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Continuing Education Through Innovation

Monthly Newsletter
August 2022

Hello Rec Therapist Friend –

Welcome to August!

You'll find your usual favorites in this newsletter:

- Humor for the month
- Book of the month
- Inspiration for the month
- Infographic for the month
- Rec Therapist of the month
- ***Rec Therapy Today*** – CEUs

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

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Recreation Therapist:
You're Making a Difference

The Starfish Story

A young girl was walking along a beach upon which thousands of starfish had been washed up during a terrible storm. When she came to each starfish, she would pick it up, and throw it back into the ocean. People watched her with amusement.

She had been doing this for some time when a man approached her and said, "Little girl, why are you doing this? Look at this beach! You can't save all these starfish. You can't begin to make a difference!"

The girl seemed crushed, suddenly deflated. But after a few moments, she bent down, picked up another starfish, and hurled it as far as she could into the ocean. Then she looked up at the man and replied,

"Well, I made a difference for that one!"

The old man looked at the girl inquisitively and thought about hat she had done and said. Inspired, he joined the little girl in throwing starfish back into the sea. Soon others joined, and all the starfish on that beach were saved that day. **Source: The Star Thrower by Loren C. Eiseley**

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Rec Therapy Today provides an opportunity to further my continuing education in a **convenient** and *flexible* way.

Knowing that the courses are accepted by NCTRC is one less worry! -- **Brittany B.,CTRS**

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Coming Soon

Summer 2022 Teleconference Replay Series

We'll post an email blast once the replay series is available.

Thanks for your patience.

Session content is CE Pre-Approved by NCTRC

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Innovative Recreation Therapist

Maggie

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Inspiration for August 2022

Infographic August 2022

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Humor for August 2022

He finally had time
to write the pefect treatment plan.

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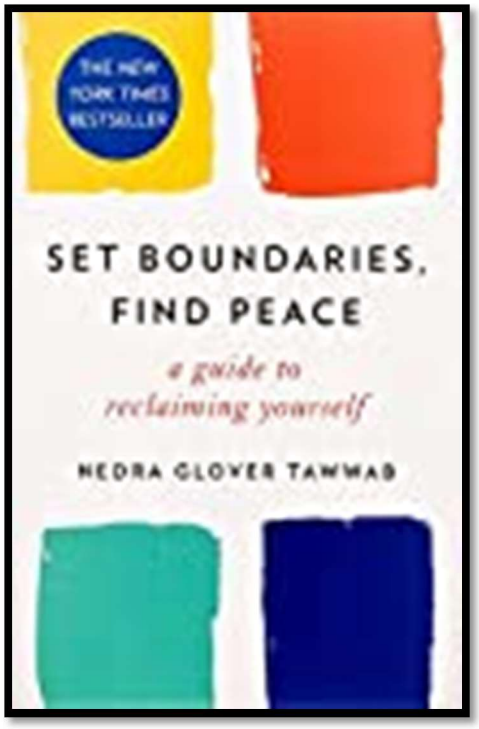
Recreation Therapist Book Club

Meagan Young, CTRS and operator of (***Grow through Flow***) website posted a list of 12 books she plans to read in 2022.

Danny Pettry, CTRS and director of (***Rec Therapy Today***) is reading these books with her.

Here is the August 2022 Book:

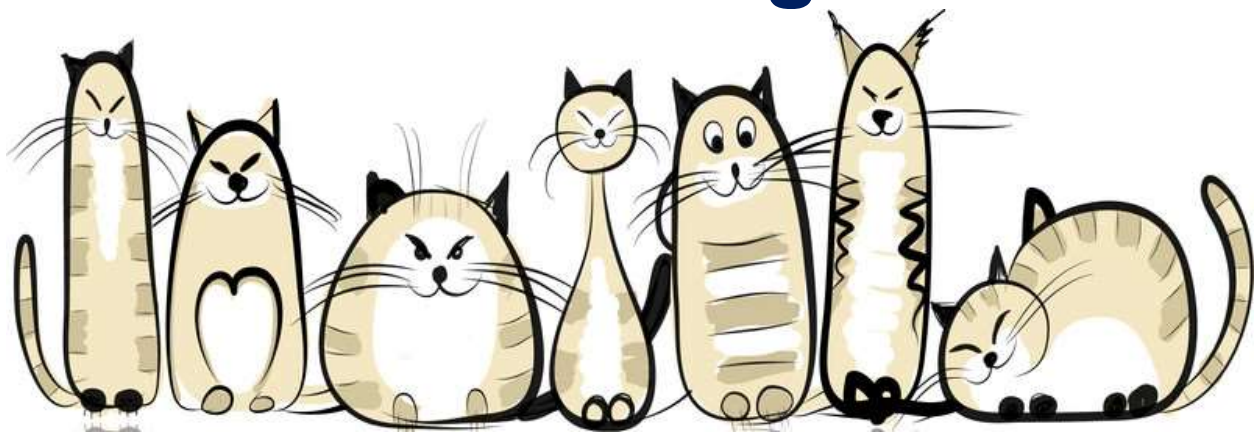
Set Boundaries, Find Peace:
A Guide to Reclaiming Yourself



Get This Book from our Amazon Affiliate Link Here:

https://amzn.to/3ONVOzG

Group Discount CEUs for YOU and *Your* Organization



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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July 2022 Winners

The following five (5) people won a $10 Amazon Gift Card from our Summer 2022 Teleconference

1. Lisa N., Corona, California
2. Joycely B., Locust Grove, Georgia
3. Diana W., San Diego, California
4. Holly V., Sacramento, California
5. Linda L., from New Milford, Connecticut

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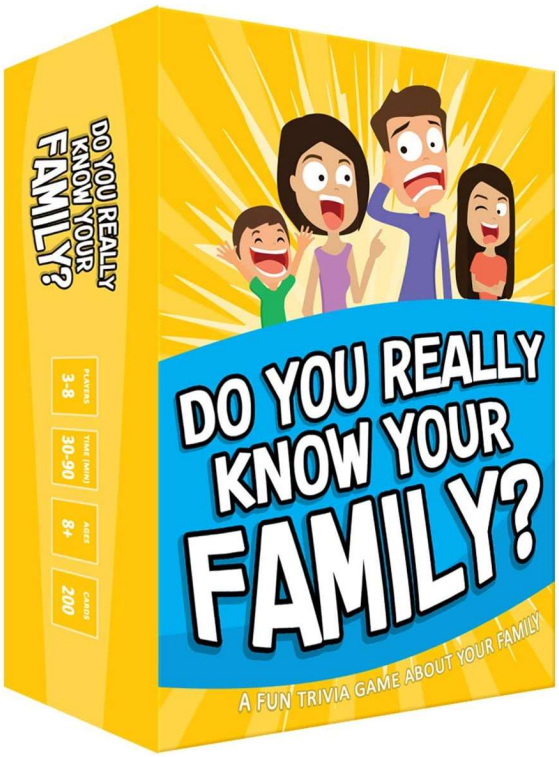
August2022 Game of the Month



About this game:

- Get ready for the best family game night as you laugh and learn new things about each other with this fun card game.
- See who really knows the family best as you answer fun questions about each other while sparking interesting conversations.
- Create hilarious family memories as you compete and perform silly challenges together.
- Super easy to learn and play - a perfect game for families with kids 8 and up, teens and adults.

Get the Game Here:

https://amzn.to/3zpA73c

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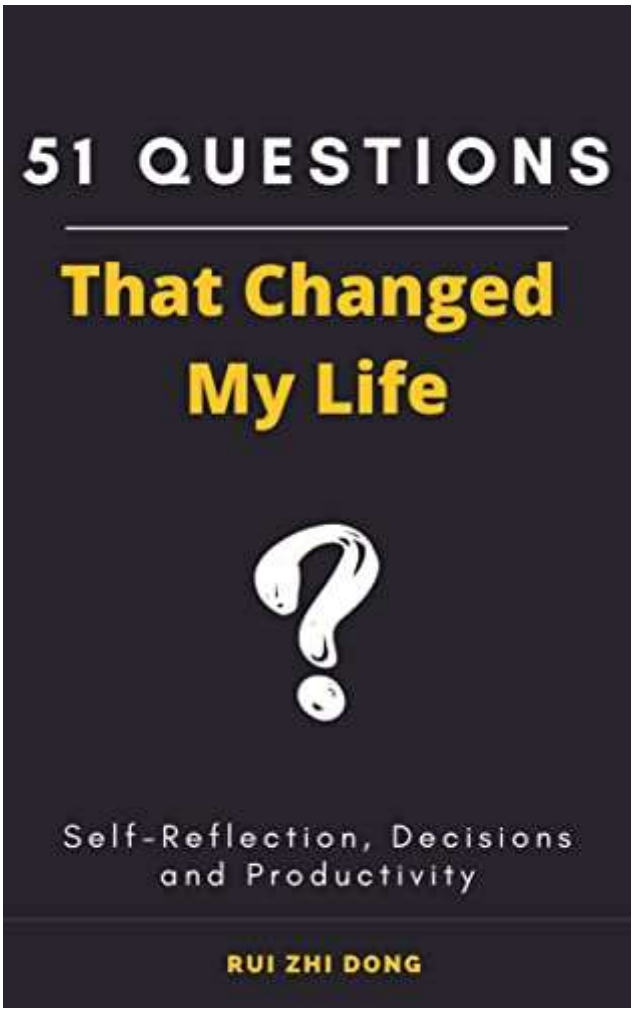
August 2022 Book of the Month

51 Questions That Changed My Life: Tool for Self-Reflection



Improve the quality of your thoughts by changing the questions in your head.

Like any other skill, we need regular practice to get good at asking the better questions.

In this book, you'll find questions that are designed to:

- Deepen your engagement with life
- Better understand yourself
- Gain distance and perspective
- Make better decisions
- Avoid cognitive biases
- Practice more mindfulness
- Think creatively
- Improve the quality of your relationships
- Healing and self-reflection
- Gain incredible insights
- Improve your mental health and reduce stress

This book of powerful questions is built for maximum imp

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

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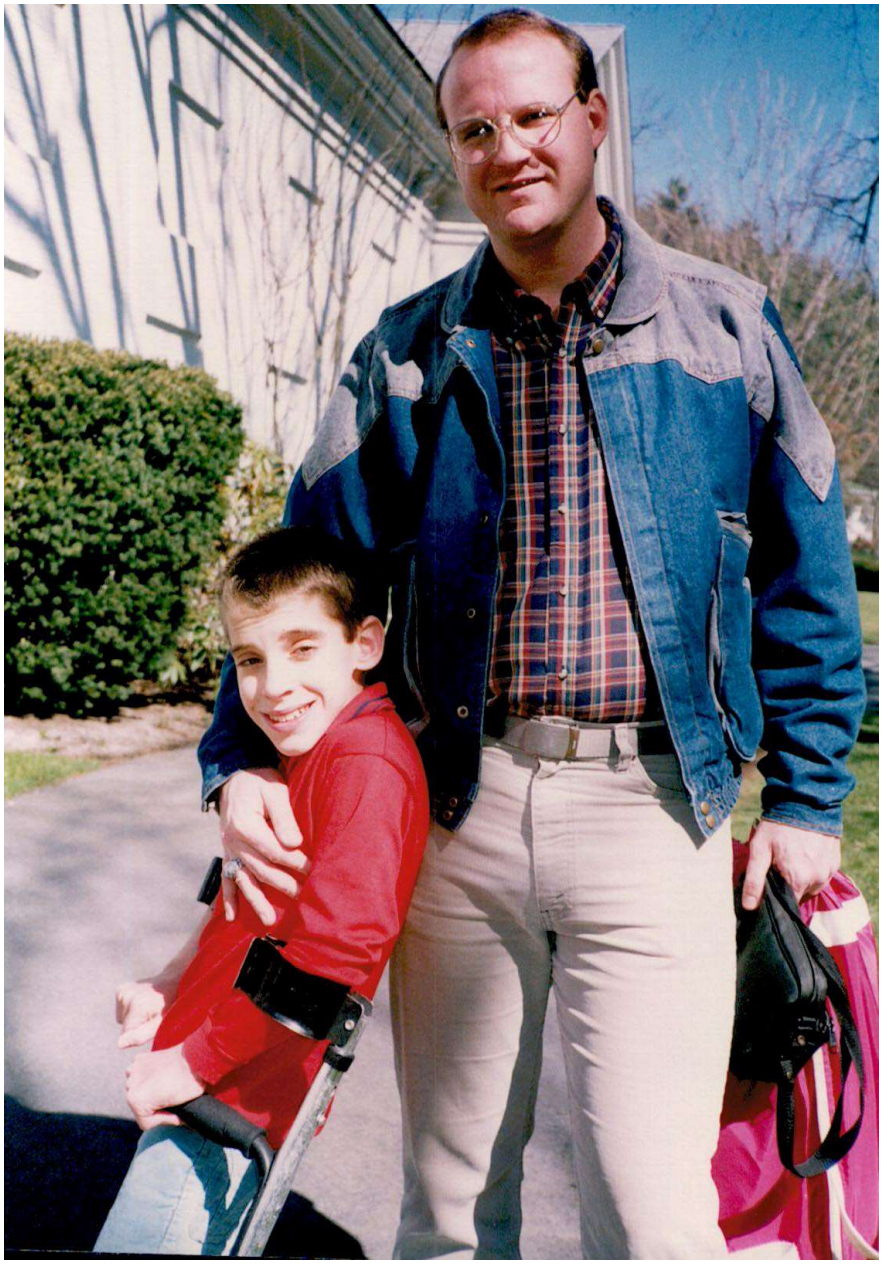
August 2022

Rec Therapist of the Month

Judson L.B. Worth



Left: Chris Worth
Right: Judson L.B. Worth

Remembering the Power of Play: Honoring the Life of Judson L.B. Worth

By Christopher Worth

In the night on December 5th, 2021, Judson L.B. Worth, my father, passed away. As symbols of his continued presence in the life of his wife and five children, that night was marked by the appearance of a flock of departing cardinals and then the appearance of scurrying opossum. The opossum will play another role in this article's story.

I feel so grateful to the staff of ***Rec Therapy Today*** for honoring my dad by naming him Recreation Therapist for the month of August. The honor of being his son came to me at the age of eleven years old, when he chose to adopt me after flipping through a binder of children in need of adoption. Besides me, my mother and father would welcome four other children into their lives. Reflecting on my dad's approach, it seems to me that my father thought of everything through mission-driven eyes. He did nothing without purpose. Each member of his nuclear family reflected that purpose in some way.

I think his purpose-driven approach was born partly out of his training first at California State University, where he studied recreation and leisure and then he followed that up with a Master of Arts degree in Recreation Administration from the University of North Carolina Chapel Hill. Now, when I think about what he came away with, I can't help but be drawn to think about the

power of play. Thinking about how the power of play can change not only a child's or adults physical well-being, but it can build robust cognitive schema for them.

I was eleven years old when my dad adopted me. That made me a high-risk adoption, which meant that I was probably not going to get adopted if it didn't happen relatively quickly. I had lost the cute edge of a youngster and was quickly moving into the hard times of teenage life. On top of all that, I was born with cerebral palsy and the system had labeled me intellectually disabled. Jud Worth saw all that on that piece of paper in that binder and something in him, I think, in part because of his training in recreation therapy, said, "I want this person to be a part of our family."

In reflecting on what I would write for this article, I thought about how my father approached me, often with a toughness that seemed rigid, yet even with that approach, he engaged me with what I think of as the power of play. His family had been engaged in the summer camp business; he would use this camp, this place, to strengthen me.

As a teenager, I was quick to think that my dad was always focused on the physical, never focused on the intellect. Even in my grief over the last couple months, I've been brought back to that feeling. However, preparing for this article, thinking about recreation therapy, got me thinking that maybe my father saw the physical as a pathway to heal and to grow the intellect.

My father took many avenues that played a part in building his approach to trying to ensure that I would develop the ability to be independent and live independently. Whether the seed was planted and cultivated through his work at Duke University Medical Center, the ARC of Chapel Hill, or North Carolina Memorial Hospital, where he served as a recreation therapist for all three at separate times, this training, this experience, plus a plethora of other experiences that followed, laid the foundation for what he and my mother did together in nourishing and growing our family.

Early on after my adoption, we were in Chapel Hill, North Carolina helping my grandparents clean out/clean up a house that they had there. We were all gathered at the bike shed, going through it, and cleaning it out, when a mama opossum made herself known. My dad, being silly, which he could be, said, “Chris, climb the tree!” understanding that I could not climb the tree, of course. We all laughed uproariously. From that day forward, every time we saw an opossum, my dad would bring that up. We saw opossums a lot, because I was adopted to Pocahontas County, West Virginia, one of the most rural counties in the state of West Virginia. Every time we saw an opossum, he would recount that story…

In the weeks before he died, we shared that story again together. Then, on the night of his death, an opossum appeared. As my wife and I were roughing out this article, me mostly in my head, a little baby opossum appeared in our garden. I believe that those sightings, including the most recent, were my father, Judson L.B.

Worth, reminding me to not be so serious, but at the same time, to play seriously.

Finally, he would not want me to not mention the joy it was to create the family he has in my mother, Margaret Worth, his cocreator, his daughters Katie and Sarah, his sons Michael, Wayne, and myself.

Speaking in a collective voice, we thank you for honoring my father as recreation therapist for the month of August.

Many blessings from the Worth family. Remember the power of play.

About the Author:

Christopher Robin Judson Worth is a faculty member in the SUCCEED Program at the University of Missouri St. Louis, where he also is pursuing his PhD in education. Chris's research interests focus on the importance of risk for people with disabilities, relationship-building and how that might work to build stronger cognitive schema for individuals with significant intellectual and developmental disabilities, and how the act of creative thinking can aid in building fortitude.

Chris currently has published three times with his dynamic team at the University of Missouri St. Louis and has self-published three times with the assistance of the sharp editing eye of his life partner and wife, Julie Salih-Worth. Chris currently lives in St. Louis, MO.

ATRA Section

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Go online to this link:

https://www.atra-online.com/page/ACON2022

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Danny Pettry's Section

August 9, 2022 will be my **20-year anniversary** working at psychiatric hospital.

I was a young, 22-year-old with a lot of passion when I landed my first position in August 2002.

I've provide services for thousands of children, teens and their families for several of the Psychiatric Residential Treatment Facilities (PRTFs) through our psychiatric hospital.

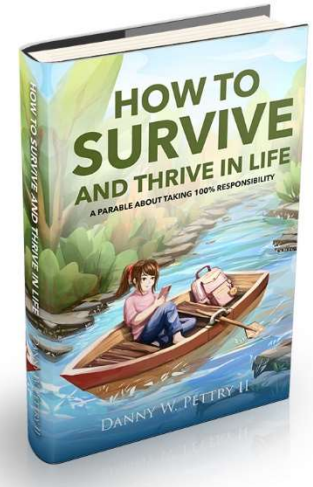
Today, I'm 42 year-old practitioner with a bit more experience, wisdom, confidence, expertise, degrees, certifications and awards.

I feel very fortunate to have a career that matches my (infp – the healer) personality.

I still have some learning, growing and improving to do.

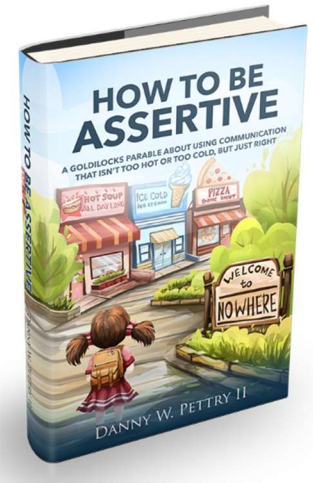
Danny Pettry's Books

My Two (2) New Inspirational Books for children and teens will release in July.



How to Survive and Thrive: a parable about taking 100% responsibility

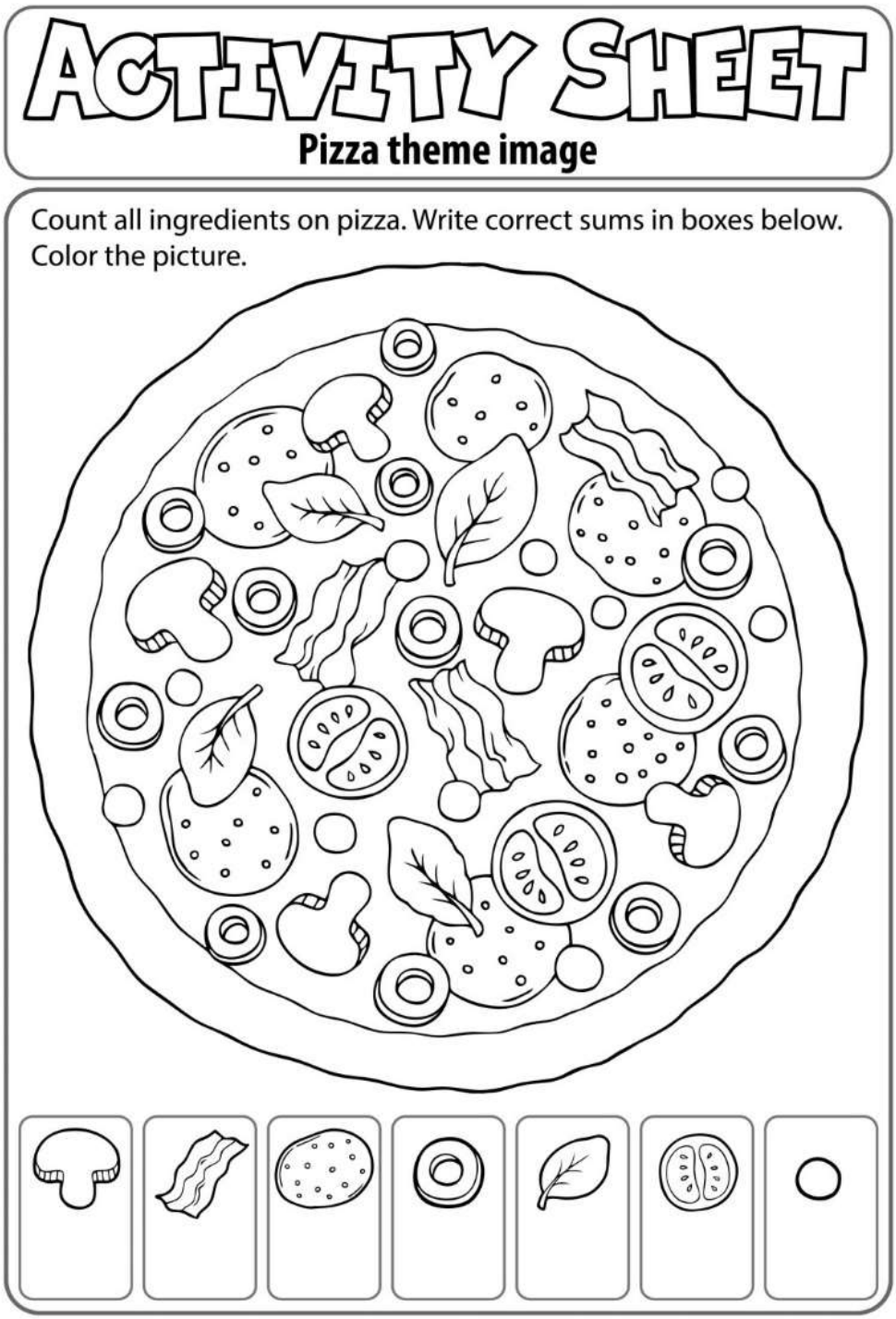
Pre-order on book for $2.99 from kindle here: https://amzn.to/3Oxd10K



How to be Assertive: A Goldilocks parable about using communication that isn't too hot or too cold, but just right

Pre-order book for only .99 cents on the kindle. https://amzn.to/3QPV6Ez

Fun Pages for All Ages



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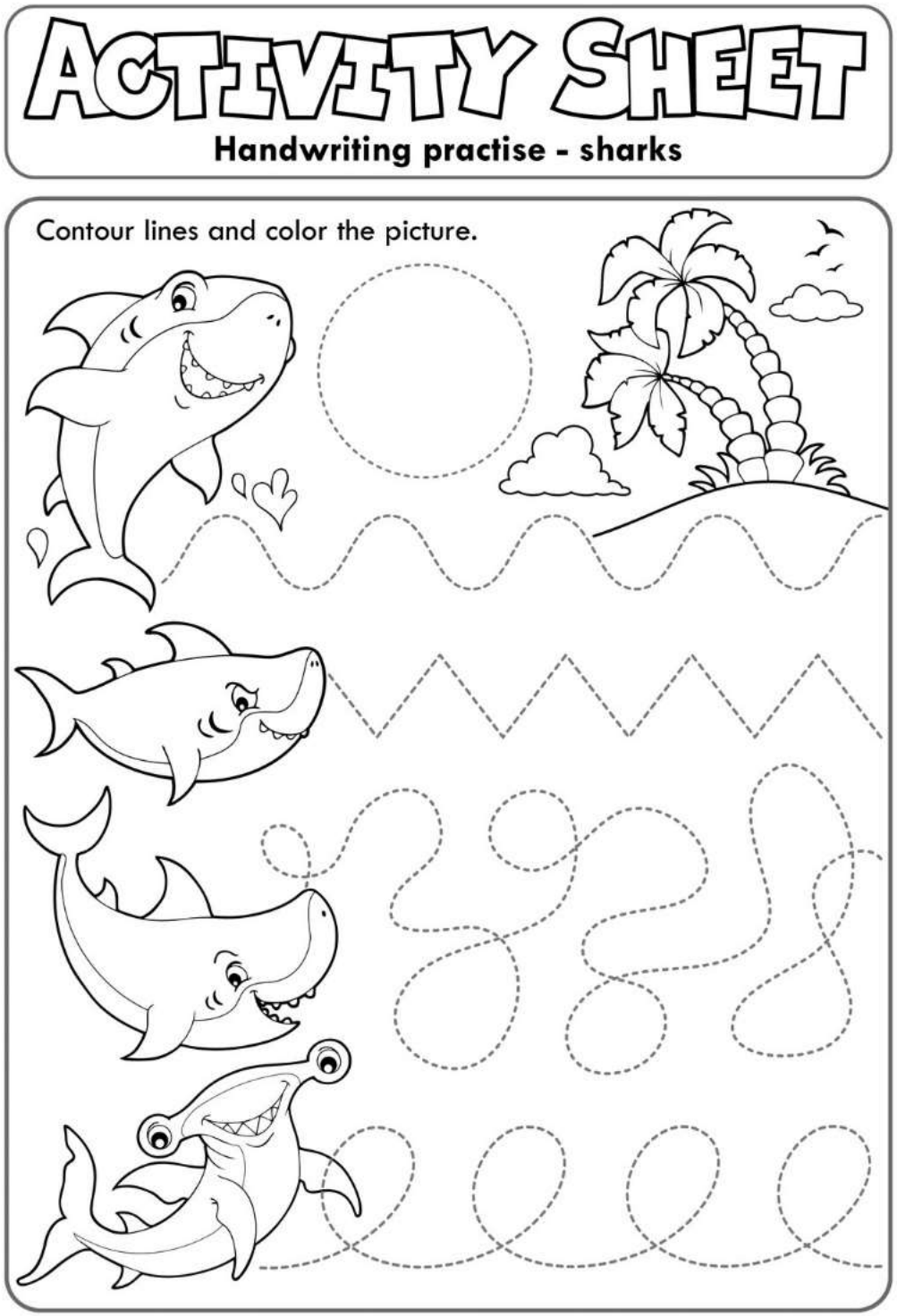

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Our Final Thought…

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