carolyn's memory. The children, their families and the volunteers let go lady bugs into the surrounding. The words of the bronze plate stated Carolyn Thurman Rustvold: Live life with passion, treat others with compassion, believe you can make a difference. Words that Carolyn lived by!

