

NJ/EPA TRA Newsletter

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Fall 2004

2003 – 2004

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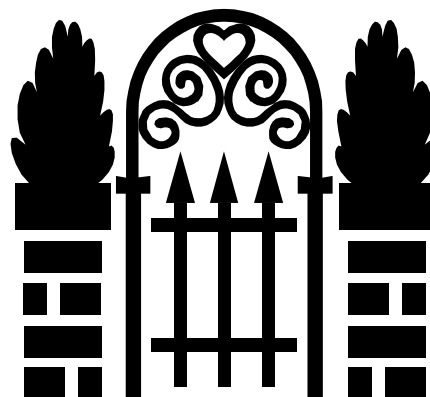
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“Turning Over a New LEAF”

President’s Message

By: Rhonda Nelson, Ed.M., CTRS

Fall is one of my favorite times of year. True, it’s always sad to say good-bye to summer. Yet, the marked change in weather, the alteration of routines and the dramatic transformation of the foliage all combine to create an environment that for many people is conducive to personal and professional reflection and evaluation.



While many of us set “New Year’s Resolutions” in January, September offers a similar opportunity for people to engage in thoughtful activities, gain inspiration and set off on the next leg of their journey with hopes of accomplishing great things. I like to think of it as “Turning over a new leaf”.

If the changes surrounding you are generating inspiration for designing some change in your own life, I would like to propose a guide that might focus your

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President's Message *Continued*

activities in doing this. In the spirit of fall and a time of transition, I encourage you to pause for a minute to think about where you are at in relation to four important skill sets that are essential to the TR professional. You can use this LEAF to evaluate your professional skills and ongoing growth and development.

Leadership: *Leadership is important in also in our interactions with co-workers* you done recently to enhance your group currently serving as a leader? Do you sionals in your department? Do you the field? Do you volunteer for commit-step forward to chair those activities? professional organizations?

L = Leadership
E = Education
A = Advocacy
F = Fun

our daily interactions with clients, but and other TR professionals. What have leadership skills? In what ways are you guide paraprofessionals or other profes-mentor students or those starting out in tees at your agency – and maybe even Are you as involved as you could be in

Education: *Education is an ongoing process in the rapidly changing healthcare environment we work in and the evolving world we live in.* What new skills have you learned this past year? Have you added to your resource files and professional library? What conferences and workshops have you attended this year? Are you challenging yourself to create new and innovative treatment services for your clients? Do you share the knowledge and skills you possess with others in the field?

Advocacy: *One of the most important professional actions you can take is to speak up and voice your opinions on what is right and fair.* What have you done personally to advance the TR profession? Do you routinely educate others about the role of TR and the benefits it can provide? Do you fight for the recognition you deserve? Do you recognize and praise the efforts and successes of your peers in the field? Are you doing as much as you can to advocate for the clients you serve – making sure they receive all the services (including TR) that they are entitled to?

Fun: *At the core of our profession are these two beliefs: 1. Enjoying ourselves is important. 2. Life can be fun.* Are you remembering to infuse fun and playfulness into your job? Are you a role model for the clients you serve (by being someone who garners enjoyment from leisure experiences)? Do you remember to “practice what you preach” by using leisure and recreation to create a balance in your personal and professional lives?

As you reflect on the questions listed above, I hope you will challenge yourself to continually evolve as a person and as a professional. **Turn over a new LEAF as you travel through fall.**



The NJ/EP TRA Board would like to thank Mauri Tyler, CTRS and Merwick Rehab Hospital in Princeton, NJ for hosting our open board meeting on May 25, 2004. Merwick provided a warm and inviting environment in which to hold our meeting.

Thank you Mauri!!

Program Evaluation Methodology With Special Emphasis On LTC

Submitted by Dotty Gardler, MS, CTRS

Evaluation is the process of collecting data, on a TR program or service for instance, in order to make decisions about it. The decision may result in modification or discontinuation of the service.

Evaluation is important to the clients, funding sources, external accrediting agencies and TR profession because it addresses accountability and program effectiveness. Perhaps most importantly, it sets future improvement, direction and standardization of the area in question.

Evaluation is part of the total program planning process but also is a process within itself, comprising a series of steps: (1) identify the question or goal and criteria/indicators; (2) plan the evaluation or research design/methodology (including instrument, sampling, types of data, timelines); (3) collect the data; (4) analyze the data; (5) interpret, make conclusions and recommendations; (6) report the data, and finally, (7) implement changes as needed.

There are many types of evaluation and evaluation models, such as, formative or summative evaluation which focus on the process or end result of the program, respectively. Another means of categorizing evaluation is by models, such as, goal-based, process-based, and outcomes-based (e.g., participant benefits).

A classification of areas to evaluate in an agency includes: (a) program (this and the next area will be focused upon more in subsequent sections); (b) participant; (c) personnel (examples of measurement tools specific to TR include ATRA's Guideline for Competency Assessment and Curriculum Planning: A Tool for Self Evaluation and NCTRC Job Analysis); (d) facilities/places (e.g., safety, participant use) and (e) policies/administration (e.g., cost-effectiveness and budget analysis).

Sources for Data Collection

Residents
Staff
Expert Observations
Standards
Records

Examples of typical evaluation (also QA or QI) questions that TR may address specific to program/participant evaluation in LTC: (a) quality or appropriateness of TR intervention; (b) program compliance with policies and standards; (c) cost-effectiveness of a program; (d) appropriateness of program environment; (e) total program balance, particularly in proportion to resident demographics, functional needs and special interests; (f) optimal levels of program participation; (g) program goals and objectives achievement; (h) participants' goals or outcomes attainment and (i) level of client satisfaction with program.

These and many other potential questions can be addressed through subsequent steps of the evaluation process. Upon setting criteria or indicators for measuring the evaluation goal(s), planning the methodology then deals with how the data will be collected. Descriptive designs consist of various data collection instruments or methods, such as, surveys, observations and record review (or unobtrusive measures). Experimental methods (true and quasi-) constitute the other major research design. Using instruments with established reliability, validity and feasibility is ideal whenever possible to ensure successful measurement of the evaluation goal(s).

Evaluation methodology also addresses who data will be collected from and sampling procedures (random or nonrandom). For instance, clients, families, staff, volunteers and records are common sources of data. Other aspects of the methodology decision-making include planning timing, resource needs, whether to use quantitative and/or qualitative data and, after data collection, whether descriptive or inferential statistical

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Program Evaluation Methodology *Continued*

(Continued from page 3)

analysis is more appropriate to the design and evaluation purpose.

Now let us focus specifically on program and program participant evaluation methods in LTC settings.

Many of the following methods have been utilized at Inglis House, a LTC facility for adults with physical disabilities. Common sources of data and / or program evaluation instruments (the “who” and “how” of data collection) include:

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Inglis House
215. 581.0717
JGard12345@aol.com

Residents (e.g., data on participant outcomes, satisfaction, opinions and program input)

*may also include **family** members as sources of data

- (a) surveys, interviews, self-administered questionnaires
- (b) focus groups, Resident Council or other team/committee feedback
- (c) staff observations of participants (can be in the form of rating scales, checklists)
- (d) facility TR assessments (conducted pre- and post- to measure program outcomes)
- (e) standardized self-report instruments (e.g., leisure attitude, personality tests)
- (f) case studies
- (g) experimental studies (true or quasi-experimental)

Staff

*may also include **volunteers** as sources of data for program feedback

- (a) staff meetings, or other informal feedback methods, about program concerns or successes
- (b) peer review of programs
- (c) surveys, interviews, self-administered questionnaires

Expert or consultant observations of facility programs:

- (a) CTRS consultant
- (b) regulatory expert consultant
- (c) expert in program area of interest

Professional/regulatory standards (as a comparison or measurement of facility programs):

- (a) ATRA’s Standards for the Practice of TR: Self Assessment Guide
- (b) regulatory standards – JCAHO, CMS, Federal & State regs, etc.

Facility records

- (a) TR-specific resident medical records – MDS, TR assessment, care plans, progress notes, attendance records (e.g., look for patterns of program participant improvements or concerns)
- (b) facility-wide Utilization Review or chart audits
- (c) incident reports related to programs
- (d) Resident Council and other team or committee minutes
- (e) Quality Indicators Reports (e.g., little/no activity % and other patterns)
- (f) regulatory on-site visit results related to TR programs
- (g) facility complaint forms or suggestion (box) comments review
- (h) periodic activity schedule review

(Continued on page 5)

Program Evaluation Methodology *Continued*

(Continued from page 4)

(i) admissions data (e.g., demographic statistics proportionate to programs offered)

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Horticultural Therapy Professional Development Certificate

- ◆ Are you interested in plants and gardening?
- ◆ Do you use Horticulture activities with your clients?
- ◆ Would you like an area of expertise to strengthen your resume?

The Chicago Botanic Garden has introduced a new Horticultural Therapy Professional Development Certificate Program that Recreation Therapists can complete as part of a distance learning arrangement.

Through this program, you will:

- ◆ Discover ways to effectively integrate horticultural therapy into your professional practice
- ◆ Learn to use therapeutically-grounded plant and garden activities to achieve client outcomes
- ◆ Practice designing, maintaining and programming indoor and outdoor gardens

This innovative, problem-based learning opportunity combines distance education and on-site instruction at the Chicago Botanic Garden.

For more information, contact Wayne Becker, Ph.D.
(847) 835-8292 or wbecker@chicagobotanic.org

Find out more and download
an application at:
[www.chicagobotanic.org/
certificate/horttherapcert.html](http://www.chicagobotanic.org/certificate/horttherapcert.html)

How to Stop Procrastinating

Submitted by: Rhonda Nelson, Ed.M., CTRS

All of us procrastinate on occasion. For some people, it's a chronic problem; while for others it's only a problem in certain life areas. Procrastination is a behavior that can be frustrating because it results in wasted time, lost opportunities, disappointing work performance, and possible bad feelings about your self.

When you procrastinate, you allow less important tasks to take up the time and space that should be devoted to more important things and projects. Most people don't have a problem finding time for those things they *want* to do. But once they see a task as too difficult, painful, boring or overwhelming, the procrastination behaviors begin.

Here are 10 tips for ending (or at least reducing) the procrastinating behaviors that may be impacting your professional life:

1. **Set Specific Goals:** The most effective goals are specific, measurable, and achievable. (Think of how you write goals for clients).
2. **Set Priorities:** Write down all the things that you need to do, and place them in order of importance. The most important tasks belong at the top of your list and the distractions go at the bottom. Start at the top of your list and work your way down.
3. **Organize your Work:** Set up a system for yourself. Prepare a daily schedule and keep it within view during your working time. List the tasks for each day. Check things off as you complete them. When you are working on a project, lay out all of the needed supplies or materials before you begin.
4. **Divide and Conquer:** Sometimes a project is overwhelming if you think about all of the work that is involved. Do yourself a favor: Break the activity down into smaller steps and set progress goals for each of the steps.
5. **Make it a Game:** Turn the temptation to avoid working into a challenge. Use your imagination. (As recreation therapists we should be good at this!)
6. **Schedule a Small Amount of Time:** Tell yourself that you will only spend ten minutes on the task right now, just to get your feet wet. Work on the task for the ten minutes and then choose whether to continue for ten *more* minutes. Continue doing this until you decide to stop, or when you are finished with the task. If you stop working on the task before it is finished, spend a few more minutes to plan a strategy for the next steps.

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It's A Girl!!

Congratulations to Lucy Orr-Tomczynski and her husband Mark on the birth of Emma Rose Tomczynski on June 10, 2004.

How to Stop Procrastinating *Continued*

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When you are tempted to substitute a fun but unimportant activity (such as reading a magazine or watching TV) for an important project (such as finishing your report), make the substitute activity your reward for doing the important task. Do the high priority job first and reward yourself with the fun activity.

7. **Ward Off Self-Defeating Thoughts:** Telling yourself that you are going to do a poor job or even fail can seriously undermine your ability to function. It is important to realize that your negative statements are not facts. Keep your focus on the present moment and the positive steps you can take toward accomplishing your goals.
8. **Make a Commitment:** Make a verbal and written commitment to completing the task or project. Write a contract and sign it. Tell someone about your plans and ask them to follow up with you.
9. **Remind Yourself:** Write notes to yourself and post them in conspicuous places. Leave them where you will see them – on places like the outside of your briefcase, the bathroom mirror, refrigerator, television, and the dashboard of your car. The more often you remind yourself of what you plan to accomplish, the more likely it is that you will follow through with action.
10. **Reward Yourself:** Reinforcement is a very effective way to motivate yourself. When you complete even the most minor task, be sure to acknowledge what you have done. This is especially important in the beginning when you are struggling with procrastination behaviors. After you have mastered these issues and have regained your peak productivity, don't forget to celebrate the completion of the big projects. You worked hard for it and shouldn't take it for granted.

Use these 10 steps to develop your personal program for accomplishing the things that are most important to you. Hopefully they can help to transform you from a premium procrastinator to a productive professional!



Tuesday November 2, 2004 is ELECTION DAY!

Polls close at 8:00pm, if you can't be there...
Make sure you fill out an absentee ballot
(Ballots are due on October 1st)

Remember...those who run our legislation influence our recreation!

Fall Conference Preview

The NJ/EPA TRA Fall Conference Committee has been hard at work over the last few months finalizing plans for this year's seventh annual two-day event November 1st and 2nd in Princeton, NJ.

This year's theme is "Therapeutic Recreation: The Key to a Healthier Lifestyle", and the program is packed full of interesting and diverse sessions given by an extremely qualified group of speakers.

The keynote address "Therapeutic Recreation for the 21st Century: Creating Outcomes for Healthier Lifestyles" will be given by Dr. Peg Connolly, former Executive Director of NCTRC. Dr. Jeff Witman, Associate Professor at York College of PA will give the endnote address entitled "Taking the Initiative Toward Personal and Professional Effectiveness".

Participants will have the opportunity to select three general sessions each day, and with four options available in each time slot, there is bound to be something for everyone! Each day will also feature a session just for students, and we are proud to be offering student conference grants again this year. Brochures will be available soon, but you can preview an outline of the two-day schedule and all session titles in this issue of the newsletter.

For those of you who have attended in the past, you know that one of the highlights of the conference is the silent auction, which takes place on Tuesday at lunch. If you would like to donate items for the auction (a portion of the proceeds are donated to ATRF which funds research projects in the field of Therapeutic Recreation), contact Lucy Orr-Tomczynski at lucyctrs@msn.com

As always, the success of this event is dependent on volunteers. If you are willing to serve as a room host, help with registration or assist with the silent auction, please contact Janet Turner at turnerjtc@aol.com or 610-430-8514. (NOTE: You can also look for the volunteer check box on your conference registration)

We'll look forward to seeing you in November!



INTERNSHIP NOTEBOOK

An **INTERNSHIP NOTEBOOK** is being created for the Fall Conference. We will place information about your internship site in the notebook, for students to view and perhaps select sites to contact. You may be included in the notebook by providing the following information:

- ◆ Facility Name
- ◆ Address
- ◆ Telephone Number
- ◆ Fax/ Email
- ◆ Website
- ◆ Contact Person (send business cards for students to take)
- ◆ Facility Brochure
- ◆ Brief description about Therapeutic Recreation Services at the facility.

Send **YOUR**
Information!

Forward by **October 25, 2004** to: Janet Turner, 956 Embree Lane, West Chester, PA 19380.

NJ/EPA TRA 2004 Fall Conference

“Therapeutic Recreation: The Key to a Healthier Lifestyle”

Monday, November 1, 2004

- 8:00 – 9:00 *Registration & Continental Breakfast*
- 9:00 – 9:15 *Welcome/Introductions*
- 9:15 – 10:45 #1 KEYNOTE: “Therapeutic Recreation for the 21st Century: Creating Outcomes for Healthier Lifestyles” – Peg Connolly, Ph.D., CTRS
- 10:45 – 11:00 *Break*
- 11:00 – 12:30 #2 Spacticity Management: Focus on Rehabilitation
 #3 Tools to Be a Working Manager
 #4 Optimizing Health & Well Being in Persons with Intellectual Disabilities
 #5 Student Smarts: Exploring Service Settings for Your Field Based Experiences (Student Session)
- 12:30 – 1:30 *Lunch and Affiliate Business Meeting*
- 1:30 – 3:00 #6 Sensory Stimulation and Relaxation for your Mind, Body and Soul
 #7 Fitness & Fun: TR and Adaptive Physical Education for Everyone
 #8 Everyone’s Trash is a Recreation Therapist’s Treasure
 #9 Recreation, Coping Skills and Substance Use Relapse
- 3:00 – 3:15 *Break*
- 3:15 – 4:45 #10 Focusing on What Matters to the Resident: The Power of Process Work in a Nursing Home
 #11 Pain Management for the Pediatric Patient
 #12 Effecting Communication Strategies Within a Community Based TR Agency
 #13 Therapeutic Recreation’s Role in a Correctional Setting

Tuesday, November 2, 2004

- 8:00 – 8:30 *Registration & Continental Breakfast*
- 8:30 – 10:00 #14 AT & TR – The Perfect Fit
 #15 Rehab through ‘Joining Up’ with the Shadow Self
 #16 Cultural Competency with Jewish Clients
 #17 Aromatherapy: The Use of Essential Oils in Therapeutic Recreation
- 10:00 – 10:15 *Break*
- 10:15 – 11:45 #18 Health & Wellness and the TR Professional
 #19 Promoting Self Reflection: An Essential Habit for Professional Care Providers
 #20 Transitioning From Student to Professional (Student Session)
 #21 Medicaid Waivers: Creating Opportunities for Recreational Therapy
- 11:45 – 1:00 *Lunch and Networking Session*
- 1:00 – 2:30 #22 Neuroplasticity Interventions
 #23 Promoting Health & Wellness Among Individuals Aging with Cerebral Palsy
 #24 Best Practice Strategies in Corrections: Motivational Interviewing, Stages of Change & Self Determination
 #25 Practitioner Development: The Relationship Between Comfort Levels, Stereotypes & Professional Competence
- 2:30 – 2:45 *Break*
- 2:45 – 4:15 #26 ENDNOTE: “Taking the Initiative Toward Personal and Professional Effectiveness” – Jeff Witman, Ed.D., CTRS

26
different
sessions!

***Note: Schedule is subject to*

Educational Opportunities

September 26 – 28, 2004

Virginia Recreation and Park Society
Therapeutic Recreation Track
Annual Conference
Alexandria, VA
Contact: Evan Braff, CTRS at 703-324-5650
or evan.braff@fairfaxcounty.gov

September 27, 2004

“Trends and Therapeutic Recreation”
Sponsored by PTRS
Grantville, PA
<http://www.ptrs.org>
814-234-4272

September 29 – October 1, 2004

Maryland Activity Coordinators Society
Annual Conference
“Aloha to Waves of Creativity –
Therapeutic Programming”
Ocean City, MD
<http://www.macsinc.org>
For more info: contact Jean Henderson at
410-651-0011 x1115 or
silverspoon52@hotmail.com

September 30 – October 4, 2004

ATRA 2004 Annual Conference
Celebrating ATRA's 20th Anniversary
Kansas City, Missouri
<http://www.atra-tr.org>

October 14 – 17, 2004

National Rehabilitation Association Conference
*"Rehabilitation: Securing the Blessings of
Liberty for ALL"*
Philadelphia, PA
<http://www.nationalrehab.org/website/events/index.html>

October 19 – 20, 2004

The Council on Quality and Leadership in Support
for People with Disabilities
Leadership Conference
“Social Capital in America: Building a

Community Life”

Atlantic City, New Jersey
Cheryl Lynn Purisch at 410-583-0060, or
cherjordin@aol.com.

October 20 – 21, 2004

West Virginia TR Association
Annual Conference
Morgantown, WV
Contact: Lorrissa Wees, CTRS at
myrileyboy@yahoo.com

November 1 – 2, 2004

NJ/EPA TRA Fall Conference
“Therapeutic Recreation: The Key to
a Healthier Lifestyle”
Princeton, NJ
<http://www.njepa-tra.com>

March 5 – 9, 2005

ATRA Mid-Year Professional Issues Forum
Washington D.C. Metro Area
<http://www.atra-tr.org>

April 20 – 23, 2005

National Association for Activity Professionals
Annual Conference
Alexandria, VA
<http://www.thenaap.com>

May 15 – 17, 2005

Mid-Eastern Symposium on TR
Ocean City, MD
<http://www.mideastsymposium.com>

June 23 – 27, 2005

Rehabilitation Engineering & Assistive Technol-
ogy Society of North America
International Conference
Hyatt Regency, Atlanta, GA
<http://www.resna.org>



Job Opportunities

Regional Director of Activities Hershey, Pennsylvania

Country Meadows Home Office in Hershey, PA. For information and to apply, go to: www.countrymeadows.com



Recreation Therapist Philadelphia, Pennsylvania

Fairmount Behavioral Health System, a leading provider of psychiatric services has opportunities available for full time or part time Certified Therapeutic Recreation Specialists. Responsibilities include: Assessment, Treatment Planning, Developing & Implementing Therapeutic Recreation activities. Join us and find city convenience in a wooded setting with free parking. Excellent benefits include tuition reimbursement. Interested candidates should fax resume to: Eugene Callan, MS, CTRS, Director of Allied Therapy, 215-509-6396.



Two Recreation Therapists Wayne, New Jersey

Preakness Healthcare Center is the Passaic County Long Term Care Facility. They are seeking two full time therapists to join a large team of dedicated recreation/activity professionals. This is a 429 bed facility, located in Wayne. It is a 40 hour per week position with a full NJ State benefits package. Degree is required and CTRS is preferred. This is an excellent opportunity

for a new college graduate seeking valuable experience in the field. Please fax resume to Alina Bladec, CTRS, Director of Therapeutic Recreation at 973-904-3959. Competitive Salary - great benefits.

Therapeutic Recreation Aide



Wayne, Pennsylvania

Part Time (20 hours a week) opening for a recreation aide at a Genesis Skilled Nursing facility, The Wayne Center. Responsibilities include planning, carrying out and documenting activities, providing 1:1's, some documentation, aiding with activity calendar, trips and special events and working with interdisciplinary team to provide a quality of life for residents. Patience, commitment and true caring for the elderly population are a must. For more information, or to apply please contact, Raissa Czernyynski, Director of Therapeutic Recreation at (610) 688-3635 or send resumes to Raissa Czernyynski, The Wayne Center, 30 West Avenue, Wayne, PA. 19087.



Activity Coordinator Marlton, New Jersey

Weisman Children's Rehabilitation Hospital in Marlton, NJ is seeking an experienced Activity Coordinator/CTRS with a minimum of two years experience as a CTRS in pediatric setting. Candidates should possess strong clinical and communica-

tion skills and effective leadership qualities. Competitive salary and benefit package. Fax resume to: Eileen Dumsha, 856-489-1169 or email to: edumsha@weismanchildrens.com.

Director of Recreation Services



Cheverly, MD

Gladys Spellman Specialty Hospital and Nursing Center has an excellent opportunity for a CTRS, with minimum 3 years experience working with elders and 1 year managing a department. The Director of Recreation Services designs, implements and oversees recreation services and recreational therapy treatment. The Director of Recreation Services is a member of the interdisciplinary team, working in concert with other disciplines. The Director supervises a team of recreation assistants and volunteers to provide recreation services within the facility and in the community.



Director of PT, OT, & RT Winston-Salem, NC

NC Baptist Hospital is a well-recognized, premier academic Medical center. The Director will over see the 140 therapists which provide all inpatient and outpatient therapy services, in the acute care facility, as well as the rehabilitation sites and home care. Recruitment via Quick, Leonard & Kieffer, contact: Brian Barton, 312.876.9800, bbarton@qlksearch.com.



Education Mailing List Update

NJ/EPA TRA is currently in the process of updating our Educational Mailing List. This is the mailing list we use to send out information on all our conferences, workshops and CEU opportunities.

You should have recently received a letter from us asking if the mailing information we had for you was correct. Additionally, you were asked to return a portion of the letter indicating your desire to remain on this list.

If you did not receive this letter from us, or neglected to return it and would like to receive mailings from us about local educational opportunities, please contact Lylian Melendez at lylianm@comcast.net or 215-248-7611.



NJ/EPA TRA Chapter By-Laws Updated

The by-laws for our organization were recently re-formatted and updated so that they would be consistent with a template that was created by the ATRA Chapter Affiliate Council.

The revised by-laws have been approved by the NJ/EPA TRA Board of Directors, the ATRA Chapter Affiliate Council Board of Directors, and the ATRA Board of Directors. However, they will not be officially adopted by our organization until the membership votes for approval. This vote will occur at our annual membership meeting on November 1, 2004 at the Fall Conference.

A copy of the updated by-laws is included with this newsletter. Please review this document prior to the November 1st Membership meeting.

Congratulations September Graduates!

The following students recently completed their Therapeutic Recreation degrees at Temple University. We welcome them as new TR Professionals!

NJ/EPA TRA List Serve

One of the benefits of NJ/EPA TRA membership is being included on the organization's E-mail list serve. The board of directors uses this list serve to notify members of job openings, ATRA and affiliate issues as well as upcoming educational offerings and professional activities.

As a member, you should be receiving periodic e-mail messages from us. If you are not, please forward your name and E-mail address to Lylian Melendez at lylianm@comcast.net and ask that you be added to the list serve. Additionally, if you ever change your e-mail address, please make sure you notify Lylian of the change, so we can update our records.

If you have a job announcement or other item of professional interest that you would like to share with the membership, please send it to membership@njepa-tra.com and ask us to distribute it to the membership. We are more than happy to do this for you.

Philly Hak
Ramin Nowroozi
Krista Sands
Briana Shields
Raven Sims

Modular Education Program for Activity Professionals

A Modular Education Program for Activity Professionals (MEPAP) Part I ~ Basic Education Course is offered by The Pennsylvania Therapeutic Recreation Society. CTRS' working in Skilled Nursing Facilities often work with and supervise activity / recreation assistants who have not had an opportunity to receive formal training. As a CTRS you utilize your clinical skills to provide modeling, training and education to the activity staff to enhance the delivery of ALL activity services. You may also consider the MEPAP course for activity assistants. The course has 5 units: Overview of the Activity Profession, Human Development: the Late Adult Years, Standards of Practice – Practitioner Behavior, Activity Care Planning for Quality of Life, and Methods of Service Delivery in the Activity Profession. The activity assistants will learn, network with other activity assistants, and may begin the process of becoming certified as an Activity Assistant / Activity Director through the National Certification Council of Activity Professionals. PTRS is providing this educational opportunity in State College, PA, at their new home! You may contact Wendy Jo Hartssock at PRPS (814) 234-4272 or e mail whartsock@prps.org for more information.



TR Professional Competes on Survivor!

Scout Lee Gunn who many are familiar with as a great contributor to the field of TR will be featured on this season's reality television show "Survivor". Scout Lee Gunn who many are familiar with as a great contributor to the field of TR will be featured on this season's reality television show "Survivor". After many years as a TR professional, professor and author of several TR books and professional articles, Dr. Lee (who has now dropped the Gunn) has now moved on to other professional activities. However, for anyone looking for an excuse to watch the show – which premieres on Thursday, September 16th at 8PM on CBS, this may be it!



Web Designer Needed

Do you or someone you know have the skills to manage a website?

NJ/EPA TRA needs your HELP!



We're looking for a creative and organized individual to volunteer for this task. Volunteers are always needed to successfully keep the affiliate on target. Maybe you want to help, but are not sure how you could lend your talents. Perhaps you would prefer to be a behind the scenes contributor to the success of the affiliate . . . WELL, now you can!! Not much time is needed, just the desire to show your creative side through the click of a mouse. If you or someone you know is interested in becoming web designer for NJ/EPA TRA please contact Jen Melitski at jmelitski@yahoo.com.