

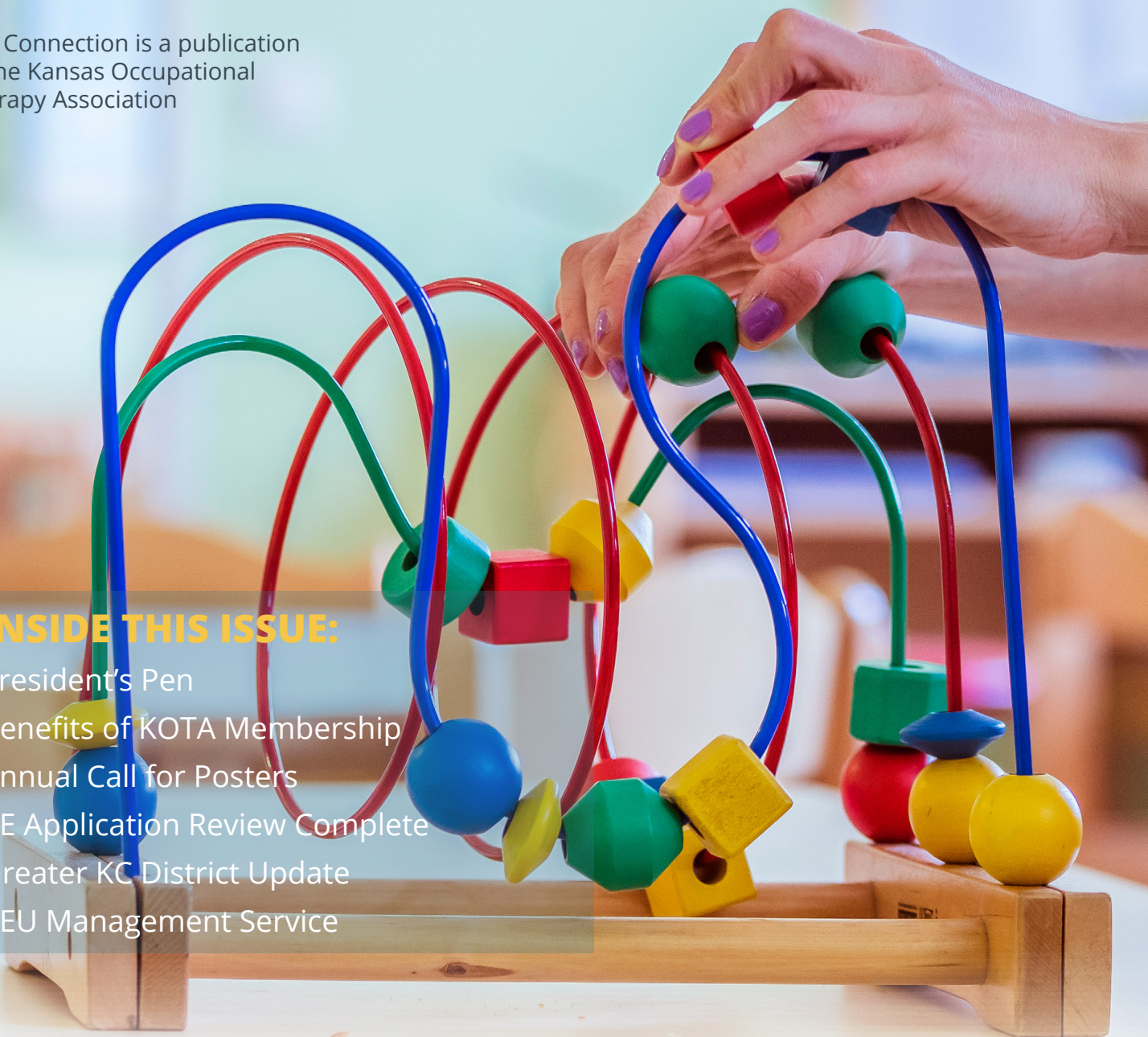
THE CONNECTION

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The Connection is a publication
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PRESIDENT'S PEN

An Introduction to the New KOTA President

ASHLEIGH HELDSTAB, OTR/L, CLT – PRESIDENT



Happy May! I hope you had a splendid OT month - I certainly did.

I wanted to take this opportunity to formally introduce myself. I have been an OT for five years, and I currently specialize in pelvic floor and lymphedema. I am married to a wonderful man named Brandon, and we have a two-year-old (going on thirteen) son, Henry, and a pug named Jayce. In my free time I enjoy reading, running, yoga, and cheering on the KC Current. I hope that you will introduce yourself at any upcoming events.

Since taking office on April 1, I've led KOTA's annual face-to-face meeting for the board members where, among many things, we approved a new budget and discussed changes to our annual conference. I had the pleasure of attending AOTA's national conference that took place in our very own backyard. This attendance included the annual meeting for the Affiliated State Association Presidents (ASAP), where I met with other state association presidents and discussed areas of success, weakness, and future opportunities.

I was reminded of how fortunate we are to have the membership that we do and to have such an involved board. I got to brag on Kansas' high level of membership and on passing limited direct access. This, of course, was thanks in part to you, our members. I've met with OT students who volunteered at the KOTA booth at the AOTA expo. I also got to have conversations regarding the next steps for OT involvement in mental health.

I wanted to finish by saying that I am so grateful to have you as part of our membership, and I hope that you take the chance to reach out to me with ideas you have, if you would be interested in volunteering, or if you have any questions. I look forward to serving you for the next two years.

BOARD OF DIRECTORS

ELECTED, VOTING MEMBERS

Ashleigh Heldstab, OTR/L, CLT
President

Lynette Hofer, COTA/L
Vice-President

Sophi McArthur, OTR/L
Secretary

Kyle Ahlenstorf, OTR/L, CLT, MBA
Treasurer

Heather Wright COTA/L, CLT
*Governmental Affairs & Healthcare
Reimbursement Officer*

Stephanie Sedlacek, MOT, OTR/L
Capital District Co-Officer

Sharniece Pierce, OTD, OTR/L, CLT-UE
Capital District Co-Officer

Halie Forbes, OTR/L
Great Plains District Co-Officer

Susan McLemore, COTA/L
Great Plains District Co-Officer

Laura Fisher, OTR/L
Greater Kansas City District Co-Officer

Lexie Pfeifer, OTD, OTR/L, CSRS

Greater Kansas City District Co-Officer

Katie Tipton, COTA/L
Southern District Officer

EX OFFICIO, NONVOTING MEMBER

Brian Mills, MOTR/L, CHT
Past President

APPOINTED, NON-VOTING MEMBERS

Nancy Dahlinger, MEd., OTR/L
CE Peer Review Officer

Amy Adamson, OTR/L
Education Officer

Kristi Denny, OTD, OTR/L
Membership Officer

Marnie Selstedt, COTA/L
OT/OTA At-Large

Liz Zayat, MS, OTR/L
International Liaison (WFOT)

Kristen Phenicie, MS, OT/L
Nominations Officer

Lindsay Borth, COTA/L, Astym Cert.
Social Media Officer

**"Let the beauty of what you
love be what you do."
- Rumi**

Highlighting the Benefits of KOTA Membership

KRISTI DENNY, OTD, OTR/L
MEMBERSHIP OFFICER



Hello, Kansas practitioners, it sure is windy around my part of the state.

I attended the KOTA board meeting in Topeka on April 1 (strangely there was not one April Fools joke). If you aren't aware of or know about our association management company in Topeka, (Braden Heidner Lowe and Associates), I am pleased to report that they handle our affairs for our profession at the state office very well. Brad Parker is our executive director, and working with him are multiple staff members who contribute to making our state association run smoothly. So thank you to all of them!

Did you know you can check the status of your membership/expiration date when logging in on the Kansas Occupational Therapy Association (KOTA) website? This can be helpful if you are like me and you forget when you paid last and also because it appears that sometimes our membership renewal emails are going to spam or junk folders. Working with the KOTA staff, I am hoping to improve the communication process between members for situations like this.

At the board meeting, our president, Ashleigh Heldstab, suggested we start a membership committee. This committee will meet online to discuss ways to promote membership, improve member experience, and how to meet practitioner needs with our state association. If you have an interest in joining this committee, have an idea that needs shared, or want to be involved, please send me an email this month: kmcdaniel24@yahoo.com.

We currently have about 500 members of KOTA but there are more than 2800 practitioners in our state. We are hoping to expand our membership and share with practitioners in our state all that our association has to offer. KOTA offers networking opportunities. KOTA helps you meet your needs for quality continuing education both in the districts and with a state conference each year. KOTA gives you a voice at the state level with our lobbyist, who keeps us abreast of happenings at the capitol building. KOTA helps you manage your CEUs with the small CEU management fee. Tell your friends and be proud to say that you are a member of the Kansas Occupational Therapy Association.

KOTA 2023 Annual Conference: Call for Posters

Our Call for Posters is now open for this year's Annual Conference. The Conference will be held in Lawrence, Kansas, at the DoubleTree by Hilton Hotel from September 14 - 16, 2023. The exact details for the specific day and time for the poster sessions will be announced later. However, this year, we plan to separate this session from the Lunch and Learn Series.

A poster presentation represents research material, prompting open discussion with attendees. Presenters will remain with their posters throughout the session for attendees to have access.

Submit proposals and questions to Amy Adamson, OTR/L Education Officer and Conference Chair, at amyadamsonot@gmail.com.

Proposals should include the topic, title, and names of all presenters. KOTA will provide a display board with clips. The poster board should be 4 feet tall by 8 feet wide. Changes in size can be discussed. KOTA attempts to follow AOTA guidelines regarding the sizing and layout of the posters.

CE Application Review Complete

NANCY DAHLINGER, MSED., OTR/L
CE PEER REVIEW OFFICER



The CE Peer Review committee, comprised of 6 OT professionals, has completed reviews of 9,152 CE applications for the two-year 2021- 2023 KSBHA renewal cycle. That is a LOT of volunteer hours, and we deeply extend our gratitude to all those serving on the committee!

	ONLINE	MAILED	*INCLUDES PRE-APPROVALS
21-23 CYCLE	3,978	5,174	9,152*
19-21 CYCLE	482 (ONLINE OPTION STARTED OCT. 2020)	6,344	6,988*

The increase in the total applications is reflective of how OT practitioners participate in CE nowadays – smaller, 1–2-hour virtual events vs. all-day conferences and workshops. Keep up the good work on continued learning! As we all know, the benefits of participation in purposeful occupations are priceless, and active, adult learning is a great occupation.



“Education is not the filling of a pot but the lighting of a fire.”

- W.B. Yeats

Latest CE Addresses HAPIs

LAURA FISHER, OTR/L, &
LEXIE PFEIFER, OTD, OTR/L, CSRS,
GREATER KANSAS CITY DISTRICT
CO-OFFICERS



Greater KC District had its latest CE online that was titled “Therapist’s Role in the Prevention of HAPIs”. We had 64 attendees.

Thank you again for your patience with the technical difficulties!



SUBSCRIBE TO KOTA CEU Management Service

The current continuing education (CE) cycle began April 1, 2023, and ends March 31, 2025. The KOTA office administers the CEU Management Service and will report your CEUs 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.

Top Ten Reasons to Subscribe

1. CONVENIENCE
2. Access to your CEU information online, 24/7
3. Full support of KOTA staff
4. Peace of mind that CEUs meet the KSBHA and NBCOT criteria
5. All CEUs are reviewed and either approved or denied by the KOTA CE peer review committee
6. During an audit, KOTA provides your CEU information to KSBHA
7. All KOTA pre-approved classes are automatically applied to your record
8. All records are kept in one location for ease of renewing your license or certification
9. Upon completion of your CEUs, you are sent a letter of verification
10. Excellent value! Only \$85 for KOTA members for the two-year cycle!

Enrollment Procedures and Fees

- Complete the CEU cycle application form ([PDF APPLICATION](#) or [SIGN UP ONLINE](#)) today! All information must be provided to ensure accurate reporting to KSBHA.
- Send \$85 (KOTA members) or \$95 (nonmembers) in the form of a check or money order. No cash, please. Mail completed form and fee to: KOTA CEU Management Service, 825 S. Kansas Ave., Ste. 500, Topeka, KS 66612.

*NOTE: All name or address changes should be reported to the KOTA and KSBHA offices separately and immediately to ensure proper handling of your CEUs.



Save the Date:
May 26, 2023 @ 12:00 pm
KSBHA: Complaints

This one hour presentation provides a more in-depth look at complaints submitted to the Board. Specifically, the presentation provides information on who can submit a complaint, who is required to submit a complaint, the complaint process, and how Kansas law impacts complaints.

E-mail KSBHA healingarts@ks.gov for more information.

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!
for 2022 issues and reports: KOTA2022!
for 2021 issues and reports: KOTA2021!

A graphic advertisement for EmpowerMe Wellness. It features a blue and green curved background on the left. The text "Seeking Passionate Therapists for Senior Living" is in orange and white. To the right, a list of services includes Physical Therapy, Occupational Therapy, and Speech Language Pathology. The EmpowerMe Wellness logo and website URL are at the bottom.

Seeking Passionate Therapists for Senior Living

- Physical Therapy
- Occupational Therapy
- Speech Language Pathology

EMPOWERME
WELLNESS
empowerme.com/careers

An advertisement for Cox College. It features the college's logo and name, "Cox College Leaders in Health Care Education". The main text asks "Looking to Bridge to OTR?". Contact information for Springfield, MO is provided, along with a QR code and a photo of a woman.

COX COLLEGE
Leaders in Health Care Education

Looking to Bridge to OTR?

Springfield, MO
CoxCollege.edu
admissions@coxcollege.edu

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


KOTA STAFF

Brad Parker, CAE
Executive Director
Sandy Braden
Government Affairs Director
Alison Connell, CMP
Events Manager
JJ Matzek
Finance Manager
Katie Mechlin
Communications Manager
Blake Murray
Membership Manager
Deanna Stallbaumer
Administrative Assistant
Judy Swanson
Administrative Assistant

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Stay Connected!

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