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Monthly Newsletter
September 2023

Dear Innovative Rec Therapist -

Thanks for being part of our
Rec Therapy Today family.

You're making a difference

Enjoy Your September 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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Inspiration for September 2023

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9-4-23

HAPPY LABOR DAY!
LABOR DAY
HAPPY LABOR DAY!

9-11-23

SEPTEMBER 11
PATRIOT DAY
WE WILL NEVER FORGET

Fall Begins 9-23-23

Autumn

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Humor for September 2023

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Infographic for September 2023

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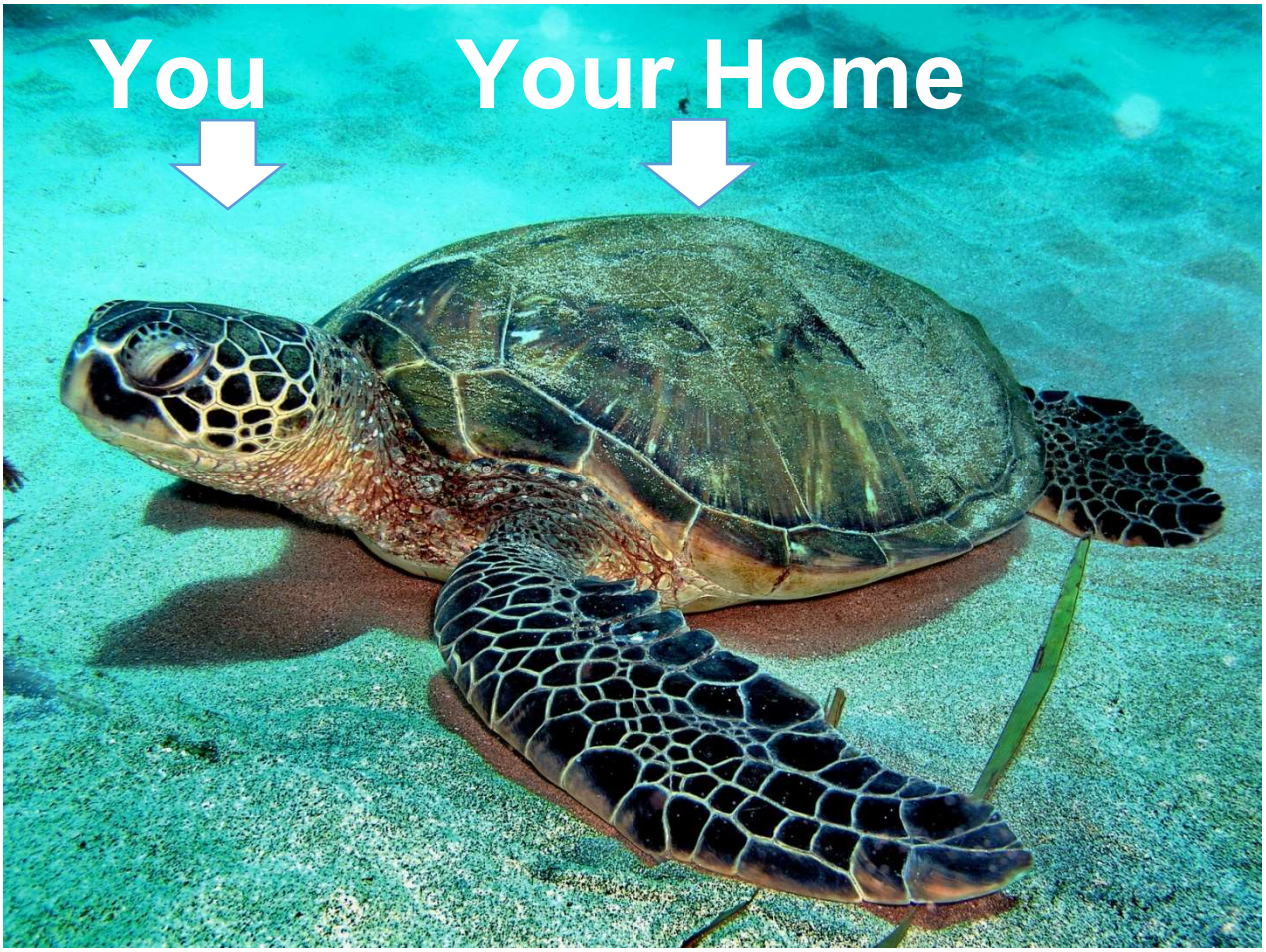

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Group Discount CEUs for YOU and Your Organization

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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Autumn Recreation Activity Ideas

Autumn is a beautiful season filled with colorful foliage, crisp air, and a sense of change. There are numerous activities you can enjoy during this time of the year. Here's a list of activities for autumn:

1. **Leaf Peeping**: Take a leisurely walk or drive to enjoy the vibrant fall foliage.

2. **Apple Picking**: Visit an orchard to pick fresh apples and enjoy apple-related treats.

3. **Pumpkin Patch**: Head to a pumpkin patch to select the perfect pumpkins for carving or decorating.

4. **Hayrides**: Enjoy a hayride through the countryside or at a local farm.

5. **Corn Maze**: Challenge yourself in a corn maze, a popular autumn attraction.

6. **Baking**: Bake delicious autumn treats like apple pie, pumpkin bread, or cinnamon rolls.

7. **Hiking**: Explore nature and go hiking in the cooler autumn weather.

8. **Bonfires**: Gather with friends and family around a cozy bonfire and roast marshmallows.

9. **Harvest Festivals**: Attend local harvest festivals for music, food, and games.

10. **Football Games**: Cheer on your favorite football team at a game or host a tailgate party.

11. **Fall Foliage Drives**: Plan a scenic drive to enjoy the changing colors of the leaves.

12. **Camping**: Camp in the great outdoors and experience the crisp autumn air.

13. **Nature Walks**: Take leisurely walks in parks or nature reserves to appreciate the season's beauty.

14. **Photography**: Capture the stunning autumn scenery with your camera.

15. **Fall Crafts**: Get creative with autumn-themed crafts like wreath-making or DIY decorations.

16. **Visit a Winery**: Go wine tasting at a local winery and savor seasonal wines.

17. **Visit a Cider Mill**: Enjoy fresh apple cider and cider-related products.

18. **Haunted Houses**: Get in the Halloween spirit by visiting haunted houses or ghost tours.

19. **Fall Gardening**: Plant fall flowers or prepare your garden for winter.

20. **Costume Parties**: Attend or host Halloween costume parties.

21. **Star Gazing**: With clear, cool nights, autumn is a great time for star gazing.

22. **Fishing**: Go fishing at a serene lake or river surrounded by fall foliage.

23. **Scenic Train Ride**: Take a scenic train ride through the countryside.

24. **Reading**: Cozy up with a good book or start a book club with friends.

25. **Fall Cleaning**: Declutter and prepare your home for the upcoming winter months.

26. **Volunteer**: Give back to your community by volunteering at local charities or food banks.

27. **DIY Home Decor**: Create autumn-themed decorations for your home.

28. **Visit Museums**: Explore museums and cultural institutions on chilly days.

29. **Movie Nights**: Have movie nights with friends or family, complete with popcorn and cider.

30. **Fall Fashion**: Update your wardrobe with warm sweaters and scarves.

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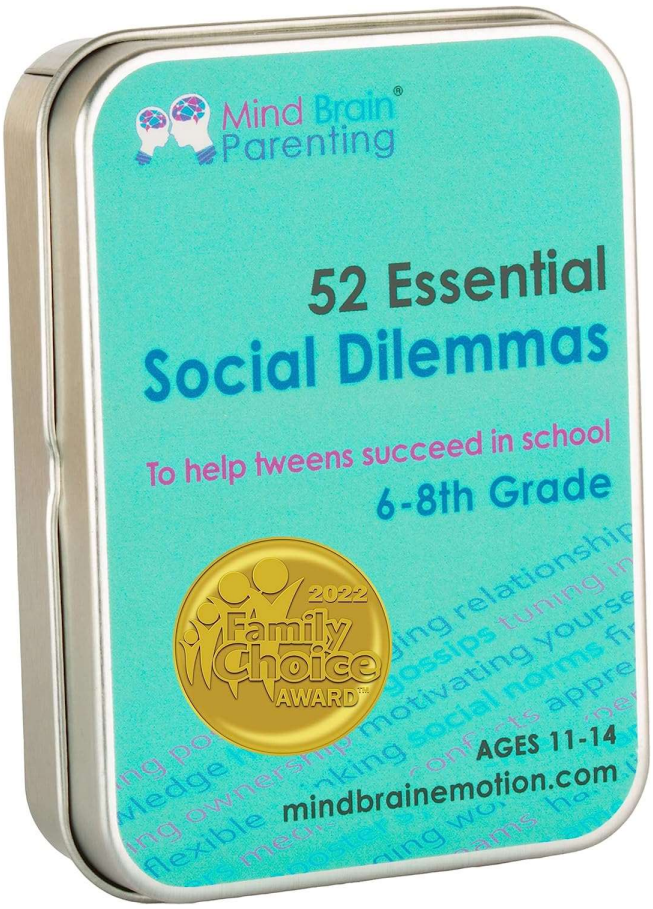
September 2023

Game of the Month



52 Essential Social Dilemmas: Life Skills for Kids & Teens to Thrive in Middle School - Conversation Cards Created by Teachers & Counselors for Family, Classroom, Counseling, Therapy Game (6-8 Grade)

Get the Game Here:
https://amzn.to/3L6RGMr

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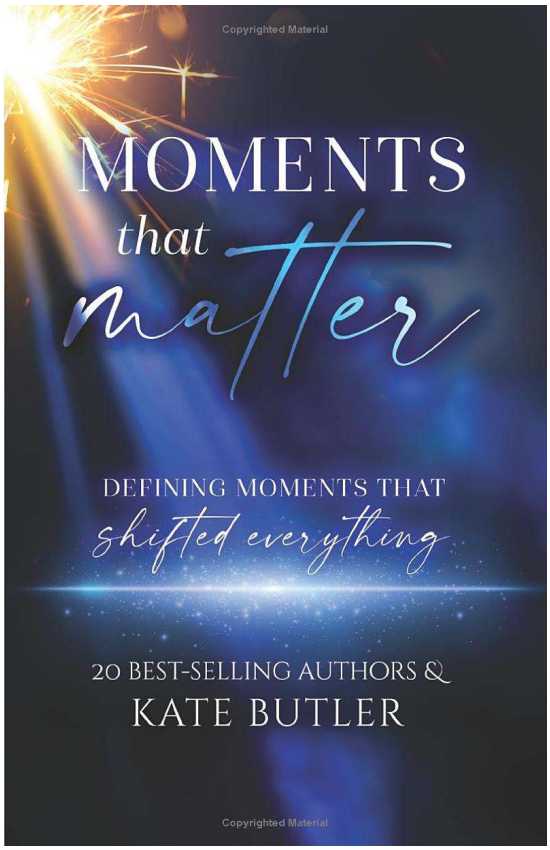
September 2023
Book of the Month



Step into a world where emotions run deep and stories intertwine, as twenty diverse voices unite to bring you an anthology that celebrates the beauty and complexity of the human experience. Moments That Matter is a captivating collection of short stories that illuminate the extraordinary impact of seemingly ordinary moments, each penned by a unique and talented author.

In this anthology, you'll journey through a tapestry of genres and perspectives, exploring the depths of joy, heartache, hope, and resilience. As you navigate through each unique story, you'll be struck by the depth and authenticity of the human connections woven throughout. The authors invite you to reflect on your own journey and the significance of the fleeting moments that often slip by unnoticed. Through their words, they remind us that every choice, every interaction, has the potential to alter the course of our lives in profound ways, called Moments That Matter.

Get the Book Here:
https://amzn.to/45VqU1y

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Rec Therapist of the Month

Chelsea Barley

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1. Your degree and college:

   Bachelor of Science in Leisure Studies with a concentration in Therapeutic Recreation from the University of South Alabama

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

   Yes, 9 Years

3. Are you an ATRA member?

   Yes

4. Why did you become a rec therapist?

   At a time where I wasn't sure what major I wanted to choose, I fell in love with a poem about the field by Kathy Okeefe.

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

   Remote

6. What population do you provide services for?

   Older Adults

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

   Virtual Engagement Groups on a variety of topics.

8. What do you love about your work?

   Giving my clients something to look forward to from the comfort of their home.

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

   Try out different populations to see which one suits you best, and do not be afraid to try different careers that align with your therapeutic recreation background.

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

    I believe there will be a lot of technological assistance, the future is in healthcare technology.

Continued on next page

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

    Taylor Hooker, she's such an inspiration and innovator for the field. I could go on but she knows how much I appreciate and admire her.

12. What other information would you like to share?

    Never feel afraid to network within the profession whether it be in person or virtually. Also if you do not enjoy your job everyday do not be forced to stay in that place. For you to be a successful therapist you have to take care of yourself first.

What Do You LOVE About *Rec Therapy Today*?

Your continued dedication to the field.

Chelsea Barley

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ATRA Section

EMPOWERING RECREATIONAL THERAPISTS

Rec Therapy Today is sponsoring the 2023 American Therapeutic Recreation Association Conference (ACON).

People who attend the conference will receive this bag with the Rec Therapy Today logo on it.

Danny Pettry/ Rec Therapy Today -- Disclaimers

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Danny Pettry is a Lifetime Member of ATRA who volunteers to assist with ATRA when possible.

Dangers of Social Isolation

Social isolation can have various negative effects on an individual's physical, mental, and emotional well-being. Here are some of the dangers and potential consequences of social isolation:

1. **Mental Health Issues**:

   - **Depression**: Social isolation can lead to feelings of sadness, hopelessness, and despair, contributing to the development or exacerbation of depression.

   - **Anxiety**: Isolation can increase anxiety and feelings of unease, especially when individuals have limited social support.

2. **Cognitive Decline**: Prolonged isolation may lead to cognitive decline and an increased risk of conditions like dementia and Alzheimer's disease.

3. **Loneliness**: Loneliness is a common consequence of social isolation and can have detrimental effects on mental and physical health. It can lead to emotional distress, sleep disturbances, and a weakened immune system.

4. **Physical Health Problems**:

- **Weakened Immune System**: Isolation can compromise the immune system, making individuals more susceptible to illnesses and infections.

- **Cardiovascular Issues**: Social isolation has been linked to an increased risk of heart disease and high blood pressure.

- **Obesity**: People who are socially isolated may be more prone to weight gain and obesity due to a lack of social and physical activity.

- **Sleep Disturbances**: Isolation can disrupt sleep patterns and lead to insomnia or poor sleep quality.

5. **Addiction and Substance Abuse**: Some individuals may turn to drugs, alcohol, or other addictive behaviors as a coping mechanism for the emotional distress caused by social isolation.

6. **Increased Stress**: Social isolation can contribute to elevated stress levels, which, if chronic, can lead to a range of health problems, including digestive issues, headaches, and muscle tension.

7. **Reduced Emotional Support**: Lack of social connections means fewer opportunities to share feelings, receive emotional support, and cope with life's challenges.

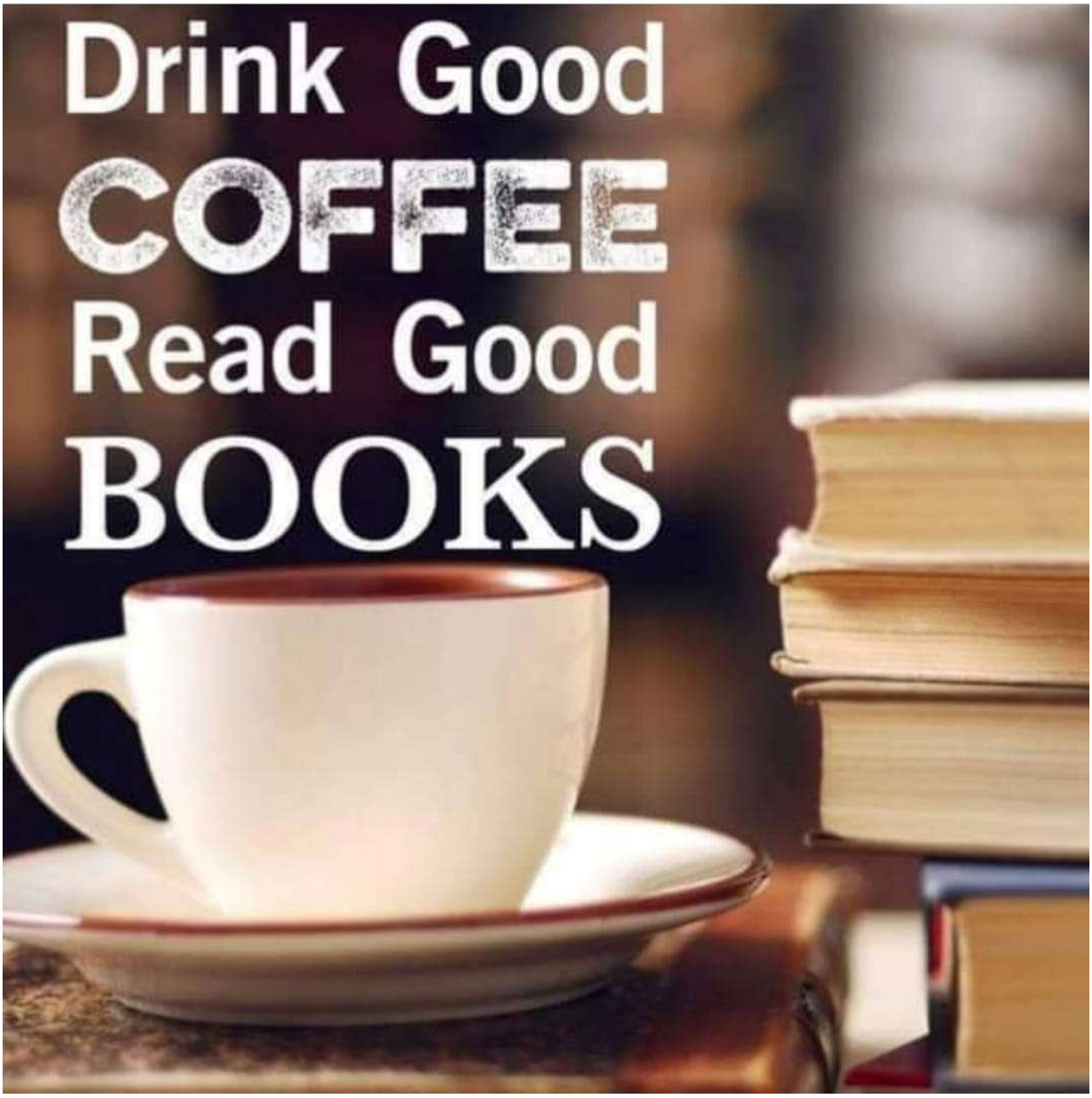
8. **Reduced Quality of Life**: Social isolation can lead to a decreased quality of life, as it limits opportunities for social engagement, leisure activities, and personal growth.

9. **Accelerated Aging**: Research suggests that social isolation can accelerate the aging process at a cellular level, potentially increasing the risk of age-related diseases.

10. **Self-Neglect**: In extreme cases, prolonged isolation can lead to self-neglect, where individuals may not take care of their basic physical and emotional needs.

It's important to note that social isolation can affect people of all ages, but it is particularly concerning for older adults who may face greater challenges in maintaining social connections. Recognizing the dangers of social isolation is crucial, and efforts should be made to provide support, promote social engagement, and connect with individuals who may be at risk of isolation. Encouraging regular social interactions, seeking professional help when needed, and maintaining a strong support network are essential steps in mitigating the dangers associated with social isolation.

Danny Pettry's Section



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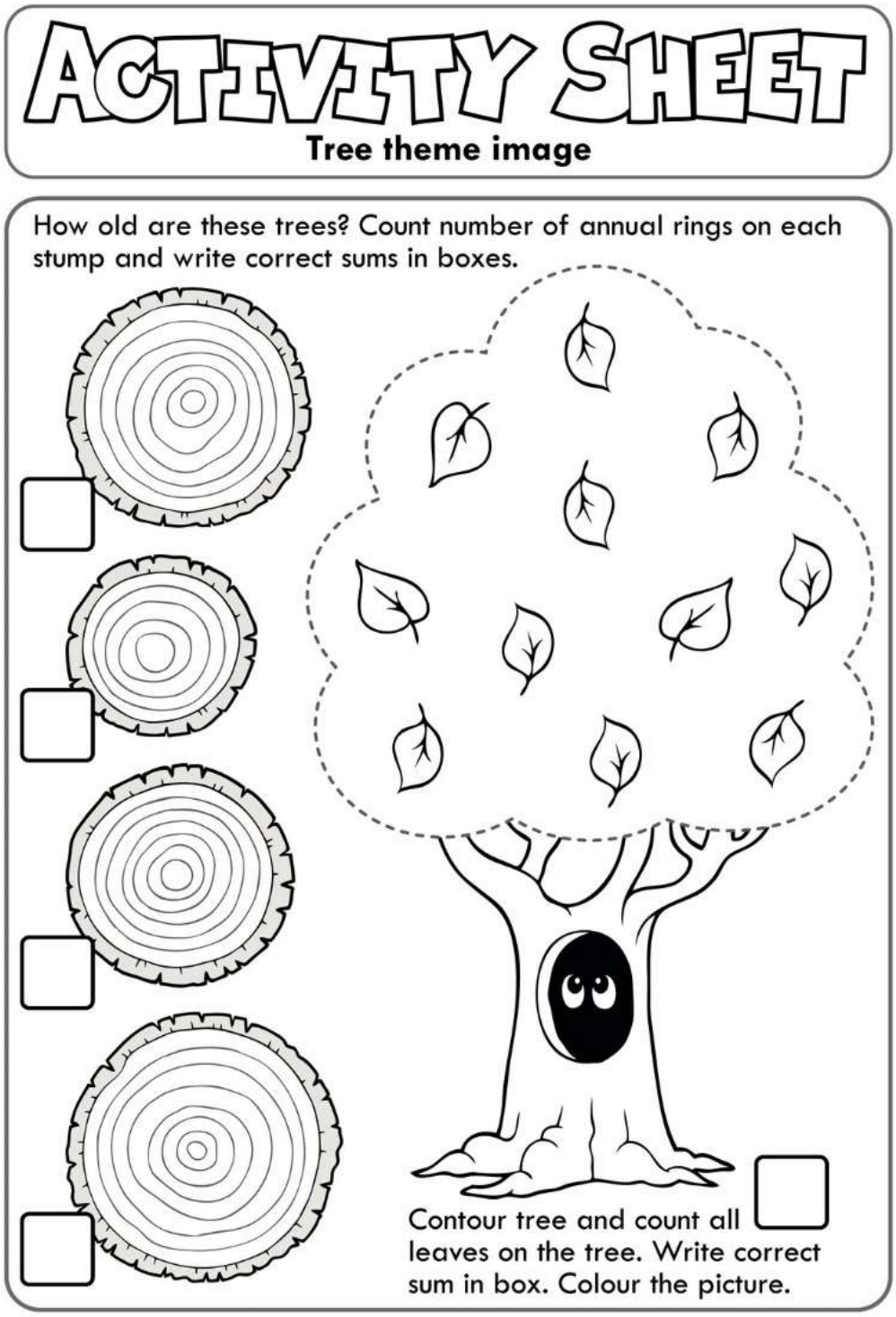

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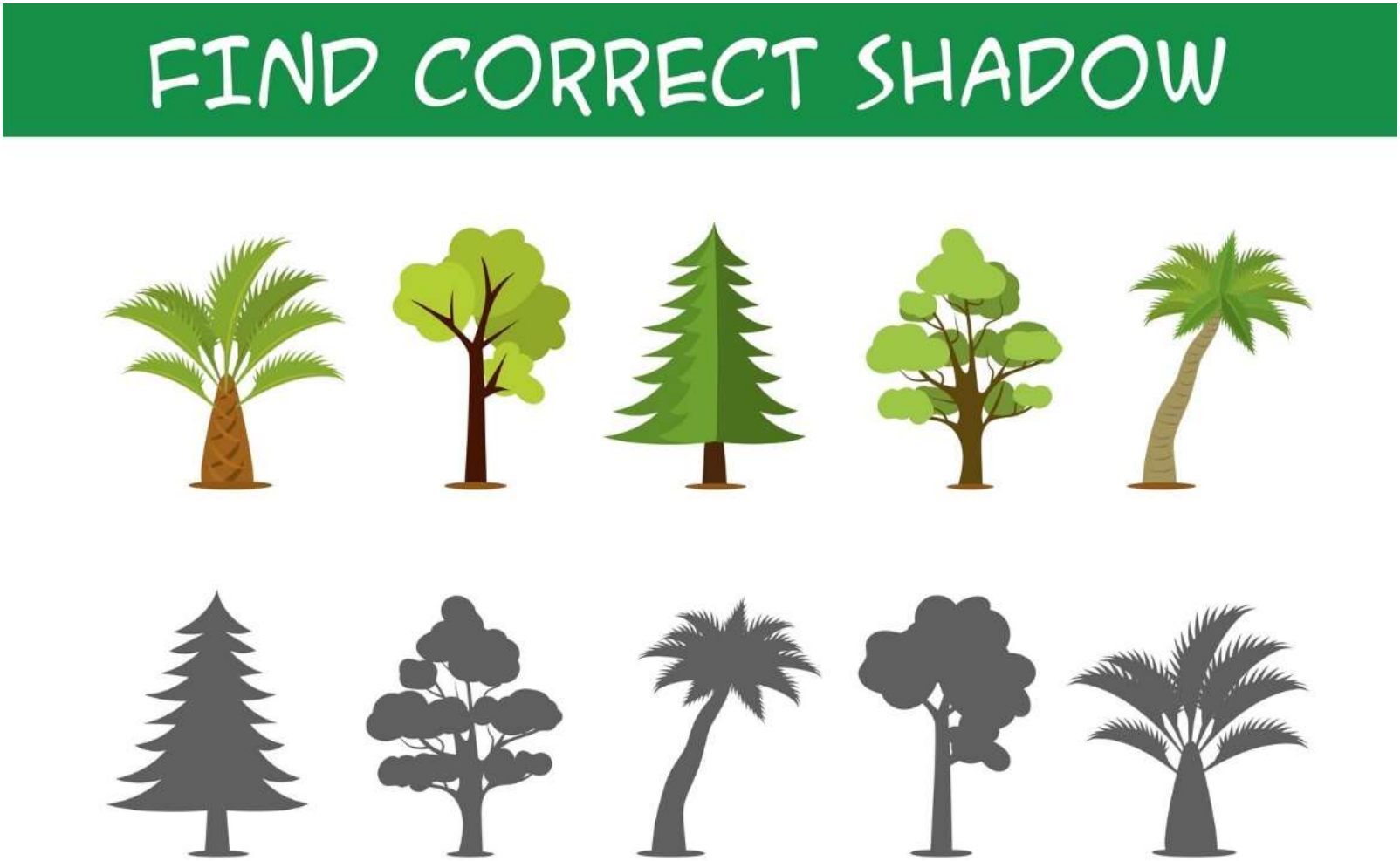

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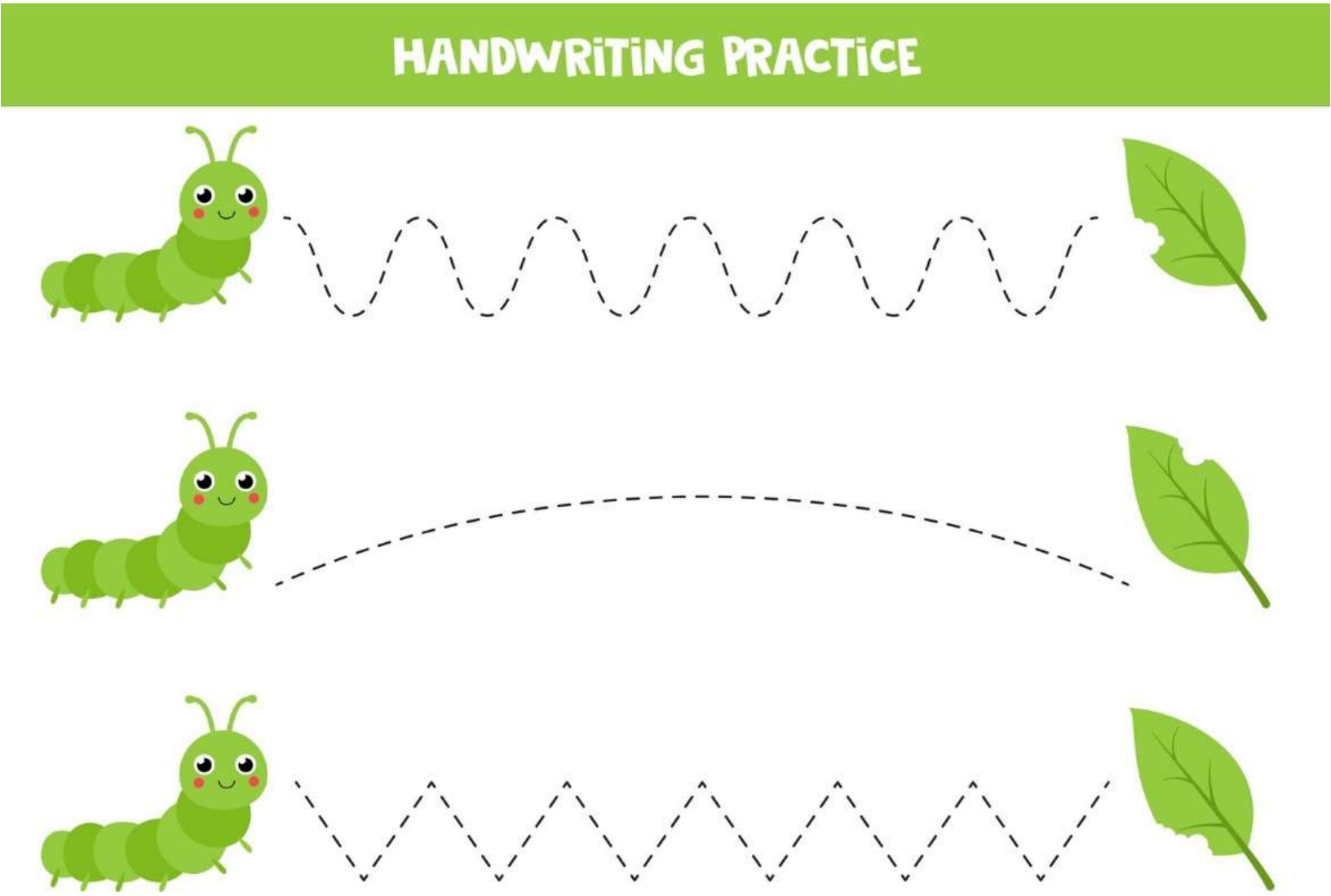

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Our Final Thought…

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Rec Therapy Today's
Representatives for ACON

Heidi S. and Mindy R. were selected to represent Rec Therapy Today at the 2023 American Therapeutic Recreation Association Conference (ACON) in St. Louis, Missouri.

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August 2023 Winners

Random number generator used to select winners.

The following 12 people won a $10 Amazon Gift Card!

1. Jill B., Ames, Iowa
2. Erin S., Idaho Falls, Idaho
3. Cayleigh S., Novi, Michigan
4. Rachel A., Pensacola, Florida
5. Carrinne J., Otto, Wyoming
6. Laura O., Bloomer, Wisconsin
7. Donna S., Yardley, Pennsylvania
8. Billie Jo G.,Morgan Hill, California
9. Heather M., Alexandria, Minnesota
10. Kelly N., New Richmond, Wisconsin
11. Shelly B., Beaumont, Alberta, Canada
12. Barbara F., Canyon Country, California

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September 2023 Giveaway

Ten (10) lucky people will receive a $10 Amazon Gift Card from Rec Therapy Today

Deadline to enter is before midnight 9.23.23 No purchase required. Anyone can enter. Purchase does not increase odds of winning.

Enter at this link:

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