



# The Rec-Room

Published Monthly By  
**Re-Creative Resources, Inc.**  
 Education, Consultation, and Resources for  
 Recreation and Activity Professionals

To download a pdf. version of The Rec-Room visit [www.recreativeresources.com/newsletter-archives.htm](http://www.recreativeresources.com/newsletter-archives.htm)

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## Kim's Corner



I hope all of the Activity Professionals celebrated NAPW in January and I now encourage the

CTRS's to please celebrate and honor TR month. These recognition dates provide us with an opportunity to promote and educate so please don't let it pass by. I have plenty of TR month ideas on my website! I would absolutely love to hear how everyone celebrates so please share so I may share with others. Have a great February!

*Kim* ☺

## FEBRUARY WEBINAR SCHEDULE

### Thursday, February 16, 2012

Care Area Assessments: The Process and How it Applies to Activities

12:00 noon 1:30 p.m. ET

2 CE's

[Learn more/register](#)

## February is Therapeutic Recreation Month

By Kimberly Grandal, CTRS, ACC/EDU

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

**Tuesday, February 21, 2012**

Sensory Stimulation: Tips and Techniques for a Sensational Sensory Program

12 noon to 1:30 p.m. ET

3 CE's

[Learn more/register](#)



PRIVATE GROUP SESSIONS ARE AVAILABLE FOR YOUR ORGANIZATION OR FACILITY AS WELL. [LEARN MORE](#)

**NO WEB CAM NEEDED , EASY TO ACCESS, LIVE, INTERACTIVE AFFORDABLE, NCCAP-APPROVED**

**FUN-TASTIC TRAINING GAMES**



- Recreation Jeopardy
- Tic Tac Techniques
- Abbreviation Bingo
- More Than Just Bingo
- Training Word Puzzles
- Know Your Rights Bingo
- Recreation Documentation Jeopardy

### **“Life’s Simple 7” Success Plan**

By Nikki Carrion, MA

Co-Owner; Fit Xpress LLC

According to the American Heart Association (AHA), more than 1 in 3 Americans have at least one type of cardiovascular disease—including high blood pressure, coronary heart disease, heart failure or stroke. However, many report their heart health to be “ideal”. In fact, 4-in-10 Americans surveyed say their heart health is “ideal” AND report

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 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.

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.
- 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.

not being aware of their risk factors. More than half of those who reported having “ideal” heart health admit that a health professional has told them in the past that they have a risk factor for heart disease or that they should change their lifestyle for the purpose of improved heart health. Regardless of whether you believe your heart is in great shape or not, consider the AHA’s seven-step plan to ward off cardiovascular disease; “Life’s Simple 7”. The AHA says knowing, understanding and taking appropriate action in relation to *Life’s Simple 7* can save your life.

#### Life’s Simple 7 are...

- 1) Blood Pressure
- 2) Blood Cholesterol
- 3) Blood Sugar
- 4) Smoking Status
- 5) Healthy Weight
- 6) Physical Activity
- 7) Healthy Diet

To learn more, and/or to do a self-assessment, go to [www.heart.org/mylifecheck](http://www.heart.org/mylifecheck)

Our responsibility as professionals caring for others (e.g. resident/patients) is to take good care of ourselves first so we are not only willing...but able to do so.

By 2020 the AHA hopes to reduce the number of deaths from CV disease in America by 20% and to improve the CV health of Americans by 20% using the *Life’s Simple 7 Plan*. If this hope becomes a reality...300,000 lives will be saved that year alone.

Source: American Heart Association; 2011.

Visit [www.fitxpress.com](http://www.fitxpress.com) for chair exercise DVDs designed specifically for older adults and/or those who may have limitations.

**Mercer / Middlesex County Activity Professionals Association** is a group located in NJ. Contact Pat Newman at [mermidactivities@gmail.com](mailto:mermidactivities@gmail.com) to learn more!

- 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 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>.*

## February STARS Winner

**Shannon Wilson BA, ACC/MC/EDU**



Shannon Wilson is the Engage Life Director at Atria Weston Place in Knoxville, Tennessee. Shannon is known as a highly energetic individual who channels that energy into creating innovative programming for the senior population living in the community. Shannon is a board certified consultant with the National Certification Council of Activity Professionals with specializations in memory care and education, as well as a member of the National Association of Activity Professionals. She has a great love of teaching and coaching other professionals in the field. She frequently shares her knowledge at national, state, and local conferences, as well as during college lectures. Shannon also serves as a clinical instructor for occupational therapy students, teaching an inter-disciplinary activities approach that meets therapeutic needs while engaging the resident socially and cognitively.

As an Atria Senior Living employee, Shannon developed many of her programs using Atria's Active Aging philosophy and focus on developing innovative programming for residents across the nation. Atria’s continued focus on “out of the box” thinking has allowed Shannon the freedom to create activities that engage residents on many levels. Some of Shannon’s innovative programs that have gained momentum in other

## HANDS



A Tribute to  
Activity and  
Recreation  
Professionals  
Who Enhance  
the Lives of  
the Elderly

[Click here  
to view this new video](#)

There are also other wonderful  
educational and inspirational videos for  
Activity and Recreation Professionals  
[Re-Creative Resources  
You-Tube Channel](#)

## SAVE THE DATES

### NJ Eastern PA Therapeutic Recreation Spring Workshop

March 30, 2012

11:00 a.m. – 4:00 p.m.

Essex County Hospital Center  
Conference Facilities

Cedar Grove, NJ

Information is available on the [NJ/EPA  
TRA Website](#)

### NCCAP 2012 Symposium

June 1-2, 2012

Holiday Inn

Greater Cincinnati Airport

[Click here for information](#)

## Products, Services & Info.

\*Free Job Post

\*Activity and TR Resources

\*Guest Book (Please say hi!)

\*Activity Resource Center

\*The Rec-Quest (Q&A Forum)

\*Activity Swap Meet (cool ideas)

\*News and Announcements

\* Who's Who

## Contact Kimberly Grandal

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

communities include The "Atria University" program, which provides continuing education and goals for residents; the "Sensory Science program" which uses creative science experiments to stimulate senses in the elderly; and several technology enhanced activities that put the whole world at the residents' fingertips. She is a firm believer that Active Aging, both physically and emotionally, is the key to keeping seniors in the highest quality of life.



Shannon is extremely honored to be chosen as a STARS recipient, as she draws inspiration from so many of the professionals honored by Re-Creative Resources Inc. She would like to give a special "thank you" to Atria Weston Place Executive Director Joshua Lowe whose amazing support has made so many of her activity goals possible.

*The STARS Award (Superior Therapeutic Activity and Recreation Services) features outstanding Activity and Recreation professionals. If you know someone who is a STAR please contact me at [Kimgrandal@aol.com](mailto:Kimgrandal@aol.com).* Learn more about the STARS award.

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