

# VOTA VOICE

Virginia Occupational Therapy Association

Volume 1, Issue 1

## President's Letter

It is with great excitement and anticipation that I begin my term as President of VOTA. In May of this year I had the honor to speak at the Southwest Virginia Community College Occupational Therapy Assistant Program's Pinning and Awards Ceremony. Many of my thoughts come from that speech but are relevant to building momentum for the future of VOTA.

Do you ever feel like too many people misunderstand Occupational Therapy? An Occupational Therapist told me about her visit to a kindergarten classroom. When she arrived, her student, a little boy loudly announced to the classroom, "the OT is here!" Another student said to the therapist, "I know what OT means". She asked him to tell her what OT means and he proudly announced, "oriental therapist"!

If you want to strengthen your identity as an OT practitioner I suggest you attend an AOTA or VOTA conference. This past April I attended the 86th American Occupational Therapy Association Conference. The theme was, 'building momentum' and 'moving forward'. The discussions of moving forward frequently included the concepts of science driven and evidence based practice to compete in the

future. But, just as often the discussion returned to our rich history of using engagement in meaningful occupation to help people heal.

The students I spoke to have learned the importance of a child's play as occupation and demonstrated this importance when their class presented toy recommendations to parents at a local library. They learned that through the creative struggle of participating in life's occupations our clients gain control over lives disrupted by illness and disability. These new OT practitioners now realize the incredible impact they can have on people's lives. To make an even greater impact, I told them not to practice their profession alone.

Carolyn Baum, the past AOTA President in her address to the members of AOTA said, "flourish in collaboration with others and through that collaboration seek to remove barriers that limit" people with disabilities. "Find mentors and make connections." From this theme I have set goals for myself that reflect Carolyn Baum's recommendations. VOTA needs to build membership by supporting connections between the OT practitioners in our commonwealth. We need to establish connections with the already

established statewide organizations that support the same interests as us, such as the Virginia Disability Advisory Council and the Office on Aging. There are places for us in disability advocacy, disability awareness, and in emergency preparedness. VOTA has already begun these connections through the work of Judith Schoonover, our Continuing Education Chair with the CarFit and Rebuilding Together workshops. VOTA and AOTA are actively working with the Virginia Occupational Therapy Advisory Board to initiate changes in OT regulation per the new AOTA Model State Regulation for Supervision, Roles, and Responsibilities During the Delivery of Occupational Therapy Services. This is re-opening the door to seeking licensure for COTAs in VA.

Connect and join the momentum of VOTA moving into the future. Help us fight the good fight for all occupational therapy practitioners in the Commonwealth of Virginia. I look forward to seeing many of you at the VOTA Fall Conference at Shenandoah University in Winchester, September 22 & 23. Please stop by for a chat during conference.

With warmest regards,  
Grace Williams, MEd, OTL, ATP,  
VOTA President



**Grace Williams,  
VOTA President**

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**VOTA FALL CONFERENCE**  
**September 23-24, 2006**  
**SU, Winchester, VA**

## District News

### Capital District

A welcomed change has befallen the Capital District Chair; you may notice a different name. As of June 2006, Ashley Palat became Ashley DaVanzo in a beautiful beach ceremony. A new mark was added to my role checklist in the pursuit of happiness and lifelong companionship.

Now, fall is approaching and the Capital District is gearing up for a season of new meeting topics. At our most recent meeting, members identified areas of curiosity such as legislation, wheelchair assessment, driving evaluations, and vi-

sion testing. Other suggestions and/or speakers as well as meeting locations are always welcomed to reach all member interests and localities.

Please watch your email and the Capital District site on the VOTA webpage AT [www.vaota.org](http://www.vaota.org) for updated details of current meetings. For questions, concerns or ideas, please email me.

See you at the next meeting!

**Includes zip codes: 224-225, 230-32, 238-239**



**Ashley DaVanzo,**  
Capital District Chair  
[capital@vaota.org](mailto:capital@vaota.org)

### Northern District

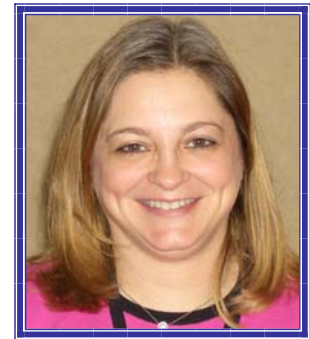
Greetings from your Northern District Chair. My name is Noelle Kniemeyer. I am a graduate of Shenandoah University and work in a skilled nursing facility in Reston. I was elected this year as the district chair. The district covers a wide area with zip codes starting with 201, and 220-223. In other words, Winchester to Alexandria! I hold 4 meetings a year, with each meeting having different formats. The meetings are a chance to network with other local OT's with varying levels of experience. It is a chance to discuss new ideas, interventions, practices, thoughts, and aspirations. The

meetings are an opportunity for our fellow peers or outside presenters to provide in-services to enrich our practice and is a great way to earn contact hours for continuing education.

I look forward to serving as your Northern District Chair and welcome everyone's suggestions for meeting topics and in-services or if you are interested in having a meeting at your facility.

I look forward to meeting you at the Fall VOTA conference in September.

**Includes zip codes: 201, 220-223**



**Noelle Kniemeyer,**  
Northern District Chair  
[northern@vaota.org](mailto:northern@vaota.org)

### Southeastern District

The Southeastern District welcomes Kelly Fleming as our new district co-chair. She will be sharing the chair position with Amanda Leo.

Mark your calendars for the following local continuing education opportunities:

September 12, 2006, 6-8 p.m.  
Topic: Low Vision Rehabilitation  
Speaker: Kelly Fleming, OTR/L

**Includes zip codes: 233-237, Williamsburg & Eastern Shore**

Location: Sentara Nursing Center  
249 S. Newtown Rd.  
Norfolk, VA 23502  
(757) 892-5500

November 14, 2006, 6:00 to 8:00 p.m.  
Topic: Lymphedema  
Speaker: Kathy Withrow, OTR/L  
Location: Sentara Obici Hand Center  
2800 Goodwin Blvd  
Suffolk, VA 23434



**Amanda Leo,**  
Southeastern District Co-Chair  
[southeastern@vaota.org](mailto:southeastern@vaota.org)

## Got Cheese?

***"The art of progress is to preserve order amid change and to preserve change amid order."***

**Alfred North Whitehead (1861-1947), American philosopher**

Published in 1998, a small motivational book entitled, *Who Moved My Cheese? An Amazing Way to Deal with Change in Your Work and in Your Life* by Spencer Johnson, M.D. (The One Minute Manager, The Precious Present) describes change, in one's work and life, and four typical reactions to said change. The book is written as a simple parable that reveals profound truths, relating the story of four characters that live in a "Maze" and look for "Cheese" to make them happy. "Cheese" is the metaphor for what people want in both their personal and professional life. The "Maze" symbolizes the place where people look for what they want.

In the story, the characters are faced with unexpected change. One of the characters writes what he has learned from his experience on the maze walls:

- Change Happens
- Anticipate Change
- Monitor Change
- Adapt To Change Quickly
- Change
- Enjoy Change!
- Be Ready To Change Quickly And Enjoy It Again & Again

We encounter change every day in our personal and professional lives. It embodies both profound losses and endless possibilities. How we handle change and support those who are facing change in their lives is core to occupational engagement and quality of life.

As a profession, occupational therapy has

the potential to grow in new and different directions with a future of growth and opportunity, but only if practitioners are informed and proactive. The American Occupational Therapy Association's Centennial Vision gives practitioners a roadmap to follow:

- Maintain momentum in building and retaining membership.
- Stay focused on Centennial Vision priorities and translating them into achievable goals that can be phased in year by year.
- Vigilantly protect traditional practice areas through advocacy while seeking out new opportunities in accord with the Vision.
- Reinvent aspects of occupational therapy in response to emerging societal needs while remaining true to our core values.
- Mark progress in the public sector and create widespread public awareness of Occupational Therapy's importance for improving the quality of life for all.

In order to be credible as agents of change, professionals must engage in and be aware of trends in Evidence-Based Practice (EBP). The National Rehabilitation Information Center (NARIC) offers two free online services that support EBP:

- REHABDATA Connection [http://www.naric.com/services/rehab\\_connect.cfm](http://www.naric.com/services/rehab_connect.cfm), a monthly listserv that provides abstracts of newly published articles on topics of interest (e.g., home modification).

The free subscription allows members to select topics to track

- reSearch <http://www.naric.com/public/reSearch/>, a monthly feature that presents abstracts of articles on topics posed by real world scenarios (i.e., evidence-based practice in life skills training).

Additionally, VOTA membership allows members to access OTDBASE via the Members only area of the VOTA website. OTDBASE offers three methods to search for journal abstracts.

To navigate the maze of change, it is important to pay attention to the signposts that guide the way. Maintaining professional memberships, reading professional journals, attending conferences, networking, engaging in a mentor/protégé relationship are all ways in which professionals can both blaze trails, and/or follow the leaders. VOTA members are urged to follow the leaders by coming to the 2006 Annual Fall Conference at Shenandoah University.

The bottom line is change happens. How we deal with it has to do with how we prepare for it. When your cheese is moved, and it will be, will you be ready?

*Judie Schoonover*



## VOTA VOICE in Education

### Shenandoah University News

Deborah Marr, ScD, OTR/L has been named as the next director of the Occupational Therapy Program at Shenandoah University (SU). Dr. Marr has been with SU since January of 2005 and began her new position August 15, 2006. She is replacing Dr. Yvonne Teske who will soon be retiring. Dr. Marr is excited to help the program move in new directions including more online learning and a part-time program (pending university approval) while maintaining the program's strong visibility in the community. In addition to her administrative duties, Dr. Marr will continue her research with local facilities such as Head Start and the Boys and Girls Club. She is also planning to start a research collaboration with Occupational Therapists in the Warren County schools. This should be an exciting and rewarding new phase of her career!

#### RETIREMENT NEWS

This fall, Yvonne Teske resumes the role of full-time teacher at Shenandoah University, Division of Occupational Therapy (SU-OT) after being the Division Director for 4 ½ years. Then, on January 1, 2007, she will retire from the university. Her career spans 45 years of occupational therapy practice and education. At her first AOTA Annual Conference, she listened to Mary Reilly say "man through the use of his hands, can influence the state of his own health". Everyone in the room stood up and applauded the inspiring words. In her practice and teaching areas of mental health, serious mental illness, and substance abuse she found the ideas in Mary Reilly's words meaningful to clients and families.

Dr. Teske will remain in Winchester, VA after she retires so she can take advantage of the many opportunities for art, music, horticulture, and history that she has been too busy to enjoy.

#### SU ALUMNI MEETING

Here at SU-OT, Dr. Yvonne Teske, Meghan Brown, MSOT, OTR/L, and Kari Frazier from the Alumnae Office are working diligently to create a strong alumnae support for the division and for Occupational Therapy in the region. Alumnae should contact Dr. Teske if interested in alumni planning.

On Saturday evening September 23 at 7PM, SU will hold an SU-OT Alumnae Happening on the 5<sup>th</sup> floor of the Cork St Facility in Winchester. This event is coordinated with the VOTA Fall Conference at Shenandoah University, September 23 and 24.

*SU Faculty*

**We thank Shenandoah University Faculty, Staff, and Students for hosting our annual Fall Conference!**

### Tidewater Community College News

It has been another great year for the Occupational Therapy Assistant Program here at Tidewater Community College! The Class of 2007 has survived it's first year and now begins the final few months until they graduate as TCC's first OTA class with AAS degrees! Out of the original 30 students, 24 have made it to the final round. The Class of 2008 class is comprised of 28 students: 16 Caucasian, 7 African-American, 4 Hispanic, and 1 Asian. As a special bonus, we now have 1 male student!

The adjunct faculty is also growing. This year, we are privileged to have a number of excellent teachers including: Anne Burke, Ed.D. (Psychosocial and Group

Process); Dr. Burke works at Walter Reed Hospital in D.C. and commutes to TCC each week, Amanda Leo, MOT, (OT Service Management), Tony Leo, MOT (Assistive Technology), Jennifer Ryan, COTA (Therapeutic Media), and Eric Schauer, OTR/L (Developmental Disabilities).

I continue to hold down the fort and teach the balance of the classes. I have published an article in *Advance for Occupational Therapy Personnel* and one in *Home Health Care Management*. Additionally, my newest book: *Occupational Therapy What It Is and How It Works* (Thomson Delmar Learning) was released in mid-August.

The Occupational Therapy class at Tidewater Community College won a free lunch last fall for having the greatest percentage of students join VOTA and we plan to get another free lunch this year! We also continue to hold our annual battery drive to help the children at St. Mary's Home for Children supplied with batteries for their toys.

We look forward to another challenging year here at Tidewater Community College in beautiful downtown Virginia Beach and we anxiously await the first class to graduate with an Associate in Applied Science as Occupational Therapy Assistants!

*William Marcil*

## James Madison University News

*To everything there is a season; a time to depart, a time to step back, a time to wed, and a time to give birth."*

Jeff Loveland will serve his final year as program coordinator during the 2006-2007 academic year. He has been coordinator since the inception of the OT program at JMU in 1997 and will stay aboard as a full time faculty member. He is planning on getting married in March 2007 and wants to devote more time to other interests—family and health maintenance first and foremost.

Amy Russell Yun and her husband are

expecting their second child, which is due in December. She has been busy scheduling level II affiliations for the students in the Class of 2007 and preparing her fall classes while anticipating her new arrival. Barbara Chandler has elected to leave her faculty position effective August 20. Barbara has been at JMU since January, 1999 and will be missed.

The Class of 2008 began coursework in June and has completed courses in anatomy and administration. The Class of 2007 has had the summer off and returned in August.

Three of our second year students also walked down the aisle this summer- Jen-

nifer Rowles, Melissa Thomas and Lindsay Roberts. They will all be sporting new last names on our fall course registration lists.

We will advertise for two full time faculty positions for academic year 2007-2008 this fall. Keep a look out for these announcements in both OT Practice and Advance for OT's.

We look forward to seeing everyone at the annual VOTA conference at Shenandoah University in Winchester.

*Jeff Loveland*

## Virginia Commonwealth University News

The Occupational Therapy Doctorate is up and running at VCU! We are very excited to say that we have admitted our first class of students. The program builds on existing practice skills, and is designed to move the professional into advanced practice arenas related to leadership. Leadership requires a vision of our potential future. This program is designed with this view of leadership and will encompass policy-making, proposal writing, advanced critical thinking, and the promotion of evidence bases for practice. Practitioners can enter the program with either a BS or an MS in occupational therapy. While primarily a distance education program, there is a requirement for short campus visits twice a year.

Along with the new OTD we have decided to continue to offer our online Post-Professional Masters Degree. We think this advanced degree offers an ideal preparation for anyone considering moving onto the Ph.D. The Post-Professional Masters degree will continue to emphasize the development of research skills, thus laying the foundation for the more traditional doctoral degree. And, the School of Allied Health Professions offers

an interdisciplinary doctorate that has been very well received. This program attracts students from a variety of allied health professions for the core courses, and students then branch off into their specialty area of study. We have some very astute occupational therapists enrolled in this program now, and can accept applications for the 2007 academic year. More information on this program can be found at <http://www.sahp.vcu.edu/aboutphd.htm>.

Please contact Jayne Shepherd ([jshepherd@vcu.edu](mailto:jshepherd@vcu.edu)) for more information on the occupational therapy Post-Professional Masters or OTD, or go to the web site <http://www.sahp.vcu.edu/occu/index.htm> and click on the program in which you are interested.

If you are interested in taking courses in leadership education in Neurodevelopmental Disabilities, there are spots available for students in this grant at VCU. This is an interdisciplinary on campus program that gives you additional resources for working with children with developmental disabilities. Students need to be pursuing or already have a masters

degree. More information is available on the web at <http://www.vcu.edu/partnership/Va-LEND.htm>.

And last, but certainly not least, some news tidbits... we have welcomed and initiated our class of 2008, and they have all completed their first summer successfully. Another great group of students that we look forward to having for the next two years. Beyond this we are pleased to announce that Juliet Copeland successfully defended her thesis entitled *Parent and therapist perceptions of sensory-based strategies used by occupational therapists in family-centered early intervention practice*. Congratulations to Juliet!

*Shelley Lane*

### Call to Students

**Write for VOTA VOICE!**

**Did you do a special fieldwork?**

**Is your school participating in a unique project or program?**

**Other ideas?**

**E-mail: [newsletter@vaota.org](mailto:newsletter@vaota.org)**

## Public Relations



**Jane Dettra,**  
**Public Relations Chair**

My name is Jane Dettra and I have served as a co-chair for the public relations position on the VOTA board for the past two years. Sadly, I need to resign to turn my full attention to the occupation of motherhood as I am expecting my second child. The board is currently looking for an outgoing and motivated person to fill my shoes. It is a wonderful opportunity to promote our profession in a creative and fun manner. Some of the projects that I have completed include:

- Developed an informational pamphlet about Occupational Therapy and adaptive gardening
- I am currently working on launching a state-wide project with Home Depot to educate the general public on adaptive gardening tips
- Distributed Occupational Therapy fact sheets to local high schools for career day in hopes to recruit OT students
- Designed a wellness pamphlet that was distributed to staff members in my school district in honor of OT month
- Sold promotional items and handmade crafts at the VOTA fall conference and the school symposium to raise money for VOTA
- Consulted with membership co-chairs to develop a welcome packet and strategize how to recruit members

*Jane Dettra*

## OPEN VOTA BOARD POSITIONS

**PUBLIC RELATIONS CHAIR**

**WESTERN DISTRICT CHAIR**

**SECRETARY**

**OTA LIASION**

**MULTICULTURAL LIASION**

**SCHOLARSHIP & AWARDS COMMITTEE**

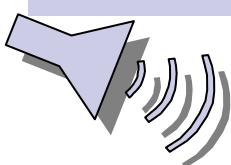


**If you are interested in any of these volunteer positions and would like to know more, please visit our website at [www.vaota.org](http://www.vaota.org) and click on “About VOTA”, then click on “VOTA Bylaws” to find further descriptions.**

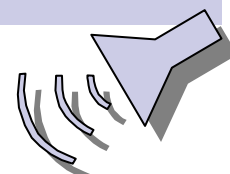
**Please also contact us at:**

**[office@vaota.org](mailto:office@vaota.org) or at 804-754-4120**

## NEW VOTA MEMBERSHIP BENEFIT



**Check this out!**



OTD Base is a database with more than 7000 abstracts from OT journals across the world. Students, Educators, and Clinicians will find the search function easy to use.

To access the OTD Base:

From [www.vaota.org](http://www.vaota.org) enter your last name and zipcode for user-name and passcode, respectively. Click on *Useful OT Links* under *Members Area*. Click on hyperlink to OTD Base, using the user-name and password listed under the hyperlink..

# VOTA ANNUAL FALL CONFERENCE

September 23-24, 2006,

Shenandoah University, Winchester, VA

We are on the web!

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

## Occupation Is the Core

### Continuing Education Workshops offered in the following areas:

- |  |   |   |
|--|---|---|
| <ul style="list-style-type: none"> <li>• Functional tone management</li> <li>• Distance education</li> <li>• Private Pediatric Practice</li> <li>• Political Advocacy</li> <li>• OT Practice Framework</li> <li>• Pilot study: Salivary Control</li> </ul> | <ul style="list-style-type: none"> <li>• Staging dementia</li> <li>• Pain management</li> <li>• Urinary Incontinence Management</li> <li>• For Students: Passing your Boards, Positive Fieldwork</li> </ul> | <ul style="list-style-type: none"> <li>• Sleep</li> <li>• Lin Interest Checklist</li> <li>• Career options</li> <li>• Assistance dogs</li> <li>• Hemiplegic shoulder</li> <li>• Disaster/Trauma Response</li> </ul> |
|--|---|---|

### *Join the Wine & Cheese Reception at the Old Town Events Center!*

**On-site registration**

**CORRECTED!**

*(do NOT follow directions listed in conference)*

DIRECTIONS—Health Professionals Building, 333 West Cork Street

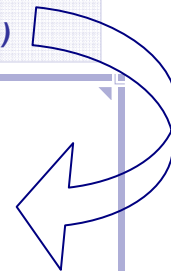
Take I-81 to exit 313 (Apple Blossom Mall/ SU Exit)

Follow Route 17N/Route 11/Millwood Avenue

Make a right onto South Cameron Street

Turn left onto E. Cork Street

End at 333 West Cork Street (building is on the left, parking along the street and opposite building)



## AOTA Updates

### MEMBERSHIP & CONFERENCES

- Preliminary year end results show that AOTA membership increased 2.1% during FY '06, or a net increase of 702 members. Our count stands at 35,070 on June 30<sup>th</sup> compared to 34,368 at the end of FY '05, our second consecutive year of membership growth. Thanks to all who have joined AOTA or renewed their memberships.
- Over 800 proposals have been submitted for the 2007 annual conference in St. Louis, a new record; cities under consideration for 2008 are Anaheim and Long Beach, CA.
- The Commission on Practice met at the national office July 7-10 to begin work on a variety of RA charges, and a large part of the meeting focused on the revision of the *Occupational Therapy Practice Framework: Domain and Process*.
- 200 people who were previously certified in either one of AOTA's former Board Certification programs for OTs or the Advanced Practitioner program for OTAs submitted "Intent to Participate" forms by the June deadline for the new Board and Specialty Certification programs.
- AOTA exhibited and presented at the Health Occupations Students of America (HOSA) from June 21-23, in Anaheim, CA. We also exhibited at the American School Counselors Association (ASCA) from June 24-26 in Chicago, Illinois.
- The 2007 Call for Nominations will be in the September 11 issue of *OT Practice*; AOTA will be electing a new Secretary, Treasurer-Elect, two Directors, COP, SISC, and CCCPD Chairperson-Elect, and OTA Alternate Representative to the Assembly.

### COLLABORATION WITH OTHERS

- AOTA continues to collaborate with AARP and the American Society on Aging in the national launching of CarFit, which will be held in 10 states next year in conjunction with AARP state affiliates. AOTA is coordinating the identification of local occupational therapists. ASA will launch a CarFit website in late July [www.asaging.org/carfit](http://www.asaging.org/carfit) and this site will have a section of information for occupational therapists and occupational therapy assistants.
- AOTA finalized and submitted a grant proposal to the federal Agency on Healthcare Research and Quality (AHRQ) on an occupational therapy evidence-based summit on mental health and psychosocial issues of children and adolescents.
- AOTA has recently participated in a number of external events including a poster presentation at the National Head Start Research Conference on AOTA's Evidence-based Review on Occupational Therapy for Autism Spectrum Disorders, the annual meeting of the American Optometry Association, and a presentation at a national coalition of mental health professionals and associations on the role of occupational therapy and its role in addressing children's psychosocial/mental health needs to coordinated by the National Alliance of Pupil Services Organizations (NAPSO).

### EDUCATION

- ACOTE met on August 3-6, 2006, to finalize the Standards for the occupational therapy assistant and occupational therapist master's degree educational programs. A process for transition to the new Standards will be disseminated. Programs will be required to comply with the new Standards by January 2008.

- Accreditation staff submitted ACOTE's petition for continued recognition to the U.S. Department of Education. ACOTE is scheduled for review by USDE's National Advisory Committee on Institutional Quality and Integrity (NACIQI) at its December 4-6, 2006 meeting.

### REIMBURSEMENT & ADVOCACY

- Attended American Medical Association (AMA) CPT Editorial Panel meeting to support inclusion of physician and non-physician practitioner team conference codes in CPT; AOTA submitted a proposal to the AMA CPT Editorial panel requesting revision of the neurobehavioral testing code
- Researched previously issued law, regulations, and policies in order to refute CMS change in policy which denies certification to outpatient occupational therapy providers.
- Sent comments to CMS Correct Coding Initiative (CCI) contractor developing "medically unbelievable edits".
- Made Congressional visits in support of expanding access to occupational therapy under the Medicaid program, meeting with several members of the Ohio Congressional delegation.
- AOTA staff traveled to Ohio to support OOTA's effort to gain private provider status for OT under Medicaid.
- Organized and participated in meeting with CMS officials and APTA regarding the effect on therapists of proposed rule on Competitive Acquisition of DMEPOS.
- Assisted the Tennessee Occupational Therapy Association with drafting the legislation to revise the state's OT practice act.

Susan Lin

## Your VOTA Board Members: Who are they?

Currently, I am the Chair of the Scholarship, Awards, and Nominations Committee. Several years ago I attended a VOTA district meeting where the announcement was made that "We need someone to look over the student applications for scholarship and then present them the check". I didn't mind reading applications and giving away money, so I volunteered. Little did I know that it meant that I would also be a Board member! I thought the Board of Directors was only a bunch of elderly faculty people! (I would not fit in!) But after attending the first Board meeting I found out otherwise and I was glad to be a part of this diverse and energetic group.

Serving on the Board has given me a broader perspective of OT in VA. I've learned about legislation, ethical problems, encroachments on our scope of practice, and issues in practice areas other than my own. Some of my responsibilities include exhorting students to apply for scholarships, reviewing their

applications, and presenting the scholarship awards at the annual conference.

Another fun part of my job is to review the nominations for Award of Merit and then arrange to make the selection and presentation of the award a surprise to the recipient. I also ask members to nominate persons for the Certificate of Appreciation. When positions on the Board become vacant, I search high and low for a replacement. Additionally, there are quarterly Board meetings on Saturday mornings that I attend as part of my chair role.

If you would like to become more involved in VOTA, I'd suggest starting out by attending VOTA district meetings. Ask your district chair if there is anything you can do to help in the district. Also, we are currently in need of a secretary, and I am in need of someone to work with me on the Scholarship, Awards, and Nominations Committee.

Sara Fleming



**Sara Fleming,  
Scholarship, Nominations, & Awards  
Chair**

*Sara graduated from Indiana University of PA in 1977 with a degree in psychology. After working 11 years for IBM as a computer repair technician, she was laid off and attended the Texas Woman's University in Denton TX, earning her MOT in 1997. Sara worked in Tucson, AZ for 1 year in a rehab unit, then spent some time as a traveling therapist before she started at VCU Health Systems. After 4 years there, she explored Home Health and returned to VCU Health Systems in adult Brain Injured Rehab, where she has been for the past 3 years.*

## VOTA IS HERE FOR YOU!

### Do you need to get in touch with VOTA? Please do!

Grace Williams, President  
 Nadine Gardner, Vice President  
 Rebecca Argabrite-Grove, Past President  
 Katherine Lawrence-Dragas, Secretary  
 Susan Lin, AOTA Representative  
 David Haynes, AOTA Alt. Repr.  
 Sara Fleming, Awards & Nominations  
 Judith Schoonover, Continuing Ed.  
 Holly Brown, Finance & Fundraising  
 Christy Surgeoner, Membership  
 Vesna Cotic Costello, Newsletter

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 Ashley DaVanzo, Capital District capital@vaota.org  
 Noelle Kniemeyer, Northern District northern@vaota.org  
 Amanda Leo &  
 Kelly Fleming, Southeastern District southeastern@vaota.org



**We look forward to hearing from you today!**



**Virginia Occupational Therapy Association**  
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**The Virginia Occupational Therapy Association is committed to advocate and further the development of Occupational Therapy in a changing world by:**

- Serving and supporting the interests of its members
- Maintaining the integrity of the profession
- Becoming involved in proactive legislation related to occupational therapy
- Ensuring association financial stability
- Serving and educating the community regarding health and occupational therapy



## From your Editor

Dear Valued VOTA Member-

Before you is your new edition of VOTA VOICE in a brand new format! We hope you enjoy this easier-to-read format and provide us with much appreciated feedback regarding the new format and content of this new edition.

As always, let me remind you that VOTA VOICE is intended to be your professional voice reflected and/or heard at the state level. We are striving to keep you educated and abreast regarding Occupational Therapy practice across the state of Virginia. It is our hope that we represent your voice in these pages and that you will become a vocal member of your

local and state-wide Occupational Therapy community through your involvement with VOTA.

While we are all busy clinicians, educators, and students, we all need a professional voice through which to channel our praise, concern, and knowledge as we move our profession forward. This is the perfect time to become involved with VOTA as we currently have several open positions. Every board member is a volunteer, dedicating his or her time and energy to the greater good of VA OT practice and education. Please consider giving of your time and joining us.

VOTA fall conference is just around the

corner, which offers valuable continuing education and networking opportunities—it may also be a time for you to explore the idea of becoming more involved in VOTA. Please find us at the fall conference (i.e. look for the membership table, registration table, continuing education table, or the people with “board member” banners attached to their name tags) and identify yourself as a VOTA member to any of the board members. We want to hear your voice—anytime, anywhere.

With Best Regards,

*Vesna Cotic Costello,*  
VOTA VOICE Editor