

GW SOTA Newsletter

The George Washington University's Student Occupational Therapy Association

March 2024 Issue

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WE'RE HALFWAY THERE!

Written by Celia Accardi

Can you believe we're already halfway through spring semester? Time is flying by! February was filled with lots of virtual meetings and successful events. Check out the details on our Valentine's-themed fun on pages 2 and 4!

In March, we have even more to look forward to. This month marks the next SOTA elections where all SOTA members in good standing are eligible to run for a position on the executive board. Newsletter editor, Jenny Kim, has been keeping everyone up-to-date on position qualifications and duties since our January 2024 issue. Check out the final position details in this month's edition of *The Inside Scoop* on page 5!

CUPIDS IN MOTION

Written by Celia Accardi

Last month the fundraising chairs, Fatima Koroma and Collese Daley, worked with treasurers, Rachel Metts and Alexis Clapper, to raise funds for SOTA. With AOTA conference coming up, SOTA aims to aid ASD chair, Emma Tober, and other GWU students with attendance costs. To do so, they created an event, *Cupids in Motion*, to help raise funds.

Cupids in Motion was a goodie bag fundraising event where students could purchase bags for themselves or others. The bags consisted of fidgets, sweet treats, and OT-themed stickers that SOTA members loved.

Thanks to everyone's contributions, the event was extremely successful. All goodie bags sold out, resulting in \$300 raised!



WHAT'S YOUR SPECIALTY?

Written by Jenny Kim



Do you know what specialty area you want to work in? One of the greatest perks of becoming an occupational therapist is having versatility in where you work and who you work with!

The SOTA Newsletter is interested in knowing what focus areas you want to specialize in. Fill out this [Google form](#) and look forward to a specialty specific article in our next Newsletter!



If you'd like to continue helping out, head over to the Panera located in the student center on March 6th, where SOTA is hosting their next fundraising event! Screenshot the next page and show up between 4:00-8:00 pm to show the flyer and contribute to SOTA's funds.





Panera
FUNDRAISING



Help support us!

Student Occupational Therapy Association

25%
OF SALES
WILL BE
DONATED

March 6, 2024
4:00 pm to 8:00 pm EDT
800 21st Street NW, Washington, DC

Use code FUND4U at online checkout, in the Panera App,
or at the kiosk in-cafe.*

Bring this flyer or show a digital copy to your cashier when ordering at the cafe or enter the promo code FUND4U at checkout on Panerabread.com or the Panera App to ensure your organization gets a portion of the proceeds.**

Learn more at fundraising.panerabread.com

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*Gift card and catering order placed on Panerabread.com, and delivery orders placed through third-party sites are excluded and will not count towards the event. Other restrictions apply. For complete details, visit: <http://fundraising.panerabread.com/terms-conditions/>. **Services vary by café.

SOTA SPREADS LOVE TO THE COMMUNITY

Written by Celia Accardi

In February, social chairs, Bri Shust and Kate Agnes, collaborated with community service chairs, Justine Williams and Marina Bien, to create an event that simultaneously built relationships among SOTA members and the greater community. Their goal was to create a memorable experience that combined creativity with gift giving. To execute this vision, they created a Valentine's Day Card event where SOTA members spent time creating Valentine's by hand.

Making Valentine's cards left SOTA members feeling relaxed and happy. DI SOTA member, Elise Jerigan, said, "Making cards made me so happy because I loved spreading the love." Justine also noticed the joy being spread by the event. She saw that, "... my cohort enjoyed making the cards for L'Arche and [they seemed] eager to build connections with the community through card making."

SOTA members ended up creating over 30 cards for L'Arche residents and extra for one another. Cards for L'Arche were delivered on Valentine's Day, where residents expressed immense appreciation for SOTA's art and kind words.

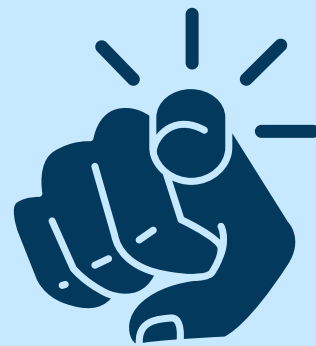


This event successfully increased socialization among SOTA members, whether that was during card creation or the time period where Valentine's bags were being opened. Special thanks to Bri and Justine for decorating the main lecture room so everyone could get into the spirit of spreading love!



COMMUNITY SERVICE NEEDS YOU!

Help our community service chairs plan more fun events like this one! Our chairs are requesting that you fill out [this form](#) by 3/31!



Thank you for contributing to the growth of SOTA!

STUDENT SPOTLIGHT: CLAUDIA CAREY

Written by Katie Jewett

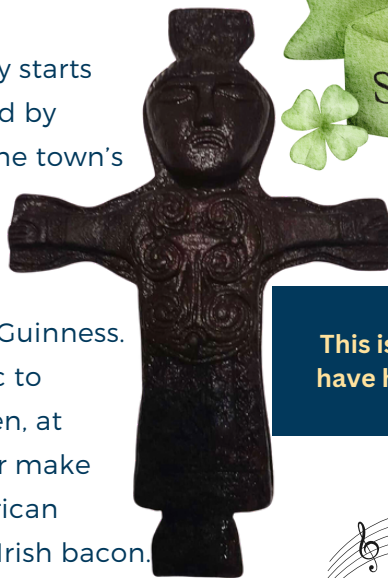
Claudia, a first-year student, celebrates St. Patrick's Day every March 17th with her family. This holiday honors the death of St. Patrick, the patron saint of Ireland. It is celebrated in many countries including Ireland, Australia, New Zealand, South Africa, Canada, Argentina, and the United States.

The color green and shamrocks are significant for this holiday. Claudia mentioned that the legend says, "Leprechauns can't see you [when you] wear green and if you don't [wear green], they will pinch you." Shamrocks on the other hand symbolize good luck. Claudia and her family wear bunches of shamrocks above their right breast to represent good luck and celebrate the way St. Patrick taught the Holy Trinity using the shamrock.

For Claudia, St. Patrick's Day typically starts with church in the morning, followed by festivals and parades that occur in the town's square. Afterward, they go to a pub and enjoy the company of others. Popular drink orders on St. Patrick's Day include Harp, Smithwick's, and Guinness. Pubs also play traditional Irish music to encourage singing and dancing. Then, at home, her mother and grandmother make cabbage and corned beef, the American version of traditional boiled ham or Irish bacon. Claudia says that her second cousin makes soda bread as well.



"I was born in Ireland and moved to the States very early on. My entire family is Irish and we have always celebrated St. Patrick's Day."



ST. PATRICK'S DAY

This is "the symbol of St. Patrick we have hanging in my father's house."



Happy St. Patrick's Day to our
SOTA members!



Thanks for sharing, Claudia!

THE INSIDE SCOOP: SOTA EXECUTIVE BOARD POSITIONS

Written by Jenny Kim

It's just around the corner! SOTA Spring Elections are on March 27th. If you're interested in running a position, check out some of these roles. Previous Exec Board roles can be found in January and February SOTA Newsletters!

President

Responsibilities

- Facilitate communication between board members and general members
- Assist with actions/events and support chairs in their positions
- Complete requirements requested by GW Student Affairs such as workshops, meetings, and seminars
- Lead meetings with VP, vote on topics and lead elections (by creating a sign-up and ballots and requesting speeches as needed)
- Install new officers and communicate with faculty advisor regarding board decisions
- Work with VP and Treasurer to develop budget and determine use of funds

Important Skills

- Time management,
- Teamwork
- Leadership
- Productive work ethic
- Communication

Most Used Resources

- Faculty advisor and community sites



Interested? We need someone to take on this large leadership position! Are you ready to make big decisions for SOTA and to create structure? If you're good at communicating, delegating tasks, and supporting others, consider it!

Vice President

Responsibilities

- Work with executive board to plan events
- Lead and plan meetings
- Work on the SOTA constitution
- Enforce team bonding and structure within the organization
- Send out emails to communicate with members

Important Skills

- Teamwork
- Organization
- Time management

Most Used Resources

- Faculty advisor, Zoom, AOTA website, SOTA constitution



Interested? Are you patient, open-minded, and always ready to support? We need a VP who can manage their time well, check-in with exec board, and overall, assist the president.

Secretary

Responsibilities

- Communicate within SOTA, via emails
- Take minutes and attendance for SOTA meetings
- Schedule and send out links for zoom meetings
- Manage membership roster
- Fulfill university requirements

Important Skills

- Time management
- Organization
- Communication
- Teamwork

Most Used Resources

- Faculty advisor, Gmail, and university club sites



Interested? Are you good at note-taking, scheduling, and managing rosters? While it may not be the flashiest role, the Secretary is an important backbone of the club! We need an organized member for this role.

Treasurer

Responsibilities

- Maintain financial records
- Collect and deposit acquired funds into the GW SOTA account
- Account for organizational funds
- Create and maintain yearly budget
- Acquire additional funding through external sources

Important Skills

- Money management
- Organizational skills
- Detail-oriented
- Mathematical skills

Most Used Resources

- GW Engage, Excel



Interested? Do you have good money management skills? Are you familiar with Excel? Consider being the next Treasurer! Reach out to the current Chairs for more information!

Interested in running?

- Sign up [here](#) by 3/10.
- You must prepare a 1 minute speech/slide on [here](#) by 3/25.
- Present your speech on SOTA Elections Day, 3/27.
 - More information can be found on the provided links.

Want to still be involved?

- Join a committee! Reach out to a chair-member for more information.
 - Newsletter Committee is looking for members to join to help with articles, interviews, and idea formulation!

And that's it! All SOTA positions are to be re-opened, meaning any member can run for any position. Current Exec Board members must reapply to maintain their current position. See you at elections!



PR Team Alert!

Want to be featured on an OT-themed podcast? Fill out [this form](#). First launch is planned for April, but episodes will continue if there is enough interest.



Reach out to Sarah and Vincent with additional questions:
sarahedruckman@gwmail.gwu.edu
vincent.walters@gwmail.gwu.edu



UPCOMING EVENTS

Created by Celia Accardi

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

MARCH CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
25 Exec Board Sign Up Continues	26	27	28	29	1	2
3	4	5 12:00-1:00pm Deaf Culture and Advocacy Speaker	6 12:00-1:00pm All-Member Meeting 4:00-8:00pm Panera Fundraiser	7 5:50pm L'Arche Dinner	8	9
10 Exec Board Sign Up Ends	11	12	13	14	15	16
17	18	19	20 5:50pm L'Arche Dinner	21 5:50pm L'Arche Dinner	22	23
24	25 Exec Board Election Presentations Due	26	27 12:00-1:00pm All-Member Meeting	28	29	30
31 Community Service Google Form Due	1	2	3	4	5	6

MARCH EVENT DETAILS

Tues, 3/5 @ 12:00-1:00pm: Deaf Culture and Advocacy Speaker: Professor Michael O'Donnell
Our professional development chairs have coordinated with Professor O'Donnell to come during lunch hour to discuss working with the deaf and hard of hearing community. He will discuss topics like accessibility and advocacy. This SOTA event is open to all students!

- **Location:** Large lecture room at Watergate

Weds, 3/6 @ 12:00-1:00pm: All-member Meeting (in person)

Weds, 3/6 @ 4:00pm-8:00pm: Panera Fundraiser

The fundraising chairs have collaborated with Panera at the Student Center to get 25% of sales directed towards SOTA. See how to help out below:

- **Location:** Panera located at the University Student Center (800 21st Street NW, Washington, DC)
- Online/Panera app: use code FUND4U at checkout
 - Can also use this code at the kiosk in-cafe.
- Show a digital (pg 3) or print copy (from Fatima or Collese) to the cashier when ordering at the cafe.
- Post flyers on social media platforms.
 - Screenshot page 3 and repost
 - Choose flyer from Sabrina's email (subject line: Support SOTA: Raise Some Dough Event on March 6th!)

Thurs, 3/7, Weds, 3/20, & Thurs, 3/21 @ 5:50pm: L'Arche Dinner

Social and community service chairs have curated an opportunity to connect with members of the community and one another through dinner nights at L'Arche homes in Adams Morgan. Volunteer to cook, bring, and share dinner with L'Arche members. Dinners are often followed by Uno, singing, and an occasional movie!

- **Locations:**
 - Ontario Home Address: 2474 Ontario Rd NW, Washington, DC 20009
 - Euclid Home Address: 2525 Ontario Rd, NW, Apt 103, Washington, DC 20009
- Sign up [here!](#)
- Contact Bri Shust, Kate Agnes, Justine Williams, or Marina Bien for more details!

Tues, 3/10: Executive Board Position Sign-Up Due

- If interested, sign up [here!](#)

Mon, 3/25: Executive Board Presentations Due

- If you signed up to run for a position, complete [here!](#)

Weds, 3/27 @ 12:00: All-member Meeting (in person)

- Executive board speeches and elections to occur.

Sun, 3/31 (all day): Community Service Engagement Survey

A feedback survey aimed to increase community service interest and engagement for future events.

- Access through the hyperlink on page 2 or [here!](#)

APRIL EVENT DETAILS

Saturday, 4/27 @ 8:30 am: Best Buddies Friendship Walk

- **Location:** National Mall
- More details to come from Community Service chair(s)!

Saturday, 4/20 @ 3pm: Movie Night

Community service is looking to build lasting relationships with local communities while learning more about imperative public space accommodations for individuals with disabilities that increase occupational participation and enjoyment.

- **Location:** AMC Hoffman Center 22 (206 Hoffman St, Alexandria, VA 22314)

Thursday, 4/25 (time TBD): Smithsonian Accessibility Event

D1 students will take a guided accessibility tour through the museum and learn about different ways the community can increase accessibility for all individuals.

Date TBD: PR Podcast Launch

- See ad on page 7 to get involved!

PLACE AN AD IN THE NEWSLETTER!



The SOTA Newsletter is a great platform to plug in any advertisements! If there are any job listings, upcoming events, or clubs you would like to market, this is the place for you!

If interested, be sure to include the following information regarding your ad:

- Advertisement title
- Brief summary or details regarding listing
- Contact and/or location information
- Photos

Examples of ads in this newsletter are on pages 2 (Panera Fundraiser), 4 (Community Service Google Form), and 7 (PR OT Podcast and Community Service Event).

To submit your advertisement, email both:

jenny.kim1@gwmail.gwu.edu

celia.accardi@gwmail.gwu.edu