

# TRAAC NEWS

Volume 1, Issue 3

January 2005

## Up-Coming Events

- **TRAAC Conference**,  
March 2005, Halifax, N.S.  
[www.traac.ca](http://www.traac.ca)
- **ATRA Conference**  
March 6-9, 2005  
Washington DC
- **CTRA Conference**  
May 12th-14th, 2005  
Victoria BC
- **Northwoodcare Annual  
Conference**, June 3rd, 2005  
Research & Best Practices
- **TRO Conference**  
June 8th-10th, 2005
- **ATRA Conference**  
Salt Lake City, Utah  
October 7th-11th, 2005

Please visit our website for more details on any of the above education opportunities!

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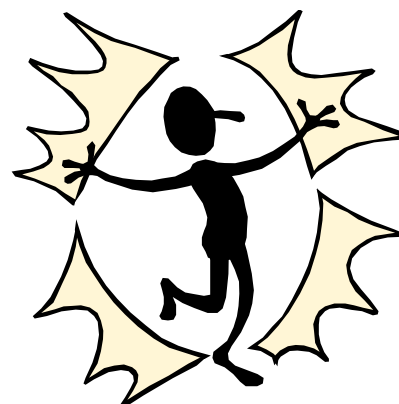
## National Therapeutic Recreation Week: February 6-12, 2005

### Therapeutic Recreation Week

Therapeutic Recreation week is a time to celebrate our profession. It is a time to reflect on organizational, departmental, and professional successes. More importantly, it is a time to advance therapeutic recreation. As individuals and as a team, we must continually seek new and innovative ways to increase our effectiveness with the populations we serve. It is essential to continually promote awareness of the benefits of therapeutic recreation programs and services.

Listed below are a few ideas to celebrate therapeutic recreation week:

1. Tell co-workers that it is therapeutic recreation week; send a memo to the administrator of your facility or your supervisor if they are not within the profession.
2. Conduct in-services for other staff at your facility such as administration, dietary, nursing, housekeeping, environmental services physiotherapy and occupational therapy.
3. Have a family night: invite families to a session on the benefits of the devices you offer.
4. Create promotional material, for example: golf shirts with the department logo, buttons with a catchy slogan. Many provincial therapeutic recreation associations and the Canadian Therapeutic Recreation Association sell promotional materials. Check out their websites for more information.



Advancing Therapeutic Recreation!

## Message From the President

Welcome to the winter edition of TRAAC News. The board decided that this would be a great opportunity to update you on the involvements of the committees. As well, we hope to spark your interest by providing further details so that you can get "ON TRAAC", and get involved with the growth and development of this organization. We truly need your help to advance the profession and reach all of our members. If you are not a member and are reading this via our web page, we invite you to join and become a part of a growing organization.

Thanks to Michelle Dooley and her committee for getting all of us excited about our upcoming Annual General Meeting (AGM) and Conference, that is sure to be a huge success. It will be held at the Future Inns in Halifax and I am looking forward to the diverse presentations that will be shared. We also look forward to the interactive assessment session that is being sponsored

## National Therapeutic Recreation Week, cont'd

5. Some other ways to promote therapeutic recreation week are as follows: wear your CTRS pin, display posters or decorate bulletin boards in high traffic areas, take a therapeutic recreation student out for lunch, have lunch with a colleague and post testimonials on how therapeutic recreation made a difference or impacted your clients life.
6. You may also join a professional organization that is directly related to the field of therapeutic recreation or be an active member of the association, for example become a board member or part of a committee.

ATRA lists 101 ways for publicizing and promoting Recreation Therapy on their website [www.atra-tr.org/101ways.htm](http://www.atra-tr.org/101ways.htm). Please email therapeutic recreation week ideas or events that have been successful to the TRAAC website at [www.traac.ca](http://www.traac.ca) or email [resources@traac.ca](mailto:resources@traac.ca).



National Therapeutic  
Recreation Week

Also, Therapeutic Recreation Association of Atlantic Canada would like to have a therapeutic recreation book draw for the membership. This years winner of the book draw was Sara Wood, a recreation student at Dalhousie. Congratulations Sara!

## Message from the President, cont'd

by the QEII Recreation Therapy Department to be facilitated by Elizabeth Davison, CTRS, the day before our conference.

March also means that we will be electing new officers, with the exception of the president. As you know Rhonda MacLean as our current president elect will assume this post following the AGM. I invite you to submit your name for secretary, treasurer, and the director positions. Two of our director positions are for students, so we invite students to get involved as well. If you have any questions regarding any of the positions, please contact one of the board members for information. If you have decided that this is your year to get involved at the board level please forward you name, or the name of another individual agreeing to let their name stand for nomination, to myself at [president@traac.ca](mailto:president@traac.ca).

In closing, it has been an honor and privilege to serve as your president for the last three years. To the boards (2002-2005) "THANK YOU" for your vision and dedication to this association. We have accomplished much! I look forward to remaining an active member of TRAAC. It as certainly been a learning experience that is held in highest regard. Being involved in my professional organization as been awesome and I thank you all for entrusting me with this responsibility. To all TR professionals in Atlantic Canada, I wish for you all a joyous and prosperous year and I hope to see you in March.

Crystal Watson, CTRS & TRAAC President

## A Little Space for something brief here!

Any Ideas!!!!!!

I have to place an Insert for Jerry's write-up from CTRA!

# Committee Reports-TRAAC 2004-2005

## ***CONTINUING EDUCATION COMMITTEE***

We would like to extend a warm welcome to Lynette Stevens, who has graciously volunteered to be part of this committee. Welcome Lynette!

Our annual conference will be taking place March 4th and 5th, 2005. The theme for this year is "Collaboration". Our presenters will be offering a variety of topics including TR and Pediatric, Music Therapy, Internship Placements, Drug Rehabilitation, and Research and Theory. It will take place at the Future Inns, Halifax, Lacewood Drive in Clayton Park. We do have some rooms blocked together so please book your room by February 3rd. Hotel reservations can be made by calling 1-800-244-4333.



"COLLABORATION"-the theme for TRAAC Conference 2005

As a special addition to the conference, the QEII Health Science Center is offering a full day session on assessment. The cost of the session is \$75 for professionals and \$35 for students. This session will also be held at the Future Inns on March 3rd, 2005. Applications for the conference have been added to our website ([www.traac.ca](http://www.traac.ca)). If anyone would like to make an inquiry regarding the conference, please contact Continuing Education, Chair Michelle Dooley at 902-567-6916 or [mdooley@shannex.com](mailto:mdooley@shannex.com).

Our committee is looking for donations for our giveaway bags. If anyone has anything they would like to contribute, please contact Michelle Dooley, Rhonda MacLean ([rhonda.maclean@cdha.nshealth.ca](mailto:rhonda.maclean@cdha.nshealth.ca)) or Lynette Stevens ([lynette\\_stevens@hotmail.com](mailto:lynette_stevens@hotmail.com)).

## ***RESOURCE DEVELOPMENT COMMITTEE***

The goal of the Resource Development Committee is to respond to the needs of the membership and the profession through the development and dissemination of resources. Objectives set for the 2004-2005 year were to develop and maintain a website, maintain a bi-annual newsletter, develop a resource call list and become a resource for internship and job opportunities.

The TRAAC website was proudly launched November 2004. Through the hard work of committee member Lynette Stevens the TRAAC website is now fully operational and a valuable resource for professionals and other interested parties. The website can be found at [www.traac.ca](http://www.traac.ca) and includes information such as TRAAC mission and values, information on committees, education, internships and job opportunities, links and access to the TRAAC newsletter.

*TRAAC Committees for 2004-2005  
are Continuing Education, Resources  
Development & Advocacy!*

The Resource Development Committee also continued to develop and distribute the TRAAC newsletter in 2004-2005 sending it to the entire membership twice a year. A resource call list is under development and will contain a list of individuals or groups who have expertise or a keen interest in specific areas of Therapeutic Recreation. The Resource Development Committee welcomes questions, comments and suggestions as well as information regarding education, internships or job opportunities. If you would like to contact the Resource Development Committee, please visit the TRAAC website or contact Jennifer Kirby at 446-8534.

## ***ADVOCACY COMMITTEE***

At present the Advocacy Committee is still gathering information in regards to the licensure process. A binder has been assembled with all information obtained to this point. Contact has been made with NCTRC to gain some guidance in respect to this process. The Advocacy Committee will also be requesting permission from NCTRC to use the CTRS status as a requirement for licensure.

As a committee we have also taken on the responsibility of writing a letter to Joanne Collins, program coordinator of PIECES (Physical, Intellectual, Emotional, Capabilities, Environmental, Social). This is a training program offered through the Department of Health and centers around dealing with individuals presenting challenging behaviors, namely Dementia. At present, CTRS are ineligible to take the training. This letter focuses on the competencies of CTRS and our ability to deal with "challenging" behaviors on a daily basis. It is our hope that this letter would alter the requirements for the PIECES program so CTRS can attend the next training session scheduled for April 2005.

Dawn MacDonald, CTRS, Advocacy Committee Chair.

**THERAPEUTIC RECREATION ASSOCIATION OF  
ATLANTIC CANADA**

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**Therapeutic Recreation Association of Atlantic Canada**

**Mission:** The Therapeutic recreation Association Of Atlantic Canada promotes excellence in Therapeutic Recreation through advocacy, resource development and continuing education

**Vision:** Therapeutic Recreation is an essential service for health and wellness.

**Goals:**

1. **Advocacy:** To advocate on behalf of the membership for the Therapeutic recreation profession, practitioners and students.
2. **Resource Development:** To respond to the needs of the membership and the profession through the development and dissemination of resources.
3. **Continuing Education:** To support and enhance continuing education opportunities on behalf of the membership.

## MEET THE BOARD

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