

**THERAPEUTIC RECREATION ASSOCIATION OF ATLANTIC CANADA**

**Submissions to TRAAC NEWS Contact:**  
Jennifer Kirby, CTRS  
Parkstone Enhanced Care  
156 Parkland Dr, Halifax N.S.  
Ph# 902-446-8534  
Email: jkirby@shannex.com

**Membership Information Contact:**  
Kevin Stairs, CTRS (Treasurer)  
52 Russell Dr Bras d' Or N.S. B1Y 2B8  
Ph# 902-544-0377 Email: stairsk@cbdha.nshealth.ca



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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**

**President:** Crystal Watson  
Ph# 902-469-0344  
crystal.watson@cdha.nshealth.ca

**Directors at Large**  
Carl Ings, Ph# 902-493-3011  
Cings@nwood.ns.ca

**Directors at Large**  
Alex Chandler, Ph# 902-475-1320  
Windsurfal@hotmail.com

**President Elect:** Rhonda MacLean  
Ph# 902-473-1072  
rhonda.maclea@cdha.nshealth.ca

Janet Crealock, Ph# 506-447-4395  
Janet.crealock@rvh.nb.ca  
Amy Richards, Ph# 902-446-8535  
Arichards@shannex.com

Danielle Taylor, 902-454-3331  
Dmerrywe@hotmail.com  
Dawn MacDonald, Ph# 902-473-7275  
Dawnmarylouise23@hotmail.com

**Secretary:** Rhonda Booth  
Ph# 902-473-1403  
Rhonda.booth@cdha.nshealth.ca

Michelle Dooley, Ph# 902-631-3048  
Dooley@mshannex.com  
Jennifer Kirby, Ph# 902-446-8534  
jkirby@shannex.com

**Student Director**  
Lynette Stevens, Ph# 902-425-2537  
Lynette\_stevens@hotmail.com

**Treasurer:** Kevin Stairs  
Ph# 902-544-0377  
Stairsk@cbdha.nshealth.ca

Wayne Bishop, Ph# 709-570-2238  
Wbishop@Sjnhb.NF.CA

Therapeutic Recreation Association of Atlantic Canada

**TRAAC NEWS**

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**Up-Coming Events**

- Atlantic Stroke Conference  
September 17th-18th, 2004  
Halifax, N.S.
- TRAAC Conference,  
March 2005  
Halifax, N.S.  
www.traac.ca
- ATRA Conference  
Sept 30-Oct 04, 2004  
Kansas City, USA
- NTRS/NRPA Conference  
October 12-16, 2004  
Reno, Nevada, USA
- CPRA Conference  
October 20-23, 2004  
Halifax, N.S.

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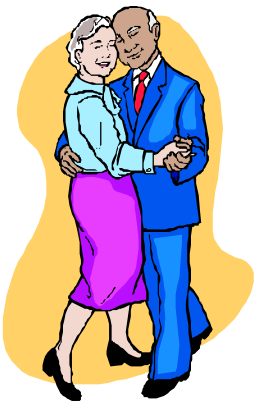
**Functional Fitness Workshop for Older Adults**

**Functional Fitness Workshop a Success**

The *Functional Fitness for Older Adults Workshop (FFOA)* was held on June 4<sup>th</sup> and 5<sup>th</sup>, with many recreation therapists, programmers, and other health professionals in attendance. The workshop was put on by the Canadian Centre for Activity and Aging (<http://www.uwo.ca/actage>), and was lead by Clara Fitzgerald, a consultant in health promotion, education, and leadership.

As professionals, we know that seniors are entering long term care facilities older, more frail, and with an increased number of health complications. This population was the main focus of the workshop, and all exercise programs could be adapted or modified for all levels of physical and cognitive impairments.

By looking at the individual's needs, assessing strengths and barriers, individuals residing in long term care can be placed into the appropriate exercise programs. Exercise programs taught at this course ranged from bed exercises, chair exercises, hip and shoulder rehab, and walking programs. All of the above mentioned programs addressed needs in the following areas: muscle strength/ endurance, cardiovascular fitness, flexibility, balance, coordination, and body composition. The workshop emphasized the importance of developing goal orientated programs and evaluating in a timely manor to ensure credibility and accountability.



Functional Fitness for Older Adults.

**Message From the President**

"Change has a bad reputation in our society. But it isn't all bad — not by any means. In fact, change is necessary in life — to keep us moving ... to keep us growing ... to keep us interested. ... Imagine life without change. It would be static ... boring ... dull."

— Dr. Dennis O'Grady

I devoted much time to the completion of this message but soon realized that the theme of this brief was obvious: CHANGE. Our organization has made tremendous changes over the last six years. Since the inception of ACS for CTRS now TRAAC, our board of directors has more than tripled, our logo has changed, (remember the map of the Atlantic provinces), and our workshops have become conferences. We have accomplished much in a short time with more changes to do I am sure. These

## Functional Workshop A Success, cont'd

Tips for increasing resident fitness levels:

- Teach residents exercises first, before introducing them to a large group.
- Use music at the beginning to welcome residents to the program, and music without words during the program to limit distraction.
- If you don't have time to facilitate 3 exercise programs per week (and the residents are fairly independent) video tape yourself doing the exercise program.
- Use family and volunteers for 1:1 exercises, walking programs, and even exercise programs. They too can increase resident level of physical activity.
- Promote active sitting and improve posture by placing a small to medium size ball at the base of the back while residents are doing other activities (i.e. watching T.V., eating meals, etc.).
- Reduce hand contractures by placing a ball in the hands of those residents at risk.
- Exercise equipment does not have to be costly. We learned over 20 simple exercises using a small to medium size rubber ball from the dollar store!



Families and volunteers can play a key role.

## Message from the President, cont'd

changes simply reflect our growing...and for the better. The changes that we have made I hope will improve our goals of advocating, educating and resource development.

When reflecting on the above quote, I hope that you will never let TR get boring or dull. We have so much to offer as a profession...our potential to be change agents is huge! I believe in time, our vision of promoting health and wellness in our workplaces and communities will become a reality. I hope you enjoy our second newsletter and that you will contact the board anytime for support, questions or just to say hello. Thanks to all of you for joining (and rejoining). Please have a wonderful and safe leisure –filled summer.

Keep on "TR"eckin'  
Crystal Watson, CTRS  
TRAAC President

## CTRA NEWS

The Canadian Therapeutic Recreation Association is operating with all positions filled on the board. These Recreation Therapists volunteer their time, energy and vast array of talents to serve on the CTRA Board of Directors.

**President** (Dianne Bowtell, Alberta)

**Vice President** (Ana Osborne, Ontario)

**Secretary** (Jennifer Croft, Ontario)

**Treasurer** (Lien Nguyen, Alberta)

**Western Director** (Kelly Duckworth, B.C)

**Prairie Director** (Cheryl Holmes, Manitoba)

**Central Director** (Flora Masella, Quebec)

**Atlantic Director** (Dr. Jerry Singleton, N. S.)



Our National  
Organization (CTRA)

## CTRA NEWS CONTINUED...

**Certification Director** (Tanea Goncalves, Alberta) **Administration Assistant** (Darlene Murphy, Alberta).  
**Communications/Public Relations Director** (Susana Yan, Ontario).

### Conference Update:

On May 27th, 2004 the QAAP (Quebec Association of Activity Professionals) and TRAQ (Therapeutic Recreation Association of Quebec) welcomed colleagues from across the provinces to this one day national conference. Despite the several last minute changes, reorganization and restructuring of the CTRA conference, plan B was a success! The theme of the conference was Certification. There was four workshops covered for the day. Tanea Goncalves, our CTRA Certification Director provided an update on the progress of the work that has been done to date and insights to the challenges of developing a National Certification Program in Canada.



CTRA Conference Theme:  
Certification across Canada!

The next CTRA Annual General Meeting and Conference is being held in beautiful Nanaimo, British Columbia. Visit the CTRA website for regular updates. [www.canadian-tr.org](http://www.canadian-tr.org)

## TRAAC 2004 CONFERENCE REPORT

Wow...What a year! The Conference committee and the board members worked hard towards achieving another amazing conference. It had a new look, new location and became a successful venue for networking. The conference was held on March 5th and 6th, 2004 at the Future Inns in Halifax. Our theme was Practice, Promotion, and Professionalism, Advancing TR in Atlantic Canada.

*Practice, Promotion and  
Professionalism...Advancing TR In  
Atlantic Canada!*

Our keynote speaker was Wayne Bishop, CTRS from NFLD. His presentation was in regards to Embracing your role in your professional organization. By contributing to the growth and prosperity of your organization by sharing experiences and knowledge, you are in fact sharing in the advancement for the field.

Jodie Charters, CTRS and Gary Myatt, B.Th, M.Div, M.Th, CAPPE. "Vitality in leadership." Both Jodie and Gary shared in how camp Hill health care professionals respond to change in their workplace and the leadership initiatives they use to work with change.

Jane Proctor, MA, BMT and Emily Yorke BMT presented "Music Therapy and Recreation Therapy, sharing goals." Their information and knowledge was in respect to the comparison and contrast between the philosophy of target treatment areas, goals and objectives within MT and RT.

Other material covered included; "Healthy Caring", "Therapeutic Recreation in Mental Health," "Connecting Through the Barrier", "Managing a Student Internship Placement", "Going Places: A Pediatric life skills program", and many more

Our 5th annual conference and first attempt at having the conference for 2 full days was very successful. It provided many opportunities for TR professionals, students, and educators to learn more about practice initiatives and trends within the field. So, search the net...as plans are on the way for our 6th annual conference in March of 2005. Call for papers and additional information will be available on our new webpage coming soon!