REC THERAPY TODAY
Continuing Education Through Innovation

Monthly Newsletter
October 2021

Hello friend –

Your **October 2021** issue of ***Rec Therapy Today*** is ready for you to read.

I feel great pleasure in creating this newsletter for you.

I hope you enjoy the contents of this month's issue.

Let me know if you want anything shared in upcoming issues.

Your friend and partner in Rec Therapy, Danny Pettry

Danny W. Pettry II, M.Ed., M.S., LPC, NCC, CTRS-BHS, Lifetime Member of ATRA
Director of Continuing Education at *Rec Therapy Today*

➔ **Need CEUs?** Go here: http://www.RecTherapyToday.com

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Recreation Therapy:

It's NOT about the *Activity.*

It's about the Outcome.

Recreation Therapy Helps People with

Maintaining and Promoting:

Social Wellness
Emotional Wellness
Cognitive/ Intellectual Abilities
Physical Health and Wellness &
Overall Independent functioning.

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FREE CEUs

Fall 2021 Teleconference

Live Saturday, October 16, 2021

Information will be emailed soon.

We have five (5) speakers who'll be presenting.

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NEW Testimonial

Nancy gave me permission to share her message:

Danny,

Let me just say this:

You are the most accommodating, positive and "do everything in your power" individual who makes sure we can earn our CEUs.

I gave myself time to complete that component and you made it easy and stress-free.

You offer us bundles to save us money while keeping them short, sweet and humorous.

Kudos to you for dedicating yourself to ensuring we receive the best in educational trends.

I know I couldn't have done it without YOU!

Thank you,
Nancy Pleiter-Sadowy

Earn Your CEUs Online
www.RecTherapyToday.com

Attention Recreation Therapist:

When Are Your CEUs Due?

Sign Up for Courses Today:

www.RecTherapyToday.com

You'll thank yourself later.

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Humor Therapy of the Month

October 2021

"Who" would like to have fun on Halloween?

I want to have my fun right "Meow."

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Humor Therapy of the Month

October 2021

Question:

How can you tell if a vampire is getting sick?

Answer:

By his ***"coffin."***

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Humor Therapy of the Month

October 2021

I'm reading a book about anti-gravity and it's impossible to put down.

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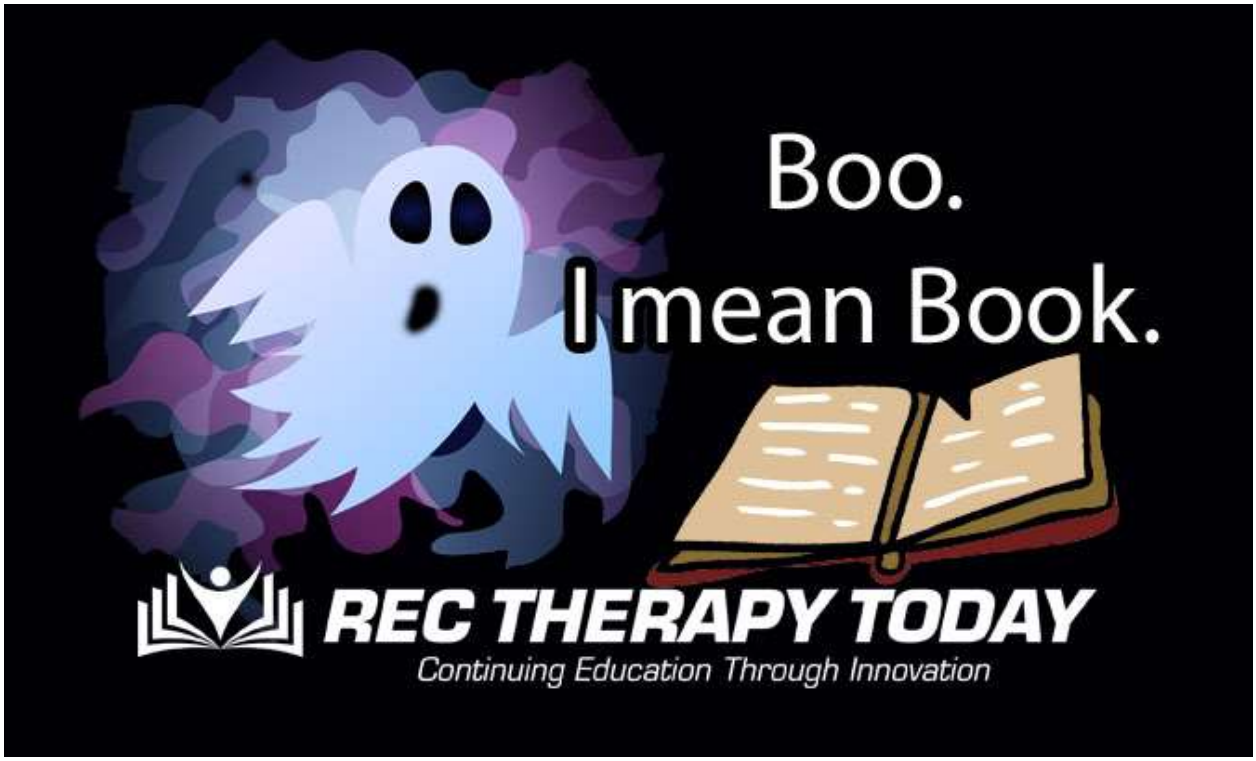

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Inspiration for the Month of October 2021

Print and Post

Infographic of the Month

Please remind kids to **watch out for cars.**
Attention Motorist: *Drive extra cautiously*

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Print and Post

Infographic of the Month

Parent/ Adult/ supervision required for safety.

Rec Therapist – provide close supervision with knives when providing services for people who have self-harming behavior.

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Do You Want a

Group Discount on CEUs?

We offer **25% off the cost of our 50 Hour CEU bundle** for organizations who have four (4) or more **Recreational Therapists** who sign up with us!

Group of Friends: You can create your own group of four (4) or more too! Save together!

Bonus: FREE *Rec Therapy Today*® T-shirt included for everyone in your group!

Email Danny@DannyPettry.com if you're interested in an organization discount.

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Our Flagship CEU Course

Visit the link below to sign-up today:

https://bit.ly/3bGuAIq

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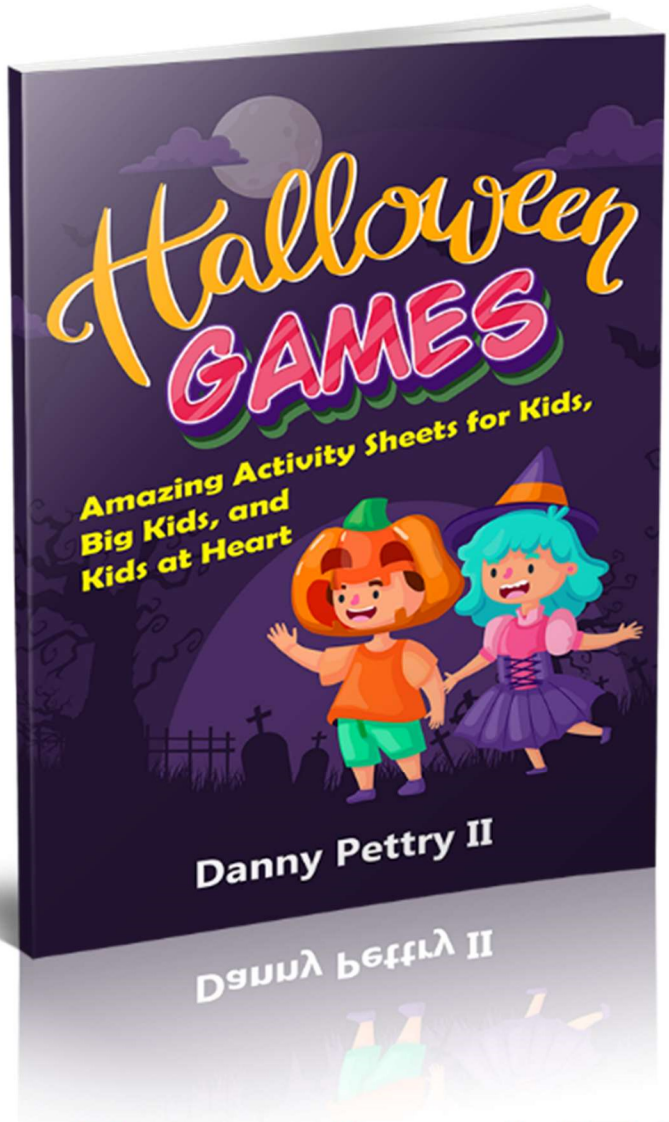
FREE Ebook [PDF] Download

Includes 102 Amazing Activity Sheets



Activity Sheets Include:

- Mazes
- Word searches
- Coloring sheets
- Counting games
- What comes next?
- Crossword Puzzles
- Drawing activities
- Spot the differences
- Find the one of a kind

Download [PDF] for FREE:

https://www.rectherapytoday.com/wp-content/uploads/2021/10/HalloweenGames2021.pdf

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October 2021 Game of the Month

About this item

- Our Bestseller — Now For Families! The hilarious game you know and love, now with all the R-rated content removed for family-friendly fun.
- Family Fun: This family game is designed for ages 8+ and is encouraged to be played with 3+ players (of all ages).
- How To Play: Compete with your friends and family to create the funniest memes. Do this by using one of your dealt caption cards to caption (get it?) the photo card in each round.
- How To Win: The winner of each round is decided by a rotating judge. Pro tip: pick your caption card to match the judge's sense of humor. Extra pro tip: Make sure the judge shuffles the cards for anonymity.
- What's Inside: Each game contains 300 caption cards and 65 photo cards and instructions.
- Brought to you by What Do You Meme?: We also make other family party games inspired by pop culture. Check out our store for more good stuff.

Get the Game Here:

https://amzn.to/3A6D4Ea

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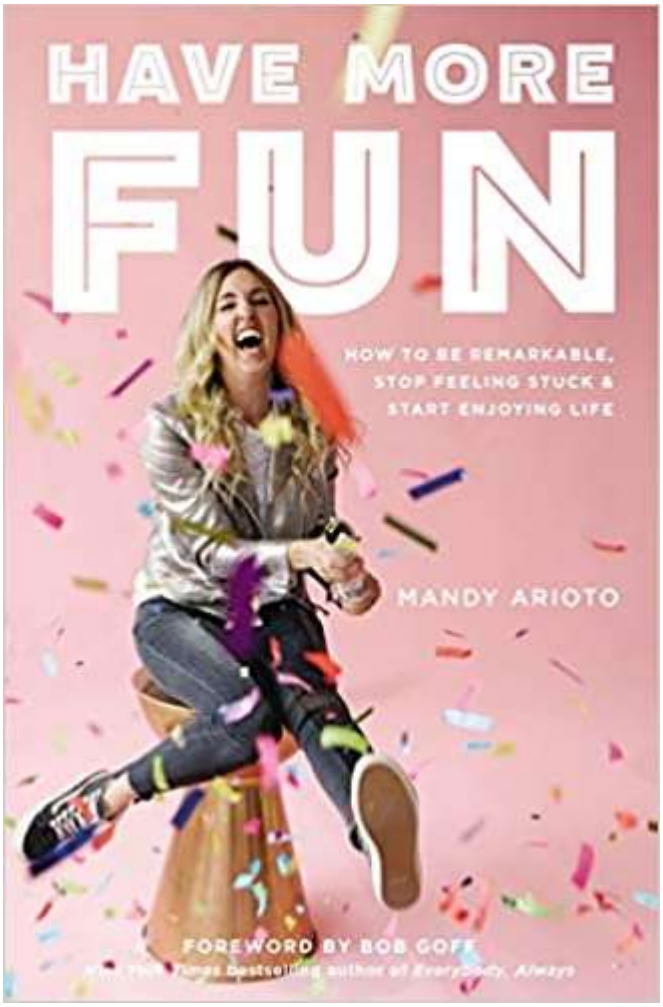
October 2021 Book of the Month



When was the last time you had some good and serious ***fun?*** If your to-do list has become the boss of you, if you're so exhausted and overwhelmed you can't remember--all of that is about to change. ***Have More Fun*** is your crash course to getting unstuck, laughing freely, and enjoying the ride.

Get the book here:
https://amzn.to/3A9yipr

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October 2021

Rec Therapist of the Month

Jessie Jones

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Interview with Jessie Jones

1. **Your degree and college:**

    - Recreation Therapy Diploma (2021),
    - Undergrad student, Bachelor of Leisure & Recreation Services with a concentration in Therapeutic Recreation (2024)

2. **Are you a CTRS?**

    Working towards becoming a CTRS (2024)

3. **Awards you've earned?**

    Jaime Gilles Memorial Scholarship Award (2008)

4. **Why did you become a rec therapist?**

    To work as a professional and support individuals by using Recreation and Leisure as interventions and treatment for people of all ages and abilities.

5. **What do type of setting do you current work?**

    I am in private practice working within my community.

6. **What population do you provide services for?**

    My work stretches across a diverse group of individuals including but not limited to seniors living in home/retirement/LTC to children and adolescents who have behavioral disorders.

7. **What types of recreation therapy interventions do you provide?**

   Art and Music programming, Cooking/baking, Exercise groups, Active Games, and more!

8. **What do you love about your work?**

   I love that I can use what I am most passionate about (Recreation and Leisure!) to support individuals overcome their day to day barriers and live their best life. I love that Recreation Therapy looks at the whole person and that it is individually based.

9. **What would you recommend a new rec therapist to do?**

   Stay curious! Explore and use your creativity. Consider the individual as the expert and we are the learners!

10. **Where do you see the future of rec therapy?**

    I see more Recreation Therapists opening their own private practices and becoming a leading healthcare profession.

11. **Who is a recreation therapist who you admire and why?**

    I admire Claire from Hodgepodge Creative, San Antonio, TX. I love Claire's creativity and ability to express her curiosity and advocacy for Therapeutic Recreation.

12. **What other information would you like to share?**

    I love serving my community through Recreation Therapy and fine art. I look forward to growing as a Recreation Therapist and providing evidence-based research to the field.

What Do You LOVE About *Rec Therapy Today*?

I love the opportunities to learn!

Jessie Jones

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ATRA Section

ATRA is pleased to announce that we are looking to hire an Administrative Assistant. This is a virtual, part-time position and would be fantastic for anyone looking to expand their skill set, increase their income, use their expertise and organizational skills, and be actively involved in a growing and vibrant organization. ATRA is looking to continue its upward trajectory and has exciting plans for this upcoming year!

Screening of applications begins October 1, 2021, and continues until the position is filled. The preferred position starting date is November 1, 2021. A complete application consists of a letter addressing the qualifications included in the position announcement; a resume; and the names, telephone numbers, and email addresses of at least three professional references. Other documentation may be requested. Only complete applications submitted electronically will be considered.

Applications and nominations should be addressed and emailed to:

Dr. Brent Wolfe, LRT/CTRS, FDRT

ATRA Executive Director
Email: info@atra-online.com

Brent D. Wolfe, PhD, CTRS, LRT, FDRT
Associate Professor, University of North Carolina Greensboro

Executive Director, American Therapeutic Recreation Association

Danny Pettry/ Rec Therapy Today -- Disclaimers

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Danny Pettry is a Lifetime Member of ATRA who volunteers to assist with ATRA when possible.

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Danny Pettry's Section

On Aging:

I'm 41 going on 42 in March 2022.

I started wearing reading glasses when I turned 40.

I love reading and these glasses help a lot.

I feel like I'm Clark Kent (Superman) with these glasses on.

I meant to say ***SuperDan*** instead of Super*man*.

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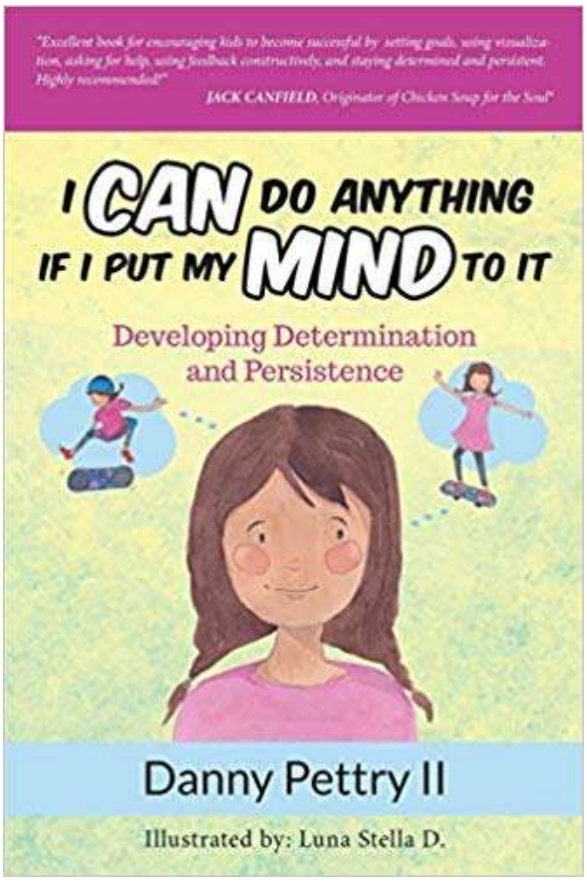
Buy Danny Pettry's Inspirational Book:



Some people say things like, "girls can't skateboard." They say it's too challenging and girls give up easily. What do they know!

Olivia loves to skateboard and she intends to land the challenging kickflip. She asks a better skateboarder, Jimmy, to show her where to put her feet and how to make the board flip.

With determination and persistence, Olivia soon masters the kickflip and dreams of winning a skateboarding competition.

But then she has a big problem. Her parents won't allow her to skateboard as often until she brings her D up to a B in math. They are stealing her fun. But determined to improve her grades, Olivia asks the best math student, Ashley, to tutor her. Ashley agrees to help Olivia if Olivia will help her with something.

Will Olivia bring her grades up? Will she be allowed to skateboard again?

Told from Olivia's perspective, young readers will identify with Olivia, and provides parents, teachers, and counselors with a fun way to teach important values, including:

- Goal-planning and visualization
- Determination and grit
- Asking for help and applying feedback
- Growth mindset and improving
- Persistence and sticking with it until success.

Buy this book for a child who you care about today!

Get This Book Today –

https://amzn.to/39tI1Lu

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How Are You Advocating Rec Therapy?

Bailey Robinson, MS, CTRS [shown on left]

Bailey shared:

I honestly believe recreational therapy is the best career out there! It is truly rewarding to see the progress our clients make and see how proud they are of themselves when they are able to realize the potential they have.

I love that we are able to help/show our clients that you can still have fun while improving on various skills.

Bailey asked this question:

How are you [CTRS] advocating for the field of recreational therapy and showing others who don't know what it is the importance of what we do and how we are benefiting others to maintain/enhance quality of life and promote independence through recreation and leisure?

Please submit how you're promoting and advocating rec therapy at our fb:

https://www.facebook.com/RecTherapyToday/posts/2650189685277706

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Garrett Thompson's Thoughts

Some things I would like to discuss, address, and express:

Is recreation therapy limited when it comes to ultimate life goals for our patients or clients?

How do we not feel burnt out when our love and passion doesn't provide the help we were hoping for?

One thing I've learned from being a Rec Therapist, is it can be very dangerous for your career if you find yourself as the only rec therapist at your job. You don't have guidance and you might feel as if you're running your own universe however, I learned I only discovered what CEUs teach you. Be open to working with other RTs.

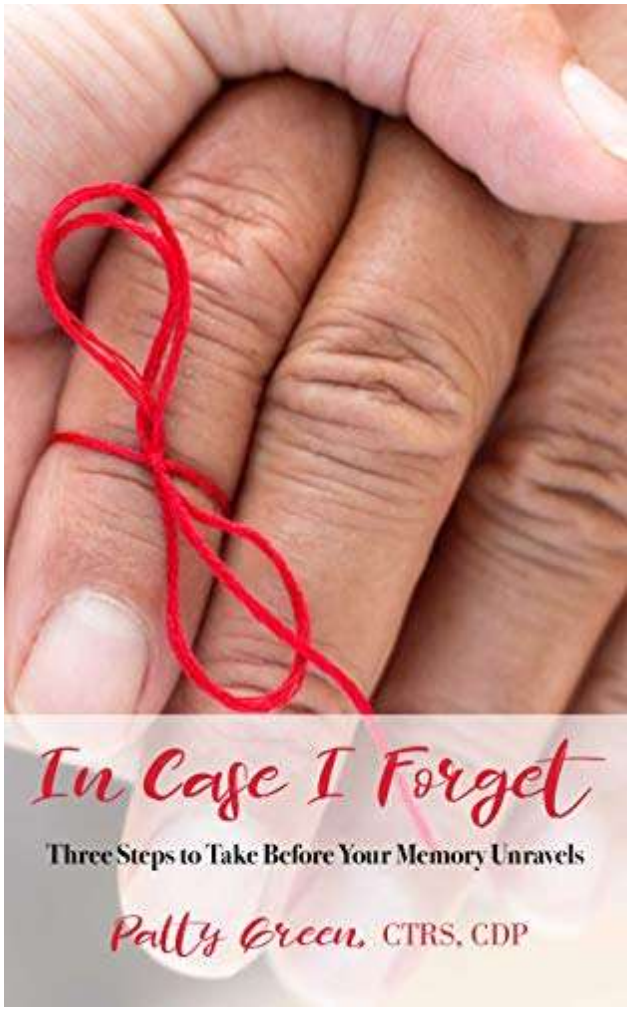
Never be afraid to remind others you are the "clown" of your job.

And finally, if a company won't pay you what you know you deserve (and you feel mediocre about your job), there is always another job elsewhere for you. Turn yellow lights into green lights.

Adaptive sports are one of the most rewarding thing you can do!

Book Recommendation:

Patty Green is a Certified Therapeutic Recreation Specialist & Certified Dementia Practitioner. She is a published author and dementia care consultant with a passion for helping people navigate the dementia journey. For a loved one. For themselves. For those left behind.



Alzheimer's Disease and other dementias affect everyone in someway. You either know someone who has it, you have it, or you're going to get it. More than 5 million people are currently living with Alzheimer's disease or other types of dementia. It is the third leading cause of death in older Americans. There is no cure. In most cases, there is no answer to what causes the disease. It is unavoidable. It turns lives upside down. We fear dementia for good reason. It turns us into someone our family doesn't recognize. People struggle with this disease because they have no knowledge of how to care for family members who have it. It feels hopeless. The reality of this insidious disease is that it touches us in unpredictable ways. Everyone has questions and wonders where to turn for answers. But What if…. You could make a plan? This book will give you answers to the questions that those affected by this disease need to be asking. In Case I Forget will help you:• Understand what dementia is - and is not.• Understand universal needs and a quality of life.• Know what care options are available.• Understand and face your fears.• Tell your story - in case you forget.• Share it. What if we don't let this disease steal everything from us by planning ahead? Tie a string around your finger and read In Case I Forget.

Get This Book Today:

https://amzn.to/3FhTu0g

Discharge Planning Continued Services

MY RT
MY RECREATION THERAPIST

MyRecreationTherapist.com provides a **FREE** membership for patients/ clients/ consumers of service.

Recreation Therapists are encouraged to refer clients/ patients who are discharging from their facility to create a FREE account at MyRecreationThrapist.com

MyRecreationTherapist.com Consumers:

Anyone that is experiencing physical, mental, emotional, and social barriers and challenges that are inhibiting them from enjoying life and an active recreation and leisure lifestyle.

Our consumers want more out of life than just maintaining their basic needs.

MyRecreationTherapist.com will connect these people with Private Practice Recreation Therapists.

Share This Link with Your Clients Who Discharge From Your Facility:

https://www.myrecreationtherapist.com

Recreation Therapist Contractual Services

New Horizons is seeking exceptional Recreation Therapists interested in progressive wellness campaigns in school, hospital, and home settings currently.

New Horizons offers Fulltime and Part-time Contract assignments

New Horizons Concierge Firm is a premier Allied Health Staffing and Recreational Therapies Consulting Firm based in Los Angeles, California. They offer a Business to Business Wellness Program Design and Experiential Therapies Facilitation to Mass Markets onsite and remote.

New Horizons Specializations in Persons impacted by trauma, mental dysregulation, addiction, special needs, socio-emotional & cogni-physical challenges and optimized team building for mental agility goals of workgroups. We service all Health organizations, corporate wellness plans, academic Institutions, community recreation, and also private citizens in home settings for preventive and recovery wellness initiatives.

Please contact Myisha if you're interested.

Myisha J., CEO, CTRS
New Horizons Concierge Firm
Www.newhorizons-concierge.com
9093022185
Newhorizonsconciergefirm@gmail.com

Danny Pettry

Rec Therapy Today®

is very **active** on Instagram

We've reached over **1,270** followers!

You can easily follow us here:

https://www.instagram.com/rectherapytoday

We post inspirational information for rec therapists ***just like you.***

https://www.instagram.com/rectherapytoday

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This group is one of the most active recreational therapy groups on facebook.

Plus exclusive content form *Rec Therapy Today* is shared in our private group.

Join here:

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Final Thought…

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We have session content that is **CE Pre-Approved by NCTRC**.

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