REC THERAPY TODAY
Continuing Education Through Innovation

Monthly Newsletter
May 2023

Dear Innovative Rec Therapist -

Thanks for being part of our
Rec Therapy Today family.

You're making a difference

Enjoy Your June 2023 Newsletter

Giveaway is on last page so you'll have to scroll to the bottom of the 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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Need before the end of **2023**?

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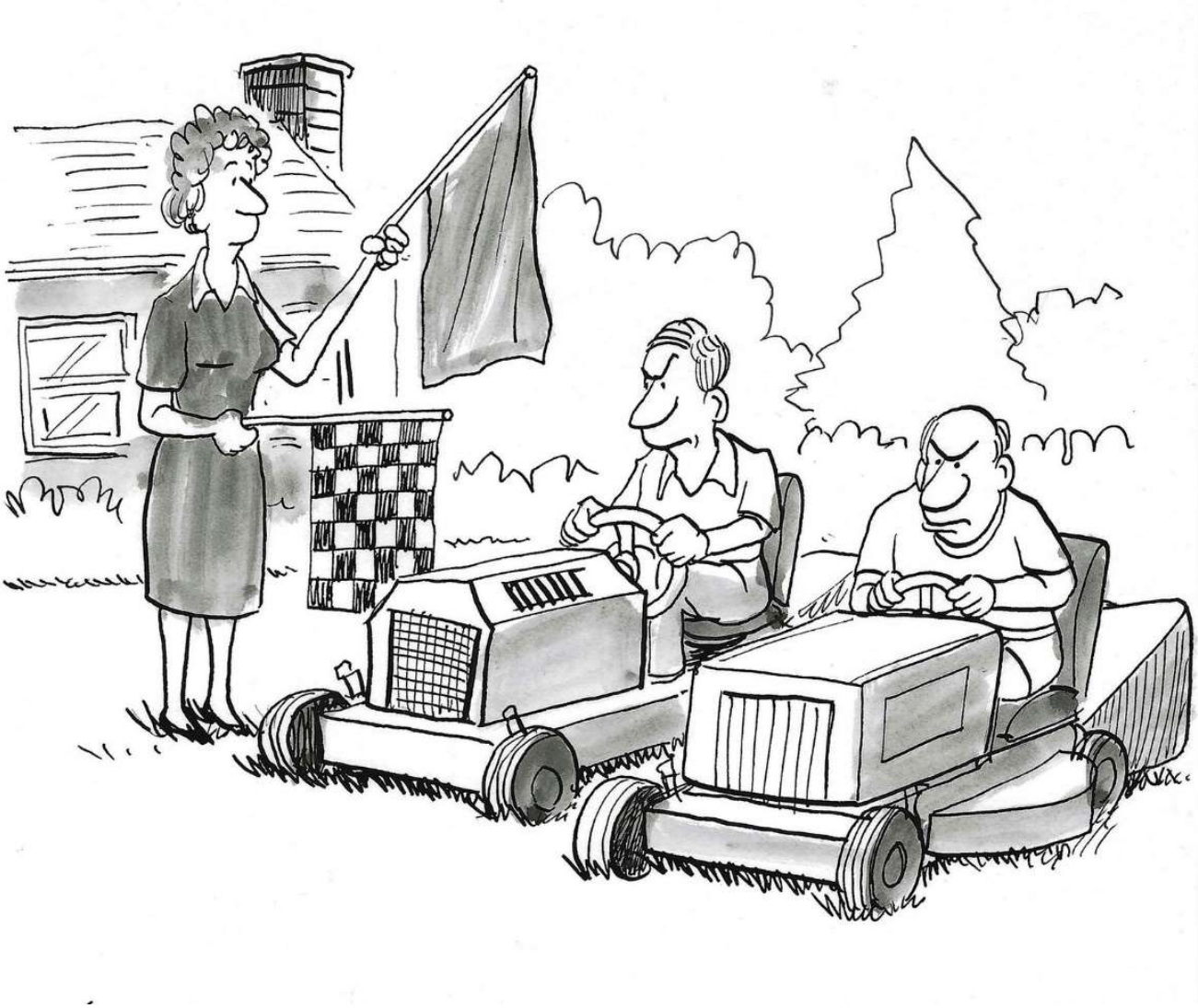
Inspiration for June 2023

Humor for June 2023



Let the summer games begin.

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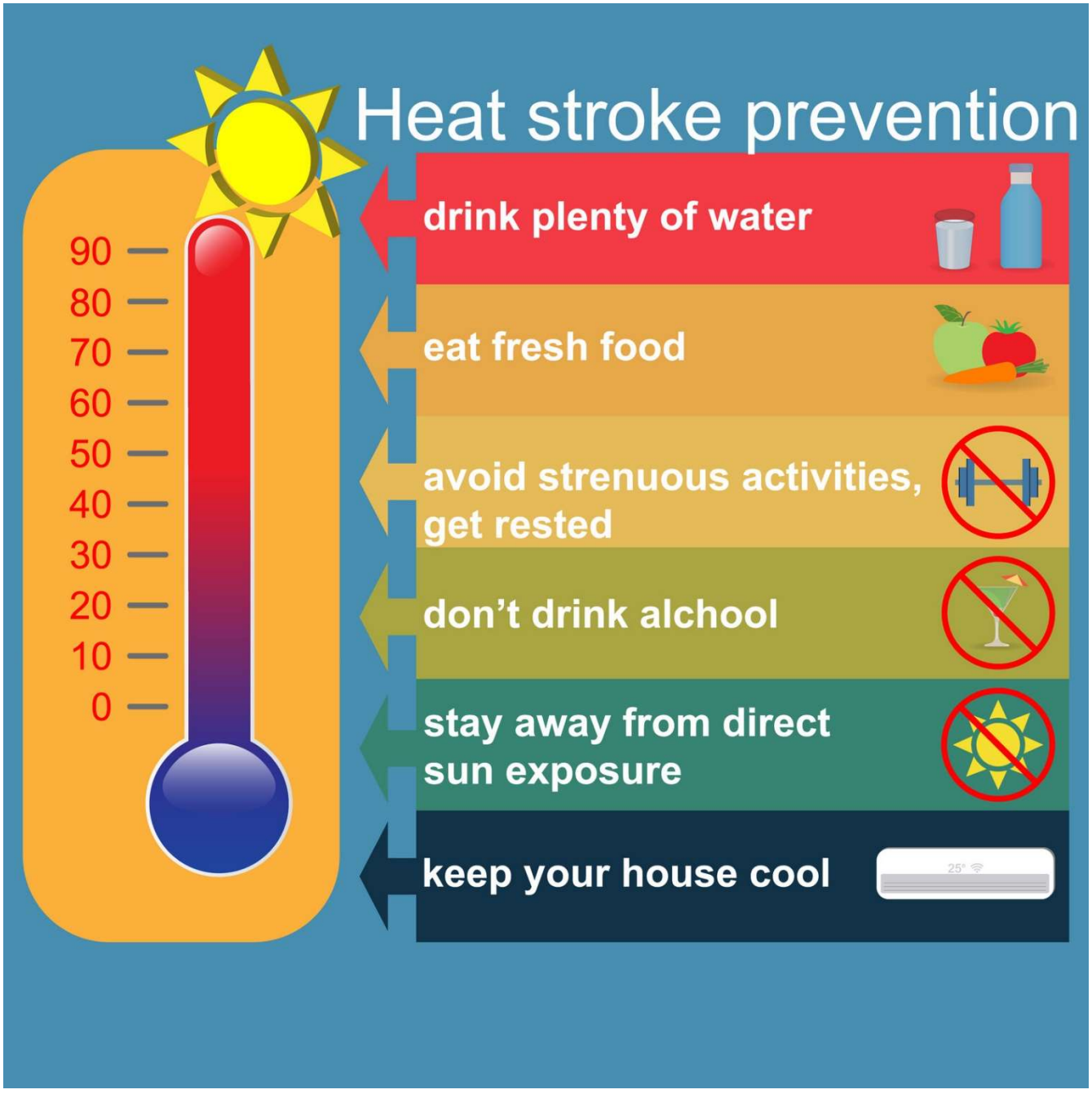
Infographic for June 2023



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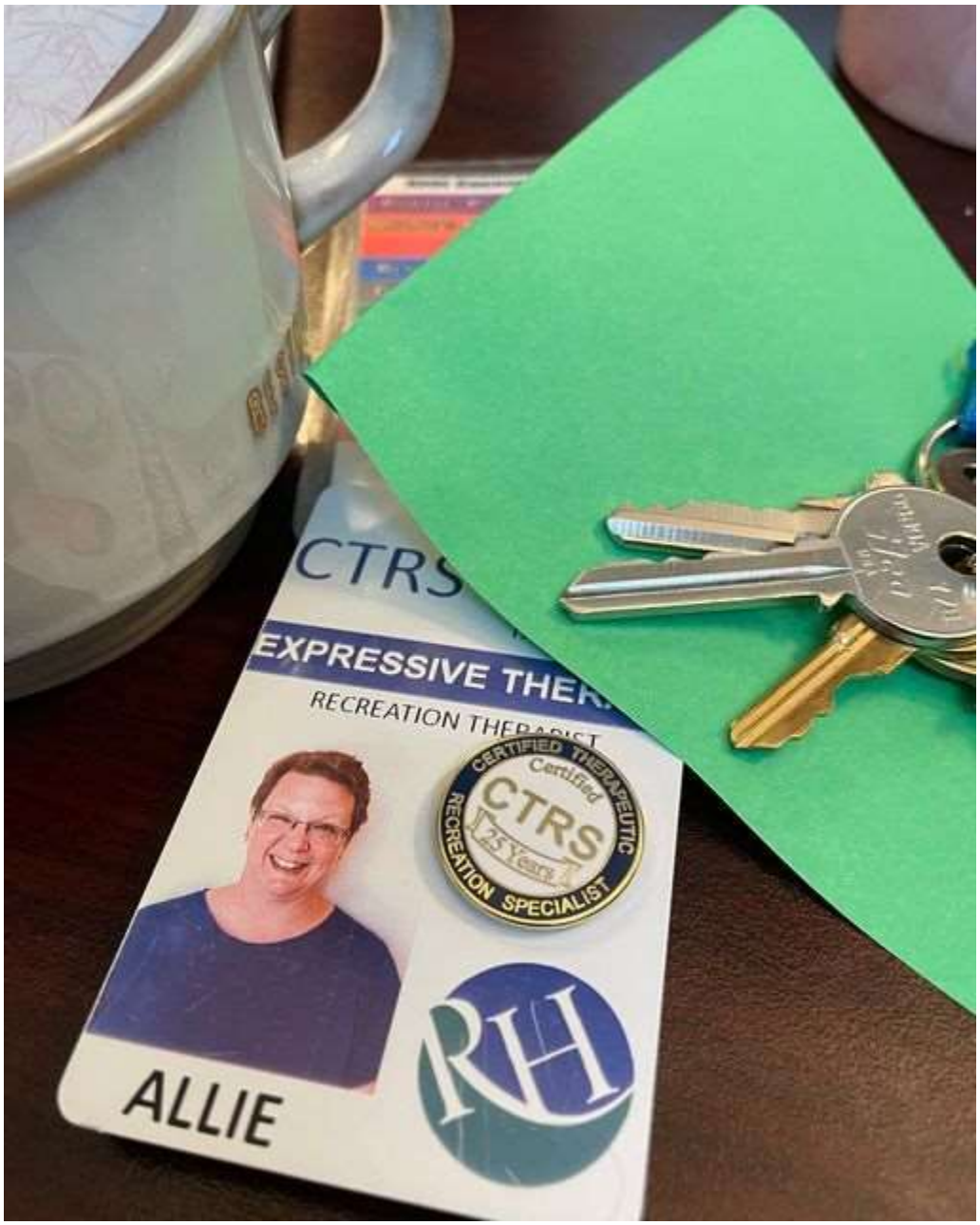
Congratulations

Allie earned her 25-year CTRS pin.



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June 2023 Holidays

Group Discount CEUs for YOU and Your Organization

Standard Price for Annual CEU Membership is: ~~**$397**~~ per person.

Group Discount Only $100 per person for annual membership!

Group 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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June 2023

Game of the Month

60 PCS Sidewalk Chalk Set (10 colors), Non-Toxic Washable Outdoor Jumbo Chalk Set for Painting on Chalkboard, Art Play and Playground Toy

Get the Game Here:

https://amzn.to/3lLSpBs

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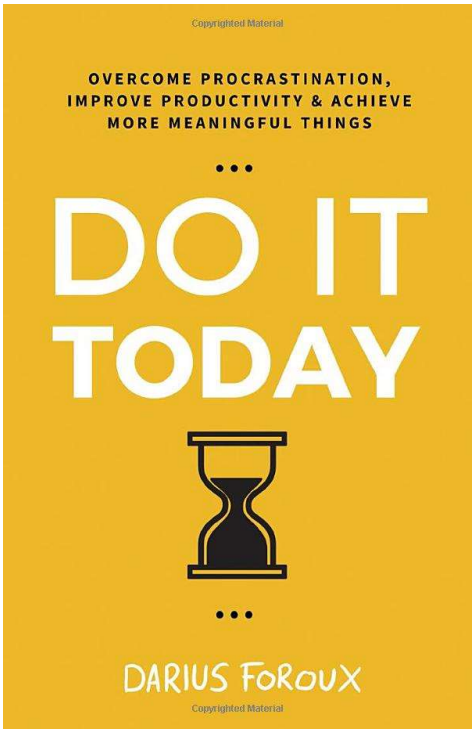
June 2023
Book of the Month



In ***Do It Today***, you'll learn:

1. Why we procrastinate and how we can overcome it
2. How to increase your productivity without being stressful
3. How to achieve more meaningful things in your life so you can enjoy it more

Are you ready to start reading this book?

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June 2023

Rec Therapist of the Month

Amanda McLaughlin

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1. **What is your name: Your degree and college:**
   Bachelors of Science, Major: Recreation Therapy; Temple University

2. **Are you a CTRS? If so – for how long?**
   Yes, I have been certified since February 2022

3. **Are you an ATRA member?**
   Yes

4. **Awards you've earned?**
   None [yet], though maybe someday. Honestly just graduating and being able to work in a profession that I chose is rewarding itself.

5. **Why did you become a rec therapist?**
   Someone asked me if I could pick my dream job what would it be. I had said either to work with animals or do fun activities with older adults. Although at the time I did not say older adults. This friend came back to me with a printout from Temple University's website about recreational therapy and thus my journey began. Also, I was raised by my grandparents and I always cite them as a reason why I think I'm drawn to working with that population.

6. **What do type of setting do you current work?**
   I currently work in a Skilled Nursing Facility. Since senior year I've been interested in working in mental health, which is still a goal.

7. **What population do you provide services for?**
   Older adults.

8. **What types of recreation therapy interventions do you provide?**
   I always like to try new interventions and of course I base the interventions on the persons' served. I do things like putt-putt bubble science, gardening, a lot of cognitive, sensory and physical interventions as well as arts and crafts. I truly enjoy brainstorming ways I can adapt and intervention so that a person can achieve engagement in something that they previously enjoyed.

9. **What do you love about your work?**
I enjoy connecting with people and giving them purpose and joy. The most rewarding times have been when I get a reaction or achievements from a person I'm working with that I never would have thought could be possible. It's hard to surprise someone who thinks most things are possible. It makes me feel validated professionally and is proof that our profession is so much more than some people think.

10. **What would you recommend a new rec therapist to do?**
Don't be afraid to start a conversation especially if you work in a setting where you're not as clinical as, for example, physical rehab is. Be willing to try new things and sometimes fail. Try not to worry about what your peers at your job think. I worried about looking silly but I am silly, be yourself. Learn your elevator speech because you won't be explaining recreational therapy a lot and also Advocate, Advocate, Advocate. They drill that in our heads because you will have to all the time and it's important. Get involved.

11. **Where do you see the future of rec therapy?**
I'm ambiguous about our future as professionals. It's hard to go to 4-year College and then struggle to get a livable wage. That being said I don't mind advocating for myself or the profession. I truly believe in what we do and I hope that others start to appreciate what we do more so than the current culture.

12. **Who is a recreation therapist who you admire and why?**
I have two recreational therapist that really made a mark on me. They are both instructors at Temple University Aurora Verlin, MS, CTRS and Brandon Snead, MS, CTRS. They have had a huge role in making me the recreational therapist I am today. They also have supported me professionally and I am forever grateful of the both of them. I also have to mention Heather Porter, MS, CTRS because of her exceptional textbooks and knowledgeability of the field.

13. What other information would you like to share?

- I find that when I do my job I have gained respect for our profession and it goes a long way in getting others to advocate for our field. Try different sites for your internships and volunteer experiences. It will help you get a job in a different setting if you so choose that the current one or the one you planned on is not panning out.

- Do your homework on potential job opportunities to find out more about the location for positives and negatives. Do not just look at their website.

- Ask questions on interviews like what do you like about your job?, Or "What are some of the positives and negatives of your job?". Talk to your professors build I relationships they have been invaluable to me.

- Try new Leisure and hobbies for yourself to become more well-rounded as a professional.

What Do You LOVE About *Rec Therapy Today*?

I appreciate the ability to get CEUs especially knowing that they will be accepted by our Professional Organization, NCTRC. I also am and in love with the websites, like this one, that support RT professionals beyond CEU's, there aren't too many out there.

Amanda McLaughlin

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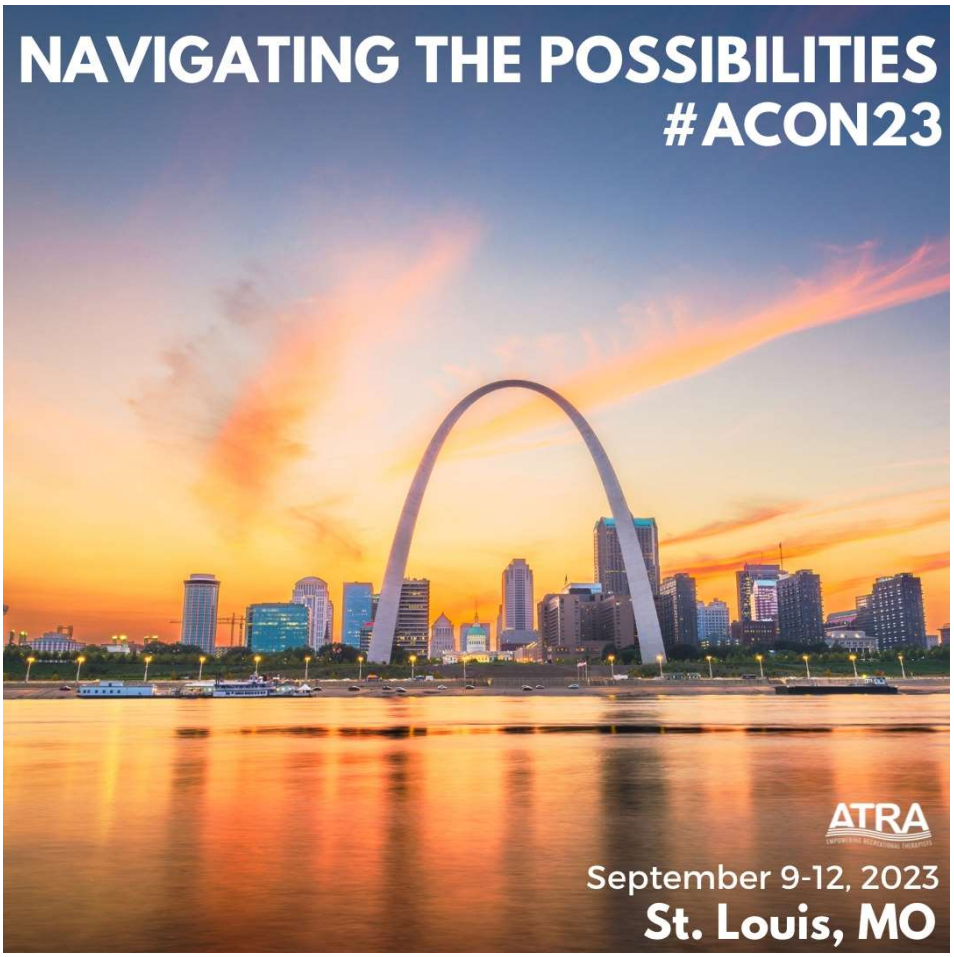
ATRA Section



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

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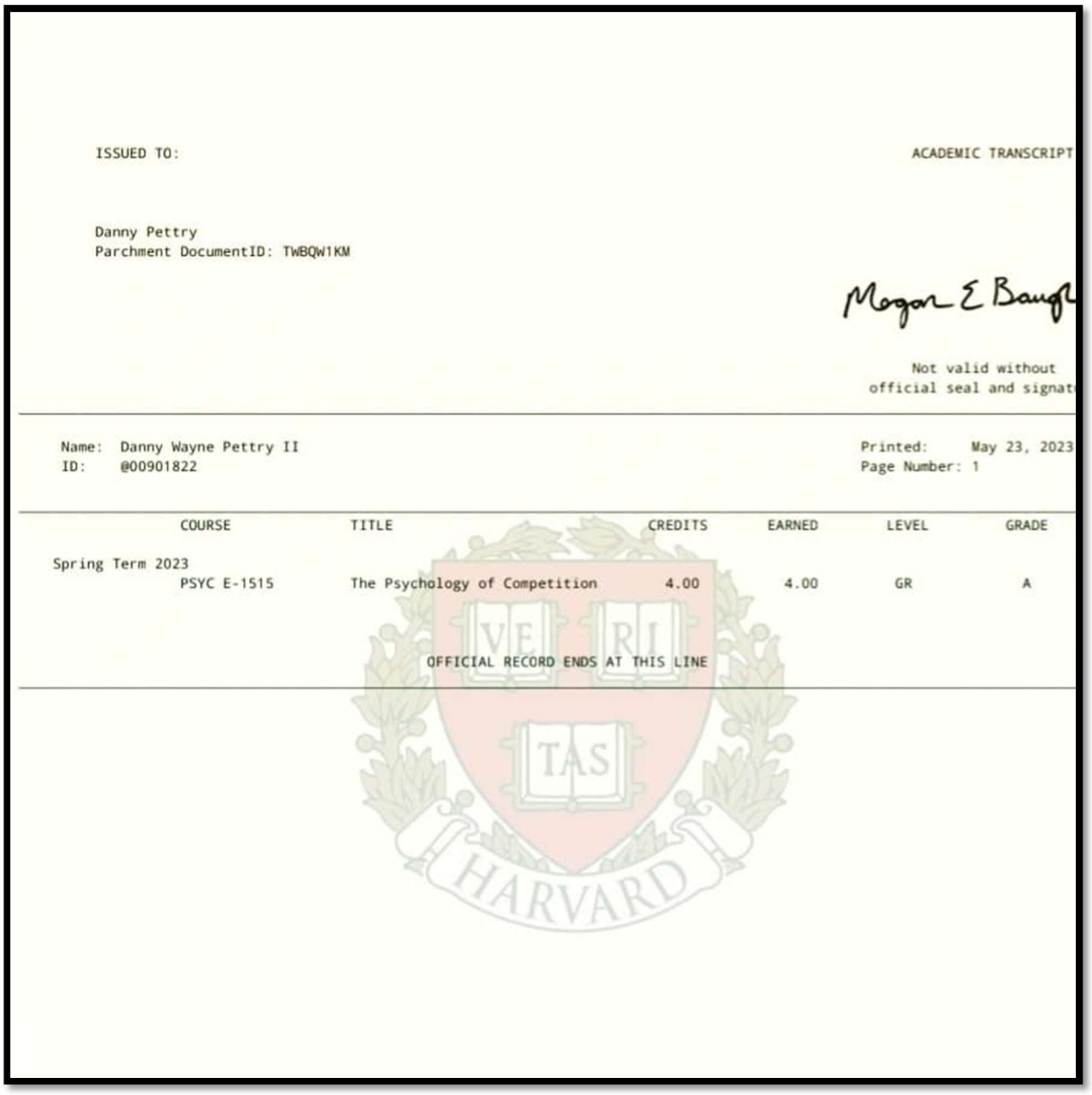
Danny Pettry's Section

Earned an A at Harvard



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ACADEMIC TRANSCRIPT

Danny Pettry
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Name: Danny Wayne Pettry II
ID: @00901822

Printed: May 23, 2023
Page Number: 1

COURSE	TITLE	CREDITS	EARNED	LEVEL	GRADE
Spring Term 2023					
PSYC E-1515	The Psychology of Competition	4.00	4.00	GR	A

OFFICIAL RECORD ENDS AT THIS LINE

I enjoy taking classes and learning. It's my hobby.

Danny Pettry's Section

Family Get Together in Charleston, West Virginia

We love Krispy Kreme Doughnuts.

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Deer in Charleston, West Virginia

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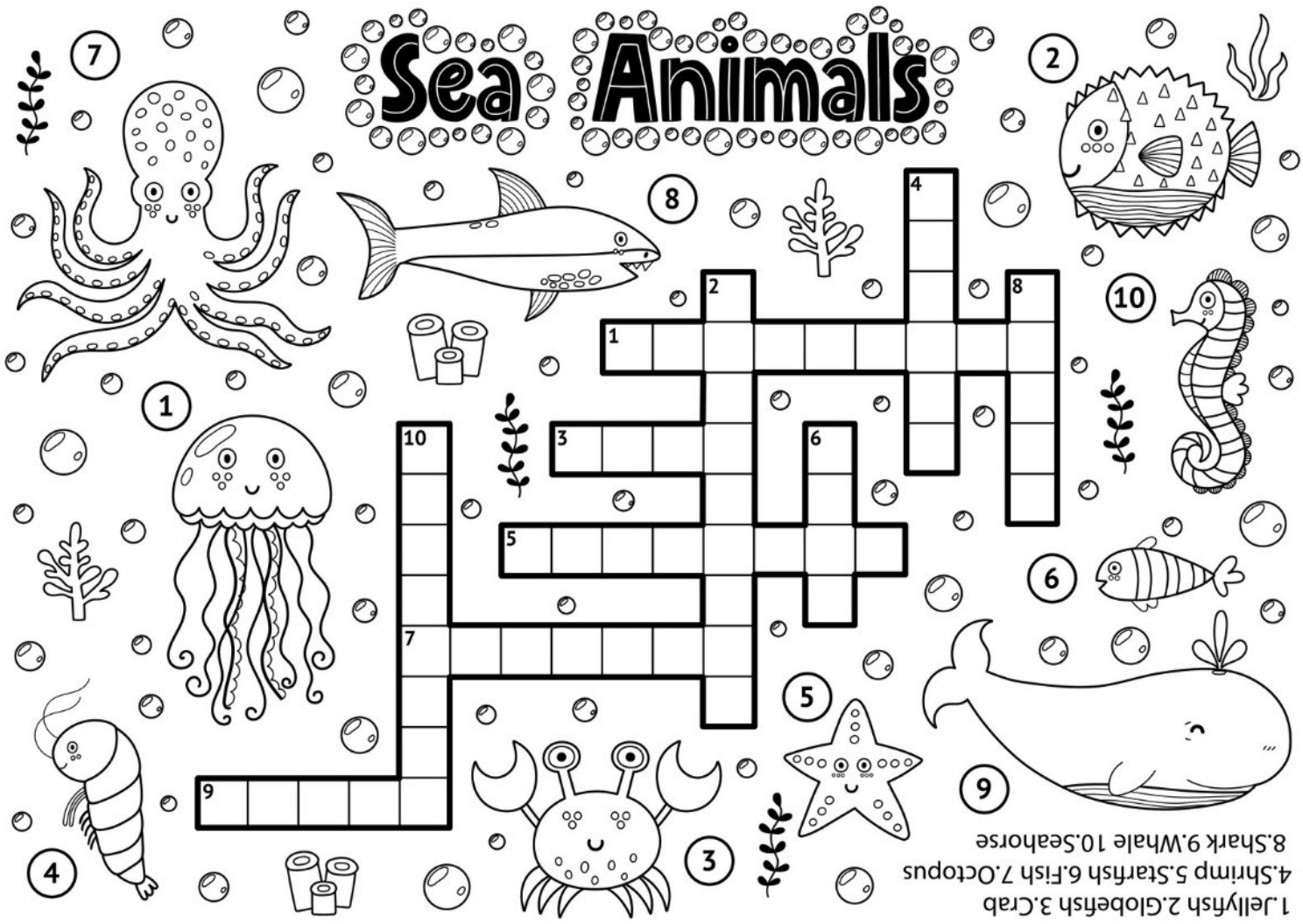

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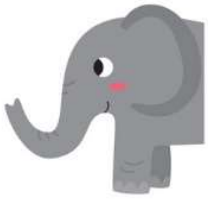

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Our Final Thought…

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SUMMER15

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May 2023 Winners

Random number generator used to select winners.

The following ten (10) individuals won a ($10) Amazon Gift Card from *Rec Therapy Today*

1. Katelyn F., Spring, Texas
2. Barb G., Lino Lakes, Minnesota
3. Heather M., Alexandria, Minnesota
4. Manny C., Garden Grove, California.
5. Alyssa A., .Balwinsville, New York
6. Taylor C., Pittsburgh, Pennsylvania
7. Lynette S., Easton Rapids, Michigan
8. Ashley L., San Francisco, California
9. Sarah B., Colorado Springs, Colorado
10. Gabrielle T., District height, Maryland

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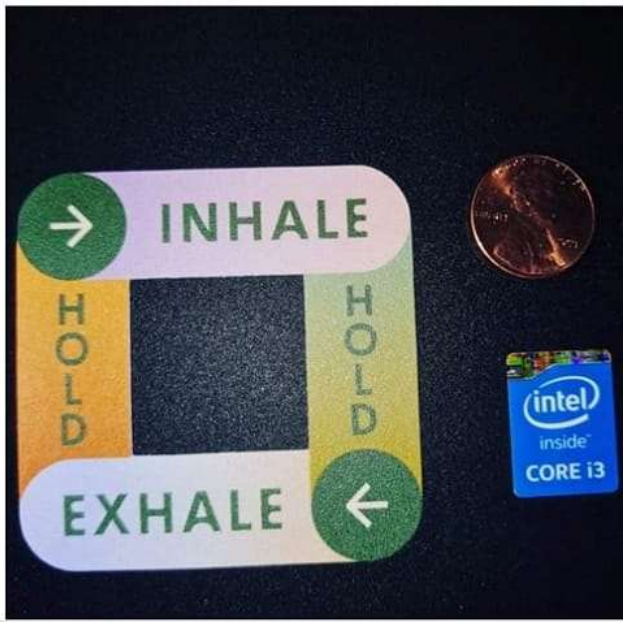
June 2023 Giveaway

We're going to mail out 100 calm strips this month.



No purchase required.

Anyone can enter. Purchase does not increase odds of winning.

Enter at this link before 6/16/23

https://dannypettry.com/June23.html

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