



*New York State  
Therapeutic Recreation Association  
14<sup>th</sup> Annual Conference*

*NYSTRA  
Branching Out*



*Therapeutic Recreation  
Expansion thru Education*

*Holiday Inn  
Saratoga Springs, New York  
March 28–March 31, 2009*

# NYSTRA 2009

Dear Colleague,

Let us be the first to welcome you to our 14th annual conference! This year's conference will again be held at the Holiday Inn, located in Saratoga Springs, New York, from March 28th-31st, 2009.

Each year the NYSTRA conference co-chairs, committee members and board members work hard to provide participants with the best possible conference. We take the comments from the overall program evaluations of the previous year and try our best to make changes accordingly. We have worked diligently to make this year's conference the best one yet!

You will notice some changes this year. We are offering more sessions each day, a full day extended session as well as two half day institutes, some new hospitality events, and of course an awards banquet that honors many of the special and talented people who are unique to our profession.

Each conference cannot be possible without every one of our members. From our founding board members who paved the way, to every new member who joins our association. You all inspire us to provide the best educational opportunities available.

Once again, we are happy to invite you to an excellent conference full of opportunities to network with other professionals and increase your knowledge in the wonderful field of TR.

We look forward to seeing you in March!

Sincerely,

Loretta Murray , CTRS and MaryBeth Pozzuto, CTRS

## **2009 Conference Committee**

### **CONFERENCE CO-CHAIRS**

Loretta Murray, CTRS & MaryBeth Pozzuto, CTRS

### **PROGRAM CO-CHAIRS**

Loretta Murray, CTRS & MaryBeth Pozzuto, CTRS

### **REGISTRATION CO-CHAIRS**

Steve Victory, CTRS & Robin Gallagher, CTRS

### **HOSPITALITY COMMITTEE**

MaryBeth Pozzuto, CTRS

Marissa Capullo, CTRS, Gillian Mayson, CTRS,  
Deb Silver, CTRS, Bethany Humphrey, CTRS,  
Jessica Leclerc

### **JOB MART CHAIR**

Loretta Murray, CTRS

### **RESOURCE ROOM CHAIR**

Isabel Kellerman, CTRS

### **NYSTRA 2008-2009 Board**

**PRESIDENT:** Kirstin Impicciatore, CTRS

**PRESIDENT-ELECT:** Isabel Kellerman, CTRS

**TREASURER:** Virginia Hutchins, CTRS

**SECRETARY:** Michelle Bromfield, CTRS

#### **MEMBERS AT LARGE:**

Loretta Murray, CTRS, MaryBeth Pozzuto, CTRS, Shevaun Abbott, CTRS,  
Nancy Vander Molen, CTRS, Deborah Silver, CTRS, Gillian Mayson, CTRS,  
Joanne Auerbach, CTRS, Linda Levine-Madori, CTRS, Tameka Battle, CTRS

**STUDENT LIAISON:** Jessica Leclerc

**PAST PRESIDENT:** Denise Horton, CTRS

**WEB MASTER:** Noelle Molloy, CTRS

All members are encouraged to attend the GENERAL MEMBERSHIP MEETING on Sunday, March 29, 2009 directly following lunch to discuss issues that influence all of us in the therapeutic recreation profession.

**Saturday, March 28, 2009 8:00am-4:30pm**

**Extended Session**

**Inclusion U: Assessing Recreation Resources Throughout New York State**

*Dr. Lynn Anderson, CTRS, CPRP, Professor and Chair, SUNY Cortland*

*Dr. Vicki Wilkins, Professor, SUNY Cortland*

*Laurie Penny-McGee, CTRS, Project Coordinator, SUNY Cortland*

*Whitney Mayer, Graduate Assistant*

A core goal of the Inclusive Recreation Resource Center (IRRC) at SUNY Cortland is to enable recreation, tourism, and therapeutic recreation professionals to provide opportunities for people of all abilities to enjoy recreation programs, parks, and facilities wherever they live. Inclusive training is key to the development of recreation resources that truly include people of all abilities. To reach this vision, ten modules have been created to assist practitioners to acquire the knowledge, skills, and attitudes needed for the provision of inclusive recreation services. The training modules encompass a broad spectrum of learning outcomes in order for professionals at all levels to not only understand the concept of inclusion, but to implement strategies, policies, and procedures for its success. Upon completion of this training, participants will become certified to assess recreation programs, sites and facilities. Participants are asked to complete 2 assessments within 6 months.

**\*\*\*LIMITED TO 25 PARTICIPANTS\*\*\***

**Saturday, March 28, 2009 8:00am-12:00pm**

**Half Day Institute #1**

**Rhythmic Activities for Everyday Care**

*Concetta M. Tomaino, DA, MT-BC, LCAT, Executive Director, Institute for Music and*

*Neurologic Function/Senior VP of Music Therapy Services,*

*Beth Abraham Family of Health Services*

This educational session will provide attendees with the knowledge of the effectiveness of therapeutic drumming and rhythmic activities for people with Alzheimer's Disease and Dementia and will also provide attendees with the basic skills to select participants for, and to conduct basic therapeutic drumming circles and rhythm based activities.

**Saturday, March 28, 2009 1:00pm-5:00pm**

**Half Day Institute #2**

**Seated Yoga for Health and Wellness**

*Isabel Kellerman, CTRS, RYT, Margaret Tietz Nursing and Rehab. Center*

*Ann Pelisson, CTRS, RYT*

Yoga is an ancient science that benefits the mind and body. This experiential workshop will enable you to bring the benefits of yoga to your clients. We will focus on the use of yoga to improve flexibility and posture, increase strength and relieve stress. Participants will gain knowledge of the philosophy of yoga and will learn a sequence of stretches and yoga poses adapted to their clients' unique needs. Benefits as well as contraindications for each pose as they relate to illness and disability will be discussed.

**Sunday, March 29, 2009 8:00am-9:30am  
COFFEE AND BAGELS**

**Welcome/Opening General Session**

**Session #1 Sunday, March 29, 2009 9:30am-11:00am**

**Economics of Health Care: Implications for TR/RT**

*Mary Ann Keogh Hoss, PhD, CTRS, FACHE*

*ATRA President, Program Director, Department of Urban Planning,  
Public and Health Administration, Eastern Washington University*

This session discusses the current trends in health costs in the United States. It reviews how healthcare dollars are spent and who is paying for those costs. This information is applied to the field of recreation therapy.

**Session #2 Sunday, March 29, 2009 11:15am-12:45pm**

**The IRRC Recreation Referral Service: Training to Become Part of the Team of Talented TRs! - Part 1**

*Dr. Lynn Anderson, CTRS, CPRP, Professor and Chair, SUNY Cortland*

*Dr. Vicki Wilkins, Professor, SUNY Cortland*

*Laurie Penny-McGee, CTRS, Project Coordinator, SUNY Cortland*

The Inclusive Recreation Resource Center at SUNY Cortland offers a *Recreation Referral Service* whose purpose is to help individuals with disabilities find services and facilities for recreation activities they desire, and assist them in gaining full inclusion in those activities. This session will provide the training needed to implement the *IRRC Recreation Referral Service* protocol. You will learn the details of conducting an ecological assessment, developing an inclusion plan, implementing supports and accommodations, and documenting and evaluating services. After you complete this training, the IRRC will list you as a trained inclusive therapeutic recreation provider, and may provide referrals to you in your region for recreation inclusion.

**PLEASE NOTE: THIS IS A DOUBLE SESSION. YOU MUST ATTEND BOTH THIS SESSION AND SESSION #8 TO RECEIVE CEU'S.**

**Session #3 Sunday, March 29, 2009 11:15am-12:45pm**

**Stress Management: The Benefits of Movement and Breath**

*Deborah Silver, CTRS*

Society is constantly pushing us to be healthier with just about everything under its sleeve. We have Yoga, Pilates, Tai Chi, organic food, and soy products. You name it, there's something to intrigue us. But what about the basics? This session will explore how understanding the basics of alignment, posture, breath, and movement can be beneficial to both ourselves and our clients in everyday life. Learn how using such knowledge can be a great form of Stress Management by creating a stronger consciousness of our bad habits, and by incorporating it into the techniques we already use. This session will consist of a variety of exercises and techniques that you can use for yourself and take back to the field.

**Session #4 Sunday, March 29, 2009 11:15am-12:45pm**

**Sue and Sue: Double Your Adaptability Skills in Therapeutic Recreation Activities**

*Sue Lance, CTRS, TR Supervisor, Beth Abraham Adult Day Health Care*

*Sue Drumgould, CTRS, Taconic DDSO*

This session will implement a variety of games and activities in Therapeutic Recreation that can be adapted to meet varied settings via hands on participation.

**\*\*\*LIMITED TO 30 PARTICIPANTS\*\*\***

**Session #5 Sunday, March 29, 2009 11:15am-12:45pm**

**No more Bingo! Wii Can Have Fun**

*Tameka Battle, MA, CTRS, Director of TR/Deaf & Hard of Hearing Program,*

*Four Seasons Nursing and Rehab. Center*

*Denise Horton, MEd., CTRS, VA Northport*

This session will discuss the therapeutic benefits of utilizing the Wii gaming system. Participants will learn how advancements in technology are influencing program design, such that diversional activities will be replaced with programs that offer a lasting therapeutic benefit.

**Session #6 Sunday, March 29, 2009 11:15am-12:45pm**

**Innovative Research of the TTAP Method Utilized with the Alzheimer's and Stroke Population**

*Dr. Linda Levine-Madori, CTRS, St. Thomas Aquinas College*

This session explores the basic definitions of the three stages of Alzheimer's disease and examines how longer time spent in the Therapeutic Recreation process through self-exploration can actually effect the capacity for brain wellness, through the continual creation of what is being termed "cell-reserve" (Yanker, 2000). This therapeutic methodology of utilizing a thematic approach for those patients diagnosed with mild or moderate Alzheimer's disease and Stroke has been studied in 2008. Results will be shared and explored.

**Session #7 Sunday, March 29, 2009 11:15am-12:45pm**

**Uplifting Mood & Releasing Stress for Residents/Clients and Staff Through Laughter**

*Jodi Peister, MD (aka Dr. Wellbeing)*

*Dr. Wellbeing<sup>SM</sup>*

The human brain and body are adaptable at any age (Plasticity). We can change our internal chemistry and rewire our brain through our actions. Laughter is one of the most powerful actions that a human being can do to create positive internal chemistry and connections. During this experiential presentation we will laugh together by creating a *Wellbeing Laughter Club*. As we practice *Laughter Yoga*, a unique form of recreation which combines laughter, simple movement, and play, we will experience the power of laughter to uplift mood and release stress. The benefits of laughter will be discussed, which includes learning a new paradigm for human health at the frontier of medicine: the Human Energy Field. Dr. Peister will also teach tools which allow you to bring more laughter into your life, which include meditation and cognitive reframing.

**12:45pm-2:45pm**

**LUNCH/NYSTRA MEMBERSHIP MEETING (Daily Double Ballroom)**

**Session #8 Sunday, March 29, 2009 3:00pm-4:30pm**

**The IRRC Recreation Referral Service: Training to Become Part of the Team of Talented TRs! - Part 2**

*Dr. Lynn Anderson, CTRS, CPRP, Professor and Chair, SUNY Cortland*

*Dr. Vicki Wilkins, Professor, SUNY Cortland*

*Laurie Penny-McGee, CTRS, Project Coordinator, SUNY Cortland*

The Inclusive Recreation Resource Center at SUNY Cortland offers a *Recreation Referral Service* whose purpose is to help individuals with disabilities find services and facilities for recreation activities they desire, and assist them in gaining full inclusion in those activities. This session will provide the training needed to implement the *IRRC Recreation Referral Service* protocol. You will learn the details of conducting an ecological assessment, developing an inclusion plan, implementing supports and accommodations, and documenting and evaluating services. After you complete this training, the IRRC will list you as a trained inclusive therapeutic recreation provider, and may provide referrals to you in your region for recreation inclusion.

**PLEASE NOTE: THIS IS A DOUBLE SESSION. YOU MUST ATTEND BOTH THIS SESSION AND SESSION #2 TO RECEIVE CEU'S.**

**Session #9 Sunday, March 29, 2009 3:00pm-4:30pm (Program Change)**

**Ethics and the Practitioner**

*MaryAnn Keogh Hoss, PhD, CTRS, FACHE,*

*ATRA President, Program Director, Department of Urban Planning,*

*Public and Health Administration, Eastern Washington University*

This session will introduce a decision making model for use by practitioners when a dilemma arises. It will provide a background and definition for ethics, review of the ATRA Code of Ethics, examine an ethical decision making model and present an example of how the model can be applied.

**Session #10 Sunday, March 29, 2009 3:00pm-4:30pm**

**Evaluation of TR Programs: A Practical Guide**

*Dr. Robin Kunstler, CTRS, Acting Dean, Division of Natural and Social Sciences,*

*Lehman College*

Evaluation of TR services is of paramount importance to demonstrate the value of TR services in an era of shrinking resources yet a practical and feasible approach is often challenging. An easy-to-do systematic plan to evaluate the practitioner, the programs, and the outcomes of TR services will be presented.

**Session #11 Sunday, March 29, 2009 3:00pm-4:30pm**

**Utilizing Community Projects as a Recreational Therapy Intervention**

*Janice Elich Monroe, Ph.D., CTRS, Ithaca College, Dept. of Rec. & Leisure Studies*

*Hannah Louis, TR Student, Ithaca College, Dept. of Rec. & Leisure Studies*

Community service projects can be utilized to enhance the independent functioning and community reintegration of individual's with disabling conditions. This session will present a case study of community service projects implemented at the Center for Life Skills Post Rehabilitation Stroke Clinic, the local animal protection shelter, and the local food pantries. Information on the design, implementation and evaluation of community service projects will be discussed.

**Session #12 Sunday, March 29, 2009 3:00pm-4:30pm**

**The How To's of Your Senior Internship**

*Karin Tsantilis, Rivington House Healthcare Facility Intern, Temple Univ. TR Student*

This presentation is designed for students, educators and professionals who supervise interns. It's purpose is to teach participants what they should be looking for in an internship, from the type of facility to type of supervision, to writing goals and objectives and making sure they meet the NCTRC requirements.

**Monday, March 30, 2009 7:00am-9:00am**

**BREAKFAST (Bookmakers)**

**KEYNOTE ADDRESS**

**Session #13 Monday, March 30, 2009 9:00am-10:30am**

**Transitional Programming: A Paradigm Shift for Therapeutic Recreation**

*Dr. Jerry Jordan, CTRS, President, NTRS, Oklahoma State University*

This session will provide a model, with rationale and supporting information, proposing a refocus of therapeutic recreation practice from in-patient to out-patient care. While meant to be thought provoking, this session is not suggesting that we should not continue to develop our recognition and/or reduce our presence within the in-patient setting.

**Session #14 Monday, March 30, 2009 11:00am-12:30pm**

**The Healing Mind Workshop**

*Karen Nash, MS, CTRS, Director of Therapeutic Recreation,  
Gurwin Jewish Nursing and Rehabilitation Center*

Educating and empowering our clients, co-workers and ourselves in alternative medicine, stress reduction, coping, and healing techniques is a powerful therapeutic modality. This workshop will be an interactive session discussing and experiencing:

- The history and description of Mind/Body Healing Techniques
- The paradigm shift in recognizing how our thoughts and attitudes affect our physical and psychological functioning and
- The Law of Attraction and how it impacts our professional and personal relationships

**\*\*\*LIMITED TO 25 PARTICIPANTS\*\*\***

**Session #15 Monday, March 30, 2009 11:00am-12:30pm**

**A Conversation about Dr. Sonja Lyubomirsky's *The How of Happiness***

*Dr. Lynn Anderson, CTRS, Professor and Chair,  
SUNY Cortland, Recreation, Parks and Leisure Studies Department*

*Dr. Linda Heyne, CTRS, Associate Professor,  
Ithaca College, Department of Recreation and Leisure Studies*

*Dr. Vicki Wilkins, Professor,  
SUNY Cortland, Recreation, Parks and Leisure Studies Department*

*Dr. Susan Wilson, CTRS,  
SUNY Cortland, Recreation, Parks and Leisure Studies Department*

*The How of Happiness* is a gem for therapeutic recreation specialists. The new book is written by a leading scientist in the positive psychology movement, Dr. Lyubomirsky, who shares pages of scientifically substantiated strategies that improve one's level of happiness and well-being. She lays out the "forty percent rule," which basically says

that beyond our set point for happiness and our life circumstances, we can change 40% of our level of happiness just with simple strategies we can incorporate into our daily lives. The strategies are all empirically proven to improve well-being, and are all strategies that we do, or can do, in therapeutic recreation practice. The book provides much food for thought on effective therapeutic recreation practice. Join us again for a “coffeehouse” atmosphere in which we conduct another of NYSTRA’s book chats.

**\*\*\*LIMITED TO 20 PARTICIPANTS, THIS IS A COFFEE HOUSE DISCUSSION. YOU MUST READ AND BRING THE BOOK TO ATTEND THIS SESSION\*\*\***

**Session #16 Monday, March 30, 2009 11:00am-12:30pm**

**From the Patient and Family Perspective**

*Donna Sims, CTRS, Upstate Medical University*

We will be looking at issues that impact patients’ and their families’ ability to effectively adapt to the inpatient healthcare environment and be a successful member of the treatment team.

**Session #17 Monday, March 30, 2009 11:00am-12:30pm**

**The SAFE (Syncope and Falls in the Elderly) Exercise Program**

*Marilu Zahn, Advanced Health & Fitness Specialist, New York Presbyterian Hospital*

An introduction to structure and findings of the SAFE program at New York Presbyterian Hospital; demonstration of Tinetti and balance tests. Also an exercise class with an explanation and reasoning for components.

**Session #18 Monday, March 30, 2009 11:00am-12:30pm**

**A Study on Intrinsic Motivation and How it Impacts The Leisure Of People With HIV/AIDS in a Long Term Care Setting**

*Vincent Bonadies, CTRS, Director of Recreation Therapy, Rivington House Healthcare Facility*

This presentation consists of a study of intrinsic motivation factors of people with AIDS in a long term care setting. An overview of the population, survey administration, methodology, findings, and recommendations will be presented.

**12:30pm-2:00pm  
LUNCH (Daily Double Ballroom)**

**Session #19 Monday, March 30, 2009 2:00pm-3:30pm**

**Photovoice: Patient Advocacy to Promote Recovery Using Photography**

*Cindy Pivar, CTRS, Springfield Hospital Center*

*Michelle Smith, OTR/L, Springfield Hospital Center*

Come experience a mental health modality that empowers patients using a camera. Using Photovoice individuals can gain insight into their own recovery and provide an alternate way of expressing themselves concerning what is most important in their lives.

**Session #20 Monday, March 30, 2009 2:00pm-3:30pm**

**Geocaching – The Sport Where YOU are the Search Engine**

*Joanne Auerbach, CTRS, TR Director, Burke Rehabilitation Hospital*

Geocaching is a family-friendly activity in which participants use a hand-held GPS unit to find caches in outdoor areas. This session will describe what geocaching is all about, and explore options for participation.

**Session #21 Monday, March 30, 2009 2:00pm-3:30pm**

**Recreational Therapy Licensure Update: We're Getting Closer**

*Vincent Bonadies, CTRS, Director of Recreation Therapy,*

*Rivington House Healthcare Facility*

*Linda Dianto, CTRS, St. Vincent Catholic Medical Centers of NY*

*Program Administrator, St. Elizabeth Ann's Adult Day Health Care Program*

This session will give an update of the New York State Recreational Therapy Licensure initiative.

**Session #22 Monday, March 30, 2009 2:00pm-3:30pm**

**"Plug in and Play"- Electronic Activities as a TR Modality**

*Janet Connolly, CTRS, The Hospital for Special Care*

*Teri Larson, CTRS, The Hospital for Special Care*

Advancements in technology related to electronic games is causing an increased level of interest and participation in popular gaming options, such as Nintendo Wii, Playstation, and X-Box 360. This session will explore various resources that will enable therapists to provide education and adaptations so that participation can be all inclusive while taking into consideration the participants' abilities. It is through active participation in "Plug and Play" activities that functional goals can be met.

**Session #23 Monday, March 30, 2009 2:00pm-3:30pm**

**Let's Play: Ice Breakers, Team Initiatives, Debriefing, and Affordable Props**

*Matt Cowburn, MS, Activities Coordinator, Parsons Child & Family Center*

This session will teach how to facilitate some experiential education activities including ice breakers, team challenges, and the importance of debriefing the experience. We will also share our "bag of tricks" with easy and affordable ways to make your own props.

**\*\*\*LIMITED TO 30 PARTICIPANTS\*\*\***

**Session #24 Monday, March 30, 2009 3:45pm-5:15pm**

**How to Play in Prison: The Balance of Intervention and Security**

*Heather Duke, CTRS, Sr. Recreation Therapist, Five Points Correctional Facility*

This session will focus on the current programs within the NY DOCS facilities that currently utilize recreation therapy. How the Office of Mental Health and DOCS coexist in prisons by negotiating and implementing programs that utilize both factions. The majority of the population served in prisons by RT's are the mentally ill. The challenges of programming both those with Axis I diagnosis as well as the inmates with behavior issues and personality disorders (Axis II) will be discussed. Discussion will also focus on the fact that a small percentage of RT's are employed within correctional settings, a bit more than 1% according to NCTRC. Why college curriculums do not discuss the incarcerated as a population in need of recreation and leisure services despite the fact that prisoners have a large amount of unencumbered

time at their disposal, a prejudice that cannot be denied. Successful interventions and programs will be presented. This is a topic that has barely been scratched in terms of the opportunities for employment and as a neglected specialized population in need of RT services.

**Session #25 Monday, March 30, 2009 3:45pm-5:15pm (Program Change)**

**Therapeutic Recreation and Short Term Rehab in LTC- A way to make it work!**

*Robin Gallagher, CTRS, Recreation Therapist, The Episcopal Church Home*

The session is based on ways to include the practice of TR/RT with PT/OT in a group setting on a rehabilitation unit in a LTC facility, including how to develop groups based on PT/OT needs for reimbursement which teach rehabilitation skills and include therapeutic recreation goals. We will discuss possible barriers encountered with these types of groups and possible solutions to working together as a team.

**Session #26 Monday, March 30, 2009 3:45pm-5:15pm**

**An Old Modality Made New - Speedstacking**

*Dr. Susan E. Lynch, CTRS, Longwood University*

The sport of cup stacking originated as a recreational activity offered in settings such as boys' and girls' clubs, after school programs, and community recreation facilities 20 years ago. Come relearn about this activity and how to utilize it in your therapy or community programs as a new "practice or therapeutic intervention."

**Session #27 Monday, March 30, 2009 3:45pm-5:15pm**

**RT and TF-CBT: Compatible and Potent**

*Sharon Rappaport, CTRS, Parsons Child & Family Center*

Participants will be introduced to the basic components and the practice of Trauma-Focused - Cognitive Behavioral Therapy and how recreation therapists can facilitate the process and/or provide this effective model for clients they serve.

**Session #28 Monday, March 30, 2009 3:45pm-5:15pm**

**Therapeutic Recreation and Implementation of the Sanctuary Model**

*Art Servidone, MS, CTRS, CPRP, Director of TR, Parsons Child & Family Center*

This session is an introduction to Sandy Bloom's evidence based Sanctuary Model, and incorporation into Therapeutic Recreation Programming for youth who have experienced trauma.

**Session #29 Tuesday, March 31, 2009 9:00am-10:30am**

**Safe Community Re-Entry: Educating Families of Patients with TBI's**

*Donna Sims, CTRS, Upstate Medical University*

We will look at the format for a family education group meant to help family members of patients with Traumatic Brain Injuries know how to help their loved ones to successfully and safely transition back into the community.

**Session #30 Tuesday, March 31, 2009 9:00am-10:30am**

**Staying Well by Feeling Good-Strengthening Your Immune System Through Healthy Pleasures**

*Joanne Auerbach, CTRS, TR Director, Burke Rehabilitation Hospital*

There is scientific evidence that maintaining a positive attitude fosters health and may even help us to live longer. Optimism is good for the immune system. Feel a cold coming on? Watch a funny movie! Really!

**Session #31 Tuesday, March 31, 2009 9:00am-10:30am**

**Virtual Reality Therapy- Expanding the Boundaries of Therapeutic Recreation**

*Charles Bergen, President, VTree, Inc.*

Therapeutic recreation specialists should give special attention to VR applications in health care settings and proactively examine their possible use in a therapeutic recreation intervention program. This session will enhance recreational therapy practice by equipping professionals, students and educators with innovative program and treatment interventions.

**Session #32 Tuesday, March 31, 2009 9:00am-10:30am**

**NTRS: What's Happening on the National Level**

*Dr. Jerry Jordan, CTRS, President, NTRS, Oklahoma State University*

This session will focus on the activities of the National Therapeutic Recreation Society: Past, Present, and Future. As NTRS undergoes a year of strategic planning, participants will have an opportunity to review the history of NTRS as well as reflect on options for NTRS in the future.

**Session #33 Tuesday, March 31, 2009 9:00am-10:30am**

**The Gift of Life - Creating TR Experiences for a Loved One**

*Loretta Murray, CTRS, Rome Hospital, Senior Behavioral Health Unit*

An in depth look at how family members can use basic TR principles and techniques in order to help family members who suffer some degree of disability or illness maintain and improve their quality of life.

**Session #34 Tuesday, March 31, 2009 10:45am-12:15pm**

**Re-thinking the Way Social Programs Are Conducted in Nursing Homes**

*Sarah Burnett-Wolle, CTRS, Assistant Professor, Utica College*

Recreation providers in nursing homes often try to promote the psychosocial well-being of residents by conducting group programs that include other residents. However, recent research suggests that this approach is unlikely to achieve this goal and may even be counterproductive. During this session, evidence to support this supposition will be discussed and an alternate approach to facilitating the psychosocial well-being of residents will be presented.

**Session #35 Tuesday, March 31, 2009 10:45am-12:15pm**

**The Impact of Web-site Accessibility on the TR Profession**

*Kirstin Impicciatore, CTRS, Assistant Professor and Chair, Utica College*

People with a variety of abilities are finding that lack of internet access, specifically web-site accessibility, inhibits their ability to have equal access to information. This session will discuss a study of the accessibility of TR program websites on college web pages throughout the U.S. The implications of the study on student recruitment and on the people we serve in the field of therapeutic recreation will also be discussed.

**Session #36 Tuesday, March 31, 2009 10:45am-12:15pm**

**Virtual Reality Rehabilitation and Techno Healing**

*Brenda Torres, CTRS, Therapeutic Recreation Manager/Volunteer's Coordinator*

*Randolf Palmaira, PT, MS, MSA, Corporate Director of Rehabilitation Services*

*Center for Nursing and Rehabilitation*

This presentation will be on virtual reality-based therapy, one of the most innovative promising recent developments in rehabilitation technology. Virtual Reality (VR) provides a unique medium suited to the achievement of several requirements for effective rehabilitation intervention. Technohealer will describe how Rehab and Therapeutic Recreation services work together in providing a continuum of restorative care using modified therapeutic recreation programming. Learn ways to capture methods in your therapeutic recreation services, with restorative and rehabilitative language to use in your documentation to maximize your delivery of service all the while assisting the client in their rehab regimen.

**Session #37 Tuesday, March 31, 2009 10:45am-12:15pm**

**TR on the Go!**

*Susan M. Wilson, PhD, CTRS, SUNY Cortland*

Enhanced podcasts have been developed by SUNY-Cortland students that follow the Dattilo Leisure Education Model. These podcasts have been used at various agencies to support "live" leisure education groups and to be used by individuals not able to attend traditional groups. This session will share some of those podcasts as well as discuss ways therapeutic recreation professionals can use this tool in their own agency.

**Session #38 Tuesday, March 31, 2009 10:45am-12:15pm**

**Dealing with Difficult (Oops, Challenging) People**

*Dr. Susan Lynch, CTRS, Longwood University*

If you think you are dealing with a difficult person it will be difficult. If you think you are dealing with a challenge, it can be invigorating. Learn more effective strategies for relating to angry, emotional, or tearful individuals.

**Endnote/Buffer Lunch—Included in all Registration Plans**

**Session #39 Tuesday, March 31, 2009 12:30pm-2:00pm**

**TREE and What We Have Learned**

*Denise Horton, MEd., CTRS, NYSTRA Past President*

This session will focus on Therapeutic Recreation Expansion thru Education (TREE), including what we have learned and what we need to continue doing in order to grow. This session will challenge participants to utilize knowledge gained at this conference to implement change in ourselves and in our profession. The future of the world and of our profession is dependent upon how we can effectively continue the growing process.

## **Conference Information**

<b><u>Registration/CEU Desk Open:</u></b>	Saturday	8:00am-5:00pm
	Sunday	8:00am-5:00pm
	Monday	8:00am-5:00pm
	Tuesday	8:00am-2:30pm

## **Continuing Education Units**

Application has been made to the American Therapeutic Recreation Association (ATRA) for Continuing Education Units (CEUs). Continuing Education Unit (CEU) credit is determined by the length of the presentation. For example, attendance at an hour and a half session will earn .15 CEU. The total of all sessions attended will yield the total CEU awarded for attending the 14<sup>th</sup> Annual NYSTRA Conference. The total CEU awarded will vary by participant according to the number of sessions attended. Please note that there is one double session. A delegate must attend both parts of the double session to earn CEUs. NCTRC does not pre-approve any continuing education. NCTRC has not reviewed or approved of the content of these materials and does not endorse or sponsor any of the activities of NYSTRA.

**There will be a \$10.00 registration fee for CEUs which will be paid with registration prior to the conference.**

Delegates will receive detailed instructions regarding the documentation of CEUs at the conference. However, you must have your CEU sheet with you for each session you are attending for CEU credit. You will be required to sign in at each session. You must TURN IN your CEU sheet BEFORE you leave the conference. You cannot get credits for sessions attended unless you turn in your sheet at the CEU desk.

**An official transcript will be processed and mailed to you within 6-8 weeks following the conference. Transcripts will be kept on file at the ATRA central office.**

**Resources and Agency Exhibits**

The NYSTRA Resource Committee invites you to submit written materials for our Annual Multi-Day Conference. We once again plan on featuring a variety of information/topics related to our profession. Resource materials will be displayed at the conference at no cost. Throughout the conference, a table will be available for your display. Audio/visual equipment will not be provided. However you may bring your own equipment. Please limit amount of resources to 3 boxes. Any facility, agency and/or organization interested in being a part of this networking venue should fill out the form below by **March 6, 2009** and email it to:

**Isabel Kellerman, CTRS**  
**isabelkel@aol.com**  
**(718) 298-7840**

If you are not attending the conference, but would like to submit materials, email Isabel to make arrangements and send materials to the hotel no earlier than March 26, 2009 (earlier shipments are subject to hotel handling fees) to:

**Holiday Inn**  
**(Attention: NYSTRA Conference 3/28-3/31)**  
232 Broadway  
Saratoga Springs, NY 12866

**RESOURCE AND AGENCY EXHIBIT REGISTRATION FORM**

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

**Facility/Organization/Agency:** \_\_\_\_\_

**Contact Person attending Conference:** \_\_\_\_\_

**Telephone# Day:** \_\_\_\_\_ **Evening:** \_\_\_\_\_

**Date of Arrival:** \_\_\_\_\_

**Type of Resource, Description and Materials to be Displayed:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Job/Internship Mart**

To advertise a position or internship, information must be received by **March 1, 2009**.  
Please mail or email the form below to:

**Loretta Murray, CTRS**  
121 West Street  
Whitesboro, NY 13492  
(315) 404-1370  
MissLoretta84@hotmail.com

**EMPLOYMENT OR INTERNSHIP**

**Job/Internship Title:** \_\_\_\_\_

**Setting/Population:** \_\_\_\_\_

**Facility Name:** \_\_\_\_\_

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

**Contact Person:** \_\_\_\_\_ **Phone #:** \_\_\_\_\_

**Position Description:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Position Requirements:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Deadline for Application:** \_\_\_\_\_ **Starting Date:** \_\_\_\_\_

**CTRS Supervisor:** YES \_\_\_\_\_ NO \_\_\_\_\_

**Stipend Available:** YES \_\_\_\_\_ NO \_\_\_\_\_

**Housing Assistance Available:** YES \_\_\_\_\_ NO \_\_\_\_\_

**Salary Range:** \_\_\_\_\_

**~HOTEL INFORMATION AND AMENITIES~**

All of the guestrooms have been updated over the last two years. Standard features include rooms with a king size bed or two double beds, coffeemakers, phone with voice mail and data port, 50 channel cable service on a 25" color television, hairdryers, irons and ironing board, and am/fm clock radios. Fifty of these rooms also have refrigerators and microwaves. Complimentary high speed internet access.

Luxury class accommodations include all of the above plus upscale décor and linens, enlarged baths, two phone lines, in-room safes and VCRs. Choose from king or two queen size beds or king suites with kitchenettes.

**FEATURES**

**Bookmakers Restaurant and Lounge**

Open 7 days a week 6:30am-10:00pm

Serving Breakfast, Lunch and Dinner—Room Service Available

**Pools**

Indoor and outdoor heated swimming pools

Open daily 7:00am-10:00pm

**Exercise Room**

24 hour exercise room with treadmills, Stairmaster, bike and free weights

**Coin Laundry**

Located on first floor

**Services**

24 hour guest fax

Monday through Friday same day dry cleaning

Free on site parking

**Just a short stroll to Canfield Casino in Congress Park, the National Museums of Racing and Dance, downtown Saratoga Springs, and the Thoroughbred Race Track.**

***~Directions~***

**Albany** - Follow signs for I-87 North towards Montreal for 25 miles, Take Exit 13N via ramp to US-9 and Bear right on US-9 heading North for 3.5 miles. Holiday Inn is on the Right.

**Buffalo/Rochester** – I-90 East to Exit 28 (Fultonville/Fonda) and take Rt. 30A North for 6 miles. Turn right on Rt. 29 heading east for 31 miles. Turn right on US-9 and head south for 3 blocks. Holiday Inn is on the Left.

**Massachusetts/Connecticut** – I-90 East to Albany. Follow signs for I-87 North towards Montreal. Continue on I-87 North for 25 miles. Take Exit 13N via ramp to US-9 and Bear right on US-9 and go North for 3.5 miles. Holiday Inn is on the Right.

**Montreal** – I-87 South to Exit 15 and Rt. 50. Take Rt. 50 Southwest for 2.5 Miles. Holiday Inn is on the Left.

**New York City** - I-87 North for 136 miles, Exit I-87 via ramp at sign reading "Exit 24 I-87 N / I-90 E to Albany / Montreal". Follow signs for I-87 North towards Montreal for 25 miles. Take Exit 13N to US-9 heading North for 3.5 miles. Holiday Inn is on the Right.

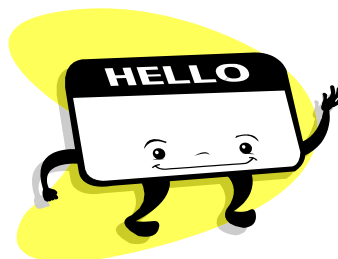


The following forms are available through links on the conference page on the NYSTRA website or click below ([www.NYSTRA.org](http://www.NYSTRA.org))

[Conference Registration Form](#)

[Membership Application Form](#)

[Hotel Reservation Form](#)





# Hospitality Events

**Please see the flyer by clicking below or  
on the NYSTRA website and in your  
conference packet at the conference!**

**[Hospitality Events](#)**



NYS TRA  
P.O. Box 179  
Riverdale Station  
Bronx, New York 10471