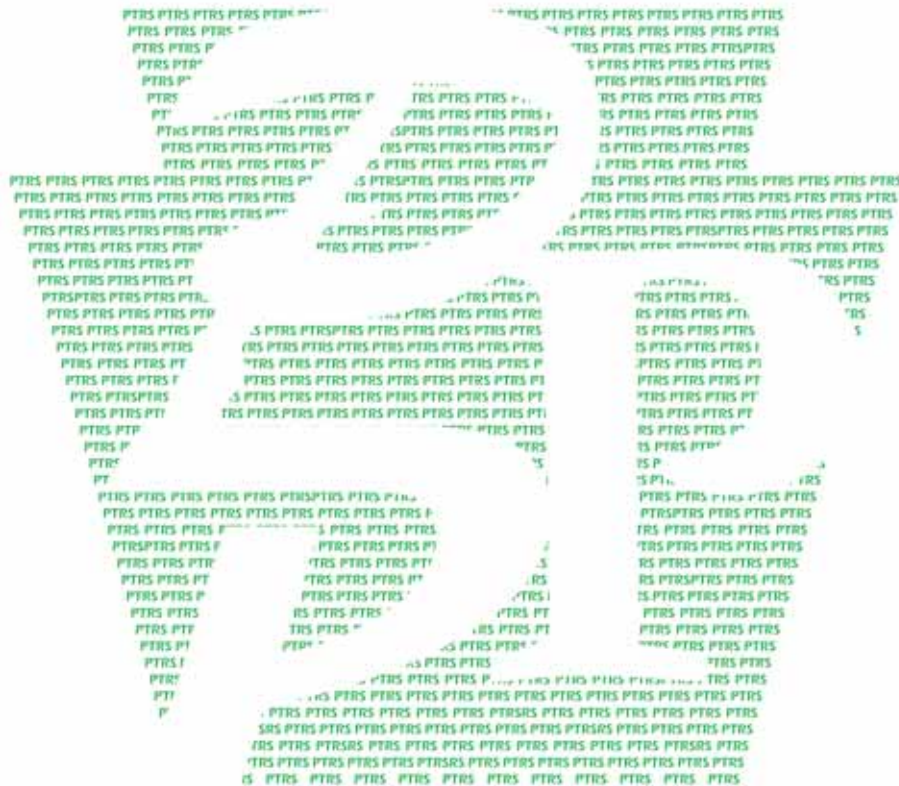


# 37th Annual Therapeutic Recreation Institute

June 7-10, 2005

Harrisburg/Hershey Holiday Inn  
Grantville, PA



## Registration Guide

# Institute-at-a-Glance

## Tuesday, June 7

**9:00 a.m. – 1:00 p.m.**  
PTRS Board Meeting

**1:00 p.m. - 4:00 p.m.**  
Memorial Golf Open

**5:00 p.m. - 7:00 p.m.**  
Dinner on Your Own

**5:00 p.m. – 9:00 p.m.**  
Registration Desk Open

**7:00 p.m. - 7:30 p.m.**  
Room Host Training/Review

**8:00 p.m. – 9:00 p.m.**  
Trivia Challenge

**9:00 p.m. – 1:00 a.m.**  
Welcome Social hosted by the PTRS Board  
“Dance the Night Away 70 – 80’s style”  
With Bob O’Brien  
Yuengling Night

## Wednesday, June 8

**6:45 a.m. – 7:45 a.m.**  
Breakfast with the PTRS Board

**7:00 a.m. – 6:00 p.m.**  
Registration

**8:00 a.m. – 9:30 a.m.**  
Keynote:  
*Marilyn Havner Walker*  
“Defining Your Dreams”

**9:30 a.m. - 9:45 a.m.**  
Refreshment Break

Silent Auction (Theme baskets)

**9:45 a.m. – 11:00 a.m.**

1. Responding to Change in TR
2. Expressive Therapies for Individuals with Dementia
3. How to Enlist Effective Volunteers
4. Adapting Activities for Vision Impaired
5. Applications of Assistive Technology in a LTC Environment

**11:00 a.m. – 11:15 a.m.**  
Refreshment Break - Visit Exhibits!

**11:15 a.m. – 12:30 p.m.**

1. “PLAY: The Very Stuff of Childhood”
2. Experiential Therapy
3. Writing Effective Care Plans
4. How You Make the “RIGHT” Turn on Red
5. What to Do Based on Who

**12:30 p.m. - 2:00 p.m.**  
Lunch - Visit Exhibits!

**2:00 p.m. – 3:15 p.m.**

1. How Long Will Your Program Live?
2. Tools to be a Working Manager Pt 1
3. Life Lesson from the Soprano Section
4. Sensory Senses: Techniques, Challenges & Delivery
5. Clinical Supervision for the Seasoned Professional
6. Fitness for Seniors, the Difference it can Make Pt 1

**3:15 p.m. - 3:45 p.m.**  
Break - Cookie Connection - Visit Exhibits!

**3:45 p.m. - 5:00 p.m.**

1. Tools to be a Working Manager Pt 2
2. Fun\*tastic & Fun\*ominal Creative Programming
3. Identifying Your Passion
4. A Primer on Drug-Therapy for Dementia
5. Presentation Techniques: How to Build & Deliver Powerful Presentations
6. Fitness for Seniors, the Difference it can Make Pt 2

**5:00 p.m. - evening**  
Free Time  
Dinner on your own

**Evening Activities**

A list of evening activities will be located at the registration desk with times and room locations.

## Thursday, June 9

**6:45 a.m. – 7:45 a.m.**  
Breakfast - continental

**7:00 a.m. – 5:30 p.m.**  
Registration

**8:00 a.m. – 9:30 a.m.**  
Keynote:  
*Dr. John Dattilo, Ph.D.*  
“Becoming Enlightened About Our Progress so Our Purpose is Clear”

**9:30 a.m. – 9:45 a.m.**  
Refreshment Break

**9:45 a.m. – 11:00 a.m.**

1. Laughter As Therapy
2. Inclusion in the 21<sup>st</sup> Century Pt 1
3. ABC’s of Internship Supervision
4. DSM IV Overview of Psychiatric Disorders
5. Working with “Transitional Age” Consumers Pt 1
6. Virtual Reality for Therapeutic Recreation
7. ATRA: Emerging Issues In Therapeutic Recreation

**11:00 a.m. – 11:15 a.m.**  
Refreshment Break

**11:15 a.m. – 12:30 p.m.**

1. Cooperative Skills
2. Spiritual Round Table
3. Working with “Transitional Age” Consumers Pt 2
4. Non-pharmacological Pain Management for Recreation Therapist
5. Inclusion in the 21<sup>st</sup> Century Pt 2
6. The Future of Recreation Therapy: Public Policy and Advocacy

**12:30 p.m. - 2:00 p.m.**  
Lunch – Awards:  
“Celebrating our Progress”  
Visit Exhibits!  
Installation of Officers

**2:00 p.m.**

**2:00 p.m. – 3:15 p.m.**  
Exhibit Area Prize Drawings

1. What Is Your Drug IQ? Pt 1
2. Evaluating Symptom Reduction
3. Issues in Therapeutic Recreation
4. Start-Up or Recharge Kit for Recreation Inclusion
5. Having Fun, Making Friends, Changing Attitudes
6. A Partnership Approach to TR/Community Rec.

**3:15 p.m. – 3:45 p.m.**  
Break – Visit Exhibits!

**3:45 p.m. - 5:00 p.m.**

1. What Is Your Drug IQ? Pt 2
2. How to Access local RFP’s & Grant writing

3. How Do You Take Your Present TR Program & Promote Inclusion
4. “I Got Rhythm, I Got Music”
5. Personal Issues with end of Life Situations
6. Montessori Based Programming for Alzheimer’s

**5:00 p.m. - 6:30 p.m.**  
Free Time

**6:30 p.m. - 8:30 p.m.**  
Recognition Dinner – Awards:  
“Roll out the Red Carpet”

**9:00 p.m. - 1:00 a.m.**  
Evening Party: D.J.  
With Bob O’Brien

## Friday, June 10

**8:00 a.m. - 11:00 p.m.**  
Registration

**8:00 a.m. - 1:00 p.m.**  
Processing of attendee CEU forms

**8:30 a.m. - 10:00 a.m.**  
Breakfast Buffet

**9:15 a.m. – 10:30 a.m.**

1. Wild, Wacky Activities for Your Residents
2. PEER-“It’s Magical” Pt 1
3. Professional Identity in TR
4. Grief and Loss – Dealing with Clients/ Consumers
5. Supervision: Keys to Satisfaction & Quality

**10:45 a.m. – 12:00 p.m.**

1. Pet Therapy, Animal Assisted Therapy, and Assistance Animals: What’s The Difference?
2. Recovery Model
3. How to become a Provider for Tobacco Free Programming
4. PEER-“It’s Magical” Pt 2
5. From Rehab to Restorative Care: What to Do?
6. Aromatherapy: It’s Used in LTC Therapeutic Recreation Programming

**12:00 p.m.**

Check-out

## ***Message from the TRJ Co-Chairs***



Dear Colleagues:

We invite you to join us for the 37<sup>th</sup> Annual Pennsylvania Therapeutic Recreation Institute from June 7-10, 2005 in Grantville, Pennsylvania.

Keeping up with the trends in our field can be very difficult. It is our purpose to help you, the practitioners and students who attend our conference, gain insight and progress in your careers so you feel pride in your profession. **Purpose, Progress, Pride.** It really doesn't sound like much, but if your purpose is clear, you make progress which develops pride. It speaks volumes. We hope you find the tools you need to create those intense feelings at this year's Pennsylvania Therapeutic Recreation Institute.

To better serve the needs of all delegates, the committee has looked for new speakers to provide quality topics and has implemented some program development changes. While striving for program balance across the wide range of our membership, the committee worked to provide knowledge areas from several different tracks. The included knowledge areas are Long Term Care, Inclusion, Management, Mental Health and Rehabilitation as well as many other diversified topics that cross disciplines.

We are also very pleased to provide a Spiritual Round Table. A panel of representatives from several religions will discuss the key beliefs of their religions to provide us with a base of education, resources and sensitivity to the needs of their members in our facilities.

In addition to the many continuing education opportunities, we are pleased to welcome several new vendors and have some creative ideas for the socials. Look for new information, new acquaintances, new speakers and old friends. Listen to the latest in programming information, trends and topics in Therapeutic Recreation, professional issues, funding issues, and legislative concerns and learn from respected professionals in the field.

Respectfully,

*Mary Schreiber, CTRS & Lynne Pomietlarz, CTRS  
2005 TRI Co-Chairs*

## ***PTRS President's Message***

Dear PTRS Members, Guests & Speakers,

I look forward to seeing you at the 2005 Therapeutic Recreation Institute in Grantville PA. There are many excellent opportunities for you to experience great educational sessions while you are there. Furthermore, I hope we can all take this opportunity to spend quality time during these days together to network and enjoy each others company.

I wish to thank the Co-Chairs Lynne Pomietlarz & Mary Schreiber and their committee on a fantastic job at making this year's TRI a success before it has started. This group spent many arduous hours of their own time to bring us this excellent program. I applaud their efforts and look forward to the awards of their time well spent (fruits of their labor).

I would like to take the time to extend a thank you to everyone for all of your assistance during my tenure as PTRS President Elect. As I now move into the President's position, I wish to call on everyone in the Society to continue this assistance. Together, we will make the next few years a great success.

I have a few plans I hope we will be able to institute during my leadership role to try to continue our growth as a great Society. I would like to take the time to share a few of these ideas. First and most importantly, let's have a great and successful Therapeutic Recreation Institute for 2005. Secondly, the PTRS Board of Directors has a few challenges to assist us in this journey. The Board will be updating the Strategic Plan for 2005-2009, and further, needs to implement a set of operating procedures that pertain to our Society's uniqueness. I hope for the Society members to become more aware of the PTRS Board of Directors and what we can offer you as your elected officials. Most of all, I look forward to working with you and on providing and improving the communication between PTRS and its members.

I am confident that with your support, the Board of Directors will continue to increase the awareness of our Society, and we will be able to make great strides in improving and creating new and innovative changes to the services that we provide to you.

Yours in Leadership Towards Health & Wellness,

*Frederick C. Walter CTRS  
PTRS President*

### **Table of Contents**

Institute at a Glance	Inside front cover
Welcome	3
Committee List	4
General Information	5
Location & Directions	6
Tuesday Memorial Golf Open	7
Educational Sessions	
Wednesday	7
Thursday	11
Friday	15
Registration Form	18
Session Preference Sheet	19
Membership Application	20

### **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

### **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
- √ Allied Healthcare Professionals

### **2005 TRI Committee Members**

Mary Schreiber  
Lynne Pomietlarz  
Bianca Brdaric  
BJ Crownover  
Allyson Finkle  
Patrick Fisher  
Karen Hammond  
Wayne Henninger  
Debra Hewes  
Donna Hoshauer  
Becky Kandrac  
Brian MacDaid  
Melissa McHugh  
Lori Schultz  
Fred Walter  
Robert Griffith  
Wendy Jo Hartsock



### **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 25, 2005. 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 the Recognition Dinner 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 the Recognition Dinner 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 7	5:00 p.m. - 9:00 p.m.	Hotel lobby
Wednesday, June 8	7:00 a.m. - 6:00 p.m.	Hotel lobby
Thursday, June 9	7:00 a.m. - 5:30 p.m.	Hotel lobby
Friday, June 10	8:00 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.

## Room Host Training/Review

Are you looking for an opportunity to help out at the TRI but can't commit to being on the Institute 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 sign off on CEU forms. All you have to do is identify the sessions that you plan to attend and then attend the room host 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 8 and Thursday, June 9. 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 Wednesday, 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 Program

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.org](http://www.ptrs.org) 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.

## **Lodging Information**

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 of \$126.00. 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 your 70's and 80's clothes for the Tuesday night social and dance party.

## **Refund policy**

The registration fee less a \$10 service charge per person will be refunded if cancellation is made prior to May 25, 2005, 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 226 near Carlisle. Follow signs to I-81 North. Take I-81 North, past Harrisburg, to the Grantville Exit 80.

**From Philadelphia:** Take PA Turnpike 76 to Exit 266. Get off at Exit 226 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 80.

**From Northeast PA:** Take the best route to intersect with I-81 South. Follow I-81 south to Grantville Exit 80.

**From Northcentral PA:** Take Rt. 11-15 South to I-81 North. Follow I-81 North to Grantville Exit 80.

**From Northwestern PA:** Take the best route to intersect with I-80. Follow I-80 east to Exit 123, 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 80.

# **Institute Contacts**

**PA Recreation & Park Society**  
**2131 Sandy Drive**  
**State College, PA 16803**  
**814-234-4272**  
**FAX: 814-234-5276**  
**www.prps.org**

**Harrisburg/Hershey**  
**Holiday Inn**  
**604 Station Road**  
**Grantville, PA 17028**  
**717-469-0661**  
**www.stayholiday.com**

**Tuesday, June 7, 2005**

**9:00 a.m. - 1:00 p.m.**

**PTRS Board Meeting**

**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 7, 2005 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.

**5:00 p.m. - 9:00 p.m.**

**Registration Desk Open**

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

**Room Host Training/Review**

**8:00 p.m. - 9:00 p.m.**

**Trivia Challenge**

**9:00 p.m. - 1:00 a.m.**

**Welcome Social - hosted by the PTRS Board**

“Dance the Night Away 70-80’s style”

With Bob O’Brien

Yuengling Night

**Wednesday, June 8, 2005**

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

**KEYNOTE**

**Defining Your Dreams**

*Marilyn Havner Walker, Director, Employee Assessment Center  
Success Performance Solutions*

It never fails. The more rushed you are, the more delays you encounter. Late for an important meeting, from the time you wake up everything you do takes twice as long. You jump in the car and without fail hit every red light. Finally you get stuck at a red light, grow impatient, others start honking their horns, you wait the honking gets louder and more insistent. Finally, you’ve had enough You turn right on red.

Participants will:

1. Consider where they thought they would be at this stage of their lives.
2. Identify what they’ve already accomplished.
3. Reflect on what has prevented them from achieving goals they’ve set aside.
4. Think about where they would like to be in the future.
5. Consider what might get in their way.
6. Identify steps they need to take to get where they want to be.

**9:45 a.m. - 11:00 a.m.**

**Responding to Change in TR - Are we staying on top of things?**

*Karol Brooks, CTRS, Director, Therapeutic Recreation,  
Healthsouth Nittany Valley Rehab Hospital; and Patricia Kleban,  
CTRS, Instructor, Penn State University*

The field of Therapeutic Recreation has been defined by change. How are we as a profession addressing those changes? This session will assist practitioners in brainstorming practical responses to continuing challenges.

Participants will:

1. Be able to verbally identify 2 challenges to providing services within their specific setting.
2. Be able to verbally identify 2 additional challenges faced by colleagues in providing TR services.
3. Be able to verbally identify 2 action plans that have been implemented at other facilities as they attempt to address their own challenges.
4. Be able to identify 2 action plans that might be effective at addressing concerns at their own agency or facility.

## 9:45 a.m. - 11:00 a.m. continued

### **Expressive Therapies for Individuals with Dementia**

*William R. Klinger, Assistant Professor/Department of Psychiatry, Penn State College of Medicine*

This presentation will explore the restorative value of expressive therapies for persons with dementia. Slides, stories, songs, and socialization will energize and enlighten participants.

Participants will:

1. Be aware of various expressive therapies
2. Comprehend what it is like to have dementia.
3. List 12 things individuals participating in expressive therapies can gain.
4. Recall the 10 key things to do when implementing expressive therapies.

### **How to Enlist Effective Volunteers**

*Linda Bradford, CTRS, Tobacco Coalition of AIDAC*

This session will help participants create effective job descriptions for targeted volunteer positions. Help identify where to look for volunteers. How to orientate prospective volunteers. What clearances are needed for volunteers and what Human Services Departments can help.

Participants will:

1. Be able to offer more 1:1 opportunity for individualized programs.
2. Be able to have the ability to increase the # of residents at scheduled programs.
3. Learn ways to improve quality of life of new admissions residents measured by increase attendance at activities during 14 day, 30 day and quarterly assessments.
4. Learn how to retain volunteers and encourage them to return as scheduled and participate in ongoing programs.

### **Adapting Activities for the Vision Impaired**

*Kendra Farrow, Susquehanna Association/Blind and Vision Impaired; Pete Horn, O & M Instructor Susquehanna Association/Blind and Vision Impaired*

This session will discuss the adapting of activities, hobbies, and daily living skills for those who are Blind or Vision Impaired.

Participants will:

1. Learn a comprehensive understanding of how vision loss effects daily living.
2. Understand the basic adaptations for crafts and hobbies.
3. Understand adaptations and community resources for sports.
4. Be aware of proper techniques for working with the blind and vision impaired.

### **Applications of Assistive Technology in a Long Term Care Environment**

*Danielle Paffett, Occupational Therapist Inglis House; Jill Duncan, Rehabilitation Director Inglis House*

This session will focus on how assistive technology (AT) can be incorporated into therapeutic recreation activities and treatment.

Participants will:

1. Define the meaning of assistive technology.
2. Be able to identify benefits of assistive technology.
3. Gain insight into the evaluation and prescription of assistive technology utilizing a team-based approach.
4. Review various ECU and ACC devices and their application in a therapeutic recreation environment.

## 11:15 a.m. - 12:30 p.m.

### **“PLAY: The Very Stuff of Childhood”**

*William R Klinger, Assistant Professor/Department of Psychiatry, Penn State College of Medicine*

This hands-on workshop is to help participants recognize the value of play for children and give them the skills and knowledge necessary to structure play for successful outcomes. Concepts such as Cooperative vs. Competition, Exclusion vs Inclusion, The Full Value Contract, Challenge By Choice, and Solitary vs. Social Play will be covered.

Participants will:

1. Explore the value of healthy play for growing healthier children.
2. Discuss the physical, emotional, intellectual, social and skill development benefits of healthy play.
3. Outline important aspect and concepts associated with healthy play.

### **Experiential Therapy**

*Lori Schultz, CTRS, Prevention Specialist, CTRS, Altoona Regional Health Systems*

In this session participants will learn creative ways to instill effective trust and communication attributes into their recreational groups. Learn how to promote positive self image and self growth to participants within your own group. This will be a hands on session. Limited to first 25 participants.

Participants will:

1. Learn activities that promote trust and cooperation among group members.
2. Learn activities that enhance communication skills (verbal and non-verbal).

## 11:15 a.m. - 12:30 p.m. continued

### **Writing Effective Care Plans**

*Kirk Rakos, CTRS, Supervisor of Therapeutic Recreation, Services Masonic Villages*

The primary focus of this session will be to effectively develop and write a care plan by first addressing the cause rather than the symptom which assures an individualized approach to the problem statement, goal and interventions.

Participants will:

1. Learn the three parts to a problem statement.
2. Know the ingredients of an individualized goal.
3. Demonstrate the ability to write an individualized and measurable goal.
4. Demonstrate the ability to write individualized and realistic interventions which will assist the resident to decrease the cause of the problem.

### **How You Make the "RIGHT" Turn on Red**

*Marilyn Havner Walker, Director of Employee Assessments, Success Performances Solution*

What do you do when you hit the red lights of life? Do you boldly charge ahead, barely pausing to look? Or do you sit there for a while taking everything in and considering all your options? Does your particular style drive someone you know absolutely nuts?

Participants will:

1. Be able to identify the preferred behavioral style.
2. Recognize why they find some people so annoying.
3. Learn the benefits of practicing the "Platinum Rule."
4. Take a free DISC behavior assessment.

### **What to Do Based on Who**

*Ann M. Kolanowski, PhD, RN, Penn State University*

The purpose of this session is to introduce the participants to the Need-driven Dementia-compromised Behavior model and its usefulness in prescribing activities for a person with dementia.

Participants will:

1. Understand the Need-driven Dementia-compromised behavior model as used in the Dementia Practice Guidelines.
2. List the four personality styles of interest.
3. Use the knowledge styles of interest in the prescription of activities for persons with dementia.

## 2:00 p.m. - 3:15 p.m.

### **How Long Will Your Program Live?**

*Jeff Witman, CTRS, York College*

This session will look at the application of the same type of scale utilized to predict personal longevity to the viability of your TR program/department.

Participants will:

1. Identify factors which enhance and those which detract from the longevity and quality of TR departments /programs.

2. Assess the effectiveness of their programs relevant to these factors.
3. Identify plan of action towards greater effectiveness.

### **Tools to be a Working Manager Pt 1**

*Janet J. Turner, Ed. M., CTRS, President Recreation Potentials*

Working managers require well developed management skills to be successful. This session will help managers take a look at their style, refine skills and learn "tested" techniques.

Participants will:

1. Be able to list 3 challenges of being a working manager.
2. Be able to identify 2 personal management skills/abilities to improve.
3. Utilize 3 tools for organization and time management.
4. Learn 3 techniques to motivate staff.

### **Life Lesson from the Soprano Section**

*Candace Kubinec, Director of Activity Services/ADC Redstone Highlands*

This interactive session focuses on the importance of taking care of ourselves using humorous anecdotes, thought provoking questions and musical references. No musical ability required.

Participants will:

1. Be able to define how expectations can affect productivity.
2. Learn the importance of being a team player.
3. Gain insight into how communication skills help build relationships.
4. Discover stress relieving techniques that can be used at work or home.

### **Sensory Senses: Techniques, Challenges, and Delivery**

*Wendy Jo Hartsock, CTRS, PRPS/T.R. Training Specialist, PA Recreation & Park Society*

This session will emphasize various sensory stimulators and stimulation that can be provided to elicit a response. Discuss how to incorporate different techniques into the ongoing program and review the unique challenges in the delivery of services.

Participants will:

1. Learn techniques to provide sensory stimulation for the different sense organs.
2. Be able to apply and relate intervention techniques into daily practices.
3. Explore cognitive, physical, and sensory impairments and learn ideas to provide stimulation adaptively.
4. Discuss non-verbal communication and learn techniques on how to understand and interpret them.

## 2:00 p.m. - 3:15 p.m. continued

### **Clinical Supervision for the Seasoned Professional**

*Susanne Lesnik-Emas, CTRS, Assistant Professor Co-Director Health Professions Temple University*

This session looks beyond the management of your recreation therapists and explores the art of giving & getting supervision that is related to client behavior outcomes.

Participants will:

1. Identify the 4 differences between clinical and managerial supervision.
2. Identify and discuss 4 roles of the clinical supervisor.
3. Practice the decision making process of determining the appropriate role for the clinical supervisor.
4. Identify 8 critical issues in clinical supervision.

### **Fitness for Seniors, the Difference it can Make Pt 1**

*Geri Delaney, SilverSneakers\*/HealthCare Dimensions*

This session will demonstrate and discuss the importance of a fitness program specifically designed for seniors. We will discuss the 9 components of health & fitness, and how your seniors will benefit from an exercise program specific to their needs.

Participants will:

1. Gain an understanding of the 9 health & skill related fitness components.
2. Discuss how exercise improves physical & mental health.
3. Will understand how an age appropriate exercise program will minimize age related degeneration.

## 3:45 p.m. - 5:00 p.m.

### **Tools to be a Working Manager Pt 2**

*Janet Turner, Ed., M., CTRS, President Recreation Potential*

This session is a continuation of Part 1. Must attend both Part 1 and Part 2 to receive CEUs.

### **Fun\*tastic & Fun\*ominal Creative Programming Ideas**

*Donna Hoshauer, ADC Recreation Director Seton Manor*

This session will discuss a wide range of programming ideas that include crafts... edible crafts, month by month and theme weeks, activities for men, intergenerational programming, and special events.

Participants will:

1. Be provided with programming ideas geared for targeted audiences.
2. Learn to organize month by month and theme week recreational programs.
3. Explore ideas to spruce up the recreation calendar.
4. Become re-energized through fresh and creative programming ideas.

### **Identifying Your Passion**

*Marilyn Havner Walker, Director of Employee Assessments Success Performances Solution*

What really gets you going? What values do you bring to everything you do? Whether you are identifying personal or professional goals it is important to understand where your passions lie.

Participants will:

1. Learn what the primary underlying values are that motivate most people.
2. Be able to identify the benefits of understanding the values of others we are in contact with both personally and professionally.
3. Have the opportunity to take a free Business Values Motivators assessment.

### **A Primer on Drug Therapy for Dementia Presentation**

*Sister Jeanne Patricia Crowe, Director of Pharmacy/ Clinical Pharmacist Camilla Hall Nursing Home*

This session will focus on drug-therapy for Alzheimer's Dementia. Topics will include important changes in the aging body, current available medications, and treatment of behaviors associated with dementia.

Participants will:

1. Be able to identify 4 sociologic changes in the geriatric individual which may lead to change in drug disposition in the body.
2. Be able to list 3 recommendations to improve the safety of drug therapy in the geriatric individual.
3. Be able to describe the mechanism by which medications for the treatment of Alzheimer's Dementia improve symptoms in the dementia patient.
4. Be able to identify one or more medications considered safer in the geriatric patient for the treatment of dementia associated depression, anxiety, and psychosis.

### **Presentation Techniques: How to Build and Deliver Powerful Presentations**

*Lee Bryan, CTRS, President of PA Recreation & Park Society*

Whether speaking at a multidisciplinary team meeting or addressing the Board of Directors, therapists must be able to get their messages across and move people into action. This session will do just that.

Participants will:

1. Learn several models to use when designing a presentation.
2. Learn eight dynamite motivators.
3. Learn tips on effective openings, building the middle and closing which motivates people into action.
4. Learn several laws of learning.

### **Fitness for Seniors, the Difference it can Make Pt 2**

*Geri Delaney, SilverSneakers\*/HealthCare Dimensions*

This session is a continuation of Part 1. Must attend Part 1 and Part 2 to receive CEUs.

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

## KEYNOTE

### “Becoming Enlightened about our Progress so Our Purpose is Clear”

*Dr. John Dattilo, Ph.D., Professor and Department Head The Pennsylvania State University*



This session will address the balance that we may attempt to achieve by demonstrating professional competence while acknowledging the need for our continued growth and development. Becoming enlightened therapeutic recreation specialists can help us to remain motivated to maintain this delicate balance and subsequently achieve one of our purposes: to enlighten those we serve. Dr. Dattilo will identify challenges that may occur when making progress while providing

therapeutic recreation services and some possible ways to effectively address these challenges.

Participants will:

1. Identify four steps that can be taken to become enlightened professionals.
2. Describe relevance of the act of listening to become enlightened.
3. Describe relevance of evaluation to becoming enlightened.
4. Describe the relevance act of research to becoming enlightened.
5. Identify reasons why professionals resist becoming enlightened.

**9:45 a.m. - 11:00 a.m.**

## Laughter As Therapy

*Barbara A. Hee, Certified Laughter Leader Lighten Up With Laughter*

Laughter therapy addresses the needs: 1. stress and burnout of employees, 2. combat boredom and depression, 3. improve health, 4. build social skills, 5. increase energy levels.

Participants will:

1. Know at least 5 benefits of a laughter program.
2. Be able to do 5 laughter exercises.
3. Be familiar with the Principals of Good-Hearted Living so they can take the spirit of laughter into their daily lives.
4. Identify 2 ways they can use laughter therapy to enhance their own lives and their client's lives.

## Inclusion in the 21st Century Pt 1

*John McGovern, Executive Director N. Suburban Specialist Recreation Association*

Recreation inclusion is a reality. Discuss how to meet this mandate and identify how inclusion benefits your community, your staff, and those you serve. The American with Disability Act (ADA) imposes some strict requirements for the delivery of recreation programs. Parks and recreation agencies can learn from colleagues across the country, some who have done inclusion right, and some who have not. Changing systems with information learned from this session, attendees can avoid lawsuits and losses while improving their programs.

Participants will:

1. Understand the obligation to provide recreation in the most integrated setting.
2. Discuss court and administrative decisions about recreation inclusion.
3. Apply court and administrative decisions to local agency operations.
4. Discuss enforcement trends.

## ABC of Internship Supervision

*Deborah A Hutchins, Ed.D., CTRS Slippery Rock University*

This session will assist participants in developing and identifying the Actions, Benefits, and Competencies required of effective internship supervision (or supervision in general).

Participants will:

1. Be able to articulate at least four benefits of providing internship supervision.
2. Be able to describe the action steps required to provide an internship experience.
3. Identify the major competencies required of an effective internship supervisor.

## DSM IV: Overview of Psychiatric Disorders

*Diane Welsh, MA, LPC Psychotherapy Coordinator/ Licensed Professional Counselor*

This session will give an overview of psychiatric disorders, diagnostic criteria, treatment, and prognosis will be reviewed. Case studies will be utilized. References to diagnosis for the elderly will be made.

Participants will:

1. Identify diagnostic criteria for the Affective, Anxiety, Thought and Personality Disorders.
2. Be able to distinguish between mood and personality disorders.
3. Identify five symptoms of depression.
4. Be able to distinguish between depression and anxiety.

**9:45 a.m. - 11:00 a.m. continued**

## **Working with “Transitional Age” Consumers Pt 1**

*James Heck, Ph.D., Keystone Residence of Lancaster*

This session will discuss what the recent years have seen. An increase in the numbers of young people making the transition from childrens mental health services to adult mental health services. Serving clients making this transition presents many special challenges.

Participants will:

1. Improve their knowledge and understanding of typical adolescent development.
2. Improve their understanding of the impact that developmental events can have on mental health services.
3. Conceptualize case studies from developmental perspective.

## **Virtual Reality for Therapeutic Recreation**

*Chuck Bergen, VTREE Inc., C Fox, Physical Therapist*

This session will be a hands on experience using virtual reality for individuals with coordination and balance problems and those requiring therapeutic recreation rehabilitation exercise regimens.

Participants will:

1. Gain insite on how technology can assist their clients to promote positive feedback, increase socialization, exercise and self esteem.
2. Understand the simple technology involved with the program.
3. Learn about research done in the field and how it has impacted the populations that have utilized the Virtual Reality as a T.R. Tool.
4. Foster discussion on other potential client use of modality and how the program crosses over different T.R. settings.

## **ATRA: Emerging Issues in Therapeutic Recreation**

*GT Thompson, CTRS, Susquehanna Health Systems*

This session will provide insite into the emerging issues facing both the Therapeutic Recreation profession and the American Therapeutic Recreation Association. A discussion of the variables that influence change and the National Association’s ability to respond will be discussed

Participants will:

1. Identify at least 3 factors influencing the future of the American Therapeutic Recreation Association.
2. Discuss what Associations processes allow ATRA to be proactive in positioning for emerging issues.
3. Be able to list at least 3 issues emerging for the Association.
4. Discuss the importance of these issues in the future of the Association.

**11:15 a.m. - 12:30 p.m.**

## **Cooperative Skills**

*Melissa McHugh, CTRS, M. Ed., BonSecours Holy Family Hospital*

This session will focus on the benefits of therapeutic recreation group interventions promoting cooperation and interaction, with adult and geriatric populations. Suggestions will be provided on adapting activities for various populations. This will be an experiential session, with participants taking an active part. Goals and objectives for each activity will be provided. (Session is limited to 60 participants).

Participants will:

1. Identify the benefits of therapeutic group interventions promoting cooperation and interactions.
2. Identify goals and objectives of cooperative group activities.
3. Identify at least 6 cooperative group intervention.
4. Identify ways to adapt cooperative group interventions to various populations.

## **Spiritual Round Table**

*Liz Gates, Clerk of Meeting, The Lancaster Monthly Meeting of the Religious Society of Friends*

*Rabbi Eric Rosin, Rabbi Keshar Isreal Congregation, Attorney Reverend Doctor Robert L. Brennan, Camilla Hall Nursing Home*

*Dr. William L. Pfeiffer, Chaplain at Moravian Manor, Lititz Chaplain at Conestoga View, Lancaster*

*Tim Herr, Chaplain at Tel Hai Retirement Community*

This session is designed to help participants explore and learn a variety of spiritual aspects for various denominations. Spirituality means different things to each individual traditional and non-traditional interventions will be discussed. Holidays, traditions and special attributes will be reviewed by each denomination represented.

Participants will:

1. Learn traditional and non-traditional aspects of spirituality aspects.
2. Be introduced to a variety of denominations.
3. Learn what resources are available to them for serving different denomination.

## **Working with “Transitional Age” Consumers Pt 2**

*James Heck, Ph. D.*

This session is a continuation of Part 1. Must attend both Part 1 and Part 2 to receive CEU’s.

**11:15 a.m. - 12:30 p.m. continued**

## **Non-Pharmacological Pain Management for Rec Therapist**

*George Patrick, Chief, Recreation Therapy National Institute of Health*

This session will discuss the need for augmented pain management which is well within the scope of recreation therapy. The session will also review effective steps towards non-pharmacological pain management.

Participants will:

1. Learn how pain mechanisms can be modulated through recreation therapy interventions.
2. Be able to state the relationship between the relaxation response and pain.
3. Learn the results of recreation therapy interventions at a national research hospital.

## **Inclusion in the 21st Century Pt 2**

*John McGovern, Executive Director N. Suburban Specialist Recreation Association*

This session is a continuation of Part 1. Must attend both Part 1 and Part 2 to receive CEUs.

## **The Future of Recreation Therapy: Public Policy and Advocacy**

*GT Thompson, CTRS, Susquehanna Health Systems*

This session will offer extensive hands on training for advocating for Therapeutic Recreation. The Federal R.T. Medicare project and other public policy talking points will be discussed. Learn the in's and out's of advocating with elected officials, and walk away knowing how to have a successful public policy visit that shapes our profession.

Participants will:

1. Explain what issues to advocate for in the profession.
2. Identify how to follow-up and communicate with legislators in the future.
3. Describe the legislative process of ATRA and how to become an active advocate in your state.

**2:00 p.m. - 3:15 p.m.**

## **What Is Your Drug IQ? Pt 1**

*Lori Schultz, CTRS, Prevention Specialist, CTRS Altoona Regional Health Systems*

In this session participants will receive information on each legal and illegal substance abused by youth and adults by category. (Cannabinoids, Depressants, Stimulants, Hallucinogens, and Opioids) Signs, symptoms, withdrawal and how they effect the body will be discussed.

Participants will:

1. Be knowledgeable of the formal name and slang names of legal and illegal drugs.
2. Understand the signs and symptoms associated with each drug.
3. Utilize the information in their home and workplace.
4. Recognize the warning signs of someone who is abusing a substance.

## **Evaluating Symptom Reduction**

*George Patrick, Chief, Recreation Therapy National Institute of Health*

This session will review effective steps toward non-pharmacological pain management.

Participants will:

1. Learn why symptom reduction is a worthy challenge.
2. Learn a simple pre-post evaluation technique.
3. Apply the technique to outcome studies.

## **Issues in Therapeutic Recreation: A discussion with Dr. Dattilo**

*Dr. John Dattilo Ph.D., Professor and Department Head The Pennsylvania State University*

In this session Dr. Dattilo will answer questions and discuss materials presented in his books and journal articles. He will focus the session on issues relevant to the audience and integrate the content of his writings into the discussion. Participants are encouraged to bring questions and written materials to the session.

Participants will:

1. Identify a therapeutic recreation service model.
2. Describe strategies for inclusion.
3. Describe issues to consider when providing leisure education.
4. Identify the importance of systematic programming.

**2:00 p.m. - 3:15 p.m. continued**

## **Start Up or Recharge Kit for Recreation Inclusion**

*Laura Wetherald, Cathy Vigus, Howard County Recreation & Parks*  
What is an Accommodation ... and Is It Reasonable?

Learn how to accommodate the various types of requests for an inclusion experience. Identify techniques for accommodations, ranging from accessibility, transportation and assistive devices, to the use of inclusion companions. Participants will learn how to develop a one-page Accommodation Plan and focus on communication with all individuals involved to provide the important information needed for a successful plan.

Participants will:

1. Describe the types of accommodations that can be provided.
2. Discuss funding for requested accommodations.
3. Develop a plan to implement accommodations.
4. Discuss workplace scenarios through actual case studies.

## **Having Fun, Making Friends, Changing Attitudes**

*Janiece Seldomridge, Project Together Inclusion Coordinator S. June Smith Center*

Participants will learn how to develop inclusive recreational programming by providing the necessary individual support for children with disabilities within their community.

Participants will:

1. Learn the importance of interaction between children with and without disabilities through recreation.
2. Learn how to develop inclusive recreation and leisure opportunities.
3. Learn how to gather information on the individual to support them in a 'typical' program.
4. Learn how to facilitate friendships between children with and without disabilities.

## **A Partnership Approach to TR/Community Recreation**

*Teresa Rash, CTRS, Margaret E. Moul Home*

This session will explore the opportunities for community based recreation programs to develop partnerships with healthcare providers and to establish accessible recreation for individuals with disabilities.

Participants will:

1. Learn about an existing program and potential new program development.
2. Explore the Pro's and Con's of inclusion in traditional based community recreation.
3. Explore the benefits of partnerships.
4. Learn to identify potential agencies and individuals to partnership with.

**3:45 p.m. - 5:00 p.m.**

## **What Is Your Drug IQ? Pt 2**

*Lori Schultz, CTRS, Prevention Specialist, Altoona Regional Health Systems*

This session is a continuation of Part 1. Must attend both Part 1 and Part 2 to receive CEUs.

## **How to Access Local RFP's & Grant writing**

*Linda Bradford, CTRS Tobacco Free Coalition of AIDAC*

This session will teach participants how to prepare an RFP or a Grant. The session will also discuss where and how to find different funding sources.

Participants will:

1. Learn how to write for a grant.
2. Learn where to find local grants.
3. Learn where to look for funding sources.

## **How Do you Take your Present TR Program & Promote Inclusion**

*Laura Wetherald, and Cathy Vigus, Howard County Recreation & Parks*

Learn how to get your department to buy into inclusion. Receive examples of prototype training exercises. Learn to adapt therapeutic programs to a more inclusive environment.

Participants will:

1. Discuss and implement training exercises with their own staff.
2. Discuss with their own agency how to implement or enhance their inclusion mission.
3. Learn and implement strategies to enhance present therapeutic recreation program with inclusion.

## **"I Got Rhythm, I Got Music"**

*Anne L. Dinsmore, Director of Music Therapy Masonic Villages; Jennifer Hinton, Recreation/Music Therapist, MT-BC/Masonic Village*

This session will discuss music's many therapeutic qualities and how they can address cognitive, physical, social, emotional, and spiritual needs. Practical ideas will be shared for successful sessions by even "non-musicians".

Participants will:

1. Learn at least five therapeutic qualities of music.
2. Experience and learn at least one music technique/session idea to address each domain.
3. Demonstrate the ability to adapt music experiences to the individual needs of diverse clients.
4. Receive a list of resources and easy to implement session ideas.

**Thursday, June 9, 2005**

**3:45 p.m. - 5:00 p.m. continued**

**Personal Issues with End of Life Situations**

*Evelyn Wald, PA Licensed Professional Counselor*

Death is a “taboo” subject in our society. We have fears, concerns and beliefs about life and death, especially our own destiny. This session will allow you to honestly explore “life and death” on a personal level.

Participants will:

1. Gain a greater understanding of their own feelings about death.
2. Explore their fears and avoidance of end of life concerns.
3. Create their own obituary and or eulogy.
4. Take a risk.

**Montessori Based Programming for Alzheimer’s**

*Suzanne M. Long, HCR-Manorcare Arden Courts Alzheimer’s Asst. Living*

This session will be an introduction to Montessori based programming and will include the procedural memory and five core activities to successfully engage residents on a daily basis.

Participants will:

1. Become familiar with Montessori education and its introduction into work with Alzheimer’s Disease patients.
2. Understand the use of procedural memory in developing an activity environment for AD patients.
3. Become familiar with structuring an activity environment around the core activities: Social, Spiritual, Intellectual, Music and Physical.
4. Experience hands on use of “Montessori Activities” for large and small groups and 1:1.



**Friday, June 10, 2005**

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

**Wild, Wacky Activities for Your Residents**

*Lee Bryan, CTRS, President, PA Recreation & Park Society*

Did you ever rescue a friend from an alien invasion, or scale a giant spiders cobweb? How about follow clues to a buried treasure like Indiana Jones? Experience these and other adventures if you dare!

Participants will:

1. Have fun.
2. Learn several activities to challenge residents cognitively.
3. Learn several activities to challenge residents physically.

**PEER “It’s Magical” Pt 1**

*Laurie K. Sisak, Division Chief Office of State Ombudsman Pennsylvania Department of Aging; Caroline Tenaglia, Long Term Care Ombudsman Mid-Penn Legal Services*

This session is an opportunity to learn about an exciting new resident empowerment initiative - PEER. A unique program that trains residents to self advocate for positive change.

Participants will:

1. Understand the PEER acronym and its meaning.
2. Explore the success & challenges of teaching residents to advocate for themselves.
3. Gain first hand knowledge about what it means to residents to be able to have control over what they do about their life.

**Professional Identity in Therapeutic Recreation**

*Ralph Smith, Ph.D., CTRS, The Penn State University*

An introduction and discussion of professional identity in Therapeutic Recreation. TRS’s perceptions of their profession will be explored, as will the implications of these self-perceptions.

Participants will:

1. Define the concept of professional identity.
2. Identify the factors that contribute to professional identity in TR.
3. Articulate and assess their self-perceptions as TR Professionals.

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

### **Grief and Loss - Dealing with Clients/Consumers**

*Evelyn Wald, PA Licensed Professional Counselor*

When someone is facing the end stages of their life they may want to talk about their concerns, fears and feelings. We can learn to listen to their heads, hearts and spirit during this especially vulnerable time. Come, share and learn ways to help.

Participants will:

1. Develop a better understanding of the grieving process.
2. Explore ways to communicate with dying clients and their families.
3. Examine special needs populations (MH, Dev. Disabilities) and grief issues.
4. Increase sensitivity and awareness of issues of grief and loss.

### **Supervision: Keys to Satisfaction & Quality**

*Suzanne Lesnik-Emas, CTRS, Assistant Professor Co-Director Health Professions Temple University*

This session will be an introduction and exploration of motivational supervision including the identification of necessary task & approaches that lead to quality behaviors of employees and volunteers.

Participants will:

1. Identify the key components of supervision.
2. Identify four key points of communication and recognition as supervisory tools.
3. Identify key points of "coaching" and how it enhances supervision.
4. Identify the benefits and steps of performance appraisals.

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

### **Pet Therapy, Animal Assisted Therapy, and Assistance Animals: What's the Difference?**

*Jeni Mellinger, Activity Director, Pine Castle Brookline*

A comprehensive overview of pet therapy including history, types, target audience and benefits.

Participants will:

1. Determine if pet therapy is a viable option for your facility.
2. Determine what type of therapy is best for your facility.
3. Learn how to find and utilize the resources of therapy animals in your area.

### **Recovery Model**

*Beth Schrader, OTR/L Behavioral Healthcare Corporation*

This session will discuss how individuals have been able to recover from mental illness. Recovery is a concept that is growing within our society. This is due to the increased involvement of the consumer in service delivery and psycho-education.

Participants will:

1. Learn the Recovery Model Strategies.
2. Learn where to find resources.
3. Discuss differences.

### **How to become a Provider for Tobacco Free Programming**

*Linda Bradford, CTRS Tobacco free Coalition of AIDAC*

This session will explain what is available to recreation professionals through the Tobacco Free Grant monies. How to access these funds will also be discussed.

Participants will:

1. Learn how to access local agencies involved.
2. Learn how to provide programs for the Tobacco free Coalition.
3. Learn how to access the Tobacco Free Prevention Education and mini grants.

### **PEER "It's Magical" Pt 2**

*Laurie K Sisak, Division Chief Office of State Ombudsman*

*Pennsylvania Department of Aging; Caroline Tenaglia, Long Term Care Ombudsman Mid-Penn Legal Services*

This session is a continuation of Part 1. Must attend both Part 1 and 2 to receive CEUs.

### **From Rehab to Restorative Care: What To Do**

*Lil Shine, CTRS, Lead Recreation Therapist, Louise A. Johnson VA Medical Center*

This session will focus on the current healthcare environment, the imposing demands upon recreational professionals, and the integration of unique clinical interventions that provide positive resident outcomes within restorative care framework.

Participants will:

1. Recognize and discuss the narrow and broad scope of recreational therapy practice and how it relates to restorative care.
2. Identify current and potential recreational services/ programs and discuss ways to integrate them into restorative care.
3. Discuss rehab specific goals and learn how to integrate those goals into the MDS process, as well as implement these goals into long term activity/ recreation programming.

### **Aromatherapy: It's Used in LTC Therapeutic Recreation Programming**

*Emily Connors, CTRS, Independent Consultant*

This session will give the participants knowledge of how to use aromatherapy in 1:1 therapy sessions, therapy groups, and diversional programming in a long-term skilled care facility.

Participants will:

1. Be able to identify how aromatherapy enters the body.
2. Be able to list 5 ways to use aromatherapy in 1:1 therapy and T.R. group settings.
3. Be able to list 3 contraindication when using aromatherapy with the elderly.

# 2005 Therapeutic Recreation Institute Registration Form

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

**Title:** \_\_\_\_\_ (Mr/Ms/Dr)  
**Name:** \_\_\_\_\_  
**Agency:** \_\_\_\_\_  
*( Student must list school & enclose copy of photo id )*  
**Job Title:** \_\_\_\_\_  
**Name Tag should read:** \_\_\_\_\_  
*( for large first name or nickname )*  
**Credentials:** (CTRS, ACC, ADC, etc) \_\_\_\_\_  
**Mailing address:** \_\_\_\_\_  
 \_\_\_\_\_  
**City:** \_\_\_\_\_ **State:** \_\_\_\_ **Zip:** \_\_\_\_\_  
**Home or Business:** \_\_\_\_\_  
**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  MR  Psych  
 Student  Other \_\_\_\_\_

**PRPS/PTRS Member**  Yes  No  
**First year attending?**  Yes  No

Sex:  Female  Male  
 Roommate preference(s) \_\_\_\_\_  
 Smoker  Non-Smoker

**I require:** (attach a brief explanation)  
 Handicapped accommodations  
 Special diet \_\_\_\_\_  
 Other considerations \_\_\_\_\_

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

Office Use Only  
 Date received: \_\_\_\_\_  
 Amount paid: \_\_\_\_\_  
 Method: \_\_\_\_\_ By: \_\_\_\_\_

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

- Full Package**
- PTRS member \$399.00
  - Non-member \$439.00
  - Student/retired/spouse (member) \$299.00
  - Student/retired/spouse (non) \$319.00
- Commuter Package**
- PTRS member \$299.00
  - Non-member \$339.00
  - Student/retired/spouse (member) \$199.00
  - Student/retired/spouse (non) \$219.00
- Daily**
- PTRS member
    - Wednesday \$149.00
    - Thursday \$149.00
    - Friday \$149.00
  - Non-member
    - Wednesday \$189.00
    - Thursday \$189.00
    - Friday \$189.00
  - Student/retired/spouse (member/non-member)
    - Wednesday \$ 79.00
    - Thursday \$ 79.00
    - Friday \$ 79.00

**PTRS Recognition Dinner/Awards, June 9th**  
*(included in full package)* \$39.00

**Full Package attendees & individual ticket holders**  
 For those attending the Recognition/Awards Dinner, please mark your choice.  
 Roasted Sirloin of Beef Bordelaise  
 Grilled Salmon with Lemon Dill Sauce

**Tuesday, June 7, 2005**  
 Memorial Golf Open \$25.00

**Discounted Hersheypark Tickets**  
 Adult \_\_\_\_\_ tickets @ \$31.00 = \$ \_\_\_\_\_  
 Child/Senior \_\_\_\_\_ tickets @ \$22.00 = \$ \_\_\_\_\_

**Single Occupancy Surcharge - Full package** \$126.00

**Individual Nights Lodging: For Daily Registrations**  
 Circle the nights you require lodging:  
 Tuesday Wednesday Thursday  
 # of nights \_\_\_\_\_ @ \$42.00 double occupancy = \$ \_\_\_\_\_  
 # of nights \_\_\_\_\_ @ \$89.00 single occupancy = \$ \_\_\_\_\_

Total Due \$ \_\_\_\_\_

# 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. Be sure to mail or fax this with the registration form. Thank you!

## Wednesday, June 8

### 8:00 a.m. – 9:30 a.m.

- Keynote: Marilyn Havner Walker “Defining Your Dreams”

### 9:45 a.m. – 11:00 a.m.

- Responding to Change in TR
- Expressive Therapies for Individuals with Dementia
- How to Enlist Effective Volunteers
- Adapting Activities for Vision Impaired
- Applications of Assistive Technology in a LTC

### 11:15 a.m. – 12:30 p.m.

- “PLAY: The Very Stuff of Childhood”
- Experiential Therapy
- Writing Effective Care Plans
- How You Make the “RIGHT” Turn on Red
- What to Do Based on Who

### 2:00 p.m. – 3:15 p.m.

- How Long Will Your Program Live?
- Tools to be a Working Manager Pt 1
- Life Lesson from the Soprano Section
- Sensory Senses: Techniques, Challenges & Service Delivery
- Clinical Supervision for the Seasoned Professional
- Fitness for Seniors, the Difference it can Make Pt 1

### 3:45 p.m. - 5:00 p.m.

- Tools to be a Working Manager Pt 2
- Fun\*tastic & Fun\*ominal Creative Programming
- Identifying Your Passion
- A Primer on Drug-Therapy for Dementia
- Presentation Techniques: How to Build & Deliver Powerful Presentations
- Fitness for Seniors, the Difference it can Make Pt 2

## Thursday, June 9

### 8:00 a.m. – 9:30 a.m.

- Keynote: Dr. John Dattilo, Ph.D. Becoming Enlightened about our Progress so Our Purpose is Clear”

### 9:45 a.m. – 11:00 a.m.

- Laughter As Therapy
- Inclusion in the 21<sup>st</sup> Century Pt 1
- ABC’s of Internship Supervision
- DSM IV Overview of Psychiatric Disorders
- Working with “Transitional Age” Consumers Pt 1
- Virtual Reality for Therapeutic Recreation
- ATRA: Emerging Issues In Therapeutic Recreation

### 11:15 a.m. – 12:30 p.m.

- Cooperative Skills
- Spiritual Round Table
- Working with “Transitional Age” Consumers Pt 2
- Non-pharmacological Pain Management for Recreation Therapist
- Inclusion in the 21<sup>st</sup> Century Pt 2
- The Future of Recreation Therapy: Public Policy and Advocacy

### 2:00 p.m. – 3:15 p.m.

- What Is Your Drug IQ? Pt 1
- Evaluating Symptom Reduction
- Issues in Therapeutic Recreation
- Start-Up or Recharge Kit for Recreation Inclusion
- Having Fun, Making Friends, Changing Attitudes

- A Partnership Approach to TR/Community Recreation

### 3:45 p.m. - 5:00 p.m.

- What Is Your Drug IQ? Pt 2
- How to Access Local RFP’s & Grant writing
- How Do You Take Your Present TR Program & Promote Inclusion
- “I Got Rhythm, I Got Music”
- Personal Issues with end of Life Situations
- Montessori Based Programming for Alzheimer’s

## Friday, June 10

### 9:15 a.m. – 10:30 a.m.

- Wild, Wacky Activities for Your Residents
- PEER-It’s Magical Pt 1
- Professional Identity in TR
- Grief and Loss – Dealing with Clients/Consumers
- Supervision: Keys to Satisfaction & Quality

### 10:45 a.m. – 12:00 p.m.

- Pet Therapy, Animal Assistance Therapy, and Assisting Animals: What’s The Difference?
- Recovery Model
- How to become a Provider for Tobacco Free Programming
- PEER - It’s Magical Pt 2
- From Rehab to Restorative Care: What to Do?
- Aromatherapy: It’s Used in LTC Therapeutic Recreation Programming

### Other Requests

- I am willing to serve as a room host. I have placed an “RH” next to the session that I am planning to attend and willing to host.
- I would like to serve on the 2006 TRI Committee



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**Registration Materials Enclosed**



**37th Annual Pennsylvania Therapeutic  
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