REC THERAPY TODAY
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Monthly Newsletter
June 2022

Hello Friend –

In This Issue:

- Book of the month
- Game of the month
- Fun Activity Pages for All Ages
- Recreation Therapist of the month
- Seeking Summer 2022 Presenters
- Humor Therapy, Inspirational Posts
- Our Innovative Recreation Therapists

June 2022 Giveaway is on the last page so you'll have to scroll to the bottom of issue!

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*
P.O. Box 1247, Huntington, WV 25714

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

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Seeking Presenters for our

Live Summer 2022

One Day CEU Teleconference

Would YOU be interested in presenting a Webinar Training on Saturday, July 16th, 2022?

Give back.

Share your knowledge.

You'll receive payment for presenting.

Go here to complete application:

www.recreationtherapy.com/Summer2022.html

Innovative Rec Therapist

Karen

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Innovative Rec Therapist

Bekah

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Judy

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Mayra

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Innovative Rec Therapist

Abagail

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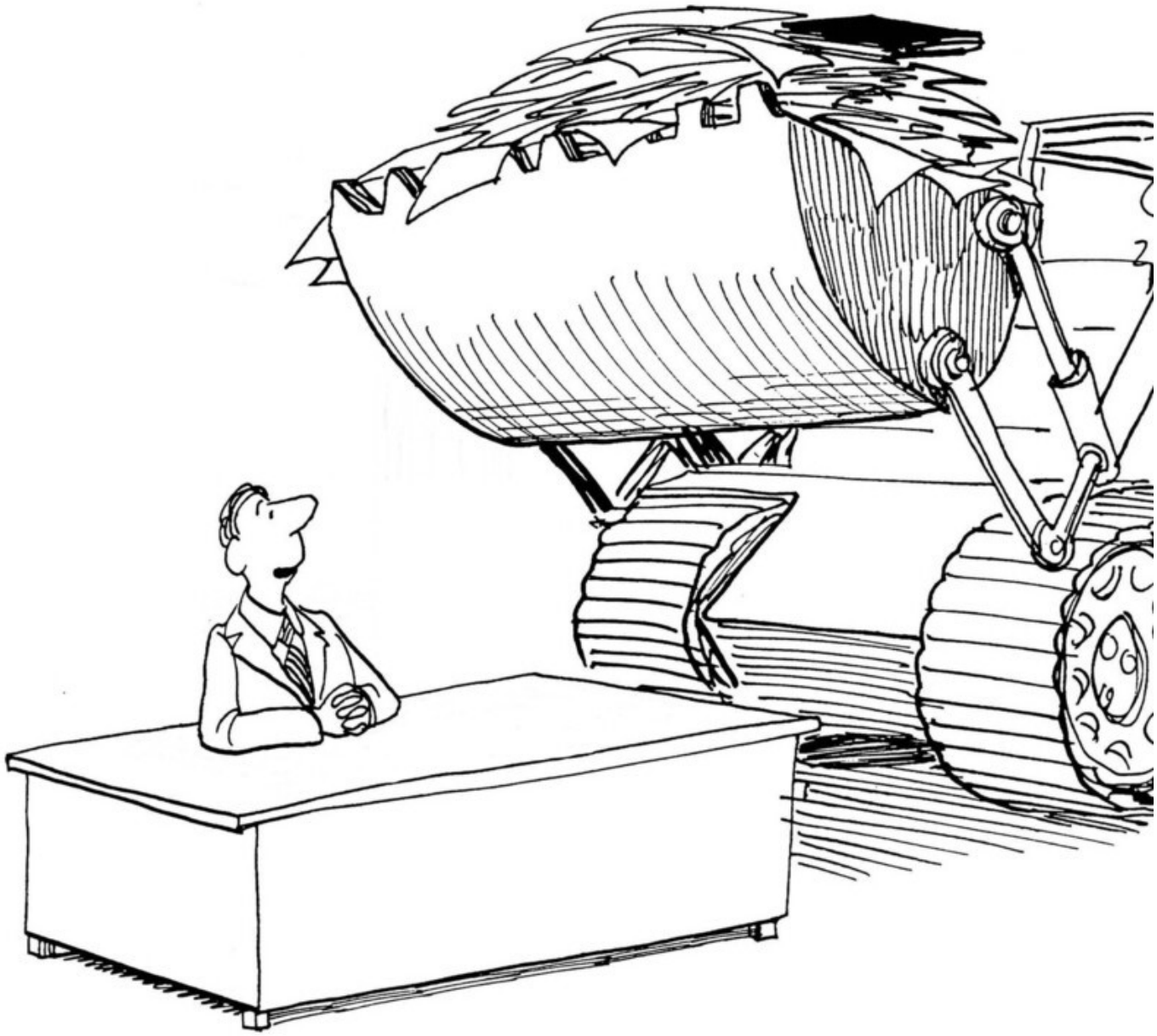
Humor Therapy for June 2022



"I'm in a paperwork mood, let 'er rip."

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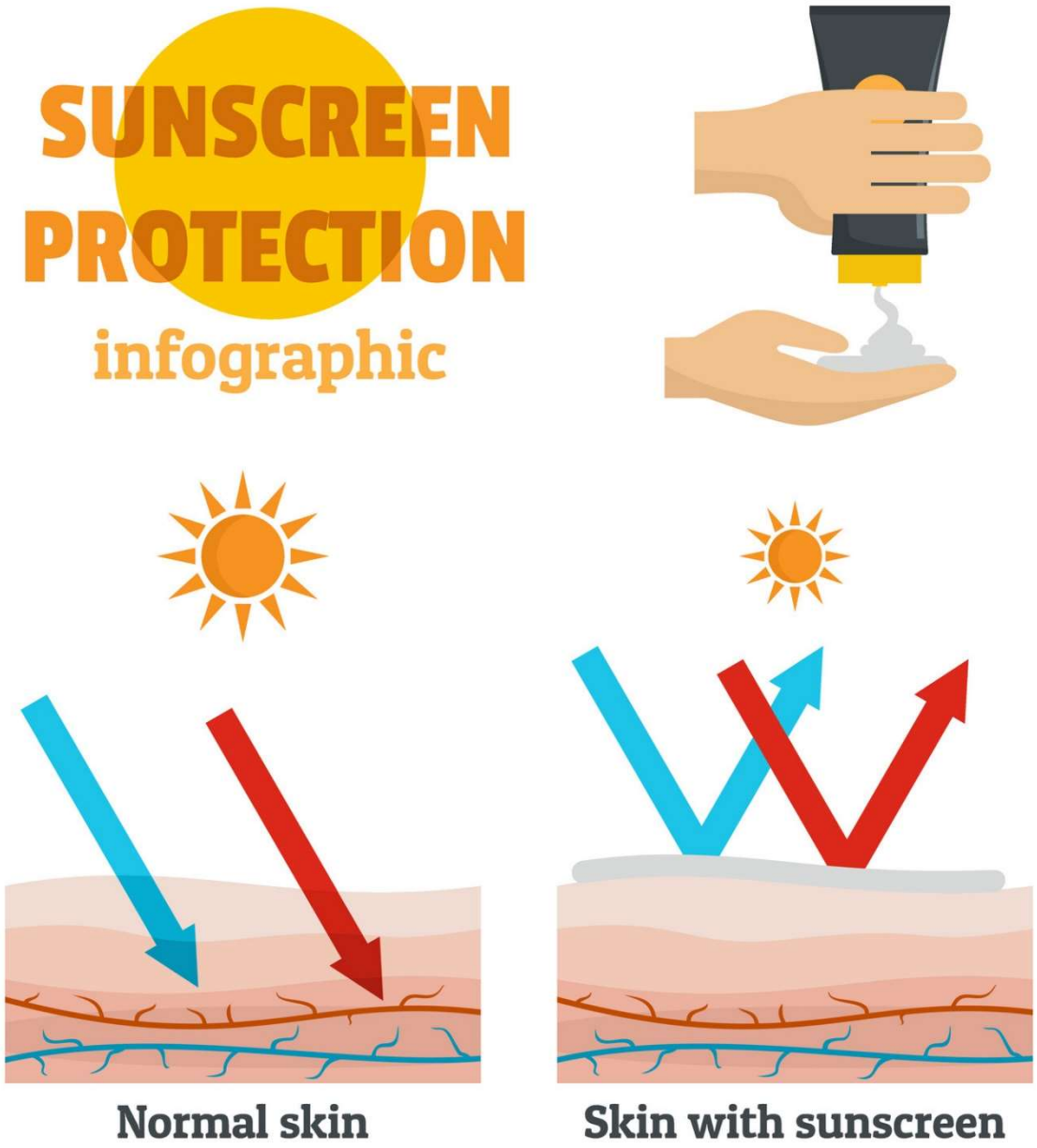
Inspiration for June 2022

Infographic June 2022



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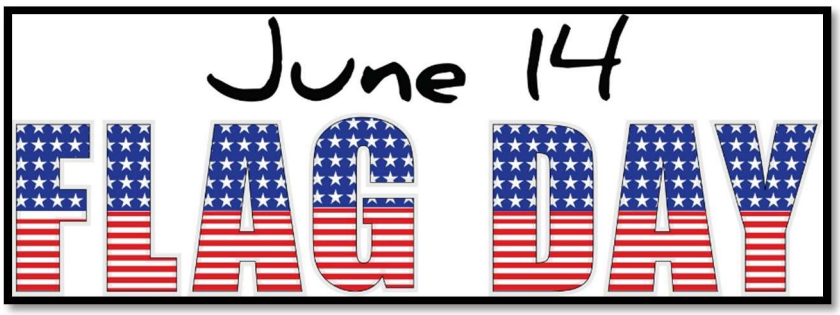
June 2022 Holidays



June 19th is Father's Day

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Infographic June 2022

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Outdoor Activity Ideas

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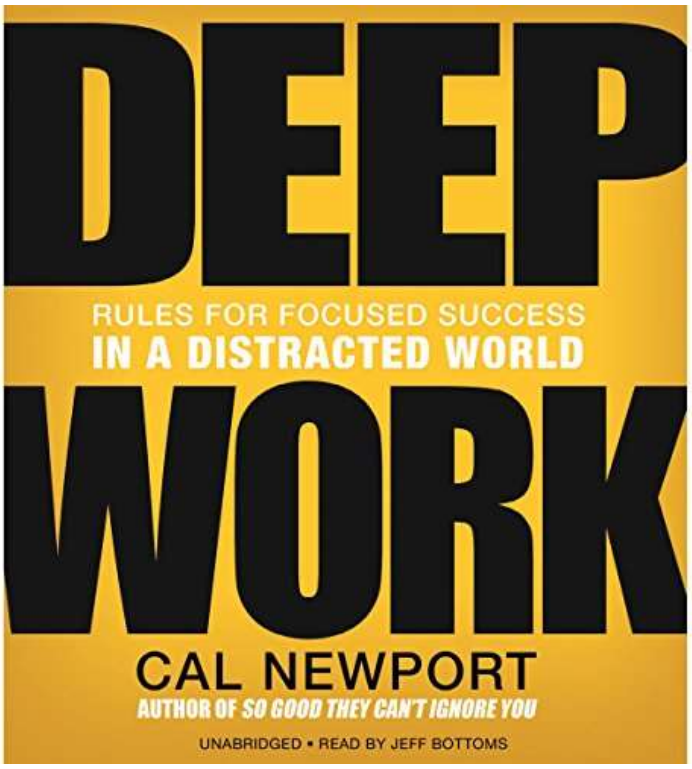
Recreation Therapist Book Club

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

We're reading this book in **June 2022:**



You can get this book here:

https://amzn.to/3a3ma22

May 2022 Winners

The following fifteen (15) people won a Rec Therapy Today T-shirt and Coffee mug for our 15th anniversary giveaway:

1. Erin S., Idaho
2. Erin C., Virginia
3. Susan N., Indiana
4. Hedi B., Wisconsin
5. Jessie P., Indiana
6. Jesmin A., New York
7. Felicia B., Colorado
8. Olavee V, California
9. Ericka D., Illinois
10. Ej C., North Carolina
11. Phoenix D., California
12. Tasha V.., California
13. Jessi B., North Carolina
14. Amanda C.., New Hampshire
15. Amanda K., Ontario, Canada

The Grand prize winner is:

Curtis P., Californian who'll receive the $100 amazon gift card;

Do you want to be a real winner?

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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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June 2022 Game of the Month

Franklin Sports Badminton Net Sets - Outdoor Backyard + Beach Badminton Net + Equipment Set - (4) Rackets + (2) Birdies + Portable Net Included - Adults + Kids Set

- FUN FOR EVERYONE: This go-to, complete badminton set is a perfect gift for the whole family that can be enjoyed by all ages for unforgettable outdoor fun
- EASY TO ASSEMBLE NET: The net consists of 1" inch diameter steel poles that adjust the net from 5' 1" to 8' high so all ages can play. The net is 20' x 1. 5' long so you can easily fit many players at once
- ALL IN ONE SET: This set comes with (4) steel badminton rackets, (2) nylon birdies, (6) stakes and guy ropes and a deluxe carry bag to help transport and store all the components with ease
- PORTABLE: This set comes with a carrying box designed to store and transport all the components of the set with ease so you can bring this set to the beach, the park, or anywhere else
- FAMILY FUN: Create memories with family and friends that will last a lifetime with this complete badminton set from Franklin Sports

Get the Game Here:
https://amzn.to/3POhi1e

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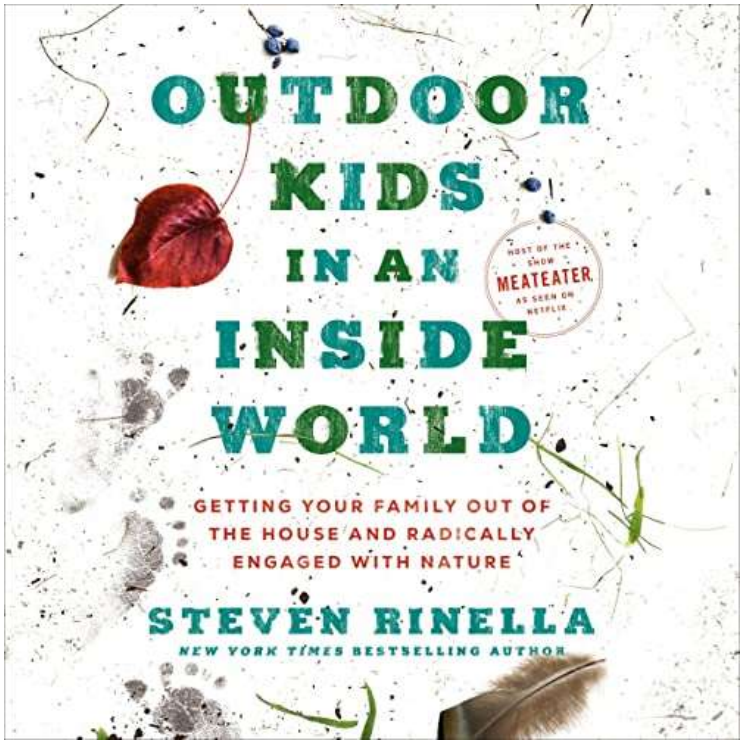
June 2022 Book of the Month



The “imperative call to action” (Nick Offerman) for parenting tough, curious, and competent kids who feel at home in the outdoors, from the New York Times bestselling author and host of the TV series and podcast MeatEater

“A revelation for families struggling to get kids to GO OUTSIDE, or to just stop using the darn smartphone.”—Michaeleen Doucleff, PhD, New York Times bestselling author of Hunt, Gather, Parent

In the era of screens and devices, the average American spends 90 percent of their time indoors, and children are no exception. Not only does this phenomenon have consequences for kids’ physical and mental health, it jeopardizes their ability to understand and engage with anything beyond the built environment.

Growing a vegetable garden to develop a capacity to nurture and an appreciation for hard work.

Fishing local lakes and rivers to learn the value of patience while grappling with the possibility of failure.

Hunting for sustainably managed wild game to face the realities of life, death, and what it really takes to obtain our food.

Living an outdoor lifestyle fosters in kids an insatiable curiosity about the world around them, confidence and self-sufficiency, and, most important, a lifelong sense of stewardship of the natural world. This book helps families connect with nature—and one another—as a joyful part of everyday life.

Get the Book Here:
https://amzn.to/3LYyZrL

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June 2022

Rec Therapist of the Month

Sarah Howard

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Interview with Sarah Howard

1. What is your degree and college:
   Therapeutic Recreation

2. Are you a CTRS? If so – for how long?
   13 years

3. Are you an ATRA member?
   Yes

4. Why did you become a rec therapist?
   Growing up I had the opportunity to teach kids with various disabilities how to swim and fell in love with it. Once I found out I could do this as a career, I was all in!

5. What do type of setting do you current work?
   The VA

[Continued on next page]

6. What population do you provide services for?
   Veterans with SMI and/or substance abuse.

7. What types of recreation therapy interventions do you provide?
   Equine therapy, aquatic therapy, adaptive sports, leisure Ed, and more…

8. What do you love about your work?
   Every day is a new challenge, but I love being able to help my Veterans find joy in their lives again. Help them live again!

9. What would you recommend a new rec therapist to do?
   Follow your heart to find the right position for you - everyone has their own niche whether it is kids, geriatrics, mental health, community setting versus hospital setting. Take any and every opportunity to learn new things and grow as a therapist.

[Continued on next page]

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

I see Rec Therapy continuing to find a seat at the table and be recognized for the important work we do. I think in this Covid era, we have truly had the opportunity to shine as a field and show the world what we do!

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

I have two:

1.) One of the best Adaptive Sports RT's you can find is **Shannon O'Rawe**. She is a force to be reckoned with! She has built an amazing program down in Texas from scratch and really been able to connect with her community.

2.) **Jeremy Johnson.** He started his own program out of the DMV for the kids when they needed it the most

12. What other information would you like to share?

Don't forget to have fun! Do what you love!

What Do You LOVE About *Rec Therapy Today*?

I love the community Danny has been able to build to help us all grow as therapist and have the platform to go network with others.

The CEUs are nice too.

Sarah Howard

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ATRA Section

The 2022 ATRA Conference will be in Birmingham, Alabama

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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

Austin's Homemade Ice Cream in Ceredo, West Virginia

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Fun Pages for All Ages

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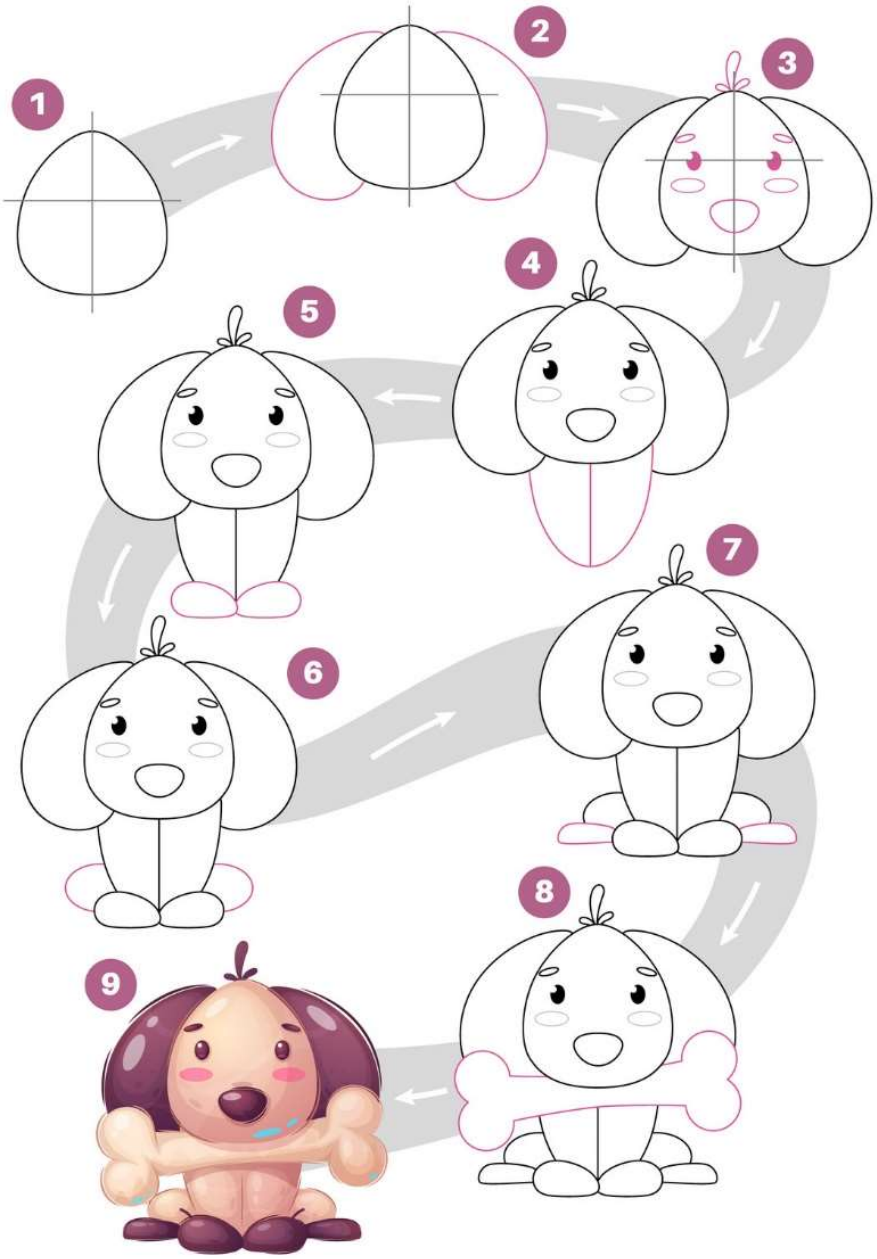

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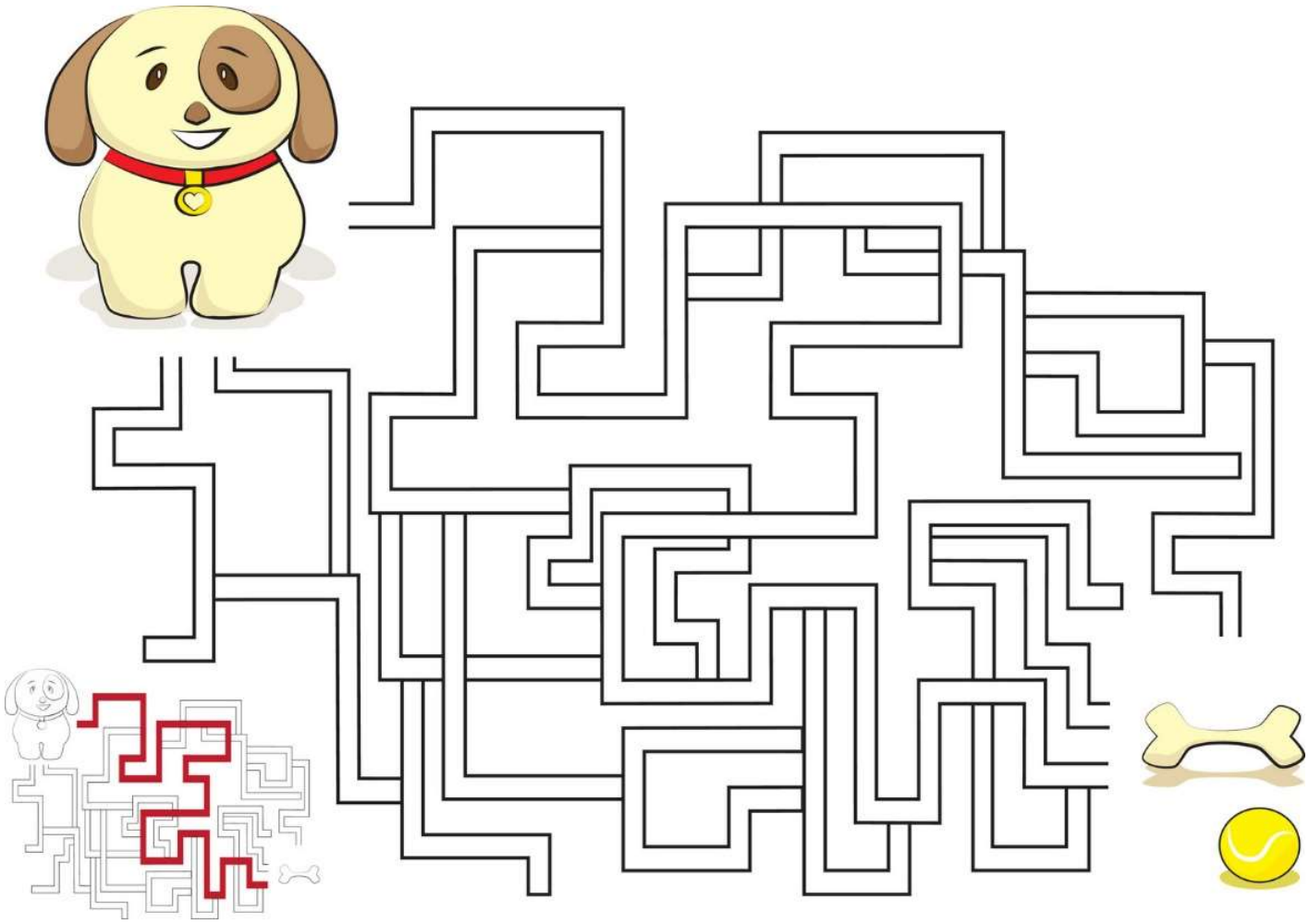

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Danny Pettry

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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…

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June 2022 Giveaway

Three (3) Lucky People Will Win

A $10 Amazon Gift Card

100 People Will Receive a FREE

Rec Therapy Today

Refrigerator Magnet

Enter at this link:

www.recreationtherapy.com/June2022giveaway.html

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