

PA Recreation & Park Society

**38th Annual Therapeutic
Recreation Institute**



Fundamentals
for the
Future

June 6-9, 2006

Harrisburg/Hershey Holiday Inn, Grantville, PA

Registration Guide

Institute-at-a-Glance

Tuesday, June 6

9:00 a.m. – 1:00 p.m.

PTRS Board Meeting

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

Memorial Golf Outing

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. – 1:00 a.m.

Social hosted by the PTRS Board

“Pajama Party” and Trivia With The Bob O’Brien DJ Show

Sponsored by: Yuengling

Wednesday, June 7

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. Opening

Remarks/Welcome

8:15 a.m. – 9:45 a.m.

Keynote: Mark Fenton “The Importance of Regular Physical Activity to Long Term Health

9:45 a.m. - 10:00 a.m.

Refreshment Break - Exhibit Area

Silent Auction (Theme baskets)

10:00 a.m. – 11:30 a.m.

1. Documentation Do’s & Don’ts
2. Grief and loss treatment in acute care Pt 1
3. Group Drumming in TR Settings

4. Productive Retirement: Opportunities and Challenges
5. Basket Weaving: A Therapeutic Activity Pt 1

11:30 a.m. – 11:45 a.m.

Refreshment Break Exhibits Open

11:45 a.m. – 1:15 p.m.

1. The Aging Experience
2. The Power of Walking
3. Alternate Strategies w/ Cog Clinical Intervention
4. Basket Weaving: A Therapeutic Activity Pt 2
5. Grief and loss treatment in acute care Pt 2

1:15 p.m. - 2:15 p.m.

Lunch Exhibits Open

2:15 p.m. – 3:45 p.m.

1. Basket Weaving: A Therapeutic Activity Pt 1(Repeat)
2. F-Tag Interpretive Guideline Changes
3. TR Professional Development: Role in Inpatient Mental Health
4. Getting the Most Out of a Walk
5. Leadership Skills for Recreation Directors Pt 1
6. Alzheimer’s Disease: The Disappearing Mind

3:45 p.m. – 4:00 p.m.

Break

4:00 p.m. - 5:30 p.m.

1. 1:1 Musical Intervention for “Challenging” Residents
2. Basket Weaving: A Therapeutic Activity Pt 2 (Repeat)
3. Creating in the Moment: Art Therapy & Dementia Residents
4. Leadership Skills for Recreation Directors Pt 2
5. Exercise, Heat Stress, and Aging

5:30 p.m. – 6:30 p.m.

Vendor Reception

Light Refreshments

6:30 p.m. - evening

Dinner on your own

Free Time

Thursday, June 8

6:45 a.m. – 7:45 a.m.

Breakfast - continental

7:00 a.m. – 6:00 p.m.

Registration

8:00 a.m. Opening

Remarks/Welcome

8:15 a.m. – 9:45 a.m.

1. Gentle Massage for Facility Care: A Meaningful Bedside Activity Pt 1

2. The Alternatively Abled/ Finding Ability in Disability

3. Art from Wheat Straw Pt 1

4. Using Laughter as Therapy

5. TR in Hospice

9:45 a.m. – 10:00 a.m.

Refreshment Break - Exhibit Area

10:00 a.m. – 11:30 a.m.

1. Activity Programming for Late Stage Dementia

2. Trauma Art Narrative Therapy

3. Art from Wheat Straw Pt 2

4. Interactive Humorous Approach in the Workplace

5. Gentle Massage for Facility Care: A Meaningful Bedside Activity Pt 2

11:30 a.m. – 11:45 a.m.

Refreshment Break

Exhibits Open

11:45 a.m. – 1:15 p.m.

1. End of Life Breaking the Bad News

2. Guided Meditation – Getting Started

3. Moving Right Along

4. Psychopharmacology Basics

5. The Power of Professionalism

6. Art Therapy 101

1:15 p.m. - 2:30 p.m.

Awards/Luncheon

Installation of Officers

2:00 p.m.

Silent Auction

Prize Drawings

2:30 p.m. – 4:00 p.m.

1. Fun*tastic Pt 1

2. Leisure Lifestyle Management

3. Native American Medicine Wheel Pt 1

4. Stress can be Fun!

5. Presenting Effective Presentations

4:00 p.m. – 4:15 p.m.

Break

4:15 p.m. - 5:45 p.m.

1. Exercise is for Every-Body!

2. Fun*tastic Pt 2

3. Native American Medicine Wheel Pt 2

4. TR Professional Development: Role in Adult Physical Medicine and Rehabilitation

5. Domestic Violence: a Public Health Issue

5:45 p.m. - 6:30 p.m.

Free Time

6:30 p.m. - 8:30 p.m.

Awards Dinner

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

Evening Party: D.J: The Bob O’Brien Show

Friday, June 9

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

9:00 a.m. Opening

Remarks / Welcome

9:15 a.m. – 10:45 a.m.

1. A Recreation Therapy Music Enjoyment Group
2. The Poetry of Life
3. Maintain Your Brain: How to live a Brain Healthy Lifestyle
4. Living in balance with Tai Chi
5. Incorporating Spiritual Needs of the Elderly into TR

10:45 a.m. – 11:00 a.m.

Break

11:00 a.m. – 12:30 p.m.

Keynote: William Klinger: Creatively Coping with Change

12:30 p.m.

Check-out Suggest checkout during earlier breaks

Message from the TRI Co-Chairs



Some times the hardest part about a conference is coming up with an idea, a core value or principle to that you hope sets your conference apart from all the other educational opportunities out there. That was by far, the biggest challenge to me as the chair person. I knew I had a solid committee with dedicated professionals to

help put it together. I knew I had great support in the PRPS office, I knew the PTRS Board was behind me 100%, but what to tell you, the conference attendee? What one basic concept did I want this conference to convey?

“Fundamentals for the Future” came to be through the help of a trusted educator & a comment from an attendee individual last year. “The conferences have been good, but they seem to keep getting away from our roots,” was the comment that kept resonating through my head all summer. How do we get back to basics?

While brainstorming at a meeting Jeff Witman came up with the solution, ‘fundamentals’ and from there came “Fundamentals for the Future”.

Honestly, why should you care about the name of the conference? The title, the logo, the speakers, they all help set the tone of the conference. They are all factors that may help you determine whether you attend. The committee hopes by attending “Fundamentals for the Future” you will gain tools to utilize while working in the program.

On behalf of the 2006 Therapeutic Recreation Institute Committee, “WELCOME!” May the tools you learn today be your building blocks of success for tomorrow. Not just Fundamentals for the Future, but fundamentals for YOUR future.

Respectfully,

Lynne M. Pomietlarz, CTRS
2006 TRI Committee Chair

PTRS President's Message



On behalf of the TRI '06 Conference Committee and myself we invite you to reserve your place now to attend the 38th Annual Therapeutic Recreation Institute. The com-

mittee has worked diligently to bring informative, inspirational and well-known experts in the field for an exciting line up of educational sessions over the three day conference in Grantville PA. Past conference attendees have stated that the training and educational opportunities are the number one reason for attending this conference. This year is packed with over 50 diverse educational opportunities, which might make it difficult to select which session to attend. After reviewing the registration guide, I am sure you will agree the TRI 06 is an exceptional value.

The exhibit area will provide you with the opportunity to meet with the vendors and learn more about what they have to offer, we are also looking forward to the New Vendor Reception on Wednesday evening that will allow us the time to get all of our questions answered about the new product lines they have.

The planned evening socials will allow us the opportunity to unwind and network with our fellow professionals while having some fun ourselves. Tuesday night dress warm and comfortable for the “Pajama Party and Trivia”, and Thursday we will have our “Magical Evening” Annual Awards Recognition Dinner with D.J. and dancing following.

I encourage you to take advantage of the multiple benefits of our 38th Annual TRI.

Hope to see you in Grantville for an exciting time where we will help to provide “Fundamentals for the Future”



Frederick C. Walter
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 Therapeutic Recreation Specialists and Activity Coordinators for over 30 years. One low fee covers over 50 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 50 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

2006 TRI Committee Members

Lynne Pomietlarz
Bianca Brdaric
Deb Hewes
Shannon Heverin
BJ Crownover
Allyson Finkle
Brian MacDaid
Geoff Geesey
Patrick Fisher
Lori Schultz
Becky Kandrac
Wayne Henninger
Karen Hammond
Carrie Chiusano
Wendy Jo Hartsock

Who Can Benefit by Attending?

- ✓ Therapeutic Recreation Specialists in all settings
- ✓ Activity Coordinators
- ✓ Consultants
- ✓ Health Care Administrators
- ✓ Educators
- ✓ Students
- ✓ Nursing Home Administrators
- ✓ Allied Healthcare Professionals
- ✓ Sr. Center Directors
- ✓ Adult Day Care Coordinators



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, 2006. Registrations received without payment or credit authorization cannot be processed. All registrations received by the deadline will be acknowledged by mail. On-site 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 breaks, Recognition Dinner/Awards on Thursday; socials, CEU's and exhibits.
2. **Commuter package** - Includes all educational sessions, lunch on Wednesday and Thursday; morning breaks, some socials; CEU's; 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 breaks, some socials, CEU's, 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 6	5:00 p.m. - 9:00 p.m.	Hotel lobby
Wednesday, June 7	7:00 a.m. - 6:00 p.m.	Hotel lobby
Thursday, June 8	7:00 a.m. - 6:30 p.m.	Hotel lobby
Friday, June 9	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. Up to 18 hours (or 1.8 CEU's) can be earned.

Please note: NCTRC does not pre-approve any continuing education. NCTRC has not reviewed or approved of the content of these materials, and does not endorse or sponsor any of the activities of the Pennsylvania Therapeutic Recreation Society.

Recommended Dress

Casual business attire is recommended for the TRI. Please bring a sweater or jacket as temperatures vary and are difficult to control.

Hersheypark Tickets

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

Children

TRI welcomes children and families at the conference, however, conference educational sessions are designed for a professional audience. Please do not bring children to educational sessions.

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 attend the room host training session on Tuesday, June 6 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 on the back of the 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 7 and Thursday, June 8. 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. Vendor Reception will be held Wednesday, June 7, 2006 from 5:30 p.m. - 6:30 p.m.

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 7. *We invite all attendees to donate silent auction items. If you are interested please contact, Becky Kandrac at (717) 367-1121 ext. 33646.*

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

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 warm and cozy pajamas for the Tuesday night social and dance party.

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.pters.org or contact Lynne Pomietlarz at (610) 386-2229. The appreciation you deserve is only a nomination away. Award Deadlines are April 11, 2006.

Refund policy

The registration fee less a \$20 service charge per person will be refunded if cancellation is made prior to May 25, 2006, 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.

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.

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.



Tuesday, June 6

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 Eighth Annual TRI Memorial Golf Open, to benefit the PTRS Memorial Scholarship Fund will be held on June 6, 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 as 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 Geoff Geesey at 814-947-6737 or email PAgaggle@aol.com The donation to sponsor is just \$25 per hole. Check it out..there has been talk about an indoor putting green on Wednesday night!*



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.

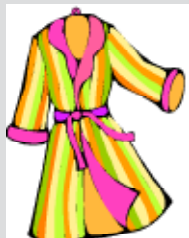
Room Host Training/Review

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

Welcome Social - hosted by the PTRS Board
"Pajama Party" and Trivia with The Bob O'Brien DJ Show

Sponsored by: Yuengling

Don't forget those warm and cozy pajamas!



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



Fundamentals

for the

Future

Wednesday, June 7, 2006

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

Breakfast with the PTRS Board

8:15 a.m. - 9:45 a.m.

OPENING KEYNOTE



The Importance of Regular Physical Activity to Long Term Health

Mark Fenton

This session will tie one of our greatest current public health concerns - the rise of the sedentary lifestyle and their associated affliction to another topic of great current interest: The creation of more

livable communities. The breadth of the topic is amazing, and can include: Current health and fitness recommendations; the benefits of healthier workforce; cost effective, long term activity promotions; modern development, suburban sprawl, the call for more sustainable communities; the need for responsible environmental stewardship and preservation of open space; the development of trails and greenways.

10:00 a.m. - 11:30 a.m.

Documentation Do's and Don'ts

Janet Turner, Ed.M., CTRS

We view documentation as cumbersome and time consuming with little value. However, when streamlined and the RAI process is utilized, it is a valuable tool in planning and evaluating interventions. This session will help to bring value to documentation as well as provide assistance in completing efficiently.

Participants will:

1. Identify the cyclical components of the RAI process.
2. Be able to accurately complete the MDS sections pertinent to activity services.
3. Be able to compose measurable goals for individual outcomes.
4. Demonstrate progress note writing that validates activity services.

Grief and Loss Treatment in Acute Care Pt 1

Lori Duggan, MSM, CTRS Direct.of Therapeutic Recreation Dept., The Bradley Center of St. Francis

This session will focus on grief and loss in an acute care setting as well as teach participants positive coping skills for working thru the grief process.

Participants will:

1. Gain a better understanding of grief and how to help facilitate patients through the process.
2. Understand and identify ways in which individuals respond to grief.

Group Drumming in TR Settings

Mauri Tyler, Program Director, CTRS, Princeton Senior Resource Center

Come experience HealthRhythms, a protocol to bring group drumming into healthcare. Learn the research behind it and how to get facilitator training. No musical experience necessary.

Participants will:

1. Be able to name at least 1 benefit they personally experienced from the group drumming session.
2. Be able to name at least 2 research supported benefits of group drumming.
3. Learn how to obtain HealthRhythms facilitator training.

Productive Retirement: Opportunities and Challenges

Dr. Elaine Green, Acting Dean, School of Continuing Studies, Chestnut Hill College

Planning for meaningful, satisfying retirement is extremely important as the first baby-boomers turn 60 in 2006

Participants will:

1. Increase knowledge and understanding of the scope and significance of productive retirement.
2. Identify retirement trends and develop implementation strategies.
3. Will gain resources to utilize in program planning.

Basket Weaving: A Therapeutic Activity Pt 1

Debra Hammond, Basketry Artist

This will be a hands on workshop with instructions in basketry techniques, presentation of the therapeutic benefits of basket weaving, and discussion of resources for basketry programs (limit 12 participants).

Participants will:

1. Develop basketry skills needed to weave a useful container and complete a weaving project.
2. Be able to teach these weaving skills to others.
3. Discuss the therapeutic benefits of basketry and receive a list of resources for basketry related supplies and materials.

11:30 a.m. - 11:45 a.m.

Beverage Break

Visit Exhibitors

Wednesday, June 7, 2006

11:45 a.m. - 1:15 p.m.

The Aging Experience

James Ulinski, M.A., B.S., Pennsylvania State University

This session will look at how one ages today and learn that we need not to be feared. Myths, perceptions, and how our attitude is the key to aging well.

Participants will:

1. Explore the process of aging today, including perceptions, myths, physical, cognitive changes.
2. Learn how time takes a toll on all of us; will we live to be 100.
3. Learn the impact of ageism; polypharmacy and medication use among the elderly.

The Power of Walking

Mark Fenton

This session will be a combination of lecture and walk experience. Prepare and set up for a walk, mentioning the value of improving walkability. Then do an actual walk with the warm-up, technique, and stretches, but also looking at the environmental issues. Then back to the classroom for conclusion of Q&A's.

Participants will:

1. Learn how to set up an actual walking program.
2. Learn and discuss the value of walking and how to improve walkability.
3. Be challenged to stretch their imagination about pedometer walking, and how to get individuals involved.

Alternate Strategies w/Cognitive Clinical Interventions

Lilli Shine, MSA, CTRS, Dir: TR, Louis A. Johnson VA Medical Center

This session will focus on designing alternative strategies which provide positive patient/resident outcomes through combining various cognitive therapeutic techniques, integrating unique recreation therapy cognitive clinical interventions, and implementing alternative strategies.

Participants will:

1. Define Cognitive Remediation.
2. Describe and Understand Mild Cognitively Declines.
3. Describe the difference between Immediate Memory, Short-term memory, and Long-Term Memory.

Basket Weaving: A Therapeutic Activity Pt 2

Debra Hammond, Basketry Artist

See description on page 8.

Grief and Loss Treatment in Acute Care Pt 2

Lori Duggan, MSM, CTRS, Director of Therapeutic Recreation Department, The Bradley Center of St. Francis

See description on page 8.

1:15 p.m. - 2:15 p.m.

Lunch - Ham & Turkey Croissant

Visit Exhibits

2:15 p.m. - 3:45 p.m.

Basket Weaving: A Therapeutic Activity (Repeat) Pt 1

Debra Hammond, Basketry Artist

See description on page 8.

F-Tags - Yes we are ready

Janet Turner, Ed. M., CTRS

CMS has revised the Federal regulations governing Activity Services in a skilled nursing facility, F tag 248 / 249. Is the activity department ready? This session will help you to understand the revisions, as well as assess the activity department for readiness. Each participant will develop an action plan to meet compliance.

Participants will:

1. Identify the revisions in the interpretive guidelines of F 248 / 249.
2. Operationalize the revisions to the activity services department of their facility.
3. Assess the preparedness of the department using a checklist.
4. Develop an action plan for 2 items to meet compliance.

TR Professional Development: Role in Inpatient Mental Health

Jenn Koehler, Recreation Therapist, Lancaster Regional Medical Center

This session is geared towards the student or new professional on the importance of TR professionals in an inpatient mental health setting. Participants will understand the challenges facing mental health patients and the skills necessary in providing TR programming.

Participants will:

1. Understand the role of the TR professional as part of an interdisciplinary team, being an advocate, social director, support system, and how TR can help the patients seeking recreational activities.
2. Recognize the implications that mental illness can have on leisure lifestyle.
3. Recognize necessary adaptations for group activities on a mental health unit.

Getting the Most Out of a Walk

Mark Fenton

This session combines insight on how to help people get the greatest physical benefit out of a walk, while also helping them see how they might make their community a better place for living an active, healthy lifestyle. We'll start with a discussion of what it takes to make a walkable, bicycle-friendly community, and who we might invite on an eye-opening walk. Then we'll head out for a jaunt that will include a walking warm-up routine, a walk with technique tips--the secret to turning a walk into an intense work out--and easy to--anywhere post-walk stretches. We will stop and look for elements that encourage or discourage routine walking, and discuss the opportunities to create safer, more inviting settings for physical activity. We will also learn the top few injury prevention exercises.

Participants will:

1. Learn the benefits of a regular walking routine program, and what makes for an enjoyable walk.
2. Learn several of the top injury prevention exercises and the importance of a quality warm up and post walk routine.

Leadership Skills for Recreation Directors Pt 1

Dr. Elaine Green, Acting Dean, School of Continuing Studies
Chestnut Hill College

This session will introduce fundamental management concepts and their application to leisure and recreation services.

Participants will:

1. Learn fundamental management concepts.
2. Learn how to apply management practice to work setting.
3. Identify issues and trends in leadership development.

Alzheimer's Disease: the Disappearing Mind

James Ulinski, M.A., B.S., Pennsylvania State University

This session will present an overview of Alzheimer's Disease covering historical and current perspectives, wandering and Alzheimer's Disease's impact on the person and society.

Participants will:

1. Learn about the impact of forgetting for the individual, caregivers and society.
2. Discuss the importance of exercise and using our mental capabilities to reduce the possibility of Alzheimer's Disease.
3. Discuss how one should plan if Alzheimer's Disease manifests itself; and current and sometimes controversial views on care.

3:45 p.m. - 4:00 p.m.

Beverage Break

4:00 p.m. - 5:30 p.m.

1:1 Musical Interventions for "Challenging" Residents

Jennifer Hinton, Recreation/Music Therapist/MT-BC, Masonic Villages at Elizabethtown

This session will provide musical ideas to engage residents who require 1:1 interventions due to (a) behavioral issues, (b) pain management, (c) sensory stimulation, or (d) end of life needs.

Participants will:

1. Develop creative musical strategies to successfully engage residents with behavioral issues.
2. Experience pain management techniques and understand how to facilitate for residents.
3. Interventions for End-of-Life Care: Case Studies: Outcomes.

Basket Weaving: A Therapeutic Activity Pt 2 (Repeat)

Debra Hammond, Basketry Artist

See description on page 8.

Creating in the Moment: Art Therapy with the Dementia Resident

Kara Berringer, CTRS, M.A., ATR, Woodside Place, Presbyterian SeniorCare

This session will look at the impact that Art Therapy has on residents in dementia specific settings.

Participants will:

1. Understand the Art Therapy Process and its application in a dementia unit.
2. Learn the benefits of Art Therapy when used with residents with challenging behaviors.

Leadership Skills for Recreation Directors Pt 2

Dr. Elaine Green, Acting Dean, School of Continuing Studies,
Chestnut Hill College

See session description on this page.

Exercise, Heat Stress, and Aging

Caitlin Thompson, Ph.D., The Pennsylvania State University

Because older humans are vulnerable to cardiovascular complications during exercise in the heat, this session will address exercise, environmental, and hydration considerations for the aging population.

Participants will:

1. Be able to discuss how the human body responds to exercise, heat exposure, and dehydration.
2. Have the ability to discuss how aging affects responses to exercise, heat exposure, and dehydration.
3. Be able to list the key marker signs of successful heat acclimation.

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

Vendor Reception with light refreshments

Sponsored by Lytle Group

Thursday, June 8, 2006

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

Breakfast - Grande Continental

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

Registration

8:00 a.m.

Opening Remarks/Welcome

8:15 a.m. - 9:45 a.m.

Gentle Massage for Facility Care: A Meaningful Bedside Activity PT1

Ann Catlin, NCTMB, LMT, OTR, Center for Compassionate Touch
Compassionate Touch is a Therapeutic approach of comfort care that can enhance meaningful one-to-one activities. This Hands-on workshop introduces the use of skilled touch and gentle massage in caring for the frail elderly.

Participants will:

1. Be able to describe 6 effects and benefits of skilled touch for the frail elderly.
2. Safely perform gentle massage techniques.
3. Assist individual responses to touch and massage.
4. Be able to identify 3 ways that COMPASSIONATE TOUCH approaches may enhance facility programming.

The Alternately Abled/ Finding Ability in Disability & Serious Illness

Edward Hersh, SABVI

This session will identify the uniqueness and commonness of alternative abilities among individuals who experience significant loss as a result of physical (including mental and sensory) limitations in their lives. It will also help to examine the nature of physical limitations experienced by individuals and the interrelationship with the culture at large.

Participants will:

1. Explore appropriate ways of responding to persons with physical limitations and providing culturally relevant assistance with mental health needs.
2. Sharpen ability to comfortably communicate and interact with persons with physical limitations.
3. Find new ways of helping persons with disabilities discover their diverse abilities to make significant contribution in their world.

Art from Wheat Straw Pt 1

Linda Beiler, Straw Artist

This session will be hands on learning plaiting techniques with wheat straw. Make a straw pin and bracelet and learn how to successfully teach others (limited 25 participants).

Participants will:

1. Learn two different techniques using wheat straw to make a straw pin and bracelet.
2. Learn a brief History of straw art.
3. Learn How to successfully teach and adapt the technique to others.
4. Learn to make several design from each plaiting technique.

Using Laughter as Therapy

Barbara Hee, CLL, Lighten Up With Laughter

Can laughter really be the "best medicine"? This fun and interactive session will provide an intro to using laughter as therapy.

Participants will:

1. Learn about the many health and social benefits of laughter.
2. Learn about ways laughter can enhance interaction with others.
3. Learn at least 5 laughter exercises and practice other methods to reduce stress for themselves, with co-workers and clients/residents.

TR in Hospice

Mauri Tyler, Princeton Senior Resource Center

This speaker designed and implemented one of the first programs to bring TR into the hospice setting. Learn about the different recreation and activities that can serve this population in a very meaning and beneficial way.

Participants will:

1. Learn basic hospice philosophy.
2. Be able to name 5 different appropriate activities/recreation for the hospice patient.
3. Discuss ways to add TR to the hospice team.
4. Identify 1 personal strategy for dealing with grief.

9:45 a.m. - 10:00 a.m.

Beverage Break

Visit Exhibits

Thursday, June 8, 2006

10:00 a.m. - 11:30 a.m.

Activity Programming for Late Stage Dementia

Candy Yingling, CTRS, Education Outreach Coordinator, Alzheimer's Association

This session will be developing activity programming to meet the needs of persons in the later stages of dementia which can be challenging. This interactive session will review both psychological as well as physiological changes in the later stage dementia. Attendees will be challenged to maximize retained abilities of the late stage patient, as well as understand that activity programming is designed for the experience, not the outcome.

Participants will:

1. Be able to list at least 5 physical changes associated with late stage, dementia patients.
2. Learn to identify remaining abilities in the late stage, dementia patient.
3. Participate in hands-on activities, which they can utilize within the workplace in order to effectively meet the needs of late stage, dementia patients.

Trauma Art Narrative Therapy

Dr. Lyndra Bills, Lancaster General Hospital

Trauma Art is a special technique for dealing with the symptoms of traumatic stress exposure. This session will review the importance of creative therapies in treatment and then give examples of Trauma Art as a therapeutic technique.

Participants will:

1. Be able to recognize the need for non-verbal therapies in trauma treatment.
2. Learn about traumatic memory processing.
3. Be introduced to a technique called Trauma Art.

Art from Wheat Straw Pt 2

Linda Beiler, Straw Artist

See description on page 11.

Interactive Humorous Approach in the Workplace

Mitzi Marricco, Master Mitzi

This Session will identify person to person skills, guidelines and creative ideas to direct and motivate the team or group you are working with.

Participants will:

1. Explore the power of listening and project the right image.
2. Communicate through the softness of humor and understand the body language and its use with humor.
3. Look at happiness vs. depression, and problem solving with a humorous twist.

Gentle Massage for Facility Care: A Meaningful Bedside Activity Pt2

Ann Catlin, NCTMB, LMT, OTR, Center for Compassionate Touch
See description on page 11.

11:30 a.m. - 11:45 a.m.

Beverage break

Visit Exhibits

11:45 a.m. - 1:15 p.m.

End of Life/ Breaking the Bad News

Dr. Tara Friedman, MD, Medical Director Vista Healthcare of PA
Description not available at press time.

Guided Meditation - Getting Started

Sherry Hurwitz, MA, CTRS, Princeton House Behavioral Health
Life can be stressful. Can anyone disagree with that? How can Rec Therapy incorporate Guided Meditation into his/her daily life and his/her program of activities? I begin by asking, "Are you Interested?" Come and check it out.

Participants will:

1. Be able to identify and define at least 2 meditation techniques.
2. Be able to describe 3 benefits of using a daily meditation practice in their lives.
3. Participate in a guided meditation.

Moving Right Along

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

Move it or lose it. During this session we will look at joint friendly exercise and walking programs suitable for a variety of clients/residents.

Participants will:

1. Understand the importance of exercise for clients/residents with Arthritis.
2. Develop a joint friendly exercise program.
3. Participate in a short seated exercise class.

Psychopharmacology Basics

Dr. Lyndra Bills, Lancaster General Hospital

This session is focused on the basic understanding of psychopharmacology. It will be very general covering a wide array of psychotropic classes. There will be time for questions and answers.

Participants will:

1. Be able to identify basic categories of medication.
2. Gain an understanding of why certain medications are used for specific indications.
3. Learn some new directions for psychotropic medications.

The Power of Professionalism

Deborah Hutchins, Ed.D., CTRS, Assistant Professor; Slippery Rock University

This session will help deal with changes and learn how to be successful in the workplace. TR's can benefit from developing and using the elements of professionalism to help them surviving the workplace.

Participants will:

1. Identify elements of professionalism.
2. Describe how professionalism can enhance your success in the workplace.
3. List changes that have occurred in TR practice and identify how professionalism can have a positive impact.

Art Therapy 101

Kara Berringer, CTRS, M.A., ATR, Woodside Place, Presbyterian SeniorCare

This session will provide an introduction to Art Therapy including the background, basics and the benefits of. It will also be a hands on session.

Participants will:

1. Have a basic understanding of Art Therapy.
2. Learn the benefit of Art Therapy; emotional, psychosocial, and spiritual.
3. Hands on participate in an Art Therapy project.

1:15 p.m. - 2:30 p.m.

Awards - Luncheon

Chef Salad

Installation of Officers

2:30 p.m. - 4:00 p.m.

Fun*tastic Programming Pt 1

Donna Hoshauer, Certified Activity Director; Seton Manor

This session will provide a wide range of programming ideas that will include crafts, month by month programming and theme weeks. Other topics that will be discussed will include intergenerational programming as well as men's programming.

Participants will:

1. Explore creative programming ideas including planning theme weeks, special events, craft ideas and much more.
2. Obtain ideas for recreation programming plans and ideas to enable participants to better serve their existing population.
3. Be encouraged to tap into their individual creative self abilities

Leisure Lifestyle Management

Lilli Shine, MSA, CTRS, Director TR, Louis A. Johnson VA Medical Center

This session will focus on designing and implementing a unique recreation therapy treatment approach for healthy leisure lifestyle management for patients with poor leisure lifestyle coping skills admitted to the Acute Care Psychiatric Unit. Discussion will also focus on developing compensatory strategies.

Participants will:

1. Define Healthy Leisure Lifestyle.
2. Describe Stressors that effect lifestyle change.
3. Describe biopsychosocial aspects of lifestyle balance.
4. Identify RT Leisure Lifestyle Coping Skills/ Strategies and RT Compensatory Strategies for Leisure Lifestyle Management.

Native American Medicine Wheel: Understanding Leadership Styles Pt 1

Roderick Lee, Program Director / Instructor, Shaver's Creek Environmental Center/PSU

The Medicine Wheel is an interactive group activity. Participants will identify their leadership style and reflect on strengths and weaknesses of their style.

Participants will:

1. Identify characteristics of their personal leadership style and how groups they work within can utilize these characteristics to work more effectively together.
2. Realize that team members with varying leadership styles can support and compliment each other by working together.
3. Come away with a "Toolbox" to utilize when working with others who fall at different places on the Medicine Wheel.

Stress can be FUN !

Mitzi Marricco, Master Mitzi

Learn to accept the bad stressors and be realistic. The stressors you face may never linger in other people's minds as long as they remain with you.

Participants will:

1. Practice relaxation responses.
2. Learn to laugh and put things into perspective.
3. Learn to say "No" assertively and develop interest outside of work.
4. Discover the importance of a healthy body and taking a day off.

Presenting Effective Presentations

Lee Bryan, President, PRPS, CTRS

Whether you are teaching an intern to complete a paperwork assignment 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 closings that move people to action.

4:00 p.m. - 4:15 p.m.

Beverage Break

4:15 p.m. - 5:45 p.m.

Exercise is for Everybody! Elastic Band Exercises

Sheila Swann-Guerrero, NCPAD Information Specialist, CTRS, Nat Center on Physical Activity and Disability

NCPAD is a premier resource for information on physical activity, health promotion and disability. NCPAD Information Specialist will demonstrate adapted elastic band exercises for individuals of all abilities. This will be an interactive session. We will also provide the session participants a preview of NCPAD's newly developed exercise video, online video clips and other resources.

Participants will:

1. Learn current NCPAD physical activity and disability resources that are available.
2. Learn how to use NCPAD resources in their TR programming for individuals with various abilities.
3. Learn adapted elastic band exercises for people with various abilities.
4. Learn upcoming recreation technology projects for adaptive fitness for individuals with disabilities.

Fun*tastic Programming Pt 2

Donna Hoshauer, Certified Activity Director, Seton Manor
See description on page 13.

Native American Medicine Wheel: Understanding Leadership Styles Pt 2

Roderick Lee, Program Director / Instructor, Shaver's Creek Environmental Center/PSU
See description on page 13.

TR Professional Development: Role in Adult Physical Medicine and Rehabilitation

Mary Ann Bellfy, Supervisor In-Patient Rehab Services, CTRS, Susquehanna Health System

Federal and insurance based demands on service delivery for adult physical rehabilitation are changing continuously. Participants will learn about the general and specific skills along with treatment philosophy that adapt well to change. Explore beneficial treatment options to meet patient needs.

Participants will:

1. Identify skills that promote success as a CTRS working as a member of a rehab team.
2. Understand the value of specialized certification (FIMS, aquatic therapy, exercise).
3. Understand the 75% rule and role of CTRS in treating clients with CMS and selected diagnosis.
4. Perform basic mobility skills specific to clients using wheelchairs and other assistive devices.

Domestic Violence: a Public Health Issue

Nancy Durborow, Health Projects Manager, PA Coalition Against Domestic Violence

Domestic Violence is a prevalent public health problem that effects on individuals, families and communities. The workshop will describe a public health response to this epidemic.

Participants will:

1. Be able to describe the prevalence and impact of domestic violence on patients' health and well being.
2. Be able to describe changes in practitioners and health systems approach that can improve the response to domestic violence victims.
3. Discuss outcomes that support domestic violence clinical intervention and prevention.

Friday, June 9, 2006

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

Breakfast Buffet

9:00 a.m.

Opening Remarks / Welcome

9:15 a.m. - 10:45 a.m.

A Recreation Therapy Music Enjoyment Group

Sherry Hurwitz, MA, CTRS, Princeton House Behavioral Health
Music Therapy groups should be run by certified personnel. You, as a RT, can bring a weekly music appreciation group to your client that is more than a listening group. Don't be afraid to start because you don't have the background. Come and find out how.

Participants will:

1. Experience sample strategies that can be used in this group.
2. Examine client outcomes.
3. Be able to access resources that will enable them to begin and run this group themselves.

The Poetry of Life

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

Discover how you can implement a poetry writing group with your residents/clients and help them tell their life stories. No rhyming required!

Participants will:

1. Learn the benefit of poetry writing.
2. Discover methods for organizing a poetry group.
3. Practice Leading a poetry group.

Maintain Your Brain: How to Live a Brain Healthy Lifestyle

Candy Yingling, CTRS, Education Outreach Coordinator, Alzheimer's Association

This interactive workshop is part of a national campaign aimed at changing the way Americans think about brain health. We will discuss nutritional and lifestyle choices, strategies to keep the memory sharp, interactive exercises, activities, and materials to take along for further reading. The workshop will introduce participants, particularly baby boomers, to scientifically rooted suggestions for brain health based on a variety of lifestyle choices.

Participants will:

1. Learn how the brain functions and changes with age.
2. Learn how the heart and brain are connected.
3. Understand how social connections and emotional health affect the brain.

Living in balance with Tai Chi

Mitzi Marricco, Master Mitzi

Live in balance and harmony through the practice of the ancient art of Tai Chi. The steps will guide the participants towards balance and understanding of one's body and mind.

1. Focus better through their daily routine.
2. Improve their balance.
3. Enhance inner harmony and improve connectedness to the body.
4. Enjoy and improve muscle function and tone.

Incorporating Spiritual Needs of the Eldrely Into Therapeutic Recreation

Melissa McHugh, MS, CTRS, Pathways - Altoona Regional Health System

This session will discuss spiritual and emotional needs of the elderly while identifying ways to incorporate specific treatment outcomes for spiritual needs of the elderly in LTC and psychiatric settings.

Participants will:

1. Identify spiritual / emotional needs of the elderly.
2. Identify ways to incorporate spiritual programming into TR programs.
3. Identify specific treatment outcomes for spiritual programming for the elderly for long term care and in psychiatric settings.

10:45 a.m. - 11:00 a.m.

Beverage Break

11:00 a.m. - 12:30 p.m.

CLOSING KEYNOTE Creatively Coping with Change

Dr. William Klinger, PH.D., CTRS, Asst. Prof. Dept of Psychiatry at Penn State University

This endnote session will encourage all the participants to learn about change and what they can and can't control.

Participants will:

1. Learn to understand the basic nature of change.
2. Identify at least 3 negative outcomes of ineffective dealing with change.
3. Identify at least 3 positive outcomes of effectively dealing with change.
4. Learn to become aware of creative ways of dealing with change.
5. Apply the Serenity Prayer Formula to his/her life by listing 2 things for each portion of the formula. Recognize that the only thing one can truly change is him/herself.



PTRS Upcoming Workshops

Aromatherapy & The Therapeutic Art of Scrapbooking



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

PRPS Member \$76 Non-member \$96

- | | |
|----------|---|
| April 7 | PRPS Office, State College |
| April 21 | Conestoga View, Lancaster |
| May 18 | Presbyterian Senior Care, Oakmont |
| May 19 | Erie VA, Erie |
| May 26 | Broomall Presbyterian Village, Broomall |

This workshop has 2 dynamic component's one being aromatherapy and the other being therapeutic scrapbooking. The aromatherapy component will give participants a knowledge base of what aromatherapy is, how to use aromatherapy creatively and how to incorporate it into their existing program. Whatever your intervention needs are from 1:1 therapy, group therapy, or divisional programming this workshop will go over the how's, what's, where's, and when's, along with the necessary follow through for success.

Cultural Change



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

PRPS Member \$76 Non-member \$96

- | | |
|----------|--|
| April 24 | Luther Crest Retirement Community, Allentown |
| April 25 | The Brethren Home Community, New Oxford |
| April 27 | VA Pittsburgh Health Care System, Pittsburgh |
| April 28 | Erie VA, Erie |
| May 5 | Granite Farms Estate, Media |

Close your eyes and imagine a place where therapeutic recreation and activities are respected, and enjoyed by the community. In the past 10 years a growing movement, cultural change has begun to be implemented in many skilled nursing homes. Come spend the day learning, laughing, and growing professionally, as you discover what culture change will mean to you professionally and personally...after all it is how we will want to live!

**MARK YOUR CALENDARS FOR 2007
39th ANNUAL THERAPEUTIC
RECREATION INSTITUTE**

JUNE 5-8, 2007

2006 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** _____
 3# code on back of card _____

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 \$419.00
 - Non-member \$459.00
 - Student/retired/spouse (member) \$319.00
 - Student/retired/spouse (non) \$339.00
- Commuter Package**
- PTRS member \$319.00
 - Non-member \$359.00
 - Student/retired/spouse (member) \$219.00
 - Student/retired/spouse (non) \$239.00
- Daily**
- PTRS member
 - Wednesday \$169.00
 - Thursday \$169.00
 - Friday \$95.00
 - Non-member
 - Wednesday \$209.00
 - Thursday \$209.00
 - Friday \$115.00
 - Student/retired/spouse (member/non-member)
 - Wednesday \$99.00
 - Thursday \$99.00
 - Friday \$60.00
- 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.
 London Broil w/wild Mushroom Sauce
 Grilled Chicken & Crab Cakes with Lemon Sauce

Tuesday, June 6, 2006
 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 _____ @ \$44.00 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 7

8:15 a.m. – 9:45 a.m.

Keynote: Mark Fenton “The Importance of Regular Physical Activity to Long Term Health

10:00 a.m. – 11:30 a.m.

Documentation Do’s & Don’ts
 Grief and loss treatment in acute care Pt 1
 Group Drumming in TR Settings
 Productive Retirement: Opportunities and Challenges
 Basket Weaving: A Therapeutic Activity Pt 1

11:45 a.m. – 1:15 p.m.

The Aging Experience
 The Power of Walking
 Alternate Strategies w/ Cog Clinical Intervention
 Basket Weaving: A Therapeutic Activity Pt 2
 Grief and loss treatment in acute care Pt 2

2:15 p.m. – 3:45 p.m.

Basket Weaving: A Therapeutic Activity Pt 1(Repeat)
 F-Tag Interpretive Guideline Changes
 TR Professional Development: Role in Inpatient Mental Health
 Getting the Most Out of a Walk
 Leadership Skills for Recreation Directors Pt 1
 Alzheimer’s Disease: The Disappearing Mind

4:00 p.m. – 5:30 p.m.

1:1 Musical Intervention for “Challenging” Residents
 Basket Weaving: A Therapeutic Activity Pt 2 (Repeat)
 Creating in the Moment: Art Therapy & Dementia Res.
 Leadership Skills for Recreation Directors Pt 2
 Exercise, Heat Stress, and Aging

Thursday, June 8

8:15 a.m. – 9:45 a.m.

Gentle Massage for Facility Care: A Meaningful Bedside Activity Pt 1
 The Alternatively Abled/Finding Ability in Disability
 Art from Wheat Straw Pt 1
 Using Laughter as Therapy
 TR in Hospice

10:00 a.m. – 11:30 a.m.

Trauma Art Narrative Therapy
 Art from Wheat Straw Pt 2
 Interactive Humorous Approach in the Workplace
 Gentle Massage for Facility Care: A Meaningful Bedside Activity Pt 2

11:45 a.m. – 1:15 p.m.

End of Life Breaking the Bad News Activity Programming for Late Stage Dementia
 Guided Meditation – Getting Started
 Moving Right Along
 Psychopharmacology Basics
 The Power of Professionalism
 Art Therapy 101

2:30 p.m. – 4:00 p.m.

Fun*tastic Pt 1
 Leisure Lifestyle Management
 Native American Medicine Wheel Pt 1
 Stress can be Fun!
 Presenting Effective Presentations

4:15 p.m. – 5:45 p.m.

Exercise is for Everybody!
 Fun*tastic Pt 2
 Native American Medicine Wheel Pt 2
 TR Professional Development: Role in Adult Physical Medicine and Rehabilitation
 Domestic Violence: a Public Health Issue

Friday, June 9

9:15 a.m. – 10:45 a.m.

A Recreation Therapy Music Enjoyment Group
 The Poetry of Life
 Maintain Your Brain: How to live a Brain Healthy Lifestyle
 Living in balance with Tai Chi
 Incorporating Spiritual Needs of the Elderly into TR

11:00 a.m. – 12:30 p.m.

Keynote: William Klinger: Creatively Coping with Change

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 2007 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 _____ PA Therapeutic Recreation Society _____
 Community Recreation & Parks _____ TR Specialty Area: _____
 Park Resources Branch _____ Long Term Care VA _____
 PA State Park Society (open to all) _____ Psychiatric Rehab. _____
 DCNR employees only) _____ Dev. Disability _____
 State Hosp. _____

SPECIAL INTEREST AREAS (Select all that apply)

Educator _____ Urban Recreation _____ Commercial and Resort Recreation _____
 Trails _____

PLEASE SEND ME FREE INFORMATION ON:

National Rec. & Park Association _____ Professional Certification _____

MEMBERSHIP ELIGIBILITY AND DUES STRUCTURE

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.

Population	Dues	1 st Year Rate
0 to 100,000	\$215	\$165
over 100,000	\$295	\$230
over 1,000,000	\$530	\$425
Additional individuals	\$80	\$70

- 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.

	\$200	\$175
Additional individuals	\$40	\$35
- SUPPORTING:** Those business firms interested in the park, recreation, and leisure services fields.

	\$190	\$150
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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: _____
Method: _____	By: _____
Processed: _____	

INDIVIDUAL MEMBERSHIP

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

	Dues	1 st Year Rate
Under \$10,000	\$60	\$50
\$10,000 - \$20,000	\$80	\$65
\$20,000 - \$30,000	\$95	\$75
\$30,000 - \$40,000	\$105	\$85
\$40,000 - \$50,000	\$125	\$95
over \$50,000	\$140	\$110

- 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.

	\$45	\$40
--	------	------
- STUDENT:** Persons attending educational institutions on a full-time basis preparing for any phase of recreation and park work.

	\$30	\$25
--	------	------
- 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.

	\$40	\$35
--	------	------
- CONTRIBUTING:** Individuals or organizations interested in assisting the Society in the attainment of its aims and objectives.

	\$320	\$300
--	-------	-------
- LIFE:** Individuals desiring a lifetime membership.

	\$1,000
--	---------

Total: _____

PAYMENT INFORMATION

- My check is enclosed. Please make checks payable to PRPS.
- Bill my agency: Signature _____ Date _____
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 Card # _____ Expiration Date _____
 Cardholder's Signature _____

Mail your Application today!

PRPS

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2006 Therapeutic Recreation Institute
2131 Sandy Drive
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Registration Materials Enclosed



Fundamentals
for the
Future

**38TH Annual Pennsylvania Therapeutic
Recreation Institute**

**“Fundamentals for the
Future”**

**June 6 - 9, 2006
Harrisburg/Hershey Holiday Inn
Grantville, PA**