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# Saginaw, Aleda E. Lutz VAMC

## Inpatient Rehabilitation Unit

Community Living Center Building 22

WELCOME TO REHAB



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**Our team is honored to serve you!**

# Occupational Therapy Team



Back row: Vickie Burton, Susan Traut

Front row : Yuching Groya, Jane Briceland and Stephanie Koch

## What is Occupational Therapy?

Occupational Therapy is a holistic, client-centered approach in which interventions use activities that are meaningful to the patient. Occupational Therapists enable, support and empower individuals with various diagnoses across their lifespan to promote independence to get back to living life to the fullest. Occupational therapy differs from other health professions because it focuses on treating the person as a whole.

## Areas of Occupation

- \* Activities of Daily Living
- \* Instrumental Activities of Daily Living
- \* Education
- \* Work
- \* Play
- \* Leisure
- \* Social Participation
- \* Rest & Sleep



# Where Do Occupational Therapists Work?

- Hospitals
- Skilled Nursing Homes
- Outpatient Clinics
- Early Interventions
- Childcare Facilities
- Community Centers
- Mental Health
- Home Healthcare

## History of Occupational Therapy

It was found that Occupational Therapy was first used in 100BCE for Patients with mental or emotional illness. Asclepiades, a Greek Physician used therapeutic massage, exercises, baths and music to heal minds and decrease stress. It wasn't until 1917 that Occupational Therapy emerged in the United States of America and was officially named Occupational Therapy in 1920.

Dr. William Rush Dunton Jr. is known as the "Father of Occupational Therapy". Dr. Dunton was a psychiatrist and educator, he witnessed his patients healing through use of purposeful activities, known as occupations of daily living. He also used quilt making and hooked rugs during treatments. Being a stronger advocate for occupational he later formed the National Society for Promotion of OT now known as AOTA. This allows more patients to receive occupational therapy services. Eleanor Clark Slagle is known as the "Mother of Occupational Therapy". Around 1915, Eleanor Clark Slagle organized the first education program for occupational therapist.

## **Occupational Therapy needs during WWI**

This new profession was quickly put to good use during WWI. The US Army began use of first Occupational Therapist in 1918 at Walker Reed Hospital. Both world wars helped establish the role of OT in orthopedic care. Occupational therapist helped Veterans of war to regain their independence back then and are still honored to continue caring for our Veteran's to this day.

## **How is Occupational Therapy beneficial?**

- Improving strength, balance, range of motion, coordination and sensation
- Increasing activities of daily living such as self care, home management , community involvement
- Home Safety and recommendations for home modifications
- Coping and relaxation techniques
- Family and caregiver education

## Our Rehab Department would like to welcome Samuel Gill, Deepak Sardey and Stephanie Koch to our therapy team.

Samuel is a Physical Therapist that recently took the Physical Therapy Supervisor position here at Saginaw VA. Sam is extremely happy and blessed to join our team.

Sam is an Army Infantry Veteran, His father also an Army Veteran whom served in the Korea and Vietnam war. Sam has been a Physical Therapist since 1990 graduated from Medical University of South Carolina. He completed his Doctorate of PT in 2019 from EIM Institute of health Professions, Louisville, KY. Sam has had practice in many areas which include: pediatrics, orthopedic, neuro, homecare, inpatient and outpatient. He has specialized training in vestibular, orthopedic manual therapy, biofeedback/chronic pain and TBI

During Sam's free time he enjoys spending time with his wife, 4 children and 7 grandchildren. He is a boy scout leader and enjoys camping, backpacking, kayaking, biking and scuba diving.

Sam is extremely motivated to serve our Veteran's and their families.



Deepak is a Physical Therapist that has had more than 35 years of experience in multiple setting which include: Acute Care, Inpatient Rehab, ICU, PCU, Ortho, Neurosurgery, Outpatient, and Long-term care. Deepak has had opportunities working in Kuwait with hand specialist and working with players on National Basketball team. When Deepak was in India he worked in specialized care for artificial limbs. Deepak is a Physical Therapist by choice, He is a keen observer and a life long learner. He is excited to master new physical therapy techniques quickly and effectively .

Deepak will primarily be working in the community living center and has great passion for helping our Veterans.



Stephanie is an Occupational Therapist that is excited to become part of the team here at the Saginaw VA. She earned her Masters of Occupational Therapy from Saginaw Valley University in 2016. Stephanie has worked in healthcare field for the past 23 years. Some of her past work experiences include working in Outpatient Rehab specialized in Traumatic Brain Injuries, Inpatient Rehab and Long-term Care. Her past experiences have gave her a deep appreciation and opportunities to improve the quality of care. During Stephanie's free time she enjoys spending time with her family.





## VETERAN HIGHLIGHT



Calvin Towe served four years in the US Air Force. Mr. Towe was a farmer for the past 45 years. He enjoys traveling and is looking forward to completing the therapy program so he can get back to “seeing the beautiful views.” Some of Mr. Towe’s favorite places he has traveled are Colorado, North Dakota visiting the Lewis and Clark sites and the Keweenaw Peninsula. What he liked most about the therapy he received at the Saginaw VA is the therapy team was “ always pushing you to do more, they helped you think about your health a whole.”

For more information or any questions on the Inpatient CARF Rehab Program you may contact Constance Louis, CARF Coordinator/LPTA at (989) 497-2500 Ext 11060

