



VERMONT OCCUPATIONAL THERAPY ASSOCIATION

VOTA Executive Board Officers:

- President: Lindsay Thrall
- Vice President: Chelsea Vaillancourt
- Treasurer: Karen Downey
- Secretary: Johanne Champigny
- Membership: Nicole DeVoid
- Legislative Chair: Hannah Bloom
- Newsletter: Amy Maxwell
- Representative AOTA: Ela Dupont
- Public Relations: Kristen Jackson

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A Word From Your President

Happy Summer VOTA Members!

I hope all those in school-based practice are enjoying the beginning of their summer vacation! In recent state news, the 2022-2023 legislative session wrapped up a few weeks ago. Among the bills that passed was an historic childcare bill that will support Vermont's children with affordable, quality early child education. Our interstate compact bill did not yet make it out of committee, but it has good support from our lawmakers and we look forward to seeing it passed in the 2023-2024 session.

Your VOTA board will be taking a summer break, and in September will regroup to plan our next year of advocacy, community engagement, and continuing education in support of occupational therapy practice in Vermont. We hope you have a great summer and thank you for your support through your VOTA membership!

Sincerely,
Lindsay Thrall, MOT, OTR/L
VOTA President



RA Update

The Representative Assembly held its Spring 2023 meeting in a hybrid format on April 19, 2023. The results of motions and requests for actions are attached.

Ela Dupont, MBA, OTR/L, CAPS, ECHM has been reappointed for a three year term as the Vermont Delegate to the AOTA Representative Assembly. Her term begins July 1, 2023 and ends June 30, 2026. She is still looking for anyone interested in learning more about the Vermont RA position to reach out to her at VermontRARep@gmail.com as at the end of this term she is not eligible for reelection or reappointment.

AOTA Representative Assembly SPRING 2023 MEETING RECAP

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MOTIONS

REQUESTS FOR ACTION

			
			
			

	
	
	



Learn more about the Motions at <https://www.aota.org/community/volunteer-groups/representative-assembly-ra>

Learn more about the Requests for Action at <https://www.aota.org/community/volunteer-groups/representative-assembly-ra>

Private Practice Forum

Karen Downey, OTR/L, MS, VOTA Treasurer

It is difficult for us all to know about who has started an OT Private Practice here in Vermont. The panel at the VOTA conference in March was a great start, but we could not include everyone on the panel. Recently I was asked if anyone was doing OT Ergonomic Home visits. I just learned that Patrick Giblin has a part-time private practice focusing on Ergonomics in the Burlington Area! Patrick suggested the idea of a forum to increase information about private practices across the state.

We have an under-utilized forum option on our VOTA Website that is now activated for any OT in Private Practice who is a VOTA member. Log on to the VOTA website as a VOTA member, go to Members, Forums, Professional Forums, then OTs in Private Practice in Vermont. I just started this on April 24th, 2023. You can enter information about your practice and upload any photos or links. Click Subscribe to get notifications however frequently you want. All VOTA Members will be able to read this Forum and know who is in private practice in their area.

Upcoming & Past Events

Fletcher Free Library Sensory Friendly Hours

Fridays in June - August at the Fletcher Free Library (Burlington, VT)

Children, youth, and families with sensory processing differences are invited to a special pre-opening hour in the Youth Area. Before the rest of the library opens to the public, families can enter the YouthArea to explore the Fletcher's collection of books, STEAM materials, and more, in a calm library environment. Try out sensory supports like fidgets, noise-cancelling headphones, sunglasses, weighted blankets, and rocking chairs.

Adaptive Kayaking Program This Summer!

Volunteers are needed on **Wednesdays from July 12th to August 16th** at the Waterbury Reservoir in Waterbury to help with the adaptive kayaking program. The time would be from 10am to 1:30pm. Any help will be greatly appreciated.

For more information about this program, please contact Marcy Pelkey, OTR, at marcyotr@gmail.com

UVM Gerontology Symposium

Thank you to Ela Dupont, OTR/L, CAPS, ECHM and Tamasin Kekic, OTR/L, CBIS for representing VOTA on May 15th at the UVM Gerontology Symposium held at the Doubletree by Hilton Hotel and Conference Center in Burlington. If any Vermont OTs would like to participate in the planning of the **September 18-22, 2023** Falls Prevention Awareness week with the VOTA Aging in Place Committee, please contact Karen Downey, at votatreasurer@gmail.com



Hand Therapy Week

The first full week of June (June 5th to 11th) was Hand Therapy Week! Members of the hand and upper extremity therapy community sponsored and organized events and celebrations in an effort to raise awareness among various audiences. At North Country Hospital, OT staff hosted the first ever Hand Olympics, with events including the 9 hole peg test, pinch strength, a tweezer race, and a stereognosis task. VOTA's secretary, Johanne Champigny, OTR/L, CHT even shared hand cupcakes!



Congratulations to Allison Peterson, VOTA's 2023 Diane Aja Scholarship winner

Allison received the student rate admission to this year's AOTA Annual Conference in Kansas City and wrote the following article to share with VOTA members.

My name is Allison and I am an Occupational Therapy Doctorate student in the University of Vermont's inaugural cohort! I serve as the Assembly of Student Delegates Representative for our first Student Occupational Therapy Association. I would like to thank VOTA for awarding me the Diane Aja Scholarship. It was an incredible opportunity to travel to Kansas City, MO and be surrounded by thousands of occupational therapists, students, and professionals. As a first year program, the support from VOTA made this experience possible.

This was by far the largest conference I have ever attended, and I was continuously amazed by the size and quality of experiences available. After reviewing the schedule, I was quickly overwhelmed by the number of sessions I wanted to attend. I really enjoyed being able to listen to lectures on topics that are not core curriculum subjects in our education. OT school could be five years and we still would not have time to cover every single topic. Having the chance to listen to experts in any given field was what I found most valuable. Taking notes in each lecture, I was sure to record ways I can advocate to incorporate different topics into the classes we take. Some of my highlights include the following talks. I encourage you to scroll back through the VOTA Instagram for key takeaways and resources provided from each of these talks.

OT's Role & Value in Treating Those with Substance Use Disorders & Mental Health Disorders

A conversation led by: Julia Bernasi

An Introduction to the OPISI: Occupational Performance Inventory of Sexuality and Intimacy

Presented by: Beth Ann Walker, Jenn Soros, Karla Reese, Courtney Cummings

Left Out of the Lesson Plan: Using Equity and Inclusion as a Lens to Create a Sense of Belonging and Develop Inclusive Classrooms

Presented by: Tyra Banks

I am grateful for the support from VOTA and for all of the individuals that worked to create such an incredible conference. It was inspiring to be surrounded by so many passionate people working to advance the field of OT. I would encourage anyone who has the means to attend conference to do so. The new technologies presented in the expo fair and the research presented during lectures, poster sessions, and conversations are incredible assets for you to take back to your practice.

For additional details regarding the presentations and discussion listed above, please use the following link <https://docs.google.com/summaries>



Pictured above are Cody Baranik, OTD student and UVM ASD representative alternate and Allison Peterson, OTD student and UVM ASD representative



Allison trialed various farm equipment adaptations.



Dr. Mary Lawlor gave the 2023 Eleanor Clarke Slagle Lecture, "The Mattering of 'Little Things'".



Both students attended the annual ASD meeting while at the conference.

OT Projects

Feeding Therapy Consortium

From Margaret V. Denton, MS Ed, OTR/L

The Vermont Pediatric Feeding Consortium, which is a group of pediatric OTs, SLPs and RDs, has been working hard to develop resources for professionals who work with the Pediatric Feeding Disorders. One of the Consortium's outcomes was the development of a School Based Feeding Record and Plan. This is an interdisciplinary document intended to help coordinate and plan a safe and effective feeding program for students with complex feeding needs in the school environment.

A subcommittee of the consortium has also developed a presentation describing what a pediatric feeding disorder is and why the diagnosis is important for children with the disorder. This presentation was given at Pediatric Grand Rounds as well as for a group of Maternal and Child Health Nurses. A Pediatric Feeding Disorder Screener developed by Feeding Matters will hopefully be used as part of the intake for early intervention. The implementation of the screener may yield more referrals to OTs and SLPs for feeding therapy. We have also been discussing the lack of qualified feeding therapists in the State of Vermont. Our next step is to look into trainings for therapists who want to do more feeding therapy in their practices. The Consortium welcomes new members, so if you are interested in joining, please email either Meg Denton (mvdenton3@gmail.com) or Kelli Borgman (Kelli.Borgman@partner.vermont.gov).

CAPABLE OT

From Sherry Pidgeon, OTR/L, CAPS, ECHM

Mariah Murphy from Age Well is looking for an OT to work with them on a CAPABLE program in and around the Chittenden County area. Many Vermont OTs have obtained their CAPS certifications, which implies that Vermont has some OTs interested in this area of practice.

CAPABLE requires an additional certification with Johns Hopkins but the cost of this certification is something that would have been written into their grant. The commitment will be approximately 6 hours a week, with mileage reimbursement as well. If you are interested, feel free to reach out to Sherry or contact Mariah at Age Well directly.

Mariah Murphy, Project Implementation Specialist

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VOTA Merchandise Now Available!

We are fortunate to connect with a Vermont business, Kran Creations, to offer you VOTA merchandise!

Katelyn of Kran Creations is happy to place the VOTA logo on many different items including, but not limited to, unisex T shirts, fitted T shirts, hoodies, tumblers, coffee mugs, and tote bags. She offers many color options and additional products beyond what is shown here. Additional cost(s) for shipping and taxes are not included in the prices listed below. Shipping is for exact cost, so it will vary based on the number of items you purchase. Katelyn is happy to meet if local to her (Newbury area).

Use this link to view more options and/or place your order: <https://vermontot.org/Shop>

Tote Bag

\$22.00



Mugs



11 oz
\$7.00



15 oz
\$8.00

VOTA Book Fund Scholarship 2023

Do you know a VT resident who is attending an accredited OT/OTA program? Please consider sharing this information:

The VOTA Book Fund Scholarship is designed to provide financial assistance for purchasing books to qualifying Vermont residents attending an accredited Master of Occupational Therapy program, Doctorate of Occupational Therapy, or in the first/second year in an accredited Occupational Therapy Assistant program.

Please apply via the following link: <https://vermontot.org/page-18234>

Applications are due by Tuesday, August 1, 2023. Applicants will be notified by email regarding application status by August 21, 2023.

If you have any questions regarding the application process, please email Kristen Jackson, VOTA Public Relations Chair at votapublicrelations@gmail.com

VOTA Membership

Applications

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, Nicole Devoid at

votamembership@gmail.com. Rates are as follows:

3 year subscription: \$110 OTR, \$70 OTA

1 year subscription: \$50 OTR, \$25 OTA, \$15 for inactive practitioners and students

Advertise open occupational therapy positions on our website

For \$150.00, VOTA will post your open positions and include space for a logo, for 90 days. This includes our website, newsletter and social media (instagram, twitter and Facebook). To have your advertisement included in our newsletter you must submit within 15 days of the following deadlines:

September 22nd (For Oct 2023) or December 22nd (For Jan 2024)

Payment can be done by Purchase Order and Check sent to:

Vermont Occupational Therapy Association, PO Box 925, Richmond, Vermont 05477

Be sure to follow VOTA on your Social Media Accounts

Facebook: Vermont Occupational Therapy Association

Instagram: [vermontoccupationaltherapy](https://www.instagram.com/vermontoccupationaltherapy)

Twitter: @802OT

LinkedIn: [VermontOT802](https://www.linkedin.com/company/vermontot802)



AOTA Vision 2025

As an inclusive profession, occupational therapy maximizes health, well-being, and quality of life for all people, populations, and communities through effective solutions that facilitate participation in everyday living.

VOTA Mission Statement

The mission of the Vermont Occupational Therapy Association is to promote and advance occupational therapy practice, research, legislation, education and to support occupational therapy practitioners in Vermont. The association serves its membership 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.

VOTA Inclusive Statement

We are an all-inclusive non-profit organization who accepts individuals of all abilities without bias toward race, ethnicity, gender or beliefs.