



# PTRS NEWSLETTER

## SUMMER 2005

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

### 2005 TRI Highlights

Wow, what an experience! I've assisted with the Therapeutic Recreation Institute for three years now and attended more than five. I know that is nothing to those of you who have been attending for more than seven years, but I'm catching up one year at a time. This year was a real experience because for the first time I truly got a look and an understanding about what it truly takes to make a TRI happen, and happen well.

First and foremost it takes a dedicated, hard working committee who are willing to go through the trenches with you. The 2005 committee did just that. Their support and willingness to help with every little aspect and to go above all expectations was immeasurable! So, to all of them I say "thank you", from the bottom of my heart. Mary, Bianca, Deb, Karen, Patrick, Lori, Melissa, Brian, B.J., Becky, Wayne, Allyson, Carrie, Lee, Wendy Jo, Geoff, Kirk & Bob and everyone else who lent their support throughout the entire process. I don't know how this would have happened without them.

Secondly is the support from the PRPS Office. I know you hear us say it at every TRI, but support from the office is critical to the success of the conference. Their patience and hard work really makes us look successful. I want to personally thank them for everything they have helped us with.

As for the 2005 TRI, the attendance was strong this year with 230 attendees. PTRS offered 54 programs, had 48 speakers, raised \$997.00 to be split between the Memorial Scholarship Fund & the Building Fund, and to top it all off the committee came in under budget! Whew! All of that could not be possible without you, our members, and non-member conference attendees. The TRI succeeds because of your continued support. We thank those who dedicated time, baskets, items for auction, money, room hosts, and volunteers.

Careful attention was given to all evaluation sheets, and these will become the base of direction for 2006. All the evaluation information is utilized both positive and negative,

to help plan the following year. Speaking of 2006, it's not too early to start planning your budget to include the TRI. The *Thirty-eighth Annual Therapeutic Recreation Institute* will be held *June 6-9, 2006* in Grantville. Have a fabulous year and I'll see you back in Grantville in June!

*Lynne M. Kressley-Pomietlarz, CTRS*

### In Recognition

The 2005 Awards Committee would like to congratulate this year's award recipients. Their dedication and hard work helped them earn their recognition. The following members were recognized during the 2005 Therapeutic Recreation Institute:

*Distinguished Member* - Mary Schreiber

*Joseph M. Foley Memorial Volunteer Award* -  
Becky Kandrac

*Outstanding New Member* - Bianca Brdaric

*Professional Service* - Melissa McHugh

*Volunteerism Award* - Sandy & Tom Blythe

*William P. Dayton Memorial Student Honor Award* -  
Jillian Poznick

*Outstanding Programming Award* -  
"Altoona Curve, Kid's Day" Altoona Regional Health  
System, Drug & Alcohol Prevention Services

*Outstanding Programming Award* -  
"Wall of Honor" James E. Van Zandt VA Medical Center -  
Honorable Mention

CONGRATULATIONS TO ALL WHO WERE RECOGNIZED.

Other persons requiring recognition are the 2005 awards committee. Without their support the awards process

*continued on page 5*

## PTRS BOARD OF DIRECTORS

### President

#### **Fredrick C. Walter, CTRS**

Coordinator, PM & R  
James Van Zandt VA Medical Center  
2907 Pleasant Valley Blvd.  
Altoona, PA 16602 (B)  
W. 814-943-8164  
F. 814-940-7890  
E. Fred.Walter@med.va.gov

### President - Elect

#### **Jeff P. Witman, CTRS, Ed.D**

Associate Professor York College  
1349 Harrisburg Avenue  
Mt. Joy, PA. 17552  
W. 717-815-6415  
F. 717-849-1649  
E. jwitman@ycp.edu

### Past-President

#### **Kirk Rakos, CTRS**

Supervisor of Recreation and Leisure  
Services  
Masonic Village  
One Masonic Drive  
Elizabethtown, PA 17022 (B)  
W. 717-367-1121 ext. 33191  
F. 717-361-5390  
E. krakos@masonicvillagespa.org

### Membership Secretary

#### **Linsey Yeaker, CTRS**

Recreation Therapist  
Masonic Village  
One Masonic Drive  
Elizabethtown, PA 17022 (B)  
W. 717-367-1121 ext.33394  
F. 717-361-5390  
E. lyecker@masonicvillagespa.org

### Recording Secretary

#### **Bianca Brdaric, CTRS**

Recreation Therapist  
Masonic Village  
One Masonic Drive  
Elizabethtown, PA 17022 (B)  
W. 717-367-1121 ext.33648  
F. 717-361-5390  
E. bcbianca@aol.com

### Members at Large:

#### **Carrie S. Chiusano**

Director of Recreation  
Presbyterian Senior Care  
1215 Hulton Road  
Oakmont, PA. 15139  
W. 412-826-6034  
F. 412-826-6121  
E. cchiusano@srcare.org

#### **Becky Ann Kandrac, CTRS**

Membership Secretary  
Therapeutic Recreation Specialist  
Masonic Village  
1730 Swatara Creek Road  
Middletown, PA 17057  
W. 717-367-1121 ext. 33646  
E. bec143tc2@aol.com

#### **Thomas A. Simshauser, CTRS**

Staff Recreational Therapist  
Margaret E. Moul Home  
2050 Barley Road  
York, PA 17404 (B)  
W. 717-767-6463  
F. 717-764-8711  
E. tommysimms2000@yahoo.com

### District Representatives:

#### District 1

#### **Catherine Bowers, CTRS (2005)**

T.S.S.  
Achievement Center  
2150 E. 40th Street  
Erie, PA 16510 (H)  
W.  
E. jmc2150@juno.com

#### District 2

#### **Leah Workinger**

Senior Recreational Therapist  
Margaret E. Moul Home  
2050 Barley Road  
York, PA 17404 (B)  
W. 717-767-6463  
F. 717-764-8711  
E. LWORKINGER@margaretemoul.org

### District 3

Venus Murphy, SFO,ADC  
Activities Director  
HCR Manor Care at Mercy Fitzgerald  
600 South Wycombe Avenue  
Yeadon, PA 19050  
W. 610-626-8065  
F. 610-623-8009  
E. venusmurphy\_sfo@hotmail.com

### PRPS Staff Liaison:

#### **Wendy Jo Hartsock, CTRS**

TR Training & Education Specialist  
Pennsylvania Recreation and Park  
Society  
2131 Sandy Drive  
State College, PA 16803-2283  
W. 814-234-4272  
F. 814-234-5276  
E. whartsock@prps.org

## In this Issue...

PTRS Board of Directors

President's Message

PTRS Clothing  
Merchandise Form

TRI 2006

Member Spotlight

Upcoming Workshops

PTRS Newsletter is published by the Pennsylvania Therapeutic Recreation Society. The newsletter editor is Bianca Brdaric. 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; Fax: (814) 234-5276; www.ptrs.org.

**Pennsylvania Therapeutic Recreation Society  
Strategic Plan Initiative and Objectives  
2005-2009**

**Initiative I. Expand Membership Base**

Objective:

- A. Raise professional membership by 10% above the total as of April 1, 2005
- B. Raise student membership by 5% above the total as of April 1, 2005

**Initiative II. Improve the quality of membership services.**

Objective:

- A. Improve communication to membership
- B. Market & Monitor membership program

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

Objective:

- A. Provide workshops based on membership needs & interest.
- B. Reach Targeted financial goal per PRPS 2005-2007 Budget.
- C. Guarantee professional appearance of at educational materials

**Initiative IV. 2005 -2009 Strategic Plan & PTRS By Laws**

Objective:

- A. Update 2003-2005 Strategic Plan to 2005-2009
- B. Complete 2005 PTRS By Laws

**Initiative V. Increase Awareness of the Board Directors of PTRS**

Objective's:

- A. Be seen as a Body at large
- B. Take Part in the registration and CEU commission.
- C. Dress Accordingly

- 7. **RESCISSION:** Strategic Plan 2001-2005
- 8. **REISSUE DATE:** APRIL 2007
- 9. **FOLLOW-UP RESPONSIBILITY:** PRESIDENT ELECT

**FREDERICK C. WALTER, CTRS  
PRESIDENT PTRS**

Hello to My Other Family & Friends

I would like to take time to extend a THANK YOU to all whom were part of a GREAT 2005 Therapeutic Recreation Institute. My hat is off to Lynne Pomietlarz and Mary Schreiber and their committee for a great job. Congratulation goes out to all who received awards and a great job in your efforts to keep our profession at the forefront.

The new PTRS Board had met and is very enthusiastic about moving ahead with the Strategic Plan. Thank you Bianca Brdaric for your enthusiasm and dedication to getting this newsletter out to everyone and keeping us updated on the happenings in our profession.

I would also like to include a "big" thank you to the PRPS staff for their dedication and efforts to serve the members of our society. 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 am confident that with your support, 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 to you.

I am grateful and honored that I have been given the opportunity to lead such an excellent organization of dedicated professionals. I only wish and hope that I can provide the leadership to assure our society remaining in the forefront of our profession.

Yours in Leadership Towards Health & Wellness



Frederick C. Walter, CTRS  
President PTRS

## EDUCATIONAL OPPORTUNITIES

### FUN\*TASTIC Recreation Programming

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

#### Wednesday - November 2, 2005

Broomall Presbyterian Village, 146 Marple Road, Broomall, PA 19008

#### Wednesday - November 9, 2005

Brethren Village, 3001 Lititz Pike, Lancaster, PA 17606

#### Wednesday - November 30, 2005

PRPS Office, 2131 Sandy Drive, State College, PA 16803

#### Wednesday - December 7, 2005

Erie VA, 135 East 38th Street, Erie, PA 16504

This session will provide a wide range of programming ideas that include crafts, edible crafts, month by month and theme weeks, activities for men, intergenerational programming and special events. The participants will understand the process of knowing your individual participants likes and dislikes and how this can drive creative interventions and positive outcomes for them. Participants will also experience Aging Sensitivity (understanding sensory changes) and learn about helping and creating a heart of compassion for the elderly by experiencing hands-on activities.

#### Registration Fees:

Member \$73

Non-member \$93

### PRPS Fall Mini-Conference September 26-28, 2005 Harrisburg/Hershey Holiday Inn Grantville, PA

#### "Trends & Therapeutic Recreation Issues" 2nd Fall Series (.6 CEU's)

September 26, 2005

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

#### Registration Fees:

Member \$139

Non-member \$155

Student \$35

Third/more person (from same agency) Member \$114

Non-member \$130

*(Third person discount if you register 2 people from the same agency)*

### Successful Therapeutic Activities for Persons with Dementia

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

#### Thursday - October 20, 2005

PRPS Office, 2131 Sandy Drive, State College, PA 16803

#### Thursday - October 27, 2005

Menno-Haven Inc., 2075 Scotland Avenue, Chambersburg, PA 17201

#### Thursday - November 3, 2005

Erie VA, 135 East 38<sup>th</sup> Street, Erie, PA 16504

#### Thursday - November 10, 2005

Redstone Highlands, 6 Garden Center Drive, Greensburg, PA 15601

#### Thursday - November 17, 2005

The Meadows Nursing Center, 55 West Center Hill Rd., Dallas, PA 18612

#### Thursday - December 1, 2005

Seton Manor, 1000 Seton Drive, Orwigsburg, PA 17961

This workshop will begin with a brief overview of the approaches needed when interacting with a person who has Alzheimer's disease or a related dementia. We will review the stages of Alzheimer's and how that impacts activities and therapeutic recreation programming. The workshop will review how to utilize task segmentation in creating successful, meaningful activities for all stages of Alzheimer's disease. "Best Practices" will be shared and discussed. **Bring a BEST PRACTICE ALONG TO SHARE.** This workshop will be a mixture of lecture, group participation and hands on experiences.

#### Registration Fees:

Member \$73

Non-member \$93

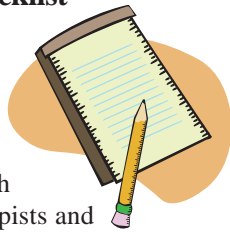


#### For more information about any PTRS Workshops please contact :

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

## A Program Enhancement Checklist

Jeff Witman, Ed.D., CTRS  
York College of Pennsylvania



The checklist that follows is based on the findings of two recent research studies which asked recreation therapists and activity professionals to identify factors which were most important to ensuring survival of their programs within the agencies they worked for. See how many of the following you're involved with and identify some you may want to develop more fully.

### Our Program and Staff:

- \_\_\_\_\_ Have an active role in treatment/care planning
- \_\_\_\_\_ Establish measurable goals and objectives for clients and for services based on assessed needs
- \_\_\_\_\_ Can demonstrate the relevance of our services to our agency's mission and goals
- \_\_\_\_\_ Regularly receive feedback (e.g., processing at the end of groups and programs, exit interviews) from clients
- \_\_\_\_\_ Has an active role in our agency's Quality Improvement/Assurance activities
- \_\_\_\_\_ Have specialized training/certification in various therapeutic techniques and modalities
- \_\_\_\_\_ Conduct effectiveness studies of various program offerings
- \_\_\_\_\_ Change programs regularly to reflect changes in client and agency needs
- \_\_\_\_\_ Have general professional certification (e.g., CTRS, ADC)
- \_\_\_\_\_ Can cite specific benefits, as well as contraindications, for participation in various program offerings specific to clients' problems/needs/diagnoses
- \_\_\_\_\_ Regularly visit other facilities and receive visitors from other facilities
- \_\_\_\_\_ Is included in agency efforts (surveys, interviews) at determining client satisfaction with services received
- \_\_\_\_\_ Is included in the promotional materials and marketing of the agency
- \_\_\_\_\_ Has up-to-date resources, supplies and equipment for programs
- \_\_\_\_\_ Conduct in-service, orientation and other programs for those in our agency beyond our own department which detail our program activities and outcomes (bonus point if you're part of the orientation program for all new employees)
- \_\_\_\_\_ Share through publications and presentations with the community and with other professionals regarding program activities/outcomes
- \_\_\_\_\_ Has an active role in preparation for audits/visits of accrediting/licensing agencies
- \_\_\_\_\_ Have an active and effective volunteer and/or student program
- \_\_\_\_\_ Assist with critical patient care functions of the agency

- \_\_\_\_\_ Generate income for the agency
- \_\_\_\_\_ Have programs which are safe
- \_\_\_\_\_ Have programs which generate positive responses from clients
- \_\_\_\_\_ Would be missed if they disappeared.

The last item of the checklist is perhaps the most important and the most challenging. Can you identify, in marketing terms, a U.S.P. (Unique Selling Proposition) for your services? What are you doing that makes a distinctive contribution to clients and the agency? Stated another way, if you weren't around why would someone need to invent you? Thoughtful answers to these questions can provide a basis for the recognition your program deserves. Most importantly though, a well developed rationale for your program can ensure that your consumers will realize the full potential of your services.

---

*continued from page 1*

would not exist. A heartfelt thank you to Jean Marie Walter, Leah Workinger, Venus Murphy, Susan Lilly, Becky Kandrac, Shannon Heverin, and Emily Connors.

We would also like to thank all those busy professionals who took the time to submit nominations for voting. Filling out a nomination form can seem like a daunting task, at first, but in actuality they are really quite simple. To ease the process, please know that nominations can be sent in at ANY time. Members do not have to wait until just before closing date to submit a form. Actually, the sooner you send in the nomination the better as it gives the committee chair time to process documentation.

The current voting process is nomination forms are requested from the committee chair or printed from the internet ([www.ptrs.org](http://www.ptrs.org)). We worked really hard in June and July to bring the website up to date so everything you need should be there and work. The nomination forms are filled out by any member of PTRS/PRPS and submitted to the award chair who copies them as submitted and then mails them, along with a voting form to all members of the awards committee. The committee members vote on all nominations and choose the one (or two, in some cases) that best exemplifies the required credentials. The voting forms are then sent back to the award chair who then tallies the votes, then presents the awards during the two award ceremonies at the annual TRI. It's really quite simple. Anyone can submit, and anyone can join the committee. Just contact the committee chair for more information.

The Awards Committee is always looking for members. If you, or someone you know is interested in becoming a member of the awards committee; or if you have questions about the nomination forms, the process, or need any information award related contact Lynne Pomietlarz at (610) 386-2229 or email at [lynnepo@comcast.net](mailto:lynnepo@comcast.net).

# Therapeutic Recreation Institute 2005





## PTRS CLOTHING MERCHANDISE

All of the clothing items are embroidered with the PTRS logo

### (ADULT CLOTHING)

|                                   |                           |
|-----------------------------------|---------------------------|
| Golf Shirt Bright Royal           | \$24.00 (2XL-3XL \$26.00) |
| Golf Shirt White                  | \$24.00 (2XL-3XL \$26.00) |
| Golf Shirt Long Sleeve Storm Blue | \$26.00 (2XL-3XL \$28.00) |
| Golf Shirt Long Sleeve White      | \$26.00 (2XL-3XL \$28.00) |
| Oxford Shirt Light Blue           | \$30.00 (3XL-4XL \$32.00) |
| Oxford Shirt White                | \$30.00 (3XL-4XL \$32.00) |
| Denim Shirt Indigo                | \$28.00 (2XL-3XL \$30.00) |
| Denim Shirt White                 | \$28.00 (2XL-3XL \$30.00) |
| Fleece Navy                       | \$38.00 (2XL-4XL \$40.00) |
| Hooded Sweatshirt Ash             | \$25.00 (2XL-3XL \$27.00) |
| Hooded Sweatshirt Blue            | \$25.00 (2XL-3XL \$27.00) |
| Hooded Sweatshirt White           | \$25.00 (2XL-3XL \$27.00) |
| T-Shirt Short Sleeve Ash          | \$12.00 (2XL-4XL \$14.00) |
| T-Shirt Short Sleeve White        | \$12.00 (2XL-4XL \$14.00) |
| T-Shirt Short Sleeve Indigo       | \$12.00 (2XL-4XL \$14.00) |
| T-Shirt Long Sleeve Ash           | \$16.00 (2XL-5XL \$18.00) |
| T-Shirt Long Sleeve White         | \$16.00 (2XL-5XL \$18.00) |
| T-Shirt Long Sleeve Indigo        | \$16.00 (2XL-5XL \$18.00) |

### (YOUTH CLOTHING)

|                             |                |
|-----------------------------|----------------|
| T-Shirt Short Sleeve Ash    | \$12.00 (S-XL) |
| T-Shirt Short Sleeve White  | \$12.00 (S-XL) |
| T-Shirt Short Sleeve Indigo | \$12.00 (S-XL) |
| T-Shirt Long Sleeve Ash     | \$16.00 (S-XL) |
| T-Shirt Long Sleeve White   | \$16.00 (S-XL) |
| T-Shirt Long Sleeve Indigo  | \$16.00 (S-XL) |

### (NON CLOTHING ITEMS)

|                               |        |
|-------------------------------|--------|
| PTRS Can Koozie               | \$2.00 |
| PTRS Name Badge Pin           | \$3.00 |
| PTRS Lunch Kool Pack Cooler   | \$4.00 |
| PTRS Swiss Pocket knife       | \$4.00 |
| PTRS Desk Calculator          | \$4.00 |
| PTRS Coffee Mug Beehive style | \$6.00 |

(Non clothing items either have PTRS logo on or PTRS written label)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Check # \_\_\_\_\_

Credit Card:  Visa  MC  AMEX  Discover

CC number \_\_\_\_\_

Exp. date \_\_\_\_\_

**Please add 10% of order amount for shipping & handling. Check out the website to look at the merchandise pictures!!!**

## Member Spotlight



My name is Sarah Jay and I am from Paris, Ontario Canada. I earned my BS in Recreation Park Management with a focus on Community and Commercial recreation at Penn State University. During my 4 years I was a full scholarship athlete in swimming and was an academic all-American

and dean's list recipient. During my 20 years plus swimming career, I participated in the '92 and '96 Olympic Trials, and was ranked second in the world for masters in the 400 individual medley.

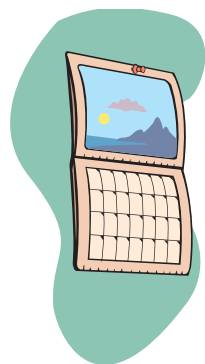
After graduating from Penn State, I went back to school in Canada and completed a 2-year program in Gerontology, and coached competitive swimming at one of the top clubs in Canada. During my schooling, I completed two internships one in a long term care setting and one in a community setting. With completion of the program I was offered a job as activity coordinator in an adult day centre where I worked for a year and a half until I decided to pursue my master's degree.

Currently, I am in the master's program at Penn State University for Leisure Studies and taking course work in TR so that I may qualify for CTRS certification. In my spare time I assist a lady with a visual impairment with office work, daily errands, and with her Seeing Eye puppy group. This summer, I completed an internship at the James E. Van Zandt VA Medical Center in Altoona under the supervision of Fred and Jean Walter. They gave me the opportunity to attend my first PTRS conference where I thoroughly enjoyed meeting other professionals in the field, and having the educational experience.

In my free time, I enjoy weekend getaways with friends and family, swimming, tennis, reading and going to the movies. After graduation in May 2006 and taking the CTRS exam, I hope to find a position in our field.

PA Recreation & Park Society  
Pennsylvania Therapeutic Recreation Society  
2131 Sandy Drive  
State College, PA 16803  
www.ptrs.org

Non-Profit Org.  
U.S. Postage  
PAID  
State College, PA  
Zipcode 16801  
Permit No. 99



Mark your 2006  
Calendars!  
*"Fundamentals for  
the Future"*

2006 Therapeutic  
Recreation Institute

June 6-9, 2006  
Harrisburg/Hershey Holiday Inn

Upcoming 2006

It's not too early to begin thinking about the 2006 TRI. As always we are carefully reviewing the evaluation forms from 2005 to assist us with our planning for 2006. We appreciate those who took the time to complete evaluations.

The committee is currently working on establishing a theme and locating speakers. If you have a topic or know a speaker which may interest our members please email any information to Wendy Jo in the PRPS office at [whartsock@prps.org](mailto:whartsock@prps.org).

We will keep you updated on our progress during the year through the newsletter and the website. We look forward to seeing you in June.