

TFA Year-in-Review: 2023 Events and Activities

Administrative Updates:

- **Board of Trustees**
 - V. Armineh Babikian: President
 - Melina Allahverdian: Vice President
 - Nayiri Adessian: Treasurer
 - Corinne Hayotsyan: Secretary
 - Lusine Karapetyan

- **Number of paid members** (as of December 2023): 26
 - 13 OT, 7 SLP, 5 PT, 1 SW
 - 22 Clinicians; 4 Students
 - 10 States
 - 3 Countries

- **June 13, 2023 - TFA Membership Criteria & Structure Updated**
 - **Base Member (Tier 1)**
 - Expectations: Pay annual membership fee (tax deductible), attend at least 1 event/year
 - Benefits: Access to member only events, certificate of membership
 - **Active Member (Tier 2)**
 - Expectations: Pay annual membership fee (tax deductible), attend 50% of general meetings (tracking on spreadsheet), attend 50% of events (webinars, social events, CoLAB, etc), create 1 social media/newsletter post per year
 - Benefits: Access to member only events, featured on social media & website (our volunteers), certificate of membership, attend Armenia trip, letter of recommendation upon request, [free access to resource library when converts to paid structure]
 - Committee Coordinators get spotlight on website (our leadership), priority accommodations for Armenia planning
 - Membership dues (\$25/year) are for Sept 2023-June 2024 period

- **September 2023** - TFA welcomed our first student intern! Lily Rabinovitch from Carleton University is a 4th year student in Health Sciences and she selected TFA as her field placement for 8 months.

- **November 2023 - TFA Website Updated**
 - New additions to our website include: Our Volunteers, In the News, Social Stories, and updates to Donation format
 - TFA resource library has over **2200 users from 65 countries**

Professional Development & Education

- **October 2022 - July 2023 - Commencement of the *Interdisciplinary Rehabilitation Fellowship (IRF)***
 - 10 month hybrid post-professional program we co-founded with AASMC, in partnership with NIH Armenia, Polaris Educorp, and HENAR
 - Sponsored by Armenian American Medical Society, Glendale Memorial
 - 28 fellows (24 from Armenia, 4 from Artsakh) from occupational therapy, physical therapy, speech language pathology, and medical backgrounds have graduated from the accredited program
 - All fellows completed capstone projects on the following topics: Home Health Rehabilitation, Experiences with the ICF model, Prevalence of Pressure Ulcers in Artsakh, Telerehabilitation, Professional Development of Speech Therapists, Rehabilitation in Emergencies
 - TFA sponsored one fellow to attend and present a poster at the 6th International Medical Congress of Armenia (6IMCA)
 - TFA members, Jennifer Thompson and Lusine Karapetyan were clinical instructors of the orthopedic / prosthetics module (December 2022); Adrineh Mehdikhani hosted a Tai Chi Workshop in Yerevan during the final session; Armineh Babikian taught modules on cognitive evaluations and adaptive equipment, and mentored 10 IRF fellows in their capstone projects related to qualitative research and advocacy
- **January 22, 2023 - Birthright Armenia Alumni Engagement Event**
 - Virtual rehabilitation event hosted by Armineh Babikian and Melina Allahverdian
 - 7 participants attended this remote consultation program with a focus on understanding areas of expertise, interest, experience in Armenia, experience with consultation and teaching
- **January 29, 2023 - First meeting with our International Advisory Committee Meeting**
 - Virtual meeting of OT, Paramedical, SLP, and Self-advocates in Armenia to discuss needs, priorities, and ways TFA can best collaborate with them

- **March 2023 - Workshop on OT Strategies for Inclusive Education in Lori, Armenia**
 - Inservice was provided by TFA Member, Armineh Babikian, to the Psychological-pedagogical regional support center for the Lori Region, Armenia because there is no OT in the entire region. 31 providers attended (special educators, psychologists, speech therapists, and social workers).

- **April 3, 2023 - TFA hosts Autism Acceptance Month Webinar with My Way Rehabilitation and Educational Centre located in Yerevan, Armenia**
 - TFA member and Speech Language Pathologist, Kristine Movsisian M.S. CCC-SLP/GC-ASD, presented a webinar on the topic of Communication & Behavior Management discussing the strategies and techniques used to manage challenging behaviors through teaching effective functional communication skills.

- **April 30, 2023 - Launch of Collaborative Learning & Brainstorming (CoLab) Program**
 - Virtual case-discussion event with 60 participants to engage in discussion on a student with Cerebral Palsy from Armenia in partnership with Stepanavan Regional Psycho-educational Center

- **November 30, 2023 - My Way Webinar “Communication and Visual Supports for Autistic children”**
 - TFA members and speech language pathologists, Kristine Movsisian and Nathalie Halajian hosted a webinar to My Way Educational and Rehabilitation Center in Yerevan to discuss Behavior Management and Communication, especially in relation to Autism and PICA. 30 participants attended

- **December 12, 2023 - TFA Intern, Lily Rabinovitch, presented to TFA members about the role of rehabilitation in emergency situations and how it applies to the ongoing situation in Armenia**

- **December 2023 - Disability Rights Agenda (DRA) Collaboration**
 - TFA successfully submitted a grant with DRA (disability advocacy organization in Armenia) via European organizations to support housing support and adaptive equipment needs for refugees with disabilities.
 - TFA’s Role: To provide training and text guidelines on use of adaptive equipment for dressing and feeding

Advocacy & Marketing

- **February 26, 2023 - TFA/Equal Rights, Equal Opportunity (EREO) Webinar**
 - “The Role of Rehabilitation in Independent Living” - Lusine, Maral, & Armineh presented
 - Simultaneous English to Armenian interpretation
 - About 8 attendees from EREO
 - Armineh met with EREO and visited their Independent Living Center in Vanadzor (March 2023)
- **March 24, 2023 - TFA Invited to PT Curriculum Roundtable in Yerevan**
 - Armineh Babikian was invited to the Armenian State Institute of Physical Culture and Sport Physical Therapy Department roundtable discussion about how to modify and improve the physical therapy curriculum
- **April 1, 2023 - TFA presents on the IRF at the 6IMCA Medical Education Roundtable**
 - IRF co-founder Armineh Babikian gave an overview overview of the IRG development, goals, structure, and accomplishments
- **April 16, 2023 - 2BHappy’s Second Autism Spectrum Awareness & Inclusion Annual Telethon**
 - 12-hour Telethon on HORIZON TV
 - TFA has video cameo to present about the work we do and ways we support Autistic community members and their caregivers through social stories, guidebooks, webinars, and more.
- **April 2023 - TFA Collaboration with Marketing Specialist**
 - TFA was advised on marketing strategies to enhance its brand through the use of resources such as Canva. Greater emphasis will be placed on highlighting the “therapists” behind TFA on social media.
 - Development of reels & video content, such as “A Day in the Life of a _____” TFA member, Monthly Member highlights, etc
- **May 2023 - Advocacy Letter for Artsakh**
 - TFA wrote a letter entitled “Statement of the Board of Directors of Therapists for Armenia on the Blockade of the Lachin Corridor”, to request a response from WASLP regarding the humanitarian crisis in Nagorno Karabakh against ethnic Armenians.

- The letter was sent to Global First responder, WFOT, WorldPhysio, Joni & Friends, World Association of SLP
- **June 4, 2023 - TFA presents at ACMAO's 35th Anniversary Gala**
 - The Armenian Medical Canadian Association of Ontario invited us to celebrate their 35th anniversary. A portion of the proceeds from their gala was donated to TFA
- **July 7, 2023 - TFA and AASMC present poster at 6IMCA**
 - Scientific poster about the Interdisciplinary Rehabilitation Fellowship (IRF) at the 6IMCA HENAR Primary Care Satellite Symposium to advocate for the role of rehabilitation within primary care, emergency medicine, and post-conflict contexts
- **September 22, 2023 - TFA member Attends Public Health Discussion with Ministry of Health**
 - TFA member, Taty Altunyan, attended a discussion titled “On the Frontlines of Health” that provided an overview of the public health implications of the blockade and Artsakh and ways the diaspora can engage in Health System Strengthening in Armenia
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- **November 6, 2023 - Presentation to St. Joseph's University Occupational Therapy Students**
 - Armineh Babikian was invited to present about TFA to the Clinical Management and Supervision course at Saint Joseph's University's Masters in Occupational Therapy Program. Students learned about the CoLAB Program and created ways to evaluate the program and engage in quality improvement.

Social & Networking

- **March 22, 2023 - TFA Meet & Greet Social Event and Happy Hour**
 - Held in the West Coast (L.A.) where 3 members and 1 potential member joined.
- **January 2023 - Creation of a LinkedIn Profile**
 - To date we have 314 followers and counting!
- **May 2, 2023 - Presentation of ARMAV (Armenian AAC App)**
 - An app developer, Taline Ashkian (SLP), presented for TFA members on the

“Development & Use of the first Armenian Augmentative & Alternative Communication (AAC) Application”

- **Ongoing - TFA Monthly Newsletter**
 - Sent to our email listserv of over 1800 contacts
 - Our newsletter promotes networking and ongoing access to TFA initiatives and upcoming events, as well as professional development opportunities

Community Service

- **March 2023 - Donation of Inclusive education equipment to Lori Region**
 - 33 chair bands
 - 160 readers
 - 210 colored pencils
 - 190 regular pencils
 - 216 pencil grips
 - 96 mini adaptive scissors
 - 51 large adaptive scissors
 - 50 spring scissors
 - 4 bumpy cushions
- **July 2023 - Donation of IRF equipment and OT Guidebooks to the Armenian State Institute of Physical Culture and Sport (Yerevan)**
 - 6 gait belts
 - 6 pulse oximeters
 - 6 blood pressure cuffs
 - 6 wheelchair cushions
 - 6 sliding boards
 - 2 large rolls of theraband
- **June & July, 2023 - TFA Supports Gyumri's First Inclusive Playground**
 - In June, TFA was awarded a Birthright Alumni microgrant in collaboration with the Emili Aregak Center to get sensory equipment for Gyumri's first inclusive playground.
 - This playground will have wheelchair accessible swings, elevated sand boxes, a trampoline, sensory stations, and more. It will be a safe space for all children to explore and play together.
 - In July, TFA visited this space to overview the project
 - In September, the rubber ground was laid and benches were donated. Soon, the trampoline will be installed.

- **October 2023 - TFA creates first Armenian Language Rehab Resources for Artsakh Burn Victims**
 - TFA has translated resources related to burn care rehabilitation including occupational and physiotherapy approaches, stretches, exercises, and scar massage techniques. These will help to maintain muscle integrity, increase range of motions, and decrease the appearance of scars.

- **October 2023 - Donation of over 200 Burn Rehab equipment to National Burn Center (Yerevan)**
 - TFA was the only diaspora health organization providing support for rehabilitation needs working in collaboration with the staff at the National Burn Center. The following equipment was donated as per the center's request for high-demand needs:
 - 83 Compression gloves
 - 50 Compression socks
 - 15 Packs of silicone scar gel
 - 10 Post-surgery face masks
 - 50 hydrocolloid wound dressings
 - 12 rolls of silicone scar sheets
 - Shoulder abduction brace
 - Hinged knee brace
 - 2 Ankle Foot Orthoses (AFO)
 - Back Brace

Fundraising

- **October 6, 2023 - Donations to the National Burn Center in Yerevan, Armenia**
 - TFA donated 185 supplies (worth approximately **\$2,000**) to the National Burn Center in Yerevan where most of the burn patients are being treated
 - Sent via 2 increments, one batch personally delivered by our TFA member Maral
 - 78 Compression gloves
 - 45 Compression socks
 - 10 Packs of Silicone scar gel
 - 10 Post-surgery face masks
 - Shoulder abduction Brace
 - Hinged Knee Brace

- 2 Ankle-Foot Orthoses
 - Back Brace
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- **October 2023 - TFA and Armenian Speech Therapy Association Group Donation to Fellows from Artsakh**
 - IRF fellows organized a fundraiser to provide financial support for their four Artsakh peers who were displaced following the humanitarian crisis in October, 2023.
 - TFA contributed \$800 to support the relocation needs of the Artsakh fellows
 - **October 2023 - Toronto Concert and Artsakh Fundraiser**
 - 6 performers including musicians, singers, and poets came together at an Armenian-owned venue to raise money for Artsakh support. \$1500 was raised for TFA and \$1500 was donated to All for Armenia.
 - **November 2023 - Giving Tuesday Instagram Fundraiser**
 - Over \$4500 was raised from our followers and supporters!
 - **December 2023 - Holiday Fundraisers**
 - Armenian Ornaments Fundraiser: \$200 raised via sale at a CT church by TFA member, Maral Wozniak
 - Coloring Book sales at Grandview House Preschool (LA) with total proceeds for the day at \$375 which included \$330 for the coloring books and a \$45 donation
 - Toronto AGBU YP Toronto Holiday Market: TFA raised \$210 CAD (\$115 USD), and donated \$50 CAD to AGBU Artsakh Relief Fund.
 - **December 2023 - Launch of new TFA Merchandise (ongoing)**
 - New TFA Merchandise being sold on our website. 100% of profits support the mission of TFA
 - Men's and women's hooded sweatshirts
 - Men's and women's t-shirts
 - Canvas tote bag
 - Occupational Therapy Guidebook to Inclusion (A holistic guide to supporting children with developmental disabilities)

News and Publications:

- <https://therapistsforarmenia.org/category/news/>
- <https://www.youtube.com/channel/UCblkexiQV1C7YC86g4en5nw>

Therapists for Armenia: Statement of Receipts and Expenditures

January 1, 2023 - December 31st, 2023

Receipts:

<u>Dues:</u> Membership @ \$25.00	\$365.00
<u>Contributions:</u>	
General public donations	\$8,458.69
Artsakh donations	\$560.00
Halejian Grant	\$5,000.00
ACMAO Donation	\$3990.00
<u>Receipts from Fundraising Activities:</u>	
Tapestry Fundraiser	\$1,760.00
AGBU YP Fundraiser	\$115.00
Holy Resurrection Fundraiser	\$200.00
Glendale Preschool Fundraiser	\$375.00
Merchandise	\$103.99
Total Receipts:	<u>\$22,593.69</u>

Expenditures:

<u>Travel Expenses:</u>	\$3,545.59
<u>Contributions to:</u>	
AAMS Donation	\$50.00
AMIC/Artsakh telethon	\$50.00
ABGU Donation	\$63.00
Humanitarian Rehab Supplies	\$1,389.63
Burn Care Supplies	\$581.00
Total Contributions + Travel:	<u>\$5,616.22</u>
<u>Operating expenses:</u>	
Google Workspace	(\$136.86)
Mailing fees	(\$164.17)
Zoom	(\$149.90)
Quickbooks	(\$75.00)
Banking fees	(\$99.00)
Website Maintenance	(\$1,685.56)
CA Registration	(\$25.00)
NJ Registration	(\$30.50)
AMIC Membership	(\$500.00)
Marketing	(\$353.07)
Fundraising materials	(\$295.30)
Mailchimp	(\$250.86)
Total Operating Expenses:	<u>\$3,857.22</u>
Total Expenditures:	<u>\$9,473.44</u>

Total (Receipts - Expenditures):	<u>\$13,120.25</u>
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Therapists for Armenia: Statement of Assets and Liabilities

January 1, 2023 - December 31, 2023

Assets: Cash on hand:	\$0.00
Cash in bank:	\$13,120.25
Investments:	\$0.00
Office supplies and equipment:	\$362.53
Total assets	\$13,482.78
Liabilities: Accounts payable	\$0.00
Loans payable:	\$0.00
Mortgage payable:	\$0.00
Other liabilities:	\$0.00
Total liabilities:	\$0.00