

*PA Recreation & Park Society and
PA Therapeutic Recreation Society present*



**47th Annual
Pennsylvania
Therapeutic
Recreation Institute**

**Getting Back
to  Fundamentals**

June 3-5, 2015

Pre-Conference June 2

**DoubleTree Resort by
Hilton™**

Lancaster, PA

REGISTRATION GUIDE



INSTITUTE AT-A-GLANCE

Tuesday, June 2

8:00 am - 9:00 am

9:00 am - 4:00 pm

5:30 pm

Registration for Pre-Conference
Pre-Conference (Lunch included)
Golf for Fun Outing



TRI Co-Chairs

Rachel Guiber and Amber Hauer

Wednesday, June 3

8:00 am - 4:00 pm

9:30 am - 11:30 am

12:00 pm - 1:00 pm

1:15 pm - 2:45 pm

2:45 pm - 3:00 pm

3:00 pm - 4:30 pm

4:45 pm - 6:15 pm

6:30 pm - 8:00 pm

8:00 pm

Conference Registration
Keynote
Lunch
Sessions
Refreshment Break
Visit Basket Raffle
Sessions
Membership meeting/Board Meeting
Evening General Session
Wednesday Evening Social

Thursday, June 4

6:45 am - 8:00 am

7:00 am - 8:15 am

7:00 am - 4:00 pm

8:00 am - 8:15 am

8:15 am - 9:45 am

9:45 am - 10:15 am

10:15 am - 11:45 am

12:00 pm - 1:30 pm

1:30 pm - 1:45 pm

1:45 pm - 3:15 pm

3:15 pm - 4:15 pm

4:30 pm - 6:00 pm

6:00 pm - 8:00 pm

Breakfast
Exhibits & Basket Raffle
Registration Open
Welcome
General Session
Refreshment Break/Visit Exhibits
Sessions
Awards Luncheon
Visit Exhibits/Baskets
Sessions
Exhibitor Social
General Session
Coffee House Social

Friday, June 5

6:45 am - 8:00 am

7:00 am - 10:00 am

8:00 am - 9:30 am

9:30 am - 10:00 am

9:50 am

10:00 am - 12:00 pm

Breakfast
Registration Open
Sessions
Hotel Check-out/Refreshment Break
PTRS President Thank You
EndNote

CEUs
TRI only = 1.6 CEUs
or 16 contact hours
TRI + Pre-Conference
= 2.2 CEUs or
22 contact hours

SPEAKER HIGHLIGHTS

KEYNOTE:

DR. STEVE SOBEL

Dr. Steve Sobel is a nationally adored motivational speaker, educator, author and success coach. Steve is a former award-winning school principal who has had his work featured on INSIDE EDITION, in many major newspapers and professional magazines as well as numerous appearances on TV and Radio. He is the author of The Good Times Handbook-Your Guide to Positive Living and an Exciting Life and his newest book will be out soon. Steve also teaches part-time at the college level and has been honored to speak at college and high school commencements as featured keynoter. Steve is also the proud head coach of a men's summer premier pro-am basketball team in New England where he "builds dreams"- several of his players have followed theirs by playing professionally in Europe, the NBA and throughout the world. He requires his players to make appearances at places such as the Connecticut Children's Hospital Medical Center in Hartford, CT; giving back is a core value for his team and players.



ENDNOTE:

BRIAN KEEFER

Injured in a gymnastics accident, gifted athlete Brian Keefer tells about his journey recovery of a C4-5 spinal cord injury. A 2012 graduate of Lock Haven University and a Certified Therapeutic Recreational Specialist, Brian talks about his different therapy regimens, his return to college and the support of many people along the way. He discusses his appearance on Extreme Makeover: Home Edition, and his ongoing path in recovery. He will tell of the many people he has inspired through college, his Recreational Therapy work, the TV program, and his journey of healing at the International Center for Spinal Cord Injury, at the Kennedy Krieger Institute in Baltimore, MD. He will highlight some of his therapies including aquatherapy and his home adaptations and equipment.



PRESIDENT'S MESSAGE

As President of PTRS and Education Chair for this year's TRI, I would like to invite you to attend the 47th Annual Therapeutic Recreation Institute at the Double Tree Resort by Hilton, in Lancaster, PA, June 3-5, 2015. Our theme this year is "Getting Back to FUNdamentals."



This TRI will be a fantastic and memorable event. We look forward to making this another great learning opportunity for Recreation Therapists, Activity Directors, and Allied Health Professionals in a location at which you can unwind and enjoy yourself before returning to work.

Besides an amazing line-up of speakers, you will have access to many activities covering a variety of interests. We have secured a great room rate and I encourage everyone to come early or stay late. Immerse yourself in the site-seeing venues offered by this city!

All in all, attending TRI presents a great value and an excellent opportunity to meet others who share our profession. After returning from TRI, you will be able to apply your new found knowledge right away and reach new heights in the way you serve your customers.

Registration is available on-line at www.prps.org. Should you have questions, please do not hesitate to contact me.

I look forward to seeing you!

Warm Regards,

Anne

Anne T. Wieland, CTRS, MHA
President Pennsylvania Therapeutic Recreation Society (2015-2017)
TRI Education Chair (2015)

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

WWW.PRPS.ORG

Not yet a PRPS member? Join PRPS today to receive a coupon for \$20 off a multi-day conference such as the TRI.

To join, visit WWW.PRPS.ORG and navigate to "Membership" and "Join Now." When creating your account, you will be prompted to select from a variety of PRPS sub-groups such as Districts, Branches, and Committees, including PTRS (PA Therapeutic Recreation Society). There is no limit to the number of sub-groups you may join.

After becoming a new PRPS member, complete your TRI registration form, indicating that you are a new PRPS member and apply your \$20 discount to your total TRI Registration fee.

9:00 am – 4:00 pm**PRE-CONFERENCE:
Understanding the Umbrella of Dementia: Practical
Planning for Successful Programming (.6 CEU)***Speaker: Becky Kandrak, CTRS, Recreational Therapist,
Masonic Villages of Elizabethtown; and Carrie Chiusano,
ADC, Administrator, Presbyterian SeniorCare-Woodside
Place*

This workshop will cover all aspects of dementia, starting with the disease process right through programming. You will learn the day-to-day activity and challenges of working with individuals with dementia from hand-on team members in the field of dementia care. We will discuss the many types of dementia, current research, sensory techniques for the aging and practical programming, including technological advances.

Golf for FUN!

Tuesday, June 2, 2015

5:30 pm to Dusk

Willow Valley Golf Course
(9 holes) Selected Holes for Prizes

Support PTRS and the Arch Street Center

\$35.00 donation = 9 holes and a cart

\$30.00 donation = 9 holes and walking

Contribute Prizes - Hole Sponsorship available

Donate Beverages

For more information contact Kirk Rakos at**krakos@masonicvillages.org****or call 717-367-1121 x 33191.****9:30 am - 11:30 am****KEYNOTE:
You're a Piece of Work! Celebrate Joy, Passion and
Influence
(.2 CEU)***Speaker: Dr. Steve Sobel*

A wonderfully inspiring and engaging presentation designed to re-energize and rejuvenate your "professional soul" and allow you to deal with career and life changes that lie ahead.

**1:15 pm – 2:45 pm****Breakout A (Professional Development)
Dancing With Wolves-How to Deal Superbly and
Creatively With Difficult People (.15 CEU)***Speaker: Dr. Steve Sobel*

Often people's words and actions will present difficulty. Knowing the vital importance of how to build strong relationships and alliances is critical to professional success. This superb presentation gives attendees the ideas and inspiration to deal effectively with difficult people.

**Breakout B (LTC)
Enhancing Your Residents Nutritional Status
through Therapeutic Recreation Programming
(.15 CEU)***Speaker: Julie Stefanski M.Ed., RDN, CSSD, LDN,
CDE, Clinical Dietitian, Wellspan Health, York, PA*

This session will discuss the nutritional challenges of older adults and ways that CTRS staff can help improve and support adequate nutrition and hydration needs.

Breakout C (Program) TR Programming for Traumatic Brain Injury (.15 CEU)

*Speaker: Amanda Fenn, CTRS,
St. John's Home, Rochester, NY*
This session will focus on teaching participants about therapeutic recreation programming for people with a traumatic brain injury through hands on learning and discussion.

Breakout D (Rehab/MH) Documentation: Validating the Road to a Healthy Leisure Lifestyle (.15 CEU)

*Speaker: MaryAnnette Gailey,
M.Ed., CTRS, MossRehab, Einstein
at Elkins Park*

This is an interactive sharing session to review clinical documentation as a tool to validate the contribution of Recreational Therapy to assist clients in improving their functional participation in a healthy leisure lifestyle. Participants should bring a copy of all documentation forms for their setting/population (assessments/progress note/discharge recommendations).

3:00 pm – 4:30 pm

Breakout E (Program) What Is An Activity? (.15 CEU)

*Speaker: BJ Cronmover, CTRS/CLP,
Retired*

We will explore the definition of “activity” and explore activity analysis. We will look at one specific activity and how to use it for various levels of cognition and upper extremity function. We will also look at adaptive equipment to use during treatment.

Breakout F (Professional Development) Innovative College Partnerships... As Easy as 1,2,3 (.15 CEU)

*Speakers: Emily Connors, CTRS;
Dr. Julie Saville; Dr. Brian Malcarne,
York College*

Developing innovative college partnerships can seem complicated but they can be as easy as 1-2-3! During this session, attendees will learn ideas for partnering with their local college/university, how to tweak existing partnerships and develop new ones, and how to set them up to make them mutually beneficial. When set up properly, a partnership with a college or university should benefit the recreation professional, not be a burden. Learn how to make a college partnership work for you, while providing priceless experience to a future recreation professional!

Breakout G (Rehab/MH) No Greenhouse? No Problem! Therapeutic Horticulture for the Recreation Therapist (.15 CEU)

*Speakers: Abby Jaroslow, HTR, and
Jeffrey McCormack, CTRS, Moss
Rehab, Einstein at Elkins Park*

Learn how therapeutic horticulture can benefit a wide range of clients. Participants will have an opportunity to engage in a horticultural activity, leaving with instructions for several simple horticulture sessions.

Breakout H (Program) Vision Therapy: More than just a New Pair of Glasses (.15 CEU)

*Speakers: Megan Dean, MS, OTR/
L; Lauren Ruth, MS, CCC-SLP;
Gina Gallagher, MS, OTR/L; Haley
Smith, CTRS, Wellspan Surgery and
Rehabilitation Hospital*

Vision impacts all aspects of our daily life and can greatly impact one's ability to perform valued occupations and leisure activities. This two-part presentation will focus on a multi-disciplinary approach to treating vision deficits and vision therapy exercises to incorporate into treatment.

6:30 pm – 8:00 pm

EVENING GENERAL SESSION

Accessibility Improvement Program for Community Parks and Recreation Centers (.15 CEU)

*Speaker: AJ Nanayakkara, Executive
Director, Global Abilities Foundation*

This session is a description of



a multi-year program to improve the accessibility of parks and recreation centers in Philadelphia. Collaborating partners include city government, nonprofit organizations, rehabilitation students, and park advisory groups.

THURSDAY, JUNE 4, 2015 - PTRS DAY!

8:15 am – 9:45 am

**GENERAL SESSION:
Programs for Heroes...Learn How
to Enhance Quality of Life for
Veterans**

*Speaker: Linda Frangipane Simon,
Veteran Liaison, Hospice Compassus*

The VA estimates that half-a-million vets will need end-of-life care each year through 2020. Learn new programs to enhance quality of life for our country's heroes.

10:15 am - 11:45 am

**Breakout I
(Professional Development)
FUNdamentals of Database
Searches for Evidence-Based TR
Practice**

*Speaker: Elaine Hatala, Ph.D.,
CTRS, Assistant Professor, Temple
University*

This workshop will focus on how to use Google Scholar to search for research for evidence-based TR practice. You will learn simple and effective strategies for efficient and productive searches.

**Breakout J (LTC)
Introducing the Engagement
in Preferred Activities Scale
(EPASS)**

*Speakers: Rhonda Nelson, Ph.D.,
CTRS, Associate Professor,
Therapeutic Recreation Program
Director, Temple University and
Sarah Humes, MS, CTRS, Adjunct
Professor, Temple University,
Therapeutic Recreation Consultant,
Polisher Research Institute*

EPASS was developed to assist recreation therapists working in geriatric service settings to quickly measure and document an

individual's level of engagement during specific programs. An overview of how EPASS was developed, a summary of preliminary practice trials and examples of current use will be presented.

**Breakout K (Programming)
Math Magic**

*Speaker: Gloria Hoffner, Owner and
Author of Guitar With Gloria and
Science for Seniors*

This session uses math for fun and educational programming. Math is the most used skill in American jobs. Memories tied to work and work skills remain even in cognitive impairment. Using math games helps with memory, cognitive skills and socialization.

**Breakout L
(Professional Development)
When There Are No Words:
Coping With Grief and Loss**

*Speaker: Elaine Ostrum, MSW,
LCSW, Bereavement Counselor/Adult
Services Coordinator, Pathways Center
for Grief & Loss*

This session will provide an overview of losses commonly experienced by clients and professionals. How are we impacted? How do we manage grief and care for ourselves so we can continue our work?

2:00 pm – 3:30 pm

**Breakout M (Rehab/MH)
Facilitating Cooperative Activities
for Behavioral Health Outcomes**

*Speaker: Elaine Hatala, PhD,
CTRS, Assistant Professor, Temple
University*

In this active workshop, we will participate in cooperative activities, identify metaphors to relate the activities to behavioral health outcomes, and discuss facilitation techniques that maximize outcomes in recreation therapy practice.

**Breakout N (LTC)
Science for Seniors- The Next
Phase**

*Speaker: Gloria Hoffner, Owner and
Author of Guitar With Gloria and
Science for Seniors*

Science for Seniors is based on proven medical research that we are never too old to learn, and that learning new information strengthens brains of all ages and abilities. This session will teach you safe, fun, real science programs using every day materials.

**Exhibitor Day!
Thursday, June 4, 2015**

Stop by and visit the vendors from
8:00 am until 4:00 pm

THURSDAY, JUNE 4, 2015 - PTRS DAY!

Breakout O (Professional Development) Building a “Win-Win” Internship Program: Tips for Supervising

*Speaker: Stacy A. Cathrall, CTRS,
Recreation Therapist for Transitional
Care, Masonic Village*

Don't hesitate to supervise an intern! The time you put in is beneficial to you and the student. This session reviews NCTRC Internship standards, and will provide you with tools, insight and guidelines you can use to build your internship program. Learn tips for the interview process through final evaluation, and information on how the CTRS can earn CEUs.

Breakout P (Program) Wii-Hab: Use of Interactive Gaming in Inpatient Rehab

*Speaker: Haley B. Smith, CTRS,
Recreational Therapist, Wellspan
Surgery and Rehabilitation Hospital*
This will be an interactive session focused on the use of Wii games as an intervention for patients in an inpatient rehab facility. It will highlight the benefits of this intervention to various populations.

5:00 pm – 6:30 pm

GENERAL SESSION: Using the Beamz Interactive Music System in Recreation Therapy Practice

*Speakers: Aurora Crew, CTRS,
Director of Therapeutic Recreation at
Waverly Heights; and Rhonda Nelson,
Ph.D., CTRS, Associate Professor,
Therapeutic Recreation Program
Director, Temple University*

This session introduces participants to the Beamz Interactive Music System, and describes how technology-based music making in RT practice can engage individuals of diverse ages and health conditions in a variety of music-making activities. Focusing on common treatment goals, specific RT protocols will be presented along with guidelines for measuring outcomes and documenting client progress.

**PTRS Awards
Program
Submission deadline
is May 8, 2015**

Don't forget to
nominate your peer,
colleague, supervisor or
yourself for an award.
For more details, go to
the PRPS website at
[www.prps.org/ptrs/
index.html](http://www.prps.org/ptrs/index.html)



8:00 am – 9:30 am

**Breakout Q
(Professional Development)
Overworked, Overwhelmed,
Burnout! Is this Me?**

*Speaker: Qiana Mason, M.Ed.,
CTRS, Recreational Therapist/
Functional Tester, MossRehab,
Einstein at Elkins Park*

Do you feel run down and drained of physical or emotional energy? This class will be beneficial to avoid “burnout.” Research shows that helping professionals often experience burnout at some point in their career. Let’s explore exactly what burnout is, how to defeat it and how to avoid it.

**Breakout R
(Professional Development)
Promotion of TR Through
Pictures and Video**

*Speaker: Mary Schreiber, M.Ed.,
CTRS, Therapeutic Recreation
Manager, Luthercare*

Pictures and videos are wonderful tools to create and share memories and contribute to person-centered care. They also serve to show others the good things that happen in our departments. This session will teach the basics of taking good pictures and video clips and putting them all together in displays, movies, and slideshows.

**Breakout S (Program)
Putting the Fun Back into TR!**

*Speaker: David B. Reifsnyder, M.Ed.,
CTRS, Director of Recreation, Genesis
La Plata HealthCare*

Participants will be divided into groups to compete and have fun! Icebreakers followed by a variety of games to demonstrate creativity, silliness, laughter, cleverness, and ingenuity. Games and More Games!

10:00 am – 12:00 pm

**ENDNOTE:
The Track Back To Recovery**

*Speaker: Brian Keefer, CTRS and
Independent Motivational Speaker*



Brian will present his story, including his injury, and his therapies he has received to help in his recovery, and what he has been able to accomplish in spite of his injury.



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General Information

Registration

Register online or download the registration form at www.prps.org. All registrations will be confirmed by email. Late registrants will be accepted; however, please register early to facilitate the planning process. A \$20 late fee will be applied after May 22, 2015.

Check-in

The conference registration will be located in Statesman A beginning at 8 am on Wednesday, June 3. Pre-Conference registration will be located outside the Terrace on Tuesday, June 2.

Lodging Information

Attendees are responsible for reserving their own overnight room at the pre-arranged TRI rate by contacting the Double-Tree Resort by Hilton™ at 717-464-2711 and mention the **Group Code**



PTR or register online at <https://aws.passkey.com/event/13698482/owner/2506866/home>. Room rate is \$109 for single or double plus tax. This special room rate will be available until May 11, 2015, or until the group block is sold out, whichever comes first.

DoubleTree Resort by Hilton™
2400 Willow Street Pike
Lancaster, PA 17602
www.doubletree.hilton.com

Registration options:

- 1. Full package** - Includes educational sessions, breakfast on Thursday and Friday, lunch on Wednesday and Thursday, daily breaks, socials, CEU's, and the Vendors' Block.
- 2. Daily registration** - Includes all educational sessions, breakfast, lunch, daily breaks, CEU's and the Vendors' Block for each day registered.

TRI Fees	Member	Non-Member
Full Package	\$245	\$345
Student/Retiree/Spouse	\$145	\$145
Pre-Conf.	\$89	\$109
Pre-Conf. Only	\$109	\$129
Wednesday Daily	\$140	\$210
Thursday Daily	\$140	\$210
Friday Daily	\$50	\$75

Registration Hours

Tuesday, June 2 (Pre-Conf)	8:00 am - 9:00 am
Wednesday, June 3	8:00 am - 4:00 pm
Thursday, June 4	7:00 am - 4:00 pm
Friday, June 5	7:00 am - 10:00 am

Continuing Education Units (CEU'S)

Education sessions have been approved by PRPS. In addition, they have been reviewed and written according to NCTRC job knowledge areas.

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

Volunteer to Room Host

Do you want to contribute to the TRI, but aren't sure how? How about volunteering to serve as a room host? It's easy, fun, and a great way to help 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 you plan to attend and attend training on Wednesday, June 3, from 11:30 am - 12:00 pm. At that time we will go over all the procedures and announcements that need to be made prior to each session, and answer any questions you may have. If you are not available on Wednesday but are still interested, we can meet with you at a more convenient time. Please check the room host box online or on the downloaded registration form and we will contact you regarding the sessions you would be willing to host. Please consider being a Room Host and being a part of what makes TRI great!

Exhibitor Day

The Vendors' Block will be open for attendees to visit on Thursday, June 4. The opportunity to exhibit or advertise 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, advertise, or sponsor the Institute.

**Register Online or download the
Registration Form at www.prps.org.**

General Information

PTRS Basket Raffle

Purchase tickets to win some great themed baskets and other items to support the PTRS Memorial Scholarship Fund. Baskets will be available to view in Statesman A beginning Wednesday, June 3. *We invite all communities and attendees to donate a themed basket. If you are interested, please contact Becky Kandrac at 717-367-1121 ext. 33646, or email bkandrac@masonicvil-lagespa.org.*

What to Bring

- √ Casual business attire is recommended for educational sessions
- √ Swim suit for the indoor swimming pool and jacuzzi
- √ Workout clothes for the on-site fitness center
- √ Golf clubs, tennis racket, and a basketball if you plan to take advantage of the hotel's other recreational facilities

PTRS Awards Program

Being recognized for the work you do every day is very important. However, more often than not, your work may go unnoticed to the point where you feel under-appreciated.

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 wants to recognize excellence in therapeutic recreation all you have to do is apply. For more information, head to our website at <http://www.prps.org/ptrs/index.html>. The appreciation you deserve is only a nomination away.

The Award Submission Deadline is May 8, 2015.



About the Institute

The Pennsylvania Therapeutic Recreation Institute has provided quality education and training for Therapeutic Recreation Specialists and Activity Coordinators for 45 years. One low fee covers over 20 educational sessions, CEU credits, meals, socials, exhibits, and the PTRS awards luncheon.

Reasons Why You Should Attend

- √ Networking with professionals from across the state
- √ 20 professional workshop sessions for one low fee
- √ Continuing Educational Units
- √ On-site recreational resources
- √ Central location with numerous recreational opportunities in the region

Who Can Benefit by Attending?

- √ Therapeutic Recreation Specialists in all settings
- √ Activity Professionals
- √ Consultants
- √ Health Care Administrators
- √ Educators
- √ Students
- √ Nursing Home Administrators
- √ Allied Healthcare Professionals
- √ Senior Center Directors
- √ Adult Day Care Coordinators
- √ Retirement Communities
- √ Park and Recreation Professionals
- √ Nursing/CNA's
- √ Memory Care Specialists

Refund Policy

The registration fee less a \$20 service charge per person will be refunded if cancellation is made prior to May 18, 2015, in writing to PRPS, 2131 Sandy Drive, State College, PA 16803-2283. After May 18, a credit 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 workshop. No-shows will be billed the full rate.

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Kirk S. Rakos, M.Ed./CTRS
Supervisor of Therapeutic Recreation
Masonic Village, Elizabethtown, PA

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