

# PTRS Newsletter

Summer 2002

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

## In Memory of Marie Gutjahr

On March 16, 2002, the Therapeutic Recreation field and PTRS lost an outstanding professional and devoted member of PTRS. Marie was many things to many people, a mentor, teacher, therapist and friend. To me, Marie was my mentor. When I was in high school I volunteered at Elizabethtown Children's Hospital where Marie was the director of Therapeutic Recreation. In working under her guidance I found a passion for the field. Throughout my college days and my blossoming career, Marie was always there to provide advice and guidance. She also directed me towards being an active and productive member of PTRS. I'm sure many of you have stories of ways Marie may have provided guidance or knowledge to assist you in your endeavors.

Throughout Marie's career she was a leader in field of TR and within our organization. She served on the Board of Directors in several capacities, including the presidency. Those attending the TR Institute will remember her as the expert on completing the CEU forms. Marie's career took many paths and stepping stones, pediatrics, rehabilitation, long-term care, credentialing specialist for NCTRC and professor. Throughout Marie's professional career she received numerous awards and honors. The profession and the Society will greatly miss Marie. She was an inspiration to us all.

In remembering Marie, the PTRS Board of Directors is asking for the membership to make personal donations in her memory to the PRPS Building Fund.

*Teresa Rash, CTRS*  
*PTRS President*

## In this Issue...

**PTRS President's Message**  
**PTRS Board of Directors**  
**P.T.R.S.—A Winning Team**  
**Mentoring—"We Want You"**  
**PTRS Member Spotlight**  
**Member-Get-A-Member Campaign**

## Upcoming TR Workshops

### **Recreational Therapy: A Viable Treatment Option**

October 4, 2002, Saint Vincent's Health Center  
Presenter, G.T. Thompson

.6 CEUs

PTRS member \$59 non-member \$79

### **Sensory Stimulation & Multi-Sensory Environments: Developing Positive & Successful Interactions Between Staff & Client**

October 8, 2002, Margaret E. Moul Home  
Presenter, Teresa Rash

.5 CEUs

PTRS member \$59, non-member \$79

*If you would like to register please call 814-234-4272. A brochure will be available soon!*

## PTRS Board of Directors

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Open

North Central Board Member (2004)

Open

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Open

Leah R. Workinger (2004)\*

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\*Nominees for 2002-2004; election pending.

As of 6/3/02

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

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1315 West College Ave., Ste. 200, State College, PA 16801-2776, (814) 234-4272; Fax: (814) 234-5276; email: [prps@vicon.net](mailto:prps@vicon.net); [www.ptrs.ws](http://www.ptrs.ws).

**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 evidence by response to website and newsletter.
- B. Develop a mentoring program by December 2001.

**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 by September 7, 2001.
- C. Reach targeted financial goal per PRPS 2001-2002 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 by November 14, 2001.
- 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

**PTRS President’s Message**

As the lazy days of summer are upon us, the Society continues to chug along striving to improve the services for our members and advocate for our profession. New for this year is the 2002 PRPS Member-Get-A-Member Campaign. The Society goal is to recruit 300 new members. Current members who recruit new members are eligible for rewards and sweepstakes. If you have not received information on the campaign, contact the PRPS Office.

New to this publication is the “member spotlight.” Learn more about the members of PTRS and what they are doing at their agencies.

If you have any suggestions or comments for the Society, please feel free to contact a member of the Board or drop in and leave a message in the guestbook on our website ([www.ptrs.ws](http://www.ptrs.ws)).

Have a great summer!

*Teresa Rash, CTRS  
PTRS President*

## **P.T.R.S.---A Winning Team**

*By Liz Grosh, PTRS Recording Secretary*

In the state of Pennsylvania, therapeutic recreation staff and activity professionals have become a valuable asset to facilities offering rehab, psych., long term care and support to individuals who require specialized assistance in order to live quality lives. Therapeutic recreation has proven to be viable from an economic standpoint for these facilities, as clients shop around for such assistance and look for programs created and directed by certified individuals. Even so, many such facilities are cutting costs thereby choosing not to pay for staff memberships to P.T.R.S. causing these professionals to decide for them selves whether to pay for membership to the organization. I, myself, am an individual who is in that situation and as a person who has to watch my own personal expenditures, I realize that I could choose to ignore renewing my membership but I realize that the cost is really very low compared to the benefits to myself as a professional working in the field of recreation.

I would like each of you to think about why you choose to belong to P.T. R. S. and about what you expect the organization to achieve for you. Encourage your friends and co-workers to join P.T. R. S. Help us to be a strong and effective membership in promoting the advancement of the profession and in meeting the recreational needs of all Pennsylvanians. P.T.R.S. provides educational opportunities each year for continuing education through regional workshops and over 30 sessions each June at the Therapeutic Recreation Institute, with discounted fees for P.T.R. S. members who attend. C.E.U's are important for re-certification and P.T. R. S. works diligently to provide valuable sessions by qualified presenters to assist you in this area. P.T.R.S. provides updated information specific to our profession on standards of practice, regulations and requirements through its meetings, newsletters, our new web site and contact with specialty and regional representatives who are elected based on their education and experience. With membership you are privy to legislative representation, which helps members be pro-active professionally and integrates us nationally with our profession as a whole. P.T.R.S. offers professional scholarship and leadership opportunities as well as current job postings and intern site information and professional recognition. New in our organization is

the mentoring program which pairs up individuals with experienced peers, who can answer questions, support, guide and encourage newer members. A directory through P.R.P.S. designates those in T. R. to aid in the networking process that is born in relationships built through attendance in workshops and T.R. Institutes. Also through branch affiliation with P.R.P.S. members are eligible for special discounts each year for recreational opportunities; discounts towards one family trip to Hershey Park, for example, can pay for one year's membership in P.T.R.S.

The Pennsylvania Recreation and Parks Society currently began a "Member-Get-a-Member" rewards campaign. I would like to challenge each of you to assist in this drive by recruiting new P.R.P.S. members who sign up as part of the P.T.R.S. branch, thereby aiding in the continuation of goals relevant to each of us as individuals working in the therapeutic recreation field. The stronger we are as a membership, the more we can accomplish to promote and advance the profession and ourselves. It is also important to hear from each member so that P.T.R.S. can fully represent each of you and provide the resources, education, networking, recognition and sponsorship that you desire from your affiliation with a professional organization. It is as easy as commenting on the guest book of our web site, a phone call to a committee or board member, regional or specialty representative or the P.T.R.S. office or filling out an evaluation at the T.R.I. Help us to know how to help you better. **Joining P.R.P.S./ P.T.R.S. lets everyone win!**

# Mentoring — “We Want You”

Can you remember a time in your professional career when you needed information or ideas to do your job the way you felt it should be done, but had no idea where to turn for help? Maybe it was the MDS, or the 3-hour rule, or some CARF or department of health standard you were afraid you weren't meeting. Maybe it's the new PPS. The Pennsylvania Therapeutic Recreation Society has all the answers. Actually, our members have all the answers.

As Uncle Sam says—*We Want You*—as mentors for fellow professionals. You have all the answers! We just need to know what questions to ask you.

The mentoring program works like this:

1. A PTRS member calls or e-mails the PTRS Mentoring Coordinator with a job-related question of concern.
2. The Mentoring Coordinator (M.C.) checks the (hopefully very large) list of volunteer mentors with expertise in the area in question.
3. The M.C. provides the caller with the phone number or e-mail address of the mentor who can assist him/her.
4. The M.C. provides a follow-up call or e-mail to volunteer mentor and caller for program evaluation.

How do you get on the list as a PTRS Volunteer

Mentor?

Call Mary Ann Bellfy at 570-321-2656 or e-mail her at [mfb1923@aol.com](mailto:mfb1923@aol.com). She will mail you a brief application which asks you to list areas of expertise, preferred communication channel—e-mail, pony express, phone.

What does the volunteer mentor get out of it?

Satisfaction in knowing that you have helped, not only a fellow professional, but the profession itself. Getting the right answers to the individual who needs them so the job gets done right adds credibility to all of us in those professions.

Sign up today to be a volunteer mentor. Call Mary Ann Bellfy or what for the form that will be available at the PTRS website, [www.ptrs.ws](http://www.ptrs.ws).

*Submitted by Mary Ann Bellfy.*



## PTRS Website

Surfing the net...check out our new PTRS website at [www.ptrs.ws](http://www.ptrs.ws) Be sure to add the site to your favorite bookmark list. Features include a guest book, chat room, society services, membership application (encourage a co-worker/peer to join), PTRS apparel orders, and much more...take some time to explore this new method of keeping our members informed and in touch.

## **PTRS Member Spotlight:**

### **Tammy Nickel**



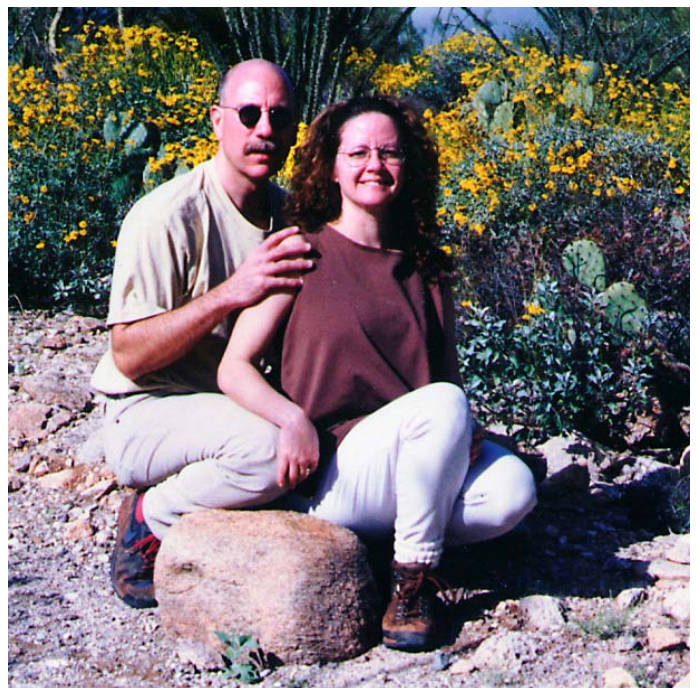
*As a new addition to our newsletter we have decided to help introduce members in our organization to one another through a feature article highlighting a different member in each issue.*

In this first of the series we introduce you to Tammy Nickel who is a Recreation Leader at the Masonic Homes in Elizabethtown. Tammy is Nationally certified as an Activity Director through NCAAP and has 18 years of experience in the field of therapeutic recreation.

She has worked specifically with skilled care, Alzheimer's and assisted living populations within a long term care environment and has much to share.

"I have been a member of PTRS off and on throughout the years, interchanging memberships with different organizations. I really miss it when I am not an active member. I look for other professionals to share information with and find many good articles in each quarterly issue to help me keep up-to-date and positive in the profession. I am especially enriched when I am able to attend the annual TRIs as they provide so much information and camaraderie that can be utilized. Networking with other facilities and professionals can bring so much excitement and variety into our jobs! My best skill or asset is "listening" to our residents needs: breaking down the barriers (usually fears) and assisting them to succeed (nurturing the spirit) while encouraging independence. It is what you make of it, therapeutic benefits through recreational activity/opportunities! I have been known to use unconventional modalities to assist residents with personal challenges in everyday life, promoting the therapeutic value of activities to bring quality of life specific to the individuals involved.

On a personal note my favorite vacation spot for recreation is Colorado for biking and hiking. I enjoy spending time with my husband, Tim and children, Tonya and Cody and dogs, Zen(a beagle) and Dubie (a golden retriever and former therapy



dog in our Eden setting at the Masonic Homes).

My hobbies include family time, gardening, biking, hiking with my husband and playing catch with my dogs. My hometown is Elizabethtown, Pa and my future goals include attending certification for massage therapy school to continue my mission to help myself and others to continue to grow!



## **2002 PRPS Member-Get-a-Member Campaign**

Help us recruit 300 new members in 2002, and you get free stuff! For each new member you sign up, you also get the chance to win even MORE free stuff.

**Recruit new members, and you'll receive free merchandise imprinted or custom-embroidered with the PRPS logo:**

**Sign up 1 to 3 new members and get a travel mug.**

**Sign up 4 to 6 new members and get a sweatshirt.**

**Sign up 7 or more new members and get a jacket.**

Each time you recruit a new PRPS member, your name also is automatically entered in the **2002 Member-Get-a-Member Sweepstakes**. The more new members you sign up, the greater your chance of winning one of these prizes:

**1<sup>st</sup> Prize: Busch Gardens Vacation Package**

**2<sup>nd</sup> Prize: Seven Springs Weekend**

**3<sup>rd</sup> Prize: 2003 Conference Registration**

The sweepstakes and reward program run from January 1 through December 31, 2002; so, you've got all year to sign up new members and increase your chances of winning a weekend getaway.

For contest and reward purposes, a new member is a new member, whether you sign up an individual or a group. Make sure your recruit lists your name in the "recruited by" section of the application. For additional Member Advantage Brochures, or to ask questions about how you can earn free stuff and win prizes, call Tracy Robert at (814) 234-4272.

**Remember: New member = free stuff. Thanks for your help.**

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## **Mark Your Calendars!**

*2003 PA Therapeutic Recreation Institute  
June 3-6, 2003  
Harrisburg-Hershey Holiday Inn  
Grantville, Pennsylvania*

**PTRS apparel for sale...** You can order your PTRS apparel by visiting the website at [www.pters.ws](http://www.pters.ws)  
Simply print off the order form fill it out and send it to :

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