REC THERAPY TODAY
Continuing Education Through Innovation

Monthly Newsletter
November 2023

Dear Innovative Rec Therapist -

Thanks for being part of our

Rec Therapy Today family.

Be Proud of the Work You're Doing

Enjoy Your November 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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Transform your career with Rec Therapy Today - The #1 choice in online continuing education for recreational therapists. Get started today.
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15,000+ students
15+ years in business
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Inspiring the Greater Good

A FREE CEU Teleconference

Five (5) Sessions Presented

Live on Sat. Nov. 18, 2023

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Register for sessions here:

https://www.rectherapytoday.com/fall2023

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Teleconference Schedule

#	Time	Title	Speaker
1	8:30 a.m. to 9:30 a.m.	Mindfulness works! Harnessing the power of mindfulness in recreation therapy interventions	Brandon Cruz, M.S., C.T.R.S. Owner of Cruz Outdoors
2	10:00 a.m. to 11:00	Differentiation in Today's World of Differences	Mary Lil Moses, CTRS
3	11:30 to 12:30	Improving Health Quality of Life and Wellbeing through Participation in Adapted Recreation	Amanda Ervin, MSc, CTRS
4	1:00 p.m. to 2:30 p.m.	Memory Care: How To Be The Good	Christine Hess - CTRS
5	3:00 to 4:00 p.m.	What have you done for me lately: an update from ATRA	Brent Wolfe

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Inspiration for November

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Humor for November

"What's your Thanksgiving automatic day off policy?"

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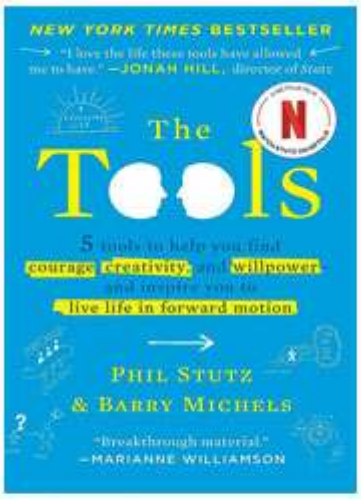

Fall 2023 Book Club Interventions

Ten (10) Clock Hours

***Book is NOT included. Book must be purchased separately**

Discover five interventions that are designed to help people overcome mental and behavioral health needs.

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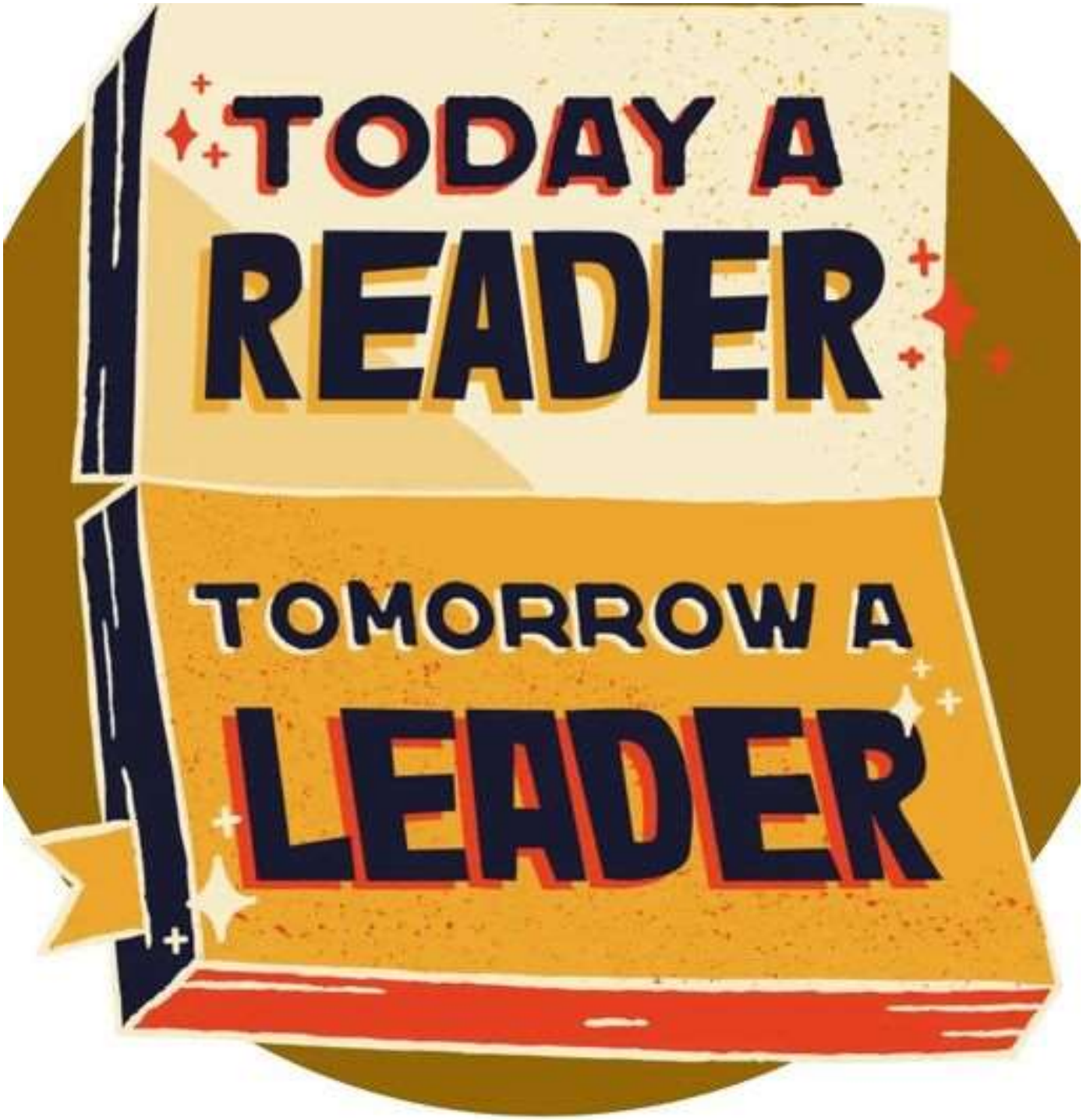
Register at this link today:

https://rectherapytoday.thinkific.com/courses/interventions

More Insiration for November



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November

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Infographic for November

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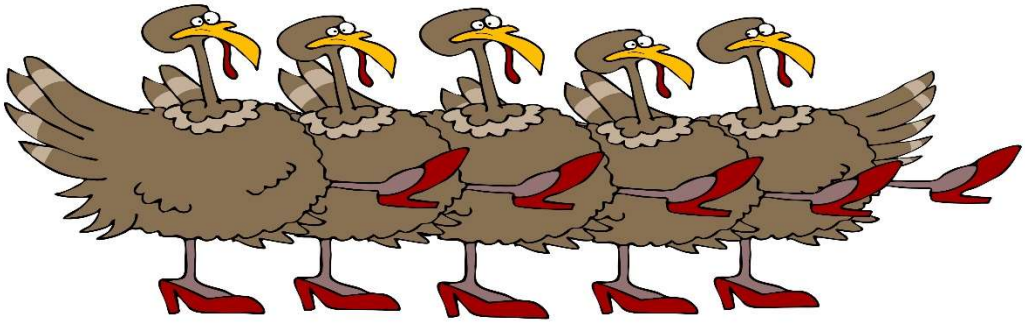

Group Discount CEUs for YOU and Your Organization

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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November 2023

Game of the Month

Kid, Teen, Adult

About this item

Classic Dice Fun — Roll the dice and see what combinations you can get to score big!

Don't Farkle — If you can't set aside any dice, that's a Farkle! You lose your turn and play moves on without you!

Strategy and Luck — Strategize to keep your dice or risk throwing again, and see where the dice land!

Risk It All — Will you save what you have or go all in on the chance to earn more points?

Comes Ready To Play — A cup for rolling dice, a scorepad, and 6 dice are included.

Get the Game Here:

https://amzn.to/45TxZ1W

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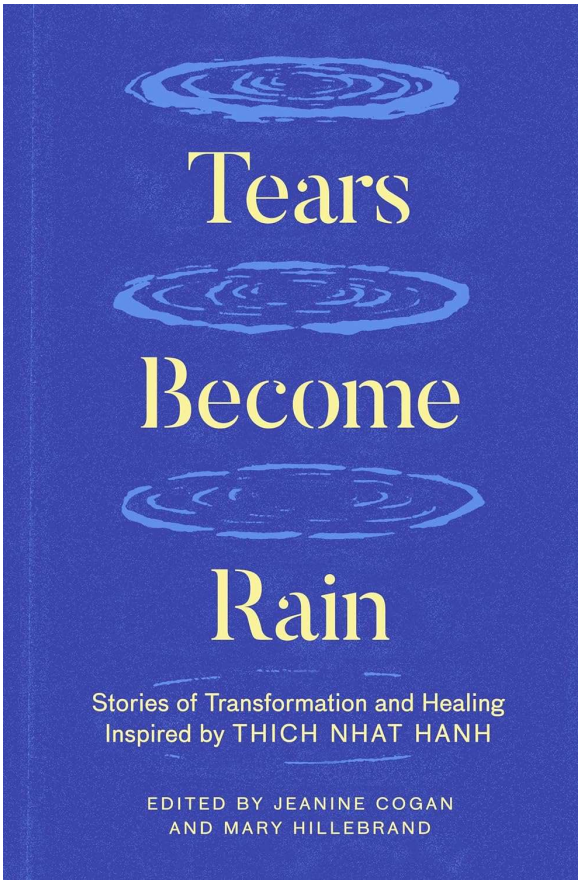
November 2023
Book of the Month



32 mindfulness practitioners around the world reflect on encountering the extraordinary teachings of Zen master Thich Nhat Hanh, who passed away in January 2022, exploring themes of coming home to ourselves, healing from grief and loss, facing fear, and building community and belonging.

Get the Book Here:
https://amzn.to/46SeXKD

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November 2023
Inspirational Movie Pick of the Month

Based on a true story, a couple's adulterous affair leads to an unexpected pregnancy. They leave their spouses to begin a new life together, but their daughter, Katelyn, is born with a birth defect. While her dad believes Katelyn's condition is God's punishment for the affair, Katelyn, with only one fully developed arm, defies all odds with an incredible gift for softball. "I Can" is a story about Katelyn overcoming adversity, and her dad eventually finding genuine forgiveness.

Get the Movie Here:
https://amzn.to/3u1gyPJ

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November 2023

Rec Therapist of the Month

Mindy Rubelmann

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1. Your degree and college:

BS in Recreation and leisure studies with an emphasis in TR from Missouri State University

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

I have been a CTRS for almost 30 years

3. Are you an ATRA member?

I have been an ATRA member for about 7 years, but wish I had done that sooner

4. Awards you've earned?

I was employee of the month 2x at my last job

5. Why did you become a rec therapist?

I took an intro to Recreation class in college and knew I wanted to be an RT after that

6. What do type of setting do you current work? What population do you provide services for?

I work full time in Behavioral Health with adolescents and adults.

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

I facilitate a lot of coping skills groups using games as an intervention. I love to do Therapeutic Drumming

8. What do you love about your work?

I love working with people, helping others and every day is different!

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

Volunteer with various populations and keep an open mind! I thought I only wanted to work peds but love working with adults too

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

I think our future is bright! I think COVID reinforced how beneficial and needed we are!

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

I have worked with many great Rec Therapists that have inspired me. My friend and co- worker Deb Little just retired , she inspired me daily!

12. What other information would you like to share?

I am Zumba Instructor and a Certified Group exercise instructor so I love to add fitness in as an intervention and music is always fun to use as an intervention.

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What Do You LOVE About *Rec Therapy Today*?

I love all of the CEUS and info I get from Rec Therapy Today!

Mindy Rubelmann

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ATRA Section

EMPOWERING RECREATIONAL THERAPISTS

Brent Wolfe. **Executive Director at ATRA**

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

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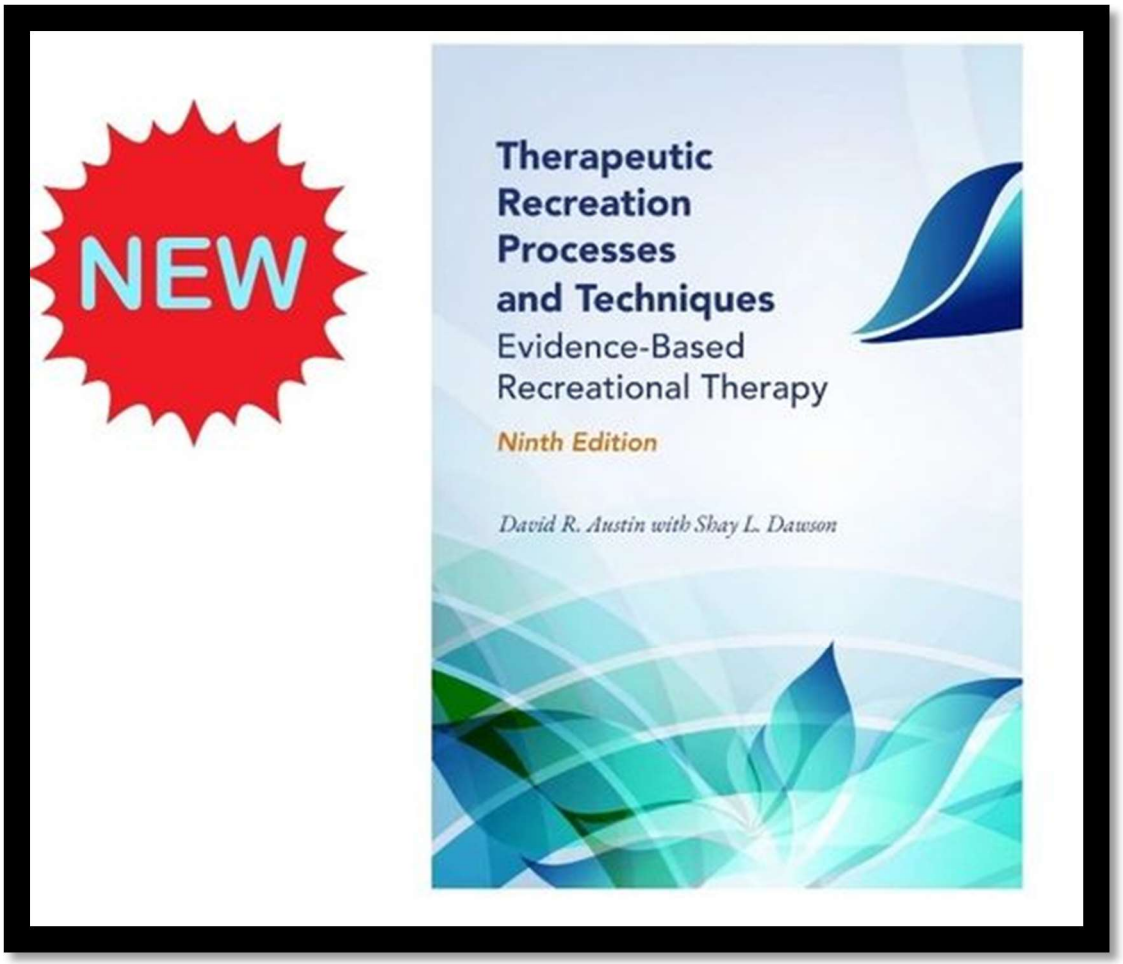
Sagamore-Venture Publishing Section



Danny Pettry's Section

No Sugar – November

Hello Rec Therapist Friend –

I hope you're all doing well and staying healthy (after Halloween).

I wanted to share some exciting news with you all – I'm participating in "No Sugar November," and I invite you to join me on this journey to break free from our sugar cravings.

Before we dive into this challenge, I'd like to share a little background on why I decided to take on the "No Sugar November" challenge. It's no secret that I've been close to developing type 2 diabetes. Over the years, I've made a conscious effort to reduce my sugar intake, but, like many, I've found that old habits tend to creep back in.

So, what's my mantra for "No Sugar November"? Simple: "I don't eat sugar." Whenever I'm faced with a tempting sweet treat, this is what I'll remind myself. It's a small phrase with a powerful impact.

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10 Easy-to-implement Thanksgiving Themed Activities

1. Gratitude Garland

Supplies: Construction paper, markers, string, scissors, and tape.

Instructions: Ask participants to write or draw things they're grateful for on strips of construction paper. Create a garland by connecting the strips, forming a colorful chain. Hang the garland in a common area.

Benefits: Promotes social interaction (as participants can discuss their gratitudes), self-expression, and creativity.

2. Thanksgiving Bingo

Supplies: Bingo cards (with Thanksgiving-related images or words), markers or small objects for markers.

Instructions: Play a game of Thanksgiving Bingo. Call out items related to Thanksgiving (e.g., turkey, pumpkin pie), and participants mark them on their cards. The first to get a line calls out "Bingo!"

Benefits: Encourages social interaction and intellectual stimulation.

3. Storytelling Circle

Supplies: A cozy seating area.

Instructions: Gather participants in a circle and take turns sharing Thanksgiving memories, traditions, or funny stories. Encourage active listening and responding to others' tales.

Benefits: Fosters social interaction, self-expression, and intellectual functioning.

4. Handmade Thank You Cards

Supplies: Craft paper, markers, stickers, glue, and scissors.

Instructions: Have participants create thank you cards for family, friends, or caregivers. Encourage them to express their gratitude with personalized messages and artwork.

Benefits: Promotes fine motor skills, self-expression, and connection.

5. Thanksgiving Puzzle Time

Supplies: Thanksgiving-themed jigsaw puzzles.

Instructions: Provide Thanksgiving-themed puzzles and encourage participants to work on them together. Puzzles can be a fun and challenging group activity.

Benefits: Encourages intellectual stimulation and social interaction.

6. Pumpkin Painting

Supplies: Small pumpkins, paint, brushes, and newspapers for protection.

Instructions: Allow participants to paint small pumpkins with their own designs and colors. This creative activity can be both calming and enjoyable.

Benefits: Promotes creativity and fine motor skills.

7. Tabletop Trivia

Supplies: Thanksgiving-themed trivia questions and a buzzer or bell.

Instructions: Organize a trivia game with Thanksgiving-themed questions. Participants can take turns answering and keeping score.

Benefits: Encourages intellectual stimulation and friendly competition.

Supplies: Large paper or poster board, colored paper leaves, markers, and tape.

Instructions: Create a Gratitude Tree on the poster board. Participants can write down what they're thankful for on paper leaves and attach them to the tree.

Benefits: Promotes self-expression, social interaction, and creativity.

9. Cooking Demonstration

Supplies: Ingredients for a simple Thanksgiving recipe and a cooking area.

Instructions: Conduct a cooking demonstration where participants can watch and learn how to prepare a Thanksgiving dish. They can then taste the finished product.

Benefits: Encourages connection and intellectual stimulation.

10. Group Poetry Writing

Supplies: Large paper, markers, and participants.

Instructions: Collaboratively write a Thanksgiving-themed poem. Each participant contributes a line or phrase, creating a shared work of art.

Benefits: Promotes self-expression, intellectual stimulation, and social interaction.

These activities are designed to engage and enhance various aspects of well-being, ensuring that Thanksgiving is a joyful and meaningful experience for everyone involved.

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Fun Pages for All Ages

WORD SCRAMBLE

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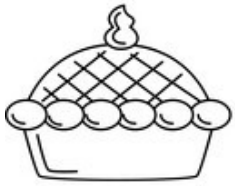

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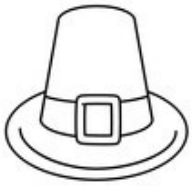

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Fun Pages for All Ages

Find 8 differences

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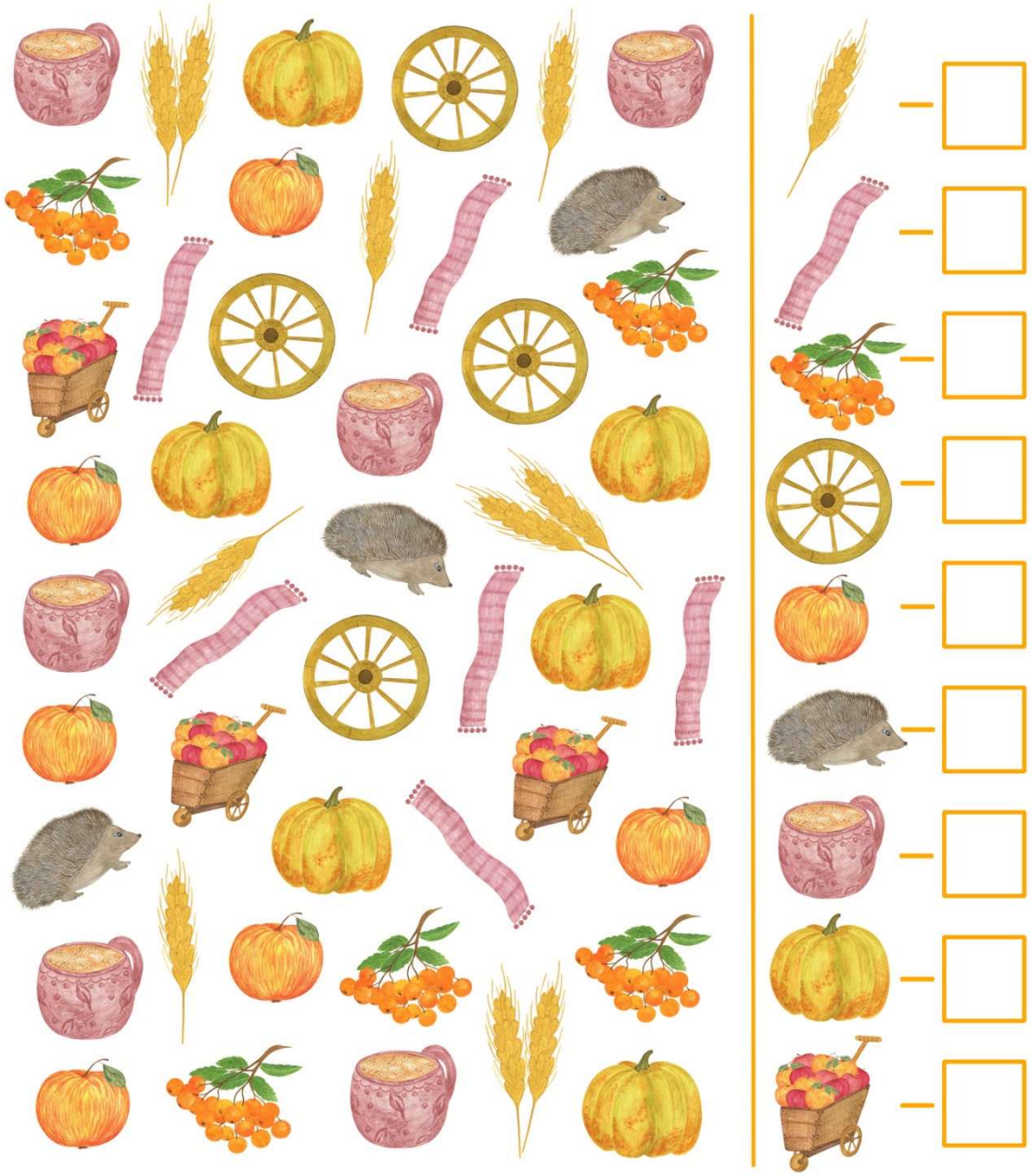
I	N	D	I	A	N	S	B	Q	X	C	I	D	H
C	Z	O	Z	Q	T	T	T	B	Z	J	G	D	Y
Q	S	D	T	Q	T	P	U	M	P	K	I	N	P

TURKEY	FAMILY	CORN	FALL
FEAST	SQUASH	FAMILY	COLONIST
THANKFUL	PUMPKIN	PIE	AMERICA
CELEBRATE	PILGRIMS	INDIANS	HARVEST

Fun Pages for All Ages

How many? I Spy Game



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

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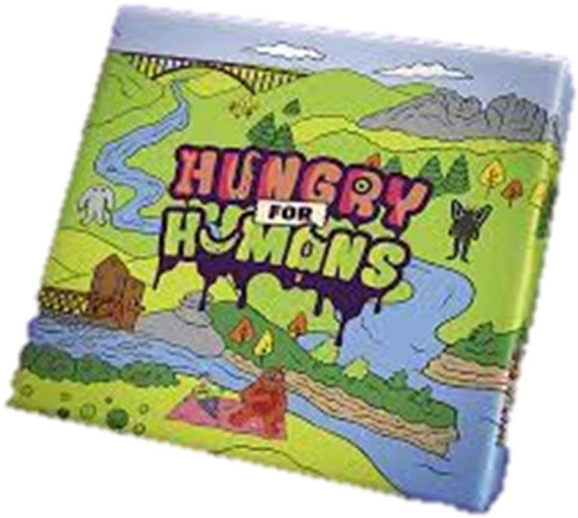
October 2023 Winner

Random number generator used to select winner,

Diana W., from San Diego, California won our October 2023 Giveaway.



She'll receive the Hungry for Humans board game, $25 amazon gift card, and a FREE CEU Course.

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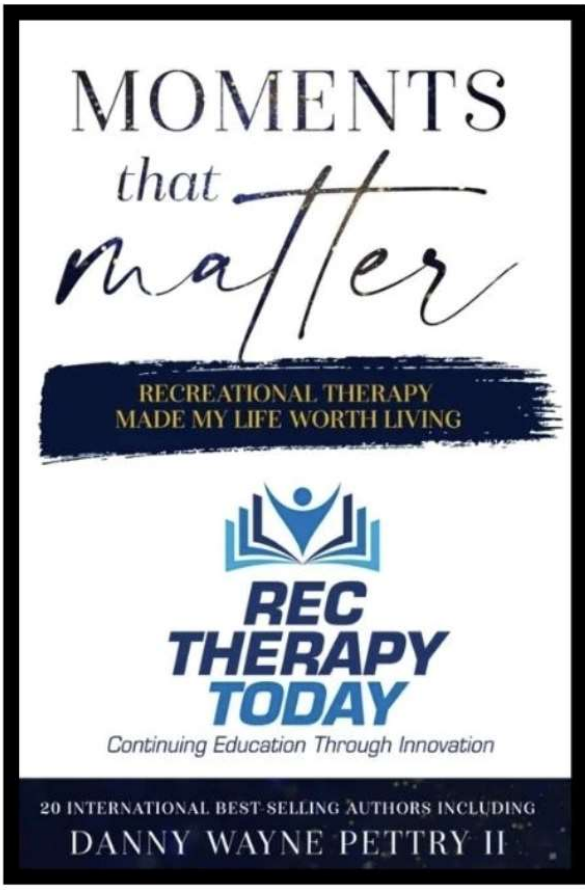
November 2023 Giveaway



Twenty (20) people will win a copy of Danny Pettry's NEW Book, *Moments that Matter: Recreational Therapy Made My Life Worth Living.*

Deadline to enter is before midnight November 30, 2023.

Enter at this link:

www.DannyPettry.com/Nov23.html