

36th Annual
Therapeutic Recreation Institute

Celebrating



Our Profession

June 8 – 11 2004

Harrisburg / Hershey Holiday Inn
Grantville, Pennsylvania

REGISTRATION GUIDE

Institute-at-a-Glance

Tuesday, June 8, 2004

11:00 a.m. - 9:00 p.m.

Registration

9:00 a.m. - 11:00 a.m.

PTRS Board Meeting

1:00 p.m. - 5:00 p.m.

Pre-Institute

A Taste of Adventure!

1:00 p.m. - 4:00 p.m.

TRI Memorial Golf Open -
benefits PTRS Memorial
Scholarship Fund

5:00 p.m. - 7:00 p.m.

Dinner on Your Own

7:00 p.m. - 7:30 p.m.

Room Host Training/Review

8:00 p.m. - 11:00 p.m.

Welcome Social hosted by the
PTRS Board
LUAU - Lite Reception

Wednesday, June 9, 2004

***Long Term Care
Competency Track**

6:45 a.m. - 7:45 a.m.

Continental Breakfast

7:00 a.m. - 6:00 p.m.

Registration

8:00 a.m. - 9:30 a.m.

Keynote: Professional Pride &
Maintaining the Commitment,
Dr. Anne Simonsen

9:30 a.m. - 10:00 a.m.

Beverage Break - Exhibit Area
Silent Auction (Theme Baskets)

10:00 a.m. - 11:15 a.m.

1. Fresh Approaches for Fresh
Faces! Programming for the
Younger Resident
2. Consulting - Sharing
Experience and Knowledge!
3. Experiential Team Building
4. Therapeutic Value of
Scrapbooking
5. R.O.A.M. - A Therapeutic
Intervention Program for
Dementia Residents

11:15 a.m. - 11:45 a.m.

Beverage Break
Silent Auction (Theme Baskets)

11:45 a.m. - 1:00 p.m.

1. Using Art Therapy with the
Dementia Resident
2. Effective Presentation
Techniques
3. Deafness & Deaf Culture
4. Programming for Jewish
Residents
5. How to Survive Department
Management
6. Leisure Education Through
the Years

1:00 p.m. - 2:30 p.m.

Lunch - "Celebrating You"
Visit Exhibits/Silent Auction

2:30 p.m. - 3:45 p.m.

1. Therapeutic Recreation & the
12 Steps Part 1
2. Assessing Stages of
Alzheimer's Disease
3. Promoting Physical Activity
for All Residents
4. Building Healthy
Relationships Part 1
5. Practical Stress Management
6. Incorporating Jewish Holidays
into your Activity Programs

3:45 p.m. - 4:15 p.m.

Cookie & Beverage Break
Visit Exhibits/Silent Auction

4:15 p.m. - 5:30 p.m.

1. Therapeutic Recreation & the
12 Steps Part 2
2. Activity/TR Programs -
Incorporating Cultural Diversity
3. LTC - Trends and Issues
4. Building Healthy
Relationships Part 2
5. Conscious Breathing and
Guided Imagery for Pain and
Anxiety Management

5:30 p.m. - evening

Dinner on your own at local
establishments FREE TIME!
Local Restaurant and Local
Recreation Opportunities
Available at the Front Desk and
Registration Desk

8:30 p.m. - 9:30 p.m.

Open House - President Suite

Thursday, June 10, 2004

***Alternative Therapy
Competency Track**

7:00 a.m. - 6:00 p.m.

Registration

7:00 a.m. - 8:00 a.m.

Continental Breakfast

8:00 a.m. - 9:30 a.m.

Keynote:
CAMs or SCAMs: Understanding
Complimentary and Alternative
Medicines, *Dr. William Klinger*

9:30 a.m. - 10:00 a.m.

Beverage Break - Visit Exhibits/
Silent Auction

10:00 a.m. - 11:15 a.m.

1. Validation Groups - A
Therapeutic Approach to
Dementia Care
2. Why Tell A Story?
3. Geriatric Physical Education
4. Stretch Your Mind and Body:
Tai Chi as an Adaptive Activity
Part 1
5. And the Beat Goes On -
Rhythm For Livin'
6. Shiatsu Therapy

11:15 a.m. - 11:45 a.m.

Break

11:45 a.m. - 1:00 p.m.

1. Introduction to Color
Therapy
2. Initiatives Improving Group
Cooperation and Cohesiveness
3. Stretch Your Mind and Body:
Tai Chi as an Adaptive Activity
Part 2
4. Nonpharmacological
Management of Challenging
Behaviors
5. Introduction to Massage
Therapy
6. Fall Prevention The Role of
Therapeutic Recreation

1:00 p.m. - 2:30 p.m.

Lunch - "Celebrating
Achievements"
Awards
Installation of officers

2:30 p.m. - 3:45 p.m.

1. Understanding Energy Work
Therapies
2. Successfully Supervising Staff
& Volunteers Part 1
3. Multi Sensory Equipment
4. Overview of Personality
Disorders
5. Acupuncture and Chinese
Medicine in America
6. The Importance of Group
Dynamics

3:45 p.m. - 4:15 p.m.

Beverage Break
Visit Exhibits/Silent Auction

4:15 p.m. - 5:30 p.m.

1. I Can Still Laugh: Humor
Therapy
2. Successfully Supervising Staff
& Volunteers Part 2
3. WATSU
4. Pet Therapy
5. Seated Yoga as a Therapeutic
Recreation Intervention
6. Enhancing Your Groups
Through Music

5:30 p.m. - 6:30 p.m.

Free Time

6:30 p.m. - 9:00 p.m.

Recognition Dinner/Awards -
"Celebrating Excellence"
Awards - Outstanding Program,
Professional Service,
Distinguished Member, New
Professional

9:30 p.m.

Social

Friday, June 11, 2004

****Checkout by 11:00 a.m.****

8:00 a.m. - 11:00 a.m.

Registration

8:00 a.m. - 1:00 p.m.

Confirming of CEU's

8:30 a.m. - 10:00 a.m.

Breakfast Buffet

9:15 a.m. - 10:30 a.m.

1. Programming for Low
Functioning: Bedside or
"Group"?!?
2. Shake Your Groove Thing -
Exercise Programming

10:45 a.m. - 12:00 p.m.

1. Never too Old to Have Fun:
Games for All Ages
2. Innovative Therapeutic
Programming for Psychiatric/
Behavioral Residence

Message from the TRI Co-Chairs

Greeting's!

For 35 years the Pennsylvania Therapeutic Recreation Institute has had a wonderful history of providing recreational professionals with the opportunity to learn, network, and be social. The 36th year will be no different. The 2004 TRI Committee has been hard at work planning excellent educational and social opportunities.

Please take your time in reviewing this Registration Guide. This year we are excited to welcome and kick off our Institute with Dr. Anne Simonsen from Gallaudet University. Many will be happy to see Susan Newell and Dr. Bill Klinger are again part of the program. After the success of last year, we are again providing a Long Term Care Competency Track. In addition, we are offering an Alternative Therapies Track. We have also reviewed last year's evaluations and provided more time to visit our vendors and network with colleagues.

We know that everyone attending this conference is connected in a very special way. By definition we all restore, improve functioning, and improve health and well-being in the people we serve. We know the benefits, we know the outcomes, and we know the positive response we get to our programs. So in keeping with this years theme, we invite all TRI attendees to celebrate the amazing things we do every day!

We look forward to seeing all of you in Grantville.

Sincerely,

Jenn Koehler; CTRS and Mary Schreiber, M.Ed, CTRS

2004 TRI Co Chairs



PTRS President's Message

Dear Professionals,

On behalf of the Pennsylvania Therapeutic Recreation Society, I invite individuals in the field of Therapeutic Recreation, Activities and other related professions to join us as we Celebrate our Profession during the 36th Annual Therapeutic Recreation Institute from June 8 – 11, 2004.

The Pennsylvania Therapeutic Recreation Society encourages administrators, directors and managers to ask your therapeutic recreation specialists, activity directors, etc. to be in attendance at this educational institute to further their knowledge and validate the work they are doing each day to restore, rehabilitate, remediate and promote quality of life.

As I explored what it means to celebrate I have determined that this institute will be a time to honor ourselves and our profession through a variety of festivities while up holding notice to others what our profession offers to the consumers of our services. As we celebrate we will be renewing and refreshing ourselves with an array of four star educational opportunities to enhance our competency level which in turn benefits our consumers.

On June 10th our celebration hits a peak of frenzy as we turn our attention to celebrating our PTRS members, volunteers, students, agency, etc. on the day proclaimed Recognition Day! The day will conclude with a formal Recognition dinner, the PTRS Awards program and a social celebration that is assured to be festive and spectacular!

I personally invite each Therapeutic Recreation and Activity professional to gather in Grantville, Pennsylvania at the Holiday Inn from June 8-11th to celebrate each other and our profession. The board of directors of the Pennsylvania Therapeutic Recreation Society, TRI Committee and I look forward to seeing you again and meeting new colleagues in the field for the first time.

Sincerely,

A handwritten signature in black ink that reads "Kirk S. Rakos, M.Ed./CTRS".

Kirk S. Rakos, M.Ed./CTRS
PTRS President

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About the Institute

The Pennsylvania Therapeutic Recreation Institute has provided quality education and training at a reasonable cost for the Commonwealth's Therapeutic Recreation Specialists and Activity Coordinators for over 30 years. One low fee covers over 40 educational sessions, CEU credits, lodging, meals, socials, exhibits, and the awards banquet.

Reasons Why You Should Attend

- ✓ Networking with professionals from across the state
- ✓ Over 40 Professional Workshop Sessions for one low fee
- ✓ Continuing Educational Units
- ✓ Conference/Hotel & Meals at one affordable price
- ✓ State of the Art Information
- ✓ On-site Recreational Resources
- ✓ Central State Location

2004 TRI Committee Members

Co-Chairs	Registration Committee
Jenn Koehler	Mark Kurzenknabe
Mary Schreiber	Carrie Chuisano
	Pat Fisher
Program Committee	Catherine Bowers
Emily Connors	Becky Kandrac
Leah Workinger	
Jeff Whitman	Local Arrangements
Susan Lilly	Susan Lilly
	Heather Erno
Publicity/Marketing	Melissa McHugh
Lynne Pomietlarz	
Catherine Bowers	Exhibitors/Sponsors/ Fundraising
Lori Schultz	Wayne Henninger
Entertainment, Socials, Banquet	Kirk Rakos
Terry Schofstal	Becky Kandrac
Lynne Mahon	Terry Schofstal
Wayne Henninger	Memorial Golf Open
	Lee Bryan
	Geoff Geesey

Who Can Benefit by Attending?

- ✓ Therapeutic Recreation Specialists in all settings
- ✓ Activity Coordinators in Long Term Care Settings
- ✓ Consultants
- ✓ Health Care Administrators
- ✓ Educators
- ✓ Students
- ✓ Nursing Home Administrators



TRI MISSION STATEMENT

THE PENNSYLVANIA THERAPEUTIC RECREATION INSTITUTE IS COMMITTED TO PROVIDE AN EDUCATIONAL EVENT THAT SERVES THE SEPARATE AND DISTINCT NEEDS OF RECREATIONAL THERAPY PROFESSIONALS AND ACTIVITIES PROFESSIONALS THROUGHOUT PENNSYLVANIA.

General Information

Registration

To register, complete the Institute registration form and return it by May 23, 2004. Registrations received without payment or credit authorization cannot be processed. All registrations received by the deadline will be acknowledged by mail. Late registrants will be accepted, however participants are strongly encouraged to register early in order to facilitate the planning process.

Three registration options:

1. **Full package** - Includes all educational sessions, double room lodging on Tuesday, Wednesday, and Thursday, breakfast on Wednesday, Thursday and Friday; lunch on Wednesday and Thursday; morning and afternoon breaks, Recognition Dinner/Awards on Thursday; socials, CEUs and exhibits.

2. **Commuter package** - Includes all educational sessions, lunch on Wednesday and Thursday; morning and afternoon breaks, some socials; CEUS; and exhibits. Tickets for evening meals must be purchased separately.

3. **Daily registration** - Includes, for the day(s) registered, all educational sessions, lunch, morning and afternoon breaks, some socials, CEUS, and exhibits. Tickets for evening meals must be purchased separately.

Group Discounts

Facilities or agencies sending five or more attendees from the same facility or agency may qualify for discounted rates. Contact the PRPS Office for more details.

Registration Hours

Tuesday, June 8	8:00 a.m.-9:00 p.m.	Hotel lobby
Wednesday, June 9	7:00 a.m.-6:00 p.m.	Hotel lobby
Thursday, June 10	7:00 a.m.-6:00 p.m.	Hotel lobby
Friday, June 11	7:00 a.m.-11:00 a.m.	Hotel lobby

Continuing Education Units (CEU'S)

Education sessions have been approved by PRPS. In addition they have been reviewed, written and classified according to NCTRC job knowledge areas. However, NCTRC does not pre-approve CEUS. Information has been sent in advance to NCCAP for review with the request for pre-approval of CEUS.

Room Host Training/Review

Are you looking for an opportunity to help out at the TRI but can't commit to being on the conference committee? How about being a Room Host? It's easy, fun and a great way to help out fellow participants and our speakers. Room Hosts simply relay announcements, introduce the speaker and signs off on CEU forms. All you have to do is identify the sessions that you plan to attend and then attend the training session on Tuesday June 8 at 7 p.m.. At that time we will go over all the procedures and announcements that need to be made prior to each session as well as answer any questions that you may have. If you are not available on Tuesday but are

still interested, we can meet with you at a more convenient time and go over all the information. Please mark with an RH on your Session Preference Sheet in the back of this registration guide which sessions you would be willing to host. The local arrangements committee will contact you prior to the TRI and confirm. Please consider being a Room Host and being a part of what makes TRI great!

Exhibit Area

The Exhibit Area will be open for attendees to visit on Wednesday, June 9 and Thursday, June 10. The opportunity to exhibit is available for both commercial firms and non-profit organizations. Contact the PRPS Office, 814-234-4272, for more information if your company or organization would like to exhibit.

Silent Auction

Purchase tickets to win some great theme baskets and other items to support the PRPS Building Fund and Memorial Fund by participating in a silent auction throughout the Institute. A variety of interesting theme baskets will be available to view beginning Tuesday, June 8. *We invite all attendees to donate silent auction items.* If you are interested please contact, Becky Kandrac at (717) 367-1121 ext. 33646.

Hersheypark Tickets

Discount Hersheypark tickets are available. See registration form on page 17 to order.

NCTRC Job Codes

Knowledge Areas of the NCTRC Job Analysis Study

A	Background Knowledge
B	Diagnostic Grouping/Population Served
C	Assessment
D	Planning The Intervention
E	Implementing The Intervention Plan
F	Documentation And Evaluation
G	Organizing And Managing Services
H	Advancement Of The Profession

PTRS Awards Promotion

Being recognized for the work that you do every day is very important. However, more often than not, your work goes unnoticed occasionally to the point where you may feel under appreciated. Tired of half-hearted thanks and unrecognized oblivion?

Check out the PA Therapeutic Recreation Society's Awards Program. Want the recognition you so richly deserve? Have a great program you created? Looking for a great way to say thank you to a peer, colleague, supervisor or yourself? PTRS offers many different types of awards, all you have to do is take a minute and apply. Reward yourself, you work hard and deserve it! For more information head to our website at www.ptrs.ws or contact Lynne Pomietlarz at (610) 386-2229. The appreciation you deserve is only a nomination away.

Location

This program is conducted at the Harrisburg-Hershey Holiday Inn, in Grantville, Pennsylvania. The Holiday Inn is a high quality, full service hotel with spacious meeting rooms, comfortable overnight rooms, an indoor/outdoor pool, a fully equipped health facility, a heated indoor jacuzzi, the Garden Grille Restaurant, and the Winners Circle Saloon Lounge.

For the Institute, the hotel room, Tuesday through Thursday, is included in the full-package registration fee for double occupancy. Single occupancy is available for an additional fee. Check-in time is 3:00 p.m. and check-out time is 11:00 a.m.

What to Bring

- Casual business attire is recommended for educational sessions.
- Dress clothing for the Recognition Dinner/Awards.
- Swim suit if you'd like to use the swimming pool.
- Golf clubs to participate in the TRI Memorial Golf Open
- Hiking shoes or recreation gear to visit a nearby park or join in pick-up basketball.
- Please bring along a tote bag for your conference materials if you prefer to do so. We will not be providing one this year.
- Bring a LUAU shirt or your Island attire for the LUAU social.

Refund policy

The registration fee less a \$10 service charge per person will be refunded if cancellation is made prior to May 25, 2004, in writing to PRPS, 2131 Sandy Drive, State College, PA 16803-2283. After May 25, a credit certificate, less the service fee and costs incurred for guaranteed meals and lodging, will be issued upon request, redeemable as registration fee toward a future PRPS seminar. No shows will be billed the full rate.

Directions

Harrisburg/Hershey Holiday Inn
604 Station Road
Grantville, PA 17028
717-469-0661

Conveniently located in Central Pennsylvania. We recommend that you consult your Pennsylvania Highway Map if you are unfamiliar with the location of the hotel.

From Pittsburgh: Take PA Turnpike 76 to Exit 16 near Carlisle. Follow signs to I-81 North. Take I-81 North, past Harrisburg, to the Grantville Exit 28.

From Philadelphia: Take PA Turnpike 76 to Exit 20. Get off at Exit 20 and take Rt. 72 North to Rt. 322 West. Follow to Rt. 743 North. Take 743 North until it crosses I-81 where the hotel is located.

From York and southcentral PA: Take I-83 North around Harrisburg to I-81 North. Follow I-81 North to the Grantville Exit 28.

From northeast PA: Take the best route to intersect with I-81 South. Follow I-81 south to Grantville Exit 28.

From northcentral PA: Take Rt. 11-15 South to I-81 North. Follow I-81 North to Grantville Exit 28.

From northwestern PA: Take the best route to intersect with I-80. Follow I-80 east to Exit 20, Woodland Exit. Follow Rt. 970 South a short distance to Rt. 322 East. Follow Rt. 322 east through State College and to the Harrisburg area and I-81 North. Take I-81 North to the Grantville Exit 28.

From northwestern PA: Take the best route to intersect with I-80. Follow I-80 east to Exit 20, Woodland Exit. Follow Rt. 322 east through State College and to the Harrisburg area and I-81 North. Take I-81 North to the Grantville Exit 28.

Hotlines

PRPS Office
814-234-4272
FAX: 814-234-5276
email: prpsinfo@org

Harrisburg/Hershey
Holiday Inn
717-469-0661

COMPETENCY-BASED TRACKS

In an attempt to address knowledge areas that will contribute to improved performance for recreational professionals we are pleased to offer two competency-based tracks at the 2004 Therapeutic Recreation Institute. The knowledge areas include Long Term Care on Wednesday and Alternative Therapy on Thursday. **As always there are a variety of areas covered throughout the entire Institute for those not interested in competency tracks.**

In order to have Institute attendees better understand the competency process we have identified Competency FAQ's.

1. What is a Competency Track?
It is an opportunity for conference participants to attend sessions that focus on specific knowledge areas that can be applied to improve provision of activities and therapeutic recreation services.
2. Must I do a Competency Track?
No, attending a track is optional.
3. How do I go about taking part in a Competency Track?
Attend four specifically identified sessions and take a short written test after each session.
4. Can I complete both the Long Term Care and Alternative Therapy Tracks?
Yes, just attend four Long Term Care sessions on Wednesday and four Alternative Therapy sessions on Thursday and take your tests.
5. Why do I have to take a test?
Generally, a competency is based on knowledge. The tests are designed to measure your knowledge about the track subject matter.
6. Do I need a passing grade on the test?
Yes, an 80% on your tests is required to receive your competency certificate.
7. Will all test question subject matter be covered in the session?
Yes, all the test questions will directly relate to information covered in the session.
8. How can I show that I completed a Competency track?
You will receive a certificate (or two) after attending appropriate sessions and passing your tests.
9. I'm still a bit confused about competencies, who can I ask for help?
Stop by the registration desk or ask any committee member for assistance.
10. How will I know which sessions are a competency track?
Look for sessions marked with a ♦ symbol for Long Term Care competencies and a ■ symbol for Alternative Therapy competencies in the registration guide.

Tuesday, June 8, 2004 Pre-Institute Workshops

1:00 p.m. - 5:00 p.m.

Pre-Registration is Required

A Taste of Adventure!

Fee: \$45

*Jeff Witman, Ed.D., CTRS, York College of PA, Mount Joy, PA;
Dennis Mellott, Director, Adventure Challenge Experience at Philhaven, Gretna, PA*

Participate in the Adventure Challenge Experience at Philhaven including group initiatives and low and high ropes coursed activities. Relate the experience to your personal growth and to program development and teambuilding with the agency you work for.

Participants will:

1. Identify best practices for developing and implementing adventure challenge experiences.
2. Develop a plan for implementing adventure challenge experiences at their agencies.
3. Identify resources for continued personal growth in the area of adventure challenge programming.

1:00 p.m. - 4:00 p.m.

TRI Memorial Golf Open

Fee: \$25

The Seventh Annual TRI Memorial Golf Open, to benefit the PTRS Memorial Scholarship Fund will be held on June 8, 2004 at 1:00 p.m. Prizes will be presented for longest and shortest drives, closest to the pin, most strokes on a single hole, and other fun events. A hole in one, in either par 3 will win a free TR Institute package or a one year PRPS membership. The registration fee, which is tax deductible a charitable contribution, is \$25. Complete the Golf Benefit portion of the TRI Registration Form or sign-up at the golf course. *Sponsors for this event are also being sought. If you or your agency or company would like to sponsor one or more holes, contact Lee Bryan at 724-654-6312 or email lbryanbird@yahoo.com The donation to sponsor is just \$25 per hole.*

5:00 p.m. - 7:00 p.m.

Dinner on Your Own

Check at the hotel desk for a list of local restaurants.

7:00 p.m. - 7:30 p.m.

Room Host Training/Review

8:00 p.m. - 11:00 p.m.

Welcome Social - hosted by the PTRS Board
"Celebrating Professional Friendships"

LUAU! Please wear festive attire.

Lite Reception

Wednesday, June 9, 2004 Educational Sessions

8:00 a.m. – 9:30 a.m.



KEYNOTE Professional Pride and Maintaining the Commitment

*Dr. Anne Simonsen, CTRS,
CPRP, Professor, Recreation and
Leisure Studies Program, Dept.
of PE and Recreation, Gallaudet
University, NE, Washington, MD*

The session will highlight issues surrounding development of professional pride and ethical considerations related to being

part of a profession. It will also address how we can maintain our commitment to professional excellence.

Participants will:

1. Define the words “profession” and “professional”.
2. Identify the need for and place of Codes of Ethics within a profession.
3. Identify the behaviors that can assist in the development of professional pride, professional involvement, and ethical behavior.
4. Identify the behaviors that demonstrate continued commitment to the profession.

10:00 a.m. - 11:15 a.m.

◆ Fresh Approaches for Fresh Faces: Programming for the Younger Resident

Susan M. Newell, MA, CTRS, President, T.R. – T.I.P.S., Inc., Council Bluffs, IA

With younger individuals entering our short and long term care doors, we’re faced with new programming challenges. In this session, come discuss ideas and share hands-on experience regarding effective assessment techniques, communication strategies, care plan approaches, and programs that meet the various needs of our younger residents.

Participants will:

1. Identify physical, mental, and psychosocial needs of the younger resident in short and long term care facilities.
2. Identify effective communication strategies, behavioral interventions, and other care plan approaches for working with the younger resident.
3. Describe programs and activities for meeting the needs of youth, young adult, and short-term stay/rehab residents.

Consulting – Sharing Experience and Knowledge!

Janet J. Turner, M.Ed., CTRS, Independent Consultant, Recreation Potentials, West Chester, PA

I often hear, “I want to be a consultant”! Learn from an independent consultant, about what it takes, and what it is like. What are the positive aspects and the challenges and rewards?

Participants will:

1. Learn the qualifications to become a consultant.
2. Recognize the daily operations of providing consulting services.
3. Identify the legal aspects of being a consultant.
4. State the challenges and positives of being a consultant.

Experiential Team Building

Mark Kurzenknabe, CTRS, Recreation Therapist, Masonic Villages, Elizabethtown, PA

This session will discuss how personalities can effect a groups performance and ability to achieve goals. Participants will learn different techniques to assist teams in reaching goals by taking part in experiential activities.

Participants will:

1. Learn about different personality types.
2. Understand how different personalities effect team performance.
3. Learn various experiential activities to assist teams in reaching goals.
4. Learn at least one group problem solving activity.

Therapeutic Value of Scrapbooking

Emily Connors, CTRS, Recreation Therapist, Masonic Villages, Elizabethtown, PA; Leah Worker, CTRS, Senior Recreation Therapist, Margaret E. Moul Home, York, PA

This session will give an introduction to the therapeutic uses of scrapbooking including reminiscing and life review. Learn how to utilize scrapbooking when marketing your department or facility. Participants will have the opportunity to practice basic scrapbooking techniques. This session will be limited to the first 20 registrants. Participants should bring 5 pictures along to the session.

Participants will:

1. Be able to identify 3 care plan goals that could be used with clients utilizing the technique of scrapbooking.
2. Be able to identify 2 ways of using scrapbooking to market to their department/facility.
3. Be able to identify 4 low-cost alternatives that will allow activities departments to use scrapbooking despite a small budget.
4. Be able to practice scrapbooking techniques to utilize with their clients in a small group setting.

◆ Long Term Care Competency Track

Wednesday, June 9, 2004 Educational Sessions

10:00 a.m. – 11:15 a.m.

◆ **R.O.A.M. - A Therapeutic Intervention Program for Dementia Residents**

Kay Lynne Ege, B.S., ACC, CPCM, President, Good News Consulting, Inc. York, PA

The R.O.A.M. Therapeutic Intervention Program was developed as a means of meeting the needs of residents who are - for whatever reason - not receiving the benefit of daily therapeutic interaction. It is a program designed to provide interactive exchanges between resident and facilitator in a variety of settings.

Participants will:

1. Demonstrate knowledge of the principles of the R.O.A.M. Therapeutic Intervention Program for dementia residents.
2. Understand the therapeutic value of specialized, interactive, exchange between resident and facilitator in a variety of settings.
3. Be able to adapt the program to meet the needs of residents in all stages of dementia who do not therapeutically benefit from group activities.

11:45 a.m. - 1:00 p.m.

◆ **Using Art Therapy with the Dementia Resident**

Kara L. Berringer, M.A., CTRS, Art Therapy, Woodside Program, Oakmont, PA

This session contains facts and information on what art is and how it can be successful in a dementia specific facility/setting.

Participants will:

1. Identify the basic aspects of Art Therapy.
2. Identify basic patterns in residents art work.
3. Learn how Art Therapy can be adapted to each resident and to individual programs.
4. Identify basic materials/environment to use Art Therapy.

Effective Presentation Techniques

Lee Bryan, CTRS, New Castle, PA

Whether you are teaching an intern to complete an assessment or presenting a mission statement to the board of directors the tools for delivering an effective presentation are the same.

Participants will:

1. Learn the eight steps to proper preparation.
2. Learn the eleven ways to motivate adults.
3. Discover the 13 things you need to know before you create a visual aid
4. Experience several effective openings and closing that move people to action.

Deafness and Deaf Culture

Dr. Anne Simonsen, CTRS, CPRP, Profession, Recreation and Leisure Studies Program, Dept. of PE and Recreation, Gallaudet University, NE, Washington, MD

The focus of this session will be on issues related to including persons who are deaf and hard of hearing in Recreation Programs and Activities. Discussion will be related to understanding Deaf Culture and learning some sign language and sign communication techniques.

Participants will:

1. Identify the major components of Deaf Culture.
2. Identify some potential related to meeting the needs of deaf and hard hearing persons.
3. Identify ways in which Deaf, hard of hearing, and hearing persons can work together to provide inclusive services.
4. Demonstrate ability to communicate using basic sign language and sign communication techniques.

Programming for Jewish Residents

Joshua Barol, Director of Recreation, Masonic Villages at Lafayette Hill, Lafayette Hill, PA

This session is designed to help the participants in planning of events, understanding the spiritual needs and maintaining traditions for Jewish clients.

Participants will:

1. Learn about Jewish Holidays and be able to plan events around them.
2. Understand the Issues and history surrounding anti semitism.
3. Be able to prepare or obtain Jewish or Kosher food.
4. Know how to reach Community resources for education and support.

How to Survive Department Management

Kay Lynne Ege, B.S., ACC, CPCM, President, Good News Consulting, Inc. York, PA

Being an activity professional is one thing but leading and managing an activity department is another. Having to manage staff, families, and administration sometimes feels like a noose is tightening around the neck. This session will provide some survival skills.

Participants will:

1. Understand the difference between leadership and management skills.
2. Gain insight into prioritizing when everything is urgent.
3. Team building with staff, families, and administration.

◆ Long Term Care Competency Track

Wednesday, June 9, 2004 Educational Sessions

11:45 a.m. - 1:00 p.m.

Leisure Education Through the Years *From Munchkins to Wizards and even Wicked Witches*

Raymond J. Archer MA/CTRS, Adjunct Instructor at St. Joseph's College, Recreational Therapist at University Hospital Stony Brook, Stony Brook, NY

Participants will engage in a hands on approach to Leisure Education for clients with special needs. This session will focus on the leisure needs, interests, skills, and barriers for people of all ages...from children to geriatrics, with a specific emphasis for those in rehab settings. The over all-purpose of this session is to help prepare the Therapeutic Recreation Specialist (TRS) to better meet the needs of their customers.

Participants will:

1. Understand the value of Leisure Education for those working with Special Populations.
2. Identify those consumers in need of Leisure Education/Counseling interventions.
3. Identify resources available to the TRS to implement Leisure Education Programs.
4. Identify necessary activities to utilize in a Leisure Education Program.

2:30 p.m. – 3:45 p.m.

Therapeutic Recreation and the 12-Steps Part 1

(Must attend both Part 1 & 2 to obtain CEU's)

Dr. Colleen A. Cooke, Assistant Professor, CTRS, Slippery Rock University, Slippery Rock, PA

Many times recreation therapists work with people who need recovery, and encourage their participation in a 12-step program. Often, these therapists have limited knowledge of what is means to "work the 12 steps." This session will introduce participants to the Twelve Steps of Alcoholics Anonymous and describe the process of working the steps toward recovery. Tasks related to each step will be discussed, as well as TR interventions that may be adapted for use with the recovering person.

Participants will:

1. Become familiar with the 12 steps of Alcoholic Anonymous;
2. Discuss each step and the process involved in working the steps;
3. Recognize the role that TR can play in the recovery process and in aiding a person in early recovery;
4. Suggest a TR intervention that could be used to help a person begin to work a program of recovery.

◆ Assessing Stages of Alzheimers Disease

Debrah Hewes, CTRS, Recreation Therapist, Adult and Senior Behavioral Health Services, Brandywine Hospital, Coatsville, PA
This session will provide assessment information that will help in understanding the stages of alzheimers disease. Knowledge of stages will assist the therapist in adapting recreation activities to the individuals abilities.

◆ Promoting Physical Activity for All Residents

Janet J. Turner, M.Ed., CTRS, Independent Consultant, Recreation Potentials, West Chester, PA

Moving, reaching, balance, walking are all physical skills employed in recreation programs! Through awareness, and interdisciplinary approach, YOU can promote physical functioning. Learn a "new" approach to using physical skills/abilities.

Participants will:

1. Learn an interdisciplinary approach to proactive, preventive interactions for individuals at risk for functional decline.
2. Establish guidelines for fitness/exercise programs appropriate for individuals of varying functional levels.
3. Establish safety guidelines for active, physical movements during activity programs.
4. Increase the active level of general activity programs through facilitation techniques.

Building Healthy Relationships Part 1

(Must attend both Part 1 & 2 to obtain CEU's)

Bob Bowen, CEO, David Mandt and Associates, Richardson, TX
Building healthy relationships between all the people involved in supporting individuals affected by disabilities is critical to their ability to benefit from the services we offer.

Participants will:

1. Identify the hallmarks of healthy relationships.
2. List at least three signs of unhealthy relationships.
3. Describe at least three ways to build healthy relationships.
4. Analyze scenarios to identify barriers to healthy relationships and methods to overcome those barriers.

◆ Long Term Care Competency Track

Wednesday, June 9, 2004 Educational Sessions

Practical Stress Management

Mary Schreiber, M.Ed., CTRS, Associate Service Director, Keystone Residence of Lancaster, Lancaster, PA

You know all there is to know about managing stress, but you are still not good at it. This session will focus on day to day strategies that can bring about positive changes in your life.

Participants will:

1. Identify the qualities of a good stress manager.
2. Identify positive stress management techniques.
3. Recognize the choices involved in managing stress.
4. Develop a personalized stress management plan.

Incorporating Jewish Holidays into your Activity Programs

Joshua Barol, Director of Recreation, Masonic Villages at Lafayette Hill, Lafayette Hill, PA

This session is designed to help the participants in planning of events, understanding the spiritual needs and maintaining traditions for Jewish clients.

Participants will:

1. Learn about Jewish Holidays and be able to plan events around them.
2. Understand the Issues and history surrounding anti semitism.

4:15 p.m. - 5:30 p.m.

Therapeutic Recreation and 12 Steps Part 2 Must attend both Part 1 & 2 to obtain CEU's

See description on page 10.

Activity/T.R. Programs – Incorporating Cultural Diversity

Susan M. Newell, MA, CTRS, President, T.R. – T.I.P.S., Inc., Council Bluffs, IA

Enhance your knowledge of cultural diversity and its impact on your Activity/T.R./ Program. Gain increased respect, appreciation, and programming ideas to promote each individual's uniqueness.

Participants will:

1. Define culture and its impact on the provision of Activity/T.R. Programs and Services.
2. Identify 7 elements of cultural diversity that should be assessed.
3. Develop and implement programming strategies to work with culturally diverse populations.

◆LTC - Trends and Issues

Janet J. Turner, M.Ed., CTRS, Independent Consultant, Recreation Potentials, West Chester, PA

The healthcare industry is rapidly changing, in particular LTC. Learn some of the latest updates involving LTC and resources you can access to stay up to date.

Participants will:

1. Identify current issues, trends in long term care.
2. Recognize the impact of current trends/issues on activity services.
3. Learn specific modifications to address current trends/issues.
4. Utilize resources to remain up to date.

Building Healthy Relationships Part 2

(Must attend both Part 1 & 2 to obtain CEU's)

See description on page 10.

◆Conscious Breathing and Guided Imagery For Pain & Anxiety Management

Vincent Bouadies, CTRS, CYI, Recreation Therapy Manager, Rivington House Health Care Facility, New York, NY

This session will include an overview of the benefits and effects of breathing techniques and guided imagery as it prevents anxiety and pain. This session will be experiential on the various breathing techniques and guided imagery.

Participants will:

1. Learn the physiological and emotional effects of conscious breathing & guided imagery.
2. Participants will learn how to apply basic breathing techniques and guided imagery to people experiencing pain anxiety.
3. Experience and demonstrate breathing and guided imagery techniques.

5:30 p.m.

Dinner on your own

FREE TIME!

Information on restaurant and recreation opportunities will be available at the Front Desk and Registration Desk

8:30 p.m. - 9:30 p.m.

Open House - President's Suite

All are welcome to stop by and meet our PTRS President and Executive Committee or just to give a friendly Hello. Light Refreshments will be available.

◆ Long Term Care Competency Track

Thursday, June 10, 2004 Educational Sessions

8:00 a.m. - 9:30 a.m.



**KEYNOTE:
CAMs or SCAMs:
Understanding
Complimentary and
Alternative Medicines**

Dr. William R. Klinger, Assistant Professor, Psychiatry, CTRS, Central Pennsylvania Psychiatric Institute – PSU College of Medicine, Hershey, PA

“CAMs or SCAMs” is designed to help health care professionals

understand and appreciate the numerous complementary and alternative medicine (CAM) health care practices available to today’s consumer. Today’s healthcare consumers are more aware of their bodies, better informed of preventive and restorative practices, and expect the same from their health care providers than the consumers of yesteryear. As professional health care providers we owe it to ourselves, our profession, and most certainly to our clients, to understand both conventional Western medicine and the numerous complementary and alternative medicines that are available to our clients.

Participants will:

1. Understand the difference between traditional allopathic medicine and complementary and alternative medicine (CAM).
2. Be aware of the increase in healthcare consumers use of CAMs in the United States.
3. Describe the major types of CAM providers, and list some of the common treatments that they offer.
4. Appreciate the challenges and opportunities related to CAMs in ensuring consumers’ optimal health and wellness.

10:00 a.m. – 11:15 a.m.

■ Validation Groups - A Therapeutic Approach to Dementia Care

Sandy Inners-Strathmeyer, Corporate Meadows Director, B.A., CVT, CVW, CVGP, Country Meadows Retirement Communities, Hershey, PA

The entire process from beginning to end, i.e. how to pick the appropriate residents, the greeting, opening, body and closing of a Validation group.

Participants will:

1. Be able to identify the proper structure of a Validation group, begin to implement them in their residential setting.
2. Know how to select the appropriate individuals who are in the resolving process.
3. See how a Validation group actually works and the benefits of the entire process.

Why Tell a Story?

Marie Winger, Storyteller, Lancaster, PA

What is the difference in the listeners experience between a told story and a read story? How can the storytelling experience be used to enrich and augment a program?

Participants will:

1. Gain an understanding of the nature of storytelling.
2. Learn where to find story telling resources.
3. Be shown ways storytelling may be integrated into programming.

Geriatric Physical Education

Brian MacDaid, Program Services Assistant/CTRS, Arden Courts Alzheimer’s Assisted Living Facility, Harrisburg, PA

Explore the therapeutic benefits of strength training, stretching, physical games, and walking programs for geriatric residents/clients in a long-term care or assisted living facility.

Participants will:

1. Learn about society’s views on Geriatrics and barriers to physical exercise for long-term care/ assisted living facility residents/clients.
2. Learn how to successfully develop physical exercise programs for the residents/clients in your facility.
3. Learn how to implement a successful physical exercise program and how to encourage residents to actively participate.
4. Learn about several therapeutic physical exercise programs and the therapeutic benefits and outcomes of these programs.

Stretch Your Mind and Body: Tai Chi as an Adaptive Activity Part 1

(Must attend both Part 1 & 2 to obtain CEU’s)

Dr. William R. Klinger, Assistant Professor, Psychiatry, CTRS, Central Pennsylvania Psychiatric Institute – PSU College of Medicine, Hershey, PA; Dr. Duane A. Crider, Associate Professor of Health, Physical Education, and Dance, Dept. of HPED of College of Education, Kutztown University, Kutztown, PA

Tai Chi is an adaptive physical activity with proven biopsychosocial benefits for practitioners. This hands-on workshop will help participants become familiar with basic Tai Chi techniques that can be performed with diverse populations with or without a partner. The information and photos presented are from Dr. Crider & Dr. Klingers’ text of the same name.

Participants will:

1. Identify the benefits of Tai Chi as an adaptive therapeutic intervention.
2. Summarize the psychosocial applications of Tai Chi movements.
3. Demonstrate and perform fundamental Tai Chi movements.
4. Recognize practical therapeutic applications of Tai Chi style movements for target populations.

■ Alternative Therapy Competency Track

Thursday, June 10, 2004 Educational Sessions

10:00 a.m. - 11:15 a.m.

And The Beat Goes On - Rhythm For Livin'

Camille Baughman, BS, Licensed Massage Therapist, Camille Baughman and Associates, And Your Wellness Consultants, Carlisle, PA

Using Rhythm, Sound, and Movement, participants will have the opportunity to experience group rhythm activities in an experiential environment. Participants will take tools and skills home with them that will enable them to begin developing programs suitable for their specific population and needs.

Participants will:

1. Learn how to achieve a deeper relaxed state of mind using sound, breath, and repetitive movement and rhythm.
2. Understand rhythm patterns that can be used to create and sense of community within a group.
3. Learn tools necessary to assist participants in connecting to their bodies.
4. Learn how to develop rhythm program appropriate to a specific population.

■ Shiatsu Therapy

Amy B. Velazquez, CLS, CPS, Wellspan Center for Mind Body Health, York, PA

This session will help participants understand Shiatsu history and theory, and how it can provide benefits in keeping and restoring health. You will learn a simple energy routine for wellness.

Participants will:

1. Learn the background of shiatsu therapy.
2. Gain an understanding of how shiatsu works with an individual's energy meridians.
3. Understand the benefits of Shiatsu and similar energy therapies.
4. Learn and practice an energy based daily energy/wellness routine.

11:45 a.m. - 1:00 p.m.

■ Introduction to Color Therapy

Diane Majka Grandstrom, RN, BSN, Reiki Practitioner, Reading, PA
Discover how the frequency of color can be harnessed to nurture us. Learn how color affects us differently when we see it, look through, or bathe in it. You will also learn the general properties of 7 colors of the rainbow and how to appreciate them.

Participants will:

1. Understand basic concepts of color frequency and vibrations.
2. State the color that is cooling and calming.
3. Experience the difference in effect of looking at color from looking through color.
4. List 3 ways to experience color therapeutically.

Initiatives: Improving Group Cooperation and Cohesiveness

Tony Lerch, CTRS, T.R. Manager, Health South of York, York PA

This session will introduce the benefits of using group initiative activities and cooperative games to enhance program goals and facilitate positive outcomes.

Participants will:

1. Identify group initiatives beneficial to desired goals/outcomes
2. Observe techniques for leading, adapting and processing initiatives
3. Experience to challenge and rewards of cooperation and group ownership
4. Identify resources for finding initiative ideas.

Stretch Your Mind and Body: Tai Chi as an Adaptive Activity Part 2

(Must attend both Part 1 & 2 to obtain CEU's)

See description on page 12.

Non Pharmacological Management of Challenging Behaviors

Anna M. Scott, Dementia Services Coordinator, Presbyterian Senior Care – Woodside Place, Oakmont, PA

This session will identify behaviors as symptoms of Alzheimer's disease and related disorders and teach participants strategies to manage them.

Participants will:

1. Have a baseline understanding of ADRD.
2. Be able to recognize behaviors as symptoms of the disease.
3. Identify and define behaviors
4. Learn to evaluate challenging behaviors and manage them without the use of psycho interactive medications.

■ Introduction to Massage Therapy

William J. Maguire, Licensed Massage Therapist, Certified Massage Therapist, Manual Therapist, Wellspan Center for Mind Body Health, York PA

The participant will receive an introduction to massage therapy - different modalities, and how you can maintain and restore good health both as preventative and rehabilitation.

Participants will:

1. Learn the history of massage.
2. Understand how and when different massage techniques are used and have a basic understanding of what massage is and is not.
3. Effects on the human body.
4. How massage complements traditional medicine.

■ Alternative Therapy Competency Track

Thursday, June 10, 2004 Educational Sessions

Fall Prevention The Role of Therapeutic Recreation

Karla Dreisbach, MRcPK, CTRS, CPHQ, Vice President Compliance, Brandywine Senior Care, Mt. Laurel, NJ

An effective fall risk programs requires the involvement of the interdisciplinary team. This session will focus the role of the TR in fall prevention programs for the geriatric client. The assessment process, identification of risk factors and development of effective interventions will be covered. Come learn how TR can take a lead role in reducing resident risk and increase the efficacy of therapeutic interventions.

Participants will:

1. Identify risk factors for resident falls.
2. Evaluate environmental risks and identify alternatives to increase the safety of the environment.
3. Develop and implement therapeutic recreation interventions to increase the efficacy of fall prevention programs.

2:30 p.m. - 3:45 p.m.

■ Understanding Energy Work Therapies

Diane Majka Grandstrom, RN, BSN, Reiki Practitioner, Reading, PA
Introduction to basic concepts of energy work, including the electromagnetic spectrum, the body's energy systems – aura, chakras and meridians to facilitate the understanding of Reiki, Therapeutic touch and Healing touch.

Participants will:

1. Understand basic concepts of the body's energy field – aura, charkas, meridians.
2. Become familiar with basic concepts of the electromagnetic field.
3. Understand the progressive differences from Reiki, Therapeutic touch to Healing touch.
4. Be enabled, via information to decide if any of these modalities should be pursued by the practitioner for future use, since they require certification.

Successfully Supervising Staff and Volunteers Part 1

(Must attend both Part 1 & 2 to obtain CEU's)

Susan M. Newell, MA, CTRS, President, T.R. – T.I.P.S., Inc, Council Bluffs, IA

Is it like climbing mountains to get the most out of your staff or volunteers? Or, are you a new manager? If so, come explore successful strategies for supervising others. We'll examine hiring techniques including job descriptions, interviewing others, orientation and training, communication and work direction, performance evaluations and job satisfaction.

Participants will:

1. Identify key elements for successful selection, orientation, training, supervision, and evaluation of Activity/T.R. department personnel and volunteers.

2. Develop/modify Activity/T.R. Department tools (policies and procedures, job descriptions, interview questionnaires, and performance evaluations) to reflect current standards of practice and compliance with federal (OBRA, HIPAA, OSHA) regulations regarding supervision of staff and volunteers.

Multi Sensory Equipment

Teresa Rash, CTRS, CEO of Sensory Works, Glenville, PA

This session will address the use of multi-sensory equipment in Oncology treatment settings. The use of MSE equipment provides opportunities to assist Oncology patients through their radiation and chemotherapy sessions. It can also assist in pain management, anxiety, and stress of patients with terminal illnesses.

Participants will:

1. Have an understanding of the use of the solar effects projector in radiation treatment setting and with CT scans.
2. Gain knowledge on the use of MSE equipment to reduce pain and anxiety in patients with terminal illnesses and chronic pain.
3. Have an understanding of the use of MSE equipment in Chemo Treatment Settings.

Overview of Personality Disorders

Diane Welsh, MA, LPC, Psychotherapy Coordinator, Behavioral Healthcare Corporation, Lancaster, PA

Diagnosis, treatment, and prognosis of Personality Disorders will be reviewed. DSM-IV Clusters A, B, and C will be discussed with particular emphasis on Cluster B, including borderline personality disorder.

Participants will:

1. Be able to differentiate personality vs. personality disorder.
2. Be able to identify common themes in clusters A, B, and C.
3. Understand treatment options and prognosis for personality disorders.
4. Be able to identify diagnostic criteria for borderline personality disorder.

■ Acupuncture and Chinese Medicine in America

Alfred J. Russo, Registered Acupuncturist, M.S., RA, Wellspan Center for Mind Body Health, York, PA

This session will provide an overview of Traditional Chinese Medicine and its current role in health care, and how this 3,000 year old medicine is still being used today.

Participants will:

1. Have a basic understanding of Acupuncture meridian.
2. Have a basic understanding of traditional Chinese herbal medicine.
3. Understand how everyone can benefit from Integrative Medicine.
4. The Role of Integrative Medicine and research.

■ Alternative Therapy Competency Track

Thursday June 10, 2004 Educational Session

The Importance of Group Dynamics

Tom Simshauser, BS, CTRS, Recreation Therapist, Margaret E. Moul Home, York, PA

Whether the population you serve is having a social exchange in the hallway or in a formal group setting, how your population interacts with each other is vital in effecting the outcomes of any group.

Participants will:

1. Learn the 3 keys that assessment can play in predicting the social climate of the groups that you lead.
2. Learn the value of publicizing your group before it happens to effect the energy of the group.
3. Learn how to make sure that each member of the population you serve has a voice in group settings.

4:15 p.m. - 5:30 p.m.

I Can Still Laugh: Humor Therapy

Brian MacDaid, Program Services Assistant/CTRS, Arden Courts Alzheimer's Assisted Living Facility, Harrisburg, PA

Explore the therapeutic application of humor to the programs and daily interaction that therapeutic staff has with geriatric residents/clients in a long-term care of assisted living facility.

Participants will:

1. Learn about society's views on Geriatrics and barriers to humor for long-term care/assisted living facility residents/clients.
2. Learn how to successfully apply several therapy - tic humor techniques to programs and 1:1 sessions.
3. Learn how to become aware of your own sense of humor as well as the sense of humor of your residents.
4. Learn about several therapeutic humor related programs and the therapeutic benefits and outcomes of humor.

Successfully Supervising Staff and Volunteers Part 2

(Must attend both Part 1 & 2 to obtain CEU's)
See description on page 14.

WATSU ® "Water Shiatsu" Aquatic Bodywork

Jeff Bisdee, Director of Therapeutic Recreation, The Children's Institute, Pittsburgh, PA

This session will provide the participant with a unique hands-on approach to Watsu, a massage technique in water! Bring your swim suit!

Participants will:

1. Discover Watsu, it's history, concept, and definitions.
2. Learn the spectrum of uses from rehab to definitions.
3. Learn who can benefit and why WATSU.

Pet Therapy

Julie Bricker, Director of Recreation Therapy/CTRS, The Western PA Hospital, Pittsburgh, PA

Why are animals taken into health care facilities? What makes a good therapy dog? How are risk management and infection control needs handled? Meet Jake the therapy dog and learn how he differs from a service dog.

Participants will:

1. Understand the benefits of using pets in therapy.
2. Be knowledgeable of requirements to obtaining a pet therapy program.
3. Understand the difference between therapy dog and service dog.
4. Gain knowledge of how to satisfy risk management and infection control needs.

Seated Yoga as a Therapeutic Recreation Intervention

Vincent Bouadies, CTRS, CYI, Recreation Therapy Manager, Rivington House Health Care Facility, New York, NY

This experiential session will include the basic concepts of seated Yoga, and various postures for prone people with various physical limitations.

Participants will:

1. Learn what is seated yoga.
2. Learn the effects of yoga in treating health related conditions.
3. Learn to format a seated yoga class.
4. Learn natural basic seated yoga postures to use with their population.

Enhancing Your Groups Through Music

JoEllyn Berky Beck, Ph.D, MT-BC

Music is a wonderful motivator - memories are rekindled, muscles are energized, emotions soothed, bodies move and sway, souls are touched.

Participants will:

1. Explore the power behind music.
2. Take with them ideas to use and ways to enhance therapeutic programming.

5:30 p.m. - 6:30 p.m.

Free Time

6:30 p.m. - 9:00 p.m.

Recognition Dinner/Awards

"Celebrating Excellence"

Awards - Outstanding Program, Professional Service, Distinguished Member, and New Professional

9:30 p.m.

Social

Alternative Therapy Competency Track

Friday June 11, 2004 Educational Session

9:15 a.m. - 10:30 a.m.

Programming for Low Functioning: Bedside or “Group”!?!

Susan M. Newell, MA, CTRS, President, T.R. – T.I.P.S., Inc., Council Bluffs, IA

Finding it hard to conduct appropriate programs for your residents who are low-functioning? Having difficulty with documentation when there is little or no response? Explore methods of activity adaptation and analysis that encourage maximum participation and response. Tap into time-saving documentation and organization strategies and 100+ ideas in this session.

Participants will:

1. Identify key elements of documentation for Bedside and Group Programming for Low-functioning.
2. Demonstrate the concepts of task and activity analysis.
3. Demonstrate the ability to adapt a variety of activities for residents who are physically and/or mentally low functioning.

Shake Your Groove Thing – Exercise Programming

Karen Chronister, Owner, York's Fitness to Go, York, PA

Exercise programs for all populations need to be safe, effective, and fun. Learn the best moves for cardio, muscle strength and flexibility.

Participants will:

1. Increase knowledge of proper exercise techniques.
2. Learn important postural exercises.
3. Create a collection of resources.
4. Participate in many forms of exercise.

10:45 a.m. - 12:00 p.m.

Never too Old to Have Fun: Games for All Ages

Lee Bryan, CTRS, New Castle, PA

When was the last time your residents ran a sprint, threw the javelin, played with Legos? This session will introduce you to many new activities for your older residents, especially me, which can be facilitated with little materials or effort.

Participants will:

1. Learn how to use a variety of activities to meet various treatment goals/objectives.
2. Learn how to adapt a variety of games to meet the needs of various populations.
3. Learn the key elements of play and how to include them into your program.

Innovative Therapeutic Programming for Psychiatric/Behavioral Residence

Now this is a Horse of a Different Color

Raymond J. Archer, MA/CTRS, Adjunct Instructor at St. Joseph College, Recreational Therapist at University Hospital Stony Brook, Stony Brook, NY

Participants will explore the value and benefits of “therapeutic” discussion groups and creative arts activities with acute psychiatric patients. Through the use of themed topics (i.e. men’s and women’s groups, news and views, what’s your opinion.) This session will explore the potential of empowerment for patients who desperately need to be encouraged to organize their thoughts and express their feelings in an effective manner. Techniques and Hands on Activities will demonstrate successful group process for active participation of the adult psychiatric patient.

Participants will:

1. Explore the value and the benefits of therapeutic discussion groups and Creative Arts activities with psychiatric residence and those with psychiatric behavioral problems.
2. Through the use of theme topics this session will explore the potential of empowerment for residence who desperately need to be encouraged to organize their thoughts and express their feelings in an effective manner.
3. Participants will identify techniques and hands-on activities that will demonstrate successful group process for active participation of the adult psychiatric resident.



2004 Therapeutic Recreation Institute Registration Form

(Please complete one form per registrant. This form may be copied)

Title: _____ (Mr/Mrs/Ms/Dr)

Name: _____

Agency: _____
(Student must list school)

Job Title: _____

Name Tag should read: _____
(for large first name or nickname)

Credentials: (CTRS, ACC, ADC, etc) _____

Mailing address: _____

City: _____ State: _____ Zip: _____

County: _____

Office phone: (____) _____

Home phone: (____) _____

Fax: (____) _____

Email: _____

Payment Information:

____ Payment enclosed
 ____ Bill agency, Attach purchase order or billing instructions. Please list billing address below if different than above.

Billing Address: _____
 City: _____ State: _____ Zip: _____

Approval Signature: _____

Title: _____

Date: _____

Credit card: ____ Visa ____ MC ____ Amex ____ Disc.

Signature: _____

Card # _____ **Exp. Date** _____

Specialty Area(s):

____ LTC ____ Rehab ____ Other ____
 ____ MR ____ Psych ____ Student

PRPS/PTRS Member ____ Yes ____ No

First year attending? ____ Yes ____ No

I require: (attach a brief explanation)

____ Handicapped accommodations
 ____ Special diet _____
 ____ Other considerations _____

Sex: ____ Female ____ Male

Roommate preference(s) _____

____ Smoker ____ Non-Smoker

Mail this form to:

Pennsylvania Recreation and Park Society
2131 Sandy Drive State College, PA 16803-2283
OR FAX: 814-234-5276

Please check the boxes and circle the fees that apply and total at the bottom.

- Full Package**
 - PTRS member \$395.00
 - Non-member \$495.00
 - Student/retired/spouse (member) \$295.00
 - Student/retired/spouse (non) \$345.00

- Commuter Package**
 - PTRS member \$295.00
 - Non-member \$395.00
 - Student/retired/spouse (member) \$195.00
 - Student/retired/spouse (non) \$245.00

- Daily**
 - PTRS member
 - Wednesday \$149.00
 - Thursday \$149.00
 - Friday \$149.00

- Non-member
 - Wednesday \$195.00
 - Thursday \$195.00
 - Friday \$195.00

- Student/retired/spouse (member/non-member)
 - Wednesday \$70.00
 - Thursday \$70.00
 - Friday \$70.00

- PTRS Recognition Dinner/Awards, June 10th**
(included in full package) \$35.00

Full Package attendees & individual ticket holders

For those attending the Recognition/Awards Dinner, please mark your choice.

- Roasted Prime Rib of Beef
- Grilled Chicken and Crab Cake

Pre-Conference Workshops - Tuesday

- A Taste of Adventure \$45.00
- Memorial Golf Open \$25.00

Discounted Hersheypark Tickets

- Adult _____ tickets @ \$29.00 = \$ _____
- Child/Senior _____ tickets @ \$20.00 = \$ _____

- Single Occupancy Surcharge - Full package** \$125.00

Individual Nights Lodging:

Circle the nights you require lodging:

Tuesday Wednesday Thursday
 # of nights _____ @ \$42 double occupancy = \$ _____
 # of nights _____ @ \$42 single occupancy = \$ _____

Total \$ _____

Office Use Only	
Date received: _____	
Amount paid: _____	
Method: _____	By: _____
Exp. Date: _____	

Session Preference Sheet

Name: _____

Session Preference Sheet - to assist the committee with planning, check the sessions you plan to attend. If you change your mind, you may switch sessions at the Institute. If you are willing to Room Host any of these session's please mark "RH" next to the session. Thank you! Be sure to mail or fax this with the registration form.

Competency Registration

- ♦ Long Term Care - Wednesday
- Alternative Therapy - Thursday

Tuesday, June 8, 2004

7:00 p.m. - 7:30 p.m.

- Room Host Training/Review

Wednesday, June 9, 2004

*Long Term Care Competency Track

8:00 a.m. - 9:30 a.m.

- Keynote: Professional Pride & Maintaining the Commitment, *Dr. Anne Simonsen*

10:00 a.m. - 11:15 a.m.

- ♦ Fresh Approaches for Fresh Faces! Programming for the Younger Resident
- Consulting - Sharing Experience and Knowledge!
- Experiential Team Building
- Therapeutic Value of Scrapbooking
- ♦ R.O.A.M. - A Therapeutic Intervention Program for Dementia Residents

11:45 a.m. - 1:00 p.m.

- ♦ Using Art Therapy with the Dementia Resident
- Effective Presentation Techniques
- Deafness & Deaf Culture
- Programming for Jewish Residents
- How to Survive Department Management
- ♦ Leisure Education Through the Years

2:30 p.m. - 3:45 p.m.

- Therapeutic Recreation & the 12 Steps Part 1
- ♦ Assessing Stages of Alzheimer's Disease
- ♦ Promoting Physical Activity for All Residents
- Building Healthy Relationships Part 1
- Practical Stress Management
- Incorporating Jewish Holidays into your Activity Programs

4:15 p.m. - 5:30 p.m.

- Therapeutic Recreation & the 12 Steps Part 2
- Activity/TR Programs - Incorporating Cultural Diversity
- ♦ LTC - Trends and Issues
- Building Healthy Relationships Part 2
- ♦ Conscious Breathing and Guided Imagery for Pain and Anxiety Management

Thursday, June 10, 2004

*Alternative Therapy Competency Track

8:00 a.m. - 9:30 a.m.

- Keynote: CAMs or SCAMs: Understanding Complimentary and Alternative Medicines, *Dr. William Klinger*

10:00 a.m. - 11:15 a.m.

- Validation Groups - A Therapeutic Approach Dementia Care
- Why Tell A Story?
- Geriatric Physical Education
- Stretch Your Mind and Body: Tai Chi as an Adaptive Activity Part 1
- And The Beat Goes On - Rhythm For Livin'
- Shiatsu Therapy

11:45 a.m. - 1:00 p.m.

- Introduction to Color Therapy
- Initiatives Improving Group Cooperation and Cohesiveness
- Stretch Your Mind and Body: Tai Chi as an Adaptive Activity Part 2
- Nonpharmacological Management of Challenging Behaviors
- Introduction to Massage Therapy
- Fall Prevention The Role of Therapeutic Recreation

2:30 p.m. - 3:45 p.m.

- Understanding Energy Work Therapies
- Successfully Supervising Staff & Volunteers Part 1
- Multi Sensory Equipment
- Overview of Personality Disorders
- Acupuncture and Chinese Medicine in America
- The Importance of Group Dynamics

4:15 p.m. - 5:30 p.m.

- I Can Still Laugh: Humor Therapy
- Successfully Supervising Staff & Volunteers Part 2
- WATSU
- Pet Therapy
- Seated Yoga as a Therapeutic Recreation Intervention
- Enhancing Your Groups Through Music

Friday, June 11, 2004

9:15 a.m. - 10:30 a.m.

- Programming for Low Functioning: Bedside or "Group"?!?
- Shake Your Groove Thing - Exercise Programming

10:45 a.m. - 12:00 p.m.

- Never too Old to Have Fun: Games for All Ages
- Innovative Therapeutic Programming for Psychiatric/Behavioral Residence

Other Requests

- I am willing to serve as a room host. I have placed and "RH" next to the session that I am planning to attend and willing to host.
- I would like to serve on the 2005 TRI Committee

Join PTRS TODAY and take advantage of the member discount for the TRI!

Complete the PRPS/PTRS membership application below, and submit with your payment to the address shown at the bottom of the form. The Pennsylvania Therapeutic Recreation Society (PTRS) is a branch of the Pennsylvania Recreation and Park Society, Inc. so you will receive the benefits of both the branch and the parent organization. Select PTRS as one of your branch choices and select your specialty area.

New members normally receive a coupon good for a \$20 discount on a multi-day conference such as the TRI. Submit your membership application along with your TRI registration form, and you may take advantage of both the member registration rate and the \$20 new member discount. Simply write "New Member" at the top of the TRI registration form and subtract \$20 from the Total Due amount.

Please Print!

Name _____
 Position _____
 Employer/Agency _____
 Mailing Address _____
 City _____ State _____ Zip _____
 Address: € Home € Office Student at _____
 Phone: Office _____ Home _____
 Fax _____ Email _____
 County _____
 Certification € CPRP € CPRA € CTRS € Other _____
 Membership recruited by: _____

BRANCH CHOICE (Select one or more)

- € Aquatics Branch
- € Community Recreation & Parks
- € Park Resources Branch
- € PA State Park Society (open to all DCNR employees only)
- € PA Therapeutic Rec Soc.
- TR Specialty Area:
- € Long Term Care € VA
- € Psychiatric Rehab.
- € Dev. Disability € State Hosp.

SPECIAL INTEREST AREAS (Select all that apply)

- € Educator
- € Urban Recreation
- € Commercial & Resort Rec.
- € National Rec. & Park Assoc.
- Professional Certification

PLEASE SEND ME FREE INFORMATION ON:

MEMBERSHIP ELIGIBILITY AND DUES

GROUP MEMBERSHIP

- AGENCY:** Recreation and/or park related agency, including government, non-profit, therapeutic, educational, or private organization or institution that provides such services. Based on population served. Includes two individual memberships.

	<i>1st Year Rate</i>	
0 to 100,000	\$200	\$150
over 100,000	\$275	\$210
over 1,000,000	\$500	\$375
Additional individuals	\$70	\$60
- BOARD/COMMISSION:** Recreation and/or park boards and commissions of political subdivisions of the Commonwealth of Pennsylvania or board of directors of non-profit recreation related organizations. Includes five individual memberships. Attach names and addresses.

	\$150	\$115
Additional individuals	\$30	\$25
- COLLEGE/UNIVERSITY:** Public or private educational institutions that offer a curriculum in recreation and parks. Includes two professional memberships.

Additional professional memberships	\$200	\$150
Students enrolled at the College/University	\$70	\$55
	\$25	\$20
- FRIENDS GROUP**

Includes five individual memberships	\$150	\$115
Additional individual memberships	\$30	\$25
- SUPPORTING:** Those business firms interested in the park, recreation, and leisure services fields.

	\$175	\$135
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INDIVIDUAL MEMBERSHIP

- PROFESSIONAL:** Those engaged in full-time and part-time recreation and park work. Based on salary.

	<i>1st Year Rate</i>	
Under \$10,000	\$50	\$40
\$10,000 - \$20,000	\$70	\$55
\$20,000 - \$30,000	\$85	\$65
\$30,000 - \$40,000	\$95	\$75
\$40,000 - \$50,000	\$110	\$85
over \$50,000	\$125	\$100
- FRIEND:** Any interested person or organization including seasonal employees, volunteers, retired members, and individual board or commission members. This category is for persons or organizations that do not qualify for other categories. For five or more memberships from the same organization, select the Friends Group Category.

	\$35	\$30
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- STUDENT:** Persons attending educational institutions on a full-time basis preparing for any phase of recreation and park work. See also College/University

	\$30	\$25
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- RETIREE:** Individuals having been employed full-time in recreation and parks whose employment was terminated due to retirement. Must have held active membership for at least five years prior to retirement.

	\$30	\$25
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- CONTRIBUTING:** Individuals or organizations interested in assisting the Society in the attainment of its aims and objectives.

Presidential Club	\$300	\$225
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- LIFE:** Individuals desiring a lifetime membership. \$650

TOTAL: _____

PAYMENT INFORMATION

- My check is enclosed. Please make checks payable to PRPS.
- Bill my agency: Signature _____
Date _____
- Bill my credit card: __ Visa __ MC __ Disc. __ AMEX
Cardholder's name _____
Card # _____ Expiration Date _____
Cardholder's Signature _____

Mail your Application today!

PRPS

**2131 Sandy Drive, State College, PA 16803-2283
 (814) 234-4272 Fax: (814) 234-5276 www.prps.org**

Membership Dues are renewable on January 1 each year. New memberships received July 1 to September 30 pay 50% of the annual dues. New memberships received after September 30 are credited toward the next full membership year. From each membership dues, \$10.00 is used for the publication of PENNSYLVANIA RECREATION & PARKS and \$6.00 is used for the publication of PRPS UPDATE. PRPS is registered with the Pennsylvania Commission on Charitable Organizations. A copy of the official registration and financial information may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 1(800)732-0999. Registration does not imply endorsement.

For Office Use Only

Date: _____ Amount: _____
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Celebrating our Profession

2004 Therapeutic Recreation Institute

Pennsylvania Therapeutic Recreation Society

2131 Sandy Drive

State College, PA 16803-2283

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www.prps.org

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U.S. Postage

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State College, PA 16801

Permit No. 99

Registration Materials Enclosed



**36th Annual Pennsylvania Therapeutic
Recreation Institute**

**“Celebrating our
Profession”**

June 8 - 11, 2004

**Harrisburg/Hershey Holiday Inn
Grantville, PA**