

00:07 to: *Emmi*
:)

00:09 to: *Carrie*
:)

00:09 to: *Susan Burwash*
:)

00:10 to: *Maija*
:)

00:12 to: *C Crockford #2*
:)

00:13 to: *Sarah Ouwerkerk*
:)

00:15 to: *Helen OTUK*
:)

00:16 to: *Alex*
:)

00:16 to: *Annika, Student (Germany)*
:)

00:17 to: *Ahmed Almarhoon*
Clear :)

00:17 to: *Julie C - Ireland*
:)

00:21 to: *Samar Hassani*
:)

00:26 to: *Clarissa (UK) - @clissa89*
HI SUSAN :D

00:30 to: *Jo Lawrence*
you are echoey

00:41 to: *Julie C - Ireland*
there seems to be feedback

00:42 to: *Louisa*
I've got a bit of an echo going on this end?

00:45 to: *Louisa*

yep

00:50 to: @Wardmans
double Susan!

01:00 to: Louisa
lol

01:10 to: Jo Lawrence
Susan, Susan

01:19 to: Helen OTUK
Really!

01:30 to: Annika, Student (Germany)
lol

01:38 to: Brock Cook
a couple lol

01:46 to: Helen OTUK
a few

01:57 to: Clarissa (UK) - @clissa89
LOL.....!

02:35 to: Samar Hassani
Kuwait

02:41 to: Jo Lawrence
uk

02:42 to: MartinOD
Manchester, UK

02:42 to: @Wardmans
Holland!

02:45 to: Maija
Finland!

02:46 to: gillianprince
uk

02:49 to: Louisa
UK

02:49 to: Helen OTUK
Hello Martin

02:50 to: *Brock Cook*
Aussie-Land

02:50 to: *Naomi*
UK

02:50 to: *Sarah Ouwerkerk*
U.S.

02:52 to: *C Crockford #2*
US

02:53 to: *Emmi*
Finland!

02:53 to: *Carrie*
USA

02:53 to: *MartinOD*
Hello Helen

02:54 to: *Brigitte Zaehring (Erlangen, Germany)*
Germany

03:02 to: *Julie C - Ireland*
Ireland

03:26 to: *Helen OTUK*
Hi Allisulli

03:38 to: *Brock Cook*
AlliSulli is here :) YAY

03:50 to: *Clarissa (UK) - @clissa89*
yay hi Allison, didnt spot you in the room before :)

04:10 to: *Donna_MrsLumin8*
Hi Prof Sullivan

04:22 to: *MartinOD*
AlliSulli Im excited about your presentation hehe

04:31 to: *Brock Cook*
DAMN!

04:35 to: *Louisa*
lol

04:35 to: *Brock Cook*
missed again

04:42 to: *Helen OTUK*
lol:p

04:59 to: *Clarissa (UK) - @clissa89*
haha

05:14 to: *Bill Wong @BillWongOT 1*
hey Clarissa. :)

05:24 to: *kirstyes (UK)*
You feeling ok Clarissa?

06:23 to: *Clarissa (UK) - @clissa89*
bit worse for wear Kirsty, nap wasnt that helpful - should've stayed with Helen and Brock and got a badge out of it! ;) how are you?

06:25 to: *Clarissa (UK) - @clissa89*
hi Bill :)

06:36 to: *Brock Cook*
I told you Clarissa!

06:38 to: *Brock Cook*
lol

06:40 to: *Helen OTUK*
Oh dear

06:49 to: *kirstyes (UK)*
I'm ok ta. Who's making the badges?

07:19 to: *Susan Burwash (Canada)*
This is Rashid Kashani speaking

07:45 to: *Brock Cook*
its Susan! :)

07:57 to: *Samar Hassani*
yes :)

09:13 to: *Susan Burwash (Canada)*
so not true

09:15 to: *Annika, Student (Germany)*
I don't understand: myth about a c...? Can somebody help me?

09:23 to: *Susan Burwash (Canada)*
acute care

09:31 to: *Annika, Student (Germany)*
ah - thanks a lot!

09:38 to: *Brock Cook*
GO Susan!

09:42 to: *Bill Wong @BillWongOT 1*
yay!

09:46 to: *kirstyes (UK)*
Hi Kiran

10:06 to: *Sarah Ouwerkerk*
yay NS-Ratio!

10:18 to: *Susan Burwash (Canada)*
not so random acts of therapeutic intervention: occupation

10:22 to: *Susan Burwash (Canada)*
NS-RATIO

10:57 to: *allisulli*
thats cool:)

11:03 to: *Cheryl (@otnotes) USA*
LOL Canadian Summer

11:19 to: *kirstyes (UK)*
Eeek and we were complaining in the UK

11:26 to: *Louisa*
indeed lol

11:30 to: *Brock Cook*
we have 10 months of summer :(

11:44 to: *Louisa*
is that a bad thing Brock?

11:45 to: *Louisa*
lol

12:12 to: *Marion*
Would love 10 months of summer! Maybes I need to move country! lol

12:17 to: *Brock Cook*

35+ degrees isnt always fun

12:28 to: *Bill Wong @BillWongOT 1*
or you should move to Los Angeles, Marion

12:29 to: *Louisa*
I guess so, but I'd give it a go!

12:42 to: *Bill Wong @BillWongOT 1*
Rancho Los Amigos Rehab center is there

12:52 to: *Marion*
maybes just nearer the equator!

12:57 to: *Merrolee (NZ) #2*
AGreed Brock.. you can end up having almost as much time inside in 35+ as you would have i -20

13:05 to: *Susan Burwash (Canada)*
the bear

13:05 to: *Beth Lloyd @lloydcrew*
great way to energize

13:17 to: *kirstyes (UK)*
Sounds like fun

13:43 to: *Brock Cook*
def Merrolee....spring and autum are pretty perfect weather though

13:55 to: *Beth Lloyd @lloydcrew*
when are you doing these activities in the day?

13:56 to: *SBaxter - OT*
Hi Christine!

14:02 to: *Susan Burwash (Canada)*
at noon I think

14:27 to: *Bill Wong @BillWongOT 1*
now is a bit over 11 a.m. for me

16:48 to: *Alex*
Hi Andrea! Glad you made it! :)

16:48 to: *@Wardmans*
Sarah Ouwerkerk, thats a name from holland! any connection?

17:31 to: *Sarah Ouwerkerk*

My husband's grandfather is from there!

18:38 to: *Brock Cook*

that doesnt suprise me :S

19:13 to: *@Wardmans*

thats kinda a distant connection for you then.

19:31 to: *Brock Cook*

how often are these sessions? every day?

19:35 to: *Clarissa (UK) - @clissa89*

Can I do some of these right now?!

19:45 to: *Sarah Ouwerkerk*

yes! only a connection through marriage for me

20:01 to: *Andrea Powell*

signal not good, no video, powerpoint and think i'm a few min behind as it cuts out..

20:20 to: *Clarissa (UK) - @clissa89*

oh no Andrea :(is your connection not good?

20:45 to: *Susan Burwash (Canada)*

andrea - sometimes slides take a bit to load. If still slow - sometimes better to log in again

21:09 to: *Susan Burwash (Canada)*

try reconnecting and choose lowest speed connection

21:13 to: *@Wardmans*

Andrea you can change connection speed at Edit - preference - session - connection

21:17 to: *@Wardmans*

it worked for me

21:28 to: *Susan Burwash (Canada)*

thanks for that info!

21:36 to: *Susan Burwash (Canada)*

OTs helping OTs

21:42 to: *@Wardmans*

hooray

22:17 to: *Bill Wong @BillWongOT 1*

i know... that's why i love lifestyle redesign program for students at USC- some OT students would walk in to OT Faculty Practice to get help from fellow OT's

22:24 to: *Andrea Powell*

it's awful, really annoyed.. Wish I was at home!

22:26 to: *Julie C - Ireland*

We used to do this with our OT student society when I was at uni. Great way to get new people involved in the society and share their talents and ideas.....gave everyone a boost

22:26 to: *Merrolee (NZ) #2*

at our employer (academic institution)... we have a staff programme promoted by the institution called Spring into it that starts on the first day of spring each year.

22:48 to: *Susan Burwash (Canada)*

sorry andrea

23:14 to: *Andrea Powell*

I've signed in and out a few times in last session and swithed off laptop off. I can't see any slides at all. Was ok last night but nothing now.

23:43 to: *Kim USA #3*

the audio isn't working for me either

23:54 to: *allisulli*

this reminds me of a lot of the info I shared in my blog post re moral distress of healthcare providers. I bet these guys would enjoy the vision board activity I discussed as a complement to their we

23:54 to: *allisulli*

Illness groups

23:54 to: *Susan Burwash (Canada)*

try audio tools

24:05 to: *Clarissa (UK) - @clissa89*

mwahaha

24:25 to: *Susan Burwash (Canada)*

and group collage

24:41 to: *allisulli*

Vision board activity!

24:51 to: *Susan Burwash (Canada)*

gr8 idea alli

25:10 to: *Bill Wong @BillWongOT 1*

ooh... group collage!

25:29 to: *kirstyes (UK)*

lol

25:46 to: *allisulli*

quilt squares- Cara and McRae liked this idea for recidivism in acute care

25:49 to: *Alex*

finding time to eat together at lunchtime rather than working through lunch! Essential for wellness and laughter!

26:16 to: *kirstyes (UK)*

cooking then eating lunch together

26:25 to: *Susan Burwash (Canada)*

gr8 idea

26:26 to: *Brock Cook*

I do

26:29 to: *kirstyes (UK)*

lol

26:36 to: *Clarissa (UK) - @clissa89*

!!!! yeah that's the issue

26:42 to: *SBaxter - OT*

We have done something similar out in the Westlock OT Dept called "Joy to the Office". Simple things and activities - going through what we are thankful for, Yoga, Building a gingerbread house, etc!!

26:45 to: *Brock Cook*

thats a good question

27:04 to: *Jo Lawrence*

some SLT's I know did a team come dine with me - out of work time (does everyone get come dine with me?)

27:06 to: *Brock Cook*

done

27:08 to: *Bill Wong @BillWongOT 1*

great idea

27:26 to: *Helen OTUK*

its open!

27:28 to: *Julie C - Ireland*

Love the come dine with me idea :)

27:28 to: *Clarissa (UK) - @clissa89*

haha

27:47 to: *Bill Wong @BillWongOT 1*

i think since i was a student in my hand therapy placement recently, my CI is now gonna be doing monthly lunches with her crew

27:51 to: *kirstyes (UK)*

Yes thanks what I was thinking Jo - love Come dine with me

28:41 to: *Caoimhe*

we used to have Fat Fridays which were always fun!

28:47 to: *Rosy Edwards*

what have been the difficulties?

28:54 to: *Jo Lawrence*

I'm so impressed that you just started doing - we seem to talk and not do! (not in an OT though)

28:56 to: *kirstyes (UK)*

I think it's a great idea - something to take back to uni

29:09 to: *Cheryl (@otnotes) USA*

Do you have an actual wellness dept? we have a position at our hospital and that person coordinates events like 100 miles in 100 days and some seminars

29:14 to: *Jo Lawrence*

what is app friday?

29:15 to: *Caoimhe*

We took turns to bake or bring in sweet things for our team

29:17 to: *Bill Wong @BillWongOT 1*

i know in school based placement that I was at, IEP's and different caseloads would be barriers

29:40 to: *Bill Wong @BillWongOT 1*

though they do try to have in services first thing in the morning with coffee and breakfast items once every couple weeks, I believe

29:43 to: *Bill Wong @BillWongOT 1*

if not a month

30:04 to: *SBaxter - OT*

Do you think that it will be sustainable over the long term? Any thoughts about how to make it more sustainable?

30:05 to: *Helen OTUK*

lol

30:10 to: *Alex*

we have a pilates class after work, but based at work, run by a physio colleage for us all to go to, helps switch off...

30:21 to: *Clarissa (UK) - @clissa89*

ooh that sounds good Alex

30:22 to: *@Wardmans*

i just found out you can make the chat box bigger! thats nice

30:38 to: *Alex*

we're also thinking of a walking group for weekend walkis in the highlands, Scotland

31:32 to: *Julie C - Ireland*

Caoimhe Fat Friday sounds cool - like the idea of baking and sharing

31:34 to: *otstudent.info*

Hi!

31:40 to: *Ana*

pilatos classes for the workers

31:40 to: *Jo Lawrence*

i'd like to be a wellness person

31:41 to: *kirstyes (UK)*

i'd want that job

32:10 to: *Clarissa (UK) - @clissa89*

my workplace used to have a "work-life balance coordinator" - not sure if post still exists

32:12 to: *Bill Wong @BillWongOT 1*

haha Kirsty... you probably can talk into folks in your OT workplace for it

32:27 to: *Susan Burwash (Canada)*

yes thanks so much!!!

32:30 to: *kirstyes (UK)*

We appreciate it

32:47 to: *Bill Wong @BillWongOT 1*

or informally, you can do some check in's with each member of the team you are with

33:01 to: *Bill Wong @BillWongOT 1*

of course... for the latter, OT's should be having each other's backs

33:03 to: Brock Cook
Oz!

33:26 to: kirstyes (UK)
Are you sure she doesn't just want a holiday ;o)

33:38 to: Clarissa (UK) - @clissa89
I've always valued those "check ins" Bill

33:39 to: Merrolee (NZ) #2
come see us Liz at Otago Polytechnic - Rashid knows where I am

33:43 to: Andrea Powell #2
Not in OT, but when I was a dental nurse we had chinese/pizza hut friday on payday

34:07 to: Andrea Powell #2
Would love that Alex!

34:18 to: Brock Cook
Good ol Rob

34:19 to: Bill Wong @BillWongOT 1
oh yes... I remember USC OT does a similar thing for final exams, too!

34:21 to: Sarah Ouwerkerk
That's a neat idea

34:28 to: Helen OTUK
We have team tea once a month

34:30 to: kirstyes (UK)
susan I need to speak to you about this

35:01 to: Sarah Ouwerkerk
How long are the sessions?

35:21 to: Brock Cook
Basketweaving! :)

35:25 to: Bill Wong @BillWongOT 1
I have also seen USC OT Faculty Practice have yoga sessions set up for OT students

35:25 to: Julie C - Ireland
Felting

35:26 to: Clarissa (UK) - @clissa89
LOL Brock!

35:26 to: *Alex*
lol

35:32 to: *Donna_MrsLumin8*
knitting with a loom

35:37 to: *kirstyes (UK)*
Use Pinterest for crafting inspiration

35:40 to: *Merrolee (NZ) #2*
we do flax weaving

35:43 to: *Karen Jacobs*
Me too

35:53 to: *Karen Jacobs*
Throwing on a wheel

36:11 to: *Clarissa (UK) - @clissa89*
Brownie in a mug!!! (on whiteboard) :D

36:13 to: *Karen Jacobs*
I am trying to be one

36:15 to: *Alex*
felted is great in MH work with clients, I've run a few classes, my ladies loved it!!

36:18 to: *kirstyes (UK)*
Harry?

36:19 to: *Merrolee (NZ) #2*
Flax like the bushes - how do you describe them Susan

36:21 to: *Karen Jacobs*
Photography

36:21 to: *MartinOD*
come dine with me sessions would be well cool lol

36:28 to: *Karen Jacobs*
healthy cooking

36:46 to: *Donna_MrsLumin8*
get well card for the patients

36:48 to: *Karen Jacobs*
We can cook in 40 minutes

36:58 to: *Bill Wong @BillWongOT 1*

same for yoga... within an hour

37:00 to: *Clarissa (UK) - @clissa89*
i <3 scrapbooking

37:00 to: *Alex*
pottery houses

37:02 to: *@Wardmans*
40 brownies in a mug in 40 minutes!

37:06 to: *@Wardmans*
yum

37:09 to: *kirstyes (UK)*
Our uni has a staff Christmas party and for the last few years people have 'done' performances - taht's been fun.

37:34 to: *kirstyes (UK)*
Mug Brownies are so dangerous to know how to make - but also good

37:40 to: *Karen Jacobs*
Susan, I can't get the talk button to work

37:41 to: *Bill Wong @BillWongOT 1*
lol

37:55 to: *Clarissa (UK) - @clissa89*
Kirsty i love stuff that you can make in a mug! (or quick cakey things in general)

38:25 to: *kirstyes (UK)*
Along the Harry Potter theme - Quidditch :)

38:30 to: *Julie C - Ireland*
Brownie in a mug I need to find out more :)

38:30 to: *Brock Cook*
have you run your audio setup wizard Karen :p

38:47 to: *Karen Jacobs*
I teach healthy cooking once a week. The recipes take about 30 minutes. We do this weekly.

39:04 to: *Samar Hassani*
great session, thank you, keep it up :)

39:25 to: *Alex*
fun session, thanks!! :)

39:29 to: *kirstyes (UK)*

Thank you all - it's been fun and inspiring

39:29 to: *Brock Cook*

sounds like fun :)

39:30 to: *Julie C - Ireland*

This session was soooo good thank you <3

39:37 to: *otstudent.info*

thanks

39:39 to: *Sarah Ouwerkerk*

Great presentation! Thank you for sharing

39:42 to: *Susan Burwash (Canada)*

<http://tinyurl.com/ot24vx2012-20>

39:44 to: *Bill Wong @BillWongOT 1*

cheers!

40:34 to: *Samar Hassani*

:)

40:42 to: *Alex*

apologies for the terrible drawing of a lightbulb

41:04 to: *kirstyes (UK)*

It's a lovely lightbulb Alex

41:35 to: *Susan Burwash (Canada)*

<http://tinyurl.com/ot24vx2012-20>

42:03 to: *@Wardmans*

thank you for the lovely presentation!!

42:07 to: *Alex*

thanks Kirsty!

42:14 to: *Ana*

tkS

42:33 to: *Susan Burwash*

love the doodles

44:27 to: *Maja-Canada*

Hello, is the presentation cancelled?