

TRAAC NEWS

Therapeutic Recreation Association Of Atlantic Canada

Fall 2010

Message from the President:

Hello TRAAC Members,

This edition of TRAAC News includes a few new areas of development and exploration for TR professionals across Atlantic Canada. As we continue to collaborate and share our ideas, expertise and accomplishments there has been discussion amongst the Board of Directors, the membership and TR professionals in Atlantic Canada about the possibility of Chapter Development. The development of Chapters has been discussed previously and the request has officially come in from TR professionals in Atlantic Canada to investigate and initiate the distribution of information about possible options. You will find this newsletter includes a starter document that introduces the idea of chapters. Please take the time to review and provide any thoughts around the concept of chapter development.

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The status of licensure remains in the hands of the government. All documents have been submitted and we await a response and a meeting with the Minister of Health. As new details arise we will ensure that you, the members, remain informed.

The members of the Board have been busy ensuring that the strategic directions are achieved. Some of the work that has been completed or is underway includes:

- The new website is being developed and you will be informed of the launch date as it approaches.
- The launch of a survey to the membership to help guide the strategic directions.

Message from the President (continued):

- The logo design has been initiated and we invite you the members to identify which logo you feel is representative of who we are as TRAAC.
- CTRA 2012 planning is continuing and information/promotion will be unveiled at the CTRA 2011 Conference in Whistler, BC.
- Promotional material is being designed and developed for use by TRAAC and its members.

I want to extend a thank you to the members of the Board of Directors, who have assumed the various duties of the Secretary position that remains vacant. Thank you!

If there is a member who is interested in assuming the duties of Secretary please express your interest to me via email; BakerHF@cdha.nshealth.ca

Let's continue making TRAAC's together,

Heather Baker, CTRS
TRAAC President 2010-11
Recreation Therapist
Dartmouth General Hospital

TRAAC Survey

Congratulations to the winner of our survey draw for a \$50.00 Visa Gift Certificate! In honour of keeping the privacy of those who completed the survey the name of the member will be kept private as well. We want to extend a big **THANK YOU** to those Professional and Supporting Members that provided feedback in our membership survey during the month of October. We had a great response to date and an extension until **November 15th** has been provided for any members who wish to further comment. An email was sent providing a link to the online survey. If you didn't receive the survey, please contact Dana Mills at membershiptraac@yahoo.ca. Students, your chance to answer the survey will be coming soon during the month of November. We rolled out the survey in this format to control the workload for this project. The results and goals will be shared in our next newsletter. Stay tuned!!



TRAAC is getting a New Look!

Over the past few years there has been a lot of discussion focusing on updating the look of TRAAC. This re-branding has been discussed in regards to both our website (www.traac.ca) and our logo. The Communications and Promotions committees are excited to share that both processes to revamp our look have begun!

Logo:

After consulting with a few graphic design artists, the TRAAC Board of Directors voted to work with Claire MacKenzie, a local free lance graphic design artist and painter. To begin this process, Claire reviewed other logos of similar and allied organizations, our current logo and a draft logo created last year. Following that, Claire asked the Board of Directors for words that described what we wanted the logo to represent visually. This was not an easy task. Ask anyone working in the field of TR to describe or present images that represent "therapeutic recreation" or "TRAAC" and chances are you will receive either a plethora of responses or blank stares. Let's face it. Sometimes it can be difficult to represent both visually and verbally the diversity that exists within our field. Sometimes this is exciting, but other times it can be frustrating. In the end, we stepped up to Claire's challenge to provide her with words that represent the feelings, attitudes, ideas, symbols and imagery we thought might be a good fit. Some of the responses were: Excitement, Inclusive, Simple, Playful, Wellness, Progression, Momentum, Movement, Connection, Healthy Lifestyle, Continuum, Links, Wave, Water & Atlantic Canada. After these initial conversations, Claire presented us with four excellent options. The board then narrowed these options down to two. After some revisions, Claire presented the board with two colour schemes for each logo. As you will see, both of the logo options incorporate waves, although in options 1 and 2 they are more abstract. All four represent the momentum, movement and playfulness we were hoping a new logo would represent. Please find samples of the final four logos below and read on to see how you can help us choose the best logo to represent TRAAC!

Logo #1:



Logo #2:



Logo #3:



Logo #4:



TRAAC is getting a New Look!

This is where you come in. The decision for a new TRAAC logo should come from the entire membership, not just the Board of Directors. So how do you vote? It's easy! We are asking that you complete a doodle poll and rank the choices from your favourite to least favourite. Your first choice will receive 4 points, second 3 points, third 2 points and fourth (and final) choice 1 point. The logo with the most points will be selected as our logo. Additional revisions can be made to the final logo selected if necessary.

To vote on the image you would like to represent TRAAC go to the following link:
<http://www.surveymonkey.com/s/HLLFMBJ>

Can't open it? Want to see the images in higher quality? Not sure what to do? E-mail Stephanie at Stephanie.Wood@dal.ca

Voting ends **Wednesday November 17th** at 11:59 AST!

To learn more about Claire MacKenzie and to view some of her work, visit her website at www.claireastra.com/

Website:

As we all know technology and websites all over the internet are continuously changing and updating their look. It's time that TRAAC's website follows suit with a complete website re-design and a fresh new look! We're currently in the design process and are working with a new website development company based out of New Brunswick called Woodlawn Technologies. They have developed some great websites recently including a new website for Recreation New Brunswick (<http://www.recreationnb.ca/>).

While we wait for the design process to conclude, we're excited to tell you about some new features that will be included on TRAAC's website! These include the much anticipated and talked about "Member's Only" section which will be accessible through username and password. Within the "Member's Only" section will be a discussion forum where we can collaborate, exchange ideas and help each other problem solve through situations we may be experiencing.

So, keep an eye on your email inbox for information regarding the launch of our new website and further news about TRAAC's new logo!

Lynette Stevens
Communications Chair

Stephanie Wood
Promotions Chair

Save the Date!!

**Start Planning for the Association's
Annual Conference
&
General Meeting**

'TRAAC'ing New Directions

May 4 – 6, 2011

**Call for Presentations
coming soon!!**

Those Making TRAAC's!

It's exciting to see the field of therapeutic recreation expanding and growing! But at the same time it becomes increasingly difficult to know the great work that is being accomplished by our colleagues. In an effort to alleviate this we are looking to you, our members for help! We want to be able to highlight our fellow TR colleagues' successes. Have you or a colleague won an award, published an article, completed some research, etc? If so, we want to acknowledge this accomplishment! Please email Lynette Stevens, Communications Chair at lstevens@shannex.com with further information!

We'd like to recognize the following colleagues on their recent accomplishments:

Andrew Ritcey received Dalhousie's Exemplary Service Award at the Spring Convocation Brunch on May 31st, 2010. This award is presented in recognition of sustained, significant and positive contribution made by an individual who is not a member of the School's staff or faculty. The successful recipient of this award will have demonstrated exceptional performance in at least one of the categories listed below. The individual's contribution will have been of a sustained nature, and will have occurred during a time when the individual was not a member of the School's FTE complement.

- Contribution to undergraduate or graduate teaching
- Curriculum development
- Supervision of undergraduate or graduate student research
- Supervision of undergraduate or graduate student practica
- Service on School committees
- Fundraising
- Alumni relations
- Care and maintenance of facilities, equipment and infrastructure

Andrea Waters received Dalhousie's Charles Ballem Award at the Spring Convocation Brunch on May 31st, 2010. This award is presented annually to a graduate of the Bachelor of Science (Recreation) program. The successful candidate for this award must have demonstrated exemplary leadership in the recreation/leisure profession. This might be demonstrated by leadership in a professional organization, through research/graduate work, through major and innovative approaches/accomplishments in programming in a recreation environment. Congrats Andrea!

Angela MacDougall and **Kristine Webber** worked on the CHEERS project at Capital District Health Authority. The program focuses on helping employees live a healthy lifestyle both at work and at home through various initiatives. During CDHA's Quality Week 2010 they entered a poster about the program and it was awarded as one of the top ten posters! Congrats Angela and Kristine on all of your hard work to make the CHEERS program a success!

TRAAC Chapter Development

TRAAC has recently received inquiries about the possibility of developing chapters under TRAAC. In light of this request we have investigated to see what this could potentially look like and developed the below document with more information for our members. Do you have other questions about potential chapter development under TRAAC? If so, please contact Dana Mills, Membership Coordinator at membertraac@yahoo.ca for further information.

What is a chapter?

A “chapter” is a local branch of an overarching organization. Members of chapters are first and foremost members of the overarching organization. The philosophy, vision, mission and goals of the chapter are the same as the overarching organization.

What is the function of a chapter within an organization?

There are many possible functions for a chapter. Initially, the chapter’s primary function would be to establish a goal and set of objectives that align with the philosophy, vision, mission and goals of the overarching organization, while focusing on the local needs of the chapter.

In general a chapter -

- helps achieve the goals of the association
- provides links among professionals, students and supporting members within their geographical area/community and to the larger membership
- provides public relations and service links to the geographical area/community
- provides members with the opportunity to act as ambassadors and advocates for their particular organization

Chapters may choose to work from these points and select events/activities to fulfill these objectives. Chapters will also want to look for unique, timely and interesting activities which will capture the attention of the members of the chapter and the association.

TRAAC Chapter Development (continued)

What could be the benefits of a chapter?

Many possible benefits exist to the chapter format. Examples include:

- Efficient use of resources – In areas with fewer practitioners or larger geographical territories, there can be challenges. In a chapter format much of the administrative work is taken care of by the overarching association's board of directors, thus giving the chapter more time to take on the local needs of the area they serve.
- Local and broad networking occasions with professional peers both within the chapter and within the overarching organization
- Local chapter specific resources
- Best practice sharing with local peers
- Local professional development programs
- Leadership opportunities
- Promote a standard level of performance for the profession
- Communicate employment or student placement opportunities within the profession
- Access to existing association resources in development or that have been developed

What considerations are needed for chapter development?

Currently, the Therapeutic Recreation Association of Atlantic Canada (TRAAC) has no by-laws which enable or prohibit the creation of chapters. The following areas would need to be discussed and policies/procedures would need to be reviewed, developed or revised in the following areas:

- Association organization and working structures (i.e. membership, minimum chapter requirements and structure, board structure and committees)
- Duties of chapter officers (i.e. Chair, Secretary/Treasurer and Committee Leads)
- Financial Policies/Procedures
- Bylaws
- Rules of Order for meetings
- Logo/Promotional Policies
- Confidentiality and Privacy Policies
- Calendar of Tasks/Meetings
- Event Planning Process/Policies

TRAAC Chapter Development (continued)

For example: A chapter could require three members who live in a the same geographical area of Atlantic Canada. This could be as large as a province (e.g. Newfoundland and Labrador Chapter or New Brunswick Chapter) or perhaps smaller such as a health district (e.g. Capital Health District Chapter) or territorial district (e.g. Cape Breton Chapter). Within the chapter, positions would be assigned (e.g. Chair, Secretary/Treasurer and Committee Leads.) The overarching TRAAC board of directors would require regional representation from each of its chapters (e.g. a joint member at large position). The goals of the chapter would still coincide with those of TRAAC which is to help promote excellence in therapeutic recreation through advocacy, resource development and continuing education.

Additional Resources

For more information on TRAAC please see the following documents:

- Membership Related Documents (i.e. 2011-2012 Membership Criteria and Joint Membership Agreement with Canadian Therapeutic Recreation Association)
- Association Information (visit www.traac.ca for our history, mission statement, vision, goals/objectives, and philosophical statement)
- Association Organization/Structure Documents (i.e. Code of Ethics, Standards or Practice, Bylaws, and Governing Policies)

Request for Volunteers

Are you interested in volunteering on a TRAAC committee? If so, please contact the following Board Member for more information on your committee of interest!

Promotions Committee – Stephanie Wood Stephanie.Wood@dal.ca

Communications Committee – Lynette Stevens lstevens@shannex.com

Advocacy Committee – Janet Crealock Janet.Crealock@horizonnb.ca

Education Committee – Crystal Watson Watson.Crystal@gmail.com

TR Practitioner Spotlight with Rhonda Booth

1. What do you do in your leisure time?

I go to the gym, pet my cat, read fiction novels, and enjoy listening to the blues, paddle around in our canoe, spend time at our cottage, travel near and far, play scrabble and cook, spending time with friends and family. I love creating sand sculptures and I love to fly kites.



2. Could you elaborate on your brain injury outreach program and update us on the progress?

The Outreach program started accepting clients in January of 2010. Each and every case has been different. The strengths of the clients, family and friends change from one person to the next, as do the issues and needs. The learning curve has been very steep, but I am fortunate to be surrounded by some wonderful colleagues and coworkers.

3. What is your favourite part of the TR process?

I love the hands on involvement... the doing.....the immediacy of the moment.

4. What is your favourite/least favourite program to facilitate? Why?

I find the documentation piece tough. I think it is because although incredibly important; I find it very difficult to capture the experience in words.

5. What is the best part about your job?

Our service is in place for a very short period of time so we are very focused on the goals of the client, in providing a service that they believe has made a difference to them. It is an issue specific service. We use Goal Attainment Scaling which is a wonderful way to capture the client's goals and measure outcomes that are practical.

6. If I could have any other job it would be.....

I really like this one, but if I had to choose a different one – then it would be travelling the world and writing those guide books.

TR Practitioner Spotlight with Rhonda Booth

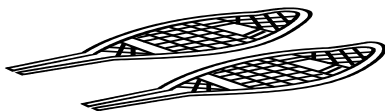
7. Favourite book/TV show/music?

My favourite book is “The Prodigal Summer” by Barbara Kingsolver, my favourite TV show this week is Come Dine with Me and my favourite music is anything by the Rolling Stones, but especially their bluesy tunes. Oh and lately I’ve been listening to Taj Mahal.



8. Something I have always wanted to do, but have not had the opportunity to yet....

This is a tough question. There are a thousand things I’d love to try and I’m sure that the next thing I try is bound to be my favourite. I’d like to try snowshoeing this winter.



9. My best leisure memory is.....

I experienced – flow, once, when I was at a sparring match in my kick boxing Club. It was a truly amazing moment and I’ll never forget the feeling. Every year I go to the Clam Harbour Sand Sculpture Contest with some very good friends of mine, we spend the entire day playing in the sand and creating our work of art. It is right up there in terms of my best leisure moments.



10. Favourite quote.....

“Where my attention goes, so my energy flows”
I don’t know who said it, but I like it a lot and try to use it as a personal guide.

Board of Directors

2010 – 2011

President

Heather Baker
Recreation Therapist, CDHA
HeatherF.Baker@cdha.nshealth.ca

Vice President

Jacqueline Cook
Recreation Therapist, CDHA
JacquelineD.Cook@cdha.nshealth.ca

Treasurer

Jennifer Kirby
Recreation/Volunteer Coordinator,
Shannex
Jkirby@shannex.com

Secretary

Currently Vacant

Membership Coordinator

Dana Mills
Recreation Therapist, IWK
membershiptraac@yahoo.ca

Member at Large

Charlotte Stevens
Recreation Therapist, Yarmouth Regional
Hospital
Stevens.Charlotte@hotmail.com

Advocacy Chair

Janet Crealock
Recreation Therapist, Horizon NB –
Veteran's Health Unit
Janet.Crealock@horizonnb.ca

Communications Chair

Lynette Stevens
Recreation Therapist, Shannex
lstevens@shannex.com

Education Chair

Crystal Watson
Faculty, NSCC (Human Services)
Watson.Crystal@gmail.com

Promotions Chair

Stephanie Wood
Recreation Therapist, CDHA
Stephanie.Wood@dal.ca

Student Directors

Claire Lederman
CL354316@dal.ca

Austin Oswald

as799581@dal.ca