

# NJ/EPA TRA Newsletter

Volume XXV, Issue III

Fall 2006

## 2006 Board of Directors

### President:

Susanne Lesnik-Emas,  
Ed.D., CTRS  
215.204.6817  
[slesnik@temple.edu](mailto:slesnik@temple.edu)

### President Elect:

Diane Williams, Ed.M.,  
CTRS  
610.640.3860  
[Dewilliams@remed.com](mailto:Dewilliams@remed.com)

### Secretary:

Amy Long, CTRS  
610-799-7200  
[along@kidspace.org](mailto:along@kidspace.org)

### Treasurer:

Lucy Orr Tomczynski,  
CTRS, CCLS  
609.747.1198  
[lucyctrs@msn.com](mailto:lucyctrs@msn.com)

### PA Member at Large:

Sarah Telthorster, CTRS  
215.951.7620  
[Stelthorster@newcourtland.org](mailto:Stelthorster@newcourtland.org)

### NJ Member at Large:

Jeanette Ogonowski, CTRS  
908.461.1897  
[Jogonowski@meridianhealth.com](mailto:Jogonowski@meridianhealth.com)

### Past President:

Janet Turner, Ed.M., CTRS  
610.430.8514  
[turnerjjc@aol.com](mailto:turnerjjc@aol.com)

## President's Message "The Path of Self-reflection"

by Susanne Lesnik-Emas, Ed.D., CTRS

We live complicated lives. Because we are multi-dimensional, nothing about us can be stated simply. We can define ourselves through our social relationships: mother/father, sister/brother, daughter/son, significant other/husband/wife, friend, acquaintance, peer, mentor, and advisor. We can define ourselves by our level of education: high school graduate, Associate Degree, Bachelor of Science, Bachelor of Arts, Master of Arts, Master of Science, Doctor of Education, Doctor of Philosophy. We can define ourselves by where we work: Acute care, Physical Medicine & Rehabilitation, Drug & Alcohol Treatment, Psychiatric Inpatient, Outpatient clinic, Public Schools, Long Term Care, In-Home, Adult Day Services, Children's Hospital, Higher Education, Corrections, or Residential. We can define ourselves by our political points of view, our per-

sonal health status, our television and movie viewing preferences, and on, and on, and on. There is an infinite number of ways to explain who we are, thus leading to these very complicated lives. Each of these personal dimensions is interwoven creating the story of you and me. A thread is yanked or shrunk, stretched or torn, and the fabric of our story is altered. And the complexity of our lives grows exponentially. How is it possible for a person to keep up with it all? How can one know the right answer or select the best direction? We manage this complexity with self-reflection; we cogitate, we debate, and we brainstorm, leading to a reflection on what our actions have brought or will bring. And that self-reflection is followed by learning, adaptation and growth. As professionals we live complicated lives. Every moment that we support a

client or patient, demands a moment of self-reflection:



how have we both been changed by this client/practitioner interaction? Traveling through this complexity without the benefit of self-reflection, a practitioner can become sidetracked, weighed down, or stuck in the no-longer-useful ways. Give those people whom you support as a CTRS, the best map through your shared complexities: the path of self-reflection.

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## *F tag 248 / 249 reflects Cultural Change*

The *Center for Medicare and Medicaid Services*, CMS, implemented the revised guidelines for F tag 248 / 249 ~ Activity Services and qualified Activity Director on June 1, 2006. These revisions coincide with the CMS initiative to implement “cultural change”, a person – centered approach to providing care and services to elders. Although the actual regulation has not changed, most importantly F 248 is titled an “outcome” tag. This means it is very important to identify the specific action and outcome of activity services for each individual based upon the assessment, their previous and current interests regardless of their abilities and needs. The guideline revisions emphasize the importance of evaluating the interventions, as well as evaluation of the entire activity services, and making appropriate revisions.

The guidelines place the responsibility of meeting the facility. Such as an individual who wakes dur- specifically design for them. Or spontaneous activi- perhaps a Maintenance Director involving an inter- home. The facility must also accommodate for each terests; by willingness to change schedules, accom- resident is the center of care and services provided remain informed. In all the “culture change” move- enhanced quality of life and psychosocial well being.

### **CMS revises guidelines**

the recreational needs of all residents on the en- ing the night and has available leisure pursuits ties / interactions spurred by all disciplines; per- ested resident with “supervising” repairs in the individual’s established routine, desires and in- modate meal or bath times, etc. The individual and must be included in all plans, decisions, and ment and revisions to F tag 248 / 249 lead to en-

In addition, to the revised F 248 / 249 guidelines, the *Psychosocial Severity Guidelines* will be implemented shortly. This system of leveling psychosocial well being outcomes (impact) due to non compliance will be used in conjunction with the physical harm grid to determine scope and severity of a deficient practice. A deficient practice in Activity Services, F tag 248 / 249, will not only trigger review of related guidelines, but result in a minimum of a Level 2, no actual harm with the potential for more than minimal harm that is not immediate jeopardy, psychosocial outcome.

The revisions to F tag 248 / 249 guidelines are a tremendous opportunity for Certified Therapeutic Recreation Specialist practicing in skilled nursing facilities. There are many opportunities for training other disciplines to interact in a manner consistent with culture change, design and selection of person centered recreational interventions specifically adapted to their abilities, development and evaluation of outcome focused goals, treatment for behavioral concerns, sensory deficits, communication and many other needs of the elders residing in SNF. The CMS web site, [www.cms.gov](http://www.cms.gov) contains the revised guidelines, as well as the training sessions for Surveyors. Culture change information can be found [www.pioneernetwork.net](http://www.pioneernetwork.net); [www.culturechagenow.com](http://www.culturechagenow.com); [www.qualitypartnersri.org](http://www.qualitypartnersri.org).

## **Employment Opportunity**

Morris Hall, located in beautiful Lawrenceville, NJ is looking for a qualified **activity director** to oversee activity programming for 120 bed nursing home and 100 bed assisted living facility. Administration is very supportive of the activity program. Strong facility team approach to resident care. Great staffing and budget. Morris Hall is currently operating two Snoezelen rooms.

Contact: Kathy Pries, Morris Hall, One Bishops Drive, Lawrenceville, NJ 08648. 609-896-0006 ext.2360. Fax: 609-895-1603. [Kpries@slrc.org](mailto:Kpries@slrc.org) [www.morrishall.org](http://www.morrishall.org)

***NJ / E PA TRA Web site – [www.njepa-tra.com](http://www.njepa-tra.com)***

***Has a new look & new information for our membership!***

***Our thanks goes to volunteer web master,***

***Colleen Worth,***

***who worked very hard on the new and improved web site.***



# NJ/ E PA TRA Elections for Board of Directors

We are currently accepting nominations for three positions on the board: President - elect, Treasurer and New Jersey Member at Large. The Treasurer and NJ Member at Large serve two year terms. The President Elect commits to a three year term, serving one year each as President – elect, President and Past President. All NJ / EPA TRA Members in good standing who are CTRS or CTRS eligible are able to run for the above positions.

<b>PRESIDENT - ELECT</b>	<b>TREASURER</b>	<b>NJ MEMBER AT LARGE</b>
<b>Term:</b> 3 years <b>President Elect:</b> 11/06 – 11/07 <b>President:</b> 11/07 – 11/08 <b>Past President:</b> 11/08 – 11/09	<b>Term:</b> 2 years 11/06 – 11/08	<b>Term:</b> 2 years 11/06 – 11/08 Must reside in NJ
<b>Duties / responsibilities:</b> <ul style="list-style-type: none"> <li>• Assists the President and provides leadership in her / his absence.</li> <li>• Attend all scheduled Board and membership meetings.</li> <li>• Contributes to discussions and deliberations on all affiliate business issues.</li> <li>• Serves as liaison to specific committees.</li> <li>• Submits articles, as assigned to the Chapter newsletter.</li> <li>• Assumes the role of President in 11/07.</li> </ul>	<b>Duties / responsibilities:</b> <ul style="list-style-type: none"> <li>• Maintains all financial records for the affiliate.</li> <li>• Prepares financial reports for all board and membership meetings.</li> <li>• Attend all scheduled Board and membership meetings.</li> <li>• Contributes to discussions and deliberations on all affiliate business issues.</li> <li>• Serves as liaison to specific committees.</li> <li>• Submits articles, as assigned to the Chapter newsletter.</li> </ul>	<b>Duties / responsibilities:</b> <ul style="list-style-type: none"> <li>• Serves as liaison for members who live in New Jersey</li> <li>• Monitors relevant legislative issues and participates in State Public Policy initiatives.</li> <li>• Attend all scheduled Board and membership meetings.</li> <li>• Contributes to discussions and deliberations on all affiliate business issues.</li> <li>• Serves as liaison to specific committees.</li> <li>• Submits articles, as assigned to the Chapter newsletter.</li> </ul>

Members who would like to be considered for one of the Board positions, should submit a brief personal statement summarizing your background, relevant experiences and your interest in serving on the Board. You may also contact a current Board member to ask questions or learn more about the commitment of serving on the Board. Your personal statement should include:

- The position in which you are interested (President – elect, Treasurer, or NJ Member at Large).
- Why you are interested in a Board position.
- Education and certification.
- Work experience.
- Involvement in professional organizations (including NJ/EPA TRA).

Send submissions to: Janet Turner – [JTurner@newcourtland.org](mailto:JTurner@newcourtland.org)  
 Please include name, phone number and e mail address for Board use only!

## UPCOMING EDUCATIONAL OPPORTUNITIES

### ATRA American Therapeutic Recreation Association

#### 2006 ATRA Teleconference Series

Series E: Ethics in Practice

Session E2:

#### **Compliance and Ethics: What's the Connection?**

Thursday August 17, 2006 12:00-1:00 pm EST

Session E3:

#### **Teaching TR Professionals about Ethics**

Thursday September 7, 2006 12:00-1:00 pm EST

Series F: Mental Health

Session F1:

#### **Incorporating the Wellness Recovery Action Plan (WRAP) into RT Practice**

Tuesday August 8, 2006 12:00-1:00 pm EST

Information and Registration for ATRA Teleconference Series can be found by going to [www.atra-tr.org](http://www.atra-tr.org) and clicking on Continuing Education.

#### **Dementia Practice Guidelines**

September 14, 2006 in Orlando, FL at the Pre-Annual Conference

#### **2006 ATRA Annual Conference**

"The Power of Professionalism" Orlando, FL September 14-18, 2006

### **NJ/EPA TRA Annual Conference "Taking Note of Our Professional Contributions" Princeton, NJ November 6 – 7, 2006**



### **PTRS Pennsylvania Therapeutic Recreation Society**

#### **Culture Change**

8/21/06 Allentown, 8/22/06 New Oxford, 8/24/06 Pittsburgh, 8/25/06 Erie, and 8/30/06 Broomall

#### **Arthritis Foundation Exercise Program**

9/25/06 Grantville, 10/25/06 Erie, 11/1/06 Lancaster, 11/8/06 Broomall, and 11/15/06 Orwigsburg

Information and Registration for PTRS continuing education can be found by going to [www.ptrs.org](http://www.ptrs.org).



### **Attention Students and Practitioners**

Are you a student or practitioner who would like to attend the NJ/EPA TRA 2007 Fall conference in Princeton for **FREE**?

The NJ/EPA TRA is excited to offer three conference grants this year: 2 TR student grants and 1 TR practitioner grant

Recipients of these conference grants will be entitled to **free registration** at the 8<sup>th</sup> Annual conference scheduled for November 6th and 7th at the NJ Hospital Association Conference Center in Princeton, NJ. This registration includes more than an opportunity to observe quality educational sessions. It also includes unique networking opportunities with professionals in the field, conference/educational materials, parking, meals and snacks. (Student grant recipients only will also receive one night of hotel accommodations in Princeton, NJ if needed.)

Of course we do have to ask for one thing in return . . . our grant recipients will be required to assist in a volunteer capacity throughout the conference day. Student grantees will be expected to serve on the NJ/EPA TRA Board for one year as student ad hoc. The TR practitioner recipient will be asked to write an article for the newsletter and serve on a committee of choice for one year. Now that's not too much to ask, is it? Volunteer duties could include serving as a room host/CEU monitor, assisting with registration or performing other conference duties. WOW! Think of all you could learn about professional organizations and special event planning.

Have I raised your interest? Go to our website at <http://www.njepa-tra.com> to download a grant application or email Lucy Orr Tomczynski, CTRS, CCLS at [lucyctr@msn.com](mailto:lucyctr@msn.com) for more information. Please note that there are 2 distinct applications, one for students and one for a practitioner. All applications are due by Friday, October 13, 2006

### **Educational opportunity for Activity Assistants in Skilled Nursing Facilities**

The *Modular Education Program for Activity Professionals* will be taught at NewCourtland Elder Services Education Center, Philadelphia, PA

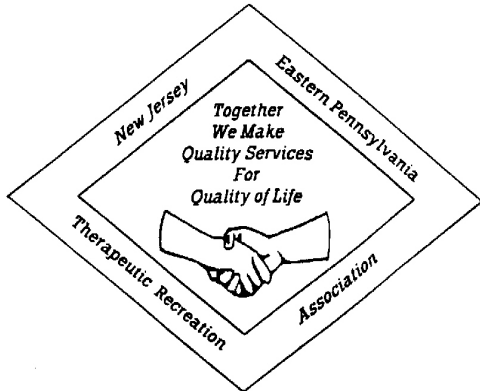
September, 2006 – March, 2007

For more information contact ~ Janet Turner  
NewCourtland Elder Services  
[JTurner@newcourtland.org](mailto:JTurner@newcourtland.org)  
215.951.7739

NEW JERSEY/EASTERN PENNSYLVANIA THERAPEUTIC RECREATION ASSOCIATION  
A CHAPTER AFFILIATE OF THE AMERICAN THERAPEUTIC RECREATION ASSOCIATION

Kathryn Elokdah/ TR Dept  
MossRehab Hospital / Einstein at Elkins Park  
60 East Township Line Road  
Elkins Park, PA 19027

Next Newsletter Deadline November 15, 2006  
Submissions requested as attachments  
Phone: 215.663.6405  
Email: Kelokdah@einstein.edu Subject: Newsletter



**ATRA Affiliate Chapter**  
**www.njepa-tra.com**

### NJ/EPA Therapeutic Recreation Association Membership Application

Membership Categories: ( ) Renewal ( ) New Member  
( ) Student \$10.00 ( ) Non-resident \$30.00 ( ) Professional \$20.00 ( ) Organization \$60.00

Employer/ Organization: \_\_\_\_\_

Name: \_\_\_\_\_

Last, First Title: \_\_\_\_\_

Address: \_\_\_\_\_

City: State: Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Telephone: \_\_\_\_\_  
Home Office Cell

**Remember:**

This application must be submitted with a check or money order payable to: NJ/EPA TRA. There will be a \$10.00 fee for returned checks. Students must submit a copy of their ID. Dues run from Jan – Dec.

Detach and mail application w/ payment to:  
Celestine Sisko, CTRS  
304 Center Street  
Wilkes-Barre Twp, PA 18702  
Questions??: Membership@njepa-tra.com

- ( ) Yes (..) No – Newsletter via email.
- ( ) Yes (..) No – My facility offers internships
- ( ) Yes (..) No – I want to be listed in a future directory of RT internships.
- ( ) Yes (..) No – I agree that NJ/EPA TRA may release my name and address to individuals and/or organizations for educational and/or research purposes.