

# Occupational Therapy Association of Oregon

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## Viewpoint

Summer 2023 Newsletter



### OTAO

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**Editors: Aaron R. Proctor, OTR/L, Alisa Jordan Sheth, OTR/L, & Rachel Wolfe, OTR/L**



## Message From the President



Katie O'Day, OTAO President

I am writing to you today to express my excitement about accepting the role of OTAO President. I have been a member of OTAO for many years, and I have always been impressed by the organization's commitment to advocacy, education, and professional development. I am honored to have the opportunity to serve as your president and to work alongside you to advance the profession of occupational therapy in Oregon.

I am committed to continuing this work and to advocating for legislation that will benefit our profession and the clients we serve. I am also committed to promoting diversity, equity, and inclusion within OTAO and the profession of occupational therapy as a whole. I'm also a big picture thinker and I have great aspirations for OTAO. I believe that OTAO can be a leading voice in the advancement of occupational therapy in Oregon & nationally. I am excited to work with you to develop and implement a strategic plan that will help us achieve our goals.



**Around the State:** East to West, North to South, OT/A's are all around!



**Alyssa Phillips, OTR/L**

Clinical Education Coordinator at Pacific University and Continuing Education Chair for OTA/O

**Where do you live?** I currently live in Philomath

**What do you love about the area you live in?** I love the beauty of the Willamette Valley with easy access to the Oregon coast. Driving through the coastal range and arriving in Newport is one of my favorite experiences!

**What is your practice area and favorite thing about your work?** My current practice area is academics and my favorite thing about this work is combining my clinical skills (chronic pain and symptom management in upper extremity, industrial, and neurological rehabilitation) with current evidence to ensure that students and clients are getting the best resources and that students feel confident in serving their communities.

**What do you think is a major challenge in your community?** A major challenge in my community is access to care, with waiting lists that are incredibly long to see an OT, especially for pediatric clients. Another challenge is the need for resources surrounding chronic condition management, while there are some incredible programs, there is a need for people-power.

**Are you a member of OTA/O?** I am a member of OTA/O and some of the things I value about the membership are updates on licensure, continuing education opportunities, and the annual conference. I also hope to attend one of the “OT Night Out” events soon!



## AOTA Representative Update

Hello OTA members! I have served as your Oregon representative for AOTA's Representative Assembly (RA) since 2017. I passed the torch to Dr. Kristin Nxumalo on June 30, 2023. Trust me, we Oregon occupational therapy practitioners (OTPs) are in good hands.

I wanted to share some takeaways with you from my tenure as your AOTA representative. First, we shared our thoughts through representative assembly motion survey participation on important issues including entry point into the profession and diversity-equity-inclusion related motions. Second, there is always room for more engagement as Oregonian OTPs with AOTA. Make your voices heard more often and regularly! Our seat at the RA table is how we do that.

Please reach out to me or Kristin anytime. Thank you for trusting me to serve you all.

Go Oregon OTPs!



Halley Read, Phd, OTR/L



## 2023 OTAO Conference Update: Ignite & Inspire



**October 28th & 29th, 2023**

### **CONFERENCE REGISTRATION IS NOW OPEN**

We would like to formally invite you to our first **IN-PERSON** annual conference since 2019!

The conference will be held at Pacific University (main campus) in Forest Grove, Oregon.

We are working with Best Western for discounted room rates for those coming from afar.

We are excited to connect again with old friends and make new ones!

For additional and ongoing information about the conference,

please visit our website: [www.ota.com](http://www.ota.com)

You will have the option to register for the full 2-day conference or just one day.

**EARLY BIRD PRICING is available for OTAO members through September 30<sup>th</sup>!**



**Friendly Reminder:  
OTAO has a new and improved website!**

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**Same website address, lots of improvements.**

<https://www.otao.com/>



Once you've logged in, you will be prompted to accept Privacy terms and conditions. You can go into your profile and update/verify your contact information. You will also have the option of selecting your Area(s) of Practice, SIS groups, and identifying your region. Have fun getting set up, as well as exploring the site. If you see typos or links that do not work, please contact us.



## In Memoriam



My name is Sharon (Lloyd) Chinn, and my mom, Wenda Lloyd, was a longtime member of OTA.O. After graduating with her degree in occupational therapy from Colorado State University in the early 1960s, she and my dad moved to Oregon where she began her career as an OT at Dammasch State Hospital in Wilsonville.

I'm writing to let you know that Wenda passed away this past April; her obituary can be found here: <https://www.waudsfuneralservice.com/m/obituaries/Wenda-Lloyd/Memories>

Wenda always had the heart, passion, care, and service-orientation of an occupational therapist, even in her final days. Her connection to the OTA.O family was important to her, even as she lost the threads of remembrance.

All best wishes,

Sharon, on behalf of Wenda Lloyd





## OTAO Historical Archive Project

By: Aaron R. Proctor, OTR/L & Lawrence Carmen, COTA/S

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### *“All dreams spin out from the same web.” - Hopi Tribe*

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As the OTAO historian, I would like to update the community on our progress with the OTAO historical archive project. I began to understand and appreciate OTAO’s history while attending graduate school at Pacific University from 2012-2015. As a second-year student seeking work-study opportunities, I was introduced to Sue Nelson. Sue has been influentially involved in OTAO for decades including being an essential part of passing the Occupational Therapy Practice Act in 1977. She invited me to participate in her project documenting the organization’s history.

At the time her contributions included mementos, archival data, artwork, educational program development, and a variety of newsletter articles. Along with meaningful contributions from Lillian Crawford, Sue and I collaborated on a chronicle format of her collections. In 2017, this work eventually became a published book entitled, “Who is Grace Black? Occupational Therapy in Oregon: Development and Historical Account of the Profession”.

This project eventually led me back to volunteering with OTAO in 2022 by accepting the role of historian. This was a role that had been unoccupied for many years. When I started reviewing OTAO historical documents, I have always felt a desire to help protect and categorize these documents; not only in printed form but in electronic form as well. I think it is essential and purposeful for the occupational therapy community to preserve these documents for future practitioners to reference and inspire motivation.



With the assistance of Lawrence Carmen, occupational therapy assistant student, we've begun to complete a large project to continue digitizing historical documents. Currently, we have over 250 documents ranging from the years 1946 to 2010 that have been converted to electronic files. The goal of the project is to provide the greater OT community in Oregon with quick access to historical information.

We have many more files and archival material to work through; but would also like to inform the community that we need your help.

- Do you have any meaningful documents you would like to contribute?
- Would you like to share any stories about your involvement with OTA/O?
- Would you like to volunteer your time to help categorize material?

If the answer to any of these questions is “yes”, we would encourage you to search your attics, basements, and boxes to find any material you want to preserve. If you have materials you would like to include or to volunteer for this project, please contact us at:

[otaosis.historian@gmail.com](mailto:otaosis.historian@gmail.com)



## Client Success Story

Anonymous Author

Working in a skilled nursing facility through the Covid-19 pandemic has had many challenges. I try to find examples and gratitudes every day so I can personally thrive and maintain motivational energy for others. Professionally, in my clinical work, I try to do the same thing for my clients. Now that pandemic restrictions are easing in my facility, I've been trying to incorporate more community activities and group therapy sessions. I've noticed a remarkable shift in community engagement now that people can safely interact together.

I recently helped organize a luncheon with four clients. I gave special thought to planning and organizing all aspects of a community meal into four sections:

- 1) Planning the menu
- 2) Shopping for the supplies
- 3) Preparing the food
- 4) Cleaning up afterwards

The collaboration of physical, occupational, and speech therapists was considered to maintain safety and promote function. Additionally, the collaboration of the four clients was considered to help promote self-efficacy and sense of community.

The four clients were offered one portion of the activity:

- Client #1: Lived with new cognitive impairment and was tasked with planning and organizing the meal. This included interviewing the other three clients involved to develop likes/dislikes, allergies, preferences, etc. That information was then drafted in a grocery list with the assistance to help categorize items by store section/department.
- Client #2: Also lived with cognitive impairment and was tasked with entering a grocery store and gathering the list of ingredients; quite the challenge since this was the first time this individual had entered a grocery store since their traumatic brain injury.



- Client #3: This person was involved with cooking the meal and preparing the ingredients. This was an especially meaningful activity as the client was recovering from decreased fine motor coordination after a stroke. Time was utilized to discuss adaptive equipment, compensatory strategies, and energy conservation skills during higher-level IADLs.
- Client #4: This individual, a person living with below knee amputation, was tasked with cleaning the kitchen space; an excellent opportunity to exercise their abilities with sequencing multi-step activities while improving dynamic standing balance on their new prosthetic.

The four clients gathered together to eat the meal with the therapists while discussing learning opportunities and insights gained from their experiences. This clinical experience was a great reminder of how communal efforts can help folks achieve common goals. It was evident that these individuals highly valued the effort of one another's contributions through the rehabilitative process.



\*If you are interested in submitting a similar client success story, please email the newsletter committee at: [otaosis.historian@gmail.com](mailto:otaosis.historian@gmail.com)

