

# PTRS NEWSLETTER

## WINTER 2010



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

### PTRS PRESIDENT'S MESSAGE

#### Not Just a Pile of Rocks

Camping has been a favorite past time of mine that began when I was a kid going to church camp each summer. I don't go nearly as often as I'd like. I guess you'd say life just gets in the way. But I was lucky enough to be camping with friends a few months back at Hickory Run State Park.

For those who have never been to Hickory Run State Park, it's your typical campground offering tent sites, hiking, biking and swimming. Our days were filled with few decisions, the most complicated of which was when to start the campfire. However, Hickory Run boasts its Boulder Field as an attraction visitors must see. I will admit that I was the most skeptical of our bunch. I couldn't figure out what could be so interesting about a pile of rocks. But, never one to hold a group back, off to Boulder Field we went.

We had to travel quite a ways off the beaten path to reach Boulder Field. When we arrived I was surprised at how many others had traveled to see this pile of rocks as well. I thought to myself, "What could be so special about this pile of rocks?"

And then I saw it. Boulders as far as the eye could see. It was beautiful, unbelievable, and surprising. Many visitors were walking on the boulders and some were so far away you could barely see them. Visitors were sitting on the rocks near the entrance. Others were on lawn chairs with a picnic lunch chatting with friends. Most visitors were posing for pictures and it was clear that young and old alike were enjoying this spectacle. No one could have been more surprised than me at this natural wonder. I wasn't so sure I'd enjoy this side trip, but what I found was a pretty amazing sight that I'm so glad I stuck around to see. I think my

experience at Boulder Field can be a metaphor for our work in therapeutic recreation. It was just a pile of rocks, but at this pile of rocks visitors found an opportunity for learning, socialization, a physical challenge of walking on the rocks, and if you allowed it, a spiritual moment.



In our work areas we often begin a session with a simple task, something that isn't seemingly remarkable. However, it is what evolves or is experienced on the other end that makes the intervention meaningful and successful. I went camping that weekend and expected to relax and enjoy the campfires, but what I didn't expect was to find these rocks so interesting and amazing. We as therapists are often in the role of exploring interventions with our patients, and we look to find a connection that will lead to healing and progress. We ask our patients to give it a try, to trust that they will receive a benefit from our programming, and that on the other end something special might occur. We lead them in our work and hope they will be thankful for our efforts and will grow. As you go on in your work, remember that what lives behind some pretty simple tasks or programs is an opportunity for your patients to be surprised at what they'll learn and experience. Remember that it might just be that a pile of rocks could turn into an amazing Boulder Field.

Go forth and Recreate!  
*Jenn Koehler, PTRS*

## PTRS BOARD OF DIRECTORS

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#### District 1

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### Specialty Representatives:

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#### Physical Medicine & Rehabilitation Representative

vacant

#### Behavioral Health Representative

Diane Krisanda, ADC  
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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.*

### Resource Corner

NewsCurrents is a program that offers a slightly different twist to engaging our patients in current events. Initially started as a program for students up to grade 12, this program also offers NewsCurrents Sr. for patients in a residential setting. This program offers a weekly guide and DVD for use in programming and has discussion points for basic and advanced discussion. This has been used in both large and small groups with great success. There is questions for the leader to ask to spark conversation and also opportunities to reminisce. Subscription for this program is \$349.00 per year. More information can be found at [WWW.Newscurrents.com](http://WWW.Newscurrents.com)

**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

**In this Issue...**  
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## Annual TR Society Awards

On a beautiful Thursday in early June, several members and non-members, of the Pennsylvania Therapeutic Recreation Society were recognized for their dedication and commitment to the field of Therapeutic Recreation.

Annually the society recognizes those outstanding contributors whose personal efforts make a difference where they learn, volunteer and work. The Awards Committee is pleased to recognize the following award recipients:

*Distinguished Member – BJ Crownover*  
*Professional Service – Geoff Geesey*  
*Outstanding New Member – Rachel Guiher*  
*Volunteerism Award – Don Barrett, & James & Sandy Globa*  
*Society's Citation – Rebecca Duke & Patrick Fisher*  
*Organization/Agency Award – Blue Ridge Adapted Snow*  
*Sports, Severna Park, MD*  
*Outstanding Special Event – V.I.P Reception,*  
*Guthrie Sayer House*  
*Inauguration Ball, Masonic Villages, Elizabethtown*  
*Outstanding Programming Award – Adventure Sports*  
*Program- Margaret E. Moul Home*  
*Outstanding Programming Award –*  
*Honorable Mention*  
*Vacation Bible School, Maple Farm Nursing Center*  
*Dr. Paw's Pet Therapy Program, Lancaster General Hospital*  
*William P. Dayton Memorial Scholarship – Emily Mininger,*  
*Temple University*

**Congratulations and thank you to all recipients, your special efforts are remarkable.**

It has been an honor & privilege for me to have served the organization as the Awards Committee chair for the last few years. It's a fun committee to be apart of and, I believe, an important committee that makes a difference. If you have ever considered assisting the committee or would like to know more about serving contact Jenn Koehler, PTRS President, or I. Either one of us would be glad to answer any questions you may have.

I would also like to thank the committee members who helped me make the Awards Program successful. Special thanks to Susan Crooks, Debi Damon, Shannon Heverin, Becky Kandrac, David Klein, Susan Lilly, Barbara Morgan, Mary Schreiber, Jean Marie Walter and Leah Workinger. Without their input there would be no awards.

You all do work worthy of recognition, take a few moments and peruse the nomination forms located on our website [www.ptrs.org](http://www.ptrs.org), and submit your hard work for review.

You deserve it.

*Lynne Pomietlarz*  
*Awards Chair*

## TRI Message from the Co-Chairs

Dear Colleagues:

The 42nd Therapeutic Recreation Conference Committee invites you to attend the 2010 Therapeutic Recreation Institute in Harrisburg/Hershey Holiday Inn, Grantville, PA. The intent of the TRI is to provide training sessions that are directed toward practitioners, supervisors, administrators, and students which address the diverse needs of our profession in a cost efficient manner.

It is our distinct pleasure to offer you the opportunity to enhance your skills and competence through lecture and experiential learning opportunities. We have compiled an extensive listing of educational sessions that will add to your toolbox, regardless of position and population served. Look for topics ranging from Staff Supervision and Management, Behavior Management, NCRTC Specialty Credentialing Program and NCTRC Certification Program just to name a few. Susan Newell will be on hand to engage you in Team Building and Teamwork activities.

In addition to the educational opportunities take time to visit the exhibit area and see what they have to offer to enhance and diversify your programs.

We are hopeful you will join us at the TRI. We look forward to enabling you to improve the quality of life for the consumers we serve.

2010 Co-Chairs  
*Teresa Rash*  
*Lil Shine*

# SAVE THE DATE!

*42<sup>nd</sup> Annual*  
*PA Therapeutic Recreation*  
*Institute*

**June 9-11, 2010**  
**Harrisburg/Hershey**  
**Holiday Inn, Grantville**

**For a session proposal form go to**  
**[www.ptrs.org/education/conference](http://www.ptrs.org/education/conference)**

**PA Recreation & Park Society**  
*Pennsylvania Therapeutic Recreation Society*  
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*Return Service Requested*

***NEW this year!***

**A Practical Guide for Planning and Programming for Persons with Dementia**

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.

*April 5, 2010 Sewickley      April 30, 2010 Erie*  
*April 5, 2010 Allentown      May 3, 2010 York*  
*April 19, 2010 Media      May 7, 2010 State College*

If you have any questions, please contact PRPS at 814.234.4272.

**Check the web for the brochure at [www.ptrs.org](http://www.ptrs.org)**



*Special Thanks to the Therapeutic Recreation Board Members and the Park Resource Branch for participating in the PRPS work day, and helping with the landscaping at the PRPS Office*