



PTRS NEWSLETTER

FALL 2004

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

The Benefits of Pet Therapy *By Teresa Rash and Leah Workinger*



In September the Margaret E. Moul Home of York, PA started a daily Pet Therapy program. Teresa Rash, Director of Therapeutic Recreation purchased a Bernese Mountain puppy. This breed seems suitable for pet therapy as it responds well to human interaction.

Heidi travels to work with Teresa daily and in the short amount of time since the program started the Therapeutic Recreation Staff have observed the following benefits to their residents:

- Increased Alertness
- Increased Mobility (Residents are independently propelling themselves to the recreation room to see the puppy)
- Increased Socialization
- Increased Group Participation (Residents who come to visit Heidi then stay to participate in the next group)
- Increased Active Range of Motion

Since Heidi has been here she participates in group activities from Painting Leaves with her mouth and paws to eating seeds when we are pumpkin carving. She also attends community outings such as walks in the park and horseback riding.

Not only has Heidi brought a new sparkle to the eyes of the residents but she has also impacted the morale of the staff. The staff and residents both are enjoying watching her grow and learn. Just in a few weeks, Heidi has brightened the days of the staff and residents of the Margaret E. Moul Home.



Watch for more
Heidi updates in
future
newsletters

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As of 1/29/04

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PTRS PRESIDENT'S MESSAGE

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

Initiatives – 5 years

Objectives – June 2003-2004

Initiative I. Expand Membership Base

Objectives:

- A. Raise professional membership by 10% above the total as of July 2004.
- B. Raise student membership by 5% above the total as of July 2004.

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.
- achieved year 2002
- C. Reach targeted financial goal per PRPS 2001-2002 Budget.
achieved 2002-2003
- 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 in 2003.
- 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 June 3, 2003

The leaves are beginning to change colors, soon the time will change and so is PTRS! After healthy discussion by the board of directors and interactive communication with you the members during the membership meeting at the TRI and via the spring newsletter, the make up of the board of directors has a new look. On September 13th during the quarterly board meeting the PTRS board of directors unanimously approved the following structure of the PTRS board.

Executive Committee: President, President-Elect, Secretary, Membership/Marketing

District Representatives: District I (Northeast and Southeast)
District II (North central and South central)
District III (Northwest and Southwest)

Members-at-Large total of three

You may be asking about the Specialty Representatives? They remain a vital part of our society by representing PTRS as part of the Pennsylvania Recreation and Parks Institute which includes Therapeutic Recreation. The specialty representative will be a consultant to our members and the board in their area of expertise. The areas will reflect the make up of our membership. The individual serving in the role will be appointed by the PTRS president and confirmed by the PTRS board of directors. The current specialty areas are long term care, mental health, physical medicine/rehabilitation, veterans administration, developmental disability and community. By moving this position into the institute format the society's members will benefit longer from the individuals passion and knowledge since there is no term limit as there was while on the board of directors. Therefore, the individual can continue to contribute their expertise as long as they desire and have board confirmation.

The society will be submitting a ballot for 2005 elections at the Fall Membership meeting on Wednesday, November 17th during the business meeting from 10:00am – 11:00am at the Clarion Hotel in Carlisle, PA. PTRS is now accepting candidates for the following board positions:

Executive Committee: President-elect	(2005-07)
Secretary	(2005-07)
Membership	(2005-07)
District Representative	District I (2005-07) District III (2005-07)

Interested members are asked to contact Teresa Rash with questions or to submit their name and desired position for the ballot via e-mail trash@margaretemoul.org or calling (717) 767-6463 by November 8th.

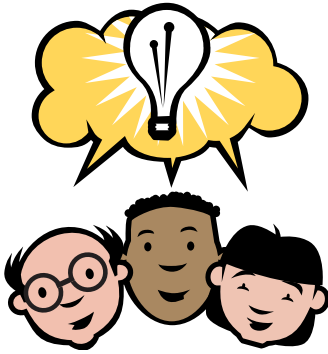
In closing, I remind you to visit the PTRS website at www.ptrs.org for information regarding continuing education opportunities throughout the commonwealth of Pennsylvania, 2005 PTRS Award nominations, job mart and links to areas of interest for therapeutic recreation.

Enjoy the rest of the newsletter!

Sincerely

Kirk S. Rakos
PTRS President

Education Survey Results



Over the summer we asked PTRS members for their input regarding the annual Therapeutic Recreation Institute. The goal of the survey was to see if the current set up of the TRI was still conducive to our members schedules. We asked about possibly combining

the Annual PRPS Conference with the TRI, and most of you felt that combination would not be a positive move. You felt the current schedule of days were adequate and would not prefer to alter the Wednesday-Friday conference. There were also some suggestions as to holding the conference at a different time of year. Some of those suggestions were May, June, September, and October. Currently we have a contract with the Holiday Inn in Grantville until June of 2006. Over the next year the Board will discuss the option of moving the TRI to an alternate time of the year and also discuss new locations of the conference. Most of you felt the current cost of the TRI was in a good range, and could not afford to go much higher. There were conflicting opinions as to the billing of the TRI, (ie-splitting the hotel vs. education cost). The Board in conjunction with the PRPS office will be exploring ways to assist you in payment from your facilities for the conference. We received many suggestions for workshops and sessions which were passed along to the TRI committee. A big thank you to all who gave their input. We will use this information to better serve our members.

PTRS Board Meetings

A reminder to all members that you are welcome to attend PTRS Board meetings. Our next meeting will be Dec. 6 at 10 a.m. at the PRPS office in State College, PA. If you are interested in attending please notify the office. We hope to see you there!

Memorial Scholarship Fund

A reminder to our PTRS members of our Memorial Fund. Grant monies are available for members who are interested in projects that a). research the efficacy of therapeutic Recreation, b). provide access to opportunities for individuals with a disability, c). develop new or existing programs to better meet the assessed needs of the population, d). promote inclusive participation in one's like, and e). Integrate efforts and foster partnerships among organizations. You will find the complete application on the PTRS website. Please note the deadline for review of applications by the Board is April 1, 2005.

Highlights of September 13th, PTRS Board Meeting

The Board voted to adopt the new structure of the PTRS Board. Elections will be held in October and in January to complete the board restructure. Anyone interested in running for a Board position my contact Teresa Rash. The Board also decided to submit PTRS award winners to PRPS for recognition. We felt this would be important as we are a branch of PRPS and should promote the wonderful programs we have in TR. In addition, we will also submit outstanding and honorable mention programs for award consideration. Planning for TRI 2005 is well underway with Mary Schreiber and Lynne Pomietlarz as your co-chairs. Be on the lookout for more information in this newsletter and in your mailboxes in the months to come. We were pleased to hear that the MEPAP course for Activity Director Certification sponsored by PTRS will be occurring. This course will not only provide education and advancement opportunities for our members, but will also positively impact our budget. Discussion was also held regarding proper behaviors of participants at workshops. The board would like to remind its members to display professional behavior including being attentive and not holding too much side conversation. The next Board meeting will be held on December 6th, and all are welcome to attend.





ANNOUNCING

The 37th Annual
Pennsylvania
Therapeutic Recreation Institute

*Sponsored by the Pennsylvania
Therapeutic Recreation Society*

Mark your calendars now for the 2005
TRI!

PURPOSE, PROGRESS, PRIDE

June 7 –10, 2005
Harrisburg/Hershey Holiday Inn
Grantville, PA

Plan ahead for:

- great education sessions
- lots of networking opportunities
- trusted vendors & exhibitors
- fabulous socials

To find information & pictures from last years TRI, learn about our awards program, make contact with other professionals, and receive TRI information as it becomes available please visit our website:

www.ptrs.org



SUMMONS FOR SPEAKERS

The 37th Annual
Pennsylvania
Therapeutic Recreation Institute

*Sponsored by the Pennsylvania
Therapeutic Recreation Society*

PURPOSE, PROGRESS, PRIDE

June 7 –10, 2005
Harrisburg/Hershey Holiday Inn
Grantville, PA

The Pennsylvania Therapeutic Recreation Society is seeking speakers for its 2005 Therapeutic Recreation Institute. If you, or someone you know, has a topic of interest for Recreation & Activities professionals please contact us. We are always looking for new topics, presenters and ideas to present to professionals in the state.

Deadline to submit is Monday, January 3rd, 2005.

Please remit topic titles and speaker information to:

Wendy Jo Hartsock, CTRS

2131 Sandy Drive

State College, PA 16803-2283

814-234-4272

Fax: 814-234-5276

whartsock@prps.org

Contact information and other organizational information may be obtained from our website:

www.ptrs.org



EDUCATIONAL OPPORTUNITIES

Individual Unit Workshops
9:00 a.m. to 5:00 p.m.
CEUs available
PA Recreation & Park Society Office
2131 Sandy Drive, State College, PA

Tuition Fee

Two day units \$179, Three day units \$268.

NOVEMBER 12-13, 2004 - Unit III - Standards of Practice: Practitioner Behavior

DECEMBER 2-4, 2004 - Unit IV - Activity Care Planning for Quality of Life

JANUARY 6-8, 2005 - Unit V - Methods of Service Delivery in the Activity Profession

For more information, please look on the web page at www.ptrs.org or call Wendy Jo at (814) 234-4272 for a brochure.

DEMENTIA & COMMUNICATION: THEORIES TECHNIQUES & TYPES

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.

March 11, 2005 - PRPS Office, State College

March 17, 2005 - TBD

April 15, 2005 - Willow Valley Retirement Comm., Erie

April 22, 2005 - Redstone Highlands, Greensburg

May 19, 2005 - Seton Manor, Orwigsburg

May 26, 2005 - Dunwoody Village, Newtown Square

For more information contact :

Wendy Jo Hartsock, CTRS, PRPS Office
2131 Sandy Drive, State College, PA. 16801
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**Watch for more details in our PRPS
Update and webpages!**

JOB ADVERTISEMENTS

Certified Therapeutic Recreation Specialist

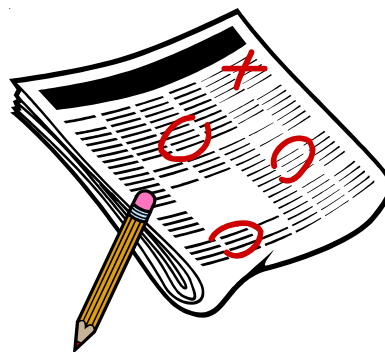
Work with our 19 bed CARF accredited Rehabilitation Unit. Candidate would join an inter-disciplinary team treating adults of varying rehab diagnose. Position allows the opportunity for program development. A Bachelors degree in Therapeutic Recreation with Certification as a Therapeutic Recreation Specialist (CTRS) required. Full-time with occasional weekends.

Contact: Michelle Carrasquillo at (717) 291-6712 or email: michelle.carrasquillo@lrmc.hma-corp.com

Lancaster Regional Medical Center
250 College Ave.
Lancaster, PA 17604
Fax (717) 291-8455

Recreation Therapist

Liberty Healthcare Corporation seeks Recreation Therapists/Phys. Ed. Instructors to join our newest residential treatment center for young adults located in Torrance , PA (45 miles east of Pittsburgh). Responsibilities include planning, organizing and directing leisure and recreational activities. Experience in a psychiatric/correctional setting preferred. The position offers competitive compensation, full benefits, paid time-off, and 401(k) plan. For immediate consideration please contact Yehudis Herzka at (888) 439-1440 or (610) 668-8800. Fax resume to (610) 668-7689 or e-mail yehudisg@libertyhealth.com <<mailto:yehudisg@libertyhealth.com>>.



ETHICS STATEMENT

The following ethics statement for PTRS has been adopted by the PTRS Board of Directors

Article VIII- (Code of Ethics)

Section 1 Code of Ethics. Membership in the Pennsylvania Therapeutic Recreation Society carries with it special responsibilities to the public at large and to the specific communities and agencies in which recreation and park services are offered. As a member of the Pennsylvania Therapeutic Recreation Society, I accept and agree to abide by this Code of Ethics, and pledge to conduct myself in a professional manner consistent with the following principles:

A. To adhere to the highest standards of integrity and honesty in all public and personal activities to inspire public confidence and trust. *I will provide my clients, co-workers, employees with an accurate and up-to-date list of my credentials assuming full responsibility for maintaining these credentials. At such time as these credentials may lapse or expire, I will inform those impacted by my services of this fact.*

B. To strive for personal and professional excellence and to encourage the professional development of associates and students. *I will assume responsibility for maintaining professional skills and competencies, as well as, remaining abreast of the expanding professional knowledge areas specific to my field of employment.*

C. To strive for the highest standards of professional competence, fairness, impartiality, efficiency, effectiveness and fiscal responsibility.

D. To avoid any interest or activity which conflict with the performance of job responsibilities.

E. To promote the public interest, to support equal opportunities, and to avoid gain or profit from the performance of job duties and responsibilities.

F. *To promote client self-determination by safeguarding personal information about clients, patients, or agencies served. I will maintain client/patient confidentiality. In the event that I must breach confidentiality to maintain client safety or the safety of others, I will inform the client of my actions.*

Member Spotlight

Meet Steve Morgan

Steve is the recreational therapist at Beacon Light Behavioral Health System located in Bradford, PA. Steve has been with Beacon Light for the past 8 years where he runs the Activity programming for the children who utilize the residential program. Steve works with children ages 8-18 in 8 group homes in the Bradford area. The children are involved in a variety of programs and are currently planning their annual "Haunted House" which is a community favorite and fund-raiser. Steve tells us his favorite part about his job is working with the kids and being able to see changes in the kids.

Steve obtained his degree from Slippery Rock, and is currently working on his masters degree in school counseling. He is a red cross CPR trainer and resides in Bradford with his family. Steve keeps busy with his 1 1/2 year old son, and school, but when he has free time you may find him playing a round of golf.

Steve feels grateful to be working for Beacon Light and being able to develop the recreation program when he first began working there. Thank you Steve for your commitment to the youth in your area, and for enhancing their quality of life.

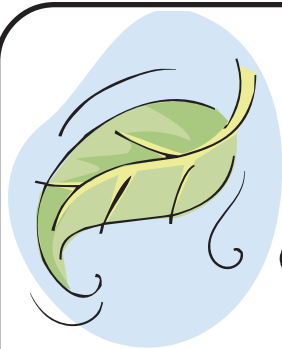
Question?



Would there be any PTRS members or interested professionals wanting to attend the TRAIN THE TRAINER Workshop? To become eligible to teach the NCCAP (MEPAP class the actual class is a 180 hour class for new professionals or professionals wishing to become certified as an Activity Director broken down into 2 sessions) MEPAP I and a MEPAP II. The training is all over the USA and may be coming to PA. Any current approved trainers will also need to take the Train the Trainer again since there are updates and revisions to the program. The workshop would include all the books, and related materials, and it is a 2 day training starting from 7:00 a.m. to 7:00 p.m. There is a fee for the workshop approximately \$600. After taking this training the individuals would be qualified to teach the actual MEPAP CLASS (once pre-approved). Currently we are running the MEPAP class out of the PRPS State College office and see that there is a possible continual need, therefore we would like to have qualified trainers. If interested please contact: Wendy Jo Hartscock, CTRS (814) 234-4272 or email whartsock@prps.org

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State College, PA
Zipcode 16801
Permit No. 99



Don't forgot to sign up!

PRPS Fall Membership Meeting
November 17, 2004
Clarion Hotel & Convention Center
Carlisle, PA
\$35 members \$42 non-members

TOPICS

NRPA's Future of Parks & Recreation

Volunteers: How to recruit, train, and recognize their value

If you would like more information, please contact PRPS at
(814) 234-4272 or check out the web at www.prps.org.