

TOTA Revista OT

TEXAS OCCUPATIONAL THERAPY ASSOCIATION, INC.

2017 OT Month | www.TOTA.org

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100

Occupational Therapy
1917-2017

Call for
Papers:

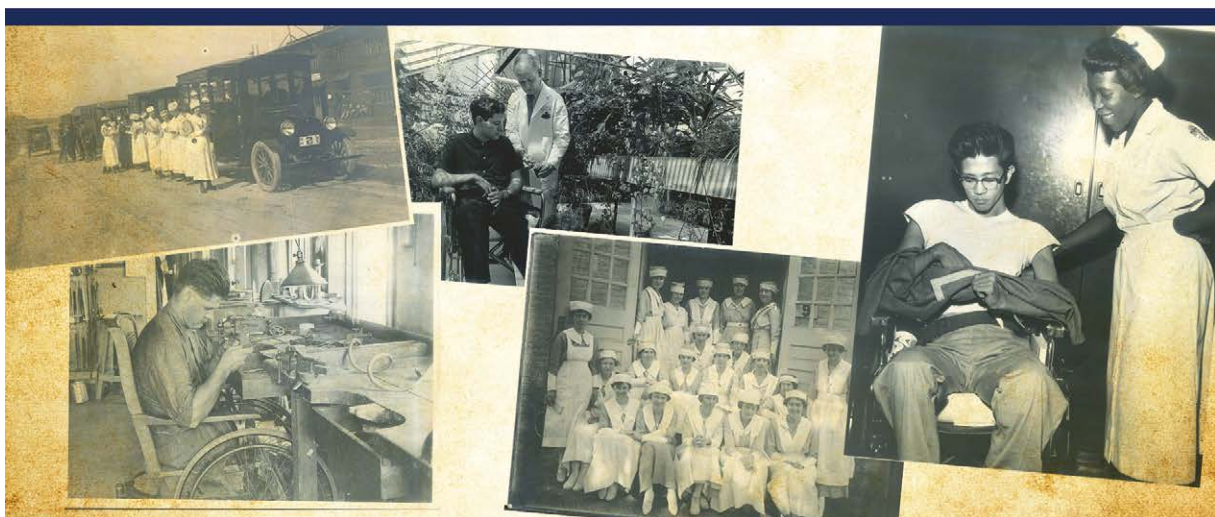
**Deadline for
Submission:
May 27,
2017**

SAVE THE
DATE:

**2017 TOTA
Mountain
Central
Conference**

**November
17-19,
2017**

Renaissance
Austin Hotel
Austin, Texas



2017 TOTA "Day at the Capitol"

ADVOCATING FOR OT AT THE TEXAS STATE CAPITOL
Thank you attendees who took part in TOTA's
two Day at the Capitol events during the 85th Regular Session
February 17 and March 1.



Greetings, colleagues:



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

Dear Colleagues,

Spring is here and our profession's 100 year anniversary is upon us. It is hard to believe our profession

is celebrating its Centennial Year. Please look to your district calendars and plan to participate in OT Month activities. Also, save the date for this year's Mountain Central Conference in Austin, scheduled for November 17-19, 2017. Big plans are under way to celebrate the OT Centennial in Texas style!

2017 also marks the 85th Texas Legislative Session with major occupational therapy issues including:

- Legislation to keep the Texas Board of Licensing Examiners (TBOTE) intact for the next 12 years.
- Legislation to repeal the Health and Human Services Commission rate cuts and restore Medicaid reimbursement.
- Legislation seeking recognition of occupational therapy practitioners as non-physician mental health professionals in Texas.

TOTA hosted two successful Days at the Capitol to advocate for these issues, with more than 80 OT practitioners and OT students participating and meeting personally with their respective legislators and legislative staff.

Please do not forget to contribute to Texas Occupational Therapy

Association's Political Action Committee (TOTA PAC). It remains important to have the funds available to support the legislators who support occupational therapy.

Your TOTA State Board met in January 2017. Items discussed included:

- Improving and broadening our continuing education efforts throughout all six districts, including online continuing education, virtual meetings, conference education efforts, and certification courses offered during and as part of the Mountain Central Conference.
- Please refer to your district page on TOTA.org to follow its respective CE calendar.
- Legislative Issues and the need to continue to support our TOTA lobbyists Kathy Hutto and Denise Rose.
- 2017 Mountain Central Conference scheduled for Austin, Nov. 17-19.
- Roll out of MemberClicks (our new membership management software and website). Coming soon!
- 2017 budget review and approval.
- Recruitment and timeline for hiring TOTA's new Executive Director.

TOTA Elections: Nominations are due April 15, 2017. Members, please consider running for an office. Send Hillary Clearman, Membership Chair, an email at hecclarman@gmail.com if you are interested or have any questions. Voting will be online this year, so keep an eye out for your ballot in June. Positions available for vote this year include:

State Level:

Vice President, Secretary

District Level:

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

TOTA Awards and Recognition:

It is never too early to nominate your colleagues, professors, and rehab teams. Visit www.tota.org and fill out the form under About Us - Awards.

Reminder: Occupational therapy practitioners must be current TOTA members at the time of nomination and throughout the selection process to be considered for association awards.

Please visit our website for more information. You may also wish to "Like" us on Facebook at "Texas Occupational Therapy Association - TOTA" and follow us on Twitter @TxOTA.

I sincerely thank you for your support. TOTA represents and serves you. There is no other organization that looks out for the best interest of occupational therapy practitioners in Texas than TOTA. Please spread the word; we need everyone's support to continue making the OT profession better in Texas.

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

From the Executive Director



Mary Hennigan,
MOT, MBA

It is with a heavy heart that I write this article. This is my last *Revista OT* article as Executive Director for TOTA. My last day with Texas Occupational Therapy

Association will be June 30th. It has been 17 wonderful years.

I want to thank you for your friendship, your hard work and your dedication to occupational therapy. Those qualities have made this a dream job for me.

We have had many accomplishments. Together we:

- Grew the association in size, financial

viability and legislative visibility.

- Created a continuing education review process which occupational therapy education providers utilize.
- Brought pre-conference institutes to the annual Mountain Central Conference.
- Expanded the reach of the district meetings through the use of mega meetings.
- Created a legislative leadership practicum for doctoral candidates.

I am very proud of the work we have done together!

We have several very talented candidates for the Executive Director position. I know you will offer the new ED the same friendship and dedication you have offered me.

Best wishes!

SAVE THE DATE

2017 TOTA MCC CONFERENCE

NOVEMBER 17-19, 2017

RENAISSANCE AUSTIN HOTEL AUSTIN, TEXAS

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

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Gulf Coast East: Anna Haertling
Rio Grande: Dahlia Castillo
Trinity North: William Sit

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Kami Lusson

Continuing Education Services

Kami Lusson



Association Members register at discounted rates.

179 OSTEOPOROSIS, THE MEEKS METHOD™ Level 1
Frank J. Ciuba, DPT MS

November 4-5, 2017 San Antonio, TX

216 Vestibular, Oculomotor and Balance Rehabilitation
Wendy Wood, DPT, GCS

August 5-6, 2017 San Antonio, Texas

October 14-15, 2017 Houston, TX

217 Adult Neuro-Handling Techniques

Michelle Mioduszewski, MS, OTR/L

December 2-3, 2017 Dallas, TX

405 ICU Rehabilitation Care

Kristin Morrison Lefebvre, PT, PhD, CCS

July 29, 2017 Denison, TX

306 Pediatric Feeding and Swallowing Disorders
Krisi Brackett, MS, SLP/CCC

May 12-13, 2017

Mesquite, TX



*Learn actual solutions and tips
for the toughest feeding issues.*

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

August 25-26, 2017 Houston, TX

December 1-2, 2017 McAllen, TX

**375 Innovative Vestibular and Visual Solutions for
the Sensory Motor Pediatric Therapist ...What do I do
now?**

Kendra Worley, MOT, LOT

November 10-11, 2017 Houston, TX

www.MotivationsCeu.com

DOCTOR OF OCCUPATIONAL THERAPY (OTD)

A post-professional degree plan offering Bachelor's-to-OTD and Master's-to-OTD options

The program enables practicing OTs to complete a course of study that will prepare them to assume leadership roles, management positions, and/or to serve as clinical faculty.

The program is primarily online with two visits to the Galveston, Texas, campus for on-site learning; it can be completed in six to seven semesters while maintaining active clinical practice.

For more information please contact:

Sharon McEachern

PPOTD.admissions@utmb.edu

or **(409) 772-3062**.



Health

School of Health Professions

shp.utmb.edu/OccupationalTherapy

Membership

Hillary Clearman, OTR

Hello my Texas OTs!

It is that time of year again, April, also known as OT month!

I know I am not the only one who prides myself in telling the world about what OT does for others and how we help individuals live life to the fullest. I challenge each of you to continue spreading the good word about the FUNctional aspects of occupational therapy.

OT month is also about congratulating one another on our dedication and hard work in the occupational therapy profession. Many of us know others who put countless hours into formulating individualized treatments, developing specialized programs, advocating at the legislative level, volunteering, and educating OT students. However, these individuals who put their hearts and souls into the OT profession will not be recognized if the state association is not informed of their efforts and achievements.

I am challenging each and every one of you to look around your setting and nominate those deserving individuals for state awards presented at the annual Mountain Central Conference in November. Last year, multitude number of individuals received awards after being nominated by you, the members. I would love for you to accept this challenge to double the nominees for this year's conference.

Another announcement!

Elections are coming up in June and, for the first time, we will elect candidates on our NEW website! Be on the lookout for instructions on how to access the link to cast your vote! No more hand-written ballots and buying stamps! It will be as easy as 1,2,3! I look forward to receiving your completed ballots. As always, thank you for your continued support with TOTA. We would not be where we are today without you, the members. Until then, always remember that OT takes the individual's passion and makes it happen.

VISION EDUCATION SEMINARS



Understanding and Managing Visual Deficits in Children: A Guide for Occupational Therapists

Allen, TX

April 22-23, 2017

- Develop a comprehensive understanding of vision deficits in children
- Learn to perform a vision screening
- Learn the most effective treatment strategies that you can use with your clients

Instructor: Mitchell Scheiman, OD, optometric educator and author including the book *Understanding and Managing Visual Deficits: A Guide for OTs*.

Contact Vision Education Seminars at
800-985-1752 or:
www.visionedseminars.com

THANK YOU TOTA Corporate Members!

**TWU School of
Occupational Therapy**
Denton, TX

Therapy 2000
Dallas, TX

Explore the benefits
of TOTA Corporate Memberships

Two levels of memberships are available and benefits include: Ad placement in *Revista OT*; discounts on *Revista* ads and Career Corner job postings; two Mailing Lists per year; a subscription to *Revista OT*, and special recognition signage at TOTA MCC. Visit <http://tota.org/corpmem.html> for complete information and the membership form.



TOTA
TEXAS OCCUPATIONAL
THERAPY ASSOCIATION, INC.

Membership Application

1106 Clayton Lane, Suite 516W

Austin, Texas 78723

www.tota.org

Phone 512-454-TOTA (8682)

(Please print or type all information)

(1) Your Name

(2) Credentials

☐ OTR ☐ OTA ☐ OTS ☐ OT ☐ OTD ☐ OTAS
☐ COTA ☐ MOT ☐ PhD. ☐ MA ☐ EdD ☐ FAOTA
☐ CHT ☐ CVE ☐ Other

(If "other," please specify) _____

(3) Address and Phone Numbers

Street or P.O. Box _____

City _____ State _____ Zip +4 _____

Home Phone (AC) + Number ☐ Listed ☐ Unlisted _____

Work Phone (AC) + Number + Extension _____

Work Fax (AC) + Number _____

Cell Phone (AC) + Number _____

Email _____

University _____

(4) TOTA Memb. # _____

(5) TX OT License # _____

(6) AOTA Memb. # _____

(7) Membership Category

☐ Occupational Therapist ☐ Student
☐ Occupational Therapy ☐ Associate
Assistant ☐ Retired

(8) District Membership

☐ Alamo South ☐ Rio Grande
☐ Capital-Centex ☐ Trinity North
☐ Great Plains West ☐ Out of State
☐ Gulf Coast East

(9) Sponsored by: _____

To be a Gold Seal Member, your membership payment needs to be in the TOTA office by the annual expiration date of your membership as printed on your TOTA membership card. Students are not eligible for Gold Seal Membership

(10) Areas of Practice or Interest (Please check no more than 3)

A ☐ Administration/Management **I** ☐ Private Practice
B ☐ Developmental Disabilities **J** ☐ School-based Practice
C ☐ Education **K** ☐ Sensory Integration
D ☐ Gerontology **L** ☐ Work Programs
E ☐ Hand/Upper Extremity **M** ☐ Technology
F ☐ Home Health **N** ☐ Research
G ☐ Mental Health **O** ☐ Wellness
H ☐ Physical Disabilities

(11) Texas Senate and Legislative District #s:

(See your voter registration card)

Senate District #: _____

Legislative District #: _____

(12) Fee Payment

(See fee schedule on the reverse side and enter amount below. Send with your check made payable to TOTA, Inc. or with credit card info.)

Membership Fee

☐ Basic ☐ Sustaining ☐ President's Club

(13) Dues amount (See back)

(14) Tax Deductible Donation to

AOTF/TOTA Scholarship Fund _____

TOTF (Foundation) _____

(15) Non-Deductible Donation to

TOTAPAC (Political Action Committee) _____

(16) TOTAL ENCLOSED

PAYMENT INFORMATION*

☐ I am paying the full amount by (circle one)

Check Visa MasterCard

*TOTA does not accept American Express or Discover Card.

☐ I choose the following payment plan of 2 payments (circle one)

Postdated check(s) Credit Card Payments

If choosing payment plan, all postdated checks must be sent with this application. If you are an active student OT/OTA member renewing your membership for the first time as a professional before your expiration date, you are entitled to 1/2 off your first year of dues. If you select credit card payment, you must enter ALL information below:

Account # _____

Exp. Date _____ Security Code _____

Signature _____

Please print name exactly as it appears on credit card.

Billing Zip _____

Scan and email credit card payment to: debbie@tota.org

FOR OFFICE USE ONLY

Amount \$ _____ Date Received _____ Paid by _____

Check Number _____ Credit Approval # _____

TOTA has year round membership enrollment. You will receive a full year's membership any time you join.

- (1) Enter your name.
- (2) Check or list all credentials.
- (3) List all addresses and telephone numbers. Check listed or unlisted to let us know if you do or do not want your home phone number in our annual membership directory. Please list the university which conferred your degree.
- (4) Enter your TOTA membership number if known.
- (5) Enter your Texas Board of Occupational Therapy Examiners (License) number.
- (6) Enter your AOTA membership number.
- (7) Check your category of membership. A retired member is a practitioner whose only practice is the provision of voluntary charity care without monetary compensation. A retired member is eligible for half price dues. A disabled member is an inactive practitioner. *(For information about an Organizational membership, contact the TOTA office.)*
- (8) Check the TOTA District in which you live.
- (9) Enter the name of the person who sponsored you, if any.
- (10) Indicate your area of practice or special interest. Please limit these to three (3) major areas.
- (11) Other: List your Senate and Legislative Districts which can be found on your voter registration card.
- (12) Membership Fee: You may renew your membership or apply for membership any time during the membership year. To obtain Gold Seal membership for reduced fees at workshops during the year, your renewal application must be in the TOTA office by the annual membership expiration date as printed on your membership card. **Students can not be Gold Seal Members.**
- (13) See Member Dues Selections in next column.
- (14) Please consider making a tax deductible contribution to:
 - AOTF/TOTA Scholarship Fund
 - TOTF – Research Foundation
- (15) Please consider making a donation to:
 - TOTAPAC – Political Action Committee
- (16) Enter the total of your membership fee plus donations on this line. Make checks payable to: TOTA, Inc.
Mail check with this form to:
TOTA
1106 Clayton Lane, Suite 516W
Austin, Texas 78723

Or scan and email Visa or MasterCard payment to:
debbie@tota.org

Areas of Practice or Interest *(Please check no more than 3)*

- | | |
|--|---|
| A <input type="checkbox"/> Administration/Management | I <input type="checkbox"/> Private Practice |
| B <input type="checkbox"/> Developmental Disabilities | J <input type="checkbox"/> School-based Practice |
| C <input type="checkbox"/> Education | K <input type="checkbox"/> Sensory Integration |
| D <input type="checkbox"/> Gerontology | L <input type="checkbox"/> Work Programs |
| E <input type="checkbox"/> Hand/Upper Extremity | M <input type="checkbox"/> Technology |
| F <input type="checkbox"/> Home Health | N <input type="checkbox"/> Research |
| G <input type="checkbox"/> Mental Health | O <input type="checkbox"/> Wellness |
| H <input type="checkbox"/> Physical Disabilities | |

Basic Membership:

Occupational Therapist	
1-Year Membership	\$135.00
2-Year Membership	\$225.00
3-Year Membership	\$335.00
First Year following student membership if renewed before expiration date	\$67.50

Occupational Therapy Assistant	
1-Year Membership	\$105.00
2-Year Membership	\$170.00
3-Year Membership	\$250.00
First Year following student membership if renewed before expiration date	\$52.50

Occupational Therapy Student*	\$30.00
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Associate Membership: \$135.00

Sustaining Membership:

A higher level of giving in support of the association

Occupational Therapist	
1-Year Membership	\$180.00
2-Year Membership	\$310.00
3-Year Membership	\$460.00

Occupational Therapy Assistant	
1-Year Membership	\$155.00
2-Year Membership	\$230.00
3-Year Membership	\$340.00

Occupational Therapy Student*	\$45.00
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President's Club:

A higher annual level of giving minimum \$240.00

*Student-Per the by-laws, an occupational therapy student is one who is enrolled in an accredited OT or OTA program, or where the program's accreditation is pending. Membership as an OTS extends until successful completion of the certification examination. In determining membership status, those qualified as an OT or OTA and who are engaged in advanced or continuing education are not classified as students. The only exception is for an occupational therapy assistant who is enrolled full-time in an accredited educational program for occupational therapists.

JOIN ONLINE AT:
www.tota.org

Gulf Coast East District Update

Anna Haertling, OTR, Gulf Coast East District Update

Greetings, Gulf Coast East District!

I would like to start by wishing everyone a very Happy CENTENNIAL OT Month! During this month it is fun to step back and think about how much our profession has changed and evolved over the years. I look forward to spending this month with you all, celebrating the distinct and wonderful profession of occupational therapy. I consider myself lucky to be associated with this profession and to have the opportunity to help people live their lives to the fullest each day.



In honor of OT Month, I am sharing a story about a patient experience that reminds me why I became an occupational therapist. Recently, I transitioned to a role in which I treat persons with spinal cord injuries. One of the first patients I worked with had tetraplegia and had been living with partial paralysis of all four his limbs for about 18 months. Due to funding and resources, he never had the opportunity for a "real" shot at rehab until I met him. He was 24 years old, just a few years younger than I am. In true inpatient rehab form, I began my treatment plan focused on increasing independence in tasks like grooming and self-feeding (things that show FIM score changes). One day, he expressed that he loved to write and asked me to pull up on his phone a note on a story he had written prior to his injury. It did not take me long to realize that he had not been able to engage in this very meaningful occupation in over a year. I immediately shifted my treatment plan toward assistive technology and tried various adapted styluses and setups of his phone to allow him to access it independently. When weakness and coordination deficits posed a barrier to using his upper extremities for this task, I pulled out a mouth stick with a stylus on the end. Immediately, he began scrolling through his apps with no difficulty. Finally, he opened Instagram, switched the camera to "selfie" mode, took a picture, and posted it with the caption "I'm back at it."

The Gulf Coast East District is gearing up for a great Centennial OT Month! Although our event calendar for the month is not complete as of publication date, I would like to disseminate just a few dates/events that are planned. Details will be announced via email and postings on the TOTA Facebook and Twitter pages. Keep an eye out!

- April 20: Give-Back Night at BerryHill, 4-10pm
o 5110 Buffalo Speedway
- April 25: Give-Back Night at Chipotle, 2-5pm
o 6600 Fannin St., in the Medical Center

Proceeds from both Give-Back Nights will benefit RSVP (Rehabilitation Services Volunteer Project), an all-volunteer, nonprofit organization that provides physical rehabilitation services and equipment to uninsured individuals with disabilities. A huge thank you goes out to TWU's OT Month Chair, Kari Lafleur, for coordinating these events.

In addition to OT Month events, the GCED has finalized dates for upcoming meetings with CE presentations. Please mark your calendars for April 19, May 17, August 30, September 20, and October 18, 2017, as well as January 17, February 21, March 28, April 25, and May 16, 2018. We will not have meetings in June or July, so enjoy your summer! We will also not have a GCED meeting in November of 2017. Although we typically have a district meeting in November when Mountain Central Conference is out of town, given the later date of conference this year, we decided against having an additional meeting that month. I hope you will add these dates to your calendar and plan on joining us for free CE hours for TOTA members.

If you are seeking ways to become involved and want to connect with those who are already making a difference, please reach out to me and I will get you connected. Like our Facebook page "Texas Occupational Therapy Association - TOTA," follow us on Twitter @TxOTA, and visit the GCED page of the TOTA website for more information on upcoming continuing education opportunities and ways to get involved in the district.

Rio Grande District Update

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

The Rio Grande District has the following activities planned for April in celebration of OT Month:

Join us Tuesday March 21st at 8:00 am at the El Paso City Hall.

Mayor Oscar Leiser will proclaim April as Occupational Therapy Month.

The following one hour CEU courses will be held in the UTEP Campbell Building Room 237:

April 10:

- 6:00 pm: "Promoting Sensory Safe Environments in the Community"
- 7:00 pm: "Transitioning from the NICU to Home"

April 18

- 6:00: "Community Mobility: Older Adults"
- 7:00: "Introduction to Hand Therapy: Emphasis on Flexor Tendon Repair"

April 25

- 6:00: "Preventing Mental Health Issues in Adolescents"
- 7:00: "Mental Wellness through Tai Chi, Qigong, and Yoga"

Mark your calendar:

April 28th will be our 100 year celebration. Time and location to be announced.

Capital Centex District Update

Susan Jeantete, OTR- Vice Chair

The Capital Centex District board recently met to identify goals for the upcoming year. We discussed ways to improve access for members and to expand the benefits to our local community of occupational therapy providers.

A top Capital Centex District priority is to expand continuing education offerings. In 2017 the CE courses increased to two hours each meeting, double the time previously offered. A south Austin virtual location was added so that more therapists can attend our meetings without battling the Austin traffic. May 6th will be the district's annual four hour CE event at the Central Texas Rehabilitation Hospital location. Serena Speaker, an incredible speaker and one of our valued district board members, will be presenting "Low Vision Deficits from Acquired and Traumatic Brain Injuries." Watch for the brochure online and in Capital Centex licensees' mail soon.

We are seeking ways to show appreciation of members. The main meeting location in north central Austin offers the most benefits to attending members by having a sponsor provide a light meal. We are exploring sponsorships for the virtual sites. Given the good attendance at our new south Austin virtual site, the two Austin locations will become "sister sites" by offering some of the main meetings with sponsorship for meals at the south location. Light snacks will be provided at all virtual sites. Door prizes will be given away at all sites to

show appreciation for our members as we celebrate the 100th year of AOTA.

The Capital Centex District aims to increase participation of current occupational therapy students and new graduates. For the first time, we have two student representatives on the board. One is from the OTA program at Austin Community College and the other from the MOT program at University of St. Augustine for Health Sciences. We are excited to have these students bring their ideas and energy to the board. We hope to continue to have a great turnout of students and new practitioners during our community service activities, the Mountain Central Conference in Austin in November, the district meetings and CE events.

Please check the updated meeting and education schedule on the Capital Centex District webpage at: <http://tota.org/capcen.html>. We hope to see you soon at one of the upcoming meetings or education events!

The 100 Influential People

By Anna Haertling, OTR

As we celebrate AOTA's centennial, we reflect on the people and events who have profoundly impacted AOTA's and occupational therapy's development and growth during the past 100 years.

One hundred of the people found to have had a significant influence on occupational therapy were selected to be featured on AOTA's OT Centennial website. They were nominated by the public and OTArchive editorial board and selected by the editorial board based on criteria included on the nomination form.

In honor of the AOTA Centennial and 2017 OT Month, we are proud to feature eight of these individuals with direct connections to Texas.

1. Esther Bell, MA, OTR, FAOTA
2. Robert K. Bing, EdD, OTR, FAOTA
3. Charles Christiansen, EdD, OTR/L, FAOTA
4. Susan L. Garber, MA, OTR, FAOTA, FACRM
5. Lela Lorens, PhD, OTR, FAOTA
6. Suzanne M. Peloquin, PhD, OTR, FAOTA
7. Kathlyn Reed, PhD, OTR, MLIS, FAOTA
8. Shirley A. Wells, DrPH, OTR, FAOTA

Please visit www.otcentennial.org for brief biographies and more information about each of these as well as others who influenced occupational therapy and AOTA over the past 100 years.



NOTE:

The AOTA celebration of 100 years of the profession has generated additional comments and insight.

Per Kathlyn Reed, PhD, OTR, FAOTA, MLIS, "We are celebrating the 100th anniversary of the founding of the professional organization (NSPOT/AOTA) not the 100th anniversary of the founding of the profession. The professional organization came into being as a result of the profession's development. The organization came into being because the practice already existed."

Jaclyn F Low, OT Retired, PhD, FAOTA states, "Although it would be difficult to identify an exact date, Dr. Dunton, among the founders of the National Association for the Promotion of Occupational Therapy was in charge of the occupations program at Sheppard and Pratt Institute in Maryland in 1912. Eleanor Clarke Slagle worked with him after studying in a program designed by Jane Addams and Julia Lathrop. Her course of study was on invalid occupations and curative occupations and recreation for patients in state mental hospitals. There are lots more, including descriptions of programs in the eighteenth and nineteenth centuries."

Kitty Reed has had an article accepted and is being published in the Journal of Occupational Science entitled, "Pioneering OT and OS: Ideas and Practitioners Before 1917. Additionally, last October, she presented at the Society for the Study of Occupation on this topic. She traces the serious beginning of our profession to 1896.

Mary Hennigan, Executive Director

Reflections on a Mentor/Mentee Relationship Within the Texas Occupational Therapy Emerging Leaders Mentoring Program (TOTEL)

By Anna Haertling, OTR & Alissa Pettit, MOTS

ANNA: When I decided to go to OT school, my primary focus was to be a clinician. It wasn't until I had a professor, an individual I consider to be one of my mentors, emphasized the importance of association membership/involvement and volunteer leadership. She made me realize that I could give back to my profession in so many more ways than by just treating patients. Thus my passion for volunteer leadership in occupational therapy began. I was fortunate to have many more mentors, both formal and informal, following that particular professor. When I was finally in a position to become a mentor myself, I thought 'Why not?' Alissa and I were paired together through Texas Occupational Therapy Emerging Leaders (TOTEL) and suddenly I realized how different a situation it is to be the mentor versus the mentee. I had someone looking to me for guidance and advice, someone who was not exactly like me but wanted to learn from me. I soon discovered that Alissa and I have different leadership qualities and styles. I am often outspoken and readily speak my opinions. Alissa is quieter and more calculated in what she says and does. Through this experience, Alissa has embodied and taught me the leadership values of authenticity, focus, and transparency. I have learned not to assume someone's level of confidence about a situation and how to guide her toward more self-assuredness. But most of all, I have seen the value in a professional friendship. Although we may have different leadership qualities, we share the same passion for our profession and I am so excited to see her grow into the great leader and wonderful occupational therapist that I know she will be.

ALISSA: Anna and I have been reading and discussing a book entitled *The Leadership Challenge*. In the early pages of the book, the author states, "in the best organizations, everyone, regardless of title or position, is encouraged to act like a leader...people don't just believe that everyone can make a difference; they act in ways to develop and grow people's talents, including their leadership capabilities." This summarizes how I feel about the relationship Anna and I have. From the beginning, she entrusted me with her confidence in my leadership capabilities, especially when I did not recognize them as qualities and skills that I could incorporate in leadership. Over the past year she has



invited me to sit on leadership boards with her where I observed and learned from incredible leaders who are making differences in the local community and in the profession. Last February, Anna pushed me out of my comfort zone as she placed me 100% in charge of a leadership podcast episode that focused on the transition from student leader to professional. This experience taught me that as we push our boundary of skills and step into the unknown, further skill development will occur and we often surprise ourselves on what we can accomplish. As we act like leaders and encourage others to act like leaders, we grow together and make differences.