



TRAAC News

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Message from the President

Hello TRAAC Members,

“Believe in yourself, your neighbors, your work, your ultimate attainment of more complete happiness. It is only the farmer who faithfully plants seeds in the Spring, who reaps a harvest in Autumn.”

- B. C. Forbes

There is something so very comforting about the Fall season. To me, the idea of Harvest speaks of abundance, sharing and celebration. As I reflect on the future of our profession, in light of this quote --- I like to think of our strategic directions as the seeds we plant now. These 'seeds of growth' can lead to our harvest.

And isn't that what our vision for TRAAC is all about: **“promoting excellence in Therapeutic Recreation through advocacy, resource development and continuing education.”**

Your Board has been 'planting seeds' by:

- attending liaison meetings with Dalhousie University
- welcoming Nova Scotia Community College students at the Waterfront Campus
- traveling to camp Mush A Mush to welcome first year TR students from Dalhousie University
- hosting a well attended Student Networking Night
- responding to questions through the website
- anxiously waiting to hear if our licensure application has gone through...
- along with the ongoing business of our Association.

Last newsletter, I shared with you some thoughts around the contribution each of us can make to our Association. We have had two colleagues step forward to fill open positions on the Board and a number of students offering to volunteer with the organization. More seeds sown! There are many 'seeds' to contribute to both the Association or to the profession; for example you could volunteer as a research participant or with support and direction from the Board, you could write letters promoting our profession or talk to a colleague about joining the Association.....Perhaps you would like to spearhead some promotion activities for Therapeutic Recreation Month in February.

There is always an opportunity for your input. Your one 'seed' as a contribution may make all the difference to our HARVEST.

Sincerely,

Rhonda Booth
TRAAC President, 2012-2013

Education Committee Update

A lovely night at the University Club!

Students from NSCC and Dalhousie University's TR programs joined 16 professionals from 7 facilities. Students were able to inquire about student placements and volunteer opportunities. Following the formal table meet and greets professionals and students gathered to talk about challenges and opportunities for the clients and recreation therapy providers based on populations served. To each student, professional, and board member who were part of student networking night, a sincere thank you.



TRAAC 2013 Conference and AGM will be occurring in April 2013.

The Conference Planning team is busy in the planning stages for location and theme. Please watch for a "Call for Papers" near the end of October. We could still use a couple of professionals for the Planning team. Thanks to those who have come forward to volunteer.

Questions : Contact me educationdirector@traac.ca

Rhonda MacLean
TRAAC Education Chair, 2012-2013

TRAAC News Evaluation!

In the month of November, we will be conducting a survey to gather some feedback from you, our members, to see what you like and dislike about our newsletter, "***TRAAC News***". Good or bad, we appreciate your feedback and hope that you will take the time to fill out our survey!

Keep an eye on your email inbox and let us know how we can improve "***TRAAC News***" to serve you better!

Watch for the TRAAC
Conference
"Call for Papers"
coming to you soon!

Welcome Our New Board Members!

We are excited to welcome the two newest members on the TRAAC Board of Directors!

Lauren MacDonald, who works at the Capital District Health Authority has taken on the role of Vice President and Janice King, who works with the IWK Health Centre has stepped into the position of Director at Large.



We look forward to working with both Lauren and Janice as we continue to work towards advancing and promoting the field of Therapeutic Recreation in Atlantic Canada.

Vote in the Upcoming NCTRC Election!

From **November 1st to November 30th**, NCTRC will be having their 2012 Board of Directors Election online! There are three positions open on the NCTRC Board of Directors this year and we are fortunate to have two Canadians vying for a position on the board. Both **Serena Frew** and **Andrea Waters**, TRAAC's Advocacy Chair, have been nominated.

Make sure to have your say and vote to have a Canadian representative on the NCTRC Board of Directors to represent all of the CTRS's here in Canada!





Those Making TRAAC's...

TRAAC wants to be able to acknowledge the accomplishments of our fellow TR colleague's! Have you or a fellow colleague completed some research, published an article, won an award, etc.? If so, we want to know about it so we can share your news with fellow TR practitioners! Please email Lynette Stevens, Communications Chair at communications@traac.ca with further information!

On Monday October 1st, the School of Health and Human Performance held a Convocation Social and presented the first **Dr. Jerry Singleton Award**. The award was presented to **Taylor Owens**, a fourth year Bachelor of Science (Recreation) - Therapeutic Recreation student. Taylor also currently sits on the TRAAC Board as one of our Student Directors. The **Dr. Jerry Singleton Award** is in recognition of a student's involvement and commitment to TR professional organizations. The student has to be full-time in either the undergraduate or graduate TR degree program at Dalhousie, a current student member of their provincial and national TR Association, be able to demonstrate active engagement in at least one of the professional organizations in which they hold membership, and be following a path towards certification as a CTRS as required by the National Council for TR Certification (NCTRC). Congratulations Taylor!

Support Student Research!

A few weeks ago, TRAAC sent out an email to our Professional Members looking for CTRS's who were able to help out a student at Dalhousie University who is completing her honours thesis.

Kristen Freistadt, is conducting a research study looking at how Certified Therapeutic Recreation Specialist (CTRS) practitioners assess and select appropriate recreation programming for their clients.

If you are currently a CTRS, have been practicing TR services for at least 2 years, during which time you were certified, and presently work in Halifax, NS, you are eligible to participate. You will be asked to complete an in-person interview with Kristen at a time and location of your choosing.

If you are interested in participating in this study or have further questions please contact Kristen Freistadt, directly at kristen.freistadt@dal.ca or 452-7068.



Be Our New Promotions Chair!

We are disappointed to report that we have had another resignation from the TRAAC Board of Directors. We would like to thank Mandie Lyttle for her dedication to the TRAAC Board and the advancement of the TR profession. We wish her all the best in her future endeavors.

This resignation leaves the positions of Promotions Chair vacant on the TRAAC Board of Directors. This is where we turn to you, the dedicated members of TRAAC, for support. This is the opportunity for you to actively participate at the board level and advance the profession that we know and love so much. Please see below for a brief position description:

Promotions Chair - Promotes the vision, mission and mandate of TRAAC, recognizes the accomplishments of colleagues through the TRAAC Awards, TR Week, etc.

If you are interested in being our new Promotions Chair or have further questions please email Rhonda Booth at president@traac.ca.

The Adventures of “SAA”

Our Supportive Agency Award, “SAA”, continues traveling around the TR field this year! Here is a sneak peek at one of “SAA’s” stops...see the full extent of SAA’s adventure at our Annual AGM in April 2013!



TR Educator Spotlight with Crystal Watson

1. Where are you currently working? What made you decide to teach in the field of TR?

I am currently working at the Nova Scotia Community College and I teach a course at Dalhousie as well. Though this is my third year here at NSCC, it is my first year as a permanent employee (YAY!). I decided that I wanted to teach while I was completing my Master's degree at Dal. I was so green but I learned more and more each time from the process and especially the students. It felt like a good transition and I felt 'ready'.

2. What is the best part about your job?

The best part of my job no doubt is the students...I know cliché but it is true. I am challenged daily by their questions and their answers. It gives me an opportunity to read and stay on top of "trends" and I have awesome co-workers who are supportive and encouraging. Many opportunities are ahead for me here at NSCC and I am excited to be part of this organization.



3. What is the most challenging part about your job?

The students (☺). It's because there is a strong desire to see them succeed. If you only knew some of their stories you would understand why. I think we have become so complacent in our power and privilege that we forget that there are individuals out there that are not always supported in accessing educational resources out there and we think so lowly of them. As TR professionals, even health care professionals, we talk so much about empathy, compassion and empowerment yet demonstrate it so little. I can only hope that I can be a small support to those that have educational/career goals that will help them to be the person they desire to be for themselves and their circle of support. Another challenge is the limited placement opportunities for students in TR. As a profession, we really need to start planting more seeds in different areas.

"I can only hope that I can be a small support to those that have educational/career goals that will help them to be the person they desire to be for themselves and their circle of support."

- Crystal Watson

TR Educator Spotlight with Crystal Watson

4. What is the main piece of advice that you stress to your students studying in the TR field today?

Network! Being such a small, close-knit profession, we know one another and that can be both good and bad but I like to think that there will be at least one person that can help them along their journey. I am open and honest with them about the crabs in the bucket syndrome, which I do not like. There is so much for us to do as TR professionals. We really don't have time to be tearing one another down when we should be supporting each other in the work that needs to be done. I believe whole-heartedly that I would not be where I am if it were not for individuals that saw something in me and encouraged me (shout out to Jerry, Andrew, Rhonda B., Colleen Hood, Jodie Charters, and those not in TR directly, but were involved in my intro to rec. Barb, Rosie, Lesley & Mark and many others). Breaking through the barriers that I faced could not have happened without my mentors. All students, and professionals, should have one that will support them throughout their career development.

5. What do you like to do in your leisure time?

Well...it's funny you should ask that. I recently became an empty nester! So for the past 18 years, my leisure has been, and with, my daughter. I have had to become my own recreation therapist and think about all of the things that I would have liked to do but have not had the chance. I just started a running club so that is exciting. I have always wanted to do it and so I decided to take the chance. I love to read (as if no one knew that) so I am desperately trying to get through the series "A Song of Ice and Fire". I love to cook...and I am good at it but I admit, this empty nest thing is throwing me off! I write poetry that often develops into a song. I am hoping to learn many new things to expand my leisure repertoire.



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



Oh my...I always wanted to be a doctor. I thought pediatrics would have been my thing but I think, in the end, I would have been a Geriatrician.

TR Educator Spotlight with Crystal Watson

7. What is your favourite book/TV show/music?

Favorite Book: The Color Purple by Alice Walker

Favorite TV Show: I have many...they have to have a good story line like Parenthood.

Favorite Music: I fluctuate between classical and jazz if you can believe it but I love music. I love to sing as well and so you can hear me singing at my desk, in the car, at home in the kitchen when I am cooking. Music is a huge part of my identity (I totally freaked my students out on the first day of class this year when I played Guns & Roses, "Welcome to the Jungle"....hahahahaha). Priceless.

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

Learn to swim. I know right! And play an instrument – I think guitar. They are on my leisure-do list. 😊



9. My best leisure memory is...



Anytime with my daughter; Walking in Whistler...I think I am meant to be a mountain girl. It was a spiritual experience for me. I love hanging out with my besties – anytime with them is gem!

10. Do you have a favourite story/memory in your career thus far?

My favourite story is too emotional to share but I will say that there is nothing like compassion...giving and receiving. Very humbling. I think the best part of my career, beyond the relationships that I have made with my peers is the relationships that I have had with my patients/Veterans/clients...etc. I have learned so much about what it means to be a **healthcare** provider it is unbelievable. We should all take a few minutes to reflect on those two words alone ---**health**---**care**. Pretty deep when you think about it.

*"I think the best part of my career, beyond the relationships that I have made with my peers is the relationships that I have had with my patients/Veterans/clients...etc. I have learned so much about what it means to be a **healthcare** provider it is unbelievable."*

- Crystal Watson



**Therapeutic Recreation Association of
Atlantic Canada**

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Website: www.traac.ca

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.**

Board of Directors 2012 - 2013

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Promotions Chair

Currently Vacant