

PTRS NEWSLETTER WINTER 2006



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

PRPS Executive Director Message

Happy New Year! I appreciate the opportunity to communicate with all of our PTRS members as we begin 2006. I look forward to a productive year as we continue to expand our services and support for the therapeutic recreation specialists and activity coordinators in Pennsylvania.

As you are probably aware, we are now fortunate to have a certified therapeutic recreation specialist, Wendy Jo Hartsock, on our PRPS staff. As our Therapeutic Recreation Training and Education Specialist, she is the member of our Training Team tasked to coordinate and implement TR and activity training, and she is the liaison and support person for PTRS. Wendy Jo brings an appreciation for TR in Pennsylvania as a past Board member for PTRS, a past chair of a Therapeutic Recreation Institute, a former practitioner in a long term care facility in Pennsylvania, and a graduate of a therapeutic recreation program at Penn State University.

We want to draw on her expertise and give her the support that she needs to provide you with the services that you need to do your job well.

I'm happy to report that Wendy Jo is being very successful at these endeavors based on the feedback we've received from members and the PTRS Board. You'll note the positive feedback in PTRS President Fred Walter's message.

We've asked Wendy Jo to expand the workshop offerings around the state and to emphasize those requested by the PTRS Board as priorities for our members. She is doing this and building positive relationships with other organizations such as the Alzheimer's Association. Wendy Jo has taken over for me as the primary liaison supporting the annual PA Therapeutic Recreation Institute. We were pleased to provide the early bird registration opportunity for 2006 with a flyer much earlier than previous years. Wendy Jo is working closely with the TRI Committee to bring you a quality TRI at a very reasonable cost.

Wendy Jo has also been traveling with a new and updated display to other conferences such as the fall conference of the Eastern PA/NJ ATRA chapter to improve the visibility for PTRS and improve our working relationships with the various organizations supporting TR and activity personnel in the state. There are enough challenges out there that we feel it is important to work cooperatively to the benefit of everyone.

Supporting therapeutic recreation is not a new focus for the Pennsylvania Recreation and Park Society (PRPS). The recent

passing of the first PTRS president, Jack Snyder, reminded all of us that PRPS has been supporting PTRS since the early 1970's. Jack was the first president of PTRS and one of the founders of the annual TRI. Jack went on to become a president of PRPS, the parent organization. Through his efforts and those who followed, PTRS gained a great deal of respect and support from other recreation and park professionals across the state. In return, PRPS has maintained a high level of support for PTRS. Sorry about the acronyms, but I think it is an important concept to understand the supportive relationship between the two.

Presently, the PRPS Board of Directors has two officers who are TR practitioners, Lee Bryan who serves as the current PRPS President, and Kirk Rakos who serves as the current PRPS Treasurer. The PTRS President Fred Walter also sits on the Board. You can be sure that the interests of PTRS are being well represented.

As PRPS continues to grow through the expanded staff and new programs, we will be able to offer stability and support that is not available to the majority of other state organizations supporting TR and activities. We are the only state that I know that has a state level professional who is able to provide you with practical technical support and advice.

I was fortunate to learn about therapeutic recreation from leaders including Jack Snyder, Art Geisler, Bernie Thorn, Ray West, Ed Myer, Bill Dayton, Debbie Hutchins, GT Thompson, Marie Gutjahr, and many others. I want to assure you that your office is very committed.

As you know, we are able to house the PTRS support staff in our relatively new office. We greatly appreciate the many PTRS members who have supported the Building Fund. It has been enjoyable to have several workshops held here as well as PTRS Board Meetings.

While we think we are on the right track, we are always open to input and suggestions from you, the membership. Please let me or Wendy Jo know about your ideas for new and better services. What is it that you need that we are not yet providing? We'd like to know and will do our best to provide it.

Have a great year!

Bob Griffith



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PTRS Newsletter is published by the Pennsylvania Therapeutic Recreation Society. The newsletter co-editor is Bianca Brdaric and Wendy Jo Hartsock. PTRS is a branch of the Pennsylvania Recreation and Park Society, Inc. Pennsylvania Therapeutic Recreation Society, 2131 Sandy Drive, State College, PA 16803-2283, (814) 234-4272; Fax: (814) 234-5276; www.ptrs.org.

PTRS PRESIDENT'S MESSAGE

Hello & Happy New Year to my Favorite Extended Family.

I hope that this Holiday Season has brought you great happiness and solitude. Our Board of Directors wishes to take this time to thank you and wish you a great New Year!

I would like to take the time as always to extend a thank you to everyone in the society for your support and assistance in my first year of my tenure as President. I truly appreciate the great assistance from PRPS staff and Wendy Jo and Bob as liaisons to our society. These people truly need our gratitude for what they accomplish for our society.

Membership of the Society in a nutshell is how we continue to grow and experience fellowship and there are many awards of being a member. We all recognize that sometime in our lives we must have a fellowship or a brotherhood to assist us in the needs of our profession or personal life and this society can provide you many of these.

Our Society was founded on the fact that we were looking for the best possible way of providing Leadership Towards Health & Wellness thru Therapeutic Recreation and Activities Professionals. We have many benefits to our society as a member. Please review our website for the numerous educational experiences provided at a discount as a member. Tour the great website or call the main office to experience the other advantages of being a member of our society; awards, scholarships, educational experiences, and plain just fun (oh did I say that), the leaderships etc.

Please take the time to review the great TRI coming up in June the many people on the committee are arduously trying to assure to make this the best ever.

I would like to let you know about an ongoing PRPS membership campaign. When you invite someone to join our membership, and they submit their application, you will receive a \$5.00 Thank You Membership Sponsor Coupon which can be redeemed towards any PRPS service or product such as membership dues, general meetings, workshops, conference, institute, PRPS/PTRS clothing and other sales items. The new member also gets a \$5.00 New Member Coupon which is good towards any upcoming educational workshop. Be sure to have the new member put your name in the "membership recruited by" line on the membership application. If you need some membership applications please call the PRPS office to request them.

We can expand our membership and continued to grow as a society. 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.

I am looking forward to a very successful year and as I have seen in the past your devotion and dedication to our society will prove to help us to achieve our goals and plans.

Yours in Leadership Towards Health & Wellness



PTRS Mission Statement:

Unite Individuals associated with therapeutic recreation and interested consumers by providing opportunities for education and training that promote leadership and advocacy of the field, thereby enhancing the health and wellness of Pennsylvanians



**Therapeutic Recreation
Institute
June 6-9, 2006
Harrisburg/Hershey Holiday
Inn, Grantville**

Have you reviewed your 38th Annual
Therapeutic Recreation Institute
Advanced Registration???

Please do send in your form to get the
great price breaks before
February 15, 2006.

If you haven't received your brochure call
the PRPS office to request one
(814) 234 - 4272.

OUR NEWSLETTER...

The PTRS Newsletter is a quarterly publication supported by the membership and interested individuals, it is as good as our membership allows. You can help by contributing to it. Tell us about a new program or an existing program that works, tell us what you have seen as trends, and let us know who's who in the recreation field and what their accomplishments and achievements are. We are always looking for human interest stories. Please send your contributions to Wendy Jo Hartsock at the PRPS office Whartsock@prps.org On a personal note I know that we have wonderful programs and staff in the field and so many times they feel unrecognized, unappreciated so this is your opportunity to submit them for recognition. It only takes a few minutes, yes I know your schedule is busy but please take the time to zip me an email. Let me know who and what is out there, what is going on a new idea that you want to share with your fellow professionals, something special that your facility does. Your input is important to me.

Wendy Jo Hartsock, CTRS

NCTRC Certification Standards: Reminder about the Renewal Process

NCTRC is the nationally recognized credentialing organization for the profession of therapeutic recreation. Established in 1981, as an independent non-profit organization, NCTRC represents over 16,000 Certified Therapeutic Recreation Specialists employed within a variety of healthcare and human service settings

Effective Date: April 2005

1. The standard requiring continuing education materials to be submitted with the recertification application will read as follows:

Upon receipt of the recertification application, NCTRC will select at random a percentage of applications for audit. The purpose of the audit is to verify the completion of all continuing education hours listed on the recertification application. Certificants who are selected for audit will be directly notified by NCTRC via postal mail. Certificants will have 30 days to submit their continuing education materials for the audit process. Failure to submit the continuing education materials in a timely manner will result in a denial of recertification. If you are not selected for audit, you will not need to submit your continuing education documents.

(NCTRC.org)



I wish to take the time to thank the society for donating 100.00 to assist one of our members in providing both therapeutic recreation and activities to those individuals that were victims from Hurricanes Rita and Katrina. This individual was deployed to Waco TX and with the contribution from our society was able to provide two bingo socials for over 125 individual and was able to assist many with their activities of daily living. This individual had no budget and with contributions like ours and others was able to increase the continuity of care and bring some happiness into the guests lives.

Fred Walter, PTRS President

Role Reversal: When Your Client Becomes Your Teacher

“The art of teaching is the art of assisting discovery.”

~ Mark Van Doren

Service learning is increasingly used in higher education today. Students integrate classroom concepts and theories with “real world” experiences in which both recipients and service providers are expected to benefit.

In Temple University’s Therapeutic Recreation Mentor Project1, students are paired with individuals with developmental disabilities. Utilizing person-centered principles, students and mentors work together to plan, implement and evaluate a community-based leisure experience. Additionally, mentors periodically attend class and join in classroom instruction and discussion. They also participate in a presentation summarizing their experiences.

This may sound like a typical service learning class assignment in which students provide a service and persons with disabilities benefit. In this instance, however, it is individuals with disabilities who are providing the service. Mentors function as the experienced guides – those best suited to offer expert advice – and often lead students to their own self-discovery:

My mentor taught me that the biggest barriers to overcome are my own fears, doubts, and lack of confidence. I wasn’t afraid of my mentor, I was afraid to fail. My mentor taught me that in TR, it is not about me. I have learned to look beyond myself and see the strengths of others and how to help them harness their resources to better their lives.

By following the mentor’s lead, students gain invaluable lessons about meaningful reciprocity, common learning, and mutual benefits – a true service, indeed.



Workshop Ideas?

If you yourself have a topic of interest to present or you have heard a dynamic speaker at another function please forward that information to whartsock@prps.org. PTRS is always looking for speakers for the Therapeutic Recreation Institute and single day workshops.



Aromatherapy & The Therapeutic Art of Scrapbooking

9:00 a.m. - 4:00 p.m.
 PRPS Member \$76
 Non-member \$96



Friday - April 7
 PRPS Office, State College
 Friday - April 21
 Conestoga View, Lancaster
 Thursday - May 18
 Presbyterian Senior Care, Oakmont
 Friday - May 19
 Erie VA, Erie
 Friday - 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. Contraindications of aromatherapy will also be reviewed and discussed. Scrapbooking can go hand in hand with reminiscing and life reviews. This workshop will demonstrate the basic concept and techniques of scrap booking but will then go into depth of how you can incorporate them into 1:1 and small group therapy sessions. Learn how to use items that you have within your department to create unique layouts. **Participants should bring 5 pictures they would like to integrate into their finished product during the hands on part of this workshop.**

Meet the Presenter

Emily Connor's, CTRS, is a graduate of York College with 9+ years working as a recreation therapist. She currently is a T.R. Consultant and is providing educational workshops across the state.

Emily has a wide range of expertise working with clients/residents from as young as 40 to as old as 103. During Emily's work in the field she found a way to tie a few of her passions into her work and this workshop is a reflection of that, using Aroma Therapy as well as the art of scrap booking on a regular basis can help with client/resident programming. These programs can drive small groups and individual programming goals and Emily has the ability to show us how.

Colleges/Universities Highlight

Purpose: To continue to build a relationship between Universities/Colleges and the Pennsylvania Therapeutic Recreation Society (PTRS) through communication in the quarterly newsletters.

Please include any or all of the following content in your article of 200 words or less.

1. List any special achievements/highlights of student PTRS members. (This may provide the student with an opportunity to network with professionals in the field)
2. Highlight any special programs your feel are enhancing your TR curriculum.
3. Highlight any needs or opportunities for PTRS members to become involved with students. (For example: mentor opportunities)
4. Include a picture of students or special events.
5. Include TR professors/directors names and credentials.

If you have any further suggestions in this endeavor they would be greatly appreciated.

Thank you and I look forward to your response,

*Bianca Brdaric, CTRS, PTRS Recording Secretary
 (717) 367-1121 x33648, bcbianca@aol.com*

Nomination for PTRS AWARDS Program *****

With a new year beginning now would be a great time to nominate a fellow professional, a program or an outstanding service that has been accomplished. All it takes is filling out the nomination form and submitting it by the deadline **April 11, 2006**. Below is a list of the 10 different awards that are available to be given out at the Annual Therapeutic Recreation Institute in June. Last year many were not given due to any nominations, so please consider nominating an individual, or program that deserves.

- Edward Memorial Scholarship
- William P. Dayton Memorial Scholarship
- Organization/ Agency
- Outstanding Programming
- Outstanding New Professional
- Professional Service
- Society Citation
- Student Honor
- Volunteerism
- Distinguished Member

For more details about the different categories and the nomination forms please go to our website: www.ptrs.org or call Lynne Pomietlarz, Awards Chairperson at (610) 386-2229.

Sympathy



John H. "Jack" Snyder passed away on November 14, 2005. Jack was a past PRPS president, honorary member, past PTRS president, co-founder of the Therapeutic Recreation Institute and very active with PRPS, PTRS and

focused much of his life on efforts to improve the services for persons with disabilities.

Jack contributed to PRPS in many ways as the first president of the PA Therapeutic Recreation Society, as president of PRPS, as one of the founders of the PA Therapeutic Recreation Institute, and as an active participant in activities and programs right up to the time of his passing. Despite failing health, he attended the most recent TRI and the 2005 PRPS Conference. He wrote an excellent article for the First Quarter 2005 issue of Pennsylvania Recreation and Parks that includes a great deal of information on his background. This was the "Baby Boomers" issue, and you'll find Jack's article beginning on page 30 as he reflects on the other side of therapeutic recreation as a resident at the Brethren Village in Lancaster. His final contribution to PRPS will be a lasting one. He and his family are endowing an award and conference scholarship that was approved by the PRPS Board of Directors on November 16th to recognize organization providing outstanding programs for persons with disabilities. The organization winning the award will be able to send a staff member to the PRPS Annual Conference paid for by the John H. "Jack" Snyder Scholarship Fund. PRPS was very fortunate to have had Jack Snyder as an active, dedicated member.

Contributions in Jack's memory may be made to the PRPS Building or Endowment Funds or to the Hospice of Lancaster County. The address of the Hospice is P.O. Box 4125, Lancaster, PA 17604.

Cards and notes to Jack's family may be sent to his son, Jim. The address is James Snyder, 618 Appenzell Drive, Hummelstown, PA 17036.

Recreation Therapist

Presbyterian Children's Village has a FT position for a recreation therapist. Responsibilities include: facilitating psycho-educational and recreational groups, completing documentation, playing an active role in cottage life, participating in treatment team meetings.

Presbyterian Children's Village is a private, nonprofit agency located in Rosemont, PA that provides a range of child welfare, behavioral health and therapeutic programs to children and their families. Presbyterian Children's Village helps troubled children overcome their problems and grow emotionally, intellectually, physically and spiritually.

Position requires a bachelor's degree. CTRS or CTRS eligible is strongly preferred. Driver's license and/or Life-guard Certification are also preferred. For more information, contact: Marisol Morales, Human Resources Coordinator, Presbyterian Children's Village Services, 452 S. Roberts Road, Rosemont, PA 19010 email: mmorales@pcv.org phone: 610-525-5400

Camp Coordinator – Children's Beach House

Year-round Camp Coordinator position located on the bay in Lewes, Delaware. This position is responsible for coordinating a youth development camp for special needs children. The camp includes an 8 week summer camp and weekend camps throughout the year. Competitive salary and excellent benefit package. View the agency website at www.cbhinc.org

For more information, contact Terri Tipton at tipton@cbhinc.org

If you have a job opening and would like us to post it on our website and print it in our PRPS monthly update or quarterly PTRS newsletter please send the information to eschnellbaugh@prps.org.





PTRS CLOTHING

MERCHANDISE

All of the clothing items are embroidered with the PTRS logo

(ADULT CLOTHING)

- Golf Shirt Bright Royal \$24.00 (2XL-3XL \$26.00)
- Golf Shirt White \$24.00 (2XL-3XL \$26.00)
- Golf Shirt Long Sleeve Storm Blue \$26.00 (2XL-3XL \$28.00)
- Golf Shirt Long Sleeve White \$26.00 (2XL-3XL \$28.00)
- Oxford Shirt Light Blue \$30.00 (3XL-4XL \$32.00)
- Oxford Shirt White \$30.00 (3XL-4XL \$32.00)
- Denim Shirt Indigo \$28.00 (2XL-3XL \$30.00)
- Denim Shirt White \$28.00 (2XL-3XL \$30.00)
- Fleece Navy \$38.00 (2XL-4XL \$40.00)
- Hooded Sweatshirt Ash \$25.00 (2XL-3XL \$27.00)
- Hooded Sweatshirt Blue \$25.00 (2XL-3XL \$27.00)
- Hooded Sweatshirt White \$25.00 (2XL-3XL \$27.00)
- T-Shirt Short Sleeve Ash \$12.00 (2XL-4XL \$14.00)
- T-Shirt Short Sleeve White \$12.00 (2XL-4XL \$14.00)
- T-Shirt Short Sleeve Indigo \$12.00 (2XL-4XL \$14.00)
- T-Shirt Long Sleeve Ash \$16.00 (2XL-5XL \$18.00)
- T-Shirt Long Sleeve White \$16.00 (2XL-5XL \$18.00)
- T-Shirt Long Sleeve Indigo \$16.00 (2XL-5XL \$18.00)

(YOUTH CLOTHING)

- T-Shirt Short Sleeve Ash \$12.00 (S-XL)
- T-Shirt Short Sleeve White \$12.00 (S-XL)
- T-Shirt Short Sleeve Indigo \$12.00 (S-XL)
- T-Shirt Long Sleeve Ash \$16.00 (S-XL)
- T-Shirt Long Sleeve White \$16.00 (S-XL)
- T-Shirt Long Sleeve Indigo \$16.00 (S-XL)

(NON CLOTHING ITEMS)

- PTRS Can Koozie \$2.00
- PTRS Name Badge Pin \$3.00
- PTRS Lunch Kool Pack Cooler \$4.00
- PTRS Swiss Pocket knife \$4.00
- PTRS Desk Calculator \$4.00
- PTRS Coffee Mug Beehive style \$6.00

(Non clothing items either have PTRS logo on or PTRS written label)

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone Number: _____

Check # _____

Credit Card: Visa MC AMEX Discover

CC number _____

Exp. date _____

Please add 10% of order amount for shipping & handling. Check out the website to look at the merchandise pictures!!!



WAYNE HENNINGER, ADC

Wayne has been an activity director for a total of 18 years. He presently works at ManorCare in Pottsville, PA. This is a 180 bed long-term care facility.

Some of the activities organized by Wayne at his facility include an Elder Bowl, a Jeopardy like game, a monthly Memorial Services for newly deceased residents, a Valentine’s Day Renewal of Marriage Vows, and a County-wide spelling bee for residents of surrounding nursing homes.

In addition to his daily activity duties, Wayne also supervises the facility’s “Guardian Angel” program which provides a personal connection to each resident through the assigning of a staff member to oversee residents’ needs. Wayne is also a member of the A-team which assists with admissions. Aside from work, he is a member of his church choir and organizes a weekly community men’s basketball league.

One of the facility’s most special programs is the “Heart’s Desire” program. The resident’s personal wish is granted. Since the inception of this program, the wishes have included a train ride in a private train car, trips to Delaware Park Race Track, Atlantic City, and Washington DC. The most recent “Heart’s Desire” was an excursion to West Point with several male residents.

Throughout the past 18 years, Wayne has seen many changes in long-term care. Perhaps the most striking is the changing age of the population in the facility. With a younger population the activity needs are different. Many of the older residents are content with bingo and church while the younger folks are into videos and computers. As a result, the activities are much more diverse.

PA Recreation & Park Society
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Permit No. 99



38th Annual Pennsylvania Therapeutic Recreation Institute

June 6-9, 2006

Harrisburg/Hershey Holiday Inn
Grantville, PA



Fundamentals
for the
Future

KEYNOTE SPEAKERS:

Mark Fenton, host of the PBS television series "America's Walking"

Dr. William Klinger, Ph.D.,
CTRS, Central Pennsylvania
Psychiatric Institute - PSU

TOPICS:

LTC Documentation
Cultural Change
Management Styles
Health Fitness & Well-being
Low-function programs
F-Tag Regulation Changes
Challenges of Persons with disabilities & serious illness
Living in Balance with Tai Chi



For more information, please
contact Wendy Jo Hartsock, CTRS
at (814) 234-4272 or email
whartsock@prps.org

Early Bird Special---Full package price \$399 member and \$439 non-member. Full package includes all educational sessions, meals (except Wednesday evening on your own), CEU's, and room accommodations. If you miss the early bird fee the tentative prices are \$419 member and \$459 non-member. Register now to receive the early bird special.