



PTRS NEWSLETTER

WINTER 2005

The newsletter of the Pennsylvania
Therapeutic Recreation Society
www.ptrs.org

Outgoing President's Message

As the winter season turns into spring, the new season will blossom into a garden abundant with a variety of flowers thanks to those who tend the garden.

PTRS is also blossoming with an abundant variety of continuing education workshops for each of us. We can reap the knowledge and skills being shared by attending these opportunities so we can tend our own gardens back at our facilities. Check the PTRS website at www.ptrs.org for the upcoming workshops. Our master gardener of the education plot, Wendy Jo Hartsock, CTRS is doing a fantastic job of tending to our educational needs.

The gardeners (PTRS board members) who tend to the vision and mission of PTRS will be changing with the season too. Included in this newsletter you will find an election ballot with individuals who are interested in becoming the next gardeners of the society under the leadership of Fred Walter. Please take the time to read about the candidates and to exercise your right as a member to vote.

I also want to share that your organization is helping other gardens grow too through the contribution of \$1,000.00 to the Recreation Therapy Medicare Project. PTRS has been recognized and acknowledged by the American Therapeutic Recreation Association in their Winter 2004 newsletter as a contributor at the Leadership Society level. This project is aimed at ensuring access to medically necessary and appropriate recreational therapy treatment for Medicare beneficiaries by working for regulatory and statutory changes that include recreational therapy in all inpatient healthcare settings. For more information request the ATRA newsletter Vol. 20 #5 Winter 2004 (www.atra-tr.org).

As I close this last President's Message of my term I will take this opportunity to say thank you to

Robert Griffith, Executive Director of PRPS for his guidance and open mind to new ideas as well as helping me read the PRPS budget statement.

Carolyn Hanel, PRPS President for her support of the PTRS branch, her method of running a board meeting and her humor.

PRPS Staff Office for their behind the scenes work on our newsletter, continuing education opportunities especially the annual TRI, preparations for board meetings and answering the phone so I could ask all those questions.

PTRS Board of Directors 2003-05 for their expertise, dedication, time, comradery and willingness to listen, share and look ahead to the future.

Members of PTRS for finding it important to become a member at the grass roots level to move Therapeutic Recreation into the 21st century...

I am grateful and honored that I was given the opportunity to lead such a fabulous organization of dedicated professionals who each day enhance the health, wellness and quality of life for individuals in Pennsylvania the past two years.

Enjoy the rest of the newsletter!

Sincerely

Kirk S. Rakos
PTRS President

PTRS BOARD OF DIRECTORS

President

Kirk S. Rakos, CTRS (2005)
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Due to a New Board structure open positions include: (3) Members at Large, (3) District Representatives

PTRS Award Information

Hear Ye, Hear Ye. It is time to submit your 2005 award nominations!

Time has gone so quickly this year and if your anything like me, your really far behind.

Requests for nomination forms can be obtained from me at anytime (610-386-2229) and the website will be updated with them as well soon. The deadline for nomination forms is April 11, 2005.

PTRS gives awards in many categories as well as two full scholarships to attend the conference, one to a professional member and one to a student member. The awards given are Outstanding New Professional, Distinguished Member, Professional Service, Organization/Agency Award, Society Citation, Volunteer Award, Student Honor & Programming Award.

There is one other very special award that I would like to mention. The Joseph Foley Volunteerism Award. This award is presented to a member of PTRS who actively volunteers outside of the TR/Activities field on a regular basis. I know many of us volunteer at church, school, at our local firehouse, and for other non-profit organizations. The problem is knowing who volunteers and where. I know we have many deserving members out there. Please take a moment & nominate your co-worker, boss, and friends. None of us work for recognition, but we all deserve it.

Award criteria information is available from Lynne or from the PRPS office & soon to be online. If you have any questions, nominations or would like to help the committee (we are always looking for new members) please contact me at 1145 King Road, Immaculata, PA 19345-0100; or by phone 610-386-2229 or by e-mail at lynnepo@comcast.net.

Don't forgetto VOTE! Send your PTRS ballotto PRPS at 2131 Sandy Drive, State College, PA 16801, by March 25, 2005

Questions? Call Wendy Jo at (814) 234-4272

PTRS Newsletter is published by the Pennsylvania Therapeutic Recreation Society. The newsletter editor is Jenn Koehler. PTRS is a branch of the Pennsylvania Recreation and Park Society, Inc. Pennsylvania Therapeutic Recreation Society, 2131 Sandy Drive, State College, PA 16803-2283, (814) 234-4272;

2005 General Election Absentee Ballot Request

For those not planning to attend the 2005 Annual PRPS State Conference, you may request an absentee ballot by contacting Tracy Robert at the PRPS Office, (814) 234-4272, trobert@prps.org or fax (814) 234-5276. Absentee ballots will be due back to the PRPS Office by March 11, 2005.

**Pennsylvania Therapeutic
Recreation Society
Strategic Plan
Initiatives and Objectives
2001-2005**

Initiatives – 5 years
Objectives – June 2004-2005

Initiative I. Expand Membership Base

Objectives:

- A. Raise professional membership by 10% above the total as of July 2005.
- B. Raise student membership by 5% above the total as of July 2005.

Initiative II. Improve the Quality of Membership Services

Objectives:

- A. Improve communication to membership as evidence by response to website, newsletter and membership survey.
- B. Market mentoring program.

**Initiative III. Improve Continuing Education Opportunities
Relative to the Needs of Our Members**

Objectives:

- A. Provide workshops based on membership needs and interests.
- B. Complete PTRS workshop guidelines by September 7, 2001. - Completed
- C. Reach targeted financial goal per PRPS 2004-2005 Budget.
- D. Continually obtain and evaluate interests of our members relative to professional services offered which include educational topics, mentoring and consultation.
- E. Guarantee professional appearance of educational materials.

**Initiative IV. Strengthen Advocacy with Legislators,
Governmental Officials and Interested Citizens**

Objectives:

- A. Revise and update position statements by November 2003.
- B. Schedule, plan and facilitate a "Day on the Hill" at the state level.
- C. Implement a monitoring system of state and legislative issues.

Prepared by
Kirk S. Rakos, PTRS President
PTRS Board

Date of origin June 2001
Revised February 22, 2005

Hello PTRS!

I would like to take the time to extend a thank you to everyone for all of your assistance during my tenure as President Elect. As I now move into the President's position I wish to call on everyone in the society to continue this assistance and together we will make the next few years a great growth of success.

I have a few plans I hope we will be able to institute during my leadership role to try to continue our growth as a great society. I would like to take the time to embellish you with a few of these ideas. First and most importantly, lets have a great and successful Therapeutic Recreation Institute for 2005. Secondly, the Board of Directors has a few jobs cut out for ourselves to assist us in this journey. The board needs to update the Strategic Plan for 2005-2009 and further needs to indoctrinate a set of Bylaws that would pertain to our society's uniqueness. I hope for the society as a whole to become more aware of the Board of Directors and what we can offer you as your elected officials. Most of all I look forward to working on providing and improving the communication between PTRS and its members.

I feel with all of your support that the Board of Directors will continue to increase the awareness of our society and we will be able to make great strides in improving and creating new and innovative changes to the services that we provide you.

Yours in Leadership Towards Health & Wellness



Frederick C. Walter
President PTRS

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TRI ANNUAL/ Silent Auction 2005

On behalf of the TRI committee, especially Becky Kandrac and Wayne Henninger, we would like to thank everyone for their involvement and support with last year's silent auction.

Once again we would request your help!

If anyone or any of your organization would like to donate items or a theme basket for the 2005 TRI conference June 8-10, 2005 in Grantville, PA., please contact:

Becky Kandrac Bec143tc2@aol.com or Wayne R. Henninger chumlu@ptd.net.

We would like to keep a running list of the wonderful donations that are being offered so we can make sure to thank everyone properly. Please just email us a note. We would encourage everyone to assist. Everyone likes to win and go home with a little something special from the TRI. The donations last year were wonderful and very creative. Thank You in advance for your help.



**37th Annual Therapeutic
Recreation Institute**
June 8-10, 2005
Harrisburg/Hershey
Holiday Inn
Grantville, PA

You've learned to rely on the Pennsylvania Therapeutic Recreation Institute for more than just your necessary CEU's or clock hours. You know you'll receive quality sessions for your investment. Start planning now for the 2005 Pennsylvania Therapeutic Recreation Institute – **Purpose, Progress, Pride!**

Wednesday Keynote - *Marilyn Havner Walker*, founder of Make the Right Turn on Red, an organization that focuses on life's red lights and how to turn unexpected challenges into rewarding opportunities.

Thursday Keynote - *Dr. John Dattilo*, Department Head, Recreation, Park and Tourism Management of The Pennsylvania State University, and distinguished Therapeutic Recreation practitioner.

Topics will include: Community Inclusion, Management Styles, Low-function Programs for Severe Dementia, Laughter as Therapy, Tools to be a Working Manager, Clinical Supervision, Experiential Therapy, Geriatric Pharmacology, Psychological Disorders, as well as many others.

The TRI Registration Guide will be available soon! If you would like to register now call PRPS at (814) 234-4272 and ask for Wendy Jo or Emily.

For more information look on the PTRS website at www.ptrs.org

PTRS Board & TRI Committee Looking for New Sites

The PTRS Board & the TRI Committee are always looking for suggestions for locations in PA for future sites for the TRI. Many, many years ago, the TRI traveled across the state to different colleges and participants had to check in and get their sheets and towels for the week. **WOW**, have we come a long way! The Holiday Inn Grantville facility and staff have served the TRI well and are exceptional with our last minute needs. They are familiar with our set up and our participants but everyone needs a little change now and then. Suggestions are appreciated. If you have attended another conference in PA and the service needs match what we currently receive, please e-mail your thoughts and contacts to the PRPS office: whartsock@prps.org



**PRPS 58th Annual
Conference**
March 19-23, 2005
Hershey Lodge &
Convention Center,
Hershey, PA



Topics:

- Portable Adventure
- Having Fun, Making Friends, Changing Attitudes
- Can Aquatics Improve on the U.S. Obesity Epidemic?
- Taking the Initiative Toward Greater Effectiveness
- World Class Trips on a Recreation Budget
- How to Give Effective Presentations
- Grant Writing Tips
- Handling Conflict in the Workplace
- Free help!! Tapping into Recreation Students as an Agency Resource
- FISH! Philosophy-Make it YOUR Philosophy
- Newsletter Workshop
- "Leading for the Common Good; Non-Profit Leadership"

If you have not registered for the PRPS Conference and would like to, please contact Tracy at PRPS at (814) 234-4272. If you would like a brochure you can call us or go to www.prps.org.

I.D.E.A.S. on Group Leadership

Candace Kubinec ADC

When was the last time you did something with a group of other people? If you said today or yesterday you are not alone. Groups are a very natural part of our daily lives. The same is true for the residents we serve. At some time most residents have been involved in community and family groups, organizations and clubs or some type of informal group. They have learned in groups, worshiped in groups and enjoyed recreation in groups. There are as many different kinds of groups as there are interests. Just think about the variety of group activities you enjoy.

Why do we find group interaction such an important element of our lives?

*Groups help to fill the need for belonging and togetherness that we all feel

*Groups are a natural and adult setting for socialization and this social atmosphere promotes appropriate behavior.

*Group members learn from and can support and encourage each other.

These same reasons are why, as activity professionals, we conduct so many of our programs in a group setting.

With that in mind it is important for us to develop the skills and techniques necessary to lead successful groups. One of the most important things to remember about leading group programs is the need for flexibility. It is essential to develop the ability to “think on your feet”; being able to make adjustments to the program you have prepared to meet the needs and functional levels of the residents in that group.

An effective way to lead a group is to be caring, compassionate and direct. This begins with the invitation you extend to a resident. How will you encourage someone to join your group? “Would you like to...” is often met with a definite NO. A better approach might be to say, “It’s time to...” or “I have something interesting to show you.”

But wait! Before you extend the first invitation you need to be prepared. And you can never be too prepared. Any supplies or props you will be using should be laid out before you begin to gather participants. Don’t forget to check any equipment to make sure it is functioning properly and that all games have the right pieces. Do you have enough materials for the activity? If you will be reading to the residents or asking trivia questions have you read through the material first?

A plan for the order of the activity and supplies needed should be established. Write out your plan if you think you won’t remember. If you are well prepared you will be able to adjust to the groups abilities. Take the time to get to know something about the background of the residents

who will be in your group. What were their interests, hobbies, occupations and accomplishments? What are their current talents and strengths?

Where will you be conducting your group? The atmosphere in which you hold your group will have a significant impact on the success of your program. One consideration is the social setting. Is it welcoming, reassuring and non-threatening?

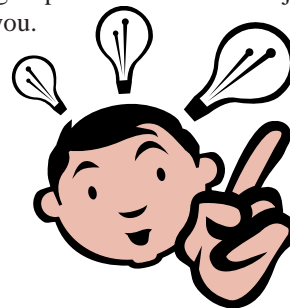
Another area to consider is the physical setting. It should promote physical and social interaction. The area should be as free from distractions as possible - such as noises, other residents and staff coming and going. The elevator lobby is not a good location for a group activity. There should be a minimal amount of clutter so that you have ample room for wheelchairs and walkers. Also check the lighting and temperature of the space you will be using.

OK, now let’s gather the residents and get the program started. Begin with introductions and explain the purpose for the group. Start the activity with something you are sure the residents will be successful doing. This will encourage them to continue and enhance their self-esteem. Be ready to adapt. Ask open-ended questions to support continued discussion or participation. After the activity is finished take some time to review and evaluate.

Here are I.D.E.A.S. for successful group leadership.

- I - introduces yourself and the residents in the group
- D - directions – give simple directions using adult words
- E - explain what will be happening during the program
- A - applaud – provide positive feedback. Be sincere. Provide encouragement and thank everyone for attending.
- S - survey – take time to evaluate how the group functioned. Did you achieve your purpose? How can you improve the program? Make notes to remind yourself.

Group programs give us the opportunity to effectively reach the most residents in a given amount of time. Make it a priority to develop the skill and techniques that will enable you to deliver group activities that are enjoyed by both the residents and you.



**Dementia & Communication:
Theories, Techniques & Types**

9:00 a.m. - 5:00 p.m. (.6 CEU's included)

*PTRS & Alzheimer's Association are co-Sponsoring the
upcoming SPRING Series Workshops*

Many different types of communication, verbal and non-verbal and different styles and techniques will be discussed. Way to effectively communicate with individuals with a variety of Dementias and Alzheimer's disease. Effective communication styles when working with family's who's loved ones are affected with this disease process.

Speakers:

Candy L. Yingling, CTRS, Education & Outreach Coordinator for the Alzheimer's Association Greater Pennsylvania Chapter, South Central Regional Office.

Erica L. Hood has been promoted to the Program Director for the Greater Pennsylvania Chapter.

Erica and Candy will make a dynamic team for the Alzheimer's Association and they are fortunate to get 2 wonderful and talented young ladies who have a wealth of experience and knowledge to share throughout the state of PA.

- March 11, 2005 - PRPS Office, State College
- March 17, 2005 - Willow Valley Retirement Community, Lancaster
- April 15, 2005 - Erie VA, Erie
- April 22, 2005 - Redstone Highlands, Greensburg
- May 19, 2005 - Seton Manor, Orwigsburg
- May 26, 2005 - Dunwoody Village, Newtown Square

**Documentation in LTC For
Recreation Professionals**

9:00 a.m. - 4:00 p.m. (.6 CEU's included)

This workshop will discuss the (RAI) Resident Assessment Instrument process which is mandated by (CMS) Center for Medicare and Medicaid. Assessment, planning, implementation and the evaluation of the recreation interventions will be discussed. Documentation skills related to goals and progress note writing will be identified and reviewed. The participants will leave with an understanding of how the process drives quality interventions and positive outcomes for identified needs and problems.

- April 6, 2005 - Broomall Rehabilitation & Nursing Center, Broomall
- May 4, 2005 - Homestead Village, Lancaster
- May 6, 2005 - VA Pittsburgh Healthcare System, Pittsburgh

**What Recreation Therapists and Programmers
Should Know, Shouldn't Do and
Can't Afford to Ignore**

(Related to all Aquatic Scenarios)

9:00 a.m. - 4:00 p.m. (.6 CEU's included)

This workshop will create an awareness of aquatic risk and legal implications for instructors, therapists and their clients. Participants will learn how to analyze and rank liabilities in a variety of pool settings according to the likelihood of occurrences. Strategies for avoiding, reducing, transferring, and eliminating these risks will be reviewed. Legal liabilities associated with these strategies will also be discussed. The programming aspects of pools will be discussed such as highlighting and minimizing distractions, maximizing pool space and the ability for creative programming. What works and what doesn't depending on pool size.

- April 26, 2005 - Upper Merion Township Park & Recreation, King of Prussia
- May 25, 2005 - Murrysville Comm. Center, Murrysville
- June 28, 2005 - Hampden Twp. Parks & Recreation (EBS Training Room), Mechanicsburg

**For more information about any PTRS
Workshops please contact :**

Wendy Jo Hartsock, CTRS, PRPS Office
2131 Sandy Drive, State College, PA 16801
(814) 234-4272 or email whartsock@prps.org

JOB ADVERTISEMENTS

Activity Director - Seidle Hospital's Skilled Unit, Mechanicsburg, PA. A certified therapeutic recreation specialist or eligibility for certification for our 35-bed skilled unit. Knowledge of care planning, mds, spiritual/emotional needs of residents, motivational skills, implementation planning etc. Mail or fax: Julian Nwokeuku, NHA Administrator, Seidle Hospital's Skilled Unit, 120 S. Filbert St., Mechanicsburg, PA 17055, Phone (717)795-6751 Fax (717)795-6767.

Recreation Therapist - Montgomery County Geriatric and Rehabilitation Center, Royersford. Salary: \$34,108 – 37,519 depending on relevant experience. Qualifications: Bachelor's Degree in Therapeutic Recreation, CTRS or pending Minimum of two years relevant experience. Experience with behavioral and/or geri-psychiatric population preferred. Montgomery County Geriatric and Rehabilitation Center Human Resources Department 1600 Black Rock Rd. Royersford, PA 19468 Resume may be faxed to the attention of Marcia Lucas 610-948-7431 or e-mailed mlucas@mail.montcopa.org

Sick – Work—Stay Home—A Real DILEMMA

Wendy Jo Hartsock, CTRS

PRPS/ PTRS Training Assistant

Adapted from the Marketing Recreation/LERN



Do you recognize these names?

Streptococci, Hemophilus, Shigella,

Escherichia, Bacteroides, Influenza or should

I say (sore throat, pinkeye, diarrhea, urinary tract infection, ear infection, pneumonia).

How many times do YOU go to work sick?

We know our body is telling us to stay home. Often we think about all the catch up work that will be on our desk when we get back. We hesitate, but we go to work anyway. If we would stop to think about how much we are actually costing the company, we might think again. According to a study by Cornell University, workers who go to work sick end up costing U.S. businesses \$180 billion dollars annually, or about \$255 per employee per year. **WOW**, anyone really think of it in these amounts? Sickness is often a factor of not working as accurately and efficiently as possible. Some sicknesses are contagious and airborne, so you might not think you have been exposed but in turn you really have. Germs secretly attack the immune system and within the next few days, not to much surprise, someone else in the office is sick with the same symptoms. The actual germs can multiply and be passed and shared not only with co-workers but also with your clients and participants. Therefore, this could cause a serious domino effect of illness. Another interesting fact in the study states that allergies and hypertension cost employers the most annually. Colds, flu and common ailments can cause 61% of medical and lost productivity cost. If you have to go to work and you are feeling under the weather this cold and flu season, please remember some of these helpful hints to decrease the spreading of germs: wash your hands before and after you eat, wash your hands after going to the bathroom, cover your mouth when you cough, use tissues, don't use other's phones, continually drink fluids to flush your system, don't drink from other's cups, and dress in layers.

Handwashing is the single most important thing to stop the spreading of infection. Please think wisely and be considerate to your co-workers the next time you are feeling under the weather. Decide if it is really to your benefit to go to work, because you never know when your sharing will come back around and be shared with you.



Member Spotlight

Meet Lynne Pomietlarz, CTRS

A Native of the Finger Lakes Region in NY, Lynne currently resides in Coatesville, PA working for The Camilla Hall Nursing Home. Camilla Hall is a unique facility which houses 180 retired sisters, who are Sister Servants of the immaculate Heart of Mary. Lynne has been working at Camilla for the past 3 years and finds her profession very rewarding. Lynne tells us the best thing about her job is “the supportive atmosphere and being able to work with the sisters.” One of the “Surprises” about her job is how fun and lively the sisters are! Camilla Hall is supported by the sisters themselves and through donations to the facility. Camilla receives no state funding, and because of this, Lynne escapes much of the “survey” fun!

Lynne received her bachelor's degree from Lock Haven University with concentration in Therapeutic Recreation and Fitness Management. Lynne currently serves on the PTRS Board, is the chairperson of the PTRS Awards committee, and has taken on the task of co-chairperson for the 37th Annual Therapeutic Recreation Institute.

Lynne lives with her husband Doug, 3 Ferrets and a cat. When she has free time, she enjoys gardening, wine tasting, playing Mah Jongg with friends, and traveling (she is currently planning a trip to Las Vegas!)

We thank Lynne for her dedication to PTRS and for serving the sisters of Camilla hall.

**PRPS Magazine Issue -
Retirement Living
Keep an eye out for the 2005 1st
quarter issue of the Pennsylvania
Recreation and Park Society
Magazine. The feature is
Therapeutic Recreation.**

NCTRC Certification Standards: Changes, Updates and Effective Dates

The NCTRC Certification Standards serve as the official guidelines for test eligibility status and govern all requirements pertaining to certification and recertification. There have been changes from when individuals may have applied for their initial certification; it is the individual responsibility of all CTRS's to be aware of these changes. Please refer to the www.nctrc.org web site to know what changes have been made.

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Zipcode 16801
Permit No. 99



TRI Socials



Dig out those:

Blue jeans, penny loafers, white shirts, colored scarf's and beaded chokers



We will dance Tuesday night away to the 70's and 80's.

Can you can you remember???

TV SHOWS: Eight is Enough, 6 Million Dollar Man, Good Times, Love Boat, One Day at a Time, Mork and Mindy



MUSIC: Disco Duck, Staying Alive, YMCA, Dancing Queen, Jessie Girl



MOVIES: Foot Loose, Saturday Night Fever, Top Gun, Dirty Dancing

Tap into your brain stored useless trivia of the 70's and 80's knowledge and compete for prizes.



**70's and 80's
Dance Party!**

WELCOME TO THE PTRS RED CARPET AWARDS:

Wednesday Banquet:

Walk down the red carpet with a "Famous" tuxedo escort (Lee "James Bond" Bryan, Fred "Roger Moore" Walter, Patrick "Danny DeVito" Fisher, Wayne "Richard Geer" Henninger). The evening will be hosted by Susan "Joan Rivers" Lilly.

The famous, talented and award winners will be greatly honored by the Awards Committee and members with special presentations.

The night will conclude with "Dancing on the Ceilings" into the wee hours of the morning if you choose.

