



Fall Conference 2019 Speaker Bios and Objectives

➤ ***AARP Real Possibilities for OT- Dorothy C. Dorton***

Learning Objectives:

1. Introduce OTs to the HomeFit Program and describe the resources available within the program
2. Introduce OTs to the CarFit Program and describe the resources available within the program
3. Provide information on how to be trained in each program for their community and clients

Bio:

Dorothy Dorton is the Associate State Director for Community Outreach for Lower Alabama with AARP Alabama. Previously she served as Center Director and then Executive Director for Via Health, Fitness, and Enrichment Center & Senior Citizens Services, Inc. for seven years. Her professional career has spanned over 20 years in nonprofit social services, focusing on older adult health and well-being. She earned her Bachelor Degree in Psychology from Spring Hill College and a Master's Degree in Therapeutic Recreation with a focus on adults with dementia from the University of South Alabama (USA). Dorothy also has her Master's Certification in Gerontology (USA) and she is a Certified Therapeutic Recreation Specialist (CTRS). Dorothy is a native of Mobile and grew up in both Mobile, Fairhope and Orange Beach/Gulf Shores. During her free time, Dorothy enjoys running, reading and spending time with her two boys and husband Harold.

➤ ***2018 Elsie McKibbin Lectureship Award: Perilous Points of Pressure-Common Nerve Disorders of the Upper Extremity-Susan P. Denham EdD, OTR/L, CHT***

Learning Objectives:

1. The participant will identify the anatomical position of the peripheral nerves of the upper limb
2. The participant will understand the function of the peripheral nerves of the upper limb and the dysfunction that occurs with injury.
3. The participant will review common interventions to prevent injury or improve function after injury.

Bio:

Dr. Susan Denham is a graduate of the University of Alabama at Birmingham. She has over 30 years of experience as an occupational therapist and is a certified hand therapist. She is currently the Chair of Occupational Therapy and Interim Chair of the Physical Therapy Department at Alabama State University. She maintains a clinical practice in the areas of upper limb dysfunction and industrial rehabilitation.

➤ ***Keynote Address: Message from our AOTPAC Regional Director-Dawn Sonnier, OTR/L***

Learning Objectives:

1. Have an increased understanding of the purpose and function of the American Occupational Therapy Political Action Committee (AOTPAC)
2. Identify why AOTPAC is essential for occupational therapy
3. Have an increased understanding of the role of a lobbyist
4. Be able to identify candidates from AL who have been supported by AOTPAC
5. Have a clear understanding of the AOTPAC's fundraising efforts, the amount of monies raised, and how AOTPAC fundraising money is dispersed



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Bio:

Dawn Sonnier, is an occupational therapist with 20 years of experience. She is currently serving a 3 year term on the American Occupational Therapy Political Action Committee (AOTPA) Board as the Region III Director and was appointed to this position in January 2019. States that fall within Region III include: Alabama, Arkansas, Illinois, Indiana, Kentucky, Louisiana, Mississippi, Ohio, and Tennessee. In this position, she advocates for political action for AOTPA and AOTA members; educates on the role of AOTPA; actively raises money to support policy makers that advocate for the occupational therapy; shares the “real-life” impact of legislation on consumers of occupational therapy services and as practitioners; shares information related to current legislation, as well as information regarding legislation recently acted upon; works to bring to fruition language within legislation, to directly impact services, funding, inclusion, and overall quality of care for clients served as well as practitioners, and encourage contributions (from AOTA members only per law), in an effort to support policy makers who advance legislation that is in alignment with AOTA and AOTPA policy.

➤ ***Adaptive Sports and Recreation as Therapeutic Occupation – Alice Krauss & Elizabeth Pugh***

Learning objectives:

1. To clearly see the AOTA Vision 2025 in action and identify the pillars of effectiveness, leadership, collaboration, accessibility, and diversity in this occupation-based practice model.
2. To be able to translate this practice model using other occupations and with other populations to promote health, well-being, and quality of life.
3. Identify barriers and solutions to authentic occupation-centered practice.

Bio:

Alice Krauss – In 1982, Alice Krauss graduated from the University of Florida with a Bachelor’s degree in Occupational Therapy. She received her Master’s degree in Education from the University of North Florida in 1992. Alice has worked with Brooks Rehabilitation as both a clinician and manager for the past 36 years. She developed the occupation-based Adaptive Sports and Recreation Program as a healthcare innovation.

Elizabeth Pugh – Elizabeth Pugh graduated from the University of Alabama at Birmingham with a Bachelor’s degree in Occupational Therapy in 1993. She has worked as a staff occupational therapist in inpatient rehabilitation hospitals in Pensacola and Jacksonville, Florida followed by acute care and outpatient therapy in Leonardtown, MD.

➤ ***Tech Talk – Laura Smith, MS,OTR/L & Alyssa Ritenour, DrOT, OTR/L***

Learning Objectives:

1. Discuss conceptualized framework to effectively match the person, environment, and technology to promote independence in daily activity
2. Describe how smart technology and apps can increase functional independence in patients with cognitive, hearing, and visual impairment
3. Discuss available smart technology and apps for patient with chronic disease



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Bio:

Laura Smith is a 2005 graduate of the UAB Occupational Therapy program, with an undergraduate degree from the University of Alabama in 2003. She presently works for Kindred at Home and has been employed there for 7 years. Laura is a member of AOTA, co-chair of the North District for ALOTA, and enjoys volunteering in her community of Morgan County. She is a past board member of the Animal Friends Humane Society, the Carnegie Visual Arts Center, and served in several leadership positions for the Junior League of Morgan County. Laura also co-runs a night out for parents of children with Special Needs at her church in Decatur and serves as the United Methodist Church District Representative for the Disabilities Ministry.

Alyssa Ritenour is a 2014 Doctor of Occupational Therapy graduate from University of the Science in Philadelphia, PA. She currently works at Crestwood Medical Center in Huntsville, Alabama in the Acute Care and Outpatient settings. She is a member of the 2014-2015 cohort of the American Occupational Therapy Association (AOTA) Emerging Leader Development Program. From the start of her educational career she has pursued opportunities that expand her knowledge of occupational therapy as it relates to the client, the family, and the community. She currently serves as the Secretary of the Alabama Occupational Therapy Association and on the North Alabama Community Council of the National Multiple Sclerosis Society.

➤ **Goal Setting and Client Engagement in Acute Mental Health - *Miranda Wagstaff, OTR/L, Sherita Lumpkin, OTR/L***

Learning Objectives:

1. Identify 2 components of the recovery process that are addressed through the goal setting activity.
2. Describe a benefit of formalized goal setting in the acute mental health setting.

Bio:

Miranda Wagstaff, M.S., OTR/L- Acute care occupational therapist at the UAB Center for Psychiatric Medicine. She holds an undergraduate degree in Healthcare Management and graduated from UAB's OT school in 2017.

Sherita Lumpkin OTR/L- Acute care occupational therapist at UAB Center for Psychiatric medicine. Bachelor of Science Occupational Therapy. MA in Rehab Counseling.

➤ **Upper Extremity Protection when Using Portable Electronic Devices: Advice for Patients and OT Clinicians - *Renee Hall, OTD, OTR/L, CHT***

Learning Objectives:

- Demonstrate understanding of common musculoskeletal conditions caused by repetitive stress and poor posture from portable electronic device use;
- Give examples of strategies to prevent symptoms commonly seen from poor posture/overuse of electronic devices (i.e. "Text Neck/Thumb");
- Describe possible adaptive equipment available and strategies for iPhones, iPads, and laptop computers; and
- Demonstrate appropriate stretches/exercises designed for patients and/or OT clinicians to improve neck and upper extremity strain.



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Bio:

Renee Hall, OTD, OTR/L, CHT, currently works as an assistant professor for the University of South Alabama. She has over 23 years of clinical experience as an occupational therapist and became certified in hand therapy in 2003. Renee enjoys teaching extremity rehabilitation with an emphasis in ergonomics, orthotic intervention, anatomy, and occupations to provide holistic and evidence-based approaches in occupational therapy. Renee is married to an occupational therapist, Brent, and they have 2 children and 1 dog. When she is not grading papers, she enjoys spending time with her family boating and playing on the beach.

➤ **Occupational Therapy Clinical Fellowship: Improving Patient Outcomes through Fellowships in Evidence-Based Practice-Dr. Tenika S. Turner, BSOT, OTR/L**

Learning Objectives:

1. Establish a life-time commitment to furthering occupational therapy as an evidence-based profession by producing entry-level therapist with keen critical thinking skills for EBP implementation.
2. Development of an evidence based tool.
3. Increase new practitioners utilization of evidence based practice.

Bio:

Dr. Tenika Turner, is a 2004 graduate of Alabama State University, where she received her Bachelors of Science in occupational therapy. Dr. Turner earned her post-professional doctorate in occupational therapy in 2017 from Rocky Mountain University of Health Professions in Provo, Utah. She is an accomplished professor at Tuskegee University where she works closely with colleagues educating our next generation of occupational therapists. Before her career as a professor, she worked as a licensed occupational therapist for over 15 years in Alabama and New York, concentrating in geriatrics, adult physical dysfunction, and pediatrics. During that time, she assisted hundreds of clients in their recovery process to regain the highest level of independence possible with self-care and activities of daily living. Currently, she serves as a second-year professor at Tuskegee's School of Nursing and Allied Health in the occupational therapy department while also advising over 30 students. Dr. Turner's passion for service continues through community-based projects ranging from directing HIV/AIDS Awareness events to engaging students in assisting with staff provided hippo therapy services to children with special needs. In addition to managing her busy career, she is also the proud mother to her 6-year-old son Tanner and a member of Delta Sigma Theta Sorority, Inc, an organization she joined in 2002 through the magnificent Beta Eta Chapter.

➤ **Therapeutic Use of Self Across the Lifespan: Emerging Practitioners' Perspectives -Rachel Gahan, M.S., OTR/L, Catherine Verga, M.S. OTR/L, Miranda Wagstaff, M.S.,OTR/L**

Learning Objectives:

1. Participants will gain insight into evidence-based use of therapeutic use of self.
2. Participants will explore a variety of strategies for using therapeutic self to decrease barriers, promoting occupational engagement and positive therapy outcomes.
3. Participants will apply therapeutic use of self to case scenarios across the lifespan.

Bio:



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Rachel Gahan, M.S., OTR/L- Rachel Gahan is a pediatric occupational therapist at the Civitan Sparks Clinics. She holds an undergraduate degree in Special Education and graduated from UAB's OT school in 2017.

Catherine Verga, M.S., OTR/L- Catherine Verga is a pediatric acute occupational therapist at Children's of Alabama. She holds an undergraduate degree in Health Science from the University of Florida and graduated from UAB's OT school in 2017.

Miranda Wagstaff, M.S., OTR/L- Miranda Wagstaff is an acute care occupational therapist at the UAB Center for Psychiatric Medicine. She holds an undergraduate degree in Healthcare Management and graduated from UAB's OT school in 2017.