



# NYSTRA NEWS

NEW YORK STATE THERAPEUTIC RECREATION ASSOCIATION, INC.

Volume 16

Issue 4

December 2009



## FROM THE PRESIDENT'S DESK

Isabel Kellerman, MS Ed, CTRS



Hi everyone! Hope this finds you all well. As I write this Thanksgiving is less than two weeks away, then Christmas, Chanukah, Kwanzaa, New Years, 2010! Doesn't time fly! I know it does for me. Now is the perfect time to think about how you can help TR and NYSTRA! We've got lots going on and so many opportunities for you to become involved in. In this article I'll give you just an overview of some of the projects we are working on without too much detail as you'll learn more as you read the newsletter.

Before I do that I want to welcome our new board members. Every position has been filled and I want you to know that you have an active, working board. Welcome to our three Student Liaisons from Cortland, Brandi Crowe, Sarah Wryk and Emily Condra. They've already come up with a fantastic Internship Fair for the conference that you won't want to miss. Welcome also to Leslie Hoot who has been appointed to the vacant Legislation/Advocacy position. We are sorry that Ashley Pattishall was unable to continue in this position and wish her all the best. Leslie will be involved in licensure, school outreach and any other legislative issues. Thank you also to Leslie for revising the NYSTRA resources on the website. Leslie brings much experience, dedication and energy to the position and we're very happy she has joined us. Now on to what we're up to!

**Conference-**MaryBeth Pozzuto and Loretta Murray have done it again! They've come up with wonderful, innovative ideas and are hard at work planning our 15<sup>th</sup> annual conference. We hope you'll join us in beautiful Saratoga Springs as we celebrate ourselves, the people we serve and our profession. There are plenty of opportunities for you to be involved so don't hesitate to contact MaryBeth, Loretta or myself.

**Licensure-**We are moving forward! Right now our bill is in both the NYS Senate (bill # S6252) and in the Assembly (bill # A073A). Take a look on the Senate and Assembly websites and see it for yourself. It's amazing how far we've come! Many thanks to Vinnie Bonadies and Linda Dianto for their outstanding leadership and to all the members of the Licensure Committee. Stay tuned for details as to how you can help.

**School Outreach-**Thank you to Deb Silver who is hard at work on the School Outreach program. I know many of you had volunteered to visit schools so please let's keep up the momentum and be in touch with Deb. Her email is [deborahansilver@gmail.com](mailto:deborahansilver@gmail.com). Thank you to Danielle Fish for assisting Deb.

**NYSTRA Website-**We are in the process of redesigning the NYSTRA website to make it more user friendly and easier for people with disabilities to use. You'll hear more in the future.

**The Downstate Conference-**This year was NYSTRA's turn to chair the Downstate and Joanne Auerbach has done a superb job in taking on that challenge. Thank you also to Lorrie Prescott for serving as the NYSTRA liaison to the conference.

**Elections and Awards-**It's time to think about who you'd like to nominate for the open board positions and for our awards. Maybe you have a wonderful volunteer, an innovative program or know someone else who does. Or maybe you'd like to step up and serve on the board. I have to say that I would not replace the friendships I have formed, the connections I have made or the experiences I have had while serving on the NYSTRA board. It is well worth the time you put in. There's plenty more to come-NYSTRA's Strategic Plan for our future, new TR/RT products as requested by membership, workshops upstate, and much more. Thank you to all of our board members and to Noelle Molloy, our Webmaster.

In closing, I have to relay an incident at work that gave me so much pleasure and really brought home why I love my job. Every year I feel I don't do enough to honor our veteran's, but this year we had a wonderful Veteran's Day program. My Administrator, Gerald Hart, who is a veteran spoke of his feelings and pride in having given service to our country. He also encouraged our veteran's to tell their stories and express their feelings, which many of them did. Senator Frank Padavan was our special guest. He was just terrific, shaking our veteran's hands, relating stories of his time in the service. But the best of all was our veterans who spoke and were so appreciative of being honored. What really moved me was one resident in particular who refuses all group programs, rarely speaks and never smiles. Well, let me tell you, he came to the program, smiled and he spoke. It was obvious that honoring him for his service gave him such validation, such feelings of worth. I was so happy when I saw his wife that evening and told her that he'd had such a positive experience. For me, this is why I love my job. What an honor to be able to provide such a meaningful experience for another human being. To be able to touch another person's heart. We really are lucky. Wishing all of you wonderful holidays, good health and happiness. Please feel free to contact me: [isabelkel@aol.com](mailto:isabelkel@aol.com) or 718-298-7840. I'd love to hear from you!

### Inside ...



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## LICENSURE UPDATE

Linda Dianto MS, CTRS  
Vincent Bonadies MS, CTRS

**Come Grow with us...**

**TR licensing in NYS gets closer to the horizon...**

**NOW IS THE TIME!!!**

**Or as Vinnie would say:**

**Excelsior...**

**HOT OFF THE PRESS!!!**

Our TR Licensing Bill has now been launched in both Houses! We recently received sponsorship in the NYS Senate, thanks to Senator Andrew Lanza from Staten Island...

Senate Bill # S-6252...The Bill now sits in the RULES COMMITTEE, chaired by Senator Malcolm Smith from Queens. We need co-sponsors on this Senate Bill...so if anyone knows a State Senator or would like to know one...now it the time to do it!!!

Call he/she up and ask them to co-sponsor the Bill in the Senate and give them the number...if you are not comfortable calling you can always e-mail them and ask for their support or co-sponsorship...Keep following up with them until they agree!

### NYSTRA NEWS

NYSTRA, Inc.  
PO Box 179  
Riverdale Station  
Bronx, NY 10471

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gillian25@hotmail.com



Isabel Kellerman, CTRS, President  
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We also have the Bill in the Assembly sponsored by Assemblyman Rory Lancman /Queens and co-sponsored by Assemblywoman Janel Hyer-Spencer/ Staten Island...

Assembly Bill # A-8073! Use the number when calling or e-mailing your Assemblypersons...Currently Assembly Bill is in Higher Education Committee, chaired by Assemblywoman Deborah Glick/ NYC

### OUR GOALS:

- Secure another sponsor in Senate
- Get the Bill on the agendas in both Committees
- Have them reviewed and approved quickly through Committees
- Have Bill sent to floors of each House and approved
- Secure final vote from the Governor next year, before he leaves office...making our Bill a law in NYS!

### TO DO LIST:

- Start contacting all of your local Senators and Assemblypersons and educating and securing their support for this Bill ASAP
- Secure letters of support from any outside organizations that value your work...e-mail or send them to us and we will forward to proper resources.
- Seek out positive Public Relations opportunities ex. Workshops on TR for other professionals ex. Nursing, OT, PT etc.; educational articles in local papers, journals etc.
- Seek out opportunities to educate other CTRS's and other professional organizations as to why we are doing this and how important it is...
- Please keep us in touch with your contacts through e-mail at [LCDCTRS@aol.com](mailto:LCDCTRS@aol.com) or [VincentB@vcny.org](mailto:VincentB@vcny.org)

As you can see, we as a group have a lot of work to do...

Now is **really** the Time!

Our Committee and State Recreation organizations are working hard to get this Bill passed...this is the future of TR...let's not make it die on the vine!

Now is the time to move forward...

Thanks for your support!

## NYSTRA BOARD 2009-2010

### PRESIDENT

*Isabel Kellerman, CTRS*

[ikellerman@mtnrc.org](mailto:ikellerman@mtnrc.org)

### PROFESSIONAL DEVELOPMENT CLUSTER

#### PRESIDENT ELECT

*Joanne Auerbach, CTRS*

[jauerbac@burke.org](mailto:jauerbac@burke.org)

#### Conference Co-Chair

*Loretta Murray, CTRS*

[missLoretta84@hotmail.com](mailto:missLoretta84@hotmail.com)

#### Conference Co-Chair

*MaryBeth Pozzuto, CTRS*

[pozzuto@nyp.org](mailto:pozzuto@nyp.org)

#### Workshops-Downstate

*Laurie Prescott, CTRS*

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*Heather Duke, CTRS*

[heatheryduke@gmail.com](mailto:heatheryduke@gmail.com)

#### Public Relations Committee

*Deborah Silver, CTRS*

[deborahansilver@gmail.com](mailto:deborahansilver@gmail.com)

#### Legislation/Advocacy

*Leslie Hoot, CTRS*

[lespearl8@yahoo.com](mailto:lespearl8@yahoo.com)

### BOARD MEETINGS

Meetings are held from 11:00 am to 3:00 pm.

Please contact Isabel Kellerman at:

[ikellerm@mtnrc.org](mailto:ikellerm@mtnrc.org) for meeting dates & details.

### Student Liaisons

*Brandi Crowe*

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*Emily Condra*

[emily.condra@cortland.edu](mailto:emily.condra@cortland.edu)

*Sarah Wryk*

[sarah.wryk@cortland.edu](mailto:sarah.wryk@cortland.edu)

### INFORMATION MANAGEMENT CLUSTER

#### SECRETARY

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#### Newsletter

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### FINANCE CLUSTER

#### TREASURER

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#### Fundraising

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#### Membership

*Tameka S. Battle, CTRS*

[tbattle@fourseasonsnh.com](mailto:tbattle@fourseasonsnh.com)

### PROFESSIONAL RECOGNITION CLUSTER

#### PAST PRESIDENT

*Kirstin F. Impicciatore, MS Ed, CTRS*

[kimpicc@utica.edu](mailto:kimpicc@utica.edu)

## MEMBERSHIP

*Tameka Battle, CTRS*

Dear NYSTRA Members:

NYSTRA is continuing to work hard preparing for our 15<sup>th</sup> Annual Conference-"Honoring Our Past...Building Our Future" and we want to make sure that all correspondence is accurately delivered to our members. Please make sure that you update any changes to NYSTRA by visiting [www.NYSTRASRA.org](http://www.NYSTRASRA.org). On NYSTRA's website, you can also view NYSTRA's newsletter and any updated conference information. We also look forward to seeing you at the 15th Annual Downstate Recreation Conference on Wednesday, November 18, 2009 at the Westchester County Center in White Plains, NY.

We ask that you please encourage your fellow colleagues and/or supporters of TR to become NYSTRA members. Also, don't forget to visit us on Facebook, where you can get connected with your fellow colleagues, view pictures and post messages. As a friendly reminder, there is an application processing time of 4-6 weeks, so you might inadvertently receive a renewal notice for membership that may have already been paid. Please disregard this notice if you have already sent in payment. Thank you!

NYSTRA would like to thank the following for either joining NYSTRA or renewing their membership from August - October 2009.

• Rebecca Atwell, CTRS-Professional	• Louise Washington, CTRS- Profes-	• Joan Brickman, CTRS
• Judy Bereson, CTRS-Retired	• sional	• Mary Carver, Student
• Kathleen Burleson, CTRS-	• Danielle Westbrook, CTRS- Profes-	• Dom D'Achille, CTRS
• Professional	• sional	• Sebastian Debidin, Associate
• Ann Cartwright, CTRS-Professional	• Yiung Oh, CTRS- Professional	• Michelle Eason, CTRS
• Majorie Cohen, CTRS- Professional	• Joanne Auerbach, CTRS- Professional	• William Girvan, CTRS
• Mimi Fierle, CTRS- Professional	• Allan Benezra, CTRS- Professional	• Devona Johnson, Organization
• Fred Greenblatt, CTRS- Retired	• Donna Carey, CTRS- Professional	• Kathie Dawkins, Organization
• Katherine Hollay, CTRS- Professional	• Jennifer Dasch, CTRS- Professional	• Janet Oliverei, Organization
• Leslie Hoot-Zippilli, CTRS- Profes-	• Janis Faraone, Associate	• Maria Ordonez, Organization
• sional	• Sharon Fulfroost, CTRS-Professional	• Frances Tejada, Organization
• Dr. Gail Levine, CTRS- Professional	• Elena Geonie, CTRS- Professional	• Kathleen Mirrione, CTRS
• Maryellen Trodden, CTRS- Profes-	• Linda Grosso, CTRS- Professional	• Linda Newby, CTRS
• sional	• Elizabeth Gardner-Cuer, CTRS	• Heather Reynolds, CTRS
• Gail Weinstein, CTRS- Professional	• Matt Gold, CTRS	• Myra Roman, CTRS
• Hank Riegel, CTRS- Professional	• Karin Harris, CTRS	• Mary Ellen Rury, CTRS
• Lori Lambalot, Associate	• Jean Hesler, CTRS	• Vanessa Smith, CTRS
• Suzette McFarland- Lennard, CTRS-	• Susan Lett, CTRS	• Judith Weiss, CTRS
• Professional	• Vincent LoRe, CTRS	• Sanya Williams, CTRS
• Theresa Morale, Associate	• Robin Gallagher, CTRS	• Green Chimneys, Organization
• Marvelyn Rivera, CTRS- Professional	• Vincent Bonadies, CTRS	

**MEMBER NEWS**

*Welcome*



**NYSTRA welcomes the newest members of the NYSTRA Board...**

**Brandi Crowe, Sarah Wryk, Emily Condra & Leslie Hoot**

**A message from Leslie . . .**

I just wanted to take a brief opportunity to introduce myself, Leslie Hoot, M.P.A., C.T.R.S., as the newly appointed Legislation/Advocacy Representative serving on NYSTRA's Board. While I am learning about my role, I encourage all members to e-mail me any suggestions or current issues around Legislation and Advocacy as it pertains to Therapeutic Recreation to my e-mail address: [lespearl8@yahoo.com](mailto:lespearl8@yahoo.com). I am very grateful and excited for this opportunity to serve on NYSTRA's Board and to hear from NYSTRA's members. Thank you.

**ADDRESS, NAME or E-MAIL CHANGED?**

Former Name _____	New Name _____
Former Address _____	New Address _____
_____	_____
Former Telephone _____	New Telephone _____
Former E-Mail _____	New E-Mail _____

Please email to: **Tameka S. Battle, CTRS** at [tbattle@fourseasonsnh.com](mailto:tbattle@fourseasonsnh.com)

**WHO'S WHO IN NYSTRA?**

Hello Members! Isn't it nice to share exciting news with your friends and colleagues from NYSTRA? Well, why wait until the annual conference each year? Announce your news in NYSTRA's newsletter for everyone to enjoy. It will be fun for everyone to read and will also help us to get to know one another. So please inform NYSTRA about your recent promotion, engagement, birth, child's graduation/achievements or any other exciting information that you wish to share! Email the information to [gillian25@hotmail.com](mailto:gillian25@hotmail.com).

\* Notices must be received by the 5th of the month BEFORE the newsletter publication month, (see "NYSTRA NEWS DEADLINES" for exact dates).

\* To include a photo, simply attach it to your email.

I would like to share the following news with my fellow NYSTRA members:

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

Phone Number: \_\_\_\_\_

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

Announcement: \_\_\_\_\_

**MEMBER CLASSIFICATIONS**

**Professional Member:** A practitioner holding a current credential as a Certified Therapeutic Recreation Specialist TM (CTRS®), as granted by NCTRC®. A copy of current certification card or certificate must accompany membership application or renewal.

**Associate Member:** A practitioner not currently certified as a CTRS; or a person not practicing, but wishing to support the profession.

**Provisional Professional:** Open to past student member of NYSTRA for one year after graduation from a full time Therapeutic Recreation, Recreation Education or a Leisure Services curriculum. The additional year will begin at the current expiration date of the year graduated. Proof of graduation in the form of a transcript, diploma or letter from college must be submitted.

**Student Member:** A person enrolled in a full-time Therapeutic Recreation, Recreation or Leisure Services curriculum. Proof of full-time student status, either through a transcript or letter from college advisor must accompany membership or renewal application.

**Retired Member:** An active member of NYSTRA for at least 3 years whose full time employment in Therapeutic Recreation, Recreation or Leisure Services has been terminated by retirement. \*Please note that if you are retired but still certified as a CTRS, you must maintain professional membership status if you wish to take part in NYSTRA elections.

**Organizational Member:** Open to any organization or agency interested in supporting the Therapeutic Recreation profession. \*This does not include individual memberships. It does include the right for the organization to pre-register up to 5 people who will be allowed to attend conferences/workshops at the member rate.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**NYSTRA MEMBERSHIP LABEL REQUEST FORM**

Requested by: \_\_\_\_\_

Date requested: \_\_\_\_\_

Purpose of request: \_\_\_\_\_

Which member category/region:

Professional \_\_\_\_\_

Student \_\_\_\_\_

Organizational \_\_\_\_\_

Associate \_\_\_\_\_

Region \_\_\_\_\_

All \_\_\_\_\_

Date labels needed by: \_\_\_\_\_

Contact number: \_\_\_\_\_

Address of receiver: \_\_\_\_\_

E-mail address: \_\_\_\_\_

**Please email the request form to Tameka Battle at [tbattle@fourseasonsnh.com](mailto:tbattle@fourseasonsnh.com)**

**A copy of your proposed mailing, for which these labels will be used, must be included with this request.**



*New York State  
Therapeutic Recreation Association, Inc.*

**MEMBERSHIP APPLICATION**  
(please print)

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

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

Phone: (        ) \_\_\_\_\_

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

Employer/School: \_\_\_\_\_

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

Work Phone: (        ) \_\_\_\_\_

Population: \_\_\_\_\_

Certification: CTRS \_\_\_\_\_ Other \_\_\_\_\_

Please send correspondence to: home \_\_\_\_\_ work/school \_\_\_\_\_

**MEMBERSHIP FEES\***  
(please select one)

	<u>1-year</u>	<u>2-years</u>
Professional	\$ 55.00 _____	\$100.00 _____
Associate	\$ 50.00 _____	\$ 90.00 _____
Provisional Professional	\$ 30.00 _____	N/A _____
Student	\$ 30.00 _____	\$ 50.00 _____
Retired	\$ 25.00 _____	\$ 40.00 _____
Organizational	\$125.00 _____	\$240.00 _____

Additional Contribution \$ \_\_\_\_\_

Please send check or money order to:

**NYSTRA**  
 PO Box 179  
 Riverdale Station  
 Bronx, NY 10471  
 (please allow 6-8 weeks for payment to be processed)

\*If membership dues create a hardship, please contact the NYSTRA Membership Chairperson at the above address.

\_\_\_\_\_ Please check only if you DO NOT want your information shared with other organizations

\_\_\_\_\_ Please check only if you DO NOT want your information shared with other NYSTRA members

FOR NYSTRA USE ONLY

DJ \_\_\_\_\_ DR \_\_\_\_\_ DE \_\_\_\_\_

## INTERNSHIP FAIR

*Brandi Crowe, Student at Cortland*

### **Are you a student studying TR? Looking for an internship site in New York State, but not sure where to start or who to talk to?**

As many students studying Therapeutic Recreation are drawing closer to the completion of their coursework and looking forward to graduation, many are excitedly searching for an internship that meets both their personal interests and goals, and also aligns with their College or University's criteria and expectations for what constitutes an appropriate internship site.

In an effort to provide students an opportunity to meet with various professionals and potential internship sites across New York State, we invite you to participate in the internship fair being held at NYSTRA's 15<sup>th</sup> Annual Conference in Saratoga Springs, March 2010.

A minimum of twenty-five organizations and professionals will be present and eager to speak with students interested in learning more about prospective internship sites, as well as the overall process of selecting and applying for an internship position. Students are encouraged to create a resume or personal portfolio, so they may pass along their information to the professionals and internship sites that most interest them.

We hope that you will consider joining us, as you will have a chance to obtain valuable information and receive answers to any questions you have about the internship process. It is an event you do not want to miss, as it will be a great opportunity for networking and becoming well acquainted with Therapeutic Recreation professionals from all over New York State!

If you have any questions or would like to request more information about the internship fair, please contact us via phone at (607) 753-4832 or email [brandi.crowe@cortland.edu](mailto:brandi.crowe@cortland.edu). We hope to see you there!

## NYS IRRC LAUNCHES INCLUSIVITY DATABASE

*Laurie Penney McGee, CTRS*

After much anticipation, the NYS IRRC is very excited to announce that the Inclusivity Assessment online database

has officially gone LIVE! With over 250 recreation inclusivity assessments entered from across the state, the database provides accurate and descriptive information about recreation places and spaces so that people with disabilities, together with their family and friends, can better plan their recreation.

### **Accessing the database:**

You can begin using the database by visiting our website at [www.nysirrc.org](http://www.nysirrc.org) and clicking on the map of NY or the "Find Recreation" link. Once there, you will find that recreation facilities are categorized according to the I Love NY regions. To learn which sites have been assessed in your area, simply click on the map and a list of all the assessed sites will appear. If you are unsure of what region a recreation site is located in, you can use the search engine to determine whether or not it has been assessed. You can also use the search feature to further explore the database by typing in the name of a town or a specific recreation or leisure activity.

### **What you'll find:**

When you click on the name of a recreation facility you would like to learn more about, you will find information about physical accessibility as well as information about social inclusion, including adaptive equipment, staff training, and the policies and practices of the site's facility and staff. Additionally, a summary of the services, programs and types of activities offered available is provided, along with contact information and travel directions.

### **How you can help:**

The NYS Inclusive Recreation Resource Center continues to work on making the database as informative and user-friendly as possible. Soon we will be conducting a survey of the website and database, and we welcome and appreciate any feedback or suggestions from you on how to improve the site. Please feel free to visit the website and database and let us know what you think. Please send any suggestions, comments or questions regarding the website or database via email to [Inclusiv-erec@cortland.edu](mailto:Inclusiv-erec@cortland.edu) or call Project Coordinator Laurie Penney McGee at (607) 753-4833. We look forward to hearing from you!! [www.nysirrc.org](http://www.nysirrc.org)



## AFTER THE CONFERENCE: Strategies for Making the Most of a Learning Experience

Joanne Auerbach, CTRS

Attending a workshop, one-day conference, or multi-day event is a stimulating experience. You've attended interesting sessions, taken notes, collected handouts, thought about things in a new way, been inspired, met new people, renewed connections friends and colleagues you don't see very often. You leave feeling pumped.

Then what?

All too often, handouts and notes languish in a folder, those calls and emails you planned to make don't get done, the ideas you planned to incorporate into your work setting fade, and you find yourself wondering when you find someone's business card several weeks later, "Who is this person?" This has happened to just about all of us. The day-to-day responsibilities of work overwhelm the sense of renewal. With diligence, however, investing just a little extra time can help you maximize the benefit from the money and time you have invested.

Here are some tips:

Review notes and handouts from each session. Ask yourself the question, "Is this information something that I want to incorporate into my professional practice in the near future?" If so, write down your thoughts about how to go about this. Share your ideas with your supervisor, your colleagues, your staff. Set some goals and a time line. You are a TR—you are good at that!

Perhaps some sessions, had good information, but will not necessarily be incorporated into direct practice—but may be important for professional growth and knowledge. If so, consider making a copy of handouts to circulate in your department, or even prepare a departmental inservice.

There may be a session or two that did not speak to you at all. Pass on the info to someone who might be able to use it—or file it in the recycling bin.

Speaking of filing, be sure to store, by subject, all the handouts that seem even remotely worthwhile, for future

reference. Take it from me, a year from now, you may be very happy to know where to find that information.

Are you fortunate enough to be reimbursed for at least some of your conference expenses? If so, be sure to take care of the paper work promptly. If not, be sure to keep records for your taxes. Conferences are a business expense.

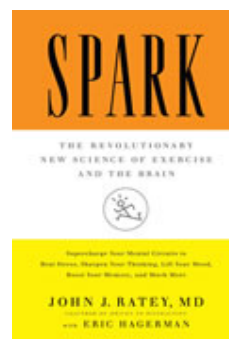
While at the conference, did you say you would send information to someone? Advocate for a cause? Take on a task or project for the good of the profession? Well did you? Do it!

Oh, yes, and don't forget to file you CEU form! When it comes time to renew your certification, the process can be very smooth if you have everything together in one place.

## NYSTRA Book Chat is Back – “Spark!”

Dr. Lynn Anderson, CTRS, CPRP

Each year at the NYSTRA Annual Conference, faculty members from SUNY Cortland have facilitated a coffee house-style book chat on a carefully selected, thought-provoking book relevant to therapeutic recreation practice. The NYSTRA Book Chat has come to be a cherished event where busy, harried therapeutic recreation specialists can find the time and space to have a substantive, meaningful, reflective, and affirming dialogue about an intellectually stimulating book that helps us improve our practice and ourselves. Back by popular demand, this year we hope to again offer a time to gather and chat about a book that is exciting, scientifically grounded, and full of strategies that you can use to improve your therapeutic recreation practice. Dr. Lynn Anderson, CTRS, Dr. Vicki Wilkins, Laurie Penney McGee, CTRS, and Brandi Crowe, CTRS, hope to gather with you to chat about a new bestseller, *Spark: The Revolutionary New Science of Exercise and the Brain* by Dr. John Ratey of Harvard University.



*Spark* is written by a leading neuroscientist, Dr. Ratey, who provides us with study after study on how exercise

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and physical activity can change people's lives. Physical activity can impact our ability to learn (Dr. Ratey calls the chemicals produced in the brain during physical activity "Miracle Gro" for our gray matter!), to think, to feel happy, to pay attention, to stop deterioration or even prevent Alzheimer's, to relax, and more. The book integrates neuroscience (the study of the brain) with psychology (the study of the mind), allowing us to see how the physical changes in brain structure from physical activity affect how we think, feel, learn, and behave. If you need any convincing that physical activity should be a part of your therapeutic recreation practice, this book will make you a believer!

You can order or purchase *Spark!* from any bookseller. It is available in hardcover, on audio CD, as a Kindle edition, and as an audio download. At the end of December, it will be available in paperback. Get the book, start reading, and we hope to find the time and space at the NYSTRA 2010 Conference to reflect on the book and how we can integrate what we learn into our therapeutic recreation practice. Remember, only those who have read the book can attend the book chat (with book in hand). We hope you enjoy your reading, and take a lot of notes to share during the chat in the spring!

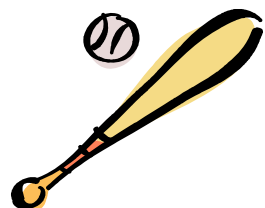


## 15th ANNUAL CONFERENCE

MaryBeth Pozzuto, CTRS

Hello NYSTRA Membership!

It's November 5th, the Yankees just won the World Series in their new ballpark and all is good in New York!!! As you may have guessed, I'm an avid Yankee Fan! Just



like my beloved team, I believe that **Vision, Teamwork, Focus, and Determination** are what make any goal a success.

This holds true for our upcoming 15<sup>th</sup> Annual NYSTRA conference. Loretta and I had a **vision** at the end of last year's conference. It's reflected in our theme: **Honoring Our Past, Building Our Future!** We wanted to honor those who paved the way for us in the organization while also focusing on where we're going from here. We didn't come up with this theme

ourselves. We depended on **teamwork**. Many board members took an active role in *throwing out* creative ideas, and our first board meeting in June was filled with enthusiasm for 2010.

That *started* the ball rolling, and just like my favorite team, we put our **Focus** on what needed to get done to reach our goal. People *stepped up to the plate* to volunteer for committees, collaborated with fellow *teammates* from many areas of the state, reached out to others for new ideas, and here we are today, at the mid-way point heading to *home plate*.

We are **determined** to make this a memorable conference for all. That being said, here is a taste of *our lineup* and some *highlights* you can expect.

### Our Lineup:

Jim Cain: Teamwork & TeamPlay

Kristy Everette: HeartMath: Technology for Reducing Stress

Tameka Battle: Healthcare Reform and TR

Vincent Bonadies: Healing Rhythms: A Biofeedback Program

Lorrie Prescott: TR Documentation in the 21<sup>st</sup> Century

Miriam Levy: TR: The Heart of Culture Change

Robin Knustler: Evaluating Your TR Leadership

Karen Nash: Managing Your Time

Jim Cain: Play with a Purpose

Heather Duke: A Mime is a Terrible Thing to Waste

And many more.....

### Highlights:

Special Dinner for NYSTRA 1<sup>st</sup> Executive Board

Sunday Awards Banquet

Half Day Pre-conference Institutes

Collaboration with NYSRPS on Full-Day Institute

Zumba with Karen Nash

Yoga with Vinnie Bonadies

Drumming Circle

Monday Late Night Hospitality Event (9pm-11pm)

Student Internship Fair

Resource Room

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\$50.01 - \$60.00	\$9.00			<b>GRAND TOTAL</b>	\$
\$60.01 & over	\$10.00				\$

## UPCOMING EVENTS

### 15th Annual NYSTRA Conference

March 20-23, 2010

Holiday Inn,

Saratoga Springs, NY

### ATRA Mid-Year Conference

February 20-23, 2010

Biloxi, MS

### NYSTRA NEWS DEADLINES

Spring Issue (March)	February 5, 2009
Summer Issue (June)	May 5, 2009
Fall Issue (September)	August 5, 2009
Winter Issue (December)	November 5, 2009

Please share your news with us! If you wish to contribute to NYSTRA News, please submit articles/information to the editor before the deadlines listed above! Thank you!

## NYSTRA NEWS



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