



**ATRA Affiliate Chapter**  
[www.njepa-tra.com](http://www.njepa-tra.com)

## April/May 2010 E-mail Blast Newsletter

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### **President's Message:**

Hello NJ/EPA TRA Members and Friends,

How fast the Spring has sprung upon us! The summer will be here before we know it. Soon we will be celebrating TR Week, coming up this year on July 11-17, and I cannot think of any better way to celebrate TR week and enjoy the summer weather than by attending a ball game with family and friends.

Such as that may be, the NJ/EPA Fundraising Committee Chairman, Marlene Rivera has been working very hard to provide us with an opportunity to socialize with family and colleagues at the Trenton Thunder Minor League Stadium this July 18<sup>th</sup>. We'll have a friendly local rivalry going on, as the Trenton Thunder (NY Yankees affiliated) will be playing the Reading Phils (Philadelphia Phillies affiliated). I know that some of our North Jersey members have a special place in their hearts for the NY Yankees (speaking as someone who grew up in Fairfield County, CT, I can appreciate this) and there is nothing quite like the passion of a true Philadelphia Phillies fan (speaking as someone who has lived in the Philly Metro area for 5+ years)...Regardless of who you will be rooting for, we invite you to come out and support your local Minor league favorites. This fun opportunity to network and enjoy the game will be available to all members and their friends or family for only \$10 a ticket. Oh, and get this... not only will you get a great deal on tickets for this event, have the chance to network with old and new friends, and spend some time enjoying family fun, but a portion of the proceeds will be coming back to the association in support of our 2010 Fall Conference

Professional and Student Scholarships! Keep an eye on your inboxes for more details on how to purchase your tickets in the weeks to come!

Please take a moment to read the April/May E-mail Blast Newsletter in its entirety to find out about additional opportunities to increase your involvement by taking advantage of educational opportunities to attain CEUs, learning about available awards and scholarships, finding out ways that the Board and Committees can currently use your help, and reading the NJHA Spring President's meeting summary.

Respectfully yours,

Heather J. Burket, Ed.M., CTRS, CCLS  
2010 NJ/EPA TRA President

## **Board Update:**

*TREASURER POSITION REMAINS UNFILLED:* If you are interested in assuming this role or receiving a copy of the role responsibility description, please contact our Nominations Chairman, Erin Moore, at [moore.erin.k@gmail.com](mailto:moore.erin.k@gmail.com). We are willing to train interested candidates. Our continued thanks to Anne Richard, our President-Elect for fulfilling the responsibilities of the Treasurer in the interim!

*CONGRATULATIONS NJ/EPA TRA!* The Board recently applied for the 2010 ATRA Chapter Advisory Council Incentive Program grant funding, offered to Chapter Affiliates by ATRA in order to help Chapters meet their annual strategic goals. We have just received notification that our grant proposal was approved! In order to maintain our longstanding commitment to contributing to the building of a strong national organization, keeping open lines of communication with the national organization, and providing you with the most current information as it relates to our profession's future, our grant funding will support representation at our 2010 ATRA Annual Conference by a member of the Board on behalf of NJ/EPA TRA. Due to the recent economy and our efforts to maintain a reasonable cost for our membership and annual conference, NJ/EPA TRA's representation would not have otherwise been possible during the 2010 calendar year.

## **Committee Updates:**

### Education Committee:

- ❖ The creation of our SPRING WORKSHOP 2011 BRIEF MEMBER SURVEY was slightly delayed and did not go out in April as originally intended, but will be going out in the next couple of weeks, so look out for an e-mail blast requesting feedback on issues relating to Spring workshop topics, preferred dates, locations, and other preferences.
- ❖ Our Call for Papers for the Fall Annual Conference will be going out this June...consider presenting with NJ/EPA TRA in Princeton, NJ this November!

### Fundraising Committee & Networking, Outreach, and Advocacy Committee:

- ❖ **SAVE THE DATE: Sunday, July 18**, NJ/EPA TRA is hosting a fun and family friendly social to see the Trenton Thunder (NY Yankees affiliated) Minor League Baseball team play against the Reading Phis (Philadelphia Phillies affiliated). Our goal... to end TR Week with a homerun! Tickets will be a reduced price at only \$10 each and a portion of the proceeds will support the professional and student scholarships offered for our 2010 Annual Fall conference. Tickets are limited so check your e-mail blasts for more information and sign up quick!!

### Legislation Committee:

- ❖ Please check out this month's SPOTLIGHT ON TR, highlighting fellow NJ/EPA TRA member and Presidential Proxy, Sherry Hurwitz's experience at the New Jersey Hospital Association's Spring President's meeting. THANK YOU SHERRY FOR YOUR ATTENDANCE!!

## **Membership Update:**

Visit <http://www.njepa-tra.com/membership.htm> to print out our membership application. Membership is for the calendar year, January through December, and dues remain reasonable at \$25 annually for professional members and \$15 for our student members. Thank you for your continued support of your ATRA Chapter Affiliate!

Have you had a recent address, e-mail, phone number, or name change? Please e-mail Patrick Cahill, CTRS at [cahill829@aol.com](mailto:cahill829@aol.com) with your former and current information so that you may continue to receive all of your member benefits.

Are you celebrating an exciting milestone in your life that you would like to share with your colleagues? Perhaps you have news of an engagement, marriage, new baby, graduation, new job, first home, etc...? NJ/EPA TRA would be glad to acknowledge your personal and professional achievements and celebrate with you by posting a congratulatory message within our next e-mail blast newsletter. Please e-mail Heather Burket at [hkatn@gmail.com](mailto:hkatn@gmail.com) with the milestone achievements that you would like us to share with fellow members.

NJ/EPA TRA would like to thank the following members for either joining NJ/EPA TRA or renewing their membership in March/April for the 2010 Calendar Year (Applications processed after May 9th will be recognized in the June/July E-mail Blast Newsletter)

Evan Barker, CTRS  
Angele Bolognini, Student  
J. Clark Burke, Jr., CTRS  
Catherine Coyle, CTRS  
Christine Ewasko, CTRS  
Tammy George, CTRS

Marta Haviland, CTRS  
Amy Long, CTRS  
Amy Mullin, CTRS  
Regina Nophut, CTRS  
Jennette Ogonowski, CTRS  
Alisha Rodier, Student

Michele Shara, CTRS  
Carly Solis-Cohen, CTRS  
Lauren Waite, CTRS  
Bonnie Wright, CTRS  
Erica Wright, CTRS

We are currently **128** members strong and growing! Do your part and encourage your peers to join/renew!

## **Educational Opportunities:**

### **Pennsylvania Therapeutic Recreation Society 42<sup>nd</sup> Annual PA Therapeutic Recreation Institute**

@ Harrisburg/ Hershey Holiday Inn, Grantville, PA

June 7-12, 2010

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

**ATRA Series C Webinar: ‘Session C2: Teaching symptom management through recreation therapy’** Speaker: Jennifer Piatt

Wednesday, June 9, 2010 1:00-2:00 pm

<https://secure.confertel.net/tsregister.asp?program=ATRA-C2010>

### **2010 National Association of Directors Of Nursing Administration/Long Term Care National Conference**

@ Hyatt Regency Atlanta, Atlanta, GA

June 12-16

<http://nadona.org/>

**‘Targeting Men in Therapeutic Recreation Programming: Leadership Skills for Active Participation’** (0.2 CEU per session) Speaker: Robin Wexler, CTRS

Monday, June 14, 2010 11:30am-2:00 pm

Registration required by June 5

Morris Hall- 1 Bishops’ Drive, Lawrenceville, NJ 08648

<http://nystra.org/documents/2010brochureupdated.doc>

**ATRA Series B Webinar: 'Session B3: Access to Care in Any Language'** Speaker: Debbie Robinson  
Wednesday, June 23, 2010 1:00-2:00 pm  
<https://secure.confertel.net/tsregister.asp?program=ATRA-B2010>

**ATRA Series C Webinar: 'Session C3: 'A unique approach to serving adults with Psychiatric diagnoses and developmental disabilities'** Speakers: Lori Eldridge and Rebecca Senick, CTRS  
Wednesday, July 7, 2010 1:00- 2:00 pm  
<https://secure.confertel.net/tsregister.asp?program=ATRA-C2010>

**ATRA 2010 Annual Conference**  
@ the Doubletree Hotel Spokane Center City and Eastern Washington University  
Spokane, WA  
September 12-15, 2010  
<http://atra-online.com/displaycommon.cfm?an=1&subarticlenbr=68>

**New England Therapeutic Recreation Association 2010 Fall Conference**  
@ The Southeastern Regional @ Education Service Center (SERESC) in Bedford, New Hampshire  
November 4-5, 2010  
<http://www.newenglandtra.org/conference.htm>

***New Jersey/Eastern Pennsylvania Therapeutic Recreation Association 13<sup>th</sup> Annual Fall Conference***  
***@ New Jersey Hospital Association Conference Center in Princeton, NJ***  
***November 8-9, 2010***  
<http://www.njepa-tra.com/continuingeducation.htm>

**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. Members may view electronic versions as membership benefit.  
<http://atra-online.com/index.cfm>

**NCTRC presents SPECIALTY CERTIFICATION...the next level of Professional Recognition.**  
Areas of recognition include Physical Medicine/Rehabilitation, Geriatrics, Developmental Disabilities, Behavioral Health, and Community Inclusion Services. Please visit the link below for eligibility requirements.  
<http://nctrc.org/SpecCert.htm>

#### **Join ATRAnet.**

ATRAnet is a forum established by Oklahoma State University's Therapeutic Recreation Program to promote discussion regarding issues facing the profession of Therapeutic Recreation. ATRAnet is endorsed by the American Therapeutic Recreation Association (ATRA). ATRA is committed to assisting Oklahoma State University faculty in monitoring content using ATRA members' expertise. While ATRA endorses this website, it nor Oklahoma State University are responsible for the content and information shared on ATRAnet. ATRA encourages all ATRAnet members to verify facts/materials from other credible sources before making decisions. Official ATRA positions will be posted on ATRA's website.

To Subscribe to ATRAnet: Send email to: [LISTSERV@LISTSERV.OKSTATE.EDU](mailto:LISTSERV@LISTSERV.OKSTATE.EDU). In first line of message: type "SUBSCRIBE ATRANET-L"

#### **The Rules for this listserv are:**

1. Only subscribers may post on ATRAnet. This will cut back on spam, viruses, etc.
  2. Attachments must be smaller than 250K. It is suggested that you type the majority of text in email and send attachment to individual users.
  3. We do not allow advertising with the exception of information that could be useful to other subscribers for practice, educational or research purposes.
  4. All subscribers must be respectful of other members in the course of dialogue.
- ATRA and Oklahoma State have the right to remove individuals from ATRAnet if a person violates the rules.

### **Helpful hints to remember when joining a listserv:**

If you are switching email addresses unsubscribe from the first email address and re-subscribe from the new address. Make sure your virus protection system (Norton, McAfee etc) is updated frequently to protect your computer from viruses.

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Please visit our website at <http://www.njepa-tra.com/continuingeducation.htm> for other local CEU opportunities.

Would you like to advertise another Educational Opportunity on our website or within our e-mail blasts? Please share your information with our Communication Committee Chairman, Lucy Orr Tomczynski, CTRS, CCLS at [lucyctr@msn.com](mailto:lucyctr@msn.com).

### **Award/ Scholarship Opportunities:**

*ATRA Awards and the Linda Levine Madori Scholarship*- Nominations are due by June 4, 2010. For more information or nomination criteria and official nomination form, please e-mail the ATRA Awards team co-leader: Marilyn Radatz, MS, CTRS at [Marilyn.Radatz@va.gov](mailto:Marilyn.Radatz@va.gov).

### **YOU are needed...Get Involved:**

- ❖ NJ/EPA TRA FUNDRAISING COMMITTEE is in need of member support to make sure this year's Annual Fall Conference Silent Auction is as successful as years past. Do you frequent a small business regularly such as a retail store or restaurant and know the owner or manager? Perhaps you have connections to a cultural or sporting venue?
  - If you know of an organization that might be willing to donate items for the Fall Silent Auction or have new gift-type items at home that you can't use and are looking to get rid of, please contact Marlene Rivera, our Fundraising Committee Chairman at [marivera9305@yahoo.com](mailto:marivera9305@yahoo.com) and share your resources for the profession.
- ❖ NJ/EPA TRA NETWORKING, OUTREACH, AND ADVOCACY COMMITTEE is looking for a couple of members who would be interested in researching opportunities for social gatherings in different areas within our network:
  - If you live in the Lehigh Valley or Philadelphia Metro area and would be interested in proposing and potentially hosting a social event in your area during 2010, please e-mail the Committee Board Liaison, Heather Burket at [hkatn@gmail.com](mailto:hkatn@gmail.com).
- ❖ NJ/EPA TRA PAST BOARD OF DIRECTORS ADVISORY COMMITTEE is requesting the assistance of willing past board members to assist with tasks such as:
  - Researching historical information that has been misplaced over the years
  - Assisting with the creation of a simple Awards/Recognition ceremony for our 2010 Fall Conference
  - Offering up old photos from conference and NJ/EPA TRA events for historical preservation.
  - For those with a little more time to give, we are seeking a volunteer to assist with Treasury auditing and another with working knowledge or interest in Robert's Rules of Order, Revised, to act a Parliamentarian for the organization.
  - Please contact Past B.O.D. Committee Board Liaison, Heather Burket at [hkatn@gmail.com](mailto:hkatn@gmail.com) with interest.
- ❖ 2012 MID-EASTERN SYMPOSIUM ON THERAPEUTIC RECREATION requests your assistance.
  - The 2012 symposium will be held in Lancaster, PA and the current Mid-eastern Symposium Board of Directors is searching for a Chair person and/or Co-chairs who may be interested in helping to coordinate and chair the 2012 conference.
  - If you live in or around the Lancaster area and have an interest in learning more about this opportunity, please contact Marilyn Radatz at [Marilyn.Radatz@va.gov](mailto:Marilyn.Radatz@va.gov).

## SPOTLIGHT ON TR:

*New Jersey Hospital Association (NJHA) President's Meeting Summary  
Tuesday, April 13, 2010  
Sherry Hurwitz, MA CTRS/L, Proxy Reporting*

The meeting opened with a welcome and introductions by Euna Kwon, Director of Community Leadership. Then Neil Eicher, the Deputy Director of Legislation and Policy gave the Legislative Update, suggesting there is not much to report at this time as the Senate and House are on recess to consider the budget. The Dept of Health met with the budget committee to bring forth some of the problems they foresee such as Seniors being required to come up with a co-pay for their PAAD prescriptions. These items will be considered.

Some interesting facts: Twenty-five hospitals in NJ have closed since 1992. Two thirds of its institutions are running in the red. Charity Funding, which was 605 million last year, was raised to 665 million this year. This figure is dependent on expected Federal formulas and reimbursements. NJHA didn't expect to, but the Board did tell the governor they would back his Healthcare budget with caveats that if expected Federal money doesn't appear they will take back their endorsement. Among other areas that did not have money taken away from them but added were Mental Health and Nursing Homes. How could they say no? They usually hold a Legislative Breakfast to let the legislators see what their cuts mean. If this does go through, they will show them what these changes mean and suggest, "Let's work together."

Joanne Moon, the main presenter and bedside RN, is one of the people in the Virtua Health Care System who has been trained and whose job is now to work with staff within the Six Sigma concepts. Six Sigma is a methodology and set of tools used for improving the operational performance of an organization by reducing variability and waste. The Virtua System is located in South NJ and had 8000 employees and 1800 physicians. In 1998 their CEO was looking for some means of bringing people together to strive for excellence in the workplace. I will present some of the basic concepts in which the Board and members might be interested.

### **THE VIRTUA STAR - Goal**



## Findings:

- To be successful goal needed to be specific and small.
- The Trainers (read Board) needed to train Trainers.
- Who are our customers (this can be our members or or clients)? What do they see and feel? What does the customer want? What happens if we fail to deliver? Ask the right questions.
- What processes can we use to deliver what is needed? These processes need to be consistent, and predictable.
- Don't fix what's not broke. Can you afford compromise?
- You don't get change without acceptance... You don't get improvement without change.
- Maslow's Law of Problem Solving: If the only tool you have is a hammer, every problem looks like a nail.  
Wilson's Corollary: Even if a problem really is a nail, you've still got to know whether to bang it or yank it out.  
Fit the tool to the problem.
- Communication is key.
- Monitor progress and results. Examine the process – what needs fixing? Remember JCAHO – Define-Measure-Analyze-Improve-Control (DMAIC). Use the tools you have, if they're not working seek new ones.
- Show why the change is needed; show the need; show the value. Change acceptance is critical.
- Must show evidenced based facts for outcomes.
- Recognize leadership and accomplishment.
- Report outcomes/accomplishments.