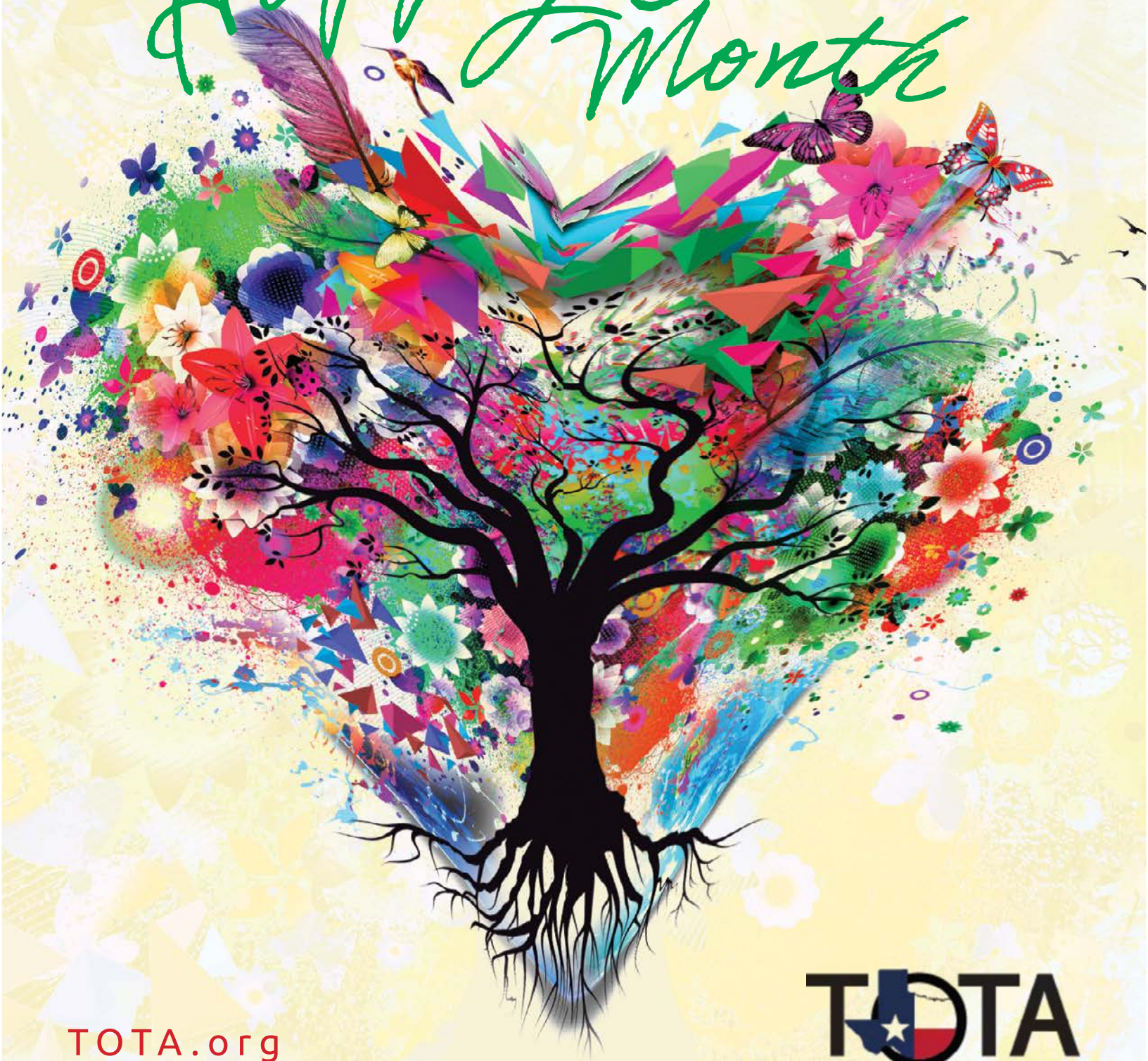


# REVISTA OT

A NEWSLETTER OF THE TEXAS OCCUPATIONAL THERAPY ASSOCIATION

VOL 36 NO. 2 / Spring 2023 EDITION

# Happy OT Month



TOTA.org





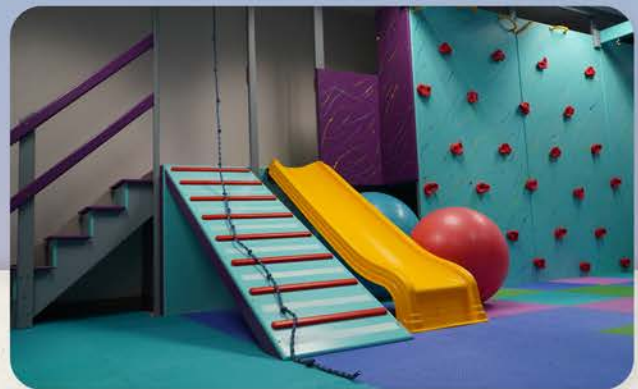
# MOST/DFW

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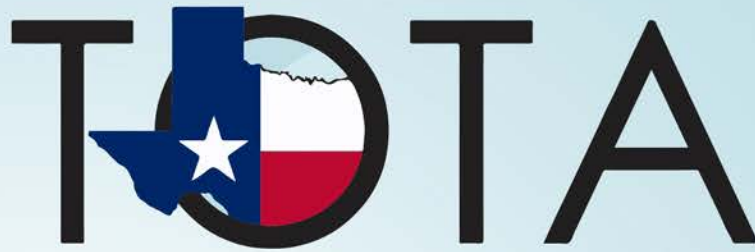
Hiring for all therapy positions, treating  
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TO LEARN MORE!



2023 TOTA ANNUAL CONFERENCE  
NOVEMBER 3-4 | HOUSTON, TX



# Changing Lives Through Occupation



## TOTA 2023 Call For Proposals - DEADLINE MAY 14, 2023.

All topic areas with relevance to occupational therapy will be considered. Proposals from occupational therapists, assistants and students are welcome, as are proposals from related professions. Occupational therapy continuing education is defined as professional development activities that are directly relevant to the profession of occupational therapy. We encourage you to incorporate the conference theme into your proposal and presentation.

[CLICK HERE FOR MORE INFO](#)



# Preparing Occupational Therapists to **Train the Next Generation**

## Post-Professional Doctor of Occupational Therapy

- 🌐 100% online, asynchronous courses
- 📅 16-month program with 7-week terms
- 📺 Focused on hybrid teaching for the clinic or classroom
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ROBBINS COLLEGE OF  
HEALTH AND HUMAN SCIENCES



A lab course for Physical, Occupational and Speech Therapists and Assistants.

Price: \$550  
Groups of 5 \$450 each

### CEU COURSE ANNOUNCEMENT On-Site Lab Course

## # 382 Pediatric Therapeutic Taping (16 CEU or 16 Hours)

with **Patricia W. Martin, P.T., CKTI**

Fri-Sat, Sept 29-30, 2023: Houston, TX  
Fri-Sat, November 3-4, 2023: Dallas, TX



Accredited provider



Approved Provider

**[www.MotivationsCeu.com](http://www.MotivationsCeu.com)**

# Contents

- 6 | Letter from the President
- 8 | From the Executive Director
- 10 | Officers & Chairs
- 10 | TOTA Diversity, Equity, and Inclusion Committee
- 11 | TOTA International Committee
- 11 | Proposed Changes to the TOTA Bylaws
- 12 | Changing Lives Through Occupation
- 13 | Intra-professional OT/OTA Collaboration
- 14 | How Personality Tests Can Help Companies Build Better Teams
- 15 | Skills for Life 6
- 17 | Make Every Day "Day at the Capitol"
- 18 | Mentorship Program
- 19 | Okay, I Admit It...I Was Wrong!
- 20 | New Practice Forum Presentation Format
- 20 | State Membership Chair Report
- 21 | The Texas Occupational Therapy Foundation (TOTF)
- 21 | Revista OT Editor
- 22 | Call for Nominations
- 23 | Student Zone
- 25 | District Beat
- 28 | TOTA Honorary Life Members



Revista OT is posted online three times a year by the Texas Occupational Therapy Association, Inc., 1106 Clayton Lane, Suite 516W, Austin, TX 78723.

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Web: [www.tota.org](http://www.tota.org)

**REVISTA OT:** Spring Edition 2023

## 2023 ANNUAL CONFERENCE EXHIBITOR REGISTRATION IS LIVE!

### Exhibitor and Advertising Information

### Live Exhibit Dates: November 3-4

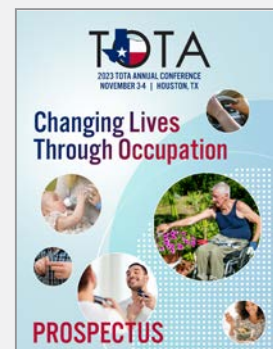
Hyatt Regency Houston  
Houston, Texas

The TOTA Annual Conference provides the ideal place and time to promote your products/services to the OT community. The event is being held in person at the Hyatt Regency Houston.

Please see our Prospectus for all exhibitor and advertising options. Note that we have a Virtual-Only option for those who cannot join us in person. Please see our Exhibitor and Advertising page on our website for complete details.

<https://tota.memberclicks.net/2023-exhibitor-and-advertising>

**CLICK HERE FOR MORE INFO AND  
TO ACCESS THE 2023 PROSPECTUS**



# Letter from the President

Jason Stark, OT, MHA – TOTA President



Jason Stark, OT, MHA  
TOTA President

Your state board started off 2023 by collaborating, learning, re-igniting our passions, strategically positioning TOTA, innovating, organizing, and most importantly getting ready to serve our members.

We had a very successful retreat in January. I would like to brag on the state board of directors and congratulate them for the amount of work they were able to accomplish in one short weekend. Please see highlights below:

- 1. “Start with the Why” (learning opportunity).**
- 2. Diversity Equity and Inclusion (DEI) training.**
- 3. General board member training.**
- 4. Job description creation for each state board position.**
- 5. Planning session for mentor/mentee program.**
- 6. Planning session for Day at The Capital.**
- 7. Defining and developing standard operating procedures for The Awards Committee.**
- 8. Planning 2023 CEU calendar of events.**
- 9. Redesigning New Board Member Orientation.**
- 10. Setting goals that align with the strategic plan for 2023 for every position.**
- 11. Membership Think Tank.**

The above highlights were all done in 1 day! It was a long day, but one of the most productive in TOTA’s board’s history. We then met the next day and had a formal board meeting where we approved the 2023 budget, approved new board appointments, conference discussions, and much more to finalize the business to prepare to implement our strategic initiatives for 2023.

Please reference the TOTA website and know who is serving on the state board and thank them next time you see them for their selfless services to our profession. It truly takes a village, and we would not be able to offer

as many opportunities for our members without the hard work of the board and our amazing Executive Director! Thank you all for your service.

Lastly, I want to wish you all a Happy OT Month and look forward to seeing how you all will celebrate and educate our community about the amazing services our profession provides. The more you praise and celebrate your life, the more there is in life to celebrate...Oprah Winfrey.

Jason





# TOTA 2023 AWARDS AND RECOGNITION

Accepting Nominations  
Deadline - April 30

2023 Awards Committee

Judy Skarbek - Chair | Reggie Campbell | Angela Duell  
Purananda Kar | Kathy Lawson | Helen Wan

The Annual Awards Ceremony is that special time when we can recognize our colleagues for their contributions to our profession. Recognitions are an important part of professional duty and are worth the time and effort that it takes to honor each other.

---

< [CLICK TO VIEW AWARD CATEGORIES](#) >

---

**Nominations for 2023 TOTA Awards will close on April 30, 2023**

The 2023 Awards Ceremony will be held on Friday, Nov. 3, from 5:30 pm - 6:30 pm

Submit a  
Nomination>

[CLICK HERE](#)

# Judith Joseph, Executive Director



Judith Joseph, OTR,  
MA, CDRS, TOTA  
Executive Director

## Happy OT Month!! #OTMonth

It's that time of the year again when we lift up our wonderful profession. April is the perfect time to share the words of Texas Senator Tan Parker, spoken during our 2023 Resolution at our Day at the Capitol on February 7.

*Occupational therapy is the only profession that helps people across their lifespan do the things they want and need to do through the therapeutic use of daily activities. OT practitioners evaluate and treat people whose ability to perform the tasks of living is threatened or impaired by developmental deficits, the aging process, environmental deprivation, sensory impairment, physical injury, illness, or psychological or social dysfunction. OT practitioners are an integral part of helping people return to everyday activities following a life-changing mental or physical injury, illness, or disability, and we thank them for their contributions to improving Texans' lives.*

OT month is a great time to celebrate our profession, but it might also be a great time to reflect on where we should go from here. How do we support each other? Where are our opportunities? What are we doing to secure the sustainability of our profession?

Consider the strength of the collective voice if every one of the over 18,000 OT practitioners and students living or attending school in the state of Texas were to become members of TOTA. Imagine the significant impact of that group advocating for the profession and the clients we serve. TOTA is the only organization in Texas that exists exclusively for the benefit of OT professionals and students of occupational therapy in the state. If you are not already a member of TOTA, I encourage you to become one today to make your voice known!

We are launching a new membership form that expands the demographic information we collect to include where you work, your practice setting, and what academic programs you attend. This will allow TOTA to improve our ability to offer our members opportunities for networking, mentoring, advanced continuing education training, leadership development, and participation in advocacy efforts.

Let us celebrate OT month by building a stronger organization and a sustainable future for occupational therapy. Don't just join—take it to the next step and contribute to the profession by volunteering on a committee or running for an elected leadership position.

Best,

Judi  
#TOTAOTMonth





# **TSAHP 45th Annual Conference**

## **“Diversity, Equity and Inclusion Awareness for Today’s Health Professionals”**

**Hosted by  
Gunn College of Health Sciences  
& Human Services  
Midwestern State University  
Wichita Falls, Texas  
September 21-22, 2023**



### **Conference Registration**

**Early Registration Fee (Before 9/1/23)**

**Members.....\$ 85**

**Non-Members .....\$120**

**Regular Registration Fee (After 9/1/23)**

**Members.....\$105**

**Non-Members .....\$140**

**Guests (for dinner).....\$ 30**

**Student members may attend at no cost  
but must register for conference**

**Abstract Presenters pay member  
registration price**

**Registration is non-refundable**



### **Information, Forms, Deadlines**

Applications and criteria are  
located on the TSAHP website,  
[www.tsahp.org](http://www.tsahp.org)

#### **Call for Abstracts**

**Deadline: April 30, 2023**

**Contact Dr. Jamie Baker**

**[jabaker@mdanderson.org](mailto:jabaker@mdanderson.org)**

#### **Student Poster Competition**

**Deadline: April 30, 2023**

**Contact Dr. Michael Lehker**

**[Michael.lehker@utrgv.edu](mailto:Michael.lehker@utrgv.edu)**

#### **Student Awards**

**Deadline: April 30, 2023**

**Contact Dr. Venessa Kodosky**

**[kodoskyv@uthscsa.edu](mailto:kodoskyv@uthscsa.edu)**

#### **Research Grants**

**Deadline: April 30, 2023**

**Contact Dr. Beth Veale**

**[beth.veale@msutexas.edu](mailto:beth.veale@msutexas.edu)**

**Submit forms and registration to:  
[TSAHP Online Portal](#)**

## Officers

President:	Jason Stark
Vice President:	Laurie Stelter
Interim Secretary:	Rachel Perez
Treasurer:	Shari Felton

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Alamo South:	Monica Starkovich Clark
Capital Centex:	Lacey Spark
Great Plains West:	Chris Lasek
Gulf Coast East:	Kira Beal
Rio Grande:	Kaleigh Stevens
Trinity North:	Keegan McKay

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Development:	Giuli Krug
Education:	Megan Taylor
International:	Evanglina Moncayo
Legislative & Political Affairs:	John Luna
Membership Services:	Patricia Bowyer
Standards & Practice:	Michelle Atanu
Parliamentarian:	Lynda Jennings
AOTA Representatives	Lynda Jennings William Sit
OTA Representative	Layman Miller
Student Representatives	Katrina Herrera (OT) Yvette Jimenez (OTA)
Newsletter	
Editor:	Rachelle Elliot
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Executive Director	Judith Joseph
Association Management System Admin	Frederick Smith
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Vendor Services	Kami Lusson
Continuing Education Services	Kami Lusson
Legislative Advisor	Denise Rose Kate Goodrich
Legal Advisor	Richard Cheng

# TOTA Diversity, Equity, and Inclusion Committee

**Dahlia Castillo, OTR, OTD**

Dahlia Castillo,  
OTR, OTD



**T**OTA Diversity, Equity, and Inclusion Committee With the vote in June 2022 to amend the bylaws and create the DEI standing committee, TOTA has become more inclusive. At its January 2023 meeting the TOTA Board completed a DEI training session and plans to continue future training to assure the membership of inclusive practices in the organization.

Below are DEI definitions and national employment statistics intended to provide DEI context for OT practitioners.

**Diversity:** "The condition of having or being composed of differing elements: Variety especially the inclusion of people of different races, cultures, etc. in a group or organization..."

**Equity:** "Justice according to natural law or right specifically: freedom from bias or favoritism..."

**Inclusion:** "The act or practice of including and accommodating people who have historically been excluded (because of their race, gender, sexuality or ability) ..."

2022 Data Source	White	Black	Hispanic	Asian
U.S. Population	75.8%	13.6%	18.9%	6.1%
U.S. Employed People	77.0%	12.6%	18.5%	6.7%
OT Practitioners	86.2%	5.4%	6.1%	7.2%

If you are interested in volunteering for this committee, contact the TOTA DEI Committee Chair, Dahlia Castillo at [dahliacastillo3@gmail.com](mailto:dahliacastillo3@gmail.com).

**References:**  
Bureau of Labor Statistics. (2022). Employment by detailed occupation, sex, race and Hispanic ethnicity. Retrieved from <https://www.bls.gov/cps/cpsaat11.htm>

United States Census Bureau. (2022). Retrieved from: <https://www.census.gov/quickfacts/fact/table/US/PST045217#PST045217>  
<https://www.merriam-webster.com/>



# TOTA International Committee

**Evangelina Moncayo, OTR,SLP,  
International Committee Chair**



Evangelina Moncayo,  
OTR,SLP

Greetings my fellow OT professionals and OT students. I am the Chair of TOTA's International Committee. I am a member of the World Federation of Occupational Therapists (WFOT) and would like to share some tidbits about WFOT that may interest you.

- WFOT's membership consists of 633,000 OT practitioners worldwide, 107 member organizations and 1100+ approved educational programs.
- The 2022 WFOT 18th Congress was held in Paris August 28-31, 2022, with over 2500 delegates from over 100 countries present as well as speakers from over 60 countries and sponsors from around the world.
- The congress is held every 4 years. Site of the WFOT Congress in 2026 will be announced in the next few months.
- The World Occupational Therapy Day this year will be on 10/27/23. The theme is 'Unity through Community'.
- The question I get most often in my position as Chair of the International Committee comes from students who are interested in international fieldwork. WFOT has a free publication to members entitled "WFOT Student Guide for International Practice Placement". This was developed for WFOT by Canada's McMaster University faculty, students and new graduates and was adopted after extensive reviews. The guide lists the benefits of international placements and is a great resource for exploring fieldwork placements abroad. There are 9 sections in the guide to help students determine how to go about exploring this option.
- For those interested in working in another country, WFOT provides information to include the 'WFOT Occupational Therapy International Practice Guide'
- WFOT has developed a Disaster Preparedness and Risk Reduction Manual with the purpose to assist OTs acting as volunteers to enhance one's skills & knowledge in tackling complex issues such as: disaster response, resilience, disaster risk reduction.
- WFOT sponsors the Occupational Narratives Database Project under the leadership of Dr. Gail Whiteford. This is a collaboration between WFOT, occupational therapists, and occupational scientists across the world. The project team represents all 6 WHO world regions. The aim is to "represent people in naturalistic, formal, and institutional settings from all backgrounds, ability levels, ages, socioeconomic and sociocultural backgrounds as they engage in everyday "doings"." These are fascinating narratives from around the world.

In order to access any of the above resources, you have to join as an individual member of WFOT. You must first be a member of a professional occupational therapy association that is a Member Organization of the WFOT. In the U.S. it is AOTA.

# Conference Committee: Changing Lives Through Occupation

Evie Harness, TOTA Conference Committee Chair



Evie Harness, OTR

It's only March, but the Conference Committee has been hard at work for the last several months planning and organizing this year's conference. Make sure to save the dates of November 3rd and November 4th and come join us at the Hyatt Regency Houston for two days of education, networking, and celebration.

To pump up the excitement, here is a little preview of what to expect for conference. Based on feedback received, the poster sessions will return to live presentations this year with session times set for 3-4 pm on Friday and 2-3 on Saturday. To end the first day with energy and celebration, the Keynote Address will change to Friday from 4:15 to 5:15 pm followed by the Awards Ceremony. We are honored to have Angel Ponce, who is the Director of the City of Houston Mayor's Office for People with Disabilities, as our Keynote speaker this year. Mr. Ponce has firsthand knowledge of the challenges present for those with disabilities as he himself suffered a SCI when he was involved in an automobile accident in 2004.

A poll sent out earlier this year to TOTA members indicated a higher interest in the Annual Business Meeting being held in a virtual format outside of conference. Be on the lookout for registration information for the meeting to be held on October 11th at 7:00 pm.

Lunches will be expanded to an hour and a half allowing attendees more time to eat lunch and visit with our vendors. The 3-4 pm break has been removed to enable uninterrupted afternoon session time. We also have a student-focused education track under construction. Stay tuned for additional information regarding this educational opportunity.

Practice Forums will return this year. They will be held from 8-8:45 on Saturday morning.

Just a few reminders: The Call for Proposals deadline is May 14th. Please think about submitting a proposal for consideration. Our conference exists because of those of you who step up to share your knowledge and expertise with our attendees. Our 2023 Award nominations close April 30th. Please take the time to review the award categories and to nominate someone you know who exemplifies those qualifications. We know there are

many deserving OTs and OTAs out there providing best in class services day after day in their practice areas or educational settings. The only obstacle preventing these deserving individuals from getting the recognition they deserve is someone not stepping up to complete a nomination form.

Finally, a big thank you to the 2023 Conference Committee team for all your efforts and your commitment to making this conference a success for our conference attendees.

<b>Judi Joseph</b>	<b>TOTA Executive Director</b>
<b>Kami Lusson</b>	<b>Vendor Services</b>
<b>Eileen Garza</b>	<b>Technical Organizer</b>
<b>Jean Polichino</b>	<b>Program Chair</b>
<b>Teri Powers</b>	<b>Volunteers</b>
<b>Dulce Paredes</b>	<b>Local Hospitality Chair</b>
<b>Megan Taylor</b>	<b>Education Committee Chair</b>
<b>Iyabo Bello</b>	<b>Volunteer-Exhibit Hall</b>
<b>J'myia Strain</b>	<b>Student Hospitality Committee</b>
<b>Patricia Tully</b>	<b>Practitioner Local Hospitality Committee</b>
<b>Evie Harness</b>	<b>Conference Committee Chair</b>



# Intra-professional OT/OTA Collaboration

Layman Darnell Miller, COTA  
TOTA State OTA Representative



Layman Darnell Miller,  
COTA

When asked the role of the occupational therapy assistant, most will state that the occupational therapy assistant works under the supervision of, and in collaboration with the occupational therapist. Additionally, most will state that it normally is the OTA who carries out the day-to-day therapeutic sessions with the clients. Everyone is correct in these statements.

Now, before I continue, I have to offer full disclosure here. The South Texas College Occupational Therapy Assistant Program is in the midst of the ACOTE Self Study. There are approximately 116 standards that must be successfully met to maintain accreditation status as a program. Quite a few of these standards focus on how we educate the student on the various aspects (role) of being an OTA.

So, you ask, "What does that have to do with TOTA and, most importantly, me?"

Well, since you asked, there are several standards which address not just the education of OT/OTA students, but also have a direct connection to day-to-day practice.

One of these ACOTE standards is B.4.24. "Demonstrate effective intra-professional OT/OTA collaboration to explain the role of the occupational therapy assistant and occupational therapist in the screening and evaluation process."

As mentioned earlier, we know of the OTA as the one who carries out the plan of care established by the OT. We also know that the OT is the one who establishes and is responsible for the entirety of the client's plan of care. However, this ACOTE standard suggests that the OTA should also be involved in the process of developing that plan of care.

According to the AOTA Standards of Practice for Occupational Therapy (2021): "An occupational therapy assistant contributes to the screening, evaluation, and reevaluation process by administering delegated assessments of occupational performance and by reporting assessment results to the occupational therapist in accordance with federal and state laws, other regulatory and payer requirements, and AOTA official documents."

Assessment of occupational performance is a skill demonstrated by the OTA throughout the therapy process, which is later reflected in the documentation at the end of the session. Whether it be dressing, meal preparation, cognitive retraining, or the countless other interventions used, the OTA is continuously assessing the client's performance to move closer to reaching the established goals. The OTA also keeps the OT up to date on the client's progress and on any changes in condition.

When looking at the performance of the OTA during intervention, one can see that the OTA potentially possesses the skills needed to participate in the evaluation process.

So, how do we bring OTAs into the evaluation process? To answer this, I asked the Level II fieldwork students what their role was during an evaluation. These are a few of their responses. 1. "I was able to sit with the patient and complete the assessment with her (OTR) present. I assisted on the assessment by saying the instructions." 2. "I was able to complete a Test of Visual Perceptual Skills alongside my supervising OTR." 3. "As I took the goniometry measurements for the bilateral wrist motions (flexion, extension, RD, and UD), the OTR inserted them into the computer while checking positioning and readings. Next, I was able to perform the grip strength using the dynamometer for both hands."

In each response, there is a view of the collaboration between the OT and OTA, as well as the occurrence of supervision, education and skills development. This not only adds to the skill set of the OTA, but also builds trust between the OT and OTA, and improves efficiency in the delivery of care.

OTAs are ready, willing, and able to contribute to all aspects of the therapeutic process. We await the opportunity.

# How Personality Tests Can Help Companies Build Better Teams

Michelle Atanu, OTR, MOT  
Standards and Practice Chair



Michelle Atanu, OTR,  
MOT

## Tests, Surveys and Quizzes

It seems that we can find personality type tests everywhere. Companies are often working hard to build the best team of staff on the market. From the Meyers Briggs Type Indicator to Emotional Intelligence quizzes and whole brain dominance tests, they all presumably tell us some of who we are and how our personalities can successfully work with others who may be similar or different from us. With all these tests, quizzes and surveys how can knowing our own strengths and weaknesses add value to the people in our place of work, in social settings and in relationships?

## The Power of Personality Traits

The 16 Personalities Test is one of the most widely used personality inventories with over 700 million tests taken. This test categorizes individuals into 4 categories: The Analysts, Diplomats, Sentinels and Explorers and then divided further into 16 unique personality types. This test claims that understanding the mentioned personality type categories can contribute greatly to a team by first creating self-awareness which then translates into inspiration for others for the goodness of the group.

On a successful team, team members often connect mutually to help each other meet a particular goal by understanding what “moves” each person. For example, the Architect personality is moved by rational, logic and order while a Diplomat is moved by being involved in something meaningful and bigger than themselves. In addition, a Sentinel is inspired by leading a hardworking and dutiful mission while Explorers are often inspired by flexibility, spontaneity and reimagining the world around them.

When team members understand what prompts fellow teammates to act in meaningful and mutual ways, it can help increase inspiration to produce successful work, improve staff moral and increase overall productivity and participation.

## Building Teams

Building great teams is not fully dependent on specific personality types but on a group of people having a “variety of minds” that have a common vision and harmonious mission to achieve a particular initiative. As we know, people are dynamic, unique and cannot be boxed into a particular personality category. However, when team members are given personality inventories to improve self-awareness and increase the understanding of others, the results can then help translate inspiration and understanding into action for success and collaboration.

*Michelle Atanu is a pediatric occupational therapist in Houston, Texas. She is the owner of Avilo Pediatric Wellness which provides pediatric therapy, holistic care, and consulting services. 4220 Cartwright Road Suite 202 Missouri City, Texas 77459, [Info@avilopedcs.com](mailto:Info@avilopedcs.com). [Avilopedcs.com](http://Avilopedcs.com)*





# Skills for Life 6 Workshop – Houston, TX October 5-8, 2022



## Skills for Life 6

**Shawn Swanson Johnson, OTR,**  
**Enhancing Skills for Life, 501c3 Executive Director**

**2** 42 people attended a One-of-a-Kind Workshop in Houston, Texas, this included 74 individuals living without both arms or all four limbs.

Skills for Life 6 had a varied group of attendees including:

- 74 individuals living without both arms or all four limbs
- 44 quad limb loss/limb difference (37 sepsis, 7 congenital)
- 18 congenital limb difference (9-foot users, 7 quad limb difference, 2 residual limb users)
- 15 bilateral upper limb trauma (electrical or other)
- 67 family members

To offer direct personal support, more than 35 students from the Baylor Orthotics and Prosthetics program and TIRR Memorial Hermann volunteered, as did educators and exhibitors that ranged from adaptive equipment to conversations about sexuality and parenting. Perhaps most exciting, 42 limb loss/limb different individuals were attending for their first time, and 32 scholarship recipients received \$26,000 in total to remove financial barriers to attendance.

The 3 ½ day event is consumer-based, putting individuals and their families first, instead of focusing on products,



**Shawn Swanson Johnson, OTR**

services, or industry. Whether they are looking for how to improve their daily lives, searching for education, or simply spending time with others with similar experiences, the benefits of sharing their own expertise supplemented by clinicians are uniquely empowering. The secondary benefit for therapists, prosthetists, and physicians is to connect with specialists and share hands-on-learning with a population that is underserved. It is the only workshop in the world that exists for this patient population, so it draws attendees and experts from around the globe.

The concept for the Skills for Life Workshops were developed by Robert Meier, III, MD and Diane Atkins, OTR. While working with many people living without

continued on next page



upper extremities at The Institute for Rehabilitation and Research (TIIR) in Houston, they recognized the unique set of circumstances that challenge these individuals and their loved ones. The first workshop in 2002 was centered on the principle that circumstances were most meaningful, effective, and valuable when shared face to face. Learning by phone or Zoom is helpful, but did not establish the deep connections and trust that in person meetings accomplish. The results were life changing, and as an Occupational Therapist it inspired my own determination to ensure the workshops would continue.

I began chairing future workshops in 2008 and then founded a 501c3 in 2017 called Enhancing Skills for Life (ESFL). ESFL provides events, programs, resources, and peer connections for the community served by Skills for Life. Peer connections are matched according to age, type and cause of limb difference, and environmental factors that make practical insights and connections as organic as possible. From these peer connections, another organic resource has blossomed, family members are connecting with other family members. As a parent, speaking to someone who also has a child with congenital limb differences is transformational, as it is for spouses, family, and other caregivers who do not have a support system that can share their experiences so personally.

Enhancing Skills for Life continues to grow, offering information and resources. Please share our information with patients and clinicians that would benefit. Learn more at our website – and register for our newsletter for updates and opportunities: [www.enhancingskillsforlife.org/](http://www.enhancingskillsforlife.org/)

Here is a link to the SFL 6 program: <https://www.enhancingskillsforlife.org/files/ugd/34487b>







# Make Every Day “Day at the Capitol”

**John Luna, OTR, OTD.**  
**TOTA Chair of Legislative and Political Affairs Committee**

On February 7, 2023, more than 100 occupational therapy practitioners and students from around Texas converged on Austin for the Texas Occupational Therapy Association’s Day at the Capitol. This day is important because it highlights the advocacy efforts of occupational therapy practitioners and students on behalf of our clients, our profession, and our collective future.

For me, this is only my fourth Day at the Capitol as a member of TOTA. Honestly, I had never heard much about the event when I was a practitioner or student. Granted, my student days go back to when Revista was a mail-out that showed up in the mailbox with a distinct pastel-colored page as binding. I know that advocacy at the legislative level has its challenges. I still get nervous every time I walk through the Capitol doors, sit across the table from a staff member or elected official for a meeting, or hear my name called forth to provide testimony.

However, as I continue to advocate as part of a larger community of practitioners, my nerves go away when I see the impact of our efforts. I was proud to observe the impact we made on this year’s Day at the Capitol. Each meeting our groups had, we saw change in our elected officials and staffers recognizing what occupational therapy is and the benefits occupational therapy has for Texans across the lifespan. In many meetings, we saw how this realization sparked curiosity and brought us to the question, “Why can’t occupational therapy be a bigger part of the solution for Texas?”

“It can be! And we need your help.” As I write this article, we approach the last day of the legislative session when bills can be filed. This is the day when all the cards are on the table. Examining all the bills this session, we will develop a clear picture and approach to the sprint at the end of the 88th legislative session. We may have opportunities this legislative session for occupational therapy to be a more significant part of Texans’ lives.



John Luna, OTR, OTD

We may have some threats or misconceptions about the profession, allowing opportunities to educate policymakers, stakeholders, and colleagues alike. The driving force behind our advocacy efforts is you. You the member, you the practitioner, you the student, and TOTA needs your continued support.

As we begin our sprint to the end of this legislative session we will be asking for your help. We may ask you to contact your representatives and senators to request select bills that support occupational therapy services are granted a committee hearing. We will ask your help to provide written and in person testimony in these committee hearings sharing your stories and asking for favorable consideration for these bills that improve access to services and reimbursement for providers. Finally, we will ask for your calls, emails, and letters to your elected official’s offices, educating them on the distinct value of OT as you ask for their support of legislation that promotes our profession as a solution for Texans across the lifespan.

There has already been great accomplishment facilitated by the TOTA legislative team (Shout out to Denise Rose, Kate Goodrich, LaRessa Quintana, Judith Joseph, Jason Stark, members of the TOTA board of directors, the legislative district chairs, the attendees of Day at the Capitol, TOTA PAC and many more). Still, we cannot do this without you. So please continue to support our efforts and find opportunities to make every day a “Day at the Capitol” this legislative session and beyond. Thank you all for all you do to support our profession, our future, and our clients.

# Mentorship Program OT Practitioners / New Graduates / Students

Kira Beal, OTR, EdD, OTD, CLT  
Monica Clark, OTR, OTD



Kira Beal, OTR, EdD,  
OTD, CLT



Monica Clark,  
OTR, OTD

After the forums at the 2022 conference and discussions with current students and new graduates, the dire need for mentorship repeatedly surfaced as a need amongst OT practitioners. TOTA is committed to serving the membership by creating a state-wide mentorship program to meet this demand. The purpose of the program is to facilitate an avenue for professional growth and opportunities through the engagement of OT practitioners, new graduates, and students in a mentor/mentee relationship.

## Currently Accepting Applications: Are you interested?

We first want to gather interest from individuals interested in mentoring or seeking mentorship from TOTA. Once we receive your interest (please use the QR Code to the right), you will be provided with a more in-depth application to complete. The mentorship committee will then connect you with your mentor or mentee and provide tools for a successful mentorship.

To clarify the mentor and mentee expectations, the definition and role of each is outlined below.

**Mentor:** An experienced therapist willing to meet *monthly* with a student, new therapist, or current therapist in a similar practice area. The role entails:

- Minimum 3 years of experience in your specific practice area
- Providing encouragement and feedback.
- Facilitating growth by sharing resources and networks.
- Establishing goals for competency and success.
- Assisting with problem solving and clinical reasoning.

**Mentee:** An OT practitioner, new graduate, or student willing to meet *monthly* with a mentor to advance professional development in their practice area. The role entails:

- Communicating their goals and expectations of the mentorship.
- Develop plans for professional growth with the mentor.
- Being open to feedback from the mentor.
- Willingness to participate in activities/events promoting professional growth.

Please note, you must be a member of TOTA to participate. Additionally, you may qualify for CEUs from this mentorship. Please visit [www.ptot.texas.gov](http://www.ptot.texas.gov) for further information detailed in Section 367.2(6) of the OT Rules.

## Timeline:

The next steps include various phases to ensure the success of the program. A timeline of the action plan is presented below.

April – May	Gather interest from mentors and mentees
May – June	Send applications to those interested Review applications
June – Aug	Training for mentors and dissemination of tools to support both mentors and mentees.  Pairing of mentors and mentees
Nov	Opportunity to network at TOTA conference
Dec	Obtain Feedback and modify program as needed

For more information or if you'd like to join the Mentorship Committee to provide insight and help develop this program, please contact TOTA at [info@tota.org](mailto:info@tota.org).

**If you are interested, please let us know:**





# OKAY, I ADMIT IT...

**I WAS WRONG!**

They don't  
need me...

I don't need another  
"thing" to do...

**We do need YOU!**  
**MORE MEMBERS = MORE INFLUENCE**

**We need each other!**  
**WE ARE BETTER TOGETHER**

I won't get much  
out of it...

That's for other  
people, not me.

**We need to stay ahead of current  
trends that affect us!**

**YOU ARE VITAL TO OUR  
MISSION!**



**TOTA IS OUR LINK** between local, state and national concerns.  
**TOGETHER WE CAN PROMOTE AND PROTECT OUR PROFESSION!**



**TOTA**  
TEXAS OCCUPATIONAL  
THERAPY ASSOCIATION, INC.

After 32 years on the  
sidelines, Carol Regli, OTR  
is getting involved! It's not  
too late to join the team!

# New Practice Forum Presentation Format

Laurie Stelter, OTR, PhD, TOTA Vice President



Laurie Stelter,  
OTR, PhD

The Practice Forum is a new presentation format that was successfully piloted at the 2022 TOTA Annual Conference. The format has been added as an option for this year's conference call for proposals.

The Practice Forum format is designed to have a more interactive structure as OTPs from a similar practice setting discuss current issues of their practice, share specific resources, and/or collaborate around setting-specific initiatives to enact beyond conference as a community of practice. This is a great option for OTPs who are looking to network and share resources with those working in a certain practice setting in a supportive and intentional context. A Practice Forum is allotted 45 – 60 minutes. To facilitate a Practice Forum, 1 – 3 presenters will submit to the call for proposals on the TOTA website and select the Practice Forum as the presentation format. Within

your abstract, describe the needs of the targeted practice setting and the proposed focus of the forum (e.g., discuss practice-specific issue, share resources, and/or facilitate a community of practice initiative). A wide range of practice settings will be considered including older adult, adult, pediatric, behavioral health, and academic.

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## State Membership Chair Report

Patricia Bowyer, OTR, Ed.D., MS, FAOTA, SFHEA,  
TOTA State Membership Chair



Patricia Bowyer, OTR,  
Ed.D., MS, FAOTA,  
SFHEA

The Board met in January and created a strategic plan for the fiscal year 2023. A primary goal for this year is to enhance interactions with membership through virtual events, corporate relationships, and social media. Outlined below are specific activities to be undertaken to reach this goal.

- a. Each district chair will create one virtual event per year for students and early practitioners.
- b. Increase OTA practitioner membership by sending targeted email and social media message for April OT month. 'Each one reach one campaign' that will result in increased OTA membership by 20%. The member who recruits the largest number of new OTA members will be awarded a free year of membership.
- c. Create a QR code to send to program directors to share with students about the value of TOTA membership as entering practice by May 2023.
- d. 'Student round up' drive with program directors to increase membership with acknowledgment of status at TOTA conference, Tidbits, Revista, and ribbons for the conference.
- e. Membership, development, and standards and practice committees will collaborate to create a lecture series focused specifically on interests identified by student members. Established by the end of February 2023. A minimum of three student-focused webinar series for state dissemination (i.e. things for first renewal).



# The Texas Occupational Therapy Foundation (TOTF)

**Sandra Whisner, PhD, OTR, TOTF President**  
sandravisner@gmail.com



Sandra Whisner,  
PhD, OTR

The Texas Occupational Therapy Foundation (TOTF) is a 501(c)(3) not-for-profit organization that was incorporated in the State of Texas in 1996. The primary purpose of TOTF is to promote scholarship and research in occupational therapy in Texas. The Foundation has an annual competition for small grants for Texas occupational therapy practitioners and has awarded multiple grants for the past several years. Recent grant recipients include Sarah Elkington, MS, OTR, CNT, CIMI for her project, *Neonatal Therapists' Perceptions of Using Integrated Collaborative Care in Neonatal Intensive Care Unit* and Anne Sullivan, MOT, OTR, *Transition to Adulthood: Executive functions and independent living skills in autism spectrum disorder*.

Additionally, TOTF has promoted scholarship through events at the state conference, such as Breakfast with a Scholar, Wisdom and Wine, and the research forum. In January 2023, TOTF hosted its first webinar workshop. Dr. Asha Vas, Ph.D. provided an overview of the fundamental components of cognition as well as practical application of interventions that occupational therapy practitioners can use to improve the functional cognition of clients with cognitive impairments. Dr. Asha Vas is an associate professor in the School of Occupational Therapy at Texas Woman's University. Her research includes integrating principles of cognitive neuroscience into functionally relevant cognitive training/rehabilitation programs.

Specifically, her research focuses on the development and testing of top-down executive function training programs salient to daily-life functioning in adults with traumatic brain injuries (TBI). Occupational therapy practitioners have a key role in both the assessment of and provision of interventions designed to improve functional cognition of clients with cognitive impairments. Functional cognition is a person's cognitive ability to perform everyday activities. It incorporates various cognitive domains (e.g., memory, metacognition, executive function) as well as one's performance skills and patterns. It is important that occupational therapy practitioners understand fundamental concepts of cognition and mechanisms of recovery when addressing a client's cognitive impairments. Cognitive rehabilitation research has demonstrated the efficacy of intervention approaches used by occupational therapists.

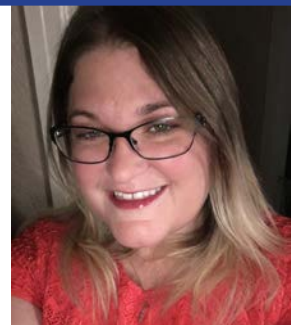
TOTF is committed to facilitating opportunities to increase scholarly inquiry in occupational therapy through provision of grants, hosting events to disseminate scholarship, and promoting evidence-based practice.

## Revista OT Editor

**Rachelle Elliott, OTR**

Hello all,

My name is Rachelle Elliott, and this is the second Revista that I have had the opportunity to be a part of by serving as editor. I am an occupational therapist in the Great Plains West District and through the years I have had the opportunity to serve in a variety of roles in TOTA from a District Chair to serving on the state board in the Development Chair role and volunteering on the state elections committee. I have seen TOTA grow in the time that I have been a member, TOTA now offers continuing education events available to practitioners throughout the state, regardless of which district they live in, the online presence has increased to include social media pages and an updated more user-friendly website and even this newsletter has improved to a digital platform with interactive abilities.



I feel that TOTA is an important organization for OT practitioners in Texas, TOTA is our voice in Austin. Through the years I have witnessed TOTA participate in formal hearings and provide testimony before the Texas Legislature for a variety of topics including: the need for fair compensation from payer sources, advocacy regarding the need for increased presence of OT practitioners in mental health settings and to protect the unique services OTP's provide when other professional groups attempt to encroach upon our domain. TOTA is only as strong as its membership, and I am proud to be a member.

# TOTA 2023 Call for State and District Board of Directors Nominations

## 2023 TOTA Elections

### State Board:

President Elect  
Vice-Chair  
Secretary

[CLICK HERE FOR MORE INFO](#)

### District Positions:

Alamo South	Capital Centex	Great Plains West	Gulf Coast East	Rio Grande	Trinity North
Vice-Chair	Chair	Vice-Chair	Chair	Vice-Chair	Chair
Secretary	Treasurer	Secretary	Treasurer	Secretary	Treasurer

TOTA invites all members to submit nominations for the 2023-2024 leadership positions to be elected. Occupational therapy assistants are encouraged to run for elected office and are eligible to be nominated for all positions. Self-Nominations are allowed. Refer to the [website](#) for eligibility requirements.

## TOTA 2023 Call For Proposals - DEADLINE MAY 14, 2023.

All topic areas with relevance to occupational therapy will be considered. Proposals from occupational therapists, assistants and students are welcome, as are proposals from related professions. Occupational therapy continuing education is defined as professional development activities that are directly relevant to the profession of occupational therapy. We encourage you to incorporate the conference theme into your proposal and presentation.

[CLICK HERE FOR MORE INFO](#)

## Join or Renew Now!

[CLICK HERE FOR MORE INFO](#)

Membership is available to occupational therapists, occupational therapy assistants, students, and organizations. Currently over 1800 practitioners and students support their profession through membership in TOTA! The partnership with our members is vital to supporting our collective efforts.

### Benefits of TOTA Membership Include:

- Networking opportunities
- Access to the online TOTA membership database
- Leadership and volunteer positions
- Discounts on CE events, including the annual conference
- Free monthly district CE events
- Educational scholarships
- Share research surveys on our site
- Access to Revista OT newsletter and archives
- We monitor legislation and give testimony
- We monitor state agency rules
- Ongoing public relations and marketing campaign
- Much more!!!

## Upcoming Events

**The Spectrum Connection Walk for Autism - Abilene**  
Saturday, April 01  
9:00 AM CDT

**HCC SOTA - Spirit Night**  
Thursday, April 06  
11:00 AM - 10:00 PM CDT

**Adopting a Trauma Informed Approach for Improved Patient Care**  
Saturday, April 08  
11:00 AM - 12:00 PM CDT

**Airline Travel with Wheelchairs, Educating Occupational Therapy Practitioners**  
Tuesday, April 11,  
6:30 PM - 7:30 PM CST

**Picnic in the Park - Houston Hermann Park**  
Gulf Coast East District  
Saturday, April 15  
11:00 AM - 1:00 PM CDT

**20th Annual Run for the Rose**  
Sunday, April 16  
8:15 AM CDT

**2023 Walk For Wishes**  
El Paso, TX  
Sunday, April 23  
8:00 AM - 3:00 PM CDT

**Demystifying Disability: A Holistic Approach**  
Thursday, April 27  
7:00 PM - 8:00 PM CDT

**Texas Society For Hand Therapy 2023 Conference**  
April 28 - April 30

**November 3-4, 2023**  
TOTA Annual Conference

For up-to-date calendar of events, please visit the TOTA website at:  
[www.tota.org](http://www.tota.org)

**Thank you to our members for helping make TOTA great!**



## TOTA State Student Representatives

tota.org

**T**exas Occupational Therapy Association is seeking two passionate, student-focused student members who want to serve and support their fellow Texas students as the State Student OT Representative and State Student OTA Representative. These roles, the State Student Representative and the State Student Advisor prepare you for leadership opportunities as you transition from student to practitioner. You are the future leaders of our profession and Association!

**Interested students must submit a complete application by April 14, 2023, by 11:59 PM. Applicants will be interviewed, selected, and appointed by TOTA's President, Jason Stark by Tuesday, May 23, 2023.**

Refer to the student representative page for details. <https://www.tota.org/state-student-representatives>

## What's next for TOTA's Current State Student Representatives?

tota.org

### Katrina Herrera TOTA State OT Student Rep

Anticipated graduation date:  
April 2024

**TOTA:** Fieldwork sites if you will not be graduating in May:

**KATRINA:** I will find out my fieldwork site in June.

**TOTA:** What are your capstone plans?

**KATRINA:** No current capstone plans.

**TOTA:** Career Goals post-graduation?

**KATRINA:** I'm interested in exploring OT in the military.

**TOTA:** Any words of advice to the incoming student reps?

**KATRINA:** Stay organized, take any opportunity available to you, and have fun and meet new students and practitioners!



### Yvette Jimenez State OTA Student Representative

Graduation date: May 6, 2023

**TOTA:** Fieldwork sites:

**KATRINA:** Site 1: San Benito CISD Special Services Department in San Benito, TX (completed March 10)

Site 2: Golden Palms Retirement Center and Healthcare in Harlingen, TX.

**TOTA:** What are your capstone plans?

**KATRINA:** No current capstone plans.

**TOTA:** Career Goals post-graduation?

**KATRINA:** My number one goal is to pass the certification exam! As I begin to transition from student to practitioner, I would like to continue to explore my interests in occupational therapy and pursue microcredentials. I would also like to research the process of developing a nonprofit organization for a day habilitation program for special needs adults.

**TOTA:** Any words of advice to the incoming student reps?

**KATRINA:** Take it one day at a time. Everything will fall into place eventually. Never skip a mental health / self-care day!



Katrina and Yvette will remain with the State Development Committee for their second year of service, from June 1st to May 31st in the role of State Student Advisors.





## Sandra Pineda

### TOTA REPRESENTATIVE

Hometown: Marshall, TX

Undergrad major: Exercise Science

Hobbies: Exercising and binge watching series.

Dream OT Setting: Neuro or Acute Setting

**Favorite part of TWU/program:** My favorite part of the OT program are the interactive labs and how supportive our cohort is!! I am also very grateful for the close friends TWU has forever given me.

SOTA 2023 OFFICERS

TWU - Dallas



"...OT takes a holistic approach to treating patients, and it enables connections with people of all ages and backgrounds..."

TOTA Representative

Megan Servidio

## Officer Spotlight

TOTA REPRESENTATIVE 2022-2023

Hello!  
I'm Dominic Jimenez

Graduated from California State Polytechnic University with a major in kinesiology

Interested in occupational therapy in the military

"I love occupational therapy because it is so versatile when it comes to specialties, interventions, and settings we can work in!"



## Officer Spotlight

TOTA REPRESENTATIVE 2022-2023

Hello!  
I'm Vincent Vento

Graduated from the University of Texas Rio Grande Valley with a major in exercise science

Interested in assisted living, travel and outpatient OT

"I love occupational therapy because we utilize our practices to grant various opportunities for success through adaptive techniques, technology, and intervention processes!"



## MEET THE TEAM



Julia Climo  
President



Kimberly Stephens  
Vice President



Avery Hall  
Treasurer



Alex Contreras  
Secretary



Jordan Schein  
Fundraising Chair



Veronica Smith  
Education Chair



Lesley Ramirez  
Historian



Victoria Garza  
Social Chair



Elise Garcia  
Community Service Chair



Sandra Pineda  
TOTA Representative



Abrianna Pellegrino  
AOTA Delegate

SOTA OFFICERS 2023

TWU - Dallas





# DISTRICT BEAT

## Greetings from GCE District!

Kira Beal, OTR, EdD, OTD, CLT  
GCE District Chair



## Gulf Coast East District Events

### Greetings!

Hope everyone is settling into 2023 and ensuring you are engaging in your occupations and self-care. The pandemic has made us think about changes to how we interact with others, it has also made us think of the importance of engagement. Your Gulf Coast East District officers and members are really stepping up to ensure engagement with fellow OT practitioners occurs this year! We have been intentional this year in providing you with CEU presentations and events to encourage active engagement in your district and state. Below you will find planned events for the district. All CEU presentations will be available to all members of TOTA as they will occur through the TOTA Learning Management System (TOTA LMS). There are also social and student activities that will be for district members unless others are in town and want to join! We hope that you can engage in the events offered and we look forward to seeing you on the TOTA LMS or in person.

Please note registration for CEU Presentations will be announced via weekly Tidbits and email notifications.

Any suggestions, questions, or concerns with the district can be sent to: [GCEDTOTA@gmail.com](mailto:GCEDTOTA@gmail.com).

### OT MONTH 2023

**April 8, 2023 (Saturday)**  
CEU Presentation  
***Adopting a Trauma Informed Approach for Improved Patient Care***  
Speaker: Sue Ram, OTR, OTD  
Time: 11a - Noon

**April 11, 2023 (Tuesday)**  
CEU Presentation  
***Airline Travel with Wheelchairs, Educating Occupational Therapy Practitioners***  
Speaker: Capstone Student  
Time: 6:30p – 7:30p

**April 15, 2023 (Saturday)**  
Social Event  
***Picnic in the Park to Celebrate OT Month***  
Hermann Park  
(The Hill behind Miller Outdoor Theater)  
Time: 11 am – 1 pm  
Contact: Esmeralda Lizcano  
[eliz0703@gmail.com](mailto:eliz0703@gmail.com)

### OTHER EVENTS

**June 20, 2023 (Tuesday) – CEU Presentation**  
***Understanding Hospice and the Unique Role of the Occupational Therapist***  
Speaker: Tara Patterson, RN, MSN, PhD  
Time: 7:00p – 8:00p

**Late Summer/Early Fall**  
OT/OTA Student and  
***New Graduate Symposium***  
Time and Location: TBD

**September 2023**  
***Backpack Awareness Events***  
throughout the district and potential sites for volunteer opportunities within the community. More information to come!

### CEU Presentations from GCED Members in conjunction with TOTA DEI Committee

Date: TBD  
***Microaggression, Cultural Humility, and JEDI***  
Speaker: Amber Armstead, OTR, BCPR, DrPH  
Time: TBD

Date: TBD  
***Demystifying Disability: A Holistic Approach***  
Speaker: Diane M. Collins, OT, PhD  
Time: TBD

## Meet your Gulf Coast East District Board

Not pictured – Seneca Wilson, Membership



Kira Beal  
Chair



Renee Shepherd  
Vice Chair



Sabrina Starks  
Secretary



Esmeralda Lizcano  
Treasurer



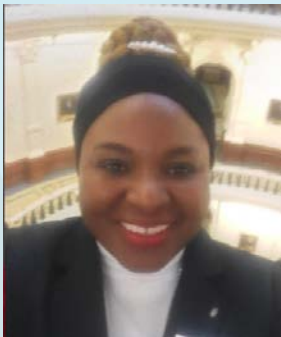
Aichen Chih  
Legislative & Political Affairs



Chanae Jones  
Education



Kristin Tucker  
Development



Osarume Adodo  
OTA Rep



## Trinity North

**Keegan McKay, OTR, MOT, OTD**  
**Trinity North District Chair**



**H**appy OT month from all of us in the Trinity North District! April is always a fun month where we focus on getting the word out about occupational therapy and all the great things we do. The Trinity North District board had our first meeting in January where we brainstormed ideas and activities that we would like to implement in our district, one common theme is the request to begin having more in-person events. At present, we are still planning our Anatomy Refresher Continuing Education event that was initially scheduled for the latter part of last year, but due to unforeseen circumstances it was delayed until 2023. As soon as the details have been finalized we will communicate the information to the district. This will be the first in-person continuing education event since pre-Covid. We would like to organize other in-person events during the year, including fun social events, and if any district member has suggestions or preferences for activities please pass those ideas on to a board member or myself.

Our goal for this year is to host at least one of our district meetings at a physical location in the Dallas/Fort Worth area. The board will be meeting every month ongoing to continue to collaborate and plan these events. Remember that this year, the District Chair position for Trinity North is up for election, if you or anyone you know is interested in exploring volunteer leadership opportunities with TOTA, please reach out to me at keeganmckayTOTA@gmail.com and I will be happy to share details with you of what exactly the position involves. Have a great OT month! We hope to see lots of members of our district at the AOTA conference in Kansas City.

**CLICK HERE AND  
VISIT TOTA.ORG  
FOR THE LATEST  
NEWS & EVENTS**

## Capital Centex

**Beth Lambert,  
MOT, OTR**  
**Capital Centex  
Vice Chair**



**T**he Capital Central Texas district continues to see growth with the addition of several new members to the district board. Carol Regli will be the district chair for the committee on education and Laura Novak will serve the district as the committee on standards and practice chair. The board continues to meet monthly to discuss and plan opportunities to promote the profession and give back to the district members.

Board members attended the TOTA Day at the Capitol in February (Kelli E., Laura N., Megan B. and Beth L.) where they had the opportunity to advocate for the profession with their state senators and representatives. We hope to see even more district members at the next TOTA Day at the Capitol in 2025!

The Capitol Centex region hosted a CEU "watch party" on Thursday, March 9th at the Austin City College Eastview campus (please refer to flyer for more information) for the virtual CEU presentation of "Accessible Home Modifications Across the Age-Span: Strategies to Prepare for Success in the Future as an OTP in Texas" as hosted by Trinity North District. Light refreshments and snacks were provided. This was a great opportunity to meet fellow district members while earning CEUs.

We are excited to continue to serve our district members and look forward to giving back to our members. Please feel free to reach out with suggestions or if you would like to get involved!

DISTRICT BEAT



# DISTRICT BEAT

## Alamo South

Monica Clark, OTR, OTD



I had the opportunity to join numerous occupational therapy practitioners, faculty, and students at this year’s legislative day at the state capitol. As it was my first time, I was astonished by the number of TOTA members who attended, the passion of those in our profession, and the overall energy of the day. The representatives I spoke with were incredibly interested in supporting our field and delighted to be visited by a constituent.

I’d like to share some quotes from the various representatives.

*Thank you for visiting. We value these visits where we hear from you and know how to support you... Please send me all of the bills [TOTA] is following, so we can also follow them. – Office of Roland Gutierrez*

*“We are already aware of all these issues and are voting on your behalf. Please know that we are here for you and want to support you in any way we can.” – Office of Sheryl Cole*

*“We did not realize that OT practitioners in Texas want the compact. Thank you for that, we will ensure that we support this bill going forward.” – Office of Brian Birdwell*

Results from the Alamo South District, specifically:

- Marcie Campbell, legislative committee, was invited to serve as an expert witness for the upcoming ECI bill.
- Letters of support for numerous grants in the South Texas area
- Support of OT as mental health providers in the school system (Uvalde representative)
- Recognition of our support for the OT Compact as many were not aware of our viewpoint.

To me, this experience demonstrates the power we have as an organization to make changes in our legislation. It was a powerful experience that encouraged a hopeful future for those we serve.

### New Officers:

Our new Membership Chair, DeAnna Scapperotti, has 14 years of experience and recently transitioned from COTA to OTR. She has been very active in our district through mentoring others, participating in general meetings, presenting on multiple topics, and educating a plethora of students at Methodist Hospital in San Antonio. Her recent experience as a COTA, student, and now as an OTR will help our district better serve our members.



Her favorite occupations include: music and dancing as well as being a mom, an OT, and helping people in general.

### New Student Representatives:

Our student representatives for South Texas College in McAllen are as follows:

Class of 2023: Yvette Jimenez and Christian Longoria  
Class of 2024: Lynnette Lozano and Emilio Garcia

Welcome, we are happy to have you.

### Updated Calendar of Events:

With the development of the new TOTA Mentorship

Program, the previous timeline has changed. Please see the updates below.

ACTIVITY	OUTCOME	DATE
Mentorship Workshop	Provide method, structure, and information for mentorship.	Summer
Career Day/Night	A variety of settings and locations with job postings are available.  Advice for creating a resume & skills needed for each setting/location.  A panel of hiring managers.	Summer
Mentor Matching (local)	Match local mentors with student/new grad occupational therapy practitioners.	Summer
Fall CEU at the	Targeted education to the needs of the	Sept 5

If you are looking for a volunteer opportunity, we still have several vacant positions: OTA representative, education, area representatives from Fredericksburg and Corpus Christi, and student reps for every school in our district. Please email [info@tota.org](mailto:info@tota.org) for more information.

## Rio Grande

Kaleigh Stevens, OTD, OTR  
Rio Grande District Chair  
[Kwarn187@gmail.com](mailto:Kwarn187@gmail.com)



The Rio Grande District would like to welcome the newest member of the district board: Cecilia Zepeda. Cecilia is a recent graduate of the Occupational Therapy Assistant Program at Pima Medical Institute. She currently works at an outpatient pediatric clinic and serves as the Chair of the Development Committee for the Rio Grande district. Here is what Cecilia had to say about occupational therapy and her decision to serve on TOTA:



### What is your favorite part of being a therapist so far?

My favorite part of being an OTA is the impact I get to have on my patients’ lives. I enjoy communicating to parents when their child has met a goal, especially when it appeared impossible. Hearing them express their enthusiasm to their child or seeing the tears of joy over something we’ve worked so hard for is very rewarding.

### Why did you decide to serve on TOTA?

I decided to serve on TOTA because my profession matters to me. Occupational therapy practitioners have an impact on people’s lives, and we need to make sure we support each other in our work.

### What do you hope to get out of your time on the Rio Grande district board?

I hope to develop a voice in my profession in order to have more impact in my community. I also like to continue learning and being a part of a community of therapists.

The Rio Grande District thanks Cecilia for her willingness to serve and looks forward to having her as part of the board.

Currently, the district is looking for other willing individuals to serve. The following district positions are open:

- Committee on Membership
- Committee on Standards and Practice
- Committee on Legislative & Political Affairs
- OTA Representative

If you live in the area and would like to learn more, please don’t hesitate to contact Kaleigh Stevens at [kwarn187@gmail.com](mailto:kwarn187@gmail.com).

## Great Plains West

Chris Lasek, OTR  
Great Plains West District Chair



Spring is upon us, and the Great Plains West district is in the process of planning upcoming activities/events for the new year. Thanks to everyone who completed our February survey, 33 people responded and we received some good feedback! The district board is looking at incorporating your ideas into our plans. This spring, we are planning a couple of social / networking events in San Angelo and Abilene. This will be a great way to meet and connect with other OT practitioners in the area. We hope you will join us if you are in the area! We are also looking at designing & selling t-shirts for OT Month as well as participating in some community service events in April to highlight OT. In addition, a CEU event is being planned for June, please watch the TOTA Tidbit for updates as they become available. With our district being such a large geographical area, we are also wanting to find OT practitioner representatives in cities such as Amarillo, Lubbock, and Midland / Odessa to help promote district events in those areas. In addition, nominations for TOTA elections open April 1st -30th with the Great Plains West district having Vice Chair & Secretary positions available this election cycle. If you are interested in getting more involved or running for an elected position, please let me know at [lasekc2003@yahoo.com](mailto:lasekc2003@yahoo.com). The more people we have involved, the more we can offer, and the better we can be as an organization!



# TOTA HONORARY LIFE MEMBERS

Esther Bell, OTR, FAOTA (1998)  
\*Robert K. Bing, EdD, OTR, FAOTA [b. 1929-d. 2003]  
O. Jayne Bowman, PhD, OT (2020)  
\*Lenore Brannon, OTR [b. 1898-d. 1986]  
Cindy Brosig (2021)  
Reggie Michael Campbell, OTR, MS, FAOTA (2016)  
\*F. Catherine Currie, OTR [b. 1915-d. 1998]  
Donald Davidson, OTR (2001)  
Harriett Davidson, MA, OTR (2015)  
\*Dorothy Jocelia Denn, OTR [b. 1912-d. 1999]  
Ruth Dodds OTR (2020)  
\*Virginia Chandler Dykes, OTR (1989)[b. 1930-d.2022]  
Grace Gilkeson, PhD, OTR, FAOTA (1995)  
\*Nancy Griffin, EdD, OTR [b. 1936-d. 2014] (2000)  
Mary Leary Hennigan, OTR (2022)  
Gayle Hersch, PhD, OTR (2017)  
\*Margaret Hope Keeney, OTR [b. 1913-d. 2003]  
\*Lucile Land Lacy, OTR [b. 1901-d. 1994]  
Jaclyn F. Low, OTR, PhD, FAOTA (2014)  
\*Cruz Antonia Mattei, OTR [b. 1924-d. 2011]  
\*Eileen S. McKee, OTR [b. 1923-d. 2010]  
\*Lillian Hoyle Parent, MA, OTR, FAOTA [b. 1921-d. 2016]  
Suzanne Peloquin, OTR, PhD, FAOTA (2012)  
\*Ruth Whipple Pershing, OTR [b. 1923-d. 1998]  
Jean Polichino, OTR, MS, FAOTA (2020)  
Terri Powers, OTR (2022)  
\*Sophie Lin Rydin, PhD, OTR [b. 1950-d.1970]  
Caroline Ann Smalley Polliard, OTR (2000)  
\*Patricia Ann Truchon Ramm, OTR [b. 1928-d. 2007]  
(1990) Kathlyn L. Reed, PhD, OTR, FAOTA, MLIS (2010)  
\*Irene Greer Robertson, OTR [b. 1921-d. 1996]  
\*Sophie Rydin, PhD, OT [b.1950-d.2020] (2020 Awarded posthumously)  
Gretchen M. Schmaltz, OTR (2002)  
\*Jane Foliart Sims, OTR [b. 1900-d. 1990]  
\*Geraldine Ann Skinner, OTR [b. 1924-d. 1991  
(1989) Leonard Sobel, OTR, MOT (2020)  
\*Pearl Jones Tennyson, OTR [b. 1904-d. 1993]  
\*Lynn C. Tupper, OTR, MPH, MOT [b. 1947-d. 2015](2013)  
\*Luanna S. Vana, OTR [b. 1918-d. 2008]  
\*Fannie Vanderkooi, OTR [b. 1894-d. 1990]  
\*Cary Starke Westhause [b. 1932-d. 2001] (1994)  
\*Virginia White, PhD, OTR, FAOTA [b. 1921-d. 2018] (2008)  
\*Rena Worthington, OTR [b. 1909-d. 2002]

\*Deceased

Updated: 12/10/2018, 3/13/2020, 11/15/2020, 3/16/2021, 2/22/22, 3/17/23



# **TOTA 2023 OCCUPATIONAL THERAPY & PHYSICAL THERAPY SERVICE DELIVERY IN SCHOOLS:** **Policy, Research, and Best Practices**



## **JUNE 2-3**

**TOTA 2023 Occupational Therapy  
and Physical Therapy Service  
Delivery in Schools: Policy,  
Research, and Best Practices**

**AUSTIN SOUTH MARRIOTT**



This conference is designed to assist OT and PT school-based practitioners serving in Texas public schools with developing their knowledge base regarding service delivery for all struggling learners. Planned sessions will alert attendees to the latest developments in education policy and evidence-based practice. Course highlights include a focus on student physical and mental health utilizing interprofessional collaboration and successful strategies for implementation of best practices

**CLICK HERE FOR MORE INFO**