



PTRS NEWSLETTER

SPRING 2003

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

35th Annual
Therapeutic Recreation Institute
Tuesday, June 3 – Friday, June 6, 2003
Harrisburg/Hershey Holiday Inn – Grantville, PA



Exciting new lectures will provide information professionals need to excel in their careers. Ideas gained from the TRI can be used to enhance services delivered to consumers, clients and residents. You will recognize some highly respected speakers from years past and appreciate our new speakers, who will broaden the spectrum of lectures offered.

This years TRI is better than ever. Here are some of the highlights:

- **COMPETENCY SPECIFIC PROGRAMMING CALLED "TRACKS"** – you may want to plan your schedule by following a specific area of interest, either mental health or long-term care. Complete all the specified sessions and receive a competency certificate at the end of the institute.
- **SPECIAL STUDENT DAY PRE-CONFERENCE** – only \$25.00! Speakers Kathy Coyle, Assistant Professor of Recreation and Leisure Studies from Temple University, Emily Connors, CIRS and Sherry Mickey-Freels, CIRS from Masonic Homes and representatives from NCIRC, will provide the information that students need to know. Topics include the NCIRC exam, internships and interviewing skills.
- **KEYNOTE SPEAKER** – Elinore Farr Walter – "Claiming our Magnificence" ; William Klinger – "Mental HEALTH-Cherished WELLth"©
- **HOT TOPICS** – Behavioral Health Legal/Ethical issues; Volunteer Retention; Diagnostic Overview of Psychological Disorders; Training High Performers; Massage/Touch Therapy; Validation Therapy; Sensory Stimulation; HIPAA; Care Plans & Documentation and numerous hands-on activities.
- **NCTRC** – representatives on hand to answer your credentialing questions.

By now you should have received a TRI Registration Guide, if you have not received one please contact PRPS at (814) 234-4272.

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As of 3/27/03

PTRS PRESIDENT'S MESSAGE

Pennsylvania Therapeutic Recreation Society Strategic Plan Initiatives and Objectives

Update and Revision coming June 2003

Initiatives – 5 years

Objectives – 12 - 18 months

Initiative I. Expand Membership Base

Objectives:

- A. Raise professional membership by 10% .
- B. Raise student membership by 10%.

Initiative II. Improve the Quality of Membership Services

Objectives:

- A. Improve communication to membership as evidence by response to website and newsletter.
- B. Develop a mentoring program - completed.

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

Objectives:

- A. Confirm two workshops per region on an annual basis.
- B. Complete PTRS workshop guidelines - completed.
- C. Reach targeted financial goal per PRPS 2002-2003 Budget.
- D. Continually obtain and evaluate interests of our members relative to educational topics and scheduling of workshops.
- E. Guarantee professional appearance of educational materials.

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

Objectives:

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

I am writing this inaugural president's message with a feeling of great excitement for the society as the newly elected PTRS board (2003-04) begins to develop a revised strategic plan to strengthen our services to you and the recipients of Therapeutic Recreation in the state of Pennsylvania.

I take this opportunity to extend a note of special thanks and admiration to Teresa Rash for her guidance of the society as our President the past two years. Through her leadership and dedication of the 2001 – 2003 board we have been able to enhance and promote the mission of PTRS.

Now, I turn to each of you, the members of PTRS, and offer you this quote by Thomas Huxley – "*the rung of a ladder was never meant to rest upon, but only to hold a man's foot long enough to enable him to put the other somewhat higher.*" Now is the time to step up, one rung higher; try something new; climb up and off that too – safe level.

Some possible things one can do professionally to move up the ladder can include

- ☒ becoming involved in PTRS as a committee member, speaking on a topic of interest, co-chairing the TRI in 2004, seeking a board position.
- ☒ sharing the outcome of a specialized program with peers via the newsletter and on our website www.ptrs.ws
- ☒ attending the 2003 Therapeutic Recreation Institute for the 1st time or again.
- ☒ inviting a colleague to join PTRS

I am hopeful to meet many of you at the 2003 TRI June 3rd – 6th at the Holiday Inn Grantville, Pennsylvania.

United We Stand...In Excellence

Sincerely,



President

PTRS Newsletter is published by the Pennsylvania Therapeutic Recreation Society. The newsletter editor is Liz Grosh.

PTRS is a branch of the Pennsylvania Recreation and Park Society, Inc.

Pennsylvania Therapeutic Recreation Society, 1315 West College Ave., Ste. 200, State College, PA 16801-2776, (814) 234-4272; Fax: (814) 234-5276; www.ptrs.ws.

Three-hour rule update

GT Thompson, CTRS, Ann Huston, Executive Director for ATRA, and ATRA's legal counsel, Peter Thomas met in March, 2003, immediately prior to the ATRA Midyear in Washington, D.C. with the Medical Director of CMS—Centers for Medicare and Medicaid Services. At this time, no new statements have been issued. Recreational Therapy continues to be a treatment option for meeting criteria for the 3-hr. rule for in-patients in physical rehabilitation settings. We had hoped to obtain stronger clarification to be shared with fiscal intermediaries, but that will not be happening at this time. Please watch for legislative alerts as we may be asking members to request letters of support for TR treatment services from their referring physicians, satisfied consumers, and/or fellow therapists in PT, OT, Speech, etc. ATRA continues to remain pro-active and committed to this critical issue so as not to deprive patients and consumers of the opportunity to receive the proven benefits of Recreational Therapy treatment services.

In the proposed version of the MDS 3.0, Recreational Therapy treatment services are now listed under section P with other rehab treatment modalities. This new form will be piloted in several states. At this time, we do not know which states will be included in the trial. An alert will be published via the PTRS newsletter if Pennsylvania is selected. This will be a huge opportunity for Recreational Therapists in nursing home settings to impact on residents' functional status and access to Recreational Therapy when it is medically necessary and appropriate. It will be important for Recreational Therapists to educate administrators and physicians about the benefits of RT services to the residents we serve. In addition, accurate documentation and adherence to standards of practice will be critical.

NEEDED: Theme Baskets

During the TRI there is always a silent auction to raise money from the TR branch of PRPS to support the capital campaign for the Pennsylvania Institute for Recreation and Parks which will include a Therapeutic Recreation Center. This year the committee has chosen the idea of theme baskets for attendees to win. We are asking our PTRS members or the organization they work for or a business to donate a basket with a theme of your choice. Some examples of themes are already chosen are chocolate, beach, bath, Discovery Toys, Masonic Homes, etc. (we are okay with duplicate themes). **If you choose to contribute a theme basket or an item which can be made part of basket please contact Wayne Henninger at (570) 622-9582 or Becky Kandrac at (717) 367-1121 x33646.** You will bring the basket or item to the registration desk upon arrival for the TRI.

Thank you for being creative and contributing a theme basket for the promotion of our profession.

Reminder

The scholarship applications are due Thursday, May 1, 2003. Please mail to:
B.J. Crownover, CTRS, CPRP
HEALTHSOUTH Rehab. Hospital of Altoona
212 25th Avenue
Altoona, PA 16601

(814) 941-3332

Fax: (814) 944-6160

Please Note:
In the Winter Newsletter the article "The Impact of Multi-Sensory Environments in Long Term Care" was written by Teresa Rash.

Starting this year the annual Bernie Thorn Golf Open will have a new name. While the open will still benefit the Bernie Thorn Research Fund the event will now be named the **TRI Memorial Golf Open** to honor all of our past members.



This year's event will be held on June 3, 2003 at 1:00 PM at the Manada Golf Club in Grantville, PA. Prizes will be presented for longest and shortest drives, closest to the pin, most strokes on a single hole, and other fun events. A hole in one on either par 3 will win a TR Institute registration or a one year PRPS membership.

The registration fee, which is tax deductible as a charitable contribution, is \$25.00. Carts are available for an additional cost of \$6.00 per person. Individuals may also sponsor a tee or hole in memory of a PTRS or PRPS member for \$25.00. Sponsorships applications are due by May 16, 2003.

For additional information contact the PRPS office at 814-234-4272. Those interested in playing in the Open may sign up when they register for the Institute or at the golf course.

PTRS Member Spotlight

For this editions member spotlight we feature Mary Schreiber. Mary is a Recreation Therapist on the Inpatient Mental Health Unit at Lancaster Regional Medical Center. She currently serves as the mental health specialty representative to the PTRS board and is a regular attendee at TRI. She took time to answer several questions from friend and fellow board member Liz Grosh.

How did you come to be in this profession?

It was 1973. I was a freshman at PSU without a clue as to what I wanted to do. Within a few weeks I met a woman who majored in "TR", and it sounded very cool. She changed my life.

What is it about the profession you love?

I'm a true believer that we make a difference in people's lives. Recreation professionals that I know bring a passion to their career. I love being a part of the whole experience.

You've been doing this for many years. What keeps it interesting?

I work in an acute care setting so every day is different. And I do enjoy "spreading the word" that engaging in leisure activities is an important part of overall health and wellness.

Do you practice what you preach?

Absolutely! Recreation is a very important piece of my life.

What do you enjoy?

Reading (I joined a book club a few months ago), ice hockey (I play wing for the Central Penn Blades), NASCAR (friends took me to a race and now I'm hooked), my cats (Abby came home with me from the TRI held in Shippensburg), music (I'll be seeing Bruce Springsteen twice this summer), going to the beach (preferably in Florida), and of course I enjoy going to TRI.

You've attended quite a few TRIs. What is it that keeps you coming back?

I'm the only RT at my facility, so it is a great opportunity to network. It keeps me current in the field. The price is very reasonable. Lots of CEUs. The golf outing. The socials. And I love seeing the same fun people year after year!

Any closing thoughts?

I am serving on this year's TRI committee, so I know first hand that some great things are planned. Hopefully we'll see some new faces!



Recreation Therapist & Hockey Player



The gang having a great time at the 2002 TRI



Abby was found in the woods at the Shippensburg TRI (96)

CLOTHING

1. GOLF SHIRT \$24.00
 100% cotton pique 7.0 oz. 3 buttons, collar and cuffs ribbed BRIGHT ROYAL(BR), WHITE(W)
 Sizes S - 3XL

2. LONG SLEEVE GOLF SHIRT \$26.00
 100% cotton pique 6.8 oz. 3 buttons, collar and ribbed cuffs STORM BLUE(SB), WHITE(W)
 Sizes M - 2XL

3. GOLF SHIRT \$24.00
 100% cotton piques 6.8 oz. 3 buttons, collar and ribbed cuffs STORM BLUE(SB), WHITE(W)
 Sizes S - 3XL

4. FINE LINE TWILL SHIRT \$28.00
 100% cotton twill 6.5 oz. Button down collar with patch pocket. ROYAL(R)
 Sizes S - 2XL

5. DENIM SHIRT \$28.00
 Long sleeve 100% cotton, button down collar INDIGO(I), WHITE(W)
 Sizes S - 3XL

6. PANDA FLEECE Half Zip Pullover \$38.00
 100% polyester 10.5 oz. Side entry pockets with zipper. Hemmed cuffs and hemline.
 IMPERIAL BLUE WITH NAVY COLLAR(IB)
 Sizes S - 3XL

(This item may take extra time to receive)

7. SWEATSHIRT \$20.00
 50/50 9 OZ. Heavy weight crew neck ROYAL (R), WHITE (W), BLUEGRASS/BLACK (BL/GR)
 Sizes s - 2XL

8. TWO TONE 6 PANEL CAP \$12.00
 100% cotton adjustable leather strap with brass grommet. KHAKI/ROYAL(KR)

Please indicate size at time of order. Sizes available indicated with each item above. Each item will be embroidered with the PTRS logo.

ORDER FORM

Name _____

Address _____

Telephone # Day () _____

Evening () _____

Sizes: S M L XL 2XL 3XL
 IT # SIZE COLOR QTY PRICE
 #4 L R 2 \$00.00

Shipping \$5.00
 Add \$2.00 for 2XL & 3XL items _____
 TOTAL _____

Shipping and handling charges. To have your order mailed add \$5.00.

PAYMENT (must be received at time of order)

♦ Please make checks payable to "PTRS". (There will be a \$25.00 fee for returned checks.)

♦ Visa or MasterCard (circle one)
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 Exp. Date: _____
 Signature: _____

MAIL TO:
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 State College, PA 16801-2776
 Include order form and payment

NOT SURE OR HAVE QUESTIONS ?
 Please call

Fred Walter (814) 943-8164 ext. 7157
 Jean Walter (814) 943-8164 ext. 7158
 We can be reached Monday - Friday 8 a.m. - 4:30 PM.
 Please leave a voice mail and we will get back to you

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35th Annual Pennsylvania Therapeutic Recreation
Institute

United We Stand.....In Excellence

June 3 - 6, 2003

Harrisburg/Hershey Holiday Inn, Grantville, PA

CONTACT PRPS @ (814) 234-4272 FOR A REGISTRATION GUIDE
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