



The Viewpoint

Occupational Therapy Association of Oregon

Summer 2010

Letters from the Presidents ... Past and Present

Farewell Letter from our Past OTAO President, Sybil Fisher

Wow! Has it been 4-years already? I am writing you in my final chapter as OTAO President and I'm finding myself to be quite nostalgic. Four years ago I greeted you all in Eugene at the conference in 2006 and I remember feeling very humbled and honestly a bit unqualified for the job. I felt like a new captain of a very big ship and I felt the need to steer OTAO into a revolution. Well...I'm not sure we are in a full fledged revolution, but I do know Occupational Therapy in the state of Oregon has begun to grow, be more recognized among the legislature and among our professional peers, and become a stronger community amongst ourselves...so I'd say the revolution has begun!

In the past four years OTAO has developed strength, provided many more Continuing Education events and hosted more regular activities in 4 of our regions: Portland, Salem, Eugene and Bend. We have hosted record-breaking conferences in Eugene, Portland, Salem, Portland and upcoming for 2010, Sisters.

Our membership has grown 40% in the past four years, which along the way allowed us hire and continue to pay for our first full time lobbyist who serves as not only our eyes and ears, but the voice for Occupational Therapy in Salem! Give yourselves a round of applause for that one! In our current times full of health care reform and change, it's more important than ever to ensure OT has solid representation at our state legislative sessions. Also in the past four years, we have developed an amazing and strong Legislative Team with 3 phenomenal co-chairs and a solid group of Liaisons made up of members who can activate and respond when needed. We also had our first Legislative Day in 2009 (and oops...we did it again! In 2010! Haha!) where Pacific University students, faculty, OTAO Board of Directors, OTAO members and the OTLB took over the halls of our state capital building to educate the public and our elected officials on OT.

Continued on Page 3

Welcome Letter from our New OTAO President, Sara Pickett

Hi there, I am Sara Pickett, and from what I have been told I am the new OTAO President as of July 2010. Wow. Why did I agree to this again? Oh, yeah, the concept of professionalism, being passionate about all that Occupational Therapy has to offer, and the excitement of being involved in something beyond myself.

For those who don't know, I work at Oregon State Hospital in the Neuropsychiatric program and in case you haven't heard, we are going through a lot of changes lately. New buildings, new programming, new employees. A new session of programming is about to start and I have signed up to do a class on Lifestyle Balance, specifically on the concept of "fun". What is fun, can you create fun, does having fun help you in your life balance? When one starts thinking about fun, it can become a very serious topic, hence taking the "fun" out it. What I have realized is that fun is in the experience, being fully present in the moment, and allowing the feeling of joy or excitement to come over you. Therefore, fun can occur anywhere at anytime. It can be in an assessment, finishing a progress note, lying on the beach.

Allowing ourselves to experience the joy of "fun" can remind us of our passion towards our profession and why we decided to become Occupational Therapists. So, go find some fun! Have a great summer and I look forward to working with all of you! --Sara Pickett, OTR/L, incoming OTAO President

Inside this Issue

Messages from OTAO Presidents	1/3
OTLB Update	2
Lobbyist/Legislative Committee	4/5
Marketing Update	6
OTAO News/Continuing Ed	7

Submitting items for the Viewpoint:



Fax:
(503) 690-1819



E-mail:
otao@otao.com



Mail:
OTAO
PO Box 7133
Aloha OR 97007

Printed on recycled paper, the Viewpoint is published by the Occupational Therapy Association of Oregon. Editor: Desiree Keplinger, PO Box 7133, Aloha OR 97007, Phone: (503) 658-6384, Fax: (503) 690-1819, E-mail: otao@otao.com

Guidelines for contributions: News and feature articles are welcomed. Submitted articles should be practiced-related, accuracy of information is the responsibility of the authors. Publication of articles is primarily for informational and educational purposes and not for promoting or endorsing one particular technique, procedure or philosophy over another. OTAO disclaims any liability or responsibility for individual use of applications or procedures or techniques described. Subject matter presented in "Letters to the Editor" column reflects the personal opinion of the author(s) and is not meant to represent the policy or opinion of OTAO. Photos should be black and white, at least 3x5 in, with good definition of detail. **Deadline for receipt of articles is the 20th of the month preceding the desired month of publication.** Submitted materials cannot be returned. Copies of the newsletter are available from the Executive Office for \$10.00

Subscription Rates: Subscription is a benefit of OTAO members and is included in yearly membership rates.

Change of Address: Should be provided to OTAO via mail or E-mail as provided above, or done online by the Member. Newsletters are mailed 3rd class and will not be forwarded by the post office. Yearly membership is renewed in July; applications must be received by November 1 for members to be included in the annual membership directory.

Advertising: All ads should be submitted to: Desiree Keplinger, OTAO, PO Box 7133, Aloha OR 97007, or via email at: otao@otao.com, by the 15th of the month preceding the desired month of publication. OTAO is not responsible for statements made by its advertisers; unless so stated, publication of advertisements does not reflect an official endorsement of the OTAO. Prepayment must be received prior to inclusion of advertisement. Advertising rates can be viewed at: www.otao.com/Advertising

Occupational Therapy Licensing Board Update

The Occupational Therapy Licensing Board's next meeting is scheduled for Friday, July 30th, 2010 at the Portland State Office Building, 800 NE Oregon St. Suite 407 Portland, beginning at 10 am. Please contact the Director if you have any questions.

Keep in mind: – If you do not find the Director in the office, there are now 7 mandatory furlough days each year for the next two years. State employees are not covered by state liability insurance and are not to work these days. Please keep this in mind if you are not able to contact Felicia Holgate, Board Director.

Contact Info for the Occupational Therapy Licensing Board:

Physical Address	Hours of Operation	How to Reach
800 NE Oregon St., Suite 407 Portland, Oregon 97232	Monday-Friday 8:00am - 5:00 pm	Felicia Holgate, Executive Director Email: Felicia.M.Holgate@state.or.us Phone: 971-673-0198 Fax: 971-673-0226

Farewell Letter from OTAO President, Sybil Fisher

Continued from page 1:

We have improved our website since 2006...but we also know there is more room for improvement in this department. It's hard to take a group of volunteer OT's and try to learn and act like we are technical folks, because we just aren't! This is definitely a goal for the future of OTAO!

Aside from picking a few of our many activities, adventures and accomplishments, I want to end with sharing some of my personal insights with you, my fellow OT colleagues. I know some of you have heard me say this, but not everyone has, so bear with me for those who are hearing a broken record. I used to be less knowledgeable on what went on at OTAO...and I mean MUCH less. I'm talking way before I started as Secretary on the board. I'm talking 1999, when I moved back to Oregon as an OT with a few years under my belt. I used to say "what's in it for me?" I questioned the value of paying my money in return for what? A conference I never went to? A quarterly newsletter?...I'm being serious here. I honestly felt that those were legitimate questions, and maybe to a few people, they still are legitimate questions. But as I learned that OTAO consists of volunteer OT's who have full time jobs, families and other hats to wear, I have to admit I gained a different perspective.

Your profession, Occupational Therapy, is what you make it. Is it your job? Is it what pays the bills. You get up, show up at work, work 8 or 9 or 10 hours and go home and you are done. Is OT your job and you feel great

passion and inspiration from what you do every day?

Do you get a little fired up when you hear other disciplines speaking of interventions or methods that sound like OT and that makes your hackles go up? Do you find yourself speaking to families, nurses, social workers and complete strangers about how cool, versatile and useful Occupational Therapy is?

You must seek these answers for yourself. No one is going to bring you a package and deliver a super cool, as seen on TV gift of what is in it for you. What is in it for you is what you want it to be.

I've found our profession to be my job, my passion, my enjoyment and my challenge. I've found other OT's around our state to be fascinating. I've found other OT's around our country to be amazing. I chose to make my profession more than a job for a while and I will never be the same. I've grown and learned an invaluable amount from serving as your President and I thank you for the opportunities, the challenges and the great times I've had. I thank you for all the new people I've met, the skills I've gained and the memories. This isn't the last of me with OTAO. I'll just be happily paddling the big boat with everyone else while we have another captain.

Just promise me this...keep having passion for your profession and let's keep this revolution of Occupational Therapy in Oregon going as long

as we can with as many OT's as we can.

Sound good? I'm in! Cheers!

Sybil

WANTED :

OTAO Viewpoint Volunteer

Ever dream of editing a quarterly newsletter? Interested in trying? The OTAO Viewpoint is looking for a new Editor. After many years as Viewpoint Editor, OTAO Office Manager, Desiree Keplinger, has decided to let someone new have a chance to be the Viewpoint Editor!

The newsletter is produced four times a year – Spring, Summer, Fall and Winter. Only the Summer issue is actually printed and mailed out, all other issues are sent to members only via email, and posted online. An outside printer and mailing company are used for the Summer issue.

Most articles are written by Board members and submitted by the first day of the month of publication. For example for the Fall Newsletter, which should go out on approximately Sept 21st, all articles should be submitted by Sept 1st.

It is a fun job – challenging at times but there is so much room for creativity. If you are interested in volunteering for the position, please email the OTAO Board at:

otao@otao.com

You will be contacted directly by either Desiree, or OTAO President, Sara Pickett.

Lobbyist's Update

by John McCulley

February legislative session concludes

The second part of the Legislature's experiment with annual sessions ended the afternoon of February 25. The session would have ended sooner but the House and Senate couldn't agree on what future annual sessions should look like if voters approve a constitutional amendment allowing legislators to meet every year. Eventually the compromise was struck – 160 days in the odd numbered years and 35 days in the even numbered years. Voters will make their views known at the ballot box this November.

OTAO took an interest in HB 3618 related to home care workers. We were particularly concerned that the definition of "home care worker" could include OT's. But after receiving assurances that that was not the case, we dropped our concerns.



OT's also had an incredibly successful legislative day (my opinion). Pacific University students were very engaged in learning more about the legislative process. They met several legislators and got to see some very interesting and unique legislative procedures.

HB 3692 would have established an Oregon Traumatic Brain Injury Strategic Partnership Advisory Council. The council would have developed a comprehensive plan for services to individuals with traumatic brain injuries. The bill would have authorized the Oregon Health Authority to establish statewide traumatic brain injury registry system and to conduct studies of traumatic brain injury morbidity and mortality. Finally, health care facilities that diagnose or provide treatment for traumatic brain injury would have been required to provide access to traumatic brain injury patient case data.

Rep. Mitch Greenlick tried again to have the Legislature refer a constitutional amendment to voters that would establish an obligation of state to ensure every legal resident access to effective, medically appropriate and affordable health care. The measure died on the House floor.

There also was an attempt to revive the sunset review process for government board and commissions, SB 1056. The Board of Examiners went through this process in 1987, during the era when such reviews were thought to be government money savers. In the six years of agency reviews, the Oregon Legislature "sunset" one—the watchmakers board.

Speaking of licensing boards, there continues to be an interest in finding ways for boards to work together and achieve efficiencies. I'm not sure what specific legislation may look like for 2011, but we can expect something.

Second Annual Legislator's Day a Success

Submitted by: Julie Seitz, Tiffany Boggis, and Karen Hass, Co-chairs, OTAO Legislative Committee

On February 16th, we held our 2nd Legislator's Day at the Oregon State Capitol in Salem. OTAO, the OT Licensing Board and Pacific University's School of Occupational Therapy came together in an event to inform our state representatives about the field of occupational therapy. The students from Pacific University created exhibits with informative marketing materials related to different practice areas of OT. Students and practitioners also had the opportunity to learn more about the legislative process by participating in the day's events. Many met individually with their local representatives and all participants had the opportunity to tour the capital, observe the House in session, and attend committee hearings. John McCulley, our OTAO lobbyist, was present to guide activities and provide the inside scoop as to current legislative happenings. Stay tuned for the date of next years Legislator's Day!

While there were no a bills that directly concerned OT this session, a few of the hot topics we have been watching is the possible consolidation of health licensing boards that Governor Kulongoski proposed last year and the adoption of rules in OAR 415-065 to implement the "Health Professionals Program". The proposed rules would establish a monitoring program for licensees who are impaired in their practice due to substance abuse or a mental health disorder. OTAO has submitted a reaction letter that opposes adopting rules that could potentially discriminate against individuals with a history of substance abuse or a mental health disorder. We will continue to keep watch on these and any other potential issues that come up next session.

Please visit the OTAO homepage at www.otao.com and view our *Legislative Advocacy Packet* for ways to get involved. Special thanks to Felicia Holgate, John McCulley and Pacific University for making the day such a great success!

More Great Pictures for Legislative Day:



Marketing Update

by Amanda Moore and Sally Stauffer

The alignment of OTAO's strategic plan and the AOTA Centennial Vision has infused the efforts of OTAO marketing co-chairs, Amanda Moore and Sally Stauffer, this year. **"We envision that occupational therapy is a powerful, widely recognized, science-driven, and evidence-based profession with a globally connected and diverse workforce meeting society's occupational needs."**

Powerful. OTAO's Strength in Numbers. In March, a membership/CE postcard was distributed to all OTs/COTAs in OR that promoted OTAO-sponsored workshops while reminding members and non-members alike the discounts afforded to OTAO members. Doesn't it feel good to know that you are meeting the need of your CE credits while supporting your state organization at the same time?

Widely-Recognized. Connected. We have also begun the search for a skilled web designer to re-vamp our website. This paid individual will work with our existing site to update the look and function of our website. We envision a motivated, self-starter with creative ideas and a solid foundation in web design and management; an understanding of our profession is always a benefit. If you know him/her, please email otao@otao.com.

Science-driven. Evidence-based. As we look forward to the year ahead, we continue to strive toward increasing our membership numbers and membership benefits with the ultimate vision to strengthen the OT community in our state. As part of our strategic plan, we have made it our goal to:

1. Promote our profession through the creation of a consumer section on the OTAO website;
2. Work with other board chairs in the creation of a task force to organize OT campaign to public officials, physicians, and other referral sources;
3. Promote technology usership and networking regionally.

At the end of June, co-Marketing Chair, Sally Stauffer, bid farewell to the OTAO board after 2 years of service. Although Sally will continue to support the organization as a member, she will be stepping down to free up more time for her new role of mother. Amanda will continue on as a Marketing co-chair, and is happy to announce that Sarah Foidel has agreed to be the new Marketing co-chair to share in the marketing responsibilities and vision.

2010-2011 OTAO Board

President Sara Pickett
 Past President Sybil Fisher
 Vice President Sandra Pelham-Foster
 Secretary Trisha Ostrander
 Treasurer Jan Cuciti
 AOTA Representative Sean Roush
 Trustee Elizabeth Irwin
 Office Manager Desiree Keplinger
 Board Development Chair Sybil Fisher
 Conference Chair Melinda Laidlaw
 Continuing Ed Co-Chair Erin Taylor
 Continuing Ed Co-Chair Bridget McCarthy

Historian Jean Vann
 Legislative Co-Chair Karen Hass
 Legislative Co-Chair Christine Van Osdol
 Legislative Co-Chair Rachel Guigorea
 Marketing Co-Chair Amanda Moore
 Marketing Co-Chair Sarah Foidel
 Newsletter Editor OPEN
 Research Chair Maggie Hotch
 Scholarship Chair Victoria Horton
 Faculty Rep Sandra Pelham-Foster
 Student Rep Victoria Eaton
 All contact info can be found at: www.otao.com

GET INVOLVED!

OTAO Needs You!

The Occupational Therapy
Association would like
to keep growing . . .

As a member, you are the best
advertising there is:

Tell a Friend about OTAO
and help us grow!

They can join online at:
www.otao.com



2010 Continuing Education Courses on the West Coast

Pediatric Hand Therapy and Splinting

• Friday/Saturday, Nov 5 - 6: San Francisco area

Introduction to the Negro-IFRAH® Approach in the Treatment and Management of Adults with Hemiplegia from a Stroke or Brain Injury

• Saturday/Sunday, Nov 6 - 7: Seattle, WA

Upper Extremity and Functional Splinting

• Saturday/Sunday, Nov 6 - 7: San Francisco, CA

*Optional Refresher Splint Lab: Friday Nov 5, 5:30-8:30 PM

Biomechanics of the Hand

• Saturday/Sunday Nov 13 - 14: Seattle, WA

NEW! SELF-STUDY COURSES

Choose from a variety of formats to suit your CE needs and learning style! Select 4-week interactive online courses; online lectures; select readings. Topics include: UE Splinting; UE Casting; Low Vision, Hand Therapy—including pediatrics & geriatrics; Edema Management; Fibromyalgia; and more...

Details and Registration online at

www.RehabEd.com

Rehab Education LLC • 845-368-2458 • info@RehabEd.com



Reminders:

- ◆ Job Listings are posted online, and visible to all, go to www.otao.com and click on Jobs in the left-hand column
- ◆ Membership rates for OTAO have not increased. They remain at:

OT	\$70.00
OTA	\$50.00
OT Student	\$30.00

 Join Now and Save on Conference Registration!
- ◆ If you would like to continue to receive the Viewpoint, and you are not already a member, you must join OTAO
- ◆ Check out the Events Calendar for upcoming CE opportunities as well as our online Continuing Ed page
- ◆ **Mark your Calendars Now:**
2010 OTAO Conference October 15-17
- ◆ Members can find past editions of the Webletter and the Viewpoint online by logging in and going to Newsletters & Forms

Membership Benefits:

- ◆ Quarterly newsletter
- ◆ Monthly (or bi-monthly) Webletter
- ◆ Dedicated Lobbyist working on behalf of Occupational Therapy's best interest
- ◆ OTAO-sponsored Continuing Education at discounted prices
- ◆ Online access to members-only options on the OTAO website, like forums and CE listings
- ◆ Access to research grant and scholarship money – applicants must be members of OTAO to qualify.
- ◆ Substantial discounted registration fees for Annual OTAO Conference
- ◆ Networking, SIS and Regional Reps
- ◆ Ability to make a difference in our great profession ... get involved and join OTAO
- ◆ Membership renewal is annual from the date you join.