REC THERAPY TODAY
Continuing Education Through Innovation

Monthly Newsletter
February 2023

Dear Innovative Rec Therapist -

Happy Rec Therapy Month!

You're Part of Our Amazing *Rec Therapy Today® Family.*

#InnovativeRecTherapist

Enjoy Your February 2023 Newsletter

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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February 2023

Rec Therapy Awareness Month

Maintaining and Improving:

Physical – Social – Emotional

Intellectual – Spiritual – Life Skills

And Overall Independence

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FREE Winter 2023

One Day Teleconference

Sessions are Live on Sat. 2/25/23

1	10:00 to 11:00	Overcoming Burnout in the Workplace	Lacey Burgess Hatley
2	11:30 to 12:30	Is A Source Reliable?	Jenna Kilawee, MS, CTRS, LALD
3	1:00 p.m. to 2:00 p.m.	Music and Movement in Rec Therapy	Jim Arnold
4	2:30 p.m. to 3:30 p.m.	TBA	TBA
5	4:00 p.m. to 5:00 p.m.	Advocating for people with varies abilities	Christopher Worth, BFA, MA., M.Ed., PhD Candidate
6	5:30 p.m. to 6:30 p.m.	TBA	TBA

More information will be sent to you by email about this one day teleconference

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Inspiration for February 2023

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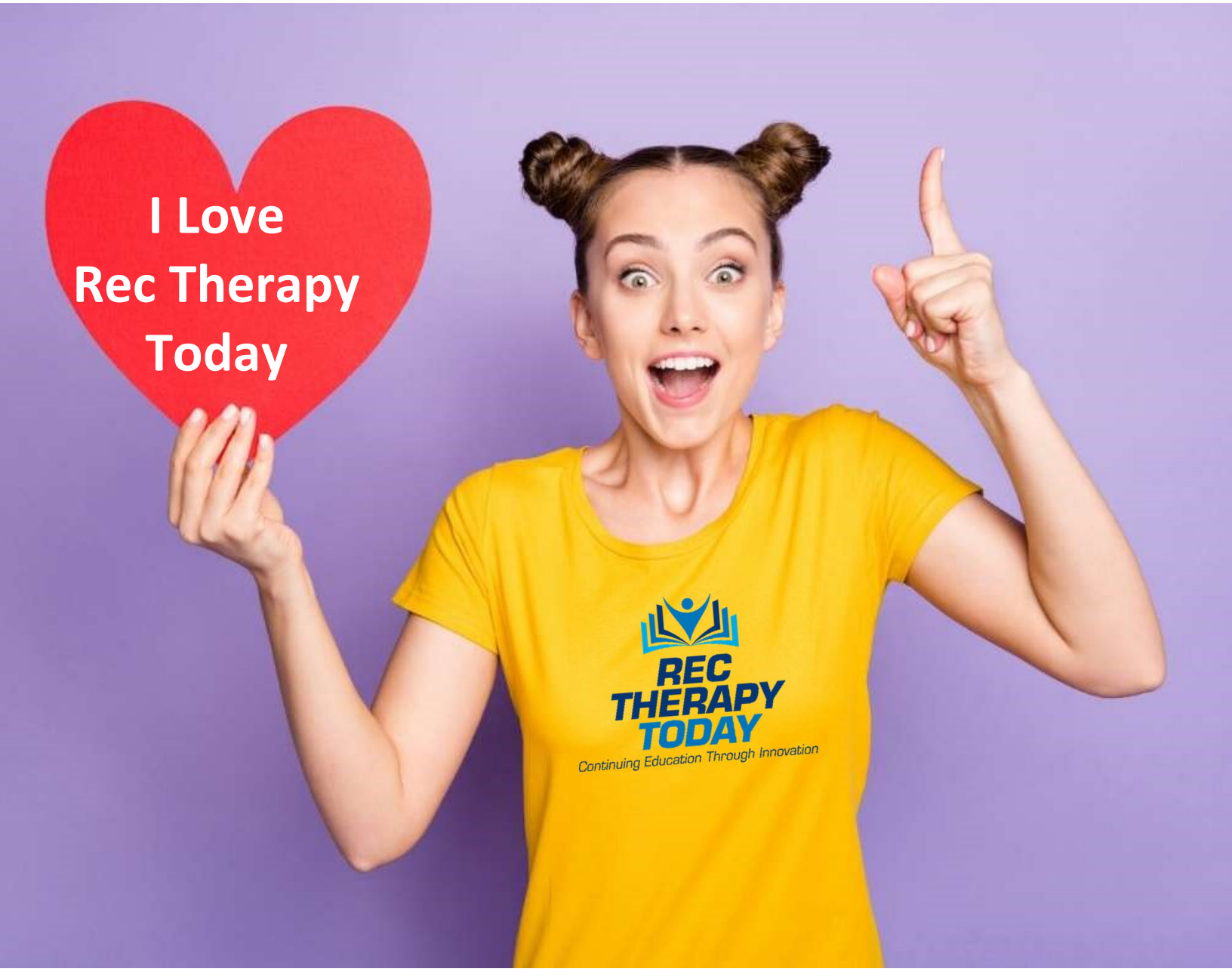

Humor for February 2023

"Whoops ... does anyone want to see videos of my cat instead."

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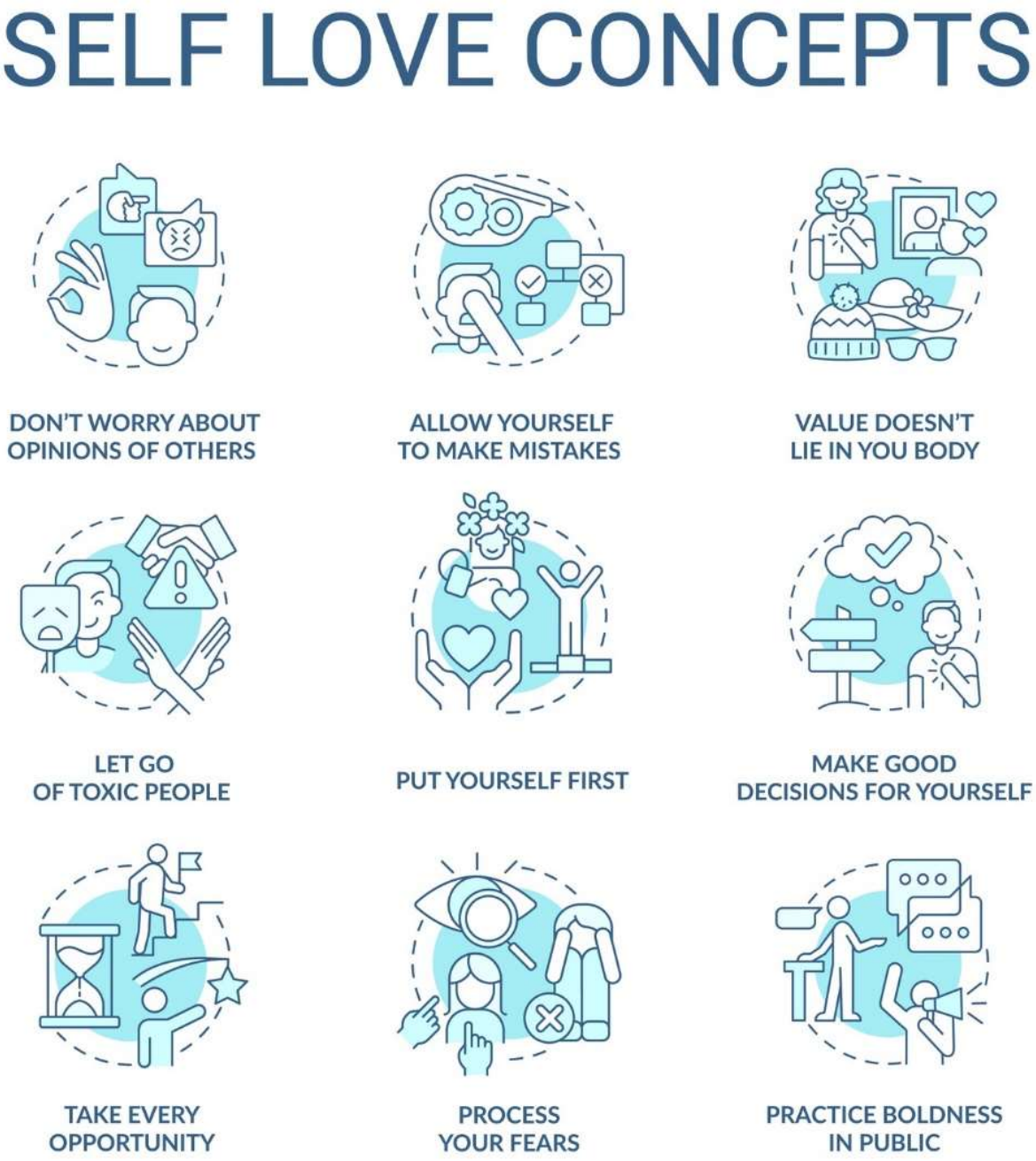
Infographic for February 2023



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February 14th

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Five Minute Self-Care Checklist

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February 20th

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CELEBRATE Black History Month

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Recreation Therapy Process

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*__Must have four (4) people per group.__

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

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

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February 2023

Game of the Month

OUR MOMENTS Families: 100 Conversation Starter Cards for Families and Kids - Relationship Building - Car Travel, Road Trip & Card Game for Healthy Loving Family - Questions for Family Activities

About this game:

- 👪 Family game - for parents with their children and grandparents with the grandchildren - Discover your children and let them get to know you. Educate through fun. Improve your listening skills - ask a question and listen carefully to the answer. Talk about it. There is no correct answer and no judgment.
- 👪 Open and meaningful communication - The essential skill for a healthy family. OUR MOMENTS Families encourages family members to reconnect in this age of stunted communication with fun and engaging cards that feature interesting and thought provoking topics. Encourage conversations among family members.

.

Get the Game Here:

https://amzn.to/3WUHvO2

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February 2023
Book of the Month

Put Your Ass Where Your Heart Wants to Be
by Steven Pressfield

Are you being defeated by a tendency to procrastination, self-doubt, fear, distraction, and perfectionism? Are you self-sabotaging your loftiest artistic entrepreneurial dreams?

The antidote is in nine words: PUT YOUR ASS WHERE YOUR HEART WANTS TO BE.

Get the Book Here:
https://amzn.to/3XU99Mo

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Rec Therapist of the Month

Paula Urmson

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1. Your degree and college:

B.S. Therapeutic Recreation, Temple University-Philadelphia, PA

2. Are you a CTRS?

Yes, 16 years

3. Awards you've earned?

- Society Notation from the TR Branch of the PRPS,
- Honorable Mention for a Points of Transformation award,
- Nominated for the Excellence in Leadership award.

4. Why did you become a rec therapist?

I thought I wanted to be an OT or PT. I majored in RT and realized the important role recreation and leisure plays in our everyday life, and wanted to help others reach their goals.

5. What do type of setting do you currently work?

Community Participation Supports

6. What population do you provide services for?

Adults with intellectual and developmental disabilities

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

Our program provides a wide variety of fitness, music, art, drama, communication, technology, educational, community, and advocacy-based interventions.

8. What do you love about your work?

I love how much SPIN Inc. values Recreation Therapy. I have the privilege to work on a team of Recreation Therapists, and several RT interns. The high quality, creativity, benefits, and success of the services provided are inspirational. I love my job.

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

I would recommend rec therapists to go to conferences, join organizations, and network. Branch out, and be willing to learn and try new things, because you never know when those experiences may be useful.

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

I would love to see RT licensing in every state. I would also love to see Recreation Therapy respected and reimbursed on the same level as other therapies.

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

Toni Hinkle and the entire RT department with SPIN Inc. Their creativity, experience, passion, and dedication to the field of RT is phenomenal. My love for RT is reignited every time I have the opportunity to work alongside or observe this group of therapists incredible.

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

If you are looking for a sign, here it is. **Do the thing.**

What Do You LOVE About *Rec Therapy Today*?

I love the online courses, the many CEU sessions, and the generous free opportunities.

I also really enjoy the friendly, personable personality of Danny Pettry.

Paula Urmson

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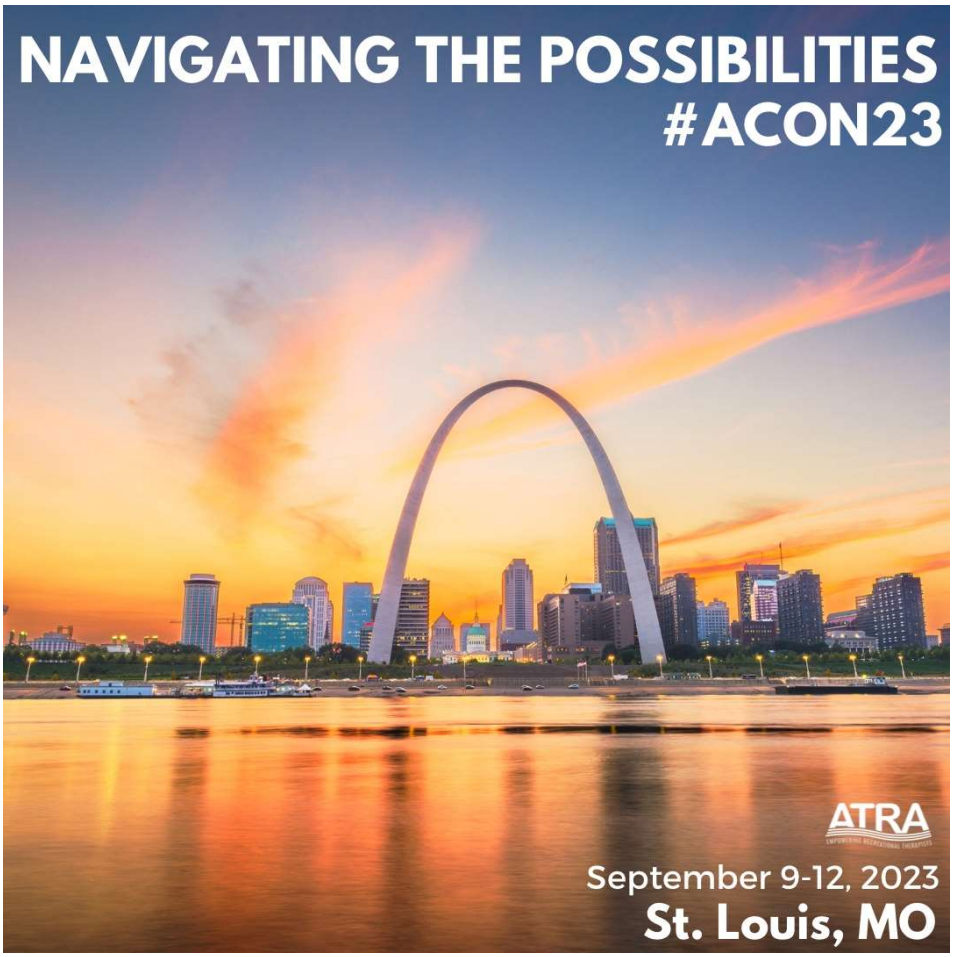
ATRA Section



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Danny Pettry is a Lifetime Member of ATRA who volunteers to a

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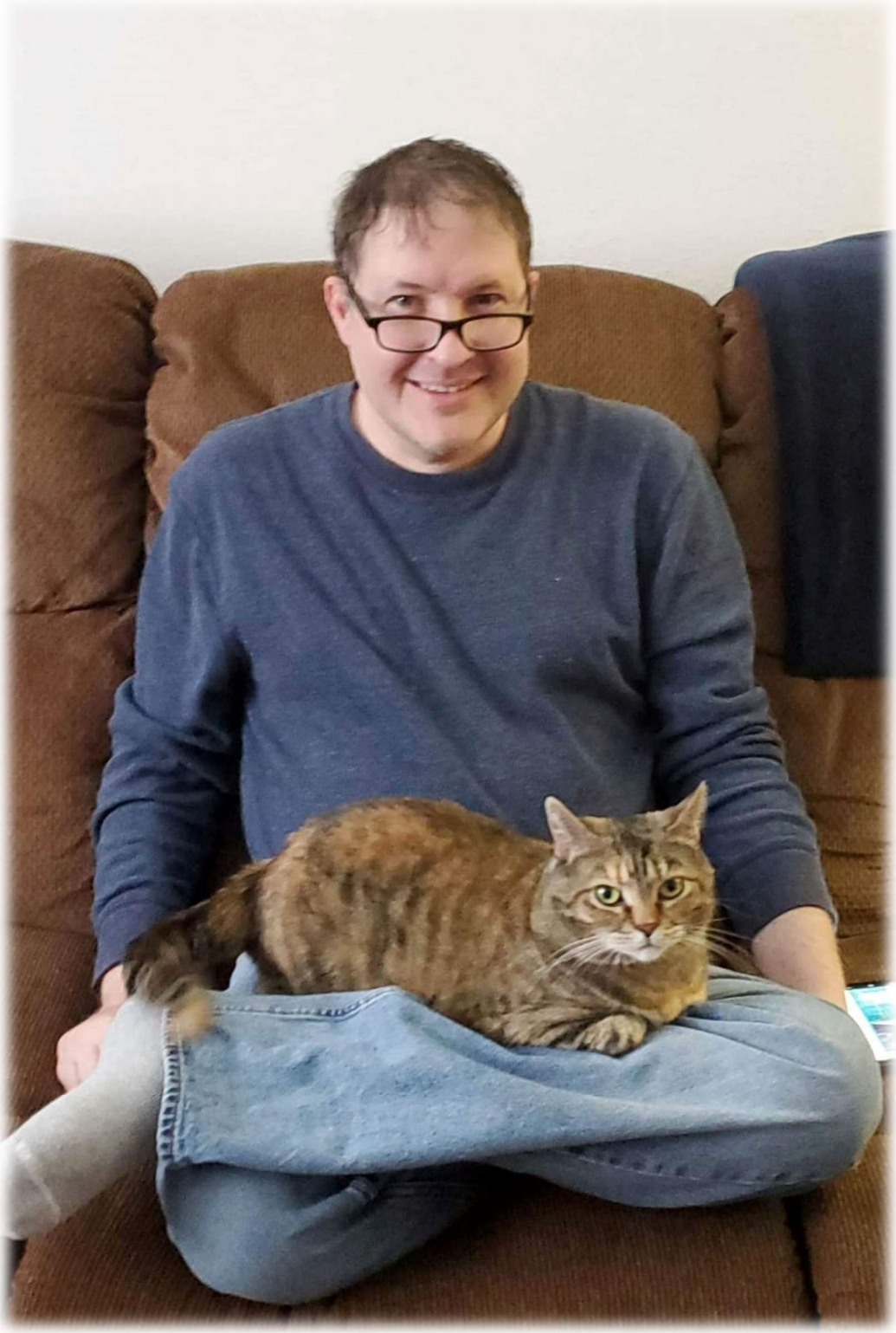
Danny Pettry's Section



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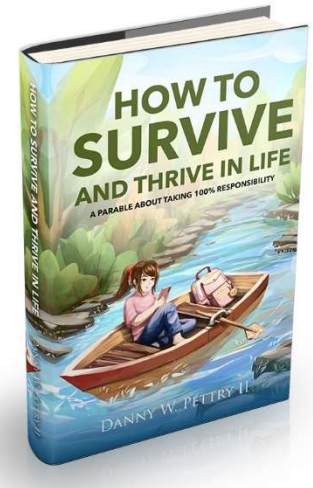
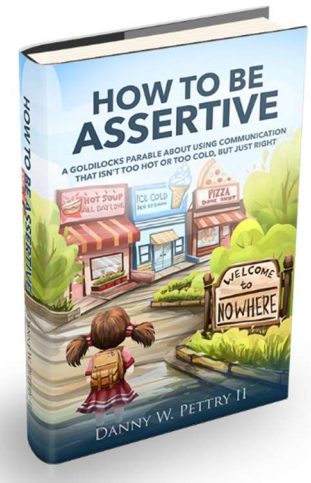
Danny Pettry's Books

My Two (2) New Inspirational Books



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

Can you spell it?

tca

baml

erde

ckud

kcenhic

Fun Pages for All Ages

GRAPHIC DICTATION

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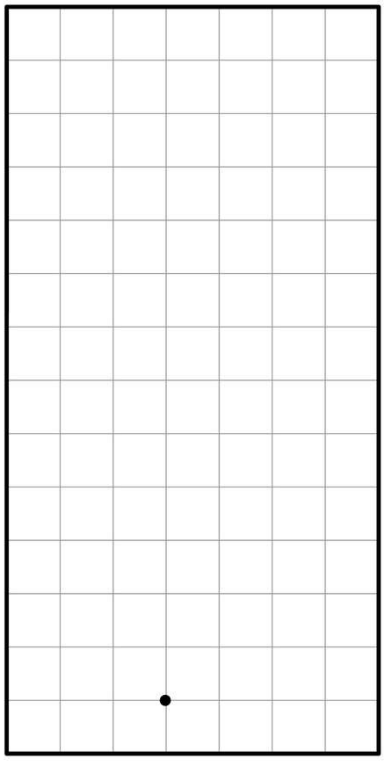
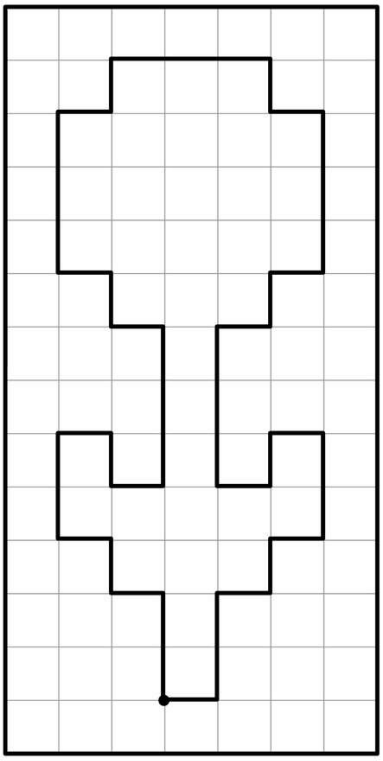
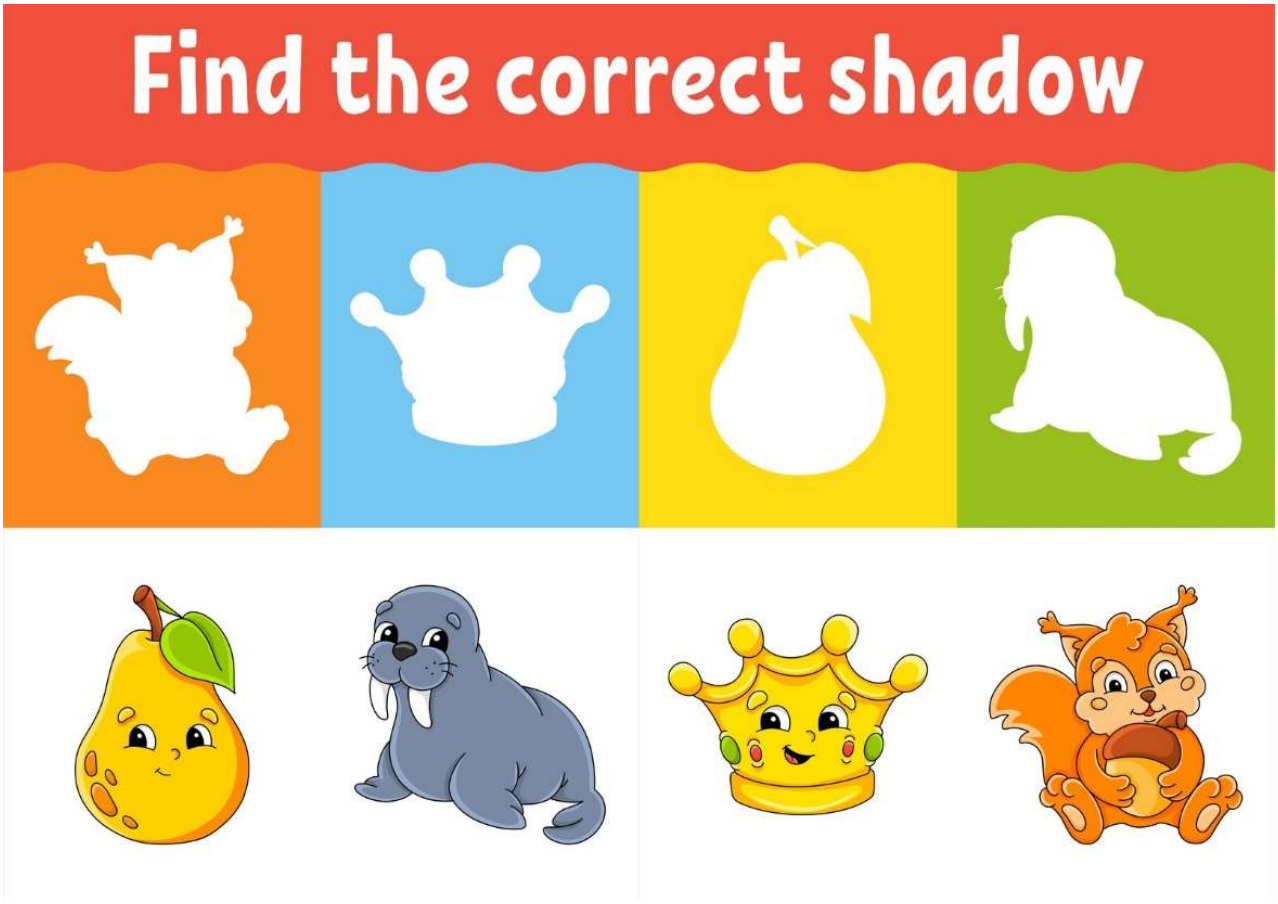
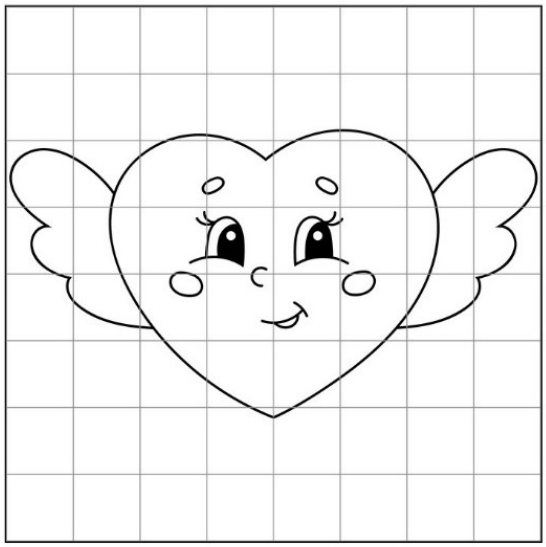
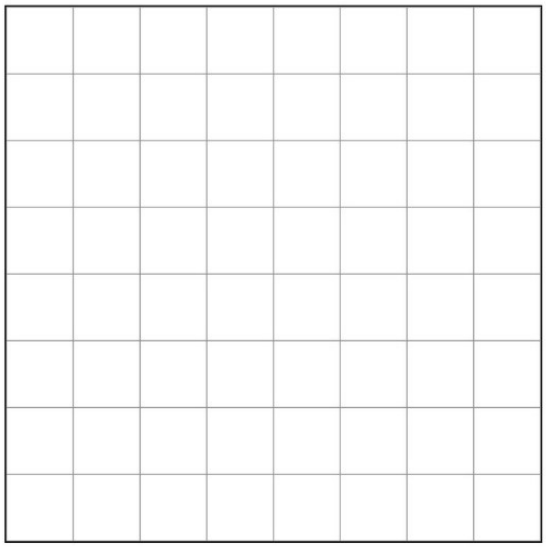




Fun Pages for All Ages







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Danny Pettry

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

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