

Vermont Occupational Therapy Association

VOTA Book Fund Scholarship

Application Due Date: JULY 31st 2018

Please visit our website for a full application

<https://www.vermontot.org/diane-aja-scholarship>

Purpose

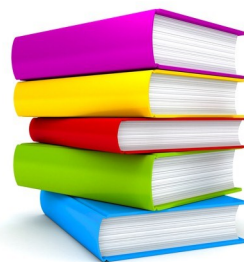
The VOTA Book Fund Scholarship is designed to provide financial assistance to qualifying Vermont residents attending an accredited master of occupational therapy program or first two years of a COTA program with the purchasing of academic books.

Scholarship Awards

The scholarship award includes \$500.00 for the academic calendar year (2018-2019). One applicant is to be awarded the scholarship. The scholarship money is to be used specifically to purchase books required and recommended by the occupational therapy program. The scholarship is awarded on a yearly basis and is not renewable.

Criteria

- Applicant must be a resident of the state of Vermont
- VOTA Member
- Applicant must be enrolled in an accredited occupational therapy program, be enrolled in a graduate degree program or first/second year for a COTA program.



AOTA Vision 2025

Occupational Therapy maximizes health, well-being and quality of life for all people, populations and communities by providing effective solutions to facilitate participation in everyday living.



Summer Quarterly
2018

VOTA Officers:

- President: Caren Maslowsky
- Vice President: Karen Fiekers
- Secretary: Tabitha Davis-Barron
- Treasurer: Karen Downey
- Newsletter Chair: Kristen Jackson
- Membership Chair: Viki Delmas
- Legislative Chair: Todd Patterson
- Public Relations: Lesley Bardins
- RA Rep: Ela Dupont

Inside this issue:

Contact Information	2
AOTA Conference Photos	
President Update	3
Treasurer Update	4
Managing Change	5
Legislative Update	6
Our Mission	7

We have updated our contact information!!!!

VOTA Board Member email list:

Caren Maslowsky: President otvermont@gmail.com

Karen Fiekers: Vice President votavp@gmail.com

Tabitha Davis-Barron: Secretary votasecretary@gmail.com

Karen Downey: Treasurer votatreasurer@gmail.com

Viki Delmas: Membership Chair votamembership@gmail.com

Todd Patterson: Legislative Chair votalegislative@gmail.com

Kristen Jackson : Newsletter Chair votanewsletter@gmail.com

Leslie Bardin: Public Relations votapublicrelations@gmail.com

Ela Dupont: RA Representative vermontrarep@gmail.com

Stay tuned!!!!

A Meet and Greet is in the works for the Montpelier Area September 2018

Pediatric OTs want to organize a gathering. Focus will be on Pediatric School-Based Issues. VOTA will sponsor and provide funds for appetizers.



AOTA President Amy Lamb welcomes everyone to Salt Lake City



4 New England state presidents working together on a project at ASAP leadership meetings



Caren takes it all in from the center of the action



Caren representing Vermont at the 2018 AOTA Annual Meeting



Summer Quarterly
A MESSAGE FROM YOUR PRESIDENT

Caren Maslowsky, OTR/L



Hello! I hope you all are enjoying summer with your families and taking the opportunity to refresh yourselves with outdoor activities and fresh fruits and veggies of the season. I'm especially fond of farmer's markets as a place an O.T. can appreciate. All of the senses feel excited by a Vermont tradition of summer. Not to mention, gardening is an old school occupation at the "root" of our profession. *wink*

April was also a special month for Occupational Therapy, considering O.T. Month and AOTA Conference. If the Centennial in Philly was energetic, I would call Salt Lake City at 5K feet elevation and as a new state President... *climactic!* I had the privilege of joining other state presidents and Representative Assembly members for leadership training and networking. This is truly a group of innovators and dedicated leaders. You might say it felt like we were part of the Congress of Occupational Therapy.

A hot topic on the minds of conference attendees was, not surprisingly, the proposed mandates to raise entry level education requirements for Occupational Therapists and Assistants by 2027. Many expressed passionate opinions of support for dual paths of entry. Some educators and program directors were concerned their schools would not have the resources to upgrade to a four year OTA program. Those who spoke in favor cited the need for practitioners with solid understanding of evidence based practice to reinforce the validity of our profession. I hope you took the opportunity to participate in the ACOTE survey. Updates on the ACOTE mandates can be found on the [AOTA.org](https://www.aota.org) website, under the Education & Careers tab.

Personally, I am considered "grandfathered in" with a bachelor's degree from the pre-Master's era. I do admit, sometimes I feel like a grandfather when it comes to new technologies, while being mindful of what the new graduates are learning! With that said, even though an O.T. clinician would not be required to return to school for advanced degrees to continue to practice, I warn against adopting an attitude of complacency. Our healthcare world is such a dynamic environment. It would be dangerous to ignore issues such as changing reimbursement patterns and challenges to O.T. Scope of Practice. As VOTA President, I spend several hours each week reading updates from AOTA, legislative watch groups, and communicating with state presidents and others as to what is happening on the clinical, business and political fronts. Then there are continuing education mandates.

I know, not everyone has time for that, or even interest. There are less complicated, yet effective, ways to demonstrate competence and remain relevant in today's market. Are you familiar with the new Digital Badge program offered by AOTA? After completing a series of inexpensive online courses, AOTA members are eligible to display a digital "badge" on their resume, email signature and social media profiles. Specialties include home modification (my choice), autism, falls prevention, and low vision.

The initial meeting with Castleton University President Karen Scolforo in May was a positive move toward developing a COTA program in Vermont. The VOTA Higher Education Committee will reconvene on July 19, along with Scott Homer, Program Director from Maria College in Albany. We will keep you informed how you, as Vermont O.T.'s and O.T.A.'s can protect our practices and show your support for the future generation of O.T. education. The first step would be to keep your VOTA and AOTA memberships current. But you knew I was going to say that, didn't you?

Be well,

Caren



Hello All VOTA Members-

The VOTA Board and other volunteers have been very busy working on a variety of new OT issues across Vermont. Here are just a few you can help us with-

-There will be a **Survey Monkey** emailed to all VOTA Members within the next few weeks to gather input on where best to hold the 2019 VOTA Conference, as well as ask for suggestions on session topics, Keynote speakers, length of sessions, and month of conference. Since the VOTA Membership year runs from January to December, usually the Annual Conference is held in February, but this is not cast in stone. Please complete your Survey as soon as possible.

-The **VOTA Board Meetings are held most months on the 3rd Thursday** from 6:30-7:45. If you want to know more about Board activities, you are encouraged to join a meeting either in person or via telephone conference call. Email a Board Member for more information how to participate.

-The VOTA Board is beginning to plan **OT Meet and Greet gatherings** across Vermont; presently Montpelier area in the Fall will be our first gathering with local OTs; stay tuned for details via email, VOTA Facebook, North Country OT Facebook and the VOTA website

-A reminder that the **VOTA Website and VOTA Newsletter** can provide space for any OT employment advertisement; cost \$150 for a full-page in the VOTA Newsletter and 3 months on the VOTA Website. See the VOTA Website for details or contact the VOTA Newsletter Chair person directly.

-**2018 VOTA Members Directory** will be completed soon, and emailed.

-With the development of both the **OTA program at Castleton University and the OTD program at UVM**, VOTA is seen as a highly respected and necessary state organization representing Vermont OTs . Please encourage your OT colleagues to become VOTA members. Our Membership numbers are growing! Also consider offering a few hours to volunteer for various projects, such as providing Letters of Support for the OTA or OTD educational programs from your agency or institution. Please contact Karen Downey for more information on how you can help.

Thank You-

Karen Downey, OTR/L

VOTA Treasurer

votatreasurer@gmail.com

Occupational Therapy is where science, creativity and compassion collide.

Jessica Kensky, 2016 AOTA Welcome Ceremony and 2018 VOTA Annual Conference



Managing Change

One thing is true of health care, regardless of the field in which you work: Change is inevitable! Things change, and once you get used to those changes, things change again.

Recently at our agency, a short course was presented on leading through changes in the workplace. I thought I would share some of the information presented in the hopes that it would be helpful in supporting some on their path toward accepting health care changes.

One step identified to manage change is to expect that change is inevitable and try to develop a culture where people are comfortable with change. This is easier said than done, but if you set an expectation that nothing is set in stone from the beginning, change can be easier to accept for those around you.

Another step identified is to explain to other how a change will affect them. It's natural to want to understand, "What's in it for me?" when it comes to a change that has occurred or will be occurring. Any time there's a major change or development at work – positive or negative – people will need time to reflect, react, and adapt to that change. Give it time so people can work through their own processing around a change, and everyone will benefit. If you seek first to understand before you try to be understood, you're more likely to be successful in moving both yourself and others through the cycle of change toward acceptance.

There are some really great resources online about managing change in the workplace. Some links are included below. I hope you take the time to explore some of them and learn more about change management!

<https://changecycle.com/change-cycle/>

<https://www.inc.com/eric-morgan/5-tips-for-effectively-managing-change.html>

<https://www.thebalancecareers.com/managing-change-managing-people-s-fear-2275302>

Submitted by
Ela Dupont
VOTA RA Rep

Recommended by Kristen Jackson
VOTA Newsletter Chair:

A personal favorite of mine which discusses ways to support change at work and in life.

"Who Moved My Cheese?" by Spencer Johnson, M.D.

10th Anniversary Edition—Now With New Material

An A-Mazing Way to Deal with Change in Your Work and in Your Life

**Who
Moved
My
Cheese?**

Spencer Johnson, M.D.

Foreword by Kenneth Blanchard, Ph.D.

coauthors of **The One Minute Manager**

The World's Most Popular Management Method

Read by
Tony Roberts
and Karen Ziemba



Featuring a
10th-Anniversary
interview with
Spencer Johnson

An update from our legislative chair, Todd Patterson:

Legislative Chair Update

Current State Legislative Trends, not specific to VT:

- Scope of practice bills- Athletic Trainers, Drama and Dance Therapy, Music Therapy etc
- OT as AMH- Allied Mental Health Professional- independent involvement and billing allowances
- Changes in Medicaid reimbursement
- Alcoholism and substance abuse practitioners- licensure and standards of practice
- Telehealth- inclusion of eligible professions

Current Federal Regulatory Trends:

Opioid legislation including OT practitioners advances in the House Committee



The proposed Patient Driven Reimbursement Model for Medicare SNF reimbursement continues to raise concerns regarding “Medically Necessary Therapy” and the limitations it could cause for therapy services reimbursed by CMS

Congressional budgets developed with AOTA advocacy resulting in:

- A pull-back of proposed SNF Administrative oversight of the use of Group and or/ concurrent therapy
- Ensured continued funding of OT programming for Behavioral Health
- Ensured increased funding of school support services for OT

Tricare to create a formal rule allowing the treatment of those patients by COTA/ PTA

ADA proposed changes that would reduce the support of those individuals successfully opposed by AOTA

CMS proposed changes for 2022 to reduce reimbursement for treatment provided by COTA also opposed by AOTA (ongoing)

Home Health payment method to eliminate Therapy thresholds effective 2020

Please see links below

AOTPAC American Occupational Therapy Political Action Committee: <https://www.aota.org/Advocacy-Policy/AOTPAC.aspx>

Congressional Affairs: <https://www.aota.org/Advocacy-Policy/Congressional-Affairs.aspx>

Join or update your email via TRIPSCY-RIPSCY ListServe

Lisa Hurst-Bouffard is at the Center on Disability and Community Inclusion (CDCI) at UVM- home of the I-Team and Continence Project

She will set up new OTs with the TRIPSCY-RIPSCY listserve emails– Lisa.Hurst-Bouffard@uvm.edu

Any Pediatric or other OT interested in school-based and outpatient OT pediatric practice please contact Lisa directly to join. This is a major communication tool for school-based OTs across Vermont!



VOTA

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The mission of the Vermont Occupational Therapy Association (VOTA) is to promote and advance occupational therapy practice, research, legislation, and education, and to support occupational therapy practitioners in Vermont. The Association serves its members by providing support services, acting as a public advocate of occupational therapy, and participating in cooperative interaction to meet the needs of the professional and the public.

**Please visit our new
website:**

www.vermontot.org

VOTA Membership



Continue your VOTA Membership!

Encourage co-workers and friends who are Occupational Therapists and Occupational Therapy Assistants to consider becoming a member of our organization.

Please apply on our website or request an application form from our membership chair to sign up for a 1 or 3 year membership with VOTA.

Questions?

Please contact:

Viki Delmas

email: vikidelmas@yahoo.com





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