Wounded Warrior Softball Weekend

Spring is finally upon us, and as April approaches the CARES Therapy clinic would like to recognize our Occupational Therapy (OT) students since April is OT month! This month MUSC’s class of 2017 OT class has decided to help organize and run a Wounded Warrior Amputee Softball Team event on April 22nd and 23rd. For those who do not know, the Wounded Warrior Amputee Softball Team (WWAST) is a 501(c)(3) public charity whose mission is to inspire and educate others while enhancing the health and welfare of Wounded Warrior Amputees. The WWAST team is comprised of young, competitive, athletic veterans and active duty soldiers who have lost limbs post-9/11, while serving their country in the military/war. The WWAST represents some of our nation’s bravest and most determined heroes, soldiers and veterans. These men have sustained severe injuries resulting in amputation, and through extensive rehabilitation, they have become competitive athletes again, playing against able-bodied teams in exhibition games across the country. This is where our very own OTs have decided to step in since helping people lead live life to the fullest is one of the many tasks of an OT, what
better way to pay homage to the patriots that fight for our country. The WWAST event will take place over two days: the first day will involve a softball clinic for kids with amputations and/or disabilities from 3:30-6pm at the Citadel Practice Field. At the clinic, the WWAST will be mentoring the children one-on-one and then split up into teams and play. The next day the WWAST will be playing a doubleheader from 8am-1pm out at Patriot's Point in Mount Pleasant on College of Charleston's field. The Wounded Warriors Softball Team will play against a team from the Joint Military Base of Charleston in one game and against a team of first responders from Mt. Pleasant in the other.

This event serves as a great opportunity for the community to get out and better understand the struggles that our wounded servicemen and women experience on a daily basis as well as see how just because they are injured or have an amputation does not mean they live and amputated life. The MUSC OT Class of 2017 will also be using the event to help raise money for the Wounded Warrior Amputee Softball Team and a local non-profit, Limbs Without Limits. While the event is free to the public, there is a fundraising page that can be used to donate and that link can be found in the “Mark your calendar section” above. So come out and join them in supporting our soldiers!

**But wait there's more!**

The MUSC CARES clinic is happy to announce the official launch of our new website! After many months of planning, designing and programming our new website is better than ever and ready for use. The website has many new features making it easier for clinicians and volunteers to become part of the clinic as well as other ways to contribute and help the clinic grow. The CARES clinic contact info, location and hours of operation can also be found on the website in addition to information about all the services that the CARES clinic offers. One of the new features on the website is the "Patient Testimonials" tab that includes success stories from those who have visited our clinic. So go to the link above and check out our new website and all that it has to offer!

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**Ways to help!**

Check out our website for ways to donate and volunteer at [http://academicdepartments.musc.edu/cares/ptot](http://academicdepartments.musc.edu/cares/ptot) or use our contact info below to find our more ways to help!

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For any comments, questions or concerns about this newsletter or the CARES Clinic, contact the email address or phone number below:

E-mail: caresboard@musc.edu
Phone: (843) 876-7097
Patient Spotlight
Andrew Springfield

1. How do you like CARES?

I love it, I feel better every time I come in and I have been coming in for about a month and a half now. I really enjoy working with the students because I feel like they really take the time to listen to me and to find things that my doctors haven't been able to fix. Also, I recently started the weight management program they offer now and it has been a great way to keep my weight down.

2. What is Mr. Springfield's goal at CARES?

My main goal is to keep my weight off as well as learn more about my muscle functioning because that is something I have never had great control of before.

3. How is Mr. Springfield progressing?

Andrew is doing great since he first came to us, he says he has been in a lot less pain since first coming in and has also been starting to see some of his muscle strength start to return. He also has really been enjoying the new weight management program and says it really helps him stay on top of his nutrition.
Clinician Spotlight

Darren Vance

1. Where did you get your undergraduate/graduate degree?

Undergraduate degree: Physical Education and English at Queen’s University in Kingston Ontario Canada
Graduate degree: Physiotherapy at McMaster University in Hamilton Ontario Canada

2. Did you always plan on being a physical therapist? If not, which career path were you initially headed?

I originally planned on being a high school teacher but decided that I wanted a more medically based career.

3. What made you want to become a physical therapist?

The ability to change the health and well being of individuals while being involved in a career that offered ongoing continuing education and the ability to interact with students.

4. What drives you to be a better PT?

The smiles of the faces of clients who have improved with PT and the fact that anything worth doing is worth doing well.

5. Why is CARES so important to you?

It provides a much needed resource to the community while allowing students to have real world experience with patients.
6. Do you work with other medical professions at your practice? How much do you value inter professional experience?

Having recently switched to home health from outpatient orthopedics, I am fortunate to now have the resources of an entire team including OT, SPT, skilled nursing and social work. I highly value the input of these other disciplines in achieving the best outcomes for our patients.

7. What area of your chosen profession particularly interests you?

This is constantly changing, which is the beauty of the profession. Lately I have been looking at canine and equine PT as an adjunct to my full time position.

8. What does a perfect day look like for you?

Paddle boarding with my daughter followed by a grilled steak and red wine sitting beside a campfire while listening to Pearl Jam or U2.
Student PT Spotlight
Mike Israel

1. Where did you get your undergraduate/Master's degree?

University of South Carolina- The real USC.

2. Do you see yourself staying in Charleston after you graduate? If not, where are you headed?

As of right now I'm looking more towards the upstate and NC.

3. What made you want to become a PT?

Between sports injuries, internships, and a great mentor who happened to be an ATC, I knew PT would be the right fit for me. I wanted to do medicine, but I wanted to be around sports and work with people directly! What better route to go.

4. What drives you to be a better PT?

I have a lot of self confidence and I'm a very self motivated individual. My peers also help drive me to become the best. I know I am surrounded with people of a common interest and we all push each other to aspire to greatness.

5. Why is CARES so important to you?

CARES is an awesome initiative to help those who may not always be able to afford it. Medical expense are such a hassle today and I'm so happy to help those in need. It's one question I ask myself all the time, how can I continue to give back!

6. What area of your chosen profession particularly interests you?

If I didn't make it obvious already...sports!! But i’m sure i’ll be more open to
other areas once I gain some more exposure.

7. Did you always plan on being an PT? If not, which career path were you initially headed?

Well, there was a short time I wanted to be a culinary artist. I grew up watching the Food Network and loving the smells in the kitchen. I still love cooking, but now it's more of an enjoyable hobby.

8. What does a perfect day look like for Mike Isreal?

Waking up, getting a good workout in, eat a huge blueberry pancake breakfast, wash my car, then meet up with the crew to relax and laugh. As long as I'm around good people, I'm game for whatever! Just can't beat that!
Student OT Spotlight
Heather Richardson

1. Where did you get your undergraduate/Master’s degree?
University of South Carolina

2. Do you see yourself staying in Charleston after you graduate? If not, where are you headed?
No, Charleston has too much traffic for me! I like being near the coast so maybe Georgetown.

3. What made you want to become an OT?
I can help people while having fun.

4. What drives you to be a better OT?
Hearing how much of an impact OT has had on others in our community constantly drives me to be the best OT I can be.

5. Why is CARES so important to you?
I love going to CARES because it’s a great way to give back to our community. It also reminds me why I chose OT and we always meet some really great people.

6. What area of your chosen profession particularly interests you?
I like pediatrics because you can disguise therapy as play and everyone has fun!

7. Did you always plan on being an OT? If not, which career path were you initially headed?
I planned on becoming a lawyer but then I realized sitting behind a desk wasn’t for me.

8. What does a perfect day look like for Heather Richardson?
A perfect day for me would be spending the morning on the beach with friends and then coming home to a big cookout with all of my family. I’ve got a lot of uncles, aunts, and cousins and we always have fun whenever we’re together.