

# REVISTA



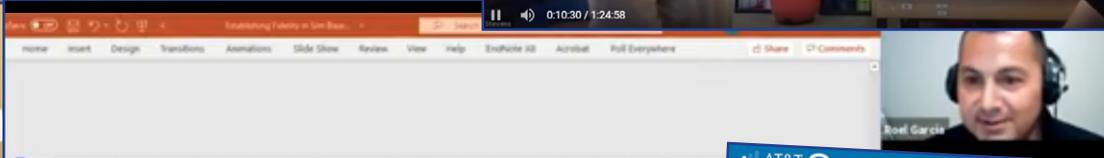
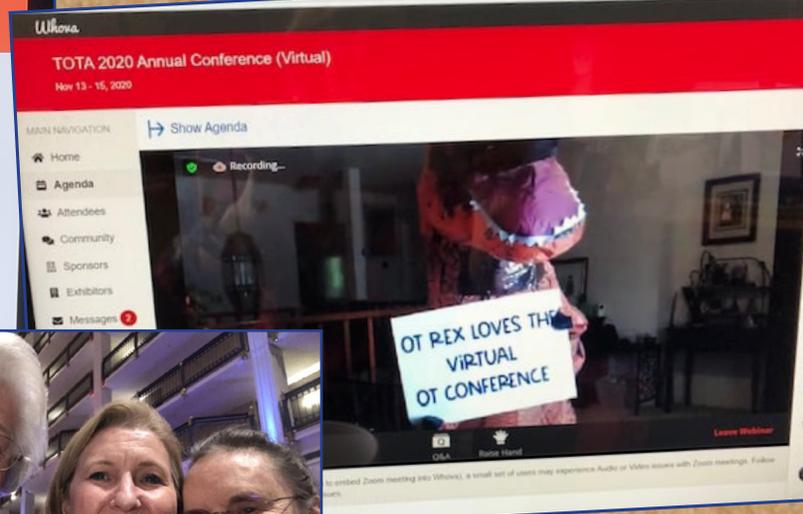
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## WHAT FUN WE HAD AT THE 2020 TOTA VIRTUAL CONFERENCE!

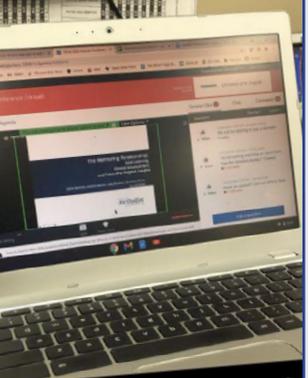
### Facing Change

Changing our face can change nothing.  
But facing our change can change everything.

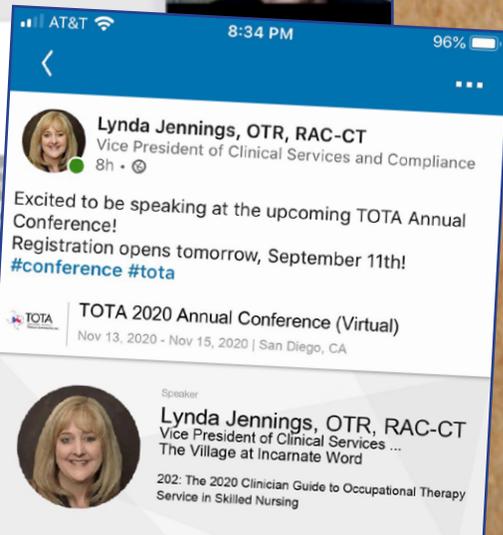
Lolly Daskal, President/Founder of Lead From Within



#tota  
#occupationaltherapy



State conference (TOTA) during a pandemic 🤖



#TOTAConference2020



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

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SAVE THE DATE

NOVEMBER 5-6, 2021  
SUGAR LAND, TX



Jason Stark, OT, MHA  
TOTA President

"I would like to thank everyone for the opportunity to serve as your 2020-2022 president. I have had the privilege and honor of serving TOTA in numerous capacities including chair and development chair for the GCED region as well as state vice president.

First and foremost, I would like to think all the hardworking individuals who made our first ever virtual conference a resounding success. From TOTA staff to a multitude of volunteers, I congratulate you and applaud the hours of hard work and dedication that went into launching a new platform in such a short amount of time. Being forced into a virtual world will have many positive lasting effects on access to information and quality CEU products. The success of this inaugural event was exciting.

The energy created during conference excites me to move in new directions as we all learn about the new normal. My goals include serving each one of you, bringing value to you, and continuing to strengthen and grow our organization, all the while building on prior successes. I hope to do this by increasing engagement of our districts and connecting local district board positions to statewide initiatives. I also want to address current issues such pending rate reductions, Medicaid expansion, managed care oversight, COVID 19, telehealth, an OT multi-state compact, and social injustice and systemic racism.

Fewer than 10% of licensed OT practitioners are members of the only organization that protects our profession in Texas. Our job is to find out why, show our value, recruit members, and listen. A simple 10% increase in membership growth would fuel our organization forward in unimaginable ways. I ask each of you to help me in the effort. Allow me the time to listen to you, understand your needs, and guide me so that I can serve you as well as reach non-members and bring value to our profession.

Jason Stark, OT, MHA



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# SAVE THE DATE:

NOVEMBER 5-6, 2021  
SUGAR LAND, TEXAS



## SUBMIT YOUR 2021 CONFERENCE THEME IDEAS!

Submit your ideas for the 2021 TOTA Annual Conference Theme and watch your idea come to life throughout the year on all our media outlets. Your TOTA Board will vote and choose the winning theme! You can submit multiple suggestions.

**SUBMISSION DEADLINE: February 15, 2021**

CLICK HERE TO  
SUBMIT IDEAS

**Traditional  
cognitive tests  
often miss  
mild cognitive  
dysfunction**

Figure 1. Most missed item categories (2018)

Item Category	Number of Missed Items
Visual-spatial	14
Verbal	12
Speed-accuracy	11
Attention	10
Executive Function	9
Memory	8
Language	7
Math	6
Reading	5
Writing	4
Other	3

**Designed for OTs, by OTs**

**BrainFx detects what  
other tests can miss**



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[www.brainfx.com](http://www.brainfx.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 us by email at  
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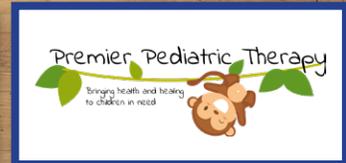


# TOTA THANKS OUR 2020 VIRTUAL CONFERENCE EXHIBITORS AND SPONSORS

## SPONSORS



## VIRTUAL EXHIBITORS



# FROM THE EXECUTIVE DIRECTOR: 2020 CONFERENCE WRAP UP



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

## *“Nothing Beats a Failure, but a Try”*

When I was practicing home health in the Chicago area years ago, one of my patients was an elderly Black man. Whenever I asked him to perform a specific activity, he always said, “Well, nothing beats a failure but a try.” It made me smile. He always tried, and he always succeeded. I have repeated this statement and applied it to many situations in my life over the years. This is the attitude I took when we needed to transition our 2020 annual conference from a live, in-person event to a virtual platform. Canceling the conference would have meant failure. Moving forward and trying something new was the only option.

The biggest obstacle was deciding how we would accomplish this task. I reached out to Frank Gainer, AOTA Vice President for Meetings and Events. He provided some recommendations and then created a virtual conference brainstorming group for all the state associations who were in planning stages. We felt as though we were more in the panic stage, as this was new territory for everyone. This was an amazing group. We were able to share ideas, information, fears, challenges, and resources. It was through this group I learned about [www.whova.com](http://www.whova.com), the virtual platform you are now familiar with. Other platforms and methods were discussed in the group, but this was the one that best fit the needs and budget of TOTA.

The conference committee had several meetings and went to work immediately on the transition. The primary goal was to provide a quality virtual conference for the speakers, attendees, exhibitors, and sponsors. We were extremely concerned that people would not attend because of Zoom fatigue and we also recognized that paying for conference could be a financial strain for many practitioners and students due to the pandemic. The TOTA state board of directors approved the budget-friendly conference price after negotiations with the Denton Conference Center and Hotel were finalized.

Kami Lusson, our vendor services coordinator, began to communicate with the exhibitors. Jean Polichino reviewed the proposals that had already been accepted to ensure planned presentations could be converted to the virtual format. Heather Logan went to work on the website and registration forms, and communicating with the speakers. Eileen Garza volunteered to assist with technical support (she had no idea what she was getting into). If you were a speaker you saw and heard from Eileen and me for training and access way more than you expected. We are extremely grateful for each and every one of you. Several board members volunteered to moderate the live sessions, managing Zoom and technology challenges.

There are so many people to thank for making this conference a success, but the biggest thank you goes out to all of you who trusted us and supported TOTA by attending, speaking, exhibiting, and sponsoring. This event did not go off without its problems and technical difficulties, but one thing we know for sure is, “nothing beats a failure, but a try.”

Best,  
Judi



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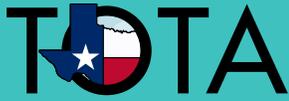
Kami Lusson

### Legislative Advisor

Denise Rose  
Kate Goodrich

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Richard Cheng



# 2021 ELECTIONS:

## Call for NOMINATIONS

The deadline for submission is April 30, 2021.

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: PRESIDENT ELECT, VICE PRESIDENT, SECRETARY

**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

CHAIR  
TREASURER

ALAMO SOUTH

VICE CHAIR  
SECRETARY

CAPITAL CENTEX

CHAIR  
TREASURER

GREAT PLAINS WEST

VICE CHAIR  
SECRETARY

GULF COAST EAST

CHAIR  
TREASURER

RIO GRANDE

VICE CHAIR  
SECRETARY

**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.**

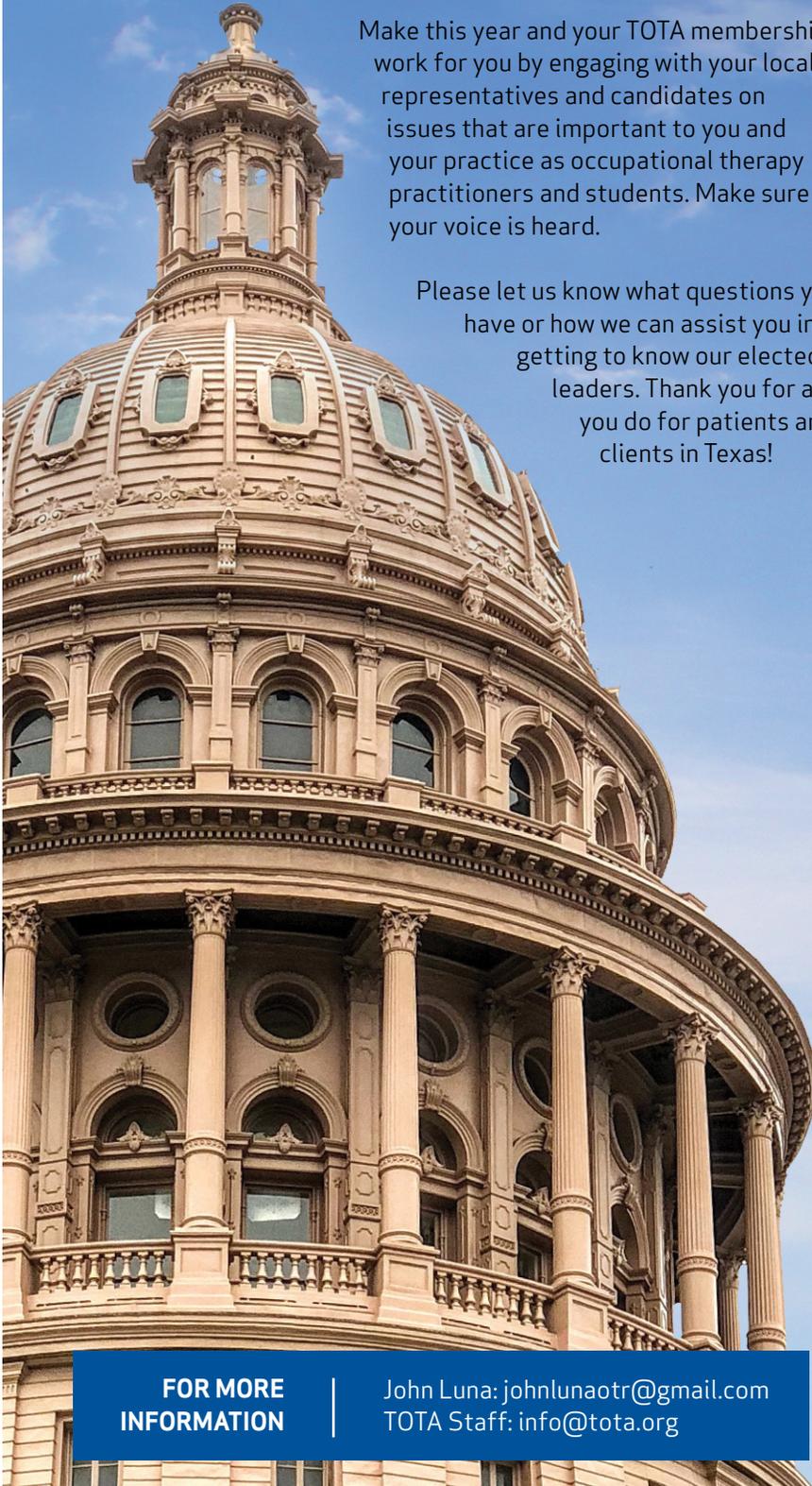
**EACH NOMINEE MUST SUBMIT A POSITION STATEMENT SUMMARIZING QUALIFICATIONS, REASONS FOR WISHING TO ASSUME THIS LEADERSHIP POSITION, AND VISION FOR THE FUTURE OF THE PROFESSION AND TOTA.**

# TOTA WEEK AT THE CAPITOL

We are planning for the virtual Week at the Capitol to coincide when the legislators return to session in 2021. The 87th Regular session begins Jan 12, 2021 - May 31, 2021. Dates Feb 15th - 19th 2021.

Make this year and your TOTA membership work for you by engaging with your local representatives and candidates on issues that are important to you and your practice as occupational therapy practitioners and students. Make sure your voice is heard.

Please let us know what questions you have or how we can assist you in getting to know our elected leaders. Thank you for all you do for patients and clients in Texas!



**FOR MORE  
INFORMATION**

John Luna: [johnlunaotr@gmail.com](mailto:johnlunaotr@gmail.com)  
TOTA Staff: [info@tota.org](mailto:info@tota.org)

## TOTAPAC NEEDS YOUR HELP

The purpose of the TOTA PAC is to provide a voice for occupational therapy practitioners in the State of Texas political arena.

Your donations help us continue to represent occupational therapy in the political arena.

**TOTA MEMBERS  
CAN DONATE HERE**

## 2020 CONFERENCE COMMITTEE

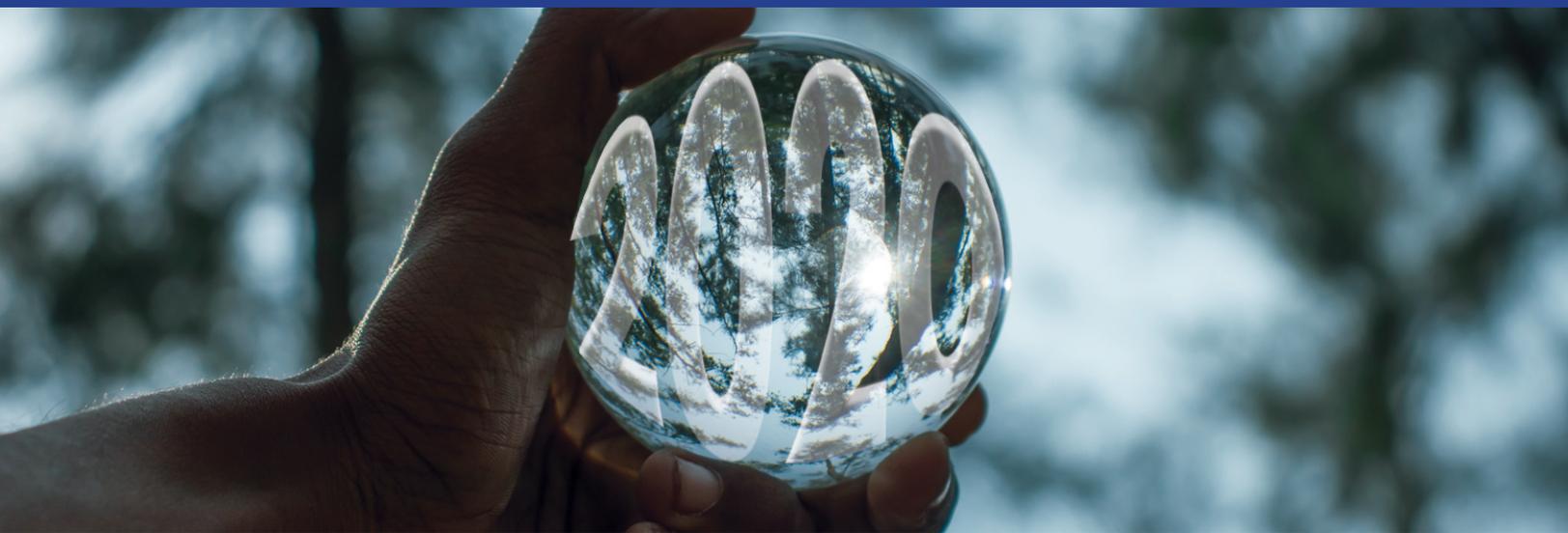
State Chair	Evie Harness
Exhibits	Kami Lusson
Program Chair	Jean Polichino
Technical Support	Eileen Garza
Hospitality Chair	Brittney Burton
Registration	Heather Logan

## THANK YOU, ROBIN

**TOTA President 2016 - 2020**

TOTA would like to thank Robin Clearman for his dedication to service and the OT profession as TOTA President from 2016 - 2020. ➔





## LOOKING AT 2020

Suzanne M. Peloquin, PhD, OTR, FAOTA



Suzanne M. Peloquin, PhD, OTR, FAOTA

Consider the state of mind that it takes to have visions of sugarplums dancing in one's head, a sight of tasty candy ascribed to children in

*'Twas The Night Before Christmas'.* Certainly, that capacity hinges on an imaginative perspective, a rather unique form of vision that lets one see sweetness even when it may not be there. Vision, and visions of sugarplums, are worth thinking about.

It sure seems right to explore the meaning of 20/20 vision as this holiday season and 2020 come to an end. The numbers 20/20 stand for visual acuity, its sharpness and its clarity. For the sake of fun, let's say that St. Nick's acuity is 20/140. The first number is a constant that notes the distance of 20 feet from a Snellen eye chart, the one with the huge letter E at the top, where St. Nick sits to read a line of letters. Or to try, anyway.

The number 140 in Nick's acuity

means that the saintly fellow must sit a close 20 feet away from a chart that his elves can read from 140 feet out! The elves test a normal 20/20 because they see the letters perfectly from 20 feet. Thankfully, sharp vision is within St. Nick's grasp. His acuity of 20/140 becomes 20/20 with glasses that let him feel jolly.

Whether naturally gifted with 20/20 or blessed by corrections, we are fortunate when we see well and with clarity. Many who matter to us have lost the capacity to see and or understand and or engage with the world around them. We join them in grieving those losses.

Experts in vision caution against putting too much stock in acuity alone, however, saying that vision's true *strength* calls for more—contrast sensitivity, peripheral vision, and depth perception. This argument made me pause.

Most of us have faced challenges and losses—or at the very least stresses and changes--during 2020. Their sharpness can pierce the soul. We see them quite clearly. When it comes to my own challenges, it

helps me to look back at them now with the *strength* of human vision.

Contrast sensitivity lets me see that I have been spared hunger, homelessness, isolation, unemployment, the inability to visit parents in nursing homes, or the need to home-school children while working full-time. As I contrast my experiences with these, I can be grateful and more sensitive to others.

Peripheral vision lets me see and acknowledge the actions of individuals who have soothed hurting souls in their environments. I can be moved by their selflessness to act with compassion in perhaps smaller but still real ways.

Depth perception lets me move past the surface of 2020's sorrows to find deeper meaning in their occurrence. I can reach for a wisdom much greater than mine, hoping for a state of mind that just may let visions of sugarplums dance in my head. A sweetness may be there after all.



# SHINING IN COVID DARKNESS

Vicki Thomas, COTA

Instructor, San Jacinto Community College, Home Health practitioner



Vicki Thomas, COTA

What a wonderful conference we had this year! Despite the challenges of the COVID pandemic, the conference committee creatively designed a

weekend of virtual sessions, award ceremony, and even an exhibit hall like none other. Thank you to the moderators who made sure mics for speakers were on (my students would appreciate not having to tell me to unmute) and that screens were shared with minimal to no glitches. Kudos to all who faced the challenges of learning new software in a short time to ensure the conference would provide quality continuing education as it always has. But we know facing challenges is something we practitioners are accustomed to, and our skills tend to shine in the process.

Many look forward to ending 2020 and pushing the reset button in 2021, but let us take a moment to remember that our profession has illuminated during dark times such as these. WWII was an extremely dark time for our nation, but it moved AOTA founding member, Eleanor Clarke Slagle, to advocate for occupational therapy services for wounded soldiers. A result of her mission to improve quality of life, occupational therapy schools were created. OT services were important for servicemen suffering from war neurosis as well as those with injuries.

Beginning in the 1980s, the AIDS epidemic blind-sided the world. Those suffering from the disease were dealing not only with its effects, but also the stigmatism of the disease.

Dr. Gary Kielhofner, most notably known for developing the Model of Human Occupation, worked with this population to improve ability to perform meaningful occupations. He provided evidenced-based articles on improving quality of life of those dealing with this deadly disease while awaiting a vaccine. His work shone as a bright light for those who felt hopeless by showing them how they could engage in purposeful activities despite illness.

And now we are faced with COVID19. Although it may be too early to know if a trailblazing OT practitioner will emerge to introduce new approaches to this pandemic, we have already witnessed a trend to new settings within our profession. For years, telehealth was a vision for a way to provide services to those unable to be seen in clinics because of illness, lack of transportation, or living in rural communities where services are not available. Telehealth now allows practitioners to provide quality health care in ways envisioned long ago. Educators immediately transitioned from in-class lectures to virtual teaching through Zoom to complete the semester and to move forward to ensure students were able to complete OT/OTA programs on time. COVID caused educators to quickly develop creative online teaching techniques to keep future practitioners engaged in the process. Initially, students thought their skills would be impaired due to less in class time, but they learned how creative being in OT can truly be. They learned how practitioners are able to provide quality care without being physically present in the room. If it were not for COVID, how long would it have taken us to advance to this point?

The year 2020 serves a purpose for us after all. These recent challenges due

to COVID forced us out of our comfort zones; however, because of our passion and commitment to the profession we are meeting these challenges by modifying methods of practice and teaching. So, kudos to us all, shining lights in the COVID darkness!

Peloquin, S. M. (1991). Occupational Therapy Service: Individual and Collective Understanding of the Founders. Part II. American Journal of Occupational Therapy, 45(8), 733-744 and in Purposeful activity: The heritage and future of occupational therapy, Wolf Publications.

Peloquin, S. M. (1991). Occupational Therapy Service: Individual and Collective Understandings of the Founders. Part I. American Journal of Occupational Therapy, 45(4), 352-359 and in Purposeful activity: The heritage and future of occupational therapy, Wolf Publications.

Low, J. F. Chapter on history of OT in physical dysfunction in editions 4 or 5 of Trombly's OT for Physical Dysfunction.

Low, J. F. The Reconstruction Aides. American Journal of Occupational Therapy, 46(1), 38-43.



## TOTA Career Center

Connecting Talent  
with Opportunity

Job Seekers, are you ready for the next stage in your career? Do you need resources to help?

Employers, do you need to post a job?

CHECK OUT TOTA'S CAREER CENTER TODAY!

# MEMBERSHIP UPDATE

By Elizabeth Holland Laurie, OTA, TOTA Membership Chair



Elizabeth Holland Laurie,  
OTA

Congratulations to the 2020 award winners. I was honored to present the awards to the winners at conference. TOTA takes great pride in these exceptional individuals representing us locally and nationally.

I'm grateful for all the help from the district membership committee chairs: Rebecca Crossland, Alfredo

Alvarado, Seneca Wilson, and Stephanie Sellers. With the help of Judi, we set up a new procedure for voting on nominations. This change allowed the selection committee to rank the nominations based on criteria listed in the award category. This process helped us to make more objective decisions. We were able to implement a timeline to ensure that the appropriate steps were completed before conference. We are looking forward to the awards to be presented in Sugar Land in 2021. Don't forget to start thinking of someone you would like to nominate.

Sharon Hennigan and I are currently discussing initiatives to increase and retain membership. During the business meeting, I became aware of the alarmingly low percentage of licensed practitioners who are TOTA members. Where are the people who are not members and how can we reach them? This a concern! We are going into a legislative session and we have so few members to represent us. I would love to hear your ideas on how we can engage our non-member colleagues to increase our membership. You can email me at [elizabethrholland@gmail.com](mailto:elizabethrholland@gmail.com) or [info@tota.org](mailto:info@tota.org). 

## TOTA 2020 Service Awards – Outgoing Board Members

### STATE BOARD MEMBERS

Robin Clearman – TOTA President 2016 – 2020  
Ping Law – State Treasurer 2018 -2020  
Dahlia Castillo – Rio Grande District Chair – 2016-2020  
Ricky Joseph – Alamo South District Chair – 2014 -2020  
Kathlyn Reed – Parliamentarian – 2004-2020

### DISTRICT BOARD MEMBERS

#### Alamo South District Board

Monica Starkovich-Clark – Alamo South Vice Chair 2016-2020

#### Capital Centex District Board

Natalie Spencer – Secretary 2018 -2020  
Serena Speaker – Education Committee Chair – 2009-2020

#### Great Plains West District Board

Whitney Jo Weindorf – Vice Chair – 2016-2020  
Student Representatives:  
Shirene Fung – (Texas Tech)  
Cameron Conway – (Abilene Christian College)

#### Gulf Coast East District Board

Erin Shirk – Secretary 2018 -2020  
Nikita Gandhi - OTA Representative 2018 -2020  
Michelle Atanu – Standards and Practice Committee Chair – 2018 -2020

#### Rio Grande District Board

Kaleigh Stevens – Secretary 2019 -2020

#### Trinity North District Board – Student Representatives

Andrea Montgomery (Parker College)  
McKenzie Moninger (Parker College)  
Madeleine Terblanche (TWU Denton)  
Kristin Ramirez (TWU Dallas)

# 2020 TOTA AWARD PRESENTATION



**OCCUPATIONAL  
THERAPIST OF THE YEAR**  
**WILLIAM SIT,**  
Ph.D., OTR, BCPR



**DISTINGUISHED  
SERVICE AWARD**  
**DIANE COLLINS,**  
Ph.D., OT



**DISTINGUISHED  
SERVICE AWARD**  
**KATHLYN REED,**  
Ph.D., OTR, MLIS, FAOTA.

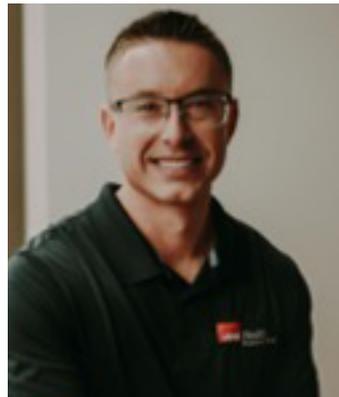


**INTERDISCIPLINARY  
TEAM AWARD**  
**RADFORD AND  
PATRICIA CROCKER**  
**REHABILITATION  
AND REINTEGRATION  
OCCUPATIONAL  
THERAPY PROGRAM:**

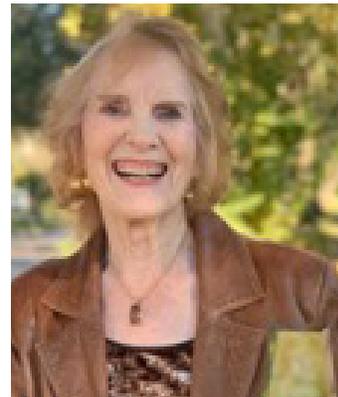
- PATRICIA CROCKER
- LAURIE STELTER, Ph.D., OTR
- YANA COBB, OTR
- MICHAEL WASHINGTON, COTA
- LANNETTE LINTHICUM, MD
- BEVERLY ECHOLS, MA, LPC, LBSW
- JODIE EDMOND, MA, LPC
- VAL BASS, MS, LPC



**ACADEMIC EDUCATOR  
OF THE YEAR**  
**PATRICIA FINGERHUT,**  
Ph.D., OTR



**STUDENT  
LEADERSHIP AWARD**  
**WESTON DECKER**



**HONORARY  
LIFE MEMBER**  
**O JAYNE BOWMAN,**  
Ph.D., OT



**HONORARY  
LIFE MEMBER**  
**RUTH DODDS,**  
OTR



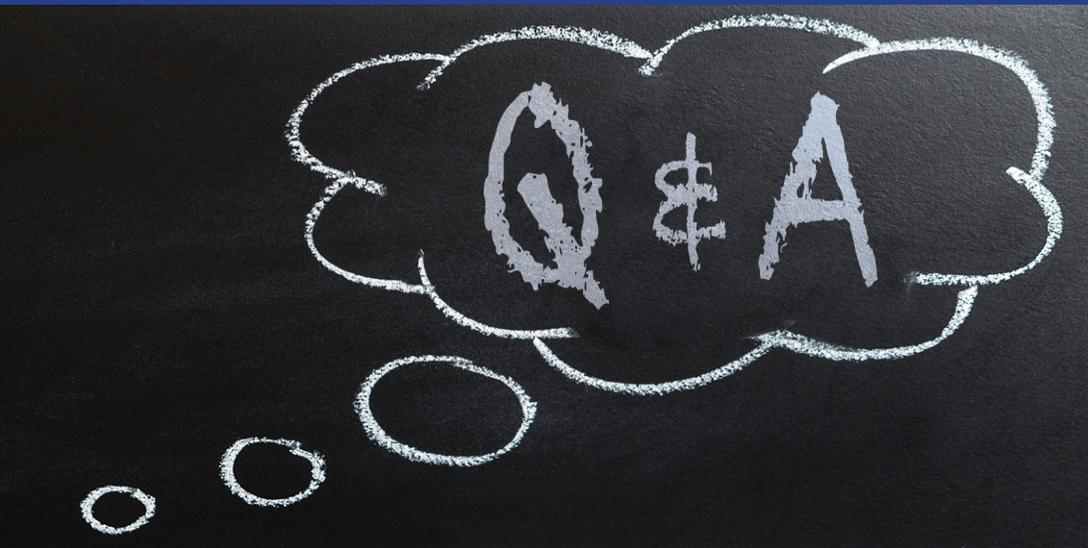
**HONORARY  
LIFE MEMBER**  
**JEAN POLCHINO,**  
OTR, MS, FAOTA



**HONORARY LIFE MEMBER**  
**SOPHIE RYDIN,**  
Ph.D., OT



**HONORARY LIFE MEMBER**  
**LEONARD SOBEL,**  
OTR, MOT



## Q&A WITH JASON STARK

[www.tota.org](http://www.tota.org)

### **TOTA: Explain how your career started and how or why you decided to go into OT?**

**JASON:** I have a passion to serve and a passion for healthcare. Being introduced to OT by my sister, who is also an OT, was the antithesis of me applying to OT school. I graduated OT school from Texas Tech University Health Science Center in 1999. I initially began treating adults and quickly switched gears to pediatrics which was the focus for the majority of my career focusing on Sensory Integration. I received SIPT certification training and training from some of the greats such as Erna Blanche, Susanne Smith-Roley, and Shelly Lane. I have been in administration for the last 16 years, where I have been leading teams in several practice areas including pediatrics, home health, adult outpatient, and ABA.

### **TOTA: What is your favorite part about your current job?**

**JASON:** I enjoy the opportunity to serve our leadership team to equip them with the skills to be their very best self. This directly translates into employee satisfaction and patient satisfaction. I believe in a fun workplace that has a strong vision and value system in which to use when making all decisions.

### **TOTA: What is your favorite thing about TOTA?**

**JASON:** The people. As small as the OT profession is there is still a propensity to get stuck in your workplace bubble. TOTA allows you to network and be introduced to a variety of people with different passions and skill sets and all of which are centered around serving others. Being able to have a seat at the table when decisions are being made by governing boards that are not OTs is especially important and TOTA provides this.

### **TOTA: How has TOTA helped you in your career?**

**JASON:** Ongoing learning and leadership opportunities. Volunteer service is different than employer service. There is a different skill set to be learned, and TOTA has been instrumental in my learning of non-profit organizations as well as leading volunteers to have a greater impact on our profession and each other.

### **TOTA: What and how would you like to hear from TOTA members?**

**JASON:** I want to hear from members and non-members. You can email me at [totapresident@tota.org](mailto:totapresident@tota.org). I want to hear what is working well for you all as well as ways we can improve our service to members. I want to hear ways that we can convert

non-members into members by bringing value.

### **TOTA: Do you have any words of wisdom for students and new graduates just entering the field?**

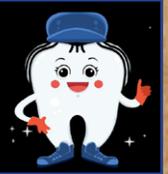
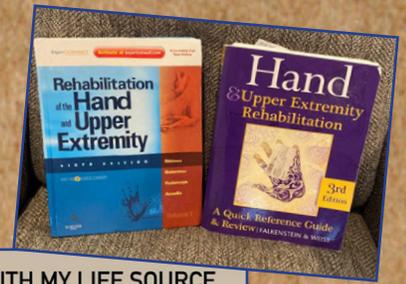
**JASON:** Never Stop Learning and Be Humble. There is always an opportunity to learn. Some opportunities are comfortable, and some will challenge you and both should be attempted. Approaching your patients and our profession with humility is needed so you can be your best self.

### **TOTA: From a business standpoint, how has COVID affected your workplace?**

**JASON:** COVID spring boarded our use of our existing Telehealth platform. Overnight we went from providing <2% services via Telehealth to approximately 25% - 35%. Fortunately, we were able to seamlessly increase our reach to our patients to avoid interruptions of care. It has also taught us important lessons about using technology for efficiency and has dramatically improved our productivity. A key takeaway for me is when you need to move, you need to move fast!



# 2020 TOTA VIRTUAL CONFERENCE - THANKS FOR ATTENDING!

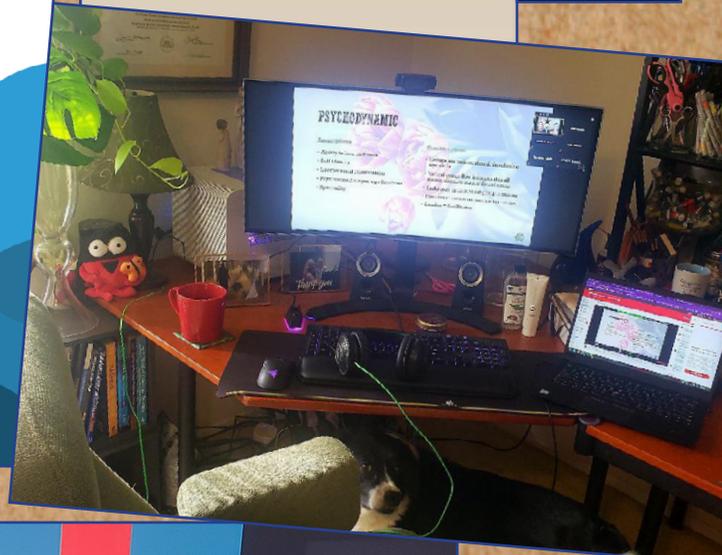


TOTA 2020 Annual Conference (Virtual)



## 202: The 2020 Clinician Guide to Occupatio...

Lynda Jennings, OTR, RAC-CT  
The Village at Incarnate Word  
Vice President of Clinical Services and Compliance



### BUSINESS MEETING!

## TOTA Accomplishments cont.

Ongoing updates and improvements to the website  
Heather Logan

Restructured the cost of the approved provider fees

Implemented the school-based practitioner's advisory board and forum

Made a public statement on Racism

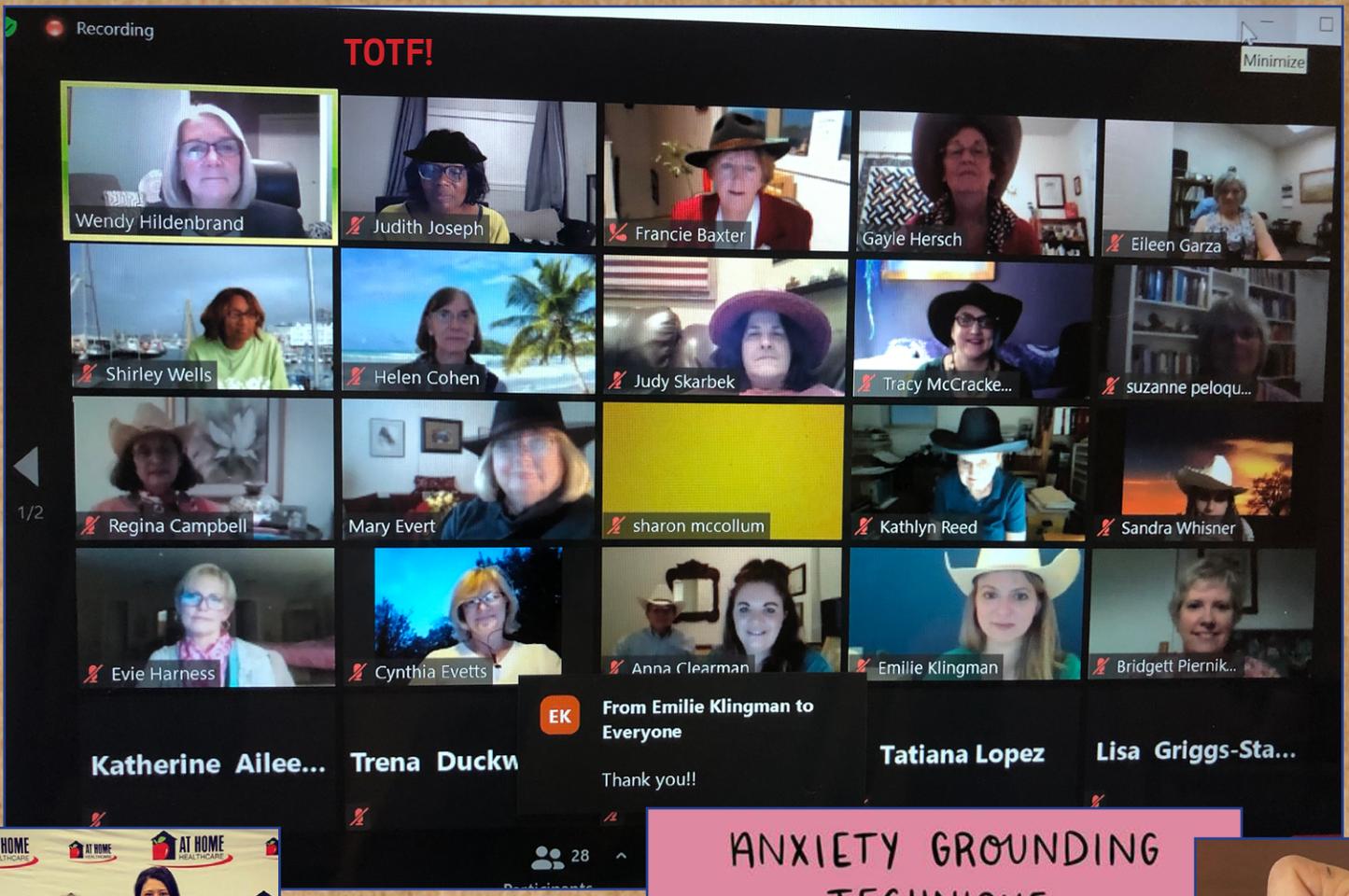
Initiated an Adhoc Committee on Diversity, Equity, and Inclusion



2021 CONFERENCE REGISTRATION WINNER - AUTUMN CLEGG



# 2020 TOTA VIRTUAL CONFERENCE - THANKS FOR ATTENDING!



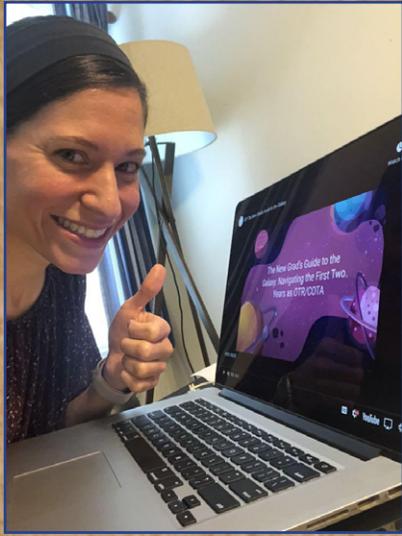
## ANXIETY GROUNDING TECHNIQUE

focus on your breathing, then identify

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

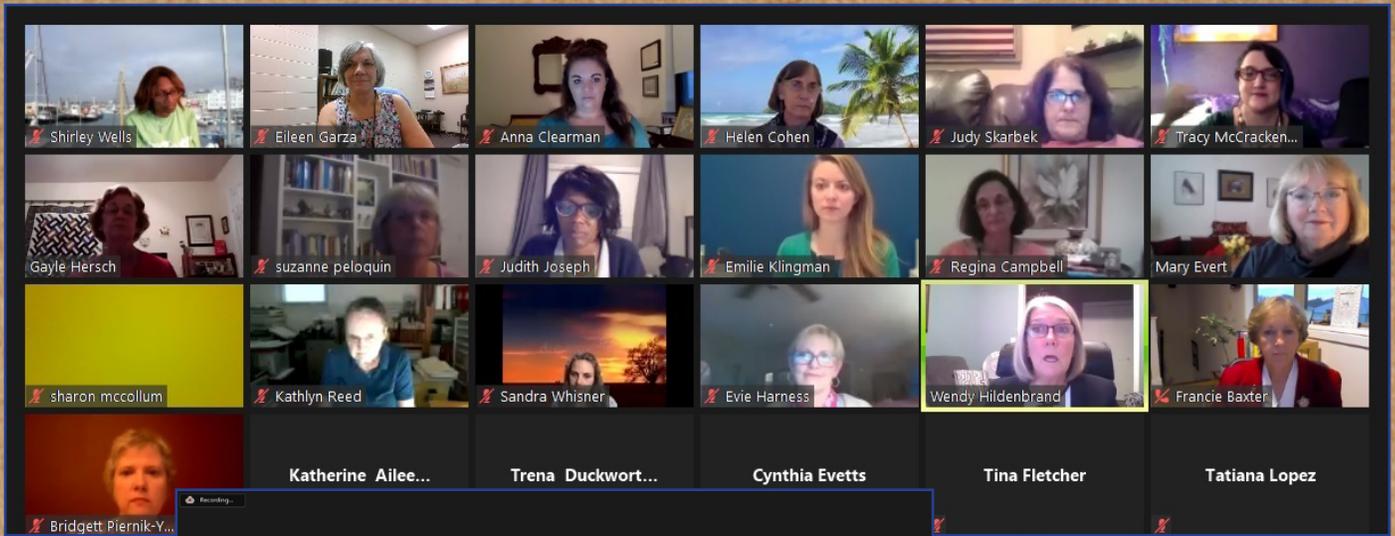


# 2020 TOTA VIRTUAL CONFERENCE - THANKS FOR ATTENDING!



# 2020 TOTA VIRTUAL CONFERENCE - THANKS FOR ATTENDING!

WISDOM AND WINE



Recording...

## What fries your onions?




Successful Summit

TOTA

Eileen Garza

Cassandra Ely

Susan Nickelson

Robin Clearman



SEE YOU NEXT YEAR AT  
THE 2021 TOTA ANNUAL  
CONFERENCE IN  
SUGAR LAND, TEXAS  
NOVEMBER 5-6

# STUDENT

# ZONE

## Q & A

### GET TO KNOW YOUR NEW STUDENT REPS

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

**J**ennifer Sanchez is a second-year OTD student at UT Health San Antonio. She chose occupational therapy as a career because she personally experienced how this profession improves patients' quality of life by enabling them to engage in meaningful and purposeful occupations. Jennifer currently serves as a TOTA State Student Representative; her mission is to help meet students' needs across Texas.

#### Fun Takes from your OT student rep: Jennifer Sanchez-Morales

**TOTA: Describe yourself in one word?**

**JENNIFER:** Adventurous

**TOTA: What's your favorite movie quote?**

**JENNIFER:** "You must always have faith in people. And, most importantly, you must always have faith in yourself." - Elle Woods, Legally Blonde

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

**JENNIFER:** Spinning classes

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

**JENNIFER:** Goofy

**TOTA: Marvel or DC?**

**JENNIFER:** Marvel

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

**JENNIFER:** Both

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

**JENNIFER:** Instagram

**TOTA: Spotify or Pandora?**

**JENNIFER:** Spotify

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

**JENNIFER:** Not right now

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

**JENNIFER:** I would have pasta, sugary drinks and sweets at the bottom of my food pyramid (bc pasta and desserts are my fav) and milk, yogurt, and cheese at the top. Everything else would stay how it already is in the food pyramid.



Continued on page 19

## STUDENT SATISFACTION SURVEY

[www.tota.org](http://www.tota.org)

TOTA leadership wants to learn what type of support and services you need as a student. A Student Satisfaction Survey was created so you can share your opinion about TOTA benefits. During the Annual Conference, 55 students completed the Student Satisfaction Survey – thank you! Your feedback will be used to review current services and create new ones which benefit students. You do not need to be a member to complete the survey.

Use the link below to access and complete the Student Satisfaction Survey.

<https://forms.gle/HccccEui5zdnEsxX7>

Comments or questions?

Contact us: [otsudentrep@tota.org](mailto:otsudentrep@tota.org) | [otastudentrep@tota.org](mailto:otastudentrep@tota.org)





**M**y name is Dulce Paredes and I am currently a second year OTA student at San Jacinto College. I have a Bachelor of Science in Exercise Science from the University of Houston and plan on graduating from my OTA program in May 2021. I love to help people reach their full potential with anything they choose to do. This is why Occupational Therapy really called out to me and why I love it so much. I hope to specialize in a pediatric or geriatric setting after I graduate. In my free time, I love to strength train and spend time with my friends and family.

### Fun Takes from your OTA student rep: Dulce Paredes

**TOTA: Describe yourself in one word?**

**DULCE:** Kind

**TOTA: What's your favorite movie quote?**

**DULCE:** "To infinity and beyond!" - Buzz Lightyear, Toy Story

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

**DULCE:** Strength training

**TOTA: Marvel or DC?**

**DULCE:** Marvel! :)

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

**DULCE:** Stitch

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

**DULCE:** Starbucks!

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

**DULCE:** Instagram

**TOTA: Spotify or Pandora?**

**DULCE:** Spotify

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

**DULCE:** Yes! I have two small dogs. :)

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

**DULCE:** Deserts would be at the bottom (because I love all deserts), then fats and proteins. Veggies would be at the very top. I am not a big fan of any veggie taste!

## How Well Do You Know Your Occupational Therapy History?

1) Who is considered the "Mother of Occupational Therapy"?

- A. Susan Tracy
- B. Eleanor Clark Slagle
- C. Susan Johnson
- D. Olivia De Havilland

2) Who is considered the "Father of Occupational Therapy"?

- A. Dr. James Kirk
- B. Dr. Alberto Dumont
- C. Dr. Robert Brown
- D. Dr. William Rush Dunton, Jr.

3) What was the Rehabilitation Act of 1973?

- A. Prohibited discrimination against people with disabilities.
- B. Gave people with mental or physical disability the right to live independently and pursue careers
- C. Designe to facilitate the advancement of vocational rehab services to disabled peoples.
- D. All of the above

4) The Red Cross called upon Occupational Therapists to help WWI veterans adjust to civilian life.

- A. True
- B. False

5) Work therapy was created in 1904 by President William Howard Taft.

- A. True
- B. False

1: B, 2: D, 3: D, 4: A, 5: B  
http://www.occupationaltherapy.org/occupational-therapy-history-07-11-2021

**TOTA**  
Annual Conference

SAVE THE DATE:

NOVEMBER 5-6, 2021  
SUGAR LAND, TEXAS