



# New Jersey/Eastern Pennsylvania Therapeutic Recreation Association

NJ/EPA TRA NEWSLETTER

December '11/January '12

## A Message from the President

Dear NJ/EPA TR Members and Friends,

Many view the New Year as a time to wipe the slate clean and start over. I view the 2012 year as a chance to continue moving forward with the progress that past NJ/EPA TRA board members and volunteers have made. This is a membership-driven organization that continuously strives toward goals that will not only meet, but exceed the members' expectations. This year we plan on finalizing some projects and loose ends such as tax issues and becoming incorporated in the state of New Jersey. We also hope to address some of the members' concerns and recommendations such as revamping the membership process, adding additional resources to the website, and offering spring workshops in NJ and PA. We are happy to announce that the spring workshop this year is scheduled for March 30, 2012 at Essex County Hospital in Cedar Grove NJ. Please check the website (<http://www.njepatra.com>) for details. The 2011 conference in Princeton was a fantastic success. This was my first time assisting with the NJ/EPA TRA conference and I saw how hard everyone worked to put this educational opportunity together. I would personally like to thank Heather Burket for chairing the conference committee and keeping everyone on task! I'd also like to thank exiting board members Heather Burket, Rachael Moore and Evan Barker for their dedication to this organization over the years. Your work is highly recognized and appreciated more so than what words convey and I wish you all much success in your future endeavors.

I am honored to be serving as President of NJ/EPA TRA this year and I look forward to working with our current board of directors:

Anne Richard, Past-President	Kaylee McGuire, Secretary
Marilyn Radatz, President-Elect	Aimee Montgomery, NJ Member at Large
Jennifer Honeyford, Treasurer	Aurora Crew, PA Member at Large

The NJ/EPA TRA board of directors is constantly working toward improving the organization and the services we offer but we need the members to take part. There are many ways in which you can do so but it starts with your "voice". We welcome your ideas, suggestions, and thoughts but please remember to share positive thoughts as well. Volunteers to assist with various committees and small projects are also always needed. Please get involved and be active. One of the areas that members felt needed improvement is the NJ/EPA TRA website. Members stated that we needed to add more resources, regulatory information, internships, jobs, etc. Well I would personally like to ask you, the members, to help us create a website full of resources and information. Please send us your favorite links or information that you think other members would benefit from. We really need help in building our resources, especially in all genres of our profession. So this is a great way to get involved and serve NJ/EPA TRA. Please send website resource information to Kaylee McGuire at [kem3058@yahoo.com](mailto:kem3058@yahoo.com)

Lastly, ATRA recently announced that February is Therapeutic Recreation Month. Please take the time to not only celebrate what you do but to also advocate, promote and educate others about what you do and why! You can find some wonderful ideas in this issue of the NJ/EPA TRA newsletter.

Happy New Year and Happy Therapeutic Recreation Month!

Best Wishes,

Kim Grandal, CTRS, ACC/EDU

2012 NJ/EPA TRA President

[kimgrandal@aol.com](mailto:kimgrandal@aol.com)

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## Board of Directors (BOD) Update

### Meet the Board of Directors



**Kimberly Grandal, CTRS, ACC/EDU**, Executive Director of Re-Creative Resources, Inc., is a strong advocate for the field of Therapeutic Recreation and Activities, with over 20 years of experience in various management and consultant positions. She is a recipient of the Kessler Institute of Rehabilitation 1997 Triumph of the Human Spirit Award and the NJAPA 2008 Power Player of the Year. Kim founded Re-Creative Resources Inc. in 2006 and provides seminars and webinars for various state and national associations. Kim has been involved in several legislative and advocacy roles on the state and national levels increasing awareness of Therapeutic Recreation and Activities. [Kimgrandal@aol.com](mailto:Kimgrandal@aol.com)



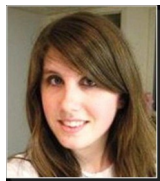
**Anne Richard, M.S., LRT/CTRS** is currently a regional Therapeutic Recreation Consultant for Genesis Healthcare, providing consultative and educational support to skilled nursing and assisted living communities in NJ and Eastern PA. She is also an adjunct instructor for Temple University. During her 20 years in practice, she has worked in both management and therapist roles in the fields of Psychiatry and Long Term Care. Anne joined the Board of the NJ/EPA TRA serving in the presidential trio roles to further her professional growth and to support the field of recreation therapy. [anne.richard@genesishcc.com](mailto:anne.richard@genesishcc.com)



**Marilyn Radatz, MS, CTRS**, holds a Masters of Science degree from Indiana University, and has 16 years in recreational therapy as a clinician. She is currently serving as Supervisory Recreational Therapist for the Department of Veteran's Affairs in Lebanon, PA. She has maintained an active leadership role within the field at the state, regional, and national level as a presenter, as well as having served as a conference coordinator with CHARTA, President of the Mid-Eastern Symposium on Therapeutic Recreation, and coordinated two conferences for the Mid-Eastern Symposium. She has been an active member of ATRA, having served as a Co-Chairperson for the ATRA Awards committee between 2008-2010. [marilyn.radatz@va.gov](mailto:marilyn.radatz@va.gov)



**Jennifer Honeyford, CTRS** is the Director of Recreation Therapy at the Philadelphia Protestant Home, and has been for over 13 years since she graduated from Slippery Rock University. Her department has a good relationship with Temple University and has had several Temple students complete internships with them, which is how she became nominated to the BOD by Rhonda Nelson. Jennifer is serving her second year as the Treasurer of NJ/EPA TRA. [jhoneyford@pphfamily.org](mailto:jhoneyford@pphfamily.org)



**Aurora Crew, CTRS** graduated with a Bachelor's of Science in Therapeutic Recreation from Temple University in 2010. Aurora currently works as the Recreation Director for Sunrise Senior Living of Haverford, PA, managing recreation programs for a geriatric population. She has worked with the elderly population throughout her lifetime, dedicated much of her youth to varying volunteer projects at senior centers and skilled nursing facilities. In school, Aurora received Temple University's Bill Dayton Award and the ATRA Peg Connolly scholarship to attend the national ATRA conference in 2010. Most recently she has served as a member of the Temple University Therapeutic Recreation Program Advisory Committee and served as a member of the 2011 NJ/EPA TRA Conference Committee. [aurorajcrew@gmail.com](mailto:aurorajcrew@gmail.com)



**Aimee Montgomery Wilson, CTRS, ACC** is a graduate of Kean University of New Jersey with continuing studies in Therapeutic Recreation at NYU. Since 1987 Aimee has worked most of her career in long term care with periods of work in adult day care for developmentally disabled adults and substance abuse. Aimee served as the coordinator of a Dementia unit that is granted through the NYS Department of Health for a two year cycle. She had been involved in a huge project working with the facility staff and 1199 Union to train the facility's staff in person centered care and meaningful activities as part of culture change. Aimee is currently a Business and Leadership Coach/Consultant in her company Ripple Coaching and Consulting, and the creative mind behind Ripple Designs. [amwilson5@gmail.com](mailto:amwilson5@gmail.com)



**Kaylee McGuire, CTRS**, a graduate from the University of North Carolina at Wilmington with a degree in TR, currently works FT as a Recreational Therapist at Weisman Children's Rehab. and per diem at Children's Specialized Hospital. She is a Certified Brain Injury Specialist, Certified Child Passenger Safety Technician, Water Safety Instructor, and is working towards Child Life Certification. Kaylee volunteers for the Ocean County R.A.I.S.E. Program and served NJ/EPA TRA as the Communications chair person during 2011. [kem3058@yahoo.com](mailto:kem3058@yahoo.com)

## Membership Update

**The total member count for NJ/EPA TRA for the start of 2012 is 24!**

Just a friendly reminder that all membership renewals have been sent out. If you did not receive a renewal application, you can join online.

There is now an online Membership Application and PayPal at:

<http://www.njepa-tra.com/membership-registration.htm>

There are many benefits to being an active member of NJ/EPA TRA including email news blasts, reduced registration fees for conferences/workshops, scholarships/awards, resource information, leadership opportunities, and many more!

If you have any questions about membership or have had any changes such as an address, e-mail, or phone number change please contact Rachel Cohen at [gimmel1202@yahoo.com](mailto:gimmel1202@yahoo.com) to continue to receive all of your membership benefits.

NJ/EPA TRA would like to thank the following members for either joining NJ/EPA TRA or renewing their membership during December 2011 and January 2012 :

Stasia Chabon  
Carly Solis-Cohen  
Rachel Cohen  
Aimee Montgomery-Wilson  
Brenda Hart  
Anne Richard  
Michele Shara  
Margaret Temple


Kathy Wang  
Erica Wright  
Angela Vauter  
Kim Grandal  
Marilyn Radatz  
Lacey Speert  
Sarah Telhorster  
Laura Hink

Jennifer Honeyford  
Jae Young Lee  
Aurora Crew  
Krista Loudon  
Kaylee McGuire  
Samantha Nigrelli  
Jennette Ogonowski  
Erika Vallabhaneni

### Volunteers needed to organize North Jersey social.

Aimee Montgomery-Wilson, NJ Member at Large, is looking for a few volunteers to help put together a social for the North Jersey area members and future members. Anyone interested can contact Aimee at [amwilson@ripplecc.com](mailto:amwilson@ripplecc.com).

### Congratulatory Messages

Are you celebrating an exciting milestone in your life that you would like to share with your colleagues?  NJ/EPA TRA would like to acknowledge your personal and professional achievements. Please send messages to Kaylee McGuire at [kem3058@yahoo.com](mailto:kem3058@yahoo.com).

## Committee Updates

**You are needed!** As an all-volunteer organization our members are important to the growth of our affiliate. Please take a moment to look at the variety of ways you can be involved in NJ/EPA TRA. We challenge each of you to pick a committee on this list that you may be interested in learning more about and send an e-mail to the Committee chairman.

**Networking, Advocacy, and Outreach (NAO):** The purpose of the NAO committee is to plan events designed as either opportunity for individuals to meet other members to create rapport within the Chapter and provide advocacy and outreach within communities of professionals and students with similar interests. The 2012 Board Liaison for the NAO committee is Marilyn Radatz. If you'd like to help coordinate, advertise, or contribute to these socials or outreach, please contact Marilyn at [marilyn.radatz@va.gov](mailto:marilyn.radatz@va.gov)

**Membership:** Rachel Cohen is serving as the 2012 Membership Committee Chair. The membership committee is a standing committee that exists to support and enhance both continuing and new members by ensuring that each member is aware of the resources available to them through their NJ/EPA TRA membership. Committee assistance includes helping with renewal mailings, sending cards/letters of membership, recruiting members, creating a Membership Directory, and/or updating contact information of current members. If interested in helping, please contact Rachel at [gimmel1202@yahoo.com](mailto:gimmel1202@yahoo.com).

**Education:** Our 2012 Education Committee Chair is currently vacant. If you are interested in fulfilling this role please contact Anne Richard at [Anne.Richard@Genesisihcc.com](mailto:Anne.Richard@Genesisihcc.com). The Education Committee is a standing committee established to plan and implement the educational components of the Association's annual conference and workshops. Committee taskforce members are still needed to assist with development of the program, theme, and to help find speakers; brochure development; mailings; assist with registration; receive scholarship applications; assist with CEU distribution/collection and conference evaluations, assist with badges, signs, display table set up, etc; vendors and resources; and send thank you letters. You may contact BOD Liason, Anne Richard, at [Anne.Richard@Genesisihcc.com](mailto:Anne.Richard@Genesisihcc.com) with interest in volunteering on this Committee.

**Legislation:** Aurora Crew is our 2012 PA Member at Large and Aimee Montgomery-Wilson is our NJ Member at Large. They currently serve as our Legislation Committee Co-Chairs. The purpose of this standing committee is to identify trends and make forecasts of emerging issues, knowledge, and information that have the potential to significantly impact NJ/EPA TRA and the practice of Therapeutic Recreation in NJ and PA. They then report those trends and forecasts to the NJ/EPA TRA Board and membership. This committee is looking for members who are willing to help with the tasks related to legislation in our jurisdiction as they arise, including sending out legislative related mailings, writing letters to Congress, and receiving education from the BOD or ATRA to run a local legislative writing workshop for members in your area. If interested in serving on this committee please contact Aurora at [aurorajcrew@gmail.com](mailto:aurorajcrew@gmail.com) or Aimee at [amwilson5@gmail.com](mailto:amwilson5@gmail.com).

## Committee Updates

**Communications:** Kaylee McGuire is our 2012 Committee Chair. The Communications Committee is a standing committee that was established to determine content, edit, and assist in the production of our E-mail News Blasts and E-newsletters for the membership. This committee also ensures that our website provides resources and communicates information to the TR community. Committee members are needed to help with duties related to the website, mass e-mails, job/internship posting, and mailings. We are searching for a *Job and Internship Directory Coordinator*. Please contact Kaylee McGuire at [kem3058@yahoo.com](mailto:kem3058@yahoo.com) if you are interested in serving on this committee.

**Fundraising:** Our 2012 Committee Chair is Marlene Rivera. The fundraising committee is most well known for their involvement in organizing our Annual Fall Conference Silent Auction. We are looking to expand this committee in order to research, identify, and obtain funding sources to support the goals of the Association. In past years funds from the Silent Auction have gone toward earning money for the ATRA Medicare Project and other Legislative initiatives. If you have any great fundraising ideas or would like to serve as a member on this committee, please email Marlene at [marlene.ctr@gmail.com](mailto:marlene.ctr@gmail.com).

**Nominations:** Our 2012 Committee Chairman is Anne Richard. The Nominations Committee is a standing committee run by our Past-President as described in Article VI, Section I of the NJ/EPA TRA Chapter Affiliate by-laws. According to our By-laws Anne may select up to three professional members of the Chapter Affiliate Organization from various geographical areas in the state to serve as members of the committee. The committee shall conduct the nomination and election of officers in accordance with Article VI, sections 2 and 3 of the NJ/EPA TRA By-laws and Roberts Rules of Order, Revised. All positions on the Nominations Committee are currently filled but if you have an interest in serving your profession as a member of the NJ/EPA TRA Board of Directors, or know someone that you would like to recognize by nominating them for a position on the Board of Directors, please e-mail Anne at [Anne.Richard@Genesisihcc.com](mailto:Anne.Richard@Genesisihcc.com).

**Past Board of Directors Council:** This committee has been established so that the current Board may build upon the strengths of prior Board teams. This committee is responsible for providing the current Board with feedback about the best practices during their time on the Board, or best practices of other Chapter Affiliate organizations. A second initiative of this committee is the NJ/EPA TRA Awards Program. The Chairman or another designated representative would be welcomed to listen in on the Conference Calls of the current Board of Directors to provide wisdom and experience as an unofficial Financial Auditor and Parliamentarian. This committee shall be capped at 5 members per year and shall be representative of multiple years of service teams. All positions on the Past Board of Director's Council are currently filled, but please contact Kim Grandal at [kimgrandal@aol.com](mailto:kimgrandal@aol.com) if you would like to be considered for future openings.



**Please LIKE NJ/EPA TRA's Facebook page!**

<https://www.facebook.com/pages/New-JerseyEastern-Pennsylvania-Therapeutic-Recreation-Association/221140184577300>

## Educational Opportunities

### **ATRA Mid-Year Forum on Public Policy: Day on the Hill**

Sunday, February 26-28th @ the Sheraton Inner Harbor Hotel, Baltimore, MD

<http://atra-online.com/displaycommon.cfm?an=1&subarticlenbr=46>

### **NYSTRA's 17th Annual Conference**

April 14th-17th, 2012 @ Holiday Inn in Saratoga Springs, NY

### **36th Annual Mideastern Symposium on Therapeutic Recreation**

May 6-8th 2012 @ The Eden Resort in Lancaster, PA.

[www.mideasternsymposium.com](http://www.mideasternsymposium.com)

### **44th Annual PA Therapeutic Recreation Institute**

June 6-8th, 2012 @ the Harrisburg/Hershey Holiday Inn, Grantville, PA

<http://www.pters.org/conference/2012/TRIflyer2012.pdf>

### **ATRA 2012 Teleconference Series**

<http://atra.affiniscape.com/associations/10488/files/Webinars2012.pdf>

### **Metro Recreation-Continuing Education for Recreation Therapists & Activity Leaders**

<http://www.metro-recreation.com/conference/2012FlyerRobinWexler.pdf>

### **Continuing Education opportunities through the National Council of Certified Dementia Practitioners**

<http://www.nccdp.org/nccdpnewsletter41.htm>

### **Program Planning for Therapeutic Recreation through ACES at the University of Florida**

Online course for CEU's (Not available for college credit);

<https://aces.dce.ufl.edu/Courses/Course.aspx?cld=101>

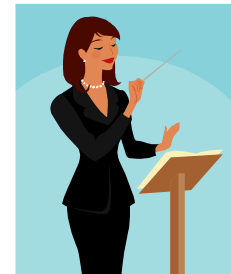
### **ATRA Annuals in Therapeutic Recreation**

ATRA Annuals are collections of research articles and post-tests. These are available for CEU credit up to five years after publication.

<http://atra-online.com/displaycommon.cfm?an=5>

Check out the **New Jersey Hospital Association website** for CEU offerings.

<http://www.njha.com/education/conted.aspx>



Ac-

## Scholarship/Awards Opportunities

**ATRA Peg Connolly Student Scholarship**-The American Therapeutic Recreation Association is excited to provide the opportunity for ATRA Student members to receive the Peg Connolly Scholarship. Named in honor of Dr. Peg Connolly, former Executive Director of the National Council for Therapeutic Recreation Certification, this program provides tremendous personal and professional benefits and rewards. Not only do students gain professional knowledge from sessions, students have the opportunity to network with professionals from around the country. ATRA believes the future of our field depends on the continuing growth of students. Today, many former scholarship recipients prove this belief by serving vital roles within our profession. Eight stipends are available to attend ATRA's Annual Conference, including conference registration, accommodations, and a meal stipend (\$100). Students are responsible for transportation to/from the conference. This scholarship is a "working scholarship". Students assist in various aspects of implementing the conference such as room hosting, registration and monitoring social events. This scholarship is available to undergraduate and graduate members of ATRA who will be enrolled in a therapeutic recreation program during the conference year. You must be able to attend a mandatory training on October 10, 2011, as well as the ATRA Annual Conference from Oct. 11-15, 2012 (These dates include pre-conference sessions). **Applications are due March 23, 2012 electronically.** For questions please contact ATRA representative Heather Sedletzec at [heatherctr@bizma.rr.com](mailto:heatherctr@bizma.rr.com).

**PTRS William P. Dayton Memorial Student Scholarship Award**- This scholarship provides a Full-time student in TR complete registration to the Annual Pennsylvania Therapeutic Recreation Institute. The Registration covers room, meals, and educational sessions. The scholarship is supported by a special memorial fund established in William P. Dayton's honor due to his significant contributions to PTRS and the overall recreation and parks profession. Application deadline has not been posted yet. Please keep checking the PTRS website for updated information at:

<http://www.pters.org/awards.htm>.

**Mideastern Symposium Student Scholarship**- The Mid-Eastern Symposium on Therapeutic Recreation provides an opportunity for one full-time undergraduate or graduate student studying therapeutic recreation in college/university programs to attend the Symposium with a scholarship that entitles the chosen scholar to free registration and hotel accommodations at double occupancy rate. The scholarship recipient is expected to provide and pay for his or her own transportation. By attending such an experience, it is hoped that the student will gain a broader perspective of recreation, trends, issues and state of the art practice. It is expected that the student will share his or her experience with fellow students, colleagues and professors, help at the Mid-Eastern Symposium held on May 22-24, 2011 in Ocean City, Maryland and act as an ad-hoc member of the Board of Directors the year following the conference attended. Deadline is not set at this time. Please visit the Mideastern Symposium website at:

<http://mideasternsymposium.com/conference/scholarship> to review eligibility and to download a scholarship application.

**PTRS Edward W. Moyer Memorial Professional Scholarship Award**- This scholarship provides a Certified Professional under PRPS, NCTRC, or NCCAP, complete registration to the Annual Pennsylvania Therapeutic Recreation Institute. The registration covers educational sessions, room and meals. The scholarship is supported by a special memorial funds established in Edward W. Moyer's honor due to his dedication to furthering the Therapeutic Recreation profession. Application deadline has not been listed yet so please keep checking the PTRS website for the updated information at:

<http://www.pters.org/awards.htm>

## Celebrate TR Month in February!

### NJEPA-TRA Promotes the TR Profession

The following article was published in the Winter Edition of the New Jersey American College of Health Care Administrators NJ Chapter News, Winter, 2012 edition. If you know of other possible advocacy or promotional contacts, organizations or publications please let us know.

### February is Therapeutic Recreation Month

By Kimberly Grandal, CTRS, ACC/EDU

President, New Jersey Eastern Pennsylvania Therapeutic Recreation Association

The American Therapeutic Recreation Association (ATRA) recently announced that the month of February will be celebrated as "Therapeutic Recreation Month". Therapeutic Recreation Month will replace Therapeutic Recreation Week, which was traditionally held the second week in July since 1984. The purpose of Therapeutic Recreation Month is to enhance the public awareness of therapeutic recreation programs and leisure opportunities for individuals with illness or disabilities.

What is Therapeutic Recreation? ATRA's definition statement is as follows:

*"Therapeutic Recreation is the provision of Treatment Services and the provision of Recreation Services to persons with illness or disabling conditions. The primary purpose of Treatment Services, often referred to as Recreation Therapy, are to restore, remediate or rehabilitate in order to improve functioning and independence as well as reduce or eliminate the effects of illness or disability. The primary purposes of Recreation Services are to provide recreational resources and opportunities in order to improve health and well-being. Therapeutic Recreation is provided by professionals who are trained and certified, registered and/or licensed to provide Therapeutic Recreation."*

What is a CTRS? The CTRS, Certified Therapeutic Recreation Specialist, is an individual certified by the National Council for Therapeutic Recreation Certification. CTRS's are qualified to work in long-term care, sub-acute, adult day care, assisted living, residential, CCRC's, group homes, rehabilitation facilities, hospitals, school systems, behavioral health centers, substance abuse facilities, jails, and vocational facilities. The CTRS plays a significant role working with specialized populations in long-term care and sub-acute facilities. For example, sub-acute patients may greatly benefit from recreation therapy services and leisure education to ensure the patient

**"Patients may greatly benefit from recreation therapy services and leisure education..."**

develops and retains a healthy leisure lifestyle when he/she returns to the community. Specialized leisure education programs, support groups, and community integration programs are critical for short term patients. Other specialized units may include: dementia units, respirators/ventilator units, HIV/Aids, pediatric LTC, etc. In addition to the typical focus areas, CTRS's also work with individuals without disabilities who require assistance to more effectively cope with stress or adjustment to life's challenges. *(Continued on page 9)*

### Send in Resources for our Website

We are looking to pool our professional resources and post them on our website. These links may include book lists, diagnosis information, TR blogs, intervention resources, and organization's websites. Please email any helpful web links to [Kem3058@yahoo.com](mailto:Kem3058@yahoo.com)

## Celebrate TR Month continued...

Throughout the month, facilities, agencies, associations, and individuals all over the country host health fairs, festivals, athletic events, information booths and more. This is a great opportunity for your health care facility to honor, promote, and educate others about therapeutic recreation. Here are just some other ways in which Administration, Department Heads, and facility staff can honor Therapeutic Recreation Specialists this month and throughout the year.

- Write an article for the facility newsletter thanking the Therapeutic Recreation Specialists.
- Send each Therapeutic Recreation Specialist a letter of appreciation.
- Announce Therapeutic Recreation Month over the public address system.
- Create and display flyers, posters, banners, etc.
- Organize and participate in other events scheduled during the month such as a talent show, themed-events, fashion show, etc.
- Have the department heads co-facilitate group activities throughout the month.
- Purchase t-shirts, mugs, pens, etc. for the Therapeutic Recreation Specialists.
- Give small gifts such as flowers, candy, gift certificates, gift baskets, etc.
- Send out a press release that promotes the benefits of therapeutic recreation at the facility.
- Host a ceremony, inviting residents, staff, and family members. Give out awards, certificates, etc.
- Incorporate mandatory annual therapeutic recreation in-services at your facility.
- Support further education and continuing education. Therapeutic Recreation Specialists often encounter difficulty in finding the time or money to attend educational sessions.
- Support and encourage national certification through the National Council for Therapeutic Recreation Certification (NCTRC). (Note: recreational therapists are not CTRS's unless they've been certified through NCTRC)
- Purchase membership to state or national therapeutic recreation associations. The American Therapeutic Recreation Association is the national association and The New Jersey/Eastern Pennsylvania Therapeutic Recreation Association serves New Jersey and many counties in eastern Pennsylvania. These associations offer affordable, educational workshops and conferences. Membership leads to education which leads to higher therapeutic quality programming and better surveys!

"This is a great opportunity for your health care facility to honor, promote, and educate others about TR."

### About The New Jersey/Eastern Pennsylvania Therapeutic Recreation Association

The New Jersey/Eastern Pennsylvania Therapeutic Recreation Association (NJ/EPA-TRA), established in 1988, is a non-profit professional organization whose priority is to promote the needs of therapeutic recreation professionals in healthcare and human service settings. NJ/EPA-TRA is an affiliate of the American Therapeutic Recreation Association and is a great resource for conferences, workshops, legislative advocacy, networking, professional support, job announcements, internship opportunities, student and professional scholarships, and more. Learn more about NJ/EPA-TRA at [www.njepa-tra.com](http://www.njepa-tra.com). You can join us on Facebook at [www.tinyurl.com/NJEPATRAonFB](http://www.tinyurl.com/NJEPATRAonFB).

*This article is reprinted with permission and was originally published in the American College of Health Care Administrators NJ Chapter News, Winter, 2012 edition. To learn more about this award winning organization, visit <http://www.njachca.org>.*

**Check out NCTRC's TR Month Flyer at: <http://nctrc.org/newsletter/documents/TRMonth2012.pdf>**

## NJ/EPA TRA Spring Workshop

**March 30, 2012**

Essex County Hospital Center Conference Facilities

204 Grove Avenue, Cedar Grove, NJ 07009

11:00 AM - 4:00 PM

We welcome attendance by TR Practitioners, Administrators, Faculty, and Students who work in a variety of settings with diverse populations!

### Session Topics

***We are all here for the Clients!***

***Successful Strategies for Dealing with Difficult People.*** (.15 CEUs/ 1.5 hours)

How to change “no” to “yes” and grumbling to smiles, how to motivate difficult residents and patients, deal with administration, supervisors, coworkers, support staff in other departments, and work with other professional staff.

***Do Recreators Recreate? Battling our own Stress and Burnout.*** (.15 CEUs/ 1.5 hours)

Even though we help other people deal with their leisure needs, why are recreation professionals at particular risk for stress and burnout? What is stress and how does it affect us? What is burnout? Discover the warning signs that you or your staff are on the path toward burnout. How do we create balance between the demands of professional and personal roles? Learn successful strategies that you can implement immediately.

**Facilitator:** Robin Wexler, CTRS

Workshop Fees	Regular/Reduced Rate	Late Registration		Continuing Ed Units
	Postmarked by 3/16/2012	After 3/16/2012	On-site	Earn .3 CEUS for the full half-day workshop
Check/Money Order	\$50	\$60	\$60	\$10
Pay on-line via credit Note: Price reflects Pay Pal fees	\$51.80	\$62.10 <i>On-line registration not available after 3/23/2012</i>	N/A	\$10.60

Cost includes lunch, parking, and education.

Register by mail or ONLINE at  
<http://njepa-tra.com/continuingeducation.htm>

**Continuing Education Units:** CEUs are pending approval through the American Therapeutic Recreation Association. ATRA has been reviewed and approved as an Authorized Provider by the International Association for Continuing Education and Training.

**Refund Policy:** All fees are non-refundable after March 23, 2012. Company P.O.s from facility must be paid in full by workshop (you may bring payment) or you MAY NOT attend the workshop. **YOU MUST PRE-REGISTER by 3/16/2012 to get the reduced rate.**

**Special Considerations:** Please contact Kim Grandal at [kimgrandal@aol.com](mailto:kimgrandal@aol.com) with special requests for vegetarian meals, adapted devices, large print, etc.

## Spotlight on TR

### *Reflection of a professional scholar in 2011*

**Kaylee McGuire**

Each year NJ/EPA TRA grants one professional a scholarship to attend its annual conference. This scholar is given the opportunity to attend the conference and experience it from a different angle than normal. In return for his/her accomplishments being recognized in front of their peers, they assist the conference committee to assist with the “backstage” components of the two-day event.

In November 2010 I attended the annual conference in Princeton as a brand new professional, not familiar with anyone or anything. I volunteered to help out hoping that it would help me to meet some people in the area and feel less intimidated. I felt that entering those doors to the conference was symbolic of me entering the field as a new professional. Although I soaked up a great deal of information and met some wonderful people, my experience was not as significant as I had anticipated. I felt no different than I did attending North Carolina TRA conferences as a student in North Carolina in years past.

*“I felt that entering those doors to the conference was symbolic of me entering the field as a new professional.”*

Little did I realize what I was overlooking. One small thing I did was voice my interest in being involved with the leadership of NJ/EPA TRA. The board immediately found me a position where I was able to share some of my computer skills as the Communications Committee Chair for the year 2011. I quickly found myself one year later, graciously being awarded NJ/EPA TRA’s Professional Scholarship for the annual conference. This was a fantastic way to mark the end of my first full year as a professional. My commitment was recognized, I was transitioning into a leadership role on the Board of Directors, and I was also presenting to my peers for the first time.

As a new professional I recognize that entering a new field fresh out of school is an intimidating and sometimes overwhelming experience. After this past year of battling new job jitters and transitioning into a new quarter of my life, being recognized by my peers was a much needed and appreciated confidence booster. It allowed me to reflect on my first year, highlight my accomplishments, and set my goals for 2012.



When the second day of the conference ended I spent my drive home, sans radio, trying to soak in everything I had just experienced. I was surprisingly motivated despite my exhaustion. I could hear Norma’s voice resonating in my head, challenging me to change the way I do things in my professional life. I was ready to once again return next year (at least after a nap) not just as a more experienced professional, but as a professional improved.