

# REVISTA



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## 2018 ANNUAL CONFERENCE WRAP-UP AND MORE...



**TOTA would like to thank you for attending our 2018 Annual Conference. We hope you had fun and look forward to seeing you November 1-3, 2019!**



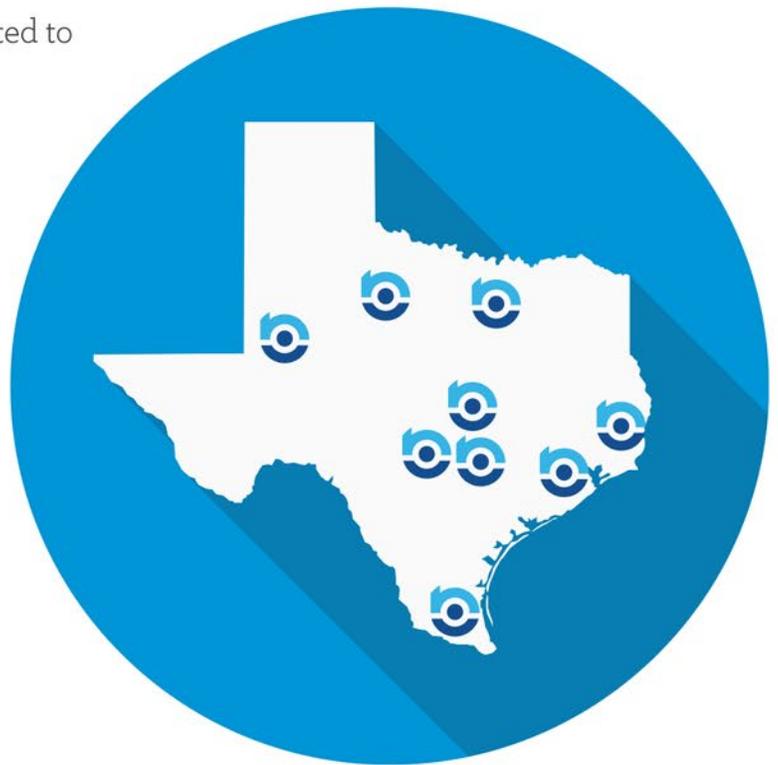
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Revista OT  
Annual Conference  
Wrap-Up and More...

## IMPORTANT DEADLINES:

**Call for Papers:  
May 31, 201**



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*Robin V. Clearman,  
OTR, CLT,  
TOTA President*

### Happy New Year!

We are excited as we move forward into the year 2019. Reflecting back over 2018, TOTA has made great strides in improving our website, communicating with our members, cleaning up our finances and record keeping, updating policies and procedures, hiring Heather Logan as our new Membership Coordinator, and adding the Occupational Therapy Benevolence Endowment (OT-BE) to our affiliated organizations.

In November, 2018, we experienced a fantastic conference in Sugar Land, with the implementation many new programs and processes, including a mobile app with a conference schedule and a host of additional information. Thank you for those who attended and who continue to support TOTA.

As we enter into 2019, I want to mention a few things on our agenda:

- 1) Please plan to attend our "Day at the Capitol" February 19, 2019. This is a chance to meet with your Legislator and discuss Texas OT issues. "If you are not at the table you are part of the menu." -Kathy Hutto, Lobbyist.
- 2) We will continue to focus on membership growth. We are currently at approximately 1750 in membership, with more than half of that count made up of students. Please join me in encouraging our colleagues to member up and support TOTA. Please also join me in welcoming Alvin Chung as our new TOTA Membership Chair as we continue our focus on growth and retention.
- 3) We will continue to review and work toward improving and expanding our continuing education programs offered throughout our districts.

Your TOTA Board is scheduled to meet in February 2019 and are excited to have a group of new board members eager to serve you, our TOTA members. If you have any questions and or suggestions, please reach out to us. We would love to hear from you.

Thank you for your continued support!

Sincerely,  
Robin V. Clearman, OTR, CLT



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- Sage Care Therapy (#109)
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- Texas Board of Occupational Therapy Examiners (#102)
- Texas Society for Hand Therapy (#101)
- TherapyJobs4Texas (#106)
- THERAPY 2000 (#100)
- Therapy and Beyond (#17)
- The University of St. Augustine for Health Sciences (#7)
- University of Texas at Tyler (#202)
- Zaner-Bloser (#6)

## Conference Bag Giveaways and Inserts/Silent Auction

- Brandy's BOAs
- Education Resources
- Ensign Services
- Epic Pediatric Therapy
- Sensory Treat
- Specialized Assessment & Consulting, LLC
- Synergy Care
- Texas Woman's University
- The Pencil Grip
- Therapy and Beyond
- TherapyJobs4Texas

# 2018 TOTA AWARDS

Every year at our Mountain Central Conference TOTA recognizes those outstanding individuals that demonstrate leadership, hard work, and dedication to the occupational therapy profession. TOTA finds the importance of taking time to honor these individuals for their volunteer work and passion to make the world of OT the best that it can be. Congratulations to TOTA's awardees from the year 2018!

Our Letters of Appreciation went out to the following for their service to TOTA: Don Bradley, Sandra Whisner, Amy Honeck, Nikita Gandhi, Susan Jeantete, Estrella Barrera, Matt Wymore, Hillary Clearman-Schahuber, and Kathy Hutto our Legislative Advisor who provided leadership since 1987. Our Student Leadership was awarded to Amy Honeck. TOTA's Horizon award was presented to Adele Brunson. Our Interdisciplinary Award went out to the ALS Team at Houston Methodist Hospital. Our Clinical Excellence award went to Kim Broussard. TOTA's Clinical Educator of the Year was presented to Kelly Parmet. Our Academic Educator of the Year was Lisa Simon. Our OTA of the Year was Christine Hamilton. Our OT of the Year was presented to John Luna. Last, but definitely not least TOTA's Roster of Merit was awarded to Dr. Helen Cohen. TOTA would like to thank these individuals for continuing to serve TOTA, the OT profession, and its consumers. We would not be where we are today if it were not for the individuals mentioned above. We encourage other OT practitioners to nominate their colleagues and recognize them on the state level. These individuals deserve to be celebrated and honored. For information on how to nominate please check out the TOTA website and click on the About Us tab and then click on Awards. You will be able to find all of our information there. Thank you to all for your dedication to TOTA. 🇹🇽

# 2018 TOTA AWARDS



OT of the Year: John Luna, OTR, OTD



Roster of Merit: Dr. Helen Cohen, EdD, OTR, FAOTA



OTA of the Year: Christine Hamilton, COTA



Clinical Educator of the Year: Kelly Parmet, COTA



Clinical Excellence: Kim Broussard, OTR, MOT, OTD, MSW



Academic Educator of the Year: Lisa Simon, OTR



Student Leadership Award: Amy Honeck



Horizon Award: Adele Brunson, OTR, MOT



Interdisciplinary Team: ALS Team at Houston Methodist Hospital

# 2018 TOTA AWARDS



Service Award: Nikita Ghandi, COTA



Service Award: Matthew Wymore



Service Award: Evie Harness



Service Award: Amy Honeck



Service Award: Hillary Clearman



Letter of Appreciation: Major Erik Johnson, OTR

# 2018 TOTA ANNUAL CONFERENCE WRAP-UP



# EXECUTIVE DIRECTOR WRAP-UP REPORT



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

Thank you all for “Embracing the Change.” I would like to start by acknowledging the hard work of my TOTA coworkers, Heather Logan, Kami Lusson, and special consultant Jennifer Dang. The registration forms, website design, badges, informational emails, and the conference app were handled by Heather and Jennifer. Kami was responsible for securing our vendors and organizing the exhibit hall. A heartfelt thank you also goes out to the amazing conference committee:

Chair – Evie Harness  
Program – Francie Baxter  
Exhibits – Kami Lusson  
Registration – Heather Logan  
Education Committee Chair – Sophie Rydin  
Volunteer Coordinator – Teri Powers  
Hospitality Co-chairs – Brittney Burton and Nikita Gandhi

I hope you noticed the creativity of our hospitality co-chairs Nikita Gandhi and Brittney Burton who designed the TOTA shirts used for the TOTA PAC fundraiser, the conference theme design, the CE stamper aprons, and the exhibit hall decorations.

The conference could not have been possible without all the outstanding speakers and poster presenters who were willing to share their time, talent, and knowledge. The annual conference is our largest event and offers an opportunity to obtain more than half of the required TBOTE CEU credits. The participation of our vendors helps keep the conference affordable. The vendors sponsored our coffee breaks, lunches, photo booth, and the conference app. Finally, I thank all our volunteers. The volunteers made our jobs easier and helped us stay organized. We also had a very special group of hard-working volunteers from Tomball I.S.D. who stuffed 600 conference bags!

The planning for this year’s conference began in 2017 with reviewing the feedback TOTA members submitted through the overall conference evaluations. The long check-in line was eliminated by separating practitioners, students, and onsite registration. We received multiple requests to spend less time on the business meeting and to allow more time for the then Art Dilly speaker. We were able to accomplish this by having the business meeting precede the keynote speaker. To honor the award recipients, an awards ceremony was held on Saturday evening, allowing more time for sharing the details of why individuals were nominated. A large number of conference attendees and speakers requested that we begin Sunday educational sessions at 8:00 AM and end the conference by 3:00 PM to accommodate those who needed to make travel arrangements outside the conference city. To honor this request, educational sessions were offered simultaneously with the Breakfast with a Scholar. The Breakfast with a Scholar is a fundraiser event for The Texas Occupational Therapy Foundation (TOTF). There is an additional charge to attend. The Breakfast with a Scholar event averages 70-75 more than 300 Sunday conference attendees, a figure which helped to guide our decision.

This year we were able to offer more educational sessions specifically designed

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■ TOTA ■ DAY AT THE CAPITOL

# JOIN US

FEBRUARY 19, 2019



**ORIENTATION: 8:30 AM**

**REGISTRATION  
IS AVAILABLE  
ONLINE >**

**NEW THIS YEAR:**

**BEFORE HEADING OVER TO THE CAPITOL  
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**Austin Community College (ACC)  
3401 Webberville Rd - Building 8000, Room 8500  
Austin, TX 78702**

**ATTIRE: Professional dress/business attire with comfortable shoes**

<p><b># 114 Donatelli's Pathophysiology and Mechanics of the Shoulder with Lab with</b> <i>Robert Donatelli PhD, PT, OCS</i> Denison, TX      May 4-5, 2019 Mesquite, TX      August 24-25, 2019</p>
<p><b># 324 Vestibular &amp; Oculomotor Rehabilitation for Children</b> <i>Rose Marie Rine, P.T., Ph.D</i> Houston TX      October 4-5, 2019 San Antonio, TX      December 7-8, 2019</p>
<p><b># 345 Torticollis &amp; Plagiocephaly Assessment &amp; Treatment of Infants &amp; Children ... "Pulling it Together"</b> <i>Cindy Miles, PT, PhD. PCS, CNDT</i> San Antonio, TX      June 29-30, 2019</p>
<p><b># 408 Disability and Posture ... Therapeutic Positioning Solutions for Function and Sleep Recovery</b> <i>Tamara Kittelson-Aldred, MS, OTR/L</i> Pasadena, TX      June 21, 2019</p>

**# 213 Visual Rehabilitation & Neuro Handling After a Neurological Incident... Concepts for Function**  
San Antonio, TX  
August 10-11, 2019



**Michelle Mioduszewski, MS, OTR/L**

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*Patricia Martin, PT, CKTI*  
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For more information please contact:  
**Sharon McEachern**  
PPOTD.admissions@utmb.edu  
or (409) 772-3062.



# IT'S A WRAP!!!!

## TOTA SUGAR LAND 2018 MOUNTAIN CENTRAL CONFERENCE

By Evie Harness, State Conference Chair



Evie Harness, OTR,  
TOTA State  
Conference Chair

Another year and another conference have gone by. Much as we often feel that the previous year has somehow just slipped away, it seems for

the conference committee that the conference whips by after months of planning and preparation ahead of time.

I want to personally thank the 2018 Conference Committee members for the many volunteer hours and efforts they put into pulling off the event both before and during the

conference. You are appreciated much more than you will ever know!

We implemented a number of changes over the last couple of conferences, so were very curious how you, the attendees, viewed them. Feedback we have received thus far has been very positive and attendees seemed to enjoy the addition of a conference app, changes in the timing of some of the events, and, as always, the lovely Sugar Land setting. Overall, we had attendance of 600+ which, although it didn't hit our record of 800+ in 2017, was larger than previous conferences in this location. Conference attendees had opportunities to visit with more than 60 vendors in the exhibit

hall with the addition of a Friday social hour. This conference also gave attendees a choice of 60 CE presentations and an additional 32 posters over the conference weekend. What a great way to obtain all your necessary CEUs in one weekend!

We truly appreciate your attendance at the conference. We take your feedback and comments back to the committee for review, so we can make the next conference even better. We look forward to seeing you back at the Renaissance in Austin November 1-3rd, 2019. We look forward to bringing even more innovations and creativity to the conferences in the year to come.

See you soon in Austin!!!!



## "IN MEMORIAM"

Connie Daby received an Associate of Arts Degree in Occupational Therapy from the University of Texas Medical Branch (UTMB) and a Bachelor of Science Degree in Occupational Therapy from the University of Texas Health Science Center at San Antonio (UTHSCSA). She received the Master of Health Science in Occupational Therapy at the University of Florida. Connie worked at the San Antonio State Hospital. She was clinically responsible for the delivery of mental health occupational therapy to a patient population consisting of schizophrenia, major depression, bipolar disorder, personality disorders and dementia. Connie was an Allen Authorized Advisor/Cognitive Consultant. Connie was



very involved with TOTA since joining in 1999.

- 2007 OTR of the Year
- 2005 Distinguished Service Award
- Mountain Central Conference Committee Chair
- Letter of Appreciation 2011
- 2015 Distinguished Service Award
- TOTA Vice President 2008-2012

### FROM THE EXECUTIVE DIRECTOR, continued from page 7

for our student members. We are grateful to the academic programs who supported their students by encouraging them to present and funding their conference fees and memberships. Supporting our students is an investment in the future of occupational therapy.

We have already begun planning for our 2019 annual conference and your comments from this year are being reviewed and considered. Don't be surprised if you receive an email or a phone call soliciting your involvement. I hope you enjoyed the changes and I look forward to seeing you in Austin.

Judi

*"Change means that what was before wasn't perfect. People want things to be better."* Esther Dyson



# SILENT AUCTION & CALL FOR QUILTERS

By Sophie Rydin, OT, PhD, TOTA Education Chair, TOTF Development Chair



Sophie L. Rydin,  
OT, PhD, TOTA  
Education Chair, TOTF  
Development Chair

The annual TOTF silent auction at the TOTA conference was a success, with \$2,396.38 in proceeds. My heartfelt thanks to the following generous donors who contributed furniture, hand woven personal items, rare collections of old OT textbooks, framed OT posters, portraits packages, baskets, etc., to support TOTF. Also, a big thanks to those who enthusiastically bid on their favorite items or baskets and opened their wallets to raise funds for TOTF.

These donors are -

**Individuals** – O Jane Bowman, Brittney Burton & Nikita Gandhi, Tina Fletcher, Tonya Penny, Kitty Reed and Judy Skarbek.

### Organizations & Businesses –

Jennifer Aaron Fine Art Portraits – Round Rock, Joseph Bros Refinishing, and TOTA office.

### SOTA of OT Educational Programs

– Houston Community College, San Jacinto College, St. Phillips College, Texas Tech University Health Science Center, Texas Woman's University - Dallas & Denton, Texas Woman's University – Houston, University of Texas Health Science Center in San Antonio, and University of Texas Medical Branch @ Galveston.

After 20 years of donating her famous handmade OT quilts for TOTF's annual fund-raising event, Dr. Francie Baxter decided to retire from this daunting task. As we thank Dr. Baxter for her hard work and dedication to TOTF's quilt sale, we note the need for OT quilters to step up to continue this prestigious tradition. You can help by donating your old OT T-shirts to TOTA office or respond to "Call for Quilters" to help with making the OT quilts for future TOTF fund raising events.

Please also consider donating gift items or baskets to the silent auctions to support TOTF at the annual conference next year. You can contact me at [srydin@twu.edu](mailto:srydin@twu.edu) with any questions or fund raising ideas. ➡

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**QUILTERS NEEDED!!**  
TOTF needs your help to create the next quilt for our annual fundraiser. **CLICK HERE TO HELP**

# 2018 TOTA ANNUAL CONFERENCE WRAP-UP



What is Traumatic Brain Injury?

- Damaged to the brain.
- External or mechanical force.
- Loss of consciousness / post-traumatic amnesia.
- Objective neurological findings.



# 2018 TOTA ANNUAL CONFERENCE WRAP-UP



# 2018 TOTA ANNUAL CONFERENCE WRAP-UP



# 2018 TOTA ANNUAL CONFERENCE WRAP-UP



# 2018 TOTA ANNUAL CONFERENCE WRAP-UP



# 2018 TOTA ANNUAL CONFERENCE WRAP-UP



# TEXAS OT COMMUNITY LEADS THE WAY TO SUPPORT BENEVOLENCE

By Reggie Michael Campbell OT, MA, FAOTA



Reggie Michael  
Campbell, OT, MA,  
FAOTA

Hurricane Harvey, with 1.2 trillion gallons of water, damaged 300,000 homes, apartments and vehicles. Property damage reported

to reach \$200 billion may have devastated the Texas Gulf Coast in August 2017, but not the hearts of the Texas occupational therapy community. Prior to Harvey, occupational therapy professional organizations at state and national levels were not positioned to demonstrate “acts of benevolence for occupational therapy practitioners impacted by natural disasters.”

In first responder mode, TOTA President Robin Clearman acted to begin a dialogue on how to best serve OT practitioners affected by Harvey. After learning that both the American Nursing Association and the American Medical Association support benevolence funds for colleagues in times of crisis, steps were taken to establish a not-for-profit Occupational Therapy Benevolence Endowment (OTBE). The TOTA Board established a Hurricane Harvey Ad Hoc Committee to provide start up policy and procedures recommendations in support of the mission of OTBE.

**OTBE Mission:** The Occupational Therapy Benevolence Endowment (OTBE) is a not-for-profit 501(c)(3) organization established to support occupational therapy (OT) practitioners and /or their ability to deliver OT services in time of significant life crisis. The OTBE funded initiatives



allow OT practitioners, OT public supporters, and their families the opportunity to give back to the OT community and support the delivery of OT services in Texas.

The Hurricane Harvey Ad Hoc Committee, with geographic representation across TOTA districts, met for a year to develop strategies to guide and direct the occupational therapy community’s “acts of benevolence.” The depth and breadth Hurricane Harvey Ad Hoc Committee’s Final Report gives evidence to the uncharted territory professional associations face in developing recommendations to guide an organization’s benevolent actions.

## **TOTA Hurricane Harvey Ad Hoc Committee Final Report Recommendations**

The TOTA Harvey Ad Hoc Committee recommended the establishment of an OTBE Benevolence Small Grant Program to collect and

distribute OTBE donations to support OT practitioners’ ability to sustain professional credentials (ie CEU registration, TBOTE renewal, professional membership) following a natural disaster and/or other life crisis.

## **OTBE Benevolence Small Grants**

**Project** OT practitioners and/or students who were personally impacted by Hurricane Harvey and experienced disruptions in the ability to sustain professional credentials required to deliver of occupational therapy services in Texas are invited to submit an OTBE Benevolence Grant Application.

## **Voices of Harvey Survey-**

Occupational therapy practitioners who personally experienced interruptions in their ability to deliver occupational therapy services and/or to sustain professional credentials to practice

Continued on page 19

are also encouraged to complete the “Voices of Hurricane Harvey Survey.” It is proposed that shared personal narratives on Harvey’s impact on OT’s ability to deliver services and the identification of resources used to sustain occupational therapy services can serve to guide and direct future funding and document the need to support benevolence as professional value. Both the OTBE Benevolence Small Grants and Voices of Harvey Survey projects provide opportunities to contribute to the understanding of the impact of “acts of benevolence” on the delivery of occupational therapy services in times of natural disasters and/or personal crisis.

### Continuing the Benevolence Conversation Across State Lines

What began as a compassionate act, with TOTA creating an online communication webpage link to connect Hurricane Harvey OT practitioners in need with those looking to serve, has led to an extensive dialogue on benevolence and the role of professional associations in times of disaster and other significant life challenges. Support of Texas Occupational Therapy Benevolence Endowment (OTBE) provides the opportunity to not only support Texas OT colleagues, but also lead the benevolence conversation across state lines and contribute to research on the impact of “acts of benevolence” on the delivery of occupational therapy services.

The American Occupational Therapy’s Societal Statement on Disaster Response and Risk Reduction supports the need for occupational therapy services to meet the needs of consumers in times of disaster. However, prior to Harvey there was

not a process or system in place to offer a benevolent response to occupational therapy practitioners or students experiencing a disaster and/or to protect against the disruption of occupational therapy services.

If benevolence is accepted as an important moral value, it is important to support organizational systems such as OTBE that acknowledge benevolence as an essential professional value for both those who receive occupational therapy services and those who deliver occupational therapy services.

The TOTA Ad Hoc Committee acknowledged that the conversation of benevolence that began with Harvey should be extended beyond a response to natural disasters to include other significant life challenges that have the potential to disrupt the delivery of occupational therapy services. A collaborative survey by New York Times, the Commonwealth Fund, and the Harvard T.H. Chan School of Public Health revealed:

- 20% of Americans with health insurance had trouble paying for necessities
- more than a quarter of those with health insurance had bills in collections
- 13% had borrowed money as a result of their illness
- 53% said work was interrupted by illness causing, financial difficulties compounding medical bill burden (retrieved December 2, 2018 from <https://www.commonwealthfund.org/press-release/2018/new-survey-sickest-finds-us-health-care-exacerbating-struggles-americans-serious>).

Whether directly impacted by

Harvey or other life crises, Texas occupational therapy practitioners are invited to continue the conversation of benevolence by going online to join a community of caring occupational therapy colleagues pledging support for the work of OTBE. **To make a donation to Texas Occupational Therapy Benevolence Endowment Fund, contribute to the “Voices of Harvey Project” and/or to apply for an OTBE Benevolence Grant visit the OTBE webpage at [www.otbe.org](http://www.otbe.org).**

*“.....Giving is, first and every time, hand to hand, Mine to yours, yours to mine. You gave me blue and I gave you yellow. Together we are simple green. You gave me What you did not have, and I gave you What I had to give— together, we made Something greater from the difference”.*

Excerpt from “When Giving Is All We Have” – by Alberto Ríos



# COULD OCCUPATIONAL THERAPY BE A GREAT IDEA FOR THE 86TH LEGISLATIVE SESSION?

By John S. Luna, OTR, OTD



John S. Luna,  
OTR, OTD

In 1961, Mary Reilly was honored by the American Occupational Therapy Association receiving the honor of delivering the Elanor Clark Slagle lecture. On this occasion, she delivered what would be considered one of the most well-known Slagle lectures to date entitled "Occupational Therapy Can Be One of The Great Ideas 20th-Century Medicine." Her lecture asserted that occupational therapy is both valuable to society and valuable to medicine. At the time many people did not know what occupational therapists did, and the distinct value of occupational therapy was at risks of being overlooked as a treatment option for clients with physical and mental impairments.

Close to 60 years later we face similar issues in our upcoming legislative session. Occupational therapy is, at times, possibly overlooked as an option for mental health services. Occupational therapists from across the state report the denial of authorizations of occupational therapy services requested on behalf of clients with physical, cognitive, and developmental conditions. As the profession did in Mary Reilly's time, we must once again assert the value of our profession to society and medicine.

We have come along ways since 1961. In our current day, we have amassed a body of literature to support the efficacy of occupational

therapy both across the lifespan and for individuals with physical and mental health conditions. Occupational therapy is cost-effective in the treatment of older adults and can help motivate individuals to maintain their own health (Nagayama, Tomori, Ohno, Takahashi, & Yamauchi, 2016), making occupational therapy both intervention and prevention. Occupational therapy interventions have moderate to strong evidence for increasingly more prevalent diagnosis such as ASD to improve the performance of ADL/IADL and education (Tomcheck and Koenig, 2016). Likewise, there is evidence to support social-emotional outcomes, improvement in feeding/eating and to support cognition & motor performance improvements for children age 0-5 (Clark and Kingsley, 2013). Occupational therapy has a positive effect on the mental health of community-dwelling adults decreasing depressive symptoms and thus decreasing potential medical cost. Lastly, occupational therapy, as part of integrated service delivery, has been shown to benefit students with mental health challenges in the context of school (AOTA 2016).

Occupational therapy was one of the great ideas of 20th-century medicine, and it remains so today. So to answer today's question, *Could OT be the answer to the 86th legislative session?* The evidence indeed points that way. However, this evidence needs an effective manner for dissemination. This evidence needs to be placed in the hands of our practitioners to advocate for our profession and patients alike. I hope that you will let your daily practice become

the embodiment of our message and conveys with each successful outcome the effectiveness of occupational therapy services. Moreover, I hope that you will join us on February 19th, 2019 in Austin to share your expertise with our Texas Legislative members.

## References

- American Occupational Therapy Association. (2016). Mental health promotion, prevention, and interventions across the lifespan. retrieved from: <https://www.aota.org/-/media/Corporate/Files/Practice/MentalHealth/Distinct-Value-Mental-Health.pdf>
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CHECK OUT YOUR DISTRICT  
CALENDAR AT  
[www.tota.org](http://www.tota.org)

# STUDENT

# ZONE

## Q & A

### GET TO KNOW YOUR NEW STUDENT REPS

A new year brings new student representatives and TOTA has gone behind the scenes to bring you an insight to their personalities. Give them a big welcome!

#### Meet Cristelle Miana, TOTA OT Student Representative

**TOTA: Where are you attending school?**

**CRISTELLE:** The University of Texas Rio Grande Valley in Edinburg, TX

**TOTA: What is your favorite thing about Occupational Therapy?**

**CRISTELLE:** My favorite thing about OT is how it blends art and science together. I am excited to go into a field that encourages using creative thinking skills while also applying science-based knowledge in order to guide practice.

**TOTA: What do you hope to accomplish as an Occupational Therapy Practitioner?**

**CRISTELLE:** It sounds cliché, but I really do hope to make a difference in people's lives. I can't wait to be able to help people accomplish small things that make a big difference.

**TOTA: In one word, how would you describe yourself?**

**CRISTELLE:** Bubbly

**TOTA: What's your favorite sport, pastime or hobby?**

**CRISTELLE:** I love to read books during my downtime; I'm

currently reading *Becoming* by Michelle Obama. I also try to catch up on my shows whenever I get a break from school.

**TOTA: What is your favorite movie quote?**

**CRISTELLE:** *"Happiness can be found, even in the darkest of times, if one only remembers to turn on the light."*

-Albus Dumbledore, *Harry Potter and the Prisoner of Azkaban*

**TOTA: What Disney character are you?**

**CRISTELLE:** Elsa, because the cold never bothers me.

**TOTA: What special abilities do you have?**

**CRISTELLE:** I don't do such a bad job when I sing.

**TOTA: Starbucks or local coffee house?**

**CRISTELLE:** Either one! I love coffee no matter where I get it from.

**TOTA: Instagram, Snapchat, Facebook or Twitter?**

**CRISTELLE:** Twitter



**TOTA: Spotify or Pandora?**

**CRISTELLE:** Spotify

**TOTA: Do you have a pet?**

**CRISTELLE:** Yes, I have a pug named Coco.

**TOTA: If you could redesign the food pyramid without health consequences, how would it look?**

**CRISTELLE:** If I could redesign the food pyramid, it would literally just be equal parts coffee and carbs (specifically bread and pasta).

Continued on page 22

# Q & A

Continued

## Meet Taylor Webb, TOTA OTA Student Representative

**TOTA: Where are you attending school?**

**TAYLOR:** St. Phillips College

**TOTA: What is your favorite thing about Occupational Therapy?**

**TAYLOR:** I love how personal and creative OT has the opportunity to be.

**TOTA: What do you hope to accomplish as an Occupational Therapy Practitioner?**

**TAYLOR:** I hope as a practitioner I want to share the amazing qualities of OT with the world. I hope to one day organize a way to bring OT practitioners on mission trips, like they do dentist and doctors. Bringing OT to a lost and hurting world is my way of serving others.

**TOTA: In one word, how would you describe yourself?**

**TAYLOR:** Elaborate

**TOTA: What's your favorite sport, pastime or hobby?**

**TAYLOR:** Softball is a blast! I played at Texas State in undergrad. I also love crafting and want to open an Etsy store!

**TOTA: What is your favorite movie quote?**

**TAYLOR:** I don't even think I could claim a single movie as my favorite. There's so many good ones.

**TOTA: What Disney character are you?**

**TAYLOR:** Merida from Brave according to my sister. I think it's accurate. She's very different from your stereotypical princess, loves her family, and the outdoors. There's a lot of admirable traits about her that I strive to be for sure.

**TOTA: What special abilities do you have?**

**TAYLOR:** I can paint pretty decently, if that counts.

**TOTA: Starbucks or local coffee house?**

**TAYLOR:** Oh tough choice. I would say go local for the experience but Starbucks always has my back when in need.

**TOTA: Instagram, Snapchat, Facebook or Twitter?**

**TAYLOR:** I'm not wild about any but Facebook has some amazing videos so I'll vote FB.



**TOTA: Spotify or Pandora?**

**TAYLOR:** Spotify of course!

**TOTA: Do you have a pet?**

**TAYLOR:** The best basset/beagle in the world named Shiloh Bubs.

**TOTA: If you could redesign the food pyramid without health consequences, how would it look?**

**TAYLOR:** Carbs and sweets would definitely have a much larger spot. Carb-load every day. 

## How much do you know?

1) In what year was the profession of occupational therapy founded?

- A. 1923
- B. 1931
- C. 1943
- D. 1917

2) If a patient requires maximum assistance with a transfer, how much of the transfer are they doing themselves?

- A. 0%
- B. 25%
- C. 50%
- D. 75%

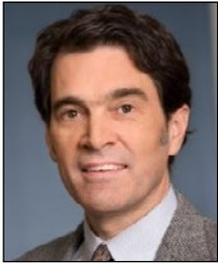
3) In occupational therapy, the things you do each day are referred to as:

- A. Daily Living Tasks
- B. Daily Routine
- C. Activities of Daily Living
- D. Occupational Activities

See the answers on the next page!

# APPLICATION AND PREPARATION TIPS FOR THE NBCOT® OTR® OR COTA® CERTIFICATION EXAMINATIONS

By Shaun Conway, OTR, Senior Director, External & Regulatory Affairs



Shaun Conway,  
OTR, Senior Director,  
External & Regulatory  
Affairs

The National Board for Certification in Occupational Therapy, Inc. (NBCOT) recently participated in the 2018 Texas Occupational Therapy Association (TOTA) Mountain

Central Conference. NBCOT was very pleased to offer two presentations at the conference, one of which provided information to students enrolled in occupational therapy (OT) and occupational therapy assistant (OTA) programs. As follow-up to the conference, TOTA's Executive Director, Judi Joseph, OTR invited NBCOT to submit a brief article for TOTA's newsletter summarizing the student presentation which is beneficial to all OT and OTA students.

The purpose of the NBCOT certification exam is to protect the public interest by certifying only those candidates who have the necessary knowledge to practice OT. The Occupational Therapist Registered (OTR) and Certified Occupational Therapy Assistant (COTA) exams are constructed to measure entry-level competence of students who have met eligibility requirements for certification of the respective credential.

## Tips for preparing to apply for an NBCOT examination are as follows:

- Create an account through the MyNBCOT platform at your earliest convenience. This will allow access to certification related resources and information when needed. You do not need to wait until you are ready to complete and submit the examination application to establish your account.



- Begin familiarizing yourself with the [Certification Exam Handbook](#) in advance. The Handbook is free and can be found on the NBCOT web site ([www.nbcot.org](http://www.nbcot.org)).
- Review the study tools NBCOT offers to prepare for the exam. The NBCOT StudyPack™ offers a full practice exam, hundreds of practice questions with the answer and rationales, and all of the current NBCOT Aspire study tools.

## When preparing to submit the examination application:

- Refer to the [Certification Exam Handbook](#) as the primary resource. The handbook includes information needed to address most questions about the examination application and administration process.
- Complete and submit an online exam application which will require that you answer a series of character questions.
- Request certification related services such as a score transfer and/or confirmation of exam eligibility. (See the [Certification Exam Handbook](#) for details). These service reports would go to state licensing boards or possibly employers.
- Ask your University or College Registrar to submit an Official Final Transcript AFTER you submit the

exam application. The transcript can be submitted via secure electronic document transfer or by mail. If applicable, you may request for your Program Director to submit an Academic Credential Verification Form (ACVF) AFTER your application is complete. Submitting a transcript or ACVF before applying for the exam will delay your application.

Once your exam application has been approved:

- You will receive an Authorization To Test (ATT) Letter. The letter will be sent electronically to the email address you used to establish your MyNBCOT account and will also be accessible in your MyNBCOT portal.
- Review the content of the ATT letter carefully, as well as the scoring calendar on the NBCOT website [www.nbcot.org](http://www.nbcot.org), and then schedule a date, time and location to take the exam with [Prometric @ www.prometric.com](mailto:Prometric@www.prometric.com).
- Be sure to bring appropriate forms of identification with you on exam day. (See the [Certification Exam Handbook](#) for details).
- Review biometrics, security requirements, and the protocol for exam day. (See the [Certification Exam Handbook](#) for details).

Please direct questions to [info@nbcot.org](mailto:info@nbcot.org) or (301) 990-7979. ➡

ANSWERS TO HOW MUCH DO YOU KNOW? 1: D (1917) 2: B (A person requires max assist can do 25 percent of the work, the therapist does 75 percent of the work. A person doing 0 percent of the work would be considered dependent for transfers.) 3: C (Activities of Daily Living include everything you do during your day - from brushing your teeth to making the bed to driving to work.)

# TOTA CONGRATULATES OUR 2018 SCHOLARSHIP WINNERS

## The Texas Occupational Therapy Association Endowed Scholarship

### MICHELE HOLMAN

Certified OTA, Austin Community College

I am honored to be the recipient of the Texas Occupational Therapy Endowed Scholarship, which assisted me in becoming a Certified Occupational Therapy Assistant, through Austin Community College. The anxiety about paying for tuition and books was at times overwhelming. This scholarship provided the financial support for both, so that I could focus on my studies and fulfill my longtime dream of working at a Neuro-Rehab hospital in Texas as a Certified Occupational Therapy Assistant.

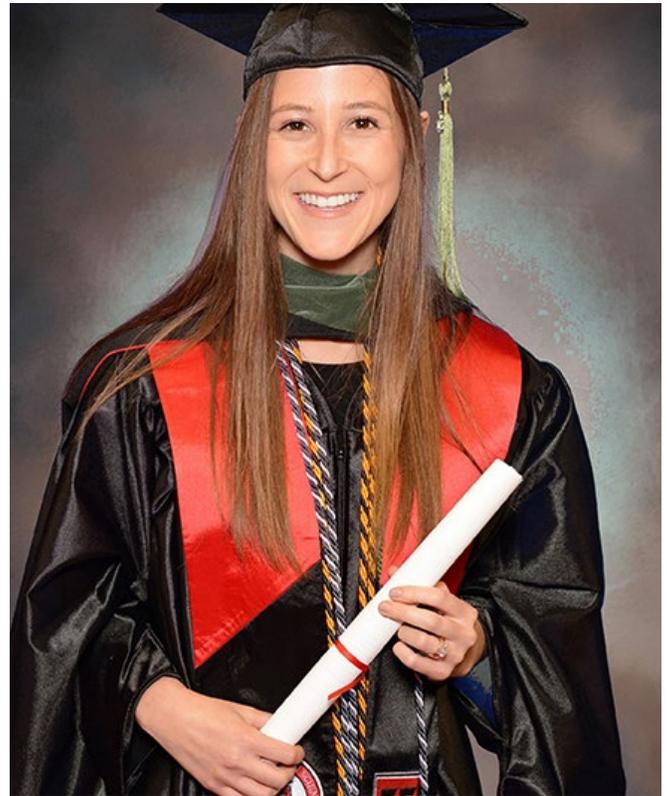
Oprah once said, "Each of us has a calling and the best way to succeed is to discover what you love and find a way to offer it to others in the form of service and working hard." I have a heart for service and know I have found my calling. Thank you for supporting my dream and allowing me to focus on my schooling instead of worrying about finances. I look forward to the day when I can help make someone's dream come true the same way you have helped me.



Sincerely,  
Michele Holman

### EMILY GUBERMAN KIRBY

Graduate of Texas Tech University



**CALL FOR  
PAPERS  
ARE DUE  
MAY 31, 2019**

Proposals are invited for presentation at the 2019 TOTA Annual Conference to be held November 1-3, 2019 at the Renaissance Austin Hotel, Austin, Texas. 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.

**Proposals will only be accepted on-line.  
Paper forms will not be accepted.**

Online submission will be available in February.  
Check [www.tota.org](http://www.tota.org) for the most recent updates.

**2019 TOTA Annual Conference**  
WHERE SCIENCE, CREATIVITY, AND COMPASSION INTERSECT

# CAPITAL CENTEX DISTRICT UPDATE

By **Leslie Smart, OTR, DSc**  
**Capital Centex District Chair**



*Leslie Smart, OTR, DSc Capital Centex District Chair*

Capital Centex District welcomes the faculty of the new Mary Hardin Baylor occupational therapy program into our district.

Dr. Giuli Krug, founding program director, presented a fantastic CE on neuro-rehabilitation in October, a follow-up to the longer course she co-taught with Dr. Susan Jeantete this summer. New faculty member Erik Johnson was presented with a letter of recognition award to acknowledge his contributions in working with our veterans at MCC this year.

District members continue to

volunteer their time in support of a variety of endeavors, including serving on the board of Austin Community College (ACC) OTA program (Fred Alvarado), presenting to ACC students (Serena Speaker), and serving on the Hurricane Harvey Ad Hoc committee to establish the TOTA Benevolence Endowment (Marie Garza and Heather Doreck).

Capital Centex members participated in many aspects of MCC this year. District chair Leslie Smart and out-going district vice-chair Susan Jeantete taught a 4-hour course on evidence-based practice in pediatrics. Serena Speaker taught on low vision services. Susan Jeantete and students from the University of St. Augustine presented a poster on their Guatemala service learning trip, while Natalie Spencer co-moderated

the OTA Forum. We are thrilled to welcome Sharon Wisnieski and Natalie Spencer to new positions on our district board. They were sworn in at the annual business meeting.

In 2019, we are going to see some changes to our virtual sites. Cheryl Espinal-Mendoza is spearheading a new virtual site in Waco and Mary Hardin Baylor will be hosting a site in Belton. Our south Austin site will be moving to a new location closer to Kyle.

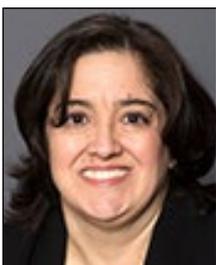
Please keep checking our district web page to keep apprised of the latest developments.

Best wishes for a happy and healthy new year!



# RIO GRANDE DISTRICT UPDATE

By **Dahlia Castillo, OTD, MS, OTR**



*Dahlia Castillo, OTD, MS, OTR, Rio Grande District Chair*

Thank you to those that attended the Rio Grande District Meetings held in this fall. Thank you especially to those who presented: Kaliegh Stevens:

Community Mobility for Brain Injury  
Isaac Montes: Basics of Lymphedema  
Cecelia Fierro: Splinting Made Simple

For all those that attended annual conference in Sugar Land, Texas November 2-4, fun was had by all with excellent CEU offerings. Pictured are three UTEP students enjoying conference after presenting a CEU with UTEP Clinical Professor and MOT Interim Co-Director Dr. Cecilia Fierro

On Thursday, December 13th district

members and UTEP students attended an event sponsored by the Texas Tribune entitled "Healthcare & The 86th Legislature" Panelists included five State Representatives from El Paso: Cesar Blanco, Joe Moody, Lina Ortega, Joe Pickett, and Jose Rodriguez and one State Representative from Clint: Mary Gonzalez.

Please check our calendar for upcoming CEU offerings free to all district members for spring beginning in February. For more information on district happenings, contact Dahlia Castillo: [dahlia@utep.edu](mailto:dahlia@utep.edu)



## CALL FOR PAPERS DEADLINE MAY 31, 2019

Form available in February at [www.tota.org](http://www.tota.org)!

# GULF COAST EAST UPDATE

By Diane M. Collins, OT, PhD – Interim Chair



Diane M. Collins, OT,  
PhD – Interim Chair

People who know me have often heard me say, “I can do anything – I’m an OT!” I believe that occupational therapists are trained in such a way that we can do anything. However, we are facing barriers to our practice such as legislative policies that do not recognize our contributions to the healthcare of this state and country. **RAISE YOUR VOICES** and go to the 2019 Day at the Capital and be heard. Together, we can let the legislators hear how we can help improve the mental and physical health of our great State. Together we can do anything!!!

So, what is going on with the Gulf Coast East District you may ask? PLENTY!!! Here’s a snap shot of the latest news from GCED.

**Award Winners:** GCED was well represented in the TOTA Awards announced at the MCC Conference in Sugar Land this year. The GCED Winners included:

- Helen Cohen, EdD, OTR, FAOTA, received the Roster of Merit
- Christine Hamilton, COTA, received OTA of the Year Award
- Pam Glazener, OTR, ATP, was awarded as one among seven team members, the Interdisciplinary Team Award
- Kelly Parmet, COTA, received the Clinical Educator of the Year Award
- Lisa Simon, OTR received the Academic Educator of the Year
- Adele Brunson, OTR, MOT, received the Horizon Award

Congratulations to these well-deserved award recipients. You ROCK!!!

**GCED Officers:** We have been lucky enough to have some great people volunteer to serve on our board. They are:

1. Interim Vice Chair, Sophie Rydin
2. Secretary, Erin Shirk
3. Treasurer, Kelly Parmet
4. Chairs of the Education Committee, Pei-Fen Chang and Alvin Chung
5. Chair of the Membership Committee, Seneca Wilson
6. Chair of Development & Public Relations, Sharon Hennigan
7. Chair of Standards and Practice, Michelle Atanu
8. Chair of Legislative & Political Affairs, Brittany Dilleshaw
9. Our OTA Representative, Nikita Gandhi
10. Our TWU Student Representative, Kyra Brown
11. Our UTMB Student Representative, Kailie Powder
12. Our HCC Student Representative, Sean Bomer

Thank you all for your willingness to serve the GCED members. You are outstanding!

**Our Chair and Treasurer** positions will be up for election in June, so if you are interested, please let us know. Sam Houston said, “A leader is someone who helps improve the lives of other people or improve the system they live under.” You can be that leader – sign up to run for a board position.

**Continuing Education:** We are putting together a continuing education schedule to meet your needs for CEU credit that will speak

to your clinical and educational needs. We will be sending out a member educational needs survey through Survey Monkey, to find out what you want for CE programs, when you would like them scheduled, etc. When you receive the link to the Survey Monkey Educational Needs Assessment, PLEASE LET US HEAR FROM YOU! We are also investigating different technology to deliver the monthly evening meetings to improve the sound quality and hopefully keep the speaker in the picture!

**New Member Recruitment:** We would like to focus on recruiting new members to TOTA. If you just graduated, do you know that your first year’s membership dues are reduced? If you know someone who used to be a member but has not gotten around to renewing their membership, please encourage them to sign up. The more participation we have, the stronger our organization will be.

**April is OT Month!!!** We are hope to have a panel presentation in April with physicians, legislators, clinicians and more to inform us about the newest policies and funding issues that will affect our practice in the near future. We also want the panel to answer questions from our members. Keep an eye out for our OT Month panel on the TOTA website!

**2019 Board Meetings:** We have tentatively set the dates for the upcoming GCED board meetings. They are on Saturdays and are planned for March 2nd, June 1st, Sept. 7th and Dec. 7th. If you have any issues or concerns you would like to share with the board, please contact Diane Collins at [dicollin@utmb.edu](mailto:dicolin@utmb.edu). 🇺🇸

# TRINITY NORTH DISTRICT UPDATE

By Emilie Klingman, Vice Chairman



Emilie Klingman,  
Trinity North District  
Vice Chairman

Hello and Happy New Year from the Trinity North District! Our district meets every other month. Meeting sites include Texas Woman's University

(TWU) in Dallas, TWU in Denton, Texas Rehab Hospital of Ft. Worth in Ft. Worth, and Weatherford College in Weatherford. We are always looking for additional sites. Our goals are to expand continuing education and networking opportunities as well as membership in our state professional organization to all corners of our district.

Our district has increased learning opportunities from 1.0 to 1.5 continuing education (CE) credits/meeting over the past year. Recent CE topics included "Response to Intervention in the School" by Lou Hintz, OTR; "Low Vision Rehabilitation" by Jaimee Perea, OTR; and "Changes in Positive Emotion and Recovery of Functional Status Following Acquired Brain Injury" by Gary Seale, PhD, LPA, CADC. Our next district meeting is scheduled for February 14, 2019, and features the topic "Play Wisely for OT" by Sara Rupp, OTR. Information regarding

upcoming meetings and other helpful district info can be found on our district website, <https://www.tota.org/trinity-north>.

Recent district events included a membership drive and contest, with one year of free membership awarded to the member who brought in the most new members. The winner of was Karen Hales. In addition to increasing membership, our district is also exploring ways to give back to the community. One way we are expanding this scope is through our "2nd Annual Coats for Kids" winter clothing drive. This year's collection of 22 outerwear items were donated to Dallas CASA (Court Appointed Special Advocates).

Our district recently new officers for the positions of vice chair and secretary. Current elected and appointed board members are listed below:

**Chair: William Sit**

**Vice Chair: Emilie Klingman**



Trinity North  
Secretary  
Alissa Pettit

**Secretary: Alissa Pettit**

**Treasurer: Keegan McKay**

**Committee on Development:  
Tiffany Long**

**Committee on Education:  
Gerry Nichols**

**Committee on Membership:  
Stephanie Sellers**

**Committee on Standards &  
Practice:  
Linda Barnett**

**Committee on Legislative  
& Political Affairs:  
Laura Montgomery**

Upcoming events for our district include participation in Hill Day on February 19, 2019. TWU students and faculty are planning their own organized trip to the state Capitol. Other members who are interested in attending as a group or who have questions about how to get involved can contact me at [emilieotr2010@gmail.com](mailto:emilieotr2010@gmail.com). Here's to 2019, personal and professional growth, and continued strength for our profession through your membership in our state and national organizations! ✨

## TOTA AWARD NOMINATIONS

TOTA is pleased to recognize therapists, educators, students and friends of Occupational Therapy for their excellent work for their patients and their profession.

[CLICK HERE TO SUBMIT A NOMINATION TODAY!](#)

E-mail the completed application to [membership@tota.org](mailto:membership@tota.org).

**2019 award nominations are due October 6, 2019.**

## TOTA BOARD NOMINATIONS

The TOTA Bylaws provide for a Board of Directors comprised of officers and a district chair from each of the 6 districts. The president appoints 6 council positions. The board meets quarterly.

[CLICK HERE TO SUBMIT YOUR BOARD NOMINATIONS](#)

**Nominations Due April 30, 2019**

# GREAT PLAINS WEST UPDATE

By Matthew Wymore, OTD, OTR, CHT, COMT-  
Great Plains West District Chair



By Matthew Wymore, OTD, OTR, CHT, COMT- Great Plains West District Chair

I would like to start off by thanking Sandra Whisner for all her hard work and service for TOTA and our district. As chair, she united a large district and put in an insurmountable

level of work to get our district in a strong position moving forward. She recently received a service and leadership award at our state conference in Houston, and it was great to see all of her previous service recognized by our organization. Sandra has also been an invaluable resource to all of our new district board members during this transition.

As we begin 2019, our district officers will continue to listen to our members on how we can best serve their needs and try to recruit new members. We will do this by providing another year of excellent continuing educational presentations over the lunch hour.

We are going to try to get more



licensed therapists to visit the capital for "TOTA Day at the Capitol" on February 19th. We will have vehicles leaving from San Angelo and Abilene and invite others to join us this year. We will put together a day-long continuing education event to build relationships between students and clinicians in the Great Plains region. Be on the lookout for details of this event.

We will be looking at adding new locations for our OTs to gather for our wonderful monthly continuing education sessions, topics to be announced soon. One of the challenges we have as a district that is spread out over many miles is how we can get our members together for meetings and continuing education events. If you are interested in hosting a meeting site, or have ideas to get others to attend, please reach out to me so we can come up with solutions to get more people involved. We have many board members available to help with getting a site started, and it would be great to have others involved during the next year. We will be releasing our 2019 calendar of topics soon, so be on the lookout for a great line of varied OT topics for the new year.

Please do not hesitate to contact me with any questions or concerns you might have to make our district stronger.

Matthew Wymore  
[mwymore@wtrc.com](mailto:mwymore@wtrc.com)

# From the Education Chair

By Sophie L. Rydin, OT, PhD



Sophie L. Rydin, OT, PhD, TOTA Education Chair

## New & Improved TOTA CE Web Page

Since Heather Logan joined TOTA as membership coordinator

in February 2018, she has been instrumental in making notable changes and improvements to the TOTA website. Among these are a web page for continuing education developed with collaboration from Judi Joseph and Kami Lusson, continuing education coordinator.

When you click on the Approved Courses tab under Continuing Education, you will see all of the TOTA approved CE courses, complete with course title, location, dates, hours and cost, all in one glance. You can view the details of each approved course by clicking on the course title. To evaluate the effectiveness of the TOTA Approved Provider Program and to ensure the quality of our CE offerings, we added a "TOTA Approved Continuing Education Survey" tab right below the approved courses to collect feedback from all the OT practitioners who have taken the TOTA approved courses.

As we have more capabilities with the new website and expertise, you can expect to see more transparency and enhancements. Stay tuned for exciting announcements and new developments on the TOTA CE Approval Program in 2019.

## KATHY HUTTO: A SHINING LIGHT & CHAMPION FOR TEXAS OCCUPATIONAL THERAPISTS

Written with respect and admiration for Kathy by Barbara Winthrop, OTR, MA, CVE, CHT, FAOTA

A shining light and champion for Texas OTs, that's how I would describe Kathy Hutto.

In 1987, the Texas Legislature passed SB 1355 which began the overhaul of the Texas Worker's Compensation Law. It established a fee schedule and a Medical Umbrella Advisory Panel to work directly with the Texas Industrial Accident Board. The Panel included a physician, a nurse, an employer, a physical therapist, but NO occupational therapist!

OT needed to be at the table as regulations regarding reasonable and customary occupational therapy procedures and fee schedules were discussed. These deliberations would lead to decisions that could impact the way we practiced occupational therapy and how we would be reimbursed.

Thanks to the support and advocacy of the Texas Occupational Therapy Association (TOTA), the Texas Industrial Accident Board allowed OT representation to become an ex-officio member of their Medical Advisory Panel.

They encouraged TOTA to find a sponsor for legislation to amend the worker's compensation overhaul, to be sure OT would be officially represented on the medical advisory panel. TOTA recognized that in order to accomplish this we must work with a legislator advisor to facilitate this process.

Early in this process, Kathy Hutto was hired by the TOTA to guide and advise TOTA on how to successfully accomplish this objective. Kathy's influence reached far and wide among Texas lawmakers, which was a tremendous benefit for Texas OT's and the patients we serve. She took us from clinicians and developed us into advocates.

After many testimonies before the Texas State Senate Subcommittees, TOTA's efforts along with Kathy and a huge OT grass roots effort, Texas Senate Bill 1 passed the Texas Legislature in 1989 in a special session. As a result, OT was included on the Medical Advisory Panel with an entire paragraph was written into the Texas Workers Compensation Overhaul about the importance of OT coverage!

The silver lining in this piece of Texas OT history, was the TOTA recognizing the value of a professional legislative advisor and Kathy Hutto's talent. Kathy possesses the art and skill of how to approach/educate lawmakers because she understood what they needed to know in order to achieve success. In addition, Kathy was also instrumental in assisting TOTA to establish TOTAPAC.

Kathy's role as TOTA's Legislative Advisor has left an indelible mark on our development, keeping us abreast of legislation, legislative trends, and key lawmakers. This is required to keep Texas OTs and the patients we serve relevant and current. Kathy's gifted ability to deliver a clear message transformed Texas OTs into advocates by educating us on how to deliver our message to the lawmakers through letters, phone calls, face-to-face meetings and testimony. These forms of communication seemed quite intimidating, yet, Kathy was able to teach us the "how to's", such as prepping us for testimonies /hearings in the Texas Legislature, making it exciting, fun and filled with purpose and satisfaction for Texas OTs.

Kathy's tremendous "people skills", professionalism and friendship for 30 years has been appreciated, admired and respected. Kathy Hutto is a shining light and Champion for Texas OTs and will always be an indelible part of our history. Thank you Kathy for your years of service and for helping set the direction of the OT practice in Texas!

# THANK YOU, KATHY HUTTO

Words cannot express the amount of respect and gratitude I have for Kathy Hutto. Kathy has been TOTA's Lobbyist and Legislative Advisor since the early 80's. I have worked with her through numerous issues related to our profession, both as a member of TOTA, as well as through my volunteer service on the TOTA Board.

My experience with Kathy dates back to the early 90's as Kathy provided guidance in dealing with the changes in the Texas Workers' Compensation Commission. She advised us as we sat at the table on the Workers Compensation Advisory Board and polished many verbal and written testimonies. Since that time, Kathy has also worked with TOTA through the challenges faced with encroachment of other professions into the practice of occupational therapy, Mental Health, Licensure (Sunset Processes in 1993 and 2017), and the restructuring of Texas Medicaid.

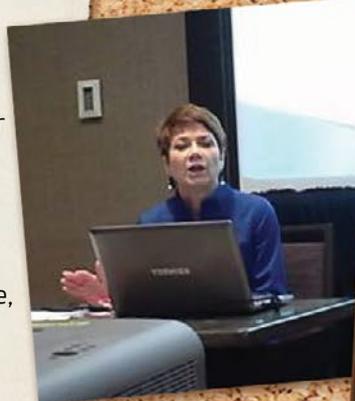
Kathy is intuitive, and can always implement strategies that directly meet the issues faced by Texas OTs. Kathy has an ability to identify the key elements needed in order to work through policies and processes with legislators and committee leaders, both adversaries and allies. Her work in this way has always guaranteed that Texas OTs have a voice in Texas legislative issues. My favorite quote from Kathy has always been "If you aren't at the table, you are part of the menu." Texas OTs have always been at the table, thanks to Kathy. Another memorable and strong message from Kathy would usually come the day before testimony: "Robin, don't read to them, they have your written testimony in front of them. They can read... Look at them, talk to them!" Although I was not always great at following such advice, she was right on point.

Kathy's support, candidness, and commitment to Texas OTs has been unwavering. Kathy has seen us weak, with our heads in the sand, not having a clue what we were up against; however, her patience and persistence always prepared us in a very honest way for all the challenges we faced. I know Kathy has said she will remain as an advisor, but please understand that she, walking with me through the halls of the Capitol, standing there beside me, guiding me through a presentation, and her smile and her pat on the back, will all be missed. Love you, Kathy.

Sincerely, Robin Clearman

"From the first moment I met Kathy, I knew that she was a fierce woman that had a talent to command a room and a willingness to share her expertise. She is a no non-sense type of person and will advocate for what she feels is right and have the guts to tell you when she thinks you're wrong, which you most likely were. I will miss her passion and am grateful for the many years of service she provided to TOTA. Thank you, Kathy, for all you have done and taught us, you are a gem!"

Jason Stark, OT



She has been such a knowledgeable guiding force for our profession, both in alerting us about legislation that could impact us, but also in helping us develop and then take our advocacy efforts forward to the legislators.

Evie Harness, OTR

Kathy Hutto was always a bright star as we dealt with legislative issues. She made the process so clear and alerted us to the key methods to succeed. It was also amazing how much she understood about occupational therapy even early on in her service with us. She captured and understood the essence of occupational therapy. I learned so much from her and she will be sorely missed but certainly deserves her retirement.

Esther Bell

Kathy Hutto is the ultimate professional and is the most composed person I have ever met. Her knowledge of the OT profession as a non-clinician is above reproach. She will be missed and are definitely some big shoes to fill.

Lynda Jennings

She would go to any district to talk to members. Really appreciated.

Judy Skarbek

Kathy has always represented integrity, strength, and wisdom. She is an amazing professional who's work ethic is uncompromised. I have always respected and admired her knowledge of the legislative system and how she has kept TOTA and the occupational therapy profession abreast of every bill that could possibly affect our practice. To walk a mile in her shoes would be impossible and some of us are lucky to have just walked beside her.

Judi Joseph

"She was and is a class act. She took us on when most of us really did not even understand the importance of advocacy or how it works. She was always respectful, she represented us with finesse and knowledge and in the process taught us the power of advocacy."

Dorit Aaron

Kathy was always on top of all legislative activity and was always looking out for our profession. She taught me how to testify in all types of settings. She organized my thoughts and information and made me sound better than I would ever have sounded without her guidance. Everything was concise and edited to perfection. She stayed up very long hours right with me. No matter what the deadline, she had my back. I am glad Denise will be here for us and having had the opportunity to work with Denise on several legislative projects I know we will be well represented. Kathy, I have enjoyed the ride and I thank you from the bottom of my heart for everything you taught me and all the things you have done for our profession. Happy Trails to you!!!!

Bubba

What I remember most is her concise summaries at the annual meetings - and her willingness to learn and understand more about occupational therapy than any non-therapist I know.

Kitty Reed

Kathy meticulously prepared for testimony or for visits with legislators. All testimony was scripted to express clearly and on point our concern/position on a topic. She is/was very patient with someone new to the process preparing them for what the testimony experience would be like. She was perfectly prepared at 7:00 am or at 12:00 midnight. She is/was the best dressed woman at the Capitol. She had incredibly long days at the Capitol. I remember her saying that she need to get at least 4 hours of sleep. We routinely would talk at midnight the day before a hearing which would start at 7:00 am. Her dedication and energy was tireless. I am glad we are not losing her expertise.

Mary Hennigan, MBA, OTR



# 2019 TOTA *Annual Conference*

WHERE SCIENCE, CREATIVITY, AND COMPASSION INTERSECT

WHEN:  
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REGISTER:  
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For general questions regarding conference contact [heather@tota.org](mailto:heather@tota.org)

Vendor and exhibitor questions should be directed to Kami Lusson at [Kami@tota.org](mailto:Kami@tota.org)