

# REVISTA



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# TOTA

*Annual Conference*

- Advocacy
  - Continuing Education
  - District Meetings
  - Workshops
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# SAVE THE DATE

# 2020

NOVEMBER 13-15, 2020  
DENTON, TEXAS

## TOTA *Annual Conference*

Save money as early bird registration begins in August. Want to get a head start? [Reserve your room with TOTA's exclusive conference rates at the Embassy Suites Denton Convention Center now before they're gone!](#) For general questions regarding conference contact [heather@tota.org](mailto:heather@tota.org)

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

Mark your calendars and make your hotel reservations today to experience TOTA's annual educational conference and business meeting of the association coming this November to Denton, Texas!

KEYNOTE SPEAKER:

AOTA President  
Wendy C. Hildenbrand,  
PhD, MPH, OTR/L, FAOTA



**# 329 Pediatric NDT Intensive Handling Techniques** *Gail Ritchie, OTR, C/NDT*

San Antonio, TX            August 1-2, 2020  
Fort Worth, TX            September 11-12, 2020

**# 330 Sensory Systems: The Effect on Postural Control ... Understanding and Incorporating Sensory Strategies in NDT Treatment**

*Gail Ritchie, OTR, C/NDT Brenda J. Lindsay, PT, C/NDT*  
New Orleans, LA            October 9-10, 2020  
San Antonio, TX            November 20-21, 2020

**# 331 Ataxia, Autism and NDT**  
*Brenda J. Lindsay, PT, C/NDT*

Austin, TX            April 4-5, 2020

**#415 Myofascial Release Therapy... Soft Tissue Mobilization for Pain Management and Mobility**  
*Theresa A. Schmidt, DPT, MS, OCS, LMT, CEAS*

San Antonio, TX            February 29-March 1, 2020

**# 345 Torticollis & Plagiocephaly: Assessment & Treatment of Infants & Children Impact on the Movement System of Infants & Beyond**  
*Cindy Miles, PT, PhD. PCS, CNDT*

Addison, TX            July 18-19, 2020  
Stafford, TX            September 19-20, 2020

**# 365 Head, Shoulders, Knees and Toes ...NDT Principles for Gross Motor Development and Its Impact on Speech Sound Disorders**  
*Patsy Tate, MS, CCC-SLP, C/NDT*

Dallas, TX            October 17-18, 2020

**# 384 Kinesio Taping® Assessments, Fundamental Concepts and Techniques (Day 1-2 toward Certification)** *Patricia Martin, PT, CKTI*

Dallas, TX            February 7-8, 2020  
Stafford, TX            October 9-10, 2020

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



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

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

“Occupational Therapy: Living Life to Its Fullest” – the tag line coined by AOTA and found at the end of my email signature. The mantra likely means a little something different for every OT practitioner and student. Per AOTA, it is a promise; it signifies a commitment that we define ourselves as helping others reach their goals and live their lives to the fullest.

Like most of you, I am an OT. I have been practicing since 1983. From the beginning, I have made a commitment to maintain my membership with TOTA and AOTA. In 1983, brand new to the profession, I never imagined I would be leading one of the largest state OT associations in the country. Now, 35+ years later, here I am. As I complete my final year as president of TOTA, I believe our mission is as important today as it was in 1936 when TOTA was established. Together, we all strive to assure those we serve live life to the fullest.

During my tenure as president, TOTA implemented a new website and a membership support system. We hired a new executive director and improved our financial bookkeeping and financial stability. We continue to pursue innovative ideas through our six districts to promote TBOTE-approved CEUs throughout the state of Texas.

Despite these accomplishments, we missed the mark in selling the benefits of TOTA membership. Texas has over 16,000 licensed OT practitioners; however, fewer than 1,000 practitioners participate as members of TOTA. As I enter the last months of my presidency I am determined to increase the awareness to the benefits of TOTA membership.

TOTA will start the year 2020 with our strategic planning board meeting, January 25-26. From that, we hope to develop/revise our strategic plan and further reinvest funds back into membership services that promote the growth and support of OT practitioners in Texas. I will strive to assure that the OTs of Texas recognize the benefits of TOTA membership and become a part of TOTA so we can keep the OT promise, “Living Life to Its Fullest.”

Please reach out to your OT colleagues. Ask them to support the profession through TOTA membership. Provide TOTA with your thoughts or their responses as to how we can better serve Texas OT practitioners.

God bless Texas, and God bless TOTA.

Robin





# TOTA THANKS OUR 2019 SPONSORS AND PARTICIPATING COMPANIES

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## Conference Bag Giveaways and Inserts/Silent Auction

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University of Texas Medical Branch  
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UT Tyler



**Thank you to Pride Mobility /  
Quantum Rehab for the use of their scooters**

# EXECUTIVE DIRECTOR 2019 CONFERENCE WRAP UP: JANUARY 2020 EDITION



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

Occupational therapy practitioners, students, guests, and vendors gathered in Austin, Texas, for the TOTA 2019 Annual Conference. There were 789 registered attendees and over 100 vendors who came together for another successful event. The Renaissance Austin Hotel proved to be a great location and the exhibit hall space was able to accommodate 62 vendor booths displaying innovative products, excellent services, and employment opportunities for new graduates and experienced practitioners.

As usual, a huge thank you goes out to the conference committee team and all the volunteers. An incredible amount of work goes into putting on a conference of this size. The time and talent required of the team is a year-round commitment. I would like to also acknowledge the occupational therapy students from the University of St. Augustine, Austin campus who showed up on Thursday evening, to stuff and prepare 800 conference bags, even though many of them were stuck in traffic for over an hour.

Among the conference highlights was keynote speaker, Dr. Eugene Alford, who presented on current spinal cord injury research and its creativity while displaying his compassion and life mission. Thank you again, Dr. Gene. We were also honored to have two AOTA past presidents participate this year. Jenny Stoffel was the keynote speaker for the Texas Occupational Therapy Foundation's (TOTF) first Wisdom and Wine fundraiser event. This event replaced the traditional breakfast with a scholar. Mary Evert attended educational sessions, visited with friends, and encouraged conference attendees and speakers to be involved in research. She challenged us to think about preparing our clients for disasters.

We received many compliments on the quality of the educational sessions, poster presentations, and the research forum. The research forum is sponsored and moderated by TOTF. It is an honor to have so many professionals and students use the TOTA annual conference as a platform to share knowledge. The quality and success of a conference is measured by the quality of its program. We hope you will continue to use the TOTA annual conference to present your research, discoveries, ideas, and experience. You can anticipate the call for proposals for the 2020 conference to open on March 1, 2020.

For the second year, the awards ceremony honoring TOTA award recipients was held on Saturday night. We hope to continue this new format and expand on it in 2020. You can help by beginning early to identify TOTA members who are deserving of recognition. According to the TOTA bylaws, the responsibility of determining criteria and presenting awards and recognitions falls under the membership committee. At the time of this newsletter, the state membership committee chair position is vacant. If you are interested in serving as committee chair or assisting your local district membership committee chairs, contact TOTA president, Robin Clearman at [info@tota.org](mailto:info@tota.org).

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# 2020 ELECTIONS:

## Call for NOMINATIONS

The deadline for submission is April 30, 2020.

To all TOTA members:

It is time for annual elections of state and district board members. The available offices are listed below. Please review the by-laws for specific details and guidelines. Candidates can be nominated by completing the online nomination form which will be available soon.

### STATE OFFICES: TREASURER

**Article VI: STATE OFFICERS 6.1** Elected officers of TOTA shall be President, President-Elect, Vice President, Secretary and Treasurer. a) These officers shall perform the duties prescribed by these Bylaws and other such duties applicable to the office as prescribed by the parliamentary authority and the Policy and Procedures Manual adopted by TOTA. **6.2 Eligibility.** a) Any candidate for the office of President, President-Elect or Vice President of TOTA must have been a member of the Association for three (3) years immediately prior to the nomination deadline. b) State officers may reside in a border state, but must be licensed to practice in Texas. c) All officers shall maintain membership in good standing with TOTA and AOTA during their terms of office. d) No state officer can concurrently hold a position as an elected officer in AOTA, a district division of TOTA, or another state's OT membership organization.

**6.4 Terms of Office.** a) No officer shall be eligible to serve for more than two (2) consecutive terms in the same office. An officer serving more than half a term is considered to have served a full term in that office, including in the case of appointment to that office. b) The President -Elect shall serve a one (1) year term. c) All elected state officers shall assume office upon adjournment of the annual business meeting at which their election has been announced. d) The President -Elect shall be elected in an odd numbered year and assume the office of President in an even numbered year. The Vice President and Secretary shall be elected and assume office in the odd numbered years. The Treasurer shall be elected in and assume office in an even numbered year. e) If a sitting President chooses to run for re-election, that person must state the intent prior to the election cycle of a President Elect.

### DISTRICT OFFICES:

TRINITY NORTH

VICE CHAIR  
SECRETARY

ALAMO SOUTH

CHAIR  
TREASURER

CAPITAL CENTEX

VICE CHAIR  
SECRETARY

GREAT PLAINS WEST

CHAIR  
TREASURER

GULF COAST EAST

VICE CHAIR  
SECRETARY

RIO GRANDE

CHAIR  
TREASURER

**9.5 Eligibility.** a) Nominees for District Chair must have been a member of the district for a minimum of one year prior to the nomination deadline. b) Officers must be licensed to practice in Texas and have chosen to be a member of that geographical district. c) All officers must remain TOTA members in good standing throughout their term. d) No District Officer shall concurrently hold more than one elected position in AOTA, a state office of TOTA, or another state's OT membership organizations.

**CANDIDATES MUST SUBMIT A CURRICULUM VITAE/RESUME.  
EACH NOMINEE MUST SUBMIT A POSITION STATEMENT SUMMARIZING QUALIFICATIONS, REASONS FOR WISHING TO ASSUME THIS LEADERSHIP POSITION, AND VISION FOR THE FUTURE OF THE PROFESSION AND TOTA.**

# TOTA STATE CONFERENCE WRAP UP

By Evie Harness, State Conference Chair



Evie Harness, OTR,  
TOTA State  
Conference Chair

All the hustle and bustle of the 2019 TOTA Conference is over and we now have the time to reflect on what went right and what we

could possibly do better for future conferences.

First of all, I would personally like to thank the wonderful 2019 Conference Committee members for the many volunteer hours and efforts put into not only preparing for the event, but also during the conference. Without your hard work behind the scenes, the conference would not be the great success it is. You are all much appreciated!!! We had outstanding attendance considering we had the AOTA Conference in our backyard back in April. That tells us that members still see great value in the programming and events of our own TOTA State Conference. We heard some very positive feedback over the weekend regarding the presentations and the posters, so I would like also to send heartfelt thanks to all the speakers who spent many long hours developing and preparing their presentations.

Without the creativity and content that you, the speakers, bring to the table, quite honestly we don't have a conference. We truly appreciate your dedication to the profession and your willingness to step up and provide course content.

Finally, we truly appreciate YOU, our conference attendees. We can facilitate a conference and the speakers can create the program, but we count on you, the attendees, to make the conference successful. Over the last several conferences we instituted some changes we hope will make your conference experience easier and more productive. We count on your feedback to help us determine if we're moving in the right direction. Your comments and suggestions are reviewed by both the committee and the TOTA Board in an effort to make the next conference even better.

We look forward to seeing you this coming November 13th-15th in a brand new venue for us--the Embassy Suites in Denton. Work is already underway developing program content and possible events at TWU. We look forward to bringing even more innovation and creativity to the conferences in the year to come.

See you in Denton!!!!



FROM THE EXECUTIVE DIRECTOR,  
continued from page 5

We are again grateful to the academic programs who supported their students by encouraging them to present, funding conference fees, paying membership dues, and allowing their SOTA groups to participate in the marketplace.

Finally, we must thank our vendors. Without their support, conference would be unaffordable for many practitioners and students. Many of the vendors sponsor coffee breaks, lunches, conference bags, lanyards, Wi-Fi access, interview rooms, and the conference app.

If you have not already heard, our 2020 Conference keynote speaker is AOTA president, Wendy C. Hildenbrand, PhD, MPH, OTR/L, FAOTA. We are still soliciting ideas for a conference theme. We hope to focus on how occupational therapy addresses mental health and wellbeing in all areas of practice. The conference committee and I look forward to hearing from you.

Judi

**“You don't make progress by standing on the sidelines, whimpering and complaining. You make progress by implementing ideas”.**

**– Shirley Chisholm**



## 2019 CONFERENCE COMMITTEE

State Chair Evie Harness  
Exhibits Kami Luson  
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Hospitality Chair Brittany Burton  
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# 2019 TOTA AWARDS



## **OCCUPATIONAL THERAPIST OF THE YEAR** **Keegan McKay, OTR, MOT, OTD**

In the past 11 years, Keegan has dedicated his professional career to promoting the OT profession, both through his work and through many volunteer leadership roles he has held.

Keegan first began his clinical career working in the Skilled Nursing setting, while also working in Acute Care on weekends. He has always worked with the older population, but when he transitioned to home health care, he realized he had found his niche. Keegan has worked for Brookdale Senior Living for the past 7 years, and he is currently the Director of Rehabilitation Services for the home health agency, as well as the administrator for the outpatient therapy program at Brookdale. Keegan has been able to share his passion for leadership, education, and mentorship in this role. His focus on leadership led him to be selected as one of 10 participants of AOTA's Leadership Program for Middle Managers in 2015. He had the opportunity to work with the AOTA president, vice-president, and other team members to gain even more valuable leadership skills.

In 2014, Keegan went back to school to become a part of TWU's inaugural class for the post-professional Doctor of Occupational Therapy program in 2016. Having an advanced degree helped Keegan explore another passion of his – teaching occupational therapy students. He has been an adjunct professor at the Dallas campus of TWU for the past 4 years where he teaches a Professional Reasoning course each Fall in the MOT program. He has taught as an online contributing faculty member for St. Augustine University's MOT and OTD program for the past two years and has also taken a position as a skills lab instructor for St. Catherine University's online OTA program. Working for four different organizations keeps Keegan busy, but he is thrilled to have the opportunity to make a difference through his work in a leadership with other clinicians, and as an educator and mentor to aspiring occupational therapists and occupational therapy assistants.

Keegan dedicates much of his time to volunteering and contributing to activities in the community. He has a close relationship with Texas Woman's University and assists with multiple events. Keegan volunteers his time and uses his OT experience to perform home assessments for the Rebuilding Together organization. During these assessments, he also mentors TWU students in the process of conducting home assessments. His experience with home assessments

has led him to participate in a pilot study for a new home modifications app.

Keegan has also given many guest lectures at TWU and presented at the TOTA conferences as well. In 2017, he presented at the TOTA Trinity North District Meeting on "A Day in the Life of a Home Health OT". He has given many presentations in the community, including the Tarrant County Parkinson's support group and he was recently honored with the request to give the commencement speech at St. Catherine University's first OTA graduation ceremony, in Texas.

Keegan has also been involved as a participant for four different studies completed through TWU, and was recently a co-investigator on a TWU OTD Capstone study. Keegan enjoys being involved with TOTA, where he has served as the Treasurer of the Trinity North District for the past 2 years, and was recently elected as the District Chairperson, a role which he will fill officially in November 2019.



## **ROSTER OF MERIT** **Charlene Baize, OTR**

Charlene has been an active member of TOTA since 1974 and has made many contributions to the field of occupational therapy and the Texas Occupational Therapy association.

In the realm of therapeutic practice, Charlene has made significant impact on the practice of many therapists and students under her mentorship. Charlene mentored many occupational therapists through her work as coordinator of the brain injury unit at TIRR and as the assistant Director of occupational therapy. Charlene assisted with developing in-services individualized education, and continuing education of both the brain injury unit and many other individual therapists. Her nominators states "Personally, she has mentored me throughout my tenure at Texas Children's Hospital and greatly assisted me in developing my treatment of spinal cord injury and splinting throughout my 6 years." Charlene has also made a significant impact on students as adjunct faculty at TWU. She provided education in physical dysfunction and handling, and she coordinated the student fieldwork program at TIRR.

Charlene's direct impact on the field of occupational therapy is not limited to her clinical experience. She has also excelled in the communication of knowledge through with 5 peer reviewed publications, 21 peer reviewed presentations, 19 invited presentations, and has been a technical assistant in the production of a film. She has made it her priority to share her vast knowledge on topics ranging from physical



# 2019 TOTA AWARDS

disability and seated and mobility as well as transitioning from pediatric care to adult care and pain management. And, despite all of these significant contributions, she still finds time for service. Charlene has served TOTA as the district education chair and the state education chair, and she has served as the AOTA professional development chair. Charlene has clearly had a distinguished career, and the field of occupational therapy as well as TOTA have greatly benefited from her contributions.



## **DISTINGUISHED SERVICE**

**Lorie Lynn Fike,  
MS, OTR, CHT, LTC**

Lorie has worked in the occupational therapy field for over 18 years where she continues to advance the profession in the army community through department leadership and mentorship in Army, Navy

and Air Force OT's and OTAs. Lorie began her career as an OT with Carl Darnall Army Community Hospital and immediately started to supervise Level II OTA fieldwork students and supervising the therapeutic work hardening clinic. She was promoted to assistant chief of occupational therapy services and accepted the challenges of post 9/11 military increases, including the additional supervision/mentorship of junior officers, OTAs, and civilians. She expanded the department's evaluation and treatment processing for neuromusculoskeletal disorders and orthopedic UE injuries. Lorie later moved to Kansas for an Army assignment where she fulfilled her first assignment as Chief of Occupational therapy Services. While in this position she made many changes to improve the program. After completing her post-professional graduate degree in occupational therapy from Colorado.

State University, Lorie returned to Ft. Hood, Texas as the OT Department Chief. Here, Lorie directed her staff to recognize evidence-based practice and goal directed rehabilitation for over 63,000 soldiers and 120,000 beneficiaries. During this tour, Lorie was recognized as Field Grade Officer of the Week and served as a professional clinician for combating stress control for the Winter Olympics.

Lorie deployed in support of Operation Iraqi Freedom and New Dawn for one year where she was the OIC of the combat stress control prevention teams. She was recognized for her excellence as a force multiplier in providing psycho-educational treatment, rehab, traumatic event management and unit needs assessment. She also distinguished our profession by becoming a member of the suicide prevention review board and the occupational therapy consultant to

the U. S. Forces Surgeon General in theatre. She continued her journey continuously advocating and improving the field of OT through various leadership and mentorship positions including making many publications within the Army community. Lorie is a leader and despite her upcoming retirement, she continues to institute growth and recognition for our field in various health care practices and believes in endless possibilities for our profession.



## **CLINICAL EDUCATOR OF THE YEAR**

**Paul Ivan Martinez, OTR**

Since starting his career at Methodist Hospital, Paul has accepted numerous level 1 and level 2 OT and OTA students. Paul exemplifies leadership as he assists in conducting various transfer labs for every student to ensure the

student's understanding of body mechanics and safety. He always makes sure that students are comfortable and makes sure to guide them through complex and intimidating aspects of the evaluation and intervention process in acute care. Paul lectures at the Methodist Hospital Onboarding Resident Nurse Orientation for educating nurses on safety with patient handling techniques as well as at St. Philip's College OTA program annually on the safe handling techniques of patients with neurological impairments. With each student, Paul consistently encourages learning, interaction with other disciplines, and evidence-based practice. He goes above and beyond to educate his students on the importance of "quality versus quantity". He emphasizes his students to focus on building rapport with each patient and implementing client-centered interventions. He is currently the education chair for TOTA Alamo South District. His nominator states, "He is an excellent asset to our acute care OT team and definitely inspires his colleagues each day"



## **AWARD FOR CLINICAL EXCELLENCE**

**Katharine Springer, OTR,  
MOT, MEd**

When Katie first started at Methodist Hospital, San Antonio, she immediately found a need for OT in oncology and made it her mission to create a team incorporating meaningful

occupations and considered the patient's psychosocial

# 2019 TOTA AWARDS

health and well-being into their plan of care to provide patients an outlet to express their emotions and feelings. She also made her entrance onto the Palliative Care Team through advocacy with the doctors and nurses on that floor. She ensured that OT was involved in both pain management and occupation-based initiatives to promote quality of life.

In addition, Katie is extremely compassionate.

About a year ago, she treated a young lady with quadruple amputations from necrotic fasciitis who was immunosuppressed. She took her client “under her wing” and made her adaptive devices for her hands so that she could function again.

Another example includes one of Katie’s clients who was entering the end of life. She helped with the transition for this patient and provided peace to not only the patient, but their family and the staff that cared for them, showing incredible integrity, compassion, accountability, respect, AND excellence.

Katie’s nominator exclaims “Katie is a huge asset to the occupational therapy profession, especially as it relates to the oncology and palliative population. She created an occupation-based program in a fairly emerging field, advocated her way onto the palliative care team, continuously trains members of the rehabilitation staff in caring for a specialized area, and compassionately cares for her patients.”



## INTERDISCIPLINARY TEAM AWARD

### Patricia Tully, OTR, ATP, Theresa Gregoria Torres, OTR, ATP Rehabilitation Services Volunteer Project

Rehabilitation Services Volunteer Project (RSVP) is an interdisciplinary, all-volunteer, nonprofit organization that provides physical rehabilitation services and equipment to uninsured individuals with disabilities. The medical equipment division (RSVP-MED) provides durable medical equipment (such as wheelchairs, cushions, ADL equipment, bathroom equipment, and canes/walkers) to individuals in our community with disabilities (regardless of diagnosis) who lack access to this equipment.

Volunteers consist of Physical Medicine & Rehabilitation

physicians, residents and medical students; occupational therapists, physical therapists, Assistive Technology Professionals, OT/PT students, nurses, social workers, speech pathologists, complex rehab technology medical supplier technicians, church organization members, Boy Scouts, translators, other non-profit organization member representatives, nursing organization members, medical equipment manufacturer representatives, and consumers/family members who have previously benefited from donated equipment. RSVP volunteers are a dedicated group of individuals who, despite having full-time jobs, are committed to providing needed recycled, medical equipment to underprivileged and persons with disabilities. RSVP-Med volunteers gather on the second Saturday of every month from 8am until noon to provide and adjust medical equipment, repair, and clean newly donated equipment ensuring that all equipment is clean and ready for reuse.



## ACADEMIC EDUCATOR OF THE YEAR

### Shirley A. Wells, DrPH, OTR, FAOTA

Shirley’s excellence in student instruction, leadership in the role of Department Chair, advancement of the profession through her research, and selfless contribution through

numerous State and National leadership positions is well known. Shirley excels at student instruction, combining problem based learning strategies with engaging pedagogies, her students are elevated to peruse a higher order of thought. As a former student, her instruction pushed me to seek out, not just any answer, but the best answer.

Additionally, through sponsored research, she has aspired to increase diversity among health professions students and practitioners through an innovative recruitment program. The programs aim included increasing the visibility and knowledge of the programs to potential African American and Hispanic students outside of the region, dispelling misperceptions of living along the US-Mexico border, and establishing a partnership with the African American community in the RGV for social support to African American students. The program (cooperative between OT and communication disorder) helped both programs at UTRGV achieve a 100% increase in applications from the targeted populations for the 2017 Admission cycle.

Shirley has mentored and promoted scholarship within her program and has led by example through her research. This has culminated in students successfully presenting at



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our state and national conferences on a regular basis. The American Occupational Therapy Association recognized her efforts by naming her one of the 100 Most Influential Occupational Therapists of The Last 100 years.



## **STUDENT LEADERSHIP AWARD**

### **Clarissa Medrano**

Clarissa is just beginning her career; in which she is attending the MOT program at the University of Texas at El Paso. This individual was selected as the class representative and has held this leadership role for

the past two years. In this role, she has demonstrated her ability to communicate well with faculty and peers to ensure that expectations are clear and met. She has utilized her previous knowledge and skill sets as an educator at Chapin High School, and as a Mind-Body Wellness practitioner, to assist in developing several community events such as the Mindfulness program with a local elementary schools, as well as a with our local Ft. Bliss USO program. She has also demonstrated her skills in advocating for the profession when she attended a Texas Tribune Health Care and the 86th Legislature at UTEP. She was key in asking about the future of OT and its role in mental health. Her question and the response to that question received national attention. Clarissa embodies what the occupational therapy profession is looking for in future practitioners, advocates, and involvement in the community. Her professor states "I was privileged to have her as my teaching assistant (TA) and am proud to have had her as a student as she demonstrated a strong work ethic. I believe that Clarissa has made outstanding contributions to the university, the El Paso community, and the occupational therapy profession."



## **HORIZON AWARD**

### **Kathryn Crane, OTR, MS**

Kathryn is a 2017 graduate from University of Texas - Health Center of San Antonio. Throughout her college career, she was an active member of multiple honor societies, organizations, and SOTA. In 2017, she was awarded Professional Student

Leadership Award and Wilma West Award. Currently, she is a member of both her state and national occupational therapy

associations and working for Easter Seals of San Antonio - Early Childhood Intervention. She maintains her evidence-based practice by reading professional publications and sharing this knowledge with the families she treats and with her co-workers. She has contributed articles to the Easter Seals Parental Newsletter and is currently working with the administration staff in the development of a standardized occupational therapy evaluation for the state East Seals database. Her nominator states that her "energy, enthusiasm and knowledge of occupational therapy is tremendous. I have no doubt that she will continue to make significant contributions to the future of occupational therapy."



## **LETTER OF APPRECIATION**

### **Cecilia Fierro, OTR, Mei-Ling Lin, OTR, Clarissa Medrano, OTS and Dominique Arroyos, OTS of the University of Texas at El Paso along with Gabriel Medrano and Mauricio Cano of REL Washington Elementary School**

collaborated this past academic year to provide mental health awareness and strategies to the students at REL Washington Elementary. The University of Texas at El Paso Master of Occupational Therapy Program, the MOT faculty, and MOT students initiated a program on mindfulness based activities at the elementary school for all students and teachers to attend. The mindfulness activities were introduced to REL Washington School Counselor, Gabriel Medrano and Principal, Mauricio Cano who are currently working to provide greater mental health awareness to teachers, students, and parents. Mr. Medrano was eager to introduce this topic to all the teachers and students at REL Washington as part of his "Power Wednesday" curriculum.


After much collaboration with Mr. Medrano and Principal Cano, the MOT Class of 2019 and faculty instructed the students from kindergarten to 4th grade on yoga techniques, sensory bottle activities, deep breathing exercises, and mindfulness based practices aimed at helping the students learn coping strategies needed for student success in the classroom. Their efforts were recognized in the UTEP campus newsletter in an article entitled "UTEP Occupational Therapy Students Teach Children Mindful Ways to Ease

## 2019 TOTA AWARDS

Stress” In this Newsletter, Mr, Medrano of REL Washington Elementary stated “One of the reasons why I wanted to collaborate with (UTEP) is because this is a needed skill. We’re teaching the students life skills. So not only are we exposing them to careers, but also presentations like this where they’re able to take those skills with them and hopefully apply them in real life.”

Their efforts where such a success that many other local schools from El Paso heard about the activities and requested the MOT faculty provide these activities to their students and teachers. Through this collaboration, the UTEP MOT program is now developing a full program on mindfulness and mental health awareness with REL Washington Elementary. This program will introduce better coping mechanisms for students to utilize when they are under stress at school and in life. As occupational therapists, their goal is to make sure that mental health in school aged children is being addressed by providing strategies to prevent maladaptive behaviors that can impact school success. Through this community

partnership with the University of Texas at El Paso and REL Washington elementary, they are planning to work toward joint research efforts on mental health and school age children. This partnership allows students and faculty at the University of Texas at El Paso to make significant contributions to local schools, teachers, and children by implementing strategies and resources to impact mental health and well-being.

The Texas Occupational Therapy Association would like to recognize the University of Texas at El Paso Master of Occupational Therapy Program, their faculty, and students for not only their efforts in making a difference in the lives of the students at REL Washington Elementary, but also their efforts in advocating for the role of occupational therapy in mental and behavioral health. During the past legislative sessions, TOTA has been driven to advocate for the promotion of OT’s Role in mental and behavioral health at the state and national level. Community projects like this bring awareness to the role occupational therapy practitioners play in mental health. 

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## 2019 SERVICE AWARDS

### STATE BOARD MEMBERS

William Sit, OTR, PhD - Trinity North District Chair 2015 - 2019  
Leslie Smart, OTR DSc - Capitol Centex District Chair. 2015-2019  
Tim Reistetter, OTR, PhD, FAOTA - Committee on Standards and Practice Chair

### DISTRICT BOARD MEMBERS

#### Rio Grande:

Cecilia Fierro, OTR, OTD - District secretary

#### Trinity North:

Keegan McKay, OTR, MOT, OTD - District Treasurer

#### Trinity North Student Representatives

Trissa Berend - Weatherford College  
Tristan Hinton - Weatherford College  
Kristen Ramirez - TWU Dallas  
Madeleine Terblanche - TWU Denton  
Vanna George - Parker University  
Kristian Stringer - Parker University  
Judy Nguru - Mountainview Community College  
Cindrayia Hollins - Mountainview Community College

#### Great Planes West:

Laurie Stelter, OTR, PhD, MA - District Committee on Education Chair  
Student Rep  
Kasey Smith - Texas Tech

#### Gulf Coast East:

Kelly Parmet, COTA - District Treasurer



# THANK YOU FOR DREAMING

By John S. Luna, OTR, OTD



John S. Luna,  
OTR, OTD


**E**leanor Roosevelt said, "The future belongs to those who believe in the beauty of their dreams." When you think of quotes that capture a facet of the profession

of occupational therapy, this one comes to mind. However, this quote is often made in the present to describe current goals, current dreams, and current ambitions. It is not often that we reflect on the dreamers who followed the convictions of their hearts to give us the gift of the present. Such is the case for the Texas Occupational Therapy Association Political Action Committee (TOTAPAC). Twenty-five years ago, occupational therapists from around the state with the shared dream of providing a voice for occupational therapy practitioners in the State of Texas' political arena gathered to form a political action committee.

As I prepared to write this article, I became aware of the magnitude of the rich history of occupational therapy in the state of Texas and was over overcome with an immense sense of gratitude for all TOTA and TOTA PAC members whose vision and hard work paved the way for occupational therapy in Texas. From the first TOTA meeting in 1936, where five occupational therapists met at the Melrose Hotel in Dallas, to the most recent board meeting in Austin this November, occupational therapy practitioners have worked ceaselessly to further the cause of occupational therapy in Texas.

Today the dream of the TOTA PAC is alive and continues to evolve to meet the needs of the profession, the members, and the clients we serve. I witnessed this firsthand when I met TOTA PAC supporters at the TOTA Annual conference in Austin in November. I cannot thank you all enough for your generous donations of time in advocacy, talent through practice and service, and financial

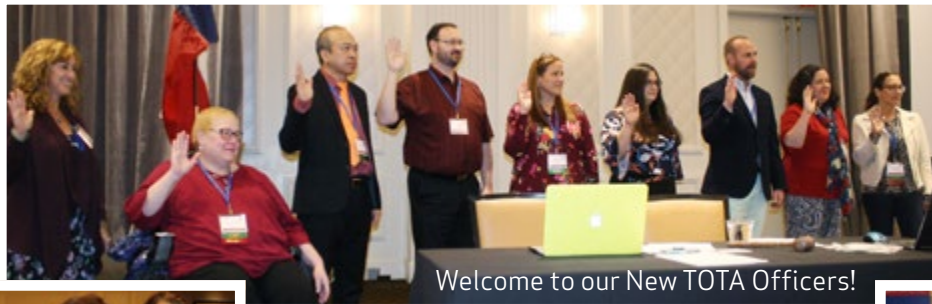
support this year. On behalf of the TOTA PAC Board, thank you for continuing to give our profession a voice in the Texas arena.

As we look into the future, we have tremendous opportunities within the state arena this year. With primaries in March and elections in November, our voice now more than ever needs to be heard. This year we dreamed big and began our 25-25-25 challenge. We are asking every member to donate \$25 in celebration of the PAC's 25th anniversary with a goal of raising \$25,000. This is a big goal and we need your support. If you can donate your time and talent, send me an email at [johnlunaotr@gmail.com](mailto:johnlunaotr@gmail.com), and if you can give us your financial support (\$25.00 is roughly equivalent to purchasing one cup of premium coffee per month for 12 months), click the link below to donate now. Thank you so much for everything that you do for our profession, our clients, our future, and most of all, thank you for dreaming! 

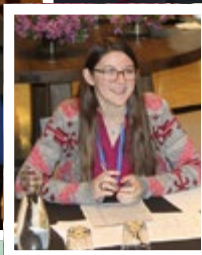
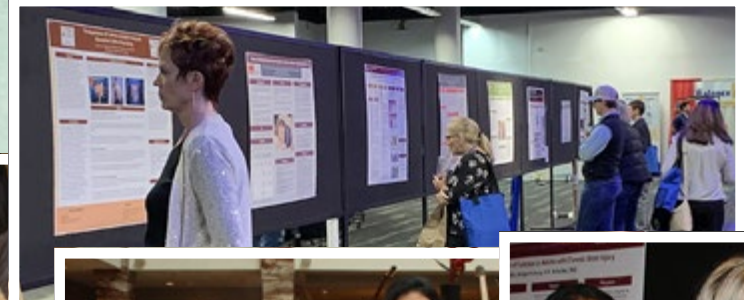
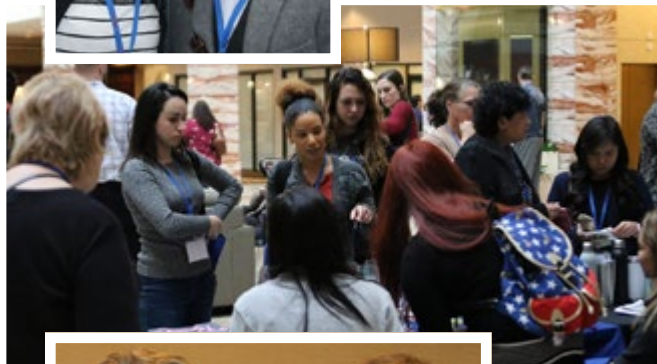
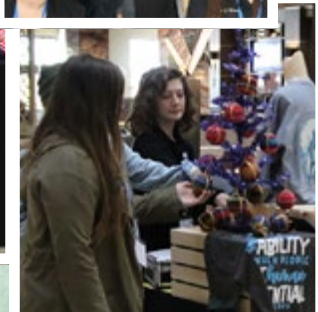
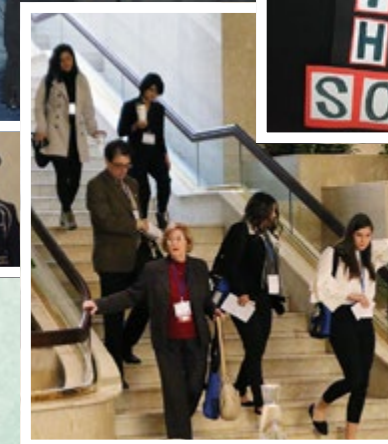
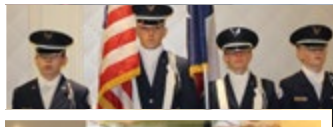
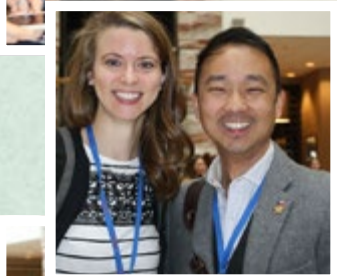
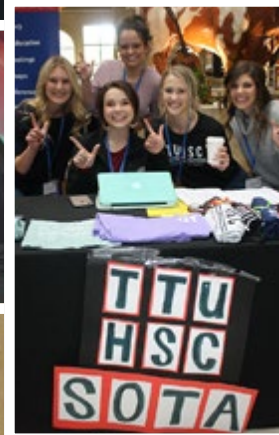
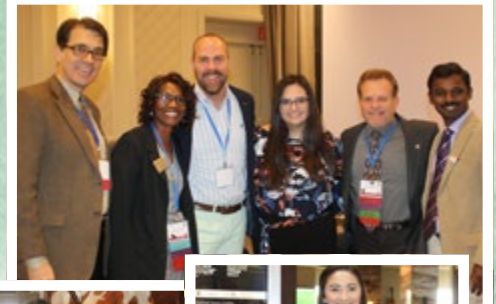
The graphic features a red and black background with a large white '25' in the center. To the left is the TOTAPAC logo, which includes a Texas state flag and the text 'TOTAPAC' and 'The Occupational Therapy Association Political Action Committee'. Above the '25' is the text 'CELEBRATING' and below it is 'YEARS 1994-2019'. In the top right corner, it says 'BE A PART OF OUR 25-25-25 CHALLENGE!'. In the bottom right corner, it lists '25 YEARS', '\$25,000 GOAL', and '\$25 DONATION'. Below that, it says 'We challenge all TOTA members to donate \$25 to help TOTA PAC reach our \$25,000 goal for our 25 year celebration!'. The background also features faint images of documents and the text 'TOTA PAC'.



# 2019 TOTA ANNUAL CONFERENCE - THANKS FOR ATTENDING!

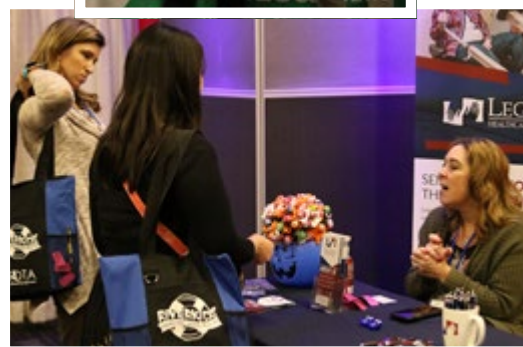
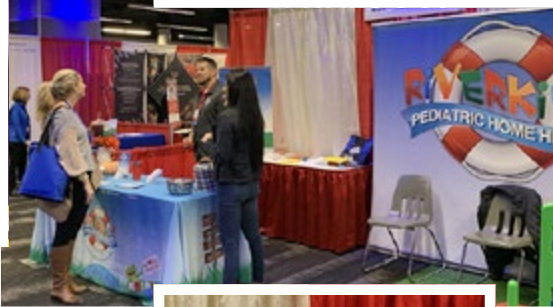


Welcome to our New TOTA Officers!





# 2019 TOTA ANNUAL CONFERENCE - THANKS FOR ATTENDING!



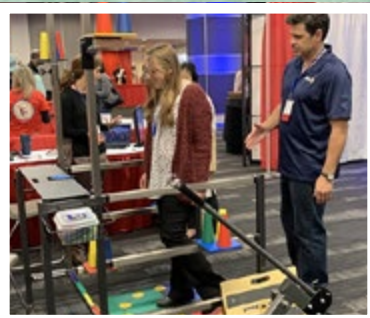
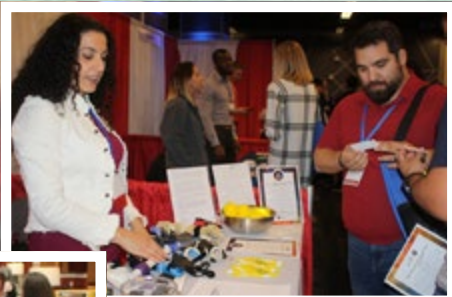
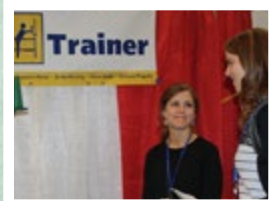


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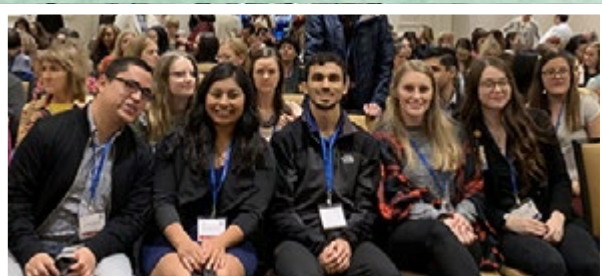
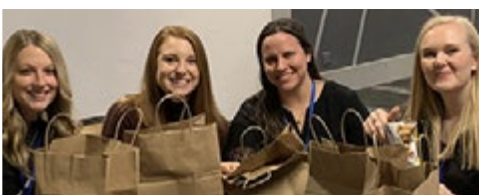
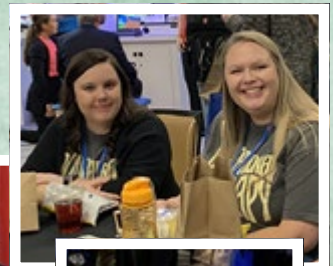
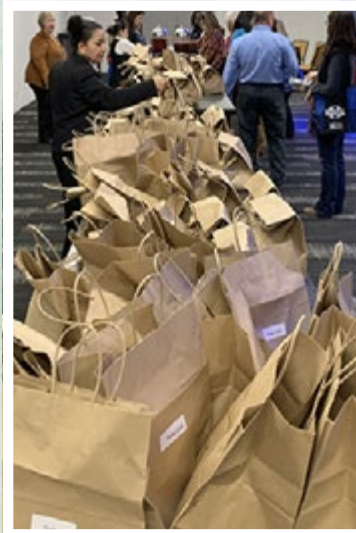
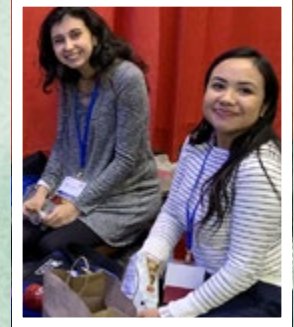


# 2019 TOTA ANNUAL CONFERENCE - THANKS FOR ATTENDING!





# 2019 TOTA ANNUAL CONFERENCE - THANKS FOR ATTENDING!





# STUDENT

# ZONE

## FIELDWORK: TACKLE YOUR FEARS AND EMBRACE THE EXCITEMENT

Shannon Levandowski, OTD, MS, OTR, BCP, SCSS, Texas Woman's University, Assistant Professor & AFWC (Reprint)



Shannon Levandowski,  
OTD, MS, OTR,  
BCP, SCSS

As we transition into spring, many of you are ramping up for fieldwork in the coming semesters.

Some of you are fearful of the unknown:

What will happen? How should I be? What is expected of me? What will the fieldwork educator think of me? It is natural to worry, but, as you've probably heard, a day of worrying is as exhausting as a week of work. Let's tackle that worry so you can focus your attention on preparation versus panic.

1. Always maintain a good life and work balance. We are occupational therapists; we need to be our best to serve others. Remember what airline attendants remind us during preflight preparations: take care of your self before helping others. This advice does not apply just to a decrease in oxygen pressure; it is good practice always.

### Strategies to maintain life balance

- Make a calendar (paper or electronic) to organize your

responsibilities. I recommend color-coding to identify what tasks align with what role.

- Put specific time in your weekly calendar for yourself and family and stick to it. Organize your other responsibilities around this time and make a purposeful effort to keep a promise of time to yourself.
- Use lists to prioritize your tasks (home, fieldwork and other). I like to use Google Reminders in my calendar. Wunderlist is a great app to organize to-do lists if you prefer a more comprehensive system on your mobile device. Of course, you can also use the old favorites: post it notes or a planner.
- Allow yourself 5-10 minutes daily to regroup and reenergize. I tend to do this in my car as I drive from location to location. This is the time I reflect on the day and plan ahead to the next. You may see reflective post it notes all over my dashboard if I have been driving for a bit. I also recommend evening showers as a good time to reflect (not to mention it is a good idea to get in this habit after a work day anyhow).

2. Prepare for your new learning experiences. Fieldwork is an actively transformative experience, not a passive one. This means you must allow yourself room to grow and room to make mistakes. Your first day of fieldwork looks very different than your last because, by then, you are no longer the same student. You have transformed into a new you; a you that has added a multitude of new life experiences to your belt. Don't be hard on yourself the first few weeks. Fine art takes time to create; you are becoming a masterpiece.
3. Take a moment between now and your next fieldwork assignment to identify your learning style. Your fieldwork educator will not be able to read your mind and know intuitively what learning style works best for you. This means you need to have a good sense of your own needs so you can communicate that others. See a theme here? Your assignment is to Google learning styles for adults and see what best fits you. Recognize and honor your learning style.

Continued on page 20



- 4.** Work on accepting feedback. This is a hard one. I get it. It is frustrating to get corrected when you are trying your hardest. But remember, being defensive will stop the learning process. On fieldwork, your goal is to learn as much as possible. Can you do this if you are busy focusing your own drama? If you don't know whether you have a hard time with feedback, ask your friends or family. They will tell you. And... when they do, you can immediately work on how to handle it. If you need a resource on accepting feedback and growing during the process, I recommend *Thanks for the Feedback: The Science and Art of Receiving Feedback Well* by D. Stone and S. Heen.
- 5.** Work on breaking up with social media and mobile devices. During fieldwork, you will have decreased access to these items. This can be challenging if you enjoy keeping yourself updated and engaged throughout the day. When you are at your site, you may have to lock

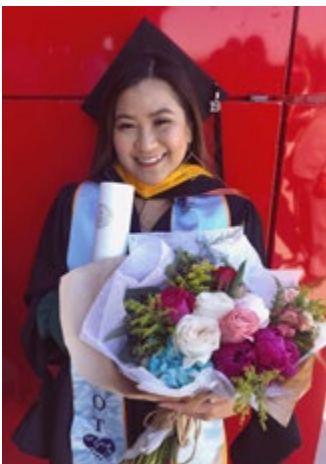
up your personal items – which means... you will not have your mobile device! Oh boy, I sense the anxiety brewing all ready. Some sites allow mobile devices; some do not. None allow social media participation during work. Remember, you must always honor your client's privacy. It is best to limit any discussion of fieldwork on your social media to protect yourself, your site and your client. Start working on weaning off now.

- 6.** Be prepared and be flexible. Your educator may request you to do tasks you've never done before. That's ok. Keep open communication with your educators and share that with them. Be prepared for changes. Be ready for challenges, even when those challenges stretch you beyond your perceived limits!

Your educator wants you to succeed. Your school wants you to succeed. Take time to prepare and remove a few layers of worry so you can focus on the next step in the journey!

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## TOTA OT STUDENT REPRESENTATIVE



**C**ongratulations to Cristelle Miana!

Christelle received her Master of Science in Occupational Therapy at UTRGV - The University of Texas Rio Grande Valley on Dec. 14, 2019. "As of right now, I'm just taking a quick break from school and fieldwork during the holidays before I start studying for the NBCOT exam which I plan to take in February. Hopefully, I can start working right away once I pass, and I'm planning on looking for jobs in a pediatrics outpatient or mental health inpatient setting".

## How much do you know?

- 1) An occupational therapist is assessing a rupture of the ulnar collateral ligament of the thumb. Which of the following terms is another phrase for this condition?
- A. Mallet finger
  - B. Gamekeeper's Thumb
  - C. Heberden's nodes
  - D. Early signs of CTS
- 2) An occupational therapist is caring for a patient who has recently been diagnosed with fibromyalgia and COPD. Which of the following tasks should the OT delegate to an aide?
- A. Transferring the patient during the third visit.
  - B. Evaluating the patient
  - C. Taking the patient's vital sign while setting up an exercise program
  - D. Educating the patient on monitoring fatigue
- 3) A patient that has TB can be taken off restrictions after which of the following parameters have been met?
- A. Negative culture results
  - B. After 30 days isolation
  - C. Normal body temperature for 48 hours
  - D. Non-productive cough for 72 hours
- 4) An occupational therapist wants to test a patient's ability to sweat. Which of the following assessment tools or techniques would be used?
- A. Heated whirlpool
  - B. Ninhydrin test
  - C. Tuning fork
  - D. Counter hydration test

Check your answers on page 21

# GREAT PLAINS WEST DISTRICT

By Matt Wymore, OTD, OTR, CHT, COMT



*Matt Wymore, OTD, OTR, CHT, COMT, TOTA Great Plains West District Chair*

The year 2019 was an exciting year for the Great Plains West District. We held the first annual Bubba Klostermann CEU Day in Abilene, Texas.

Our members have been asking for an all-day CEU event, so our district worked with the Abilene Christian University Occupational Therapy program to hold an 8 hour event on September 28th. We named the event in honor of Bubba Klostermann for his many years of service to our profession and West Texas. The day included 6 hours of hands-on labs on splinting taught by three area certified hand therapists. Misty Fine, CHT, Cindy Brosig, CHT, and Donna Walls, CHT, each taught a two-hour course. Megan Turner gave a two-hour lecture on difficult sensory problems that OTs face. The courses

were well received by everyone in attendance. TOTA state president Robin Clearman gave a lunchtime speech on the value of being a member of our state organization. He included tips to get involved.

We could not have put this event on without the help of sponsors who donated lab space and splinting materials. Many thanks to Abilene Christian University, Hendrick Medical Center, West Texas Rehabilitation Center, and Midland Memorial Hospital for making this event possible. We are planning another 8 hour CEU course in the early fall of 2020. It will be held on the Lubbock Texas Tech campus. Our goal is to make this an annual event and rotate it between the northern and southern parts of our district to allow everyone an opportunity to attend.



# TRINITY NORTH DISTRICT UPDATE

By Alissa Pettit, Secretary, Trinity North District



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

These are exciting times for the Trinity North District! In November we welcomed Keegan McKay, OTR, MOT, OTD, as our new district chairperson and William Sit, Ph.D., OTR, as our new district treasurer. It has been wonderful working with them in these new roles and to see their vision and ideas unfold within the district. Here is a brief quote by our new chair:

"I am looking forward to working with everyone in the Trinity North District as we work towards growing membership and district activities throughout 2020 to meet the mission and vision of the TOTA. It looks to be a fun and productive year!" — Keegan McKay

In September and October, our members became more united as we participated in the North Texas Day of Giving. We donated gift cards, winter coats/clothing, and school supplies to CASA (Court Appointed Special Advocates) and to local police departments. The donations to the Denison Police Department were a thank you to the

police officers. Donations to the Dallas Police Department went to both police officers and to help with identified needs in their Community Affairs Department for community events and relationship building. Additional recipients were CASA foundations in Dallas, Tarrant County, Denton County, and Collin County.

In the upcoming months, we will continue bimonthly CEU meetings (1.5 CEU/meeting) in which we will learn more about healthy ways to manage stress and improve therapeutic outcomes and continuity of care amidst low health literacy. ✦

ANSWERS TO HOW MUCH DO YOU KNOW? 1: B (Gamekeepers Thumb) 2: A (Transferring the patient during the third visit) 3: A (Negative culture results) 4: B (Ninhydrin test)