



PTRS NEWSLETTER

SUMMER 2004

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

Upcoming PTRS Workshops

National Certification Council for Activity Professionals

Modular Education Program for Activity Professionals (MEPAP)

Part 1 Basic Education Course

9:00 a.m. to 5:00 p.m.

CEUs available

PA Recreation & Park Society Office
2131 Sandy Drive, State College, PA

Tuition Fee

90 Hour tuition \$679, Two day units \$179, Three day units \$268.

SEPTEMBER 24-25, 2004 - Unit I - Overview of the Activity Profession

OCTOBER 15-16, 2004 - Unit II - Human Development: the late adult years

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

The National Certification Council for Activity Professionals (NCCAP) is one of the Certifying Bodies recognized by Federal law, and incorporated in many state regulations. NCCAP is the **ONLY** national organization that exclusively certifies activity professionals who work with the elderly.

Upon completion of the full 90 hour MEPAP1 class the participant will be able to meet 1 of the 5 necessary requirements to apply for the NCCAP certification as an Activity Director or Provisional Activity Director.

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

“START to FINISH” Development and Implementation of Sensory Stimulation Program

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

.6 CEUS available

PTRS members \$69 & Non-members \$89

NE Region August 26, 2004

Seton Manor, 1000 Seton Drive,
Orwigsburg, PA 17961 (570) 366-0400

SC Region September 15, 2004

Masonic Villages at Elizabethtown
One Masonic Drive
Elizabethtown, PA 17022 (717) 367-1121

Workshop Overview

To provide instructions on how to assess needs and provide a sensory stimulation program for all levels, and all senses to enhance quality of life for residents/clients.

If you would like to attend any of the dates listed, please contact PRPS for a brochure and a registration form at (814) 234-4272.

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North West Regional Rep.

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As of 1/29/04

**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

I am hopeful that everyone is enjoying their summer and finding some leisure time for you. The 36th Annual Therapeutic Recreation Institute is now part of history and from the evaluations of the attendees it once again was successful in meeting the needs of our members and non-members many who have now decided to join PTRS as a result of their experience at the TRI. Congratulations to the TRI committee for their dedication in providing three full days of continuing education as well as the opportunity to network. On behalf of the membership of PTRS I extend a thank you to the PRPS office staff and Bob Griffith, Executive Director of PRPS for their support. Enjoy this issue of the Summer PTRS newsletter. If you have any comments or ideas about your organization the Pennsylvania Therapeutic Recreation Society please do not hesitate to contact me so we can chat.

Enjoy the rest of your summer!

Kirk S. Rakos



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2004 PTRS Award Celebration

by *Lynne Pomietlarz*

On Thursday June 10, 2004 the PTRS celebrated its 2004 award recipients with a luncheon, dinner and award presentations. The awards presentation is a time to recognize our members who have given of their time, talents and energy to the society and the profession alike.

The 2004 Award recipients are:

Society Citations: Pennsylvania Recreation & Parks Society & Three Rivers Adaptive Sports
Presidential Citations: William Klinger, Wendy Jo Hartsock, Jenn Koehler, Mary Schreiber, & the PRPS office staff

Outstanding Programming Award (Honorable Mention):

“Tie One On” at Pappy’s Pub – Seton Manor & “Camilla’s Talent Treasures”, Talent Show – Camilla Hall Nursing Home

William P. Dayton Memorial Scholarship: Susan Crooks

Edward W. Moyer Memorial Scholarship: Linda L. Higgins

Volunteerism Award: Betsy Sweeney

Outstanding Programming Award: “Red Hat & Black Derby Societies” – Sayre House

Organization/Agency Award: Philadelphia Recreation & Parks Department

Outstanding New Member: Heather Erno

Professional Service Award: Emily Connors

Distinguished Member Award: Mary Ann Bellfy

The Awards Committee feels it is of great importance to recognize our members for the achievements they make everyday. However it is up to you, the members to take the initiative to begin the process of recognition. If you don’t submit a nomination we never know just how good of a job you, or a friend, are doing.

There is one award that PTRS has never given out. The award is called the Joseph P. Foley Award. Mr. Foley was noted for his dedication to PTRS, his profession, and volunteering. Joe was a very active volunteer outside of the Therapeutic Recreation realm and that is what his award is designed to commend. The challenge is, as an organization of almost 400 members, not everyone is aware of all the special extras that many of us do outside of work and outside of our profession. This award is designed to recognize our devoted members who volunteer. Please, think about your colleagues, your friends, even yourself as a candidate. We know you don’t volunteer for recognition, and many people are afraid to nominate themselves, but please, consider this an open invitation to share.

Special thanks are offered to this years Awards Committee for the efforts they made in making the entire process work; Emily Connors, Shannon Heverin, Becky Kandrac, Susan Lilly, Venus Murphy and Leah Workinger. If you are looking for a great way to become more involved with PTRS the awards committee is an easy way to do that! Please call Lynne Pomietlarz at 610-386-2229 or email her at blucrit@netzero.net. We look forward to your help in the future.

What is Therapeutic Riding?

by *Heather Erno, CTRS*

Therapeutic riding promotes cognitive, physical, and social well being for individuals with disabilities through equine oriented activities. Individuals with disabilities can benefit from working with a horse in several ways. Benefits include, but are not limited to, improvement in posture, balance, joint movement, and muscle control.

Horses are amazing animals. For individuals who have a mental health diagnosis or are a youth-at-risk, horses increase self-esteem, develop self-confidence, and develop feelings of empowerment within the individual. When working with a partner or in a group, individuals can improve on teamwork skills, positive communication skills and social interaction skills. Whether the individual is working with the horses in an un-mounted (ground work) or mounted (on the horse) activity, they are in a position to make decisions, plan ahead, and practice self-control. Horses do not have prejudices or biases against anyone. The need attention and unconditional love.

It is important to understand the precautions and contraindications of therapeutic riding when working with individuals with disabilities. There are a few organizations that offer an instructors qualification course to anyone who is interested in working with horses and individuals with disabilities.

The PA Council on Therapeutic Horsemanship (PACTH) and the North American Riding for the Handicapped Association (NARHA) offer an instructors course. For more information, please contact PACTH at www.path.cas.psu.edu or NARHA at www.narha.org.

Heather Erno, CTRS

Coordinator of the Therapeutic Horsemanship Program at Hoffman Homes for Youth
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**Congratulations to the following TRI 2004
Successful Competency Certificates**

Alternative Therapy

Jennifer Daniels-Wells, Lizabeth J. Grosh, John J. Guras,
Teresa Hearn, Jessica A. Magners, Heather S. Mertz,
Barb Morgan, Mary Podgorski, Karen Rumberger,
Kristin Russell, Lorraine Yelley

Long Term Care

Angela L. Andiorio, Deborah Andrews, Ellen Creveling
Marleen Dean, Pamela A. Dixon, Stacy Drum, Connie
Fitzgerald, Marsha E. Gongaware, John J. Guras,
Jennifer Honeyford, Karen Knoch, CTRS, June M. Kulp,
Lou Ann Luchaco, Barbra J. McCloskey, CTRS,
Katherine McKinney, Peggy L. Montag-Liebel,
Barbara Jelsma Morgan, Venus Murphy, SFO,
Andrea Newbury, Carole Palchak, Joan Phillips, Karen
R. Rumberger, Ginny Schraegle, Jessica Sebasovich,
Michelle N. L. Shaffer, Edith Smith, Donna Talley,
Lorraine Yelley, Carol Zaborowski

TRI 2004 REPORT

The report on this year's conference has to start by acknowledging a very special group of people. A big thank you to everyone who took the time to complete an evaluation form. Your responses and comments are truly valued and help guide improvements for future TRIs.

Overall, your comments were very positive. Most felt the conference was well organized and the committee helpful. A nice variety of topics were offered and your favorite speakers included Susan Newell, Dr. Bill Klinger, and Janet Turner. There were a few concerns related to length of break time, food choices (too many carbs), and room temperature. We received a wealth of suggestions for topics at next years Institute and several speaker recommendations.

Planning is now starting for TRI 2005, and the Committees first project is to review all evaluation forms in depth. Know that every response is given careful attention in the interest of improving your Institute. Please contact the PRPS office if you have any interest in being a part of next years conference. And finally, mark your calendars for June 6-10, 2005. See you there!

Fun times at the TRI Board Sponsored Luau!



JAMES E. VAN ZANDT VA MEDICAL CENTER'S BEST PRACTICE INTERGENERATIONAL PROGRAMMING

by Jean-Marie Walter

The James E. Van Zandt VA Medical Center in Altoona, PA has a distinctive intergenerational program called, "Yesterday, Today & Tomorrow". The program consists of Cadets from the Military, Naval, Air Force, Merchant Marine, and Coast Guard Academies and members of ROTC from various universities, and current active military visiting with the veterans of the medical center. Thus the title "Yesterday" the veterans at the VA, "Today" the current active military and "Tomorrow" the cadets being the future.

The concept is that Cadets and Officers visit with the veterans to learn what will make the better leaders and to reminisce and compare life in the military form yesterday, today and tomorrow.

Therapeutic values include communication, reminisce, awareness, self-esteem, education and respect.

Communication: Veterans enjoy the opportunity to speak with these young people and the common ground topic of conversation. Veterans who do not usually partake in social situations are now utilizing communication skills. The young visitors learn about hearing impairments and to adapt their voices and body position to better communicate with the veterans.

Reminisce: The veterans share their military experiences with those that are following in their footsteps. Some veterans share experiences of military service that they have not shared with others.

Awareness: This program increases the awareness of the visitors and public of the service and sacrifice that our veterans have made for our country.

Self-Esteem: Our veterans show signs of increased self-esteem by being more confident about their service and the ability to share either experience with the younger generations.

Education: The veterans have an opportunity to educate the younger generations about things that will help make them better leaders and officers but also the way the military has changed.

Respect: The respect that is shown to the veterans by these young visitors is seen in the veterans' facial expressions, body posture and the increase in communication among the veterans weeks after the visit, "we have not been forgotten and they will be following in our footsteps".

This unique intergenerational program has ongoing since 1994. The program been recognized by PTRS as an "Outstanding Program" in 2001. The number of young visitors has grown from 3 in 1994 to 25 in 2003. From year to year our veterans look forward to this annual visit. Some have family member bring in ribbons, medals, photographs and other memorabilia to share with the younger generation.

JOB ADVERTISEMENTS

The Recreation program for The Willows of Presbyterian SeniorCare is directed towards providing services designed to meet the recreational, educational, social and leisure time needs of all residents. The principals, standards and documentation requirements of a therapeutic recreation program are applied to all residents.

The Recreation Therapist conducts therapeutic programs, develops appropriate intervention strategies and plans as assigned to meet the recreational and psychosocial needs of residents. The therapist also contributes to on-going delivery of programming services for residents. Other duties include maintaining accurate records of resident participation and making sure that documentation is compliant with state, federal and department guidelines. Participation in assigned duties that will enhance the department's operations as well as supporting the efforts of volunteers is expected.

The Recreation Therapist reports to the Supervisor of the department, and the Director.

Qualifications include a Bachelor's Degree in Therapeutic Recreation, Gerontology, Music Therapy or related field from an accredited college or university. A minimum of six month's experience with activity programming in a health care environment.

Interested individuals should mail resumes to Carrie Chiusano, Director of Recreation, Presbyterian SeniorCare, 1215 Hulton Road, Oakmont, PA 15139. Fax number: (412) 826-6121 Email address: cchiusano@srcare.org.

PTRS would like your feedback!

Many of you who attended this years TRI may have already completed this survey, but we'd like to have feedback from our PTRS members who may not have attended the conference. Many facilities are experiencing budget cuts and other setbacks, we would like your input so that we may continue to provide you an outstanding educational opportunities. If you have not already done so, take the time to complete the survey and return to PRPS at 2131 Sandy Drive, State College, PA 16803 or visit the website to give your feedback. Results of the survey will appear in the Fall 2004 newsletter.

Pennsylvania Therapeutic Recreation Society Education Survey

Have you ever attended a Therapeutic Recreation Institute? Yes _____ No _____

Does the current schedule of days fit into personal and work schedule?
Yes _____ No _____

Would you like to see the TRI to be held on different days? Yes _____ No _____

Please indicate what days would best suit your schedule.
Sun _____ Mon _____ Tues _____ Wed _____
Thurs _____ Fri _____ Sat _____

When would you prefer the TRI to be held (example 2nd Week of September)?
Week _____
Month _____

Would you like to see the TRI combined with the PRPS conference held in the Spring (March)?
Yes _____ No _____

Do you prefer one inclusive package (education, CEU's, meals and lodging)?
Yes _____ No _____

What would you prefer the package to include?
Education _____ Lodging _____ CEU's _____
Meals _____ Socials _____

If your agency pays for you to attend the TRI what portion of cost do they cover?
Education _____ Lodging _____ CEU's _____
Meals _____ Socials _____

We would like your input on the total cost of the TRI and what you are willing and able to afford including your agency's covered expenses.
350.00-400.00 _____ 400.00-450.00 _____ 450.00-500.00 _____ 500.00+ _____

What topics would you like presented at the TRI? Please be specific. (i.e. Therapeutic exercises for cardiovascular patients)

Name optional _____

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PA Therapeutic Recreation Society Summer Newsletter

Do you have a topic of interest that you'd like to hear more about? Email us with your suggestions?

Remember to utilize your specialty representatives for any questions, concerns, or ideas you have about your specific area. Refer to page 2 for a complete list of the Board of Directors.

Questions? Contact PTRS at (814) 234-4272 or check out the web page at www.ptrs.org