

TRAAC NEWS

SPRING EDITION - APRIL 2011

Message from the President

Hi TRAAC Members,

Over the last 12 months the TRAAC Board of Directors and multiple committee volunteers have been busy working on tasks from the previously developed Strategic Plan. I am proud and fortunate to have had the opportunity to work with this amazing group of people who have dedicated countless hours of their time to continue the work of TRAAC.

TRAAC's work has not ended yet; there are tasks that have been identified by the membership and the Board to be carried forward.

It is only fitting that the theme of this year's conference reflects where Therapeutic Recreation started in Nova Scotia and how far the profession has come.

Despite the fact that we, as a profession, have made tremendous gains there are still many things ahead to accomplish to

advance the profession. Come join us from May 4-6, 2011 to continue "TRAACing New Directions".

If you are motivated to TRAAC New Directions and are interested in serving on the Board of Directors, please complete the call for nomination form. All positions are up for re-election. If you would like to learn more about the positions, the time commitment associated or committee's that are looking for member support you can contact TRAAC through the contact us section of the website.

I am looking forward to seeing all of you in May!

Heather Baker, CTRS
Recreation Therapist
TRAAC President 2010-11

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Nomination Deadline Extended for TRAAC Awards!

The deadline for nominations for the **2011 TRAAC Awards** has been extended until **Friday April 8th!** You can download a nomination form from TRAAC's website! Please consider nominating a colleague for a TRAAC Award in one of the following categories:

- The **Vanguard Award** celebrates the successes of those who have been working in the field for a period of more than 5 years.
- The **Horizon Award** celebrates the successes of those working in the field for a period of 5 years or less.
- The **Crystal Award**, named after the first recipient of the Vanguard Award, celebrates the successes of students studying therapeutic recreation at either the community college or university level.

If you have any questions email Stephanie at promotions@traac.ca

Go to
www.traac.ca
to download
your
conference
registration
form and a full
conference
program!

We are
**“TRAACing
New Directions”**
from May 4th - 6th, 2011
at the Delta Halifax!

Fill out your
registration form online
and pay using **PayPal!**

TRAAC Board Nominations 2011 - 2012

At our Annual General Meeting on May 5th, 2011 we will be electing a new Board of Directors for 2011 - 2012. Please consider how you can give back to the TR profession whether that be sitting on the Board or volunteering on one of TRAAC's various committees. Together we can make a difference and advance our profession in Atlantic Canada.

The following positions will be up for nominations. Some of the tasks associated with each position include but are not limited to the following:

President - Chairs board meetings, facilitates preparation of the Annual Report to membership, prepares and disseminates agenda to board members, addresses membership at Annual General Meeting, by-law review and policy development, etc.

Vice-President - Chairs board meetings in absentia of President, supports President in preparation of the Annual Report, by-law review and policy development, etc.

Treasurer - Accepts all monies to the association, provides receipts, maintains TRAAC credit card, makes deposits, maintains accurate account registrar, works closely with Education Chair and Membership Coordinator leading up to and during conference, etc.

Secretary - Records and distributes minutes of board meetings to the TRAAC Board, supports president in preparation for AGM, keeps minutes at AGM, etc.

Membership Coordinator - Accepts all membership applications/monies, provides welcome letters and member cards, maintains accurate membership list and account of member totals, accepts all conference registration information prior to and during conference, etc.

Education Chair - Organizes annual TRAAC conference, liaises with Student Directors to organize Student Night, etc.

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

Communications Chair - Maintains TRAAC website to ensure up-to-date information, develops and distributes newsletter, "TRAAC NEWS", quarterly

Advocacy Chair - Creates and compiles materials that can be used to advocate for the TR profession, responds to job postings related to qualifications using the Standards of Practice and forwards letters to organizations and to appropriate provincial government departments, etc.

Member at Large - Supports the membership by directing questions and comments to the appropriate board member, supports the work of the board, specifically the Membership Coordinator, etc.

Student Director - Acts as a liaison between the Association and post-secondary institutions, assists Education Chair in organizing Student Night, etc.

Education Committee Update

As the Education Chair, my focus has been divided on two major goals over the past few months. The first is the annual conference and general meeting slated for May 4 -6 at the Delta Halifax. Our theme, "TRAACing New Directions" truly manifested itself in the variety of presentations that we will have the privilege of showcasing this spring. Though we experienced a few delays, the program is now available and we anticipate the start of the conference and the impact the sessions will have on the growth and development of your practice.

The second area has been our upcoming national conference in 2012. TRAAC will be co-hosting Canada's National Therapeutic Recreation Conference with NSRPH next June. As you know, many hands make the work light so if you are interested in using your skills and talents to build a most fantastic national conference, please review the special news bulletin and join the planning committee.

In July 2010, TRAAC members met with Dalhousie Recreation Faculty to establish a collaborative relationship in addressing the education of TR professionals, particularly therapists. The topics discussed related to curriculum review in relationship to NCTRC standards and establishing programming excellence regionally and nationally in terms of the degree program. Training, research, continuing education and connecting with professionals to support the curriculum delivery were areas of importance identified at the meeting. In terms of action items, it was suggested that faculty and professionals meet again. We also need to engage more Recreation Therapists in the discussion. The proposed changes by NCTRC need to be responded to as well as looking into a mentorship program for new and seasoned staff. Additionally, to support the need for regional representation, plans to recruit from PEI and NB need to be put in place – increasing the understanding of TR to promote the skills and contributions of this type of professional to health and wellness. It was further recommended that an advisory committee is developed to provide feedback for the program.

So what is next? The Education Chair will request to reconvene with the original attendees and develop a plan to engage other Recreation Therapists for input. Perhaps host a number of focus groups and /or one - one interviews, over the next 6 months. An action plan would then be proposed from the information gathered.

As always, we welcome any ideas you may have for educational opportunities that will build on professionals skills.

See you at the conference!

Crystal

TR Interns' Perspective

We took the opportunity to catch up with Sarah Fallis, Claire Lederman and Austin Oswald as they near the end of their internships to see how things went and what they learned!

Sarah Fallis

Hometown: Ontario

Internship: Choices affiliated with the IWK in Halifax

Right now I am in the tenth week of my internship so it is getting down to the end. It has continued to be an amazing experience and I have made a lot of progress since I started. I have met all of the goals that I made at the beginning of my internship and now I am working

towards becoming more confident and comfortable with my newly acquired skills. By now I have adjusted quite well from being a student to working full time and I have figured out how to achieve a sense of balance. It will be very sad when my internship comes to an end because I have met some amazing people who have taught me so much!

Although graduation will be right around the corner, so that should keep everyone's spirits up. I want to send out a huge thank you to everyone involved in making my internship so great, from work place supervisors, to academic advisors to professors. It would not have been this amazing with out your support, knowledge and guidance. Thank you so much!

"It will be very sad when my internship comes to an end because I have met some amazing people who have taught me so much!"
- Sarah Fallis

Claire Lederman

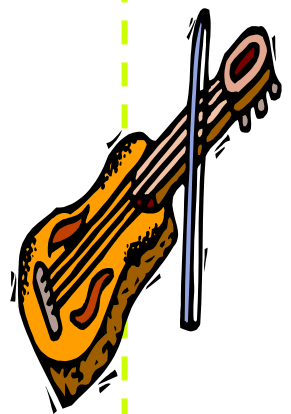
Hometown: Truro, NS

Internship: Carmelite House, Central Health, Grand Falls Newfoundland

Supervisor: Carl Ings

As I write this, I am currently in my 10th week of my internship and today marks me having one month left of my internship! I can't believe how fast time is going. I am still thoroughly enjoying living in Grand Falls, NFLD and working at the Carmelite House with Carl. I have learned a lot since last time I wrote. I have completed leisure assessments on some residents, and have my own caseload of patients who I do MDS reports for. I have started my special project, where I am working closely with four residents who were assessed using an apathy scale as being highly apathetic. Each week I bring the residents out to one large group and one small group activity, as well as one "one to one" session with me, with the goal of reducing their apathy. Many of the activities I am and will be doing are from N.E.S.T. best practices in dementia care, as well as many Montessori and Simple Pleasure programs. At the end of my special project, I will complete the apathy assessment again.

I have also been speaking at Care Plan (rounds) for the residents on my caseload on behalf of Therapeutic Recreation. I was home to Truro, NS for a long weekend in February, and I brought my violin back! I was nervous to play, as I hadn't played in over 3 years, but all the residents really enjoy it, even though I'm still rusty. I have played Amazing Grace more times than I can count already. Week 5 was TR Week and I put together a "leisure tree", which is made out of four pieces of brightly colored Bristol board with a trunk and lots of leaves. All of the staff, residents and visitors were invited to write their name and their favorite activity on a leaf.



TR Interns' Perspective - Contd.

Claire Lederman

Hometown: Truro, NS

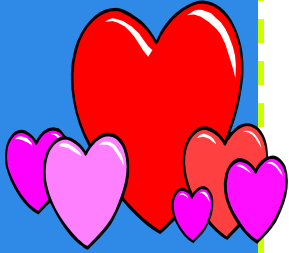
Internship: Carmelite House, Central Health, Grand Falls Newfoundland

Supervisor: Carl Ings

At the end of the week, the leaves were all entered into a draw for a prize. For TR Week, we also had a staff vs. residents seated volleyball game. I also got to do something that I had been planning for a while. Elton John Sit N Dance! For individuals with impaired cognition or health, the opportunity to dance recreationally in a group often does not exist. Sit 'N' Dance is a dance program that provides those individuals with a group dance.

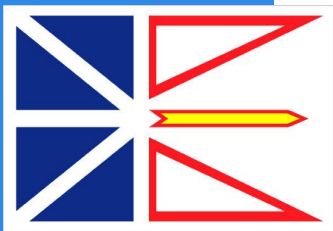
One of my favourite experiences so far at the Carmelite was Valentine's Day. We had planned a Sweethearts Dinner for all of the residents who have spouses/partners. We had seven couples come out. One of the couples is married and lives here, and the other six had a husband or wife living at the Carmelite and they came in to join them for supper. I made all 64 residents a valentine card this weekend. They weren't much, but they were cute and pink and had stickers on them and said "Happy Valentine's Day, Love Claire" on each one. I knew that the residents would like them, but I couldn't imagine how much they would! I went around to each room and hand delivered them. I got teary eyed more than a few times, with how grateful and happy such a small token meant to them. The actual event was lovely too. The menu was stuffed chicken breasts, mashed potatoes with gravy, carrots, spinach salad and strawberry cream cheese sponge cake. All of the couples that came out were very appreciative that we were doing something to honor them on Valentine's Day. Carl did a lovely speech about love and how it gave him faith to see how long all of the couples there had been married for. One couple had been married for 64 years! I cannot imagine that. And every couple except one had been married longer than Carl (and I) have been alive!

Another highlight of being here was getting screeched in at work! The entire staff and most of the residents at Carmelite House screeched me in during a musical performance this afternoon in the lobby. They called me up, and got me dressed in a rain coat and rubber boots. The first thing I had to do was listen to Newfie sayings and translate as many as I could. There were ten and I think I got six of them! Some are so strange, but some I have picked up on and knew what they meant even though I wasn't aware of it. The next thing I had to do was have some Newfie food. I had to eat hard bread and bologna. The hard bread was pretty gross! The next thing that happened was salt water was sprinkled all over me. Next I had to sing Ise The Byes with the band that was playing for the residents. Finally I had to do a shot of Screech rum and kiss a frozen cod fish, while doing a Newfie chant. It was really fun though and there were lots of funny pictures taken of me kissing the cod, which I'm sure will surface some day!



"One of my favorite experiences so far at the Carmelite was Valentine's Day."

- Claire Lederman



TR Interns' Perspective - Contd.

Austin Oswald

Hometown: Halifax, NS

Internship: New York State Psychiatric Institute

It's Austin Oswald with an update on the progression of my internship at the New York State Psychiatric Institute in Manhattan, New York. How are things on the Atlantic Coast? I hope that this message finds you all healthy, happy, and having fun!

It is hard to believe that 14-weeks have almost past, it seems like yesterday I was saying goodbye to Nova Scotia. I am sure that you will all be glad to hear that I am having a fantastic experience here, as I am learning a lot and having fun too!

Since my last report, things have been progressing quite well. The interdisciplinary team at NYSPI has been very supportive in regards to my personal and professional growth. Looking back, the experience was a little unnerving at times, but I am happy to say that I feel as if I have the competencies and confidence to be an efficacious therapeutic recreation practitioner.

I have been running all of the therapeutic recreation groups here at the hospital and feel that, at times, my work is making a difference in the lives of my patients. I was also given the responsibility to run some of the Social Work groups offered on the unit and was appointed this position from the clinical director! I was a little nervous at first as I felt that the task was a little out of my scope of practice; however, I have been doing well and am receiving a lot of compliments from the team here on 4-Center. For all you student members out there, Dalhousie University is preparing you well and I have 100% confidence that your education will lend itself well to you becoming a wonderful professional.

I recently returned from the New York State Therapeutic Recreation Association Conference in Saratoga Springs, upstate New York. The conference was a wonderful experience as I was able to meet a lot of fantastic and passionate practitioners. New Yorkers love Nova Scotians! So any of you students seeking internship in New York, have little fear as the only thing to worry about is whether they will let you return home!

I feel that I represented TRAAC well at the conference as I took every opportunity to discuss the advancements we have made on the East Coast. I must say we are making significant TRAAC's, so give yourselves a pat on the back, as you should all be very proud of the efforts made; your hard work is evident.

I have two weeks remaining before I complete my internship and the feeling is bitter sweet. I wouldn't take back this experience as I will forever look back on my internship favorably. My only advice to you students is to continue to work hard as your efforts will pay off. I feel that I was extremely prepared to experience success during my internship. Take advantage of the wonderful, talented, and experienced professionals in our small community. They are a huge resource and friendly too. Ask them questions and learn from their successes and mistakes...I am sure that they will be more than happy to share this information with you.

Oh and one more thing! You should all be very proud of Susan Hutchinson, Andrea Bland, and Douglas Kleiber for their contribution to the profession by publishing the article: Leisure and Stress-Coping: Implications for Therapeutic Recreation Practice. I used this article to support my work at NYSPI and I am very excited to say that the article was discussed at the NYSTRA Conference. I shared with the presenter a little bit about the authors as I was tickled pink when the presenter began to use research from back home to support her discussion. The presenter wanted me to inform the authors that they are now officially famous in the New York State and, as I believe, probably around the world. Congratulations!

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back this
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-Austin Oswald*

TR Practitioner Spotlight with Sotiria Tsirigotis

“I was inspired and thrilled about the opportunity to get in to a profession where I could do both health promotion and prevention work and use leisure as a lifestyle change tool.”

- Sotiria Tsirigotis



1. What made you decide to study TR?

I was finishing my advanced major in clinical psychology at Dal and was looking into a couple different graduate programs when I ran in to a friend of mine who told me about TR and its scope of practice. I then did a little research of my own and read up on Dr. Colleen Hood and Dr. Renee Lyon's work (Colleen's on TR and addictions and mental health, Renee's on community capacity building and research and evaluation). I was inspired and thrilled about the opportunity to get in to a profession where I could do both health promotion and prevention work and use leisure as a lifestyle change tool in mental health and for individuals harmfully involved with alcohol, drugs, gambling and dieting! It seemed like a great match for what I was looking for.

2. Where are you currently working?

I'm currently working at Addictions Prevention and Treatment Services with the Compass Structured Treatment Program as a Case Coordinator and Recreation Therapist. This voluntary program is designed to support individuals who are ready to make meaningful lifestyle changes around their use of alcohol/drugs and gambling. A lot of our folks who access our services also have some experience with a mental health issue and/or disordered eating. We presently operate out of the Purdy Building at the Nova Scotia Hospital though we are very community focused in our programming.

3. What is your favorite program to facilitate?

I have to say I love them all for different reasons! I help facilitate both leisure and non-leisure related groups and have the opportunity to work closely with each member of my interdisciplinary team. I feel pretty fortunate this way as each team member brings their own strengths and lens to each group - it's a true collaboration, and my team mates really understand the value and role of leisure in recovery and well-being, so it makes program planning and implementation a joy.

4. What is something you'd like to do but haven't had the opportunity to yet?

Although I'm a little bit of a home body, there are still places I'd love to see in the world. So, I guess I'd still like to do some more travelling in the Mediterranean and visit family in Australia.

TR Practitioner Spotlight with Sotiria Tsirigotis

5. What is the best part of your job?

I love working with clients who although for the most part are ready to make changes in their lives, experience daily challenges to sustaining their motivation. Some are also more ready than others to take risks in recovery. As the majority of our work at Compass is group based except for some case management activities, I have to say my favorite piece is helping create and maintain a container for folks to feel safe as individuals and as a group to take risks and to make changes in their lives. I love the group process. I also absolutely love working with my team who are truly client centered and are creative when developing/modifying programs to meet the strengths and needs of our clients.

6. What is your best leisure memory personally?

I would say one of my best leisure memories would be our family trips to Greece in the summer. A couple years back my husband and I went on a sailing adventure off of the Greek Island, Santorini and it was incredible (and scary) to take spontaneous swims off the boat in the Mediterranean, and to hike up a volcano and meet really neat folks from all over the world. I think most recently though this last summer it was amazing to take my (then) 12 month old to Greece to his grandfather's (my dad's) village to walk through fields and the village streets my ancestors are from and to watch him pick oranges off orange trees that have been in our family for hundreds of years. Although it was an exhausting trip with a 1 year old (long travel time) it was an experience I will never forget.



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

Your leisure lifestyle changes a lot after having a family. Before having a family I had a very strong leisure identity and spent my leisure time swimming/snorkelling, being in the outdoors, hiking, running, playing soccer, and cooking and spending time with friends/family. Now my leisure time is much more family focused. I love spending time with my 21 month old and exploring what his leisure interests are which are primarily outdoor activities too and spending time with our immediate and big extended Greek family!

8. What is your favorite book/tv show/music?

I haven't had much time for reading lately except for some books for work and/or parenting....and TV well, Channel 26 is a big hit at my house (Tree House). When I have some energy I love watching movies with my husband and comedies on TV. Music wise - I love it all. I love Greek music, and everything between Metallica to Leonard Cohen and I'm a huge 80's music fan!

TR Practitioner Spotlight with Sotiria Tsirigotis

9. If you could have any other job what would it be?

I really love working in recreation therapy, health promotion and community development. If I had to pick something else I'd love to be a restaurant or movie reviewer!

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

I would say my favourite memory in my career thus far would be helping create the Eating Disorders Action Group back. It started by a couple of us getting together over coffee and discussing a vision we had re: services for individuals/families affected by disordered eating and the need for prevention. Over a couple years as a result of lots of hard work from many, many individuals, and several consultations with the community and key stakeholders the ideas we had that day written on a napkin came to fruition with this non-profit organization that for the last 10 years has been doing amazing work in our province. I've always believed in Margaret Meade's quote "Never doubt that a small group of citizens can bring about significant change.....". This year, although EDAG has lost some of its operational funding, it will be transitioning in to a new organization with some of its former programs being implemented through a community partner Self-Help Connection which is a new chapter for the organization which is quite exciting.

*I've always believed in Margaret Meade's quote "Never doubt that a small group of citizens can bring about significant change....."
- Sotiria Tsirigotis*

Registration Extension for CTRA 2011



REGISTRATION DEADLINE EXTENDED to APRIL 15th for the 15th Annual CTRA 2011 "Power in Process" Conference.

Please join us in beautiful Whistler, British Columbia for the Power in Process Conference. We are confident that you'll be inspired by the natural beauty that surrounds you and by the remarkable people

you'll meet who share your passion for the field of Therapeutic Recreation.

The conference committee has worked to bring you a program rich in substance and diversity. One of our goals, which you will discover throughout the program, was to offer a variety of opportunities for professionals in every practice

Go to www.bctra.org/ctra_conference_2011 for the FULL Conference Program and Registration!

See you in Whistler, BC May 25 26 & 27th 2011!

TR Practitioner Spotlight with Dawn MacDonald

1. Where are you currently working? What population are you working with?

I am currently working for Addictions Services, with youth. I am in the community which is a big change for me, but a welcomed one. It took me a while to embrace the new role as I was grieving the loss of my old roles and wonderful colleagues that I got to work with everyday, and although I miss Halifax and my recreation family I feel like I am finally hitting my stride and really enjoying this new opportunity. It's a brand new role and I feel the sky is the limit in terms of wonderful projects I get to be involved in. The main goal of my job is to increase recreation and leisure opportunities for youth at risk (so all youth) by building community capacity to sustain these programs across the island.

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

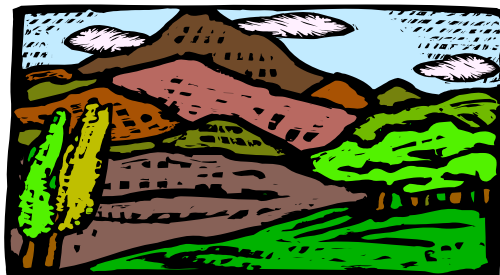
My favourite part of the process right now is really the initial piece of engaging people. I love trying to figure out what is going to work for that person, and everyone is so different that it keeps you on your toes. Trying to establish how to best work with an individual, group or community to get them excited about the possibilities is really an interesting part of my job, not always easy but definitely fulfilling when those connections are established.

3. What is the best part about your job?

It's hard to choose....I love the possibilities. I was quite nervous about moving home to Cape Breton and trying to establish the worth of TR but I was welcomed with open arms and minds. I am allowed to let the creative juices flow and really think outside of that proverbial box. Working in the community with the community is so rewarding. AND THE VIEWS...if you have never travelled to Cape Breton you are truly missing a piece of heaven that words or pictures cannot describe. I get to walk out of some groups surrounded by mountains, untouched landscape and the most amazing ocean views one could imagine.

4. What is your best leisure memory personally?

Growing up in Cape Breton I have many, but nothing beats getting out on the Mira River early in the morning when the water resembles a sheet of glass. Even as a child this would calm me and make me feel like there could be nothing wrong with the world.



TR Practitioner Spotlight with Dawn MacDonald

“In these small rural areas it is important to create a strong support network for the youth.”

- Dawn MacDonald



5. What is your favourite program to facilitate?

I really love one program in particular that is called Free2BU. It is a health promotion program for girls where we get to discuss all sorts of issues like bullying, self esteem, coping, stress management, relationships, sexual health, goal setting etc. The content of the program is always followed or infused with activities such as yoga, making friendship bracelets, creating life tool boxes, community volunteering, just a lot of neat things. I am amazed at the resiliency many of these young girls have, their stories are what Hollywood movies are made of but yet they keep surviving, they are amazing and I learn so much from them each time. I am currently running one in Inverness with junior high girls and one at Glace Bay High (my old stomping grounds). They typically run for 10-12 sessions and we end them with a graduation, we make a big deal for completing the program. In Inverness, I completed the program with the grade 7's and now that they are in grade eight they see me once a month for "booster sessions". We revisit a topic or discuss a new one and do an activity together, whatever they choose. The hope is that all girls will be able to attend booster sessions through to graduation of high school, adding the newly graduated girls to the group each year, with the more senior girls taking a more active role in facilitation each year. In these small rural areas it is important to create a strong support network for the youth, this is how we hope to start with the girls. Our team just finished some work with a researcher from Dalhousie to create a program for boys following the same model. A colleague of mine just wrapped up the first program "Free2BDudes" (they chose the name) in Whitney Pier.

6. What do you do in your leisure time?

Well, my leisure time has changed dramatically since moving back to Cape Breton, spending time with my best friend Anne (aka Nanny) seems to be at the top of the list. Family really seems to be defining my leisure right now and I couldn't be happier. When Nanny and I aren't tearing up the town, I am still enjoying yoga, scrabble (I am the house champion) and working on some community projects. I am loving getting reconnected with my hometown of Glace Bay and the island in general. I get to travel around so much that the line between work and leisure seems quite blurred, getting to spend time in some of the most beautiful parts of the island and making connections with the people hardly seems like work.

7. If you could have any other job what would it be?

The mayor of Disneyworld. Ha-ha, I am soooooo serious!!!!

TR Practitioner Spotlight with Dawn MacDonald

8. What is your favorite book/tv show/music?

Favorite books right now would have to be "The Saint the Surfer and the CEO" and "An Audience of Chairs", I am also re-reading "Breaking Dawn" getting ready for my November date with Edward Cullen (don't judge me)! Favourite TV show of all time is Buffy the Vampire Slayer, it's brilliant. Favourite music Dave Matthews, but I like all sorts of music depends on what I am doing or how I am feeling.

9. What is something you'd like to do but have not had the opportunity to yet?

I would love to spend a weekend in a silent retreat. HAHA, I know many would think that would be impossible for me, but I would love to spend some time in the mountains with nothing to do but take in nature and be silent.

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

I feel so fortunate to have many but a few stand out. My first ACS for CTRS conference (TRAAC) is definitely one. I was a student and was still not sure what TR was, but after that conference I was pumped. I was excited and full of something, not sure at the time what, but something. Looking back now I think it was that I felt like I had found my place. I kind of knew where I belonged and we know by working with our patients/clients/residents how powerful that can be.

I remember a "thank you" to end all thank you's after an outing when I first began working at the Abbie. This man looked at me after an afternoon of ice cream and hanging out at Public Gardens and gave me the most sincere thank you that it almost brought me to tears. It was at that precise moment that I knew that what I was doing was going to make a difference. We have an opportunity in this profession of ours to make those connections, to bring people hope and joy just by letting them be and feel a part of something, we should never take that for granted or underestimate its impact.

Right now it would have to be my work in Bay St. Lawrence; this is a very small community at the tippy top of Cape Breton, which is extremely isolated. It is a tough community to break into and have them accept you and I am grateful that they have allowed me to provide some services up there. One day I was calling a list of folks for a teen group and a mom answered and I was trying to explain who I was without saying "addiction services", as I really try to down play that aspect of my job. I said "Hi this is Dawn, I sometimes do programs at the community centre...she stopped me and laughed and said "I would recognize that voice anywhere". We continued to have a great conversation and she thanked me for calling and for the work I was doing. It was a moment for me as I realized I was not viewed as Dawn the "Addiction Worker" but as Dawn with the funny voice and I no longer viewed them as the community who turned away outside help but as partners that I was working with to improve services and access for their youth.



"We have an opportunity in this profession of ours to make those connections, to bring people hope and joy just by letting them be and feel a part of something, we should never take that for granted or underestimate its impact."

- Dawn MacDonald

Membership Renewal Reminder!

It's that time of year for Professional and Supporting members of TRAAC! Your previous membership expired the end of February so please head over to TRAAC's website to fill out a new membership application form online!

Just a reminder that our **Professional Membership** category has now broadened as per our Joint Standards of Practice. Individuals employed as a Recreation Programmer, Recreation Therapist or Manager of Recreation Services are now all considered Professional Members. You need only include your NCTRC certification number if it applies to you!

This year, there is also the *availability to renew or obtain* your **Canadian Therapeutic Recreation Association Membership** when filing your application with TRAAC. We are happy to be able to add this to your benefits for your membership year as per our Joint Membership Agreement with CTRA.

Lastly, if you are currently a student member in good standing with TRAAC you may now renew your membership as a Professional Member at a one-time reduced fee of \$130.00! If this applies to you please check off the box on your application form!

For further comments or questions regarding these changes or anything related to TRAAC contact Dana Mills at membership@traac.ca

Go to
www.traac.ca to
fill out your
membership
application form
online!



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.

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