

PTRS NEWSLETTER

FALL 2010



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

PTRS PRESIDENT'S MESSAGE

Survey Says...

We've all been there. It comes around every year, or two depending on where you work. It comes with an aura of frenzy as if the Tasmanian Devil has blown through and in its path has left a dust cloud

so big we feel like we don't know which way to go. We work but with the heavy burden of knowing our program will endure great scrutiny and despite our best efforts and continued improvements, the impending survey at times can be overwhelming.

I don't believe it matters which survey team is coming to your facility, the preparation and waiting can be difficult. Gathering of materials for the review team, preparing staff, boosting confidence, and ensuring our practices are the best they can be is a tall task. Each facility has its own process for these reviews, but I have to believe we all can agree that our goal is to highlight our best care practices, fiscal responsibility, positive improvements, and overall care for our patients.

It's cliché to say that there shouldn't be surprises and the "housekeeping" activities (both literally and figuratively) that occur around the anticipated survey should be occurring all year long. But do they? Is there a process that you know should be improved? Is there a program that should be initiated? Better documentation or better assessments? Is there something that you've been putting off? Are you as ready as you can be for the survey at your facility?



I don't have any prophetic wisdom that will ensure a successful survey, however I think confidence and having the knowledge that the areas we are responsible for are tidy, goes a long way in getting through it. Throughout each survey I've endured, it's been nerve racking, I've been put on the spot but in the end, I've learned something and been able to highlight positives within my programs. Take a few minutes to review the regulations and do a self check, if nothing more it will reaffirm the basic standards that we should be reaching for.

Good luck to each of you during your surveys this year. I hope your survey process is smooth and you avoid the dust cloud!

I would also like to take this opportunity to wish our Executive Director Bob Griffith well in his retirement. Bob has given PRPS 33 years of service and has been an advocate for Therapeutic Recreation throughout his tenure. We thank you Bob for all your hard work and for keeping the TR branch tied in with the greater Society. We'll miss your gentle demeanor, advocacy, smiles and sense of humor. Best wishes to you and we hope you'll visit us at TRI!

*Jenn Koehler, PTRS
President, PTRS*



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For further contact information refer to the Membership Directory or members only section on the PRPS website.

PTRS is currently seeking interested individuals to be our Physical Medicine and Rehabilitation Specialty Representative. This person acts as a resource for the PM&R area and also relays information to the society regarding important concerns. If you are interested in serving in this capacity for PTRS, please contact Jenn Koehler, President at Jennifer.Koehler@va.gov.

PTRS Mission Statement:
Unite Individuals associated with therapeutic recreation and interested consumers by providing opportunities for education and training that promote leadership and advocacy of the field, thereby enhancing the health and wellness of Pennsylvanians



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Nick's Story

submitted by Stephanie Purviance, CTRS, Recreation & Activity Manager, The Devereux Whitock Center

As Recreation Therapists we come across inspiring stories everyday. For some, it is finally seeing a patient take their first steps in the pool after a spinal cord injury. For others it is teaching a resident with Dementia how to scrapbook to improve their memory loss. For me, it is learning of a former Hofstra Pride Lacrosse player by the name of Nicholas "Head" Colleluori's (#27) legendary story.



Nick was a graduate of Ridley High school in June 2001. He was a three-sport athlete and joined the Hofstra Pride Lacrosse team the next fall. With hard work and determination, Nick earned a role on the Hofstra team in the spring of his freshman year. In September of 2005, Nick was diagnosed with Non-Hodgkins Lymphoma which started a brutal 14-month battle with cancer.

In a letter to his teammates at Hofstra Nick quoted, "I lost who I was for about a month and a half. Everyone noticed but me. I sat on the couch all day, ate nothing, spoke to no one, and felt like things were almost over. I lost over 40 pounds in a month. My family had no clue what to do, Jordan had trouble watching me give up, and I was so drugged I didn't have a care in the world. I lost the strength to dress myself and feed myself even walk for that matter. I was almost in serious trouble. Then the tournament came and probably saved me from some real health problems. Seeing the game being played, and seeing my family, my boys, my team WOKE MY A** UP!! That day I realized where I need to be and who I need to be with. I needed Hofstra and I needed the Pride and most of all I needed to be with my true friends".



Nick was a true inspiration. While sick, he counseled fellow patients and continued to workout on a regular basis. He possessed such determination and drive that while undergoing treatments he found the strength to participate in one last lacrosse game in August 2006. During his treatment, Nick reached out to the others with the same illness and counseled them, to help develop the same positive outlook that he always possessed. Although Nick fought a relentless battle, he succumbed to the disease on November 28th, 2006.



Nick's memory will live on forever with the HEADstrong Foundation. While Nicholas was fighting his disease he created the HEADstrong Foundation, it was his vision to share his illness with the public to raise cancer awareness and to help others affected by the disease.

I have been a Certified Therapeutic Recreation Specialist for a little over three years now and have never come across such an inspiring story. Nick is an advocate for what we, as Recreation Therapists, stand for. Finding an outlet, a coping skill, and returning to what you love as a way to fight through a disability or illness.

To learn more about how to contribute to the growing success of Nick's dream please go to www.HEADstrong-Foundation.org.

Colleluori, Cheryl. "4th Annual Nick Colleluori Lacrosse Classic." September 7, 2010. HEADstrongFoundation.

Colleluori, Nicholas. "Nick's Letter to the Team." HEADstrongFoundation. September 2005. Web. 5

October 2010. <http://www.headstrongfoundation.org>

Colleluori, Cheryl. "Get to Know Nick-Our Founder". September 2005. Web. 5 October 2010.<http://www.headstrongfoundation.org>

Colleluori, Cheryl. "4th Annual Nick Colleluori Lacrosse Classic." September 7, 2010. HEADstrongFoundation.

Colleluori, Cheryl. "Get to Know Nick-Our Founder". September 2005. Web. 5 October 2010.<http://www.headstrongfoundation.org>

Annual TR Society Awards

2010 Awards Report

Acknowledging those programs & person who make a difference in our profession has always been of great importance to me. I know we all work hard for our residents & clients to provide the best possible care and their thanks is all we really need, but occasionally getting a pat on the back from our peers can mean just as much.

On a beautiful Thursday in June the following persons, programs & organizations were recognized for the difference they make on a daily basis. The Pennsylvania Therapeutic Recreation Society proudly recognizes the following award recipients:

Outstanding Program Award – *Silver Tones Choir, Presbyterian Senior Care - Willows, Oakmont, PA*

Outstanding Programming Award - Honorable Mention
Senior Reading Theater, The Village at Kelly Drive, York, PA
Spa Day, Luthercare at Luther Acers, Lititz, PA

Outstanding Special Event – *USO Tribute Show, Masonic Villages, Elizabethtown, PA*

Outstanding Special Event - Honorable Mention
Sock Hop, Coatesville VA Medical Center, Coatesville, PA
October Fire Fest, Masonic Villages, Elizabethtown, PA

William P. Dayton Memorial Scholarship – *Shanna Servant*

Student Honor Award – *Melissa Lennox*

Volunteerism Award – *Esther Enck, from Masonic Villages, Elizabethtown*

Agency/ Organization Award - *Presbyterian Senior Care – Woodside Place*

Society Citation – *Department of Recreation, Park & Tourism Management at Penn State University*

Professional Service Award – *Robert Griffith (Award permanently renamed in his honor)*

Distinguished Member Award – *Geoff Geesey*

Presidential Citations were presented to Carrie Chiusano, Wendy Jo Hartsock and, Becky Kandrac for their work on the creation & development of the Programming for Persons with Dementia book and seminar; and to Lil Shine & Teresa Rash for their work on the very successful 2010 TRI.

Specially recognized this year was Robert Griffith, Executive Director for PRPS. Bob's impact on Therapeutic Recreation through his involvement and encouragement of the development of the PTRS branch helped us as an organization become what we are today. His dedication to the branch and support for its growth over his 25+ year tenure at PRPS has helped open doors for our field. Bob has been pro-active in Legislative issues for us, spoken on our behalf on Capital Hill, and assisted in fostering positive communication between ALL branches of PRPS. For this and so MUCH more the Pennsylvania Therapeutic Recreation Society presented Bob with the Professional Service Award, hence forth to be know as the "Robert Griffith Professional Service Award". It was a privilege for us to say "thank you" in a most memorable way.

A great amount of thanks need also go to those persons who have continued to help the Awards Committee thrive. The committee members themselves - Susan Crooks, Debi Damon, Allyson Finkle, Shannon Heverin, Becky Kandrac, Barbara Morgan, Susan Lilly, Mary Schreiber, Lori Schultz, Jean Marie Walter. Thanks to you, and ALL past members of the PTRS Awards Committee!

In 2011, Allyson Finkle will become the new chair of the committee, look for award updates and contact information from her to be appearing in the spring and on the website soon!

Thank you for your continued support of the PTRS Awards program, and remember to submit your nominations!!

Lynne Pomietlarz

TRI 2010

The 42nd Therapeutic Recreation Institute once again had a successful year. Participants were provided educational opportunities both on and off-site. Inspiring professional growth in all aspects of therapeutic recreation. The institute allowed opportunities for networking, renewing old friendships and making new. It energized participants to walk away confident and inspired in creating new ventures in their services. Mark the dates for June 8-10, 2011 for the 43rd annual TRI. Hope to see you there.

A Practical Guide for Planning and Programming for Persons with Dementia

.6 CEUs

9:00 a.m. - 4:00 p.m.

Join PTRS for this new workshop developed by the Dementia Task Force. The workshop will cover 10 modules ranging from types of Dementia and behaviors to programming and care planning. If you work in long term care, this Dementia training is essential for you! This workshop will offer .6 ceu's, lunch, and an invaluable resource manual. The brochure with registration details will be available this month.

December 3, 2010

Redstone Highlands, North Huntingdon

Learning Outcomes:

- Gain a better understanding of the many types and stages of Dementia.
- Learn effective communication techniques for the various stages of dementia.
- Engage in discussion with workshop participants on successful programming and activity planning for all stages of the disease process.
- Participate in an introduction to "I" Care Planning.

AGENDA:

8:30 a.m. – 9:00 a.m.	Registration
9:00 a.m. – 12:00 noon	Workshop
12:00 noon – 1:00 p.m.	Lunch
1:00 p.m. – 4:00 p.m.	Workshop

Speaker:

Carrie Chiusano, ADC is the Director of Recreation for Presbyterian SeniorCare. Carrie has 25 years of long-term care experience, eight of which were spent helping to shape and implement the internationally renowned Woodside Experience philosophy of specialty care for persons with Alzheimer's Disease or related disorders. This knowledge and experience lead her to become a mentor, motivator and dynamic catalyst to the culture change initiative at Presbyterian SeniorCare for the past 9 years.

If you have any questions, please contact PRPS at 814-234-4272.

Check the web for the brochure at www.ptrs.org
Additional workshop locations will be available in Spring 2011.



PRPS Annual Conference -TR Focused Sessions

March 19-23, 2011

**Valley Forge Convention Center
Valley Forge, PA**

Tuesday, March 22

10:15 a.m. - 11:30 a.m.

Laughter Club

1:30 p.m. - 2:45 p.m.

The Amazing Power of Nutrition: From Farm to Table

3:00 p.m. - 4:15 p.m.

We Will Rock You: The Intergenerational Power of Rhythm

Rates for the conference are:

Full Conference (meals included) Member \$385,
Non-member \$400
Commuter (does not include dinners) Member \$325,
Non-member \$340
New! No Frills (regular educational sessions only)
Member \$250 - this is for members only
Daily (includes lunch & breaks) Member \$120,
Non-member \$129

Overnight lodging is \$132 per room (single/double)

The Conference Registration Guide will be available soon on the PRPS website at www.ptrs.org.

Person-Centered Care and Culture Change...Should We Be a Part of it?

submitted by Carrie Chiusano, Director of Recreation, Presbyterian SeniorCare

Person-Centered Long-Term Care Community (PCLTCC) is a type of accreditation offered by an accrediting body of CARF-CCAC. In PCLTCCs, persons served are the experts regarding life in their home. Persons served make decisions about the rhythm of their day, the services provided to them, and the issues that are important to them in their home. Their families/support systems are welcomed. The standards reflect what we know to be called “Culture Change”.

Presbyterian SeniorCare’s person-centered goal is to further us on our journey from an institutional model of care that traditionally focuses on tasks to an environment in which the resident will feel at home rather than “in a home” and where direct care workers can thrive. We have come a long way and the process to meet these standards will push us further toward excellence.

Systems wise it can improve:

- Workforce Development – utilizing new approaches to retain needed direct care workers.
- Program Modifications – shifting focus from the needs of caregiving personnel to the collective and individual needs of the residents.
- Community Changes – supporting the planned program changes and promoting the enhanced resident and staff dignity and satisfaction.

First and foremost it is critical to provide training for all staff upon hire. Educate everyone about person-centered care and why we do it at PSC. Share examples and empower the team from the very beginning! Permanently assigned teams were created so that they know the habits and schedules of the residents in their “neighborhood.” Residents and their families also get to know their caregivers very well. This helps staff anticipate resident needs.

It is important to encourage staff members (other than the Recreation Team) to lead groups and share talents. It allows everyone to see the resident from a new light...and have fun with them!

Since the community design must provide the infrastructure needed for delivering care in new way, providing enhanced resident services and recreation, and supporting and empowering staff, physical design plays an important role. Plans at PSC have included the following:

- The addition of resident Country Kitchens in each Neighborhood in the area previously dedicated to resident dining. These areas offer more flexibility of use for recreation, visiting, late night snacks or meals, and small gatherings.
 - The creation of kitchenettes in some Neighborhoods to foster a greater sense of family and improve resident interactions. These are places where residents can meet with family or staff in a comfortable and home-like setting.
 - The creation of living room space with a fireplace.
 - Modified nurse/staff workstations that are convenient, but which integrate rather than separate staff and residents.
 - A hospice suite that delivers hospice and palliative care to residents in a way that better accommodates families, visitors, and the hospice team. Families will be able to stay with their loved ones in the suites.
- Culture Change can and does provide a flexible and secure living environment that is not dictated by routine or regimentation, but rather emphasizes individuality, respect, diversity, wellness and quality of life. The relationships that develop as a result of the person-centered approach to care are the foundation needed to encourage and sustain a successful long term care setting.

What has the MDS 3.0 Done for You Lately?

Written by: Kirk S. Rakos, M.Ed/CTRS, Therapeutic Recreation Supervisor, Masonic Villages

We have now been using the MDS 3.0 for a month so have you noticed any benefits other than not having to complete a quarterly if you are doing Section F.

Let's look at some of the benefits that are and will continue to bring us all closer to the desired point where the residents are directing their care and life while living in our communities.

- The MDS 3.0 has brought the voice of the resident into the process from the assessment through care planning.
- The MDS 3.0 has identified customary routines and activity preferences so we better understand what is truly important to each resident. Knowing and understanding the importance of these routines and preferences impacts our success in assuring a life worth living.

In particular we need to take note when the chosen response by the resident during the interview is "important, but can't do or no choice". Residents have real and perceived (real to them) barriers relative to pain, health issues, time, energy, resources, etc. It is our role to find ways to decrease or remove these barriers.

- The MDS 3.0 has magnified our skills and knowledge to others relative to adaptations, modifications and leisure education as we assist residents to participate in their preferred activities at the highest extent possible.
- The MDS 3.0 has increased communication among the interdisciplinary team and neighborhood staff especially the TR and Social Worker as they identify the underlying cause and factors affecting one's mood.

The MDS 3.0 process has also taken the CAT from our pet therapy programs and now uses it as an acronym for Care Area Triggers which have given us the CAA (Care Area Assessment).

Visit the PRPS website www.PRPS.org for details.

**2011 TRI
SAVE THE DATE!!!
June 8 - 10, 2011**

Meetings are being held,
Last years TRI evaluations are being reviewed,
Speakers are being considered,
Socials are being discussed,
And the committee is all-a-twitter with excitement to provide you with two and a half days of education and fun to **inspire you to inspire others** to include leisure in their lives.

We are pleased to announce that our Keynote speaker will be Dr. John Glick. "Who is Dr. John Glick" you say??? Well, he is a physician, acupuncturist, musician, clown, songwriter, father, photographer, bird watcher, yoga practitioner, and a painter... AND a collaborator with Dr. Patch Adams of the Gesundheit Institute! Feel free to learn more about Dr. Glick at TheJoyAgency.com.

We are looking forward to providing a great education program, interesting socials, and maybe a few surprises along the way. More information will be forthcoming on the website. If you are aware of speakers whom you would like to hear at the conference, contact Carrie Chiusano (cchiusano@srcare.org) or Karen Hammond (Khammond@masonicvillagespa.org). If you would like to share your expertise with others, go to the website (www.ptrs.org), click on "education", Click "TR Conference", and download the TRI Speaker Proposal Form for consideration.

Remember: *June 8 - 10, 2011 - Grantville - Education - Inspiration - Fun*

See ya then,

BJ & Wendy Jo

BJ Crownover & Wendy Jo Hartsock
TRI Co-Chairs 2011

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SAVE THE DATE

43rd Annual PA Therapeutic Recreation Institute

June 8 – 10, 2011

Harrisburg – Hershey Holiday Inn

Grantville, PA

**1.35 CEUs
Available**

Inspiring to become LEGENDS

**Join PTRS for an event packed with excellent educational sessions, networking, and vendors.
Sessions are Wednesday, Thursday and Friday with vendors all three days!**

Check out our website as more information will become available...WWW.PTRS.ORG

