Thoughts From the Last Four Years

As I end my Presidency of OTAO I have tried to reflect on what has been the biggest impact on me, and I have to say, it’s the people. I have had the opportunity to meet some fabulous people, OTs, Legislators, Political Advocates, Educational Advocates, Lobbyists, new OTs and Honored OTs. I have made connections nationally and locally and that has been a truly enriching experience.

That said, I went through some of my former Viewpoint Articles and found some highlights that I would like to leave you with in terms of our profession as Occupational Therapists:

- Striving For Excellence. What does that mean? Is it being responsible in our profession to try and help our clients to be as functionally capable as they can be? Is it being an evidence-based clinician, always looking for the research to validate what we know is right, or taking the time to try and document what we do so that research can continue forward?

- Being a visionary is not only about providing quality service and generating results; it is also about giving hope to your clients and to your work environment. A visionary must be both comfortable with his or her own opinions and not be afraid to express ideas that may not be popular. Only then can we move forward as practitioners, advocates and as a profession.

- The concept of inspiration comes from change or the possibility of change and the hope and creativity that conjures up within us. It is keeping an open mind so that new ideas may germinate. It is being emotionally aware as you go through change found in inspiration. It is both sharing your experience through talking or writing or creating and it is allowing yourself time for solitude to reflect on all that has occurred. It is finding role models that inspire you in how they handle different situations, overcome adversity, and build on

Continued on page 2
Thoughts From the Last Four Years

From page 1

accomplishments. Inspiration is aligning your actions in developing your passions and the faith in yourself to find what is inspirational to you and to trust yourself in these decisions.

• When people feel alienated, deprived, marginalized and experience an occupational imbalance their ability to cope with new stressors decreases, and their motivation to strive for new ideals can become apathetic. So they perceive their situation as being “stuck”. Occupational Therapy can help them get “unstuck”.

• To make a difference for someone that I may or may not ever know about. To not give up on someone.

Thank you for letting me serve you as President of OTAO. I wish you the best for the future and be sure to say hi if you see me at a conference!

Take care,

Sara Pickett, OTAO President

Gearing up for the OTAO Annual Conference

By SARA TALLMAN, OTDS, & VALERIE WEN, OTDS, OTAO Student Representatives & Viewpoint Co-Editors

The planning committee is very excited for this October’s conference! We have a great group of speakers and workshop presenters who represent the many areas of OT practice and interest and support this year’s theme of Powerful Proactivity. We are focused on making connections between occupational therapy practice at the local and national levels, and our speakers will set the stage for these deeper conversations. We are looking forward to hearing from Michael Alexander, President and CEO of the Urban League of Portland, as well as Christina Metzler, Chief Public Affairs Officer of AOTA. You can expect to see some innovative ideas presented at the poster session and to hear about state updates from the OTAO Government Affairs Team.

SAVE THE DATE!

OTAO 2014 Conference
Keynote Speaker: Christina Metzler, Chief Public Affairs Officer of AOTA

October 17-18, 2014
Holiday Inn, Wilsonville

**Help out by donating items for the live and silent auctions!**

Proceeds benefit OTAO student scholarships.
OTAO Happenings
By JAN CUCITI, OTR/L, OTAO President-Elect

It is official! Sara gave me “the gavel” at our May 3rd OTAO Board Retreat. I will become OTAO President July 1st. I was intimidated before – reading Robert’s Rules of Parliamentary Procedure, reading and rereading our bylaws and our policies and procedures, probably asking Sara enough questions to make her eyes roll back. But, after the Retreat...“We are good! We are going to have a good time. We will make a difference.”

This is a hugely new Board, with most of us asking each other what we are supposed to be doing. It all starts with "OTAO is (a 501 (c)(6) tax-exempt organization) a community of Occupational Therapy practitioners formed around our passion to....” But, when it comes down to what the OTAO Board is, it is the people. It is what we have done and what we want to do. It is also about what we think that you want us to do, to be.

At the Retreat, I was floored by the energy and enthusiasm that was in that room. We have our meetings planned for the year – our August Board Meeting will be in Bend. Strategic plan for the year – we started by looking at our current mission statement (bylaws, of course). As a group, we have decided that our OTAO membership wants networking, education and advocacy from OTAO. That is what we are going to work on. And, these are the people (so far) that are going to do it:

- Vice-President – Kim Larsen, new grad. Teri Collier had to step down. I’ve worked with Kim on conference and know that she hustles, and what she doesn’t know, she will find out
- Secretary – Michelle Carnegie. I am in awe when I go back and read our meeting minutes. Know that we are going to start posting these on our website
- Treasurer-elect – Elisabeth McClure. Already, I am so relying on Elisabeth. Not only does she quickly grasp the treasurer concepts, but her OTAO passion is thrilling to be around
- Mindy Laidlaw – Trustee, from Bend. Has been involved with the Board off and on, probably as long as me. She is going to be great at re-vitalizing our Regional Reps and Special Interest Groups
- Continuing Ed Co-Chairs – Chris Beard is spearheading our most amazing annual conference that is coming up this October. (I can’t even begin to say how much fun I have on this committee. Great, committed, dedicated people. Thank you, all!) Nicole Wandell is going to make sure that we have more educational opportunities throughout the year
- Marketing Co-Chairs – Marrissa Gottlob and Dacia Davison. Marrissa is the face behind our Facebook page. Gamification? I have no clue, but look for it. I can’t even begin to imagine where we will be a year from now
- Historian – Sara Pickett. Am told that she is a history buff. Will be nice to be able to add a history section to our website. (Past-president – I continue to get to ask her questions)
- Legislative Chair – Lara Lee-Reavis. All I can say is that I went to Legislative Day this year, and ended up following Lara, and Bill and Niki (our lobbyists). I have always tended to “let others worry”. I can now honestly say that I am sure glad that OTAO sees lobbying and advocacy as a focus

Continued on page 4
**OTAO Happenings**

- Linn-Benton Faculty Rep – Ann Custer. Such enthusiasm, such knowledge. And, when I ask her a question or want her to do something, she is so gracious.

- Pacific Student Reps – Valerie Wen and Sara Tallman. If you are a student rep, you are a “Here I am to save the day!” person. Valerie and Sara are on the conference committee. They are doing the Viewpoint because Tori Eaton just has to finish her doctorate. (Students - know that I bribe with glowing letters of reference)

- Linn-Benton Student Rep – Wendy Poling. Wendy’s my constant. If there is a meeting, she is there. Feedback – always, a well-thought-out perspective.

- Albany/CORVallis Regional Rep – Christy Kiesel....amazing. So, detail oriented. Another person who quickly, quickly responds to any feedback questions that I have. She is new to the area – expect to see/hear lots from her.

- Mental Health SIS – Halley Read. Items for our website, newsletter articles, presenting at our annual conference. Am anxiously waiting to get to meet her (in person)

- Gerontology SIS – Paul Zulak. What can I say? Have worked with Paul on conference. He is my go-to for so much.

This is our group so far. But, with this said, we have some empty spots on the Board and in our Regions/Special Interests Groups. Join our journey. Or, if you just happen to run across one of these amazing people, tell them thank you! I/we couldn't make any of “this” happen without them.

---

**OTA Corner**

By ANN L. CUSTER, MPH, OTR/L, CHES, OTA Faculty Representative

I am honored to be serving on the OTAO Board as the first OTA Faculty Representative from Linn-Benton Community College. At last month’s Board Retreat, I was impressed with the passion of my fellow Board members to build on the achievements of previous Boards and continue to strengthen OT in Oregon. My personal passion as it relates to my service on the Board is for increasing employment opportunities throughout the state for OT practitioners in general and OTAs in particular. I am especially interested in working with my fellow OTAO members to expand our presence in less traditional practice settings with strong, creative OT/OTA teams.

The OTAO Board would like the “OTA Corner” to be a regular feature of the Viewpoint. I encourage readers to consider contributing to this column and/or encouraging your colleagues to do so. Ideas for content include but are not limited to articles written by an OTA or an OT/OTA team, and success stories involving an OTA or an OT/OTA team.

Finally, please join me in congratulating our new colleagues, members of LBCC’s 3rd class of OTA students who graduated on June 12th!
Summary of the Spring 2014 Meeting of the Representative Assembly

By SEAN ROUSH, OTD, OTR/L, AOTA Oregon Representative

The spring Representative Assembly (RA) meeting was held online from March 14 – 28, 2014. After the initial roll call and approval of the Rules of the Day, RA members met via 5 online task groups to discuss the motions and documents that had been submitted and bring recommendations forward to the Assembly. The following are the results of the Assembly vote:

- Approved the document The Role of Occupational Therapy in Primary Care.
- Adopted a position in support of programmatic accreditation of professional degree programs in OT and recommended that ACOTE consider developing accreditation standards for post-professional OTD programs.
- Approved the following SOPs/JDs:
  - Representative JD,
  - OTA Representative JD,
  - Agenda Committee SOP,
  - Credentials Review & Accountability Committee SOP,
  - RA Leadership Committee SOP,
  - Commission on Practice SOP,
  - Commission on Continuing Competency and Professional Development SOP,
  - Board & Specialty Certification SOP.

The following motions were defeated:

- Charge the President to request that OT and OTA Program Directors appoint or elect a representative to serve on the RA as a member with voice and vote.
- Charge the CCCPD to develop a student version of the Professional Development Tool and to seek the collaboration of ASD in the development of the student version of the tool.
- Charge the Speaker to have the RALC appoint an ad hoc committee within the RA to review and develop leadership initiatives that will foster leadership skills within the RA and facilitate succession plans for growing leadership for future leaders across the profession.

In addition to planning and running the online meeting, the RA Leadership Committee (RALC) hosted a leadership training seminar for RA members at the AOTA Annual Conference in Baltimore and presented a session “Impact AOTA Policy: Take a Notion and Make it a Motion” at Annual Conference to guide attendees on how to identify important professional issues as the basis for action items to be brought forward to the Assembly.
Summary of the Spring 2014 Meeting of the Representative Assembly

The Representative Assembly (RA) will hold a special meeting, starting at 8:00 a.m. ET Friday, June 13, and concluding at 8:00 a.m. on Tuesday, June 17. The agenda will include elections for the RA positions of Recorder and Agenda Chair, as well as the Commission on Education SOP, which will be on a consent agenda for approval. - See more at: http://www.aota.org/Publications-News/E-Newsletters/Alerts.aspx#sthash.4ZxdMf6q.dpuf

This will be my last article in the viewpoint as your AOTA Representative so please join me in welcoming Erica Bartleson, MOTR/L as your new Oregon Representative to the RA! Contact information for Erica will be available at the AOTA RA website at: http://www.aota.org/AboutAOTA/Get-Involved/RA/Roster.aspx once she officially takes office in July. I’ve thoroughly enjoyed representing Oregon at AOTA and have learned a great deal in the process. I encourage anyone with an interest in making our profession better and stronger for the future to consider running for an office with OTAO and/or AOTA. Leadership positions at OTAO and AOTA provide a great opportunity to network with others and influence the policies and procedures that will guide our profession in the future.

Increasing Regional Involvement

By CHRISTY KIESEL, MS, OTR/L, Regional Representative for Corvallis/Albany

Did you know that according to the Occupational Therapy Association of Oregon Regional Representative Guidelines, regional members are encouraged to meet quarterly? These meetings may include opportunities that promote and support membership, provide education and facilitate professional development, foster collaboration to increase occupational therapy’s influence in the community, and allow for professional networking. Some examples of meetings include pub nights, journal clubs, potlucks in the park, hikes or group runs, in-services or lunch-and-learns, volunteer events in the community or for the state, and fundraising events. Depending on your region’s membership, these meetings can offer mentorship and collaboration with other occupational therapy practitioners.

By arranging regular meetings, the Regional Representative is the liaison between the OTAO and regional members. The Regional Representative maintains open communication with the board, the Continuing Education Chair, Special Interest Section leaders, and regional members. Do you notice a need for regional representation in your area? Are you passionate about networking and collaborating with fellow practitioners? If so, consider volunteering as the representative in your region. Current openings are listed on www.OTAO.com under “Home”>”Staff List.” This is an excellent time to join the position as we are especially focused on training and orienting new appointees. The OTAO is dedicated to supporting membership involvement in the association, and increasing your regional involvement is an excellent way to stay connected.

For more information, please email mrs.kiesel@yahoo.com or visit the OTAO website.
OTAO Launches New Website

By JAN CUCITI, OTR/L, OTAO President-Elect

There has been a lot of discussion about what OTAO means to its members. At this time, with this Board, it comes down to networking, education, and advocacy. How do new grads hook up with mentors? We have retirees who are no longer renewing their licenses – do we ever turn off our OT? How do people wanting to move regionally, or move to Oregon, or go into a different practice area, find someone to talk to? How do we get to talk shop with other specialists? We all have our circle of OT friends. We all have the people that we work with. But, how to we get outside our box?

Our new website has tried to meet this need. The new website is set up to have multiple groups. We have regional groups. We have all the Special Interest Sections having groups. We have retiree, legislative and marketing groups.

Think about this – I am always asking people to volunteer. But, I also totally understand life getting in the way. But, if you joined a group/multiple groups and then checked back every now and then, you might be that one person in the OT community that another OT practitioner needs. This is networking; this is education, this is advocacy. This is grassroots! And, we need you, we need us, to make this work.

And, on a final note – I have to send out my personal kudos to Sarah Foidel and Amanda Moore. Having working on this website to get it live, I can’t begin to tell you how much copying/pasting I did from our Affiniscape website. Thank you, both of you! I would still be holed up somewhere if I hadn’t had your content.

Visit the website www.OTAO.com
Distributed electronically, the Viewpoint is published by the Occupational Therapy Association of Oregon.

Editors: Sara Tallman, OTDS & Valerie Wen, OTDS
E-mail: otao.viewpoint.editor@gmail.com

Guidelines for contributions: News and feature articles are welcomed. Submitted articles should be practice 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 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 (contact the editors for details). Submitted materials cannot be returned.

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. 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

Submit an article for publication or an idea to make the newsletter a useful and engaging benefit of membership. Contact the Editors at otao.viewpoint.editor@gmail.com.

We’re on the web: www.otao.com

Occupational Therapy Licensing Board (OTLB) has a handy website for your questions at http://www.oregon.gov/OTLB/Pages/index.aspx. At If you have any questions, please contact the Director, Felicia Holgate at Felicia.M.Holgate@state.or.us or call 971-673-0198.