



# PTRS NEWSLETTER

## WINTER 2003

The newsletter of the Pennsylvania  
Therapeutic Recreation Society  
[www.pters.ws](http://www.pters.ws)

### Highlights - TR Sessions at the PRPS Conference

March 2 - 5, 2003

The Penn Stater Conference Center Hotel - State College, PA

**Sunday, March 2 - 11:00 a.m. - 12:30 p.m.**

**Legal Aspects of Documentation - *Karla Dreisbach***  
(.15 CEU)

This session will address the legal aspects of documentation on medical records. Focusing on confidentiality and accuracy.

**Monday, March 3 - 10:30 a.m. to 11:45 a.m.**

**Valuable Performance Appraisals (.15 CEU) - *Janet Turner***  
Performance appraisals can be an excellent management tool, when designed to be valuable to the employee and supervisor. Setting goals and a strategic plan with each employee assures there is a common understanding of expectations.

**10:30 a.m. to 11:45 a.m.**

**Games Workshop (.15 CEU) - *Mary Schreiber***

Experience a series of games that pose a problem to be solved. They can be used as warm-ups, icebreakers, or cool downs from other activities.

**1:15 p.m. to 2:30 p.m.**

**Tools and Techniques to Monitor, Audit and Evaluate Staff - (.15 CEU) *Janet J. Turner***

Management of professionals and para professional staff is as important and often overwhelming task of Therapeutic Recreation Directors. Often we develop these skills through trial and error. This session focuses on successful tools and techniques to build your management skills.

**1:15 p.m. to 2:30 p.m.**

**"Tai Chi: Stretch Your Mind & Body" (.15 CEU)**

**Part I and Part II is from 3:30 p.m. to 5:00 p.m. -**

***Dr. William Russell Klingler***

We live in a time of constant change, stress and strain, and for many people-physical inactivity. This increase of stress and decrease in physical activity has led to a decrease in health, productivity, and enjoyment. Tai Chi techniques taught during this session offers participants an opportunity

to stretch their bodies and minds. These techniques can be practiced on a daily basis with significant benefits.

**WATSU - "Water Shiatsu" Aquatic Bodywork (.15 CEU) - *Jeff Bisdee***

This session will provide the participant with a unique hands-on approach to Watsu, a massage technique in water! Bring your swim suit!

**3:30 p.m. to 5:00 p.m.**

**Privacy in Healthcare: The Impact of HIPA (.15 CEU) - *Karla Dreisbach***

HIPAA (Health Insurance Portability and Accountability Act of 1996 establishes legislation protecting the privacy of health care information for individuals. Learn what the privacy rules will mean for you in your healthcare setting and how they will impact on the provision of TR services.

**The 3 R's of Livin' - Relax & Relate in Rhythm (.15 CEU)**

***Camille Baughman***

Using rhythm, sound and movement this workshop will give participants the opportunity to experience drumming & rhythm in an experimental environment. Within the context of "doing" the session participants will learn tools & skills that will enable them to develop programs suitable for any population.

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# PTRS BOARD OF DIRECTORS

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As of 1/27/03

**Pennsylvania Therapeutic  
Recreation Society  
Strategic Plan  
Initiatives and Objectives**

Initiatives – 5 years  
Objectives – 12 - 18 months

**Initiative I. Expand Membership Base**

**Objectives:**

- A. Raise professional membership by 10% above the total as of April 11, 2001.
- B. Raise student membership by 10% above the total as of April 11, 2001.

**Initiative II. Improve the Quality of Membership Services**

**Objectives:**

- A. Improve communication to membership as evidenced 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.

June 5, 2001

Hello Everyone,

I hope all of you are coping well with this cold and snowy winter. This is my last message as your president. On March 5, 2003 Kirk Rakos will be sworn in as the next PTRS President. I wish Kirk a successful presidency. I would like to thank all of the board members who I had the pleasure of working with over the past two years. As past president I will be calling on members to step forward and make commitment to board positions. You will find in this edition the ballot for new board positions. We have at least 1 individual who has agreed to make a commitment to the society and its membership. My goal as past president is to have two individuals nominated for open positions during the next election. So don't be surprised if I come knocking on your door.

A congratulation goes out to Lee Bryan who on February 4<sup>th</sup> was elected as president-elect to the PRPS Board. I hope all of you will congratulate Lee on the commitment he has not only made to PTRS but also to PRPS. Congratulations! Lee.

The TRI committee has been busy planning what looks to be a terrific TR Institute for June 3<sup>rd</sup> – 6<sup>th</sup> in Grantville. The registration guide will be arriving soon.

Best Regards,

Teresa Rash, CTRS  
President

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

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## The Impact of Multi-Sensory Environments in Long Term Care

Multi-Sensory environments as a treatment modality in long-term care and the geriatric population is growing with leaps and bounds. Therapeutic Recreation Specialist and Activity Coordinators, who I have had the opportunity to share with and expose to sensory environments have walked away with a feeling of excitement and motivation. Although when they return to their facilities with this new and innovative treatment modality they are confronted with their administrators seeing the financial impact instead of the therapeutic benefits. How do we as practitioners overcome these obstacles? One way is to present our information and program development plan in terms an administrator understands “regulations and monies”.

One of the resounding issues in long-term care is “Quality of Life”. In reviewing the regulations F240 states “A facility must care for its residents in a manner and in an environment that promotes maintenance or enhancement of each resident’s quality of life.” The guidelines continue to explain the intention of the requirement is to specify the facilities responsibilities toward creating and sustaining an environment that humanizes and individualizes each resident. The decisions are driven by the quality of life each resident experiences. On a daily basis are you currently able to meet this definition to its fullest extent for those individuals living on locked dementia and Alzheimer’s units. These are the individuals who may be suffering from sensory deprivation and/or sensory overload. They are the group of residents as practitioners we struggle to find beneficial and appropriate activities for. Providing these residents with daily opportunities to experience and explore a sensory environment can give them opportunities to make decisions, improve and/or restore their senses, increase communication and sharing, experience human touch and relax. The benefits from the environment provides facilities an effective way of improving the quality of life for their dementia residents. When we improve the life of our residents we also improve and establish a positive relationship with their families.

Developing and creating a multi-sensory environment within a facility can be costly. How can we justify this expense and the space allotment? One way is to explore potential opportunities to generate revenue. In long-term care revenue is generated from the information provided on the MDS and the resident’s individualized restorative care programs. HCFA’s RAI manual defines restorative care as interventions that assist or promote the resident’s ability to attain his/her maximum functional potential. It goes on to state that restorative practice must meet additional criteria. The program must have measurable objectives and interventions documented on the care plan. As practitioners we are able to assess residents’ sensory needs and establish goals and objectives. Nurse assistants/aides must be trained in the

techniques that promote resident involvement. The sensory environment provides opportunities for all levels of staff to interact with residents in a positive nonthreatening way. Sensory Stimulation programs can fall under “Other” in the restorative care categories. In reviewing the RAI manual some thought may be given to the impact multi-sensory environments may have on mood and behavior. In starting any new restorative program it is beneficial to speak with your UMR contact person to discuss your plans and the restorative benefits it will have for your residents.

I work in a long-term care facility for adults with neuromuscular disorders. We follow the same guidelines as the traditional long-term care facility. We have had our multi-sensory room for 1 year. We have established a restorative care program with the approval of our UMR team. Currently, in the sensory stimulation restorative program we are servicing 16 residents out of a population of 82 with 4 to 5 residents’ programs being developed. The therapy aides providing these services complete restorative documentation following each session. The occupational therapist and recreational staff develop the programs to be carried out. The restorative nurse and myself over see the program.

As practitioners, we should be willing to fight for beneficial treatment opportunities for the individuals we serve. Our professional focus is to improve the quality of life and well being of our residents. When we are presenting to our administrators and/or board we need to be well informed and have an understanding of what they are going to focus on and solutions to those areas prepared before hand. For myself my dream of a multi-sensory environment for our facility was two years in the making. I spent many hours developing grants, meeting with my administrator, selling the project to the board. All the work and time was worth it when I see a resident who is so hard to elicit any type of response from smiling and laughing because everything around her is now glowing. The benefit to my residents has greatly outweighed the work it took to succeed at developing our environment. In succeeding it demonstrates how therapeutic recreation is looking beyond traditional interventions. It always gives us as professionals a sense of accomplishment when we provide opportunities for our residents to meet their biopsychosocial needs. In the words of one of my residents go out and create your own “butterfly and rainbow room).

**New Year, New You, New TRI.** This is part of the tag line for the 2003 Therapeutic Recreation Institute - but what is really NEW?

Competency tracks are new. There will be two tracks available, one in Mental Health, and the other in Long Term Care. These tracks are a series of optional sessions you may choose to attend. At the end of the day a small multiple choice test will be administered to prove competency. When you pass the exam you'll receive a certificate stating that you gained competency in this area. You do not have to follow a track. It's an additional opportunity provided this year by the TRI committee.

A pre-conference workshop designed for students is new. To be held on Tuesday, June 3<sup>rd</sup>, it is a full day pre-conference workshop for just \$25.00! Cathy Coyle, assistant Professor of Recreation and Leisure Studies at Temple University, Emily Connors, CTRS and Sherry Mickey-Freels, CTRS from Masonic Homes, and representatives from NCTRC will present topics like "Reviewing for the NCTRC Exam", "Internships" and "Preparing for That First Job Interview". This is a chance for students to take advantage of that ever-important component, networking.

Other pre-conference programs are Non-violent Crisis Intervention presented by Joseph Kelly, CTRS from Norristown State Hospital and CPR. Back by popular demand is Susan Newell, MA, CTRS and William Klinger, Ph. D. from the psychiatric department at Hershey Medical Center, Pennsylvania State University. Our Keynote speaker Elmiree Farr Walter, from Las Vegas, Nevada, has spoken at past A.T.R.A. national conferences, her topic is "Claim Your Magnificence". We are also pleased to announce that Mary Ann Bellfy, A.T.R.A. Practitioner of the Year, will speak about the Rehabilitation 3-hour rule/ FIMS. Arrangements are being made to have G.T. Thompson current A.T.R.A. president and past P.T.R.S. president to discuss professional issues that we face nationally.

The TRI is addressing hot topics such as Volunteer Retention, Legal/Ethical Issues in Behavioral Health, Diagnostic Overview of Psychological Disorders, Training High Performers, Sensory Stimulation,

Care plans & Documentation, Validation Therapy, and Massage/Touch Therapy.

Exciting new socials, live bands, award programs, silent auction featuring theme baskets, and drawings are also in the works.

All this and NO increase in cost!! PTRS makes it a point to keep costs reasonable for members. It's a challenge in this ever-worsening economy, but a challenge we are proud to meet.

Institute costs are:

**Members:**

\$360 - Full Package  
\$275 - Commuter Package  
\$145 - Daily/\$115-Friday

**Non-members:**

\$450-Full Package  
\$365 Commuter Package  
\$185-Daily/\$155-Friday

**Students/Retired:**

\$300 - Full Package  
\$215 - Commuter Package  
\$70 - Daily/ \$50 Friday

**Pre-institute: Crisis Intervention:**

Member - \$30, Non-member - \$40

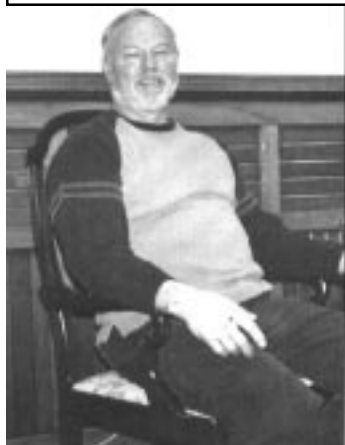
**Student Workshop:** \$25 (both Member & Non-member)

**CPR:** cost to be announced

Mark your calendar, submit your budget request and plan to attend the Therapeutic Recreation Institute Tuesday, June 3, 2003 – Friday, June 6, 2003. A complete registration guide will be available soon. Not a member? Now is a good time to SIGN UP AND TAKE ADVANTAGE OF MEMBER BENEFITS AND THE MEMBER DISCOUNT RATE! We look forward to seeing you at the TRI. For more information visit [www.ptrs.ws](http://www.ptrs.ws).



## PTRS Member Spotlight



For this editions' Member Spotlight we feature a longtime member of P.T.R.S. who has a work philosophy that has served him well for many years and would be a valuable lesson to all of us in T.R.. He also shares advice for new professionals and is an advocate of

recreation for the recreators as you will see. Certainly you will recognize the friendly smile and easy going manner of Chuck from his attendance at the annual TRI.

Meet Charles D. Sopkin

I graduated from Gannon college in Erie, Pa. in 1968 with a B. A. in Political Science. I went to Warren State Hospital for an interview and was hired in Oct. 1969 in the T.R. Dept. I received a Masters in Education in T. R. from Penn State University in 1973. I have worked in the T. R. Dept the entire time and am presently T. R. Director and just recently had O. T. placed under my jurisdiction.

I have attended all but a small handful of T. R. Institutes. I do enjoy renewing old friendships and meeting new people.

I plan to retire in a little over a year. I have always felt that the patients at the hospital are our bosses and that we were here to work for them. I have tried to treat the patients the way that I would want to be treated and I hope I passed this on to other employees.

The job has been very challenging and frequently I am asked and expected to do things that are totally unrelated to T. R. My philosophy has been to accomplish at least one positive thing each day at work. My advice for new professionals would be to get more involved in the society than I did and to be an advocate for T. R. in your work setting.

Upon retirement, my wife and I plan to travel. Barbara is a psychiatric Nurse Supervisor in our Forensic Unit and will retire shortly after I do. We have 2 children, David and Ashley. David is going to Penn State Behrend in Erie next year and will major in information management. Ashley will be a senior in high school next year. My wife and I enjoy watching them compete in sports.

My hobby is riding my Harley. I will definitely do more of that after I retire. I also enjoy martial arts. I also cut wood on our property to heat our house. I should add that my wife and I both like to gamble and I will do more of this after retirement and hopefully have better luck!

*Charles D. Sopkin*

### Upcoming TR Workshop's

#### **Say Yes to Increasing Your Knowledge of Drugs & How Recreation can Help (.6 CEUs)**

Wednesday, March 19, 2003

Altoona Hospital - Drug & Alcohol Prevention Services  
9:00 a.m. - 4:00 p.m.

PTRS Members \$59      Non-member \$79

Participants will receive an overview of legal and illegal drugs being abused including effects, sign/symptoms, slang terms, withdrawal etc.

#### **Assisted Living Alzheimer's Program Design: What, When, Why and How (.6 CEU's)**

Tuesday, March 25, 2003

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

PTRS Members \$59      Non-member \$79

Lecture and interactive exercises focusing on development of Assisted Living Alzheimer's Activity Programs.

#### **The Therapeutic Art of Clowning Around (.6 CEUs)**

Friday, April 4, 2003

VA Pittsburgh Healthcare System, Pittsburgh  
9:00 a.m. to 4:00 p.m.

PTRS Member \$59      Non-member \$79

This workshop will meet a variety of educational purposes, primary being skill development. The art of clowning can be adapted for young and old populations either as a leisure skill to be taught or a sensory stimulus and alternative to encourage reminiscing.

If you would like more information on these workshop's, please contact PRPS at (814) 234-4272.

# PTRS Clothing Order Form

Pennsylvania Therapeutic Recreation Society  
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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**

