

January 2023

STONY BROOK UNIVERSITY - SOTA

Happy New Year to all of the SOTA community! We hope your year is off to a great start, and we wish you a prosperous year ahead.

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**UPCOMING COMMUNITY SERVICE
EVENTS**



COMMUNITY SERVICE

KNITTING FOR KIDDOS

Students learned how to loom knit handmade hats to be donated to underserved families in the local community.



CEREAL DRIVE



Students from both campuses joyfully donated boxes of cereal to help feed families. What a great way to engage in the community!



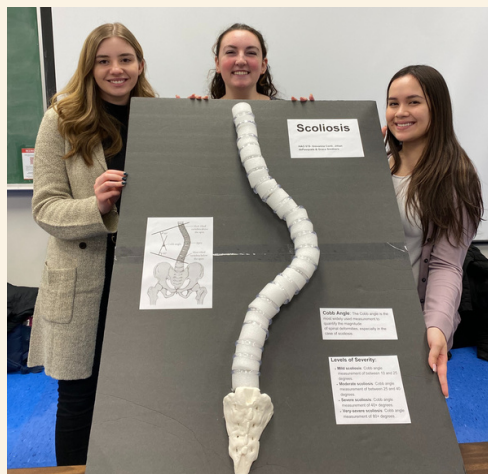
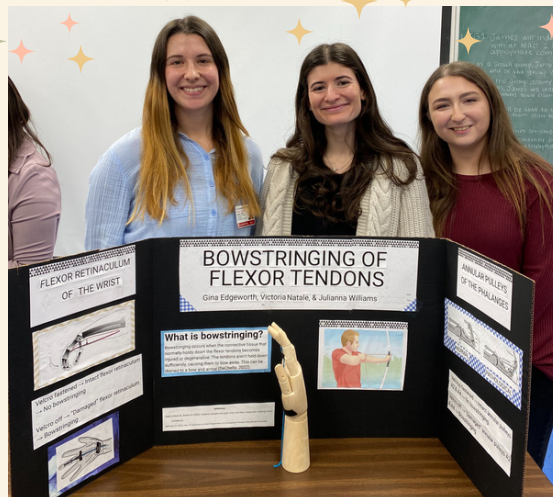
KINESIOLOGY FAIR



With a mixture of concept, originality, and creativity, first-year students constructed and presented their projects at the Kinesiology Fair. Students answered concept-related questions from OT, PT department members, and other attendees.

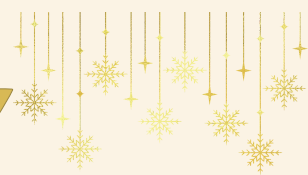


KINESIOLOGY FAIR

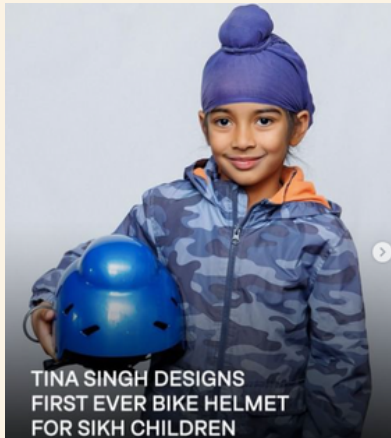




INNOVATIONS FOR OT!



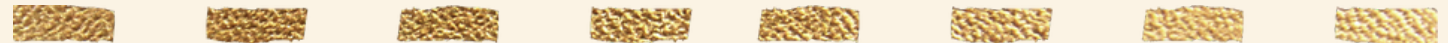
SIKH HELMET



Canadian occupational therapist Tina Singh created the Sikh Helmet, which accommodates turbans for young cyclists. "Let's highlight how we can create products that are more inclusive and diverse so that we can increase participation and so no one is left out," Singh said to CTV News.

Click [here](#) for full story

Shared by Rachel Pincus, OTS & Gabriella Ng, OTS

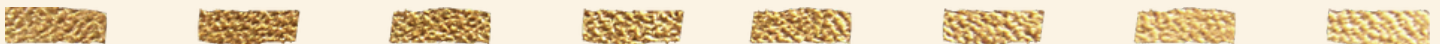


THE GLEN LAKE ACCESSIBILITY PROJECT

Click [here](#) for the full video
Click [here](#) to check out the Glen
Lake Accessibility Project
Website

Students raise funds to make playground
inclusive for those with disabilities

"Glen Lake Elementary School in Hopkins, Minnesota, has a lot of students with physical disabilities, but it didn't have a playground that was accessible to them. That bothered a fifth-grade class, which stepped in to raise \$300,000 to make it accessible."



BARBIE UNVEILS ITS FIRST-EVER DOLL WITH HEARING AIDS

Barbie created a new fashionista doll that wears hearing aids. It's important for kids who are deaf or hearing impaired to feel represented. This Tik Tok shows one little girl's reaction to getting her new doll!



RECOMMENDATIONS

My Stroke of Insight by Jill Bolte Taylor

Jill Bolte Taylor, a Harvard-trained brain scientist, survived a massive stroke in the left hemisphere of her brain. She shares her near-death experience as she alternated between the two hemispheres for forty-eight hours. Taylor conveys her experience as a blessing in disguise as she realizes that inner peace is possible.

Click [here](#) to watch her TED Talk
Click [here](#) to check out her book

Your Sensory Health Matters: Here's Why by Virginia Spielmann

In her TED Talk, occupational therapist Virginia Spielman puts into perspective how our sensory preferences impact the way we show up in every day life. Spielmann welcomes the idea that we can learn to be more compassionate to ourselves and others by understanding that everybody's sensory needs vary. She states, "[i]f you want to be happier, healthier, joyful, more productive, more loving, you owe it to yourself to start noticing your sensory needs."

Click [here](#) to watch her TED Talk

COMMUNITY EVENTS

"HAIR AS AN ADL"

FEBRUARY 11, 2023
10:30 AM TO 12:30 PM
WILDCAT CENTER ON HARBORSIDE CAMPUS

Learn from a licensed counselor and hair specialist, Christie Brown, about sensory processing disorders, recognizing hair types and textures, hair care routines, hair styling tools, and ways to avoid stereotypes and micro-aggressions when working with diverse clientele.

Attend in-person for hands on practice
or attend via zoom!



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