

A Message from the Advocacy & Outreach Committee:

Happy TR Week everyone!!!!

Whether you were ready or not...it's here! I hope everyone will have the opportunity to celebrate TR Week this year. If not at work, join us Thursday at Lucky Strike (more info below).

As CTRSs it is important for us to "spread the word" of the power of Therapeutic Recreation. Everyone has heard it before...you are at a social gathering mingling and meeting new people and are asked what you do for a living...you may say Therapeutic Recreation Specialist, Recreation Therapist, or you go for the gusto "CTRS" response. Nine time out of ten you are going to get a confused facial expression and "What is that?" answer. As MANY times as I have had to explain myself, I LOVE when the opportunity arises for me to explain why I have a career that I LOVE. I enjoy taking the opportunity to educate someone on what we do and why it is important. I feel that I almost have a script to explain this wonderful profession and it comes in three parts (mine is in parenthesis) :

1. Define TR (Need/desire goal oriented activity in effort to promote positive physical, emotional, psychosocial well being.)
2. Provide an example (My grandmother just had an above the knee amputation. When I visit her we stand at the table and play scrabble or do a word search to increase her tolerance of her prosthetic. When she is comfortable walking, I will provide her the information for adapted driving, or using hand controls to operate a vehicle.
3. Personalize TR to that individual (Do you know anyone that has ever suffered from a stroke, chronic illness such as MS, or a spinal cord injury? They probably had TR in their recovery). Many people KNOW what TR is....they just realize there is a name for it!

It is important to have a "script" as a CTRS not only when talking with strangers, but also to family, friends, and even co-workers. The more ears we reach the greater achievements this profession will make. As part of TR week, I challenge everyone to mentally prepare a "script" for the future puzzle faced people who have not had the opportunity to be graced with such a presence.

Some other things to do for TR week...

- CELEBRATE!!!!
- Highlight you weeks activities through a work-wide e-mail...invite other departments to attend
- Add a quote to your e-mail signature personalizing TR
- Visit ATRA's new website
- (enter your idea here!!)

To celebrate TR Week we will be "Raising a Glass for TR" from 5 pm - 7 pm at Lucky Strike, 1336 Chestnut St., Philadelphia, PA 19107 (right behind Capital Grill). There will be drink and appetizer specials \$5 and under. Anyone interested in bowling at your own expense ;), please respond to me at TRprovider@yahoo.com by Wednesday evening so I can reserve the appropriate amount of lanes.

Finally, a few weeks ago I had the opportunity to represent TR on Action News for a program I initiated with a local equestrian center in Wilmington, DE. Below is the link to the broadcast.

Keep in mind...I am a CTRS...not an actress!!!!

<http://abclocal.go.com/wpvi/story?section=news/local&id=6227854>

Ok, I am winded! I wish you all a FANTASTIC WEEK!!! I hope to see you on Thursday. If you have any questions about anything, or would like to share what you are doing for TR week, please let me know!

Take care!

Rose Miggins, CTRS

"TR = Fun for ALL"