

THE CONNECTION

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PRESIDENT'S PEN

Growing KOTA Membership

ASHLEIGH HELDSTAB, OTR/L, CLT – PRESIDENT



August already. It's still hot, but I can't help but wonder, where did the summer go? For me, things have finally slowed down just a little bit.

I've had the chance to meet with our membership committee and start to formulate some ideas to support KOTA members and keep them more involved. Hopefully you saw my heartfelt "thank you" on social media. Did you know we use Instagram, Facebook, and Twitter? Maybe you'll find us on Threads soon. This newsletter will come out after the town hall, but I've been preparing for the first of hopefully many to keep our members' thoughts and opinions on the forefront of our work.

I've also been finding ways to support the inclusion of OT in the H.R. 2480 – Optimizing Postpartum Outcomes Act of 2023. So far pelvic floor physical therapy is included, but that is a huge limitation in care for patients seeking post-partum pelvic health support. I urge you to follow AOTA for updates and to reach out to your U.S. House Representative.

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Highlighting the Benefits of KOTA Membership

[KRISTI DENNY, OTD, OTR/L](#)
[MEMBERSHIP OFFICER](#)



Happy summertime, KOTA members. Last month we had a small group meet to discuss membership and promoting KOTA and how we can improve our communications. We decided to start a member spotlight each quarter, and our first member is Cassie Howe (see next page). Thank you, Cassie, for sharing about yourself and your role as an occupational therapist.

Text-message reminders when memberships are expiring have come to KOTA. Many times, emails are getting lost or sent to spam folders, so we are hoping that a text reminder can be beneficial to members.

Be on the lookout for posts on KOTA's social media pages. If you know of an event in your area that could promote our profession or that could be a volunteer opportunity, please let us know. We want to share those with others.

As membership officer, I attended the Rockhurst SOTA meeting on Zoom in April to share about KOTA and promote membership. Thank you for the opportunity. Also in April, I attended the KOTA board meeting in Topeka, where we finalized the budget, planned for the fiscal year, and identified areas to grow.

Thank you, all, for your membership with KOTA, supporting our profession and the lobbying efforts in Topeka. Your membership matters.

December CEU Opportunity

[LAURA FISHER, OTR/L, & LEXIE PFEIFER, OTD, OTR/L, CSRS,](#)
[GREATER KANSAS CITY DISTRICT CO-OFFICERS](#)



The Greater Kansas City District of KOTA is hosting an upcoming CEU opportunity, listed below. It is pre-approved for 2 CEUs. These CEUs are free for KOTA members and \$20 for non-members.

Title: The Therapist's Role in Oncology Rehabilitation From Early Intervention Through Survivorship

Date: December 13, 2023

Where: Live Webinar - Link Coming Soon

CEU: 2 hours

Presenter: Laine Bowman, MA, OTR, CLT-LANA, and Ildiko Kapros, MSPT, CSMT, CLT

Contact Laura Fisher or Lexie Pfeifer with questions.

KOTA Member Highlight: Cassie Howe

Where did you go to OT school?

Belmont University in Nashville, Tennessee, OTD program

Where are you from?

Terre Haute, Indiana

Where do you work? With what population?

No Stone Unturned TLC. It is an out-patient pediatric rehab.

What made you want to be an OT?

I felt a push toward service since I was in high school, so I knew I wanted to do work in something that would be beneficial to others. However, I worked in several different jobs before discovering that OT was the way in which I wanted to serve others. Before starting OT school, I liked working with adults with special needs to help them complete their ADLs, and that's how I found out about OT.

What is your favorite thing about being an OT?

I enjoy seeing my clients grow and getting to witness the moment that they get excited for themselves about their success.

What is your favorite part about being a KOTA member?

I enjoy participating in the OT profession at the state level because it gives my job more meaning and makes my impact as an OT greater outside my 9-5 job.

What is your favorite color?

Green, like money and nature!

If you were an ice-cream flavor, what would you be?

Dulce de leche

What are your favorite movies?

Pride and Prejudice and Forrest Gump

What's your hidden talent?

I can strike up and carry on a conversation with anyone!

What superpower would you choose for yourself?

Ability to read people's minds



If you want to get a glimpse of what my day-to-day at the clinic looks like, follow along at the No Stone Unturned [Facebook page](#), or connect with me through [LinkedIn](#).



John F. Barnes, PT

International lecturer, author, and authority on Myofascial Release.

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Myofascial Release I
September 8-10, 2023

Myofascial Unwinding
September 12-14, 2023

Myofascial Release II
September 15-17, 2023

For a full list of dates & locations visit MyofascialRelease.com

Call **1-800-FASCIAL.**  MyofascialRelease.com

CHOSE CEU Management Services From KOTA

The Kansas Occupational Therapy Association offers a CEU Management Service and will report your CEUs directly to the Kansas State Board of Healing Arts (KSBHA) at the appropriate time. When you have reached your required number of CEUs, KOTA will send you a congratulatory letter for your personal file.

FOUR REASONS TO SUBSCRIBE TO KOTA'S CEU MANAGEMENT SERVICE

1. Convenience. Access your CEU information online, 24/7.
2. Peace of mind. Your CEUs must meet the KSBHA and National Board for Certification in Occupational Therapy (NBCOT) criteria before they are added to your record.
3. All classes pre-approved by KOTA are applied to your record automatically.
4. KOTA's longstanding agreement with KSBHA allows its service to attest to an audited subscriber's CEUs without requiring the practitioner to upload a transcript via another platform.

A CEU Management Service subscription is only \$85 per two-year cycle for [KOTA members](#). (Non-members pay \$95 per cycle.)

4 THINGS TO CONSIDER WHEN EVALUATING YOUR CE TRACKING OPTIONS

- Compare apples to apples. KOTA's CEU Management Service costs \$42.50 per year for members (or \$47.50 per year for nonmembers). The leading competitor's "concierge service" costs \$125 per year for comparable features.
- Buy local. If you are going to pay for CE tracking, choose the option that supports your state professional association and governmental affairs priorities, while helping to underwrite the costs of your annual OT conference. Don't send your money out of state.
- Some competing services do not seem to understand the differences among Kansas' CEU classes and subclasses. For example, Kansas limits self-study credits, and that can be a tricky area for practitioners to navigate.
- The KOTA CE peer review committee knows what areas of therapy practice are allowed in Kansas and will help you steer clear of courses that might not be good investments for your CE dollars.

To address any possible confusion: KOTA is not changing its CEU Management Service. KSBHA entered an agreement with an out-of-state vendor to provide CE tracking for all the professions that it regulates. For some time, there have been several services in the CE tracking space, including KOTA's CEU-MS. KOTA continues to believe that it offers the best combination of service, value, and reliability for the OT practitioners in Kansas.

If you already have purchased your KOTA CEU-MS subscription for the '23-'25 cycle, you can ignore anything you get from CE Broker via KSBHA. If you have not, consider completing your CEU cycle (April 1, 2023–March 31, 2025) [subscription form](#) today.

Education Officer Update

[AMY ADAMSON, OTR/L](#)
[EDUCATION OFFICER](#)



Conference registrations have opened and can be found on the KOTA website. Take advantage of both virtual and in-person sessions. Total number of CEUs is pending approval and will be updated accordingly. We are still in need of student volunteers, so please pass the word along to OT/OTA schools and clubs that may be interested.

Conference committee will be sending out a survey prior to the conference to gather feedback from our members on the topic of burnout that we will share on Thursday evening of conference.

We are still in search of sponsors to fill our Lunch and Learn series on Friday and vendors to sell fun products to our attendees.

Looking for a great way to advertise the company you work for? How about donating a basket for our in-person raffle, which benefits our student scholarship recipients.

Links to online handouts will be emailed out in advance of the conference, so please make sure your email information is correct on your KOTA membership.

Please email me with any questions in regard to the conference.

I hope to see you all in Lawrence in September!

Conference Registration Open Now

Click [HERE](#) to learn more about the Kansas Occupational Therapy Association's Annual Conference, September 11-September 16, 2023!

NOTE: Registrations must be completed online or postmarked by September 5, 2023.



LEARN MORE

EVENTS

[Stay up to date on KOTA events. Visit our website for details.](#)

PAST NEWSLETTERS & LEGISLATIVE REPORTS

[View past newsletters and legislative reports here.](#)

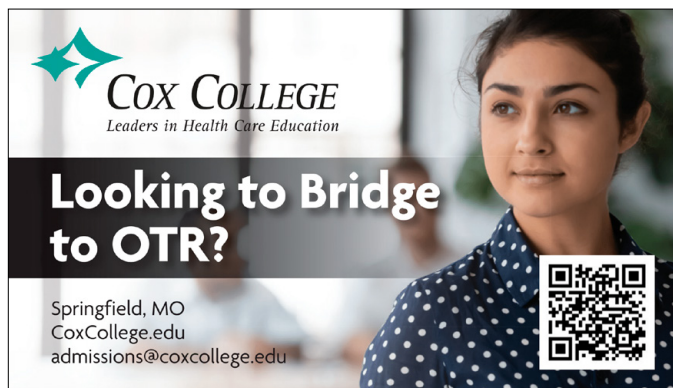
Passwords: for 2023 issues and reports: KOTA2023!
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KOTA OBJECTIVES

Improve and advance the practice of occupational therapy

Improve and advance the education and qualifications of occupational therapists
Maintain accepted standards of professional performance in occupational therapy

Foster research and study of occupational therapy

Engage in other activities to further the dissemination of knowledge of the practice of occupational therapy

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