



CELEBRATE LA ROCHE!



Donna Brosky '78, OTD

Supervisor, Home Health & Hospice
Occupational Therapy
Bethlen Communities

An alumna of the La Roche College biology program, Donna Brosky '78 is the supervisor of occupational therapy services at Bethlen Communities Home Health and Hospice.

Nine years after attending La Roche, Ms. Brosky returned to academia and earned her degree in occupational therapy from the University of Pittsburgh in 1988. Through 2006 her career included various roles in hospital, rehabilitation, outpatient and nursing home settings, including her role as the supervisor of a hospital's occupational therapy department.

Recognizing that many of her patients suffered from chronic diseases which were affecting their independence, Ms. Brosky again returned to academia. While working as a research assistant at the University of Pittsburgh, she obtained a master's degree in exercise physiology with an emphasis on chronic disease in 2007. At the age of 53, she earned her Doctor of Occupational Therapy at Chatham University in 2009. Her keystone project was entitled, "Exercising the Spirit: An Evidence-Based Community Practice Initiative For Women Over 50." With a strengthened knowledge base, she returned to serving her patients.

Reflecting on nearly 30 years as an occupational therapist, Ms. Brosky stated, "I am most proud of constantly perfecting my craft and integrating all areas of wellness, including a strong spiritual component into my patient evaluations and treatments. I have counted high-profile politicians, retired athletes and corporate leaders as well as ex-convicts as patients, and my enthusiasm for each patient's success never waivers as I appreciate the diversity in personalities, lifestyles and living conditions. I am humbled by my patients on a daily basis as they are some of the bravest and strongest people I know. Connecting with a client's spiritual sense of self while providing them with the tools they require to regain their independence is both challenging and rewarding beyond words."

She added, "I was blessed growing up in a loving family and today, my mom, siblings, husband, children and grandchildren are my biggest supporters who are always there for me as I face the rigors of my career. Looking back on my years at La Roche, I am forever grateful for the incredible foundation I received. I developed confidence, honed my moral and ethical principles, was introduced to diversity, and gained a spark that has ignited a desire for lifelong learning."

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