REC THERAPY TODAY
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Monthly Newsletter
March 2022

Hello Rec Therapist Friend –

Happy March.

Be sure to add some fun to your life.

The March 2022 Giveaway is on the last page.

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*
1200 Veterans Memorial Blvd., Box 1247, Huntington, WV 25714

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

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Continuing Education Announcement

The *Rec Therapy Today*®
Spring 2022 Teleconference

There will be ten (10) sessions total.

You'll be able to earn 10 clock hours.

Sessions have been pre-recorded.

Conference will be released when we received notification from NCTRC that courses were pre-approved. This should be late March or early April. The Spring 2022 conference will have a cost.

We're still putting together a free one day session of webinars in late spring or early summer 2022.

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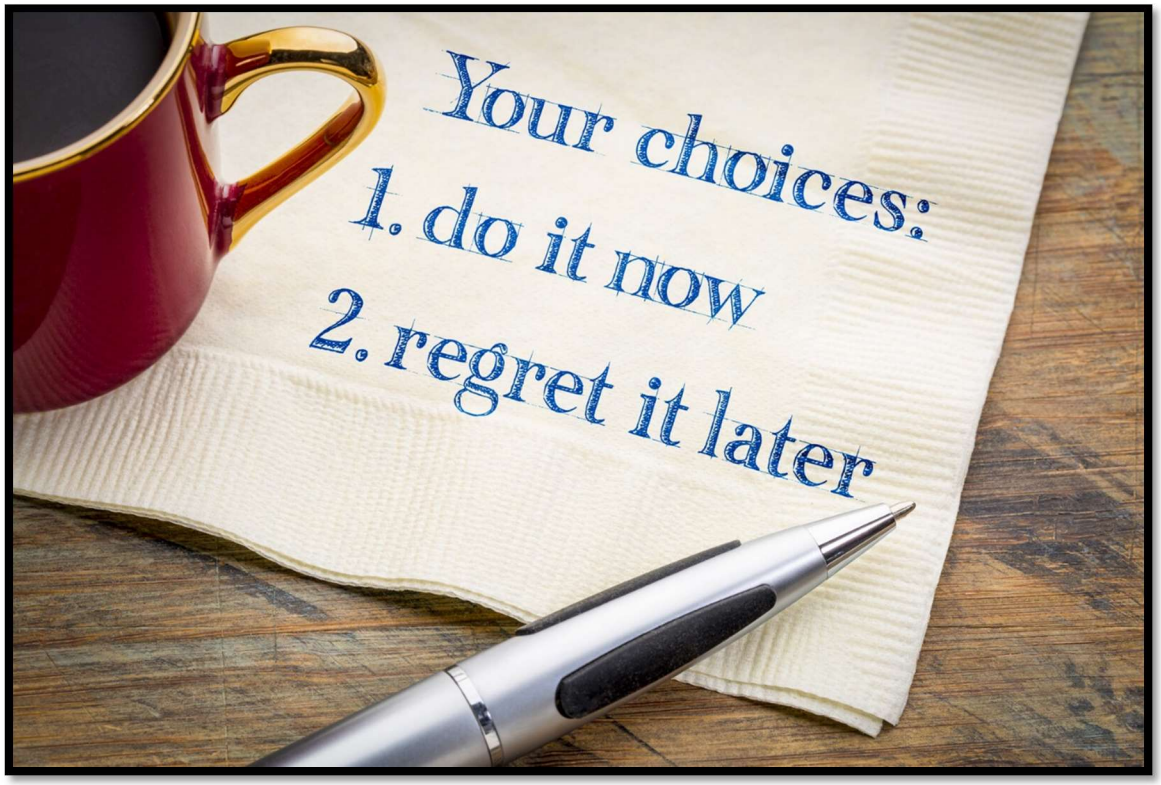
Attention: Recreation Therapist

Do YOU Need to Earn YOUR CEUs before the end of 2022?



Rec Therapy Today® Can Help YOU Earn ALL of YOUR Rec Therapy CEUs from the Comfort and Convenience of Your Own Home or Office™

Go Online to view the self-study CEU Library:

www.RecTherapyToday.com

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We're Discontinuing Our LIVE (In Person) Conferences

Rec Therapy Today® has hosted seven (7) live conferences for Recreation Therapists since we opened business in 2007.

Our 2020 conference was cancelled due to covid. We didn't' schedule a live workshop in 2021 due to covid.

The live conferences were held in Huntington, West Virginia which is the local tristate area of (Kentucky, Ohio and West Virginia). We had national speakers.

Less than 30 people attended our live conference workshops.

I believe ***Rec Therapy Today®*** needs to focus on providing you with innovative online courses (like we set out to do in the first place).

Sign-up for our FREE training ***Rec Therapy – CEU Secrets*** to learn more about our innovative continuing education program. You'll earn two clock hours of continuing education.

https://rectherapytoday.thinkific.com/courses/CEUsecrets

Humor Therapy for March 2022

What is Beethoven's favorite fruit?

A ba-na-na-na!

Wolfgang amadeus mozart (1756-1791

Infographic March 2022

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Important Dates in March

March 17th is St. Patrick's Day

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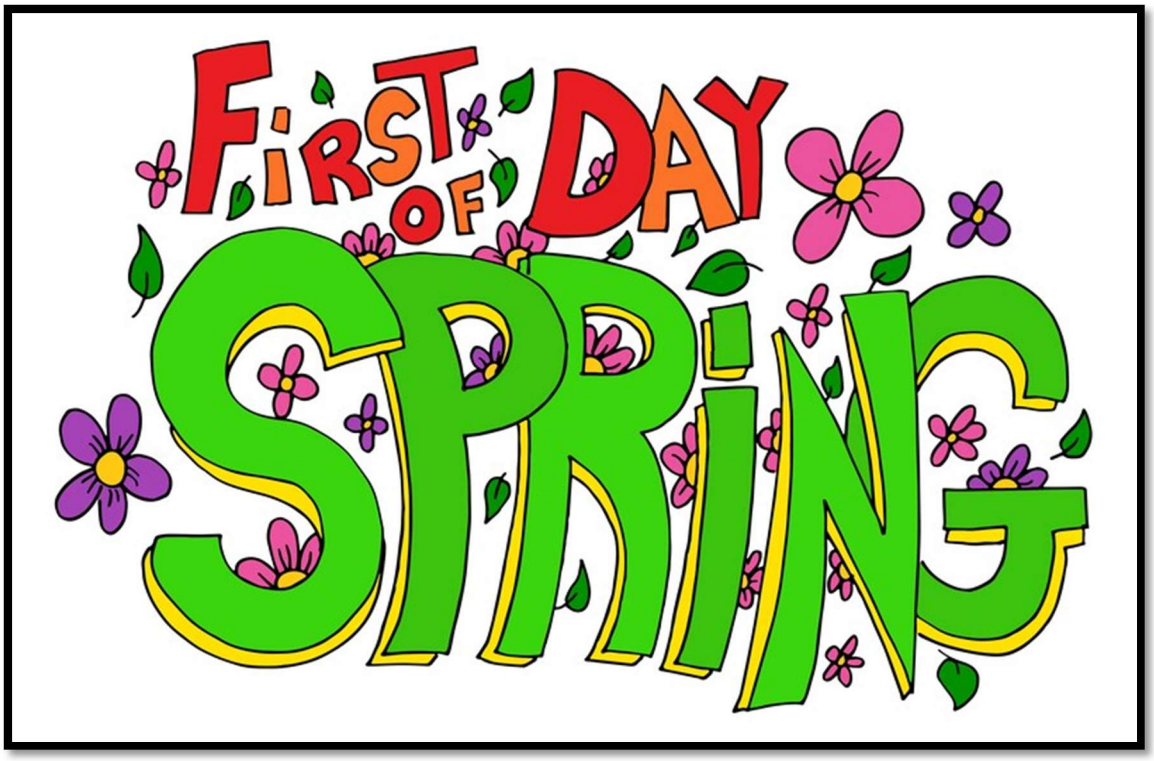
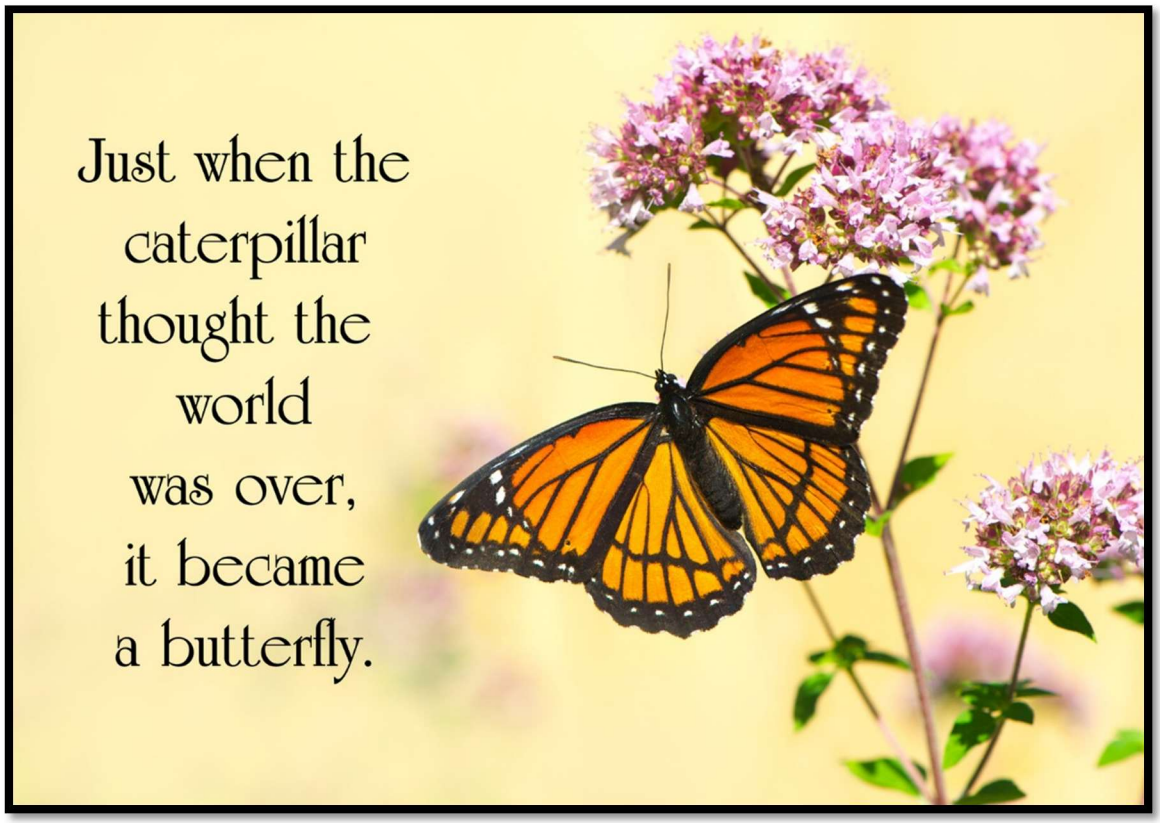
March 13th

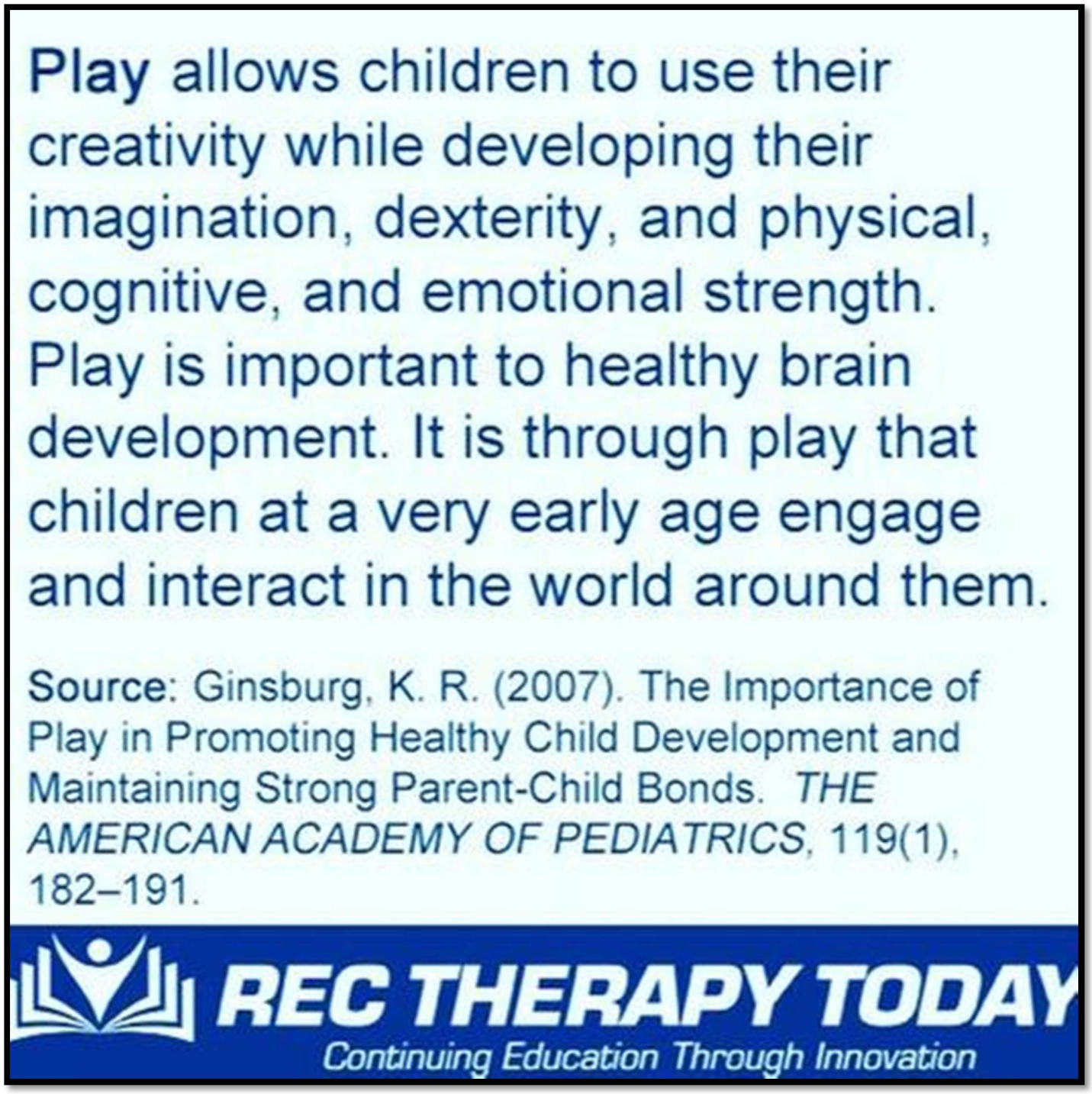
March 20th



Inspiration for March 2022



The Importance of Play



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Join **Meagan Young**, CTRS and operator of (**Grow through Flow**) and Danny Pettry (Rec Therapy Today) for a 2022 book club.

Megan listed 12 non-fiction books that she plans to read in 2022.

Danny here and I'm following her lead and reading the same 12 books.

You're invited to read these books with us.

An unofficial Recreation Therapist (RT) book club.

Here is the list that Meagan created:

Jan:	*The One Thing*	Feb:	*Essentialism*
March:	*The Power of Fun*	April:	*It's Not Always Depression*
May	*Profit First*	June	*Deep Work*
July	*Joyful*	Aug	*Set Boundaries: Find Peace*
Sept	*I Will Teach You How to Get Rich*	Oct	*How to Take Smart Notes*
Nov	*The Courage to be Disliked*	Dec	*The Courage to Be Happy*

Danny Pettry: I've previously *Deep Work.* It's a book I highly recommend for people who want to create and make things. I'll be excited to read that book again.

Danny's Goal:

Post one book review per month. These books reviews with have an emphasis for the Recreation Therapist audience.

You and Your Organization: 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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March 2022 Game of the Month

About this **game:**

DEDUCTION AND CHANCE:

In this social deduction game, players swap performers and play tickets to discover and vie for the top performer card at the end of the game.

- HOW TO PLAY: On your turn, collect a salary, take a ticket, and either play a ticket from your hand, or swap your performer with one from the center area.
- PLAY TICKETS: Pay your hard-earned salary to play tickets from your hand to move, swap, or view performers.
- FIND THE COVETED RINGMASTER: There are 16 available performer cards, ranging in value from 0 to 15. The Ringmaster is the highest-value performer in the game.
- WIN by having the highest-valued performer at the end of the game. FUN FOR EVERYONE: Families or Friends: 2-8 players, ages 8-99. Plays in 20 minutes. You will want to play again and again.

Get the Game Here:

https://amzn.to/35S15pp

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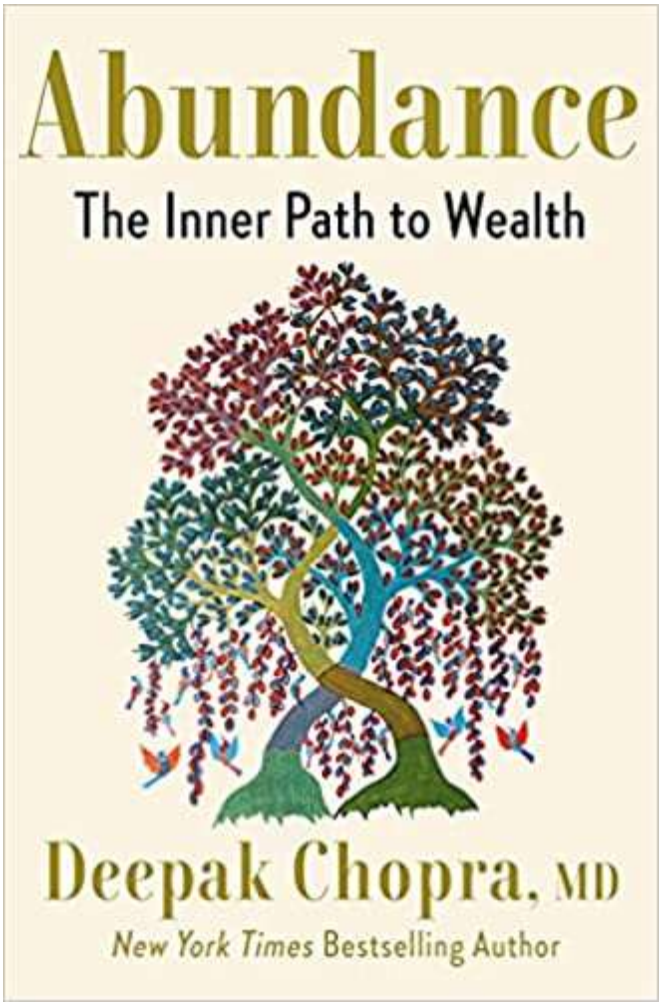
March 2022 Book of the Month



Many of us live and operate from a mind-set of lack, scarcity, and limitation. We focus on what we don't have—financial security, confidence, an intimate relationship—which keeps us feeling insecure and inadequate. We think "if only I could have those things, I could be happy." But measuring wealth by money or material possessions leaves us feeling drained and spiritually empty. Constantly striving for *more* often means our ego is driving our thoughts, actions, and reactions, which prevents us from reaching something greater: a true sense of inner peace, acceptance, and fulfillment.

Get the Book Here:

https://amzn.to/3lN5gRQ

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March 2022

Rec Therapist of the Month

Simran Kaur

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Interview with Simran Kaur

1. Degree:
   Recreation Parks, & Tourism Administration with a Concentration in Recreational Therapy. I graduated from California State University of Sacramento.

2. Certification:
   I've recently graduated & am not CTRS certified, but I hope to become certified by next month.

3. Professional Membership:
   I'm currently an ATRA member

4. Awards:
   I've been on the Dean's Honors List since my second year of college.

5. Why did you become a Rec Therapist?
   I always knew I wanted to be in the healthcare setting, but I was unsure what I exactly wanted to do. I then overheard a conversation about Recreational Therapy and asked for a bit more information. The next day, I met with an advisor, gained a bit more information, and knew it was the best fit for me.

6. What setting do you work at?
   I currently work at a behavioral/developmental health setting.

7. What ages do you provide services for?
   Adults from ages 18-59 with behavior and intellectual disabilities.

8. What types of interventions do you provide?
   Social skills, Skill Training, Teamwork, Leisure skills, etc.

9. What do you love about your work?
   The thing I love most about my work is the clients! I love being able to provide the services I do and seeing the progress that they make overtime. Every day with them is just another reminder of why I do what I do.

10. What do you recommend for a new rec therapist?
    As a new rec therapist, I would recommend other new professionals to just be confident in your work and make sure to network!!

11. What do you think the future of recreation therapy will be like?

I definitely see the future of rec therapy growing as a profession. When I first became a rec therapist student, I had many questions about what the major was and now 3 years later, I'm noticing a lot more people having more knowledge about the major and profession.

12. Who is a Recreation Therapist who you admire?

A recreational therapist that I admire is Arlene Krause. She was my professor during college and I remember all of the passion she brought to the class and always motivated me into becoming the best recreational therapist I could someday be.

13. What else do you want to share?

Some information I would like to share is keep in contact with all the recreational professionals you meet and work with, whether that be your classmates, professors, or past coworkers!

What Do You LOVE About *Rec Therapy Today*?

I enjoy all of the information about different workshops/conferences and any updates in the RT profession.

Simran Kaur

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ATRA Section

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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

This is my friend, Sofia from Ukraine.

She created wonderful videos for some of my book projects last year.

You can watch her video seeking support here:

https://fb.watch/bzLhdPDjh3/

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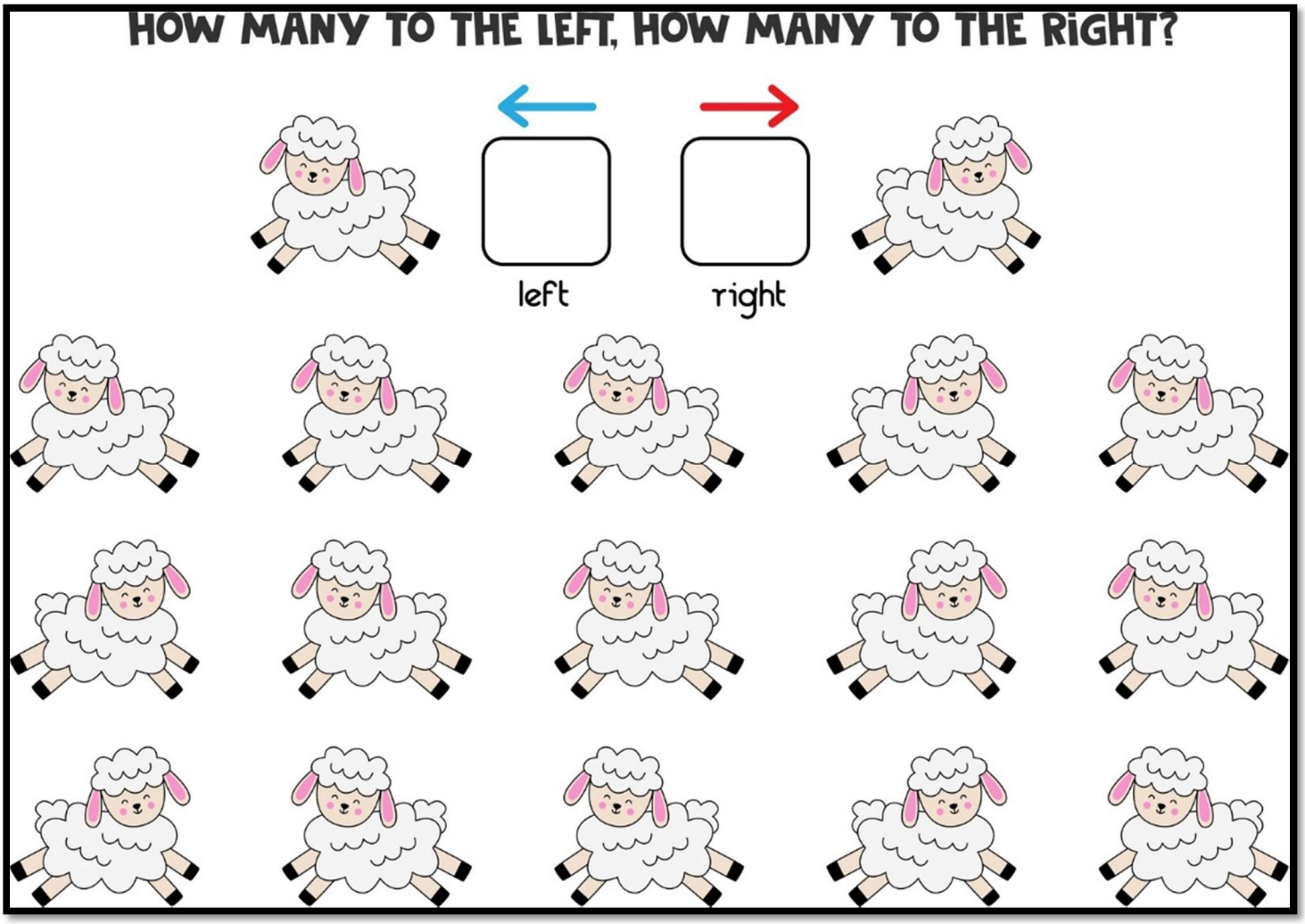
Fun Pages for All Ages



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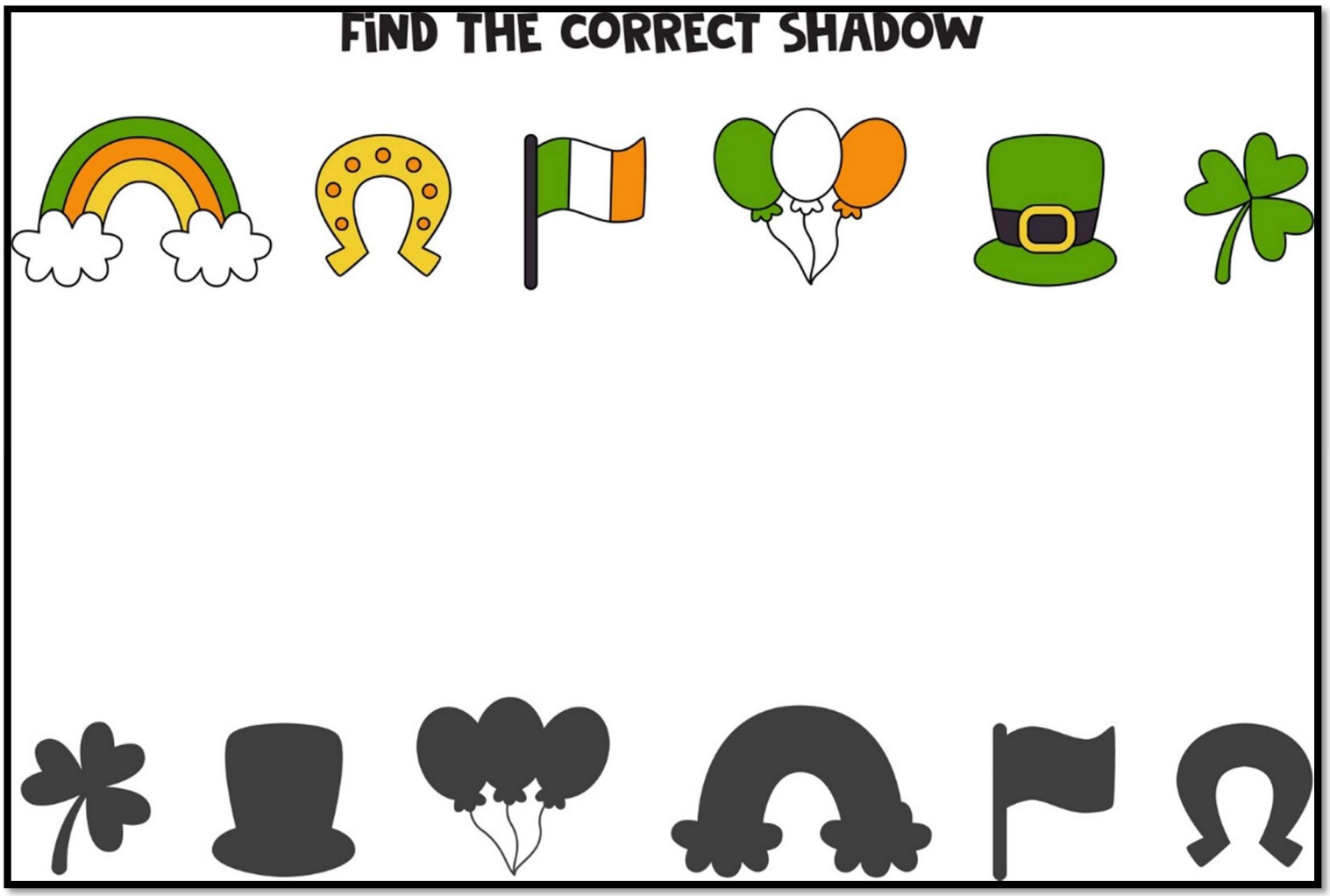

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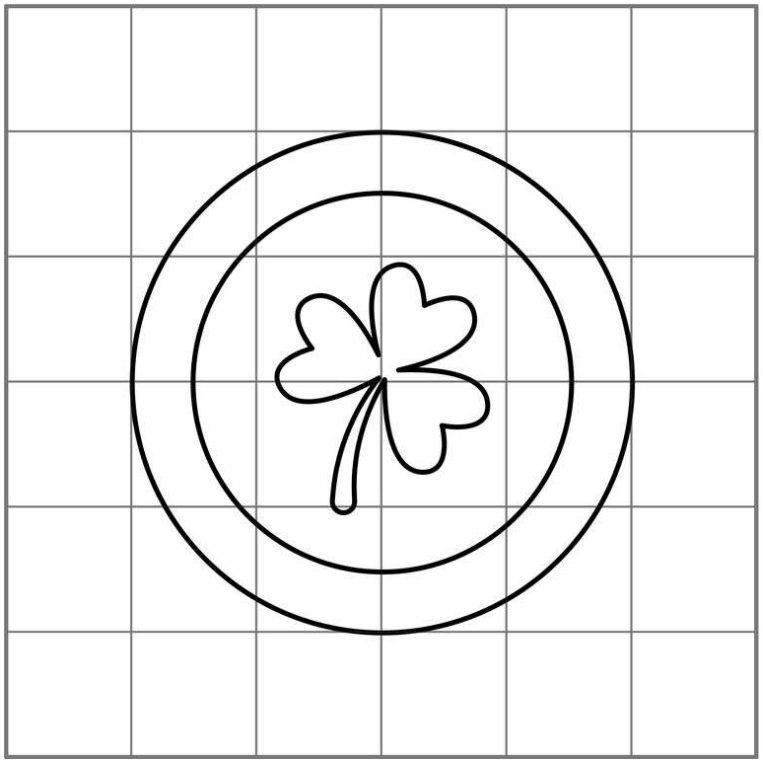

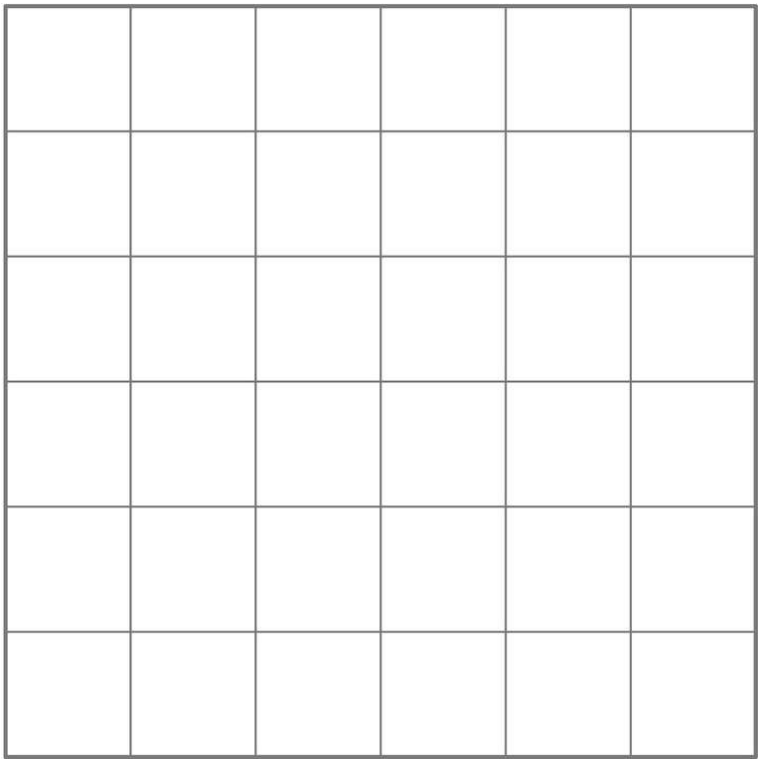

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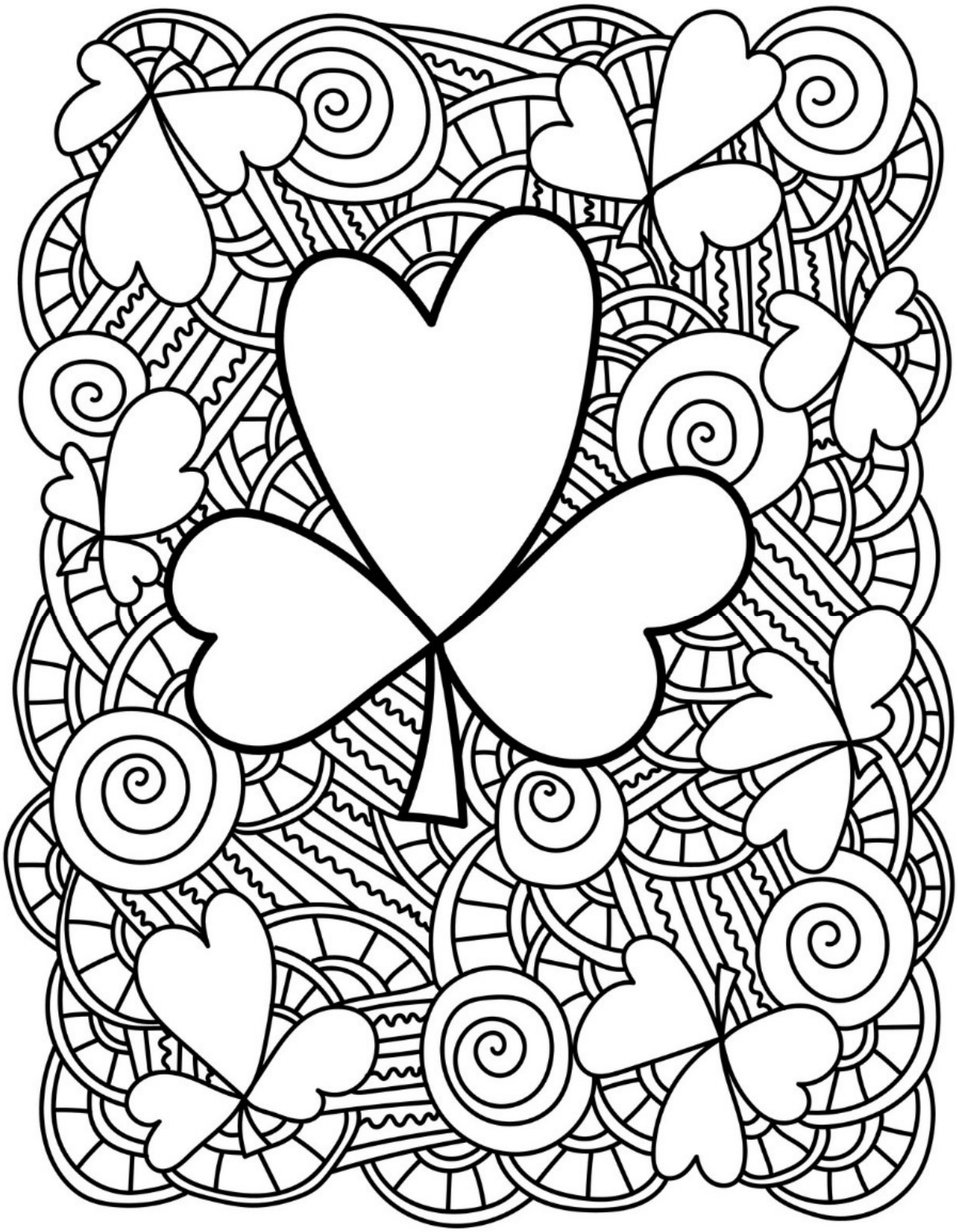

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How Many CEUs Do YOU

Need before the end of **2022**?

Earn Your ***Rec Therapy CEUs*** from the company that innovatively created the first online program for Rec Therapists in 2007.

Join the thousands of CTRS with us.

Go online today to start earing your CEUs:

www.RecTherapyToday.com

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February Winners

The following four (4) people won a Rec Therapy Today T-shirt; Rec Therapy Today Coffee Mug and access to our 50 clock hour CEU bundle as part of a Rec Therapy Month promotion we had with the Georgia Therapeutic Recreation Association (GTRA).

1. **Abbey R., Indiana**
2. **Nikki K., Wisconsin**
3. **Schall, North Carolina**
4. **Haley G., South Carolina**

The following individual won a $25 amazon gift card and 50 clock hour CEU bundle from our February 2022 email newsletter giveaway:

- **Angelina, Connecticut**

The following individual won a $25 amazon gift card and 50 clock hour CEU bundle for attending and participating in our CEU Secrets webinar.

- **Gayla A., Oklahoma**

Regarding our giveaways:
Random number generator used to select winners. No purchase required for any giveaways at Rec Therapy Today. Purchase does not increase odds of winning. Odds depend on number of entries.

Do you want to be a real winner?

- Continue your career.
- Continue your success.
- Continue your education.

www.RecTherapyToday.com

Danny Pettry

Rec Therapy Today®

is very **active** on Instagram

We've reached over **1,400** 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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Our Final Thought…

Don't put off until tomorrow what you can do today.

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March 2022 Giveaway

Enter for a chance to win one of three Ten Dollar ($10) Amazon Gift Cards – deadline is midnight 3/17/2022

Go to this link to enter today:

https://www.recreationtherapy.com/March2022.html

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