REC THERAPY TODAY
Continuing Education Through Innovation

Monthly Newsletter
December 2023

Dear Innovative Rec Therapist -

Thanks for being part of our
Rec Therapy Today family.

You're making a meaningful impact.

Enjoy Your December 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

➔ **Need CEUs?** Go here: http://www.RecTherapyToday.com

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You and Your Meaningful Impact

By Danny Pettry

Your dedication to helping others live their fullest lives is truly inspiring.

Even on the challenging days, remember that your work as a recreational therapist is making a meaningful impact.

Your commitment to healing and empowerment is a powerful force for positive change.

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NEW CEU Opportunity

Mental Health Diagnosis Bundle 2

Ten Courses (20 Clock Hours)

Diagnosis included in this bundle:

1. Panic Disorder
2. Dual Diagnosis
3. Conduct Disorder
4. Insomnia Disorder
5. Social Anxiety Disorder
6. Season Affective Disorder
7. Autism Spectrum Disorder
8. Sensory Processing Disorder
9. Dissociative Identify Disorder
10. Reactive Attachment Disorder

Standard Price is $197.

Sessions include definition of diagnosis, etiology/ known causes, symptoms, what helping professionals need to know before providing services for people with the diagnosis. Common treatments for the diagnosis, and of course recreational therapy activity interventions that would be well-suited for relieving symptoms.

For more information, visit:

https://rectherapytoday.thinkific.com/bundles/mental-health-bundle-2

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Humor for December

UGLY SWEATER

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December Holidays

December Holidays

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Infographic for December

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You and Your Ripple Effect

By Danny Pettry

Never underestimate the ripple effect of your work as a recreational therapist.

Your kindness, compassion, and healing touch create waves of positivity that extend far beyond the moments you spend with your clients.

Keep being the incredible, impactful force for good that you are.

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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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December 2023

Game of the Month

HOLIDAY VERSION OF OUR WILDLY POPULAR PARTY GAME- Perfect for all-ages.

- PLAY IT ANY TIME ANY PLACE- Convenient take anywhere size game.
- SIMPLE AND HILARIOUS- Fast paced laugh out loud fun for any get together.
- GET ROLLING IN SECONDS- Takes only a minute to learn and gameplay lasts for about 10 to 15 minutes.
- PERFECT ADDITION TO YOUR FAMILY FESTIVITIES- Game night merriment

Get the Game Here:
https://amzn.to/3N7DuDR

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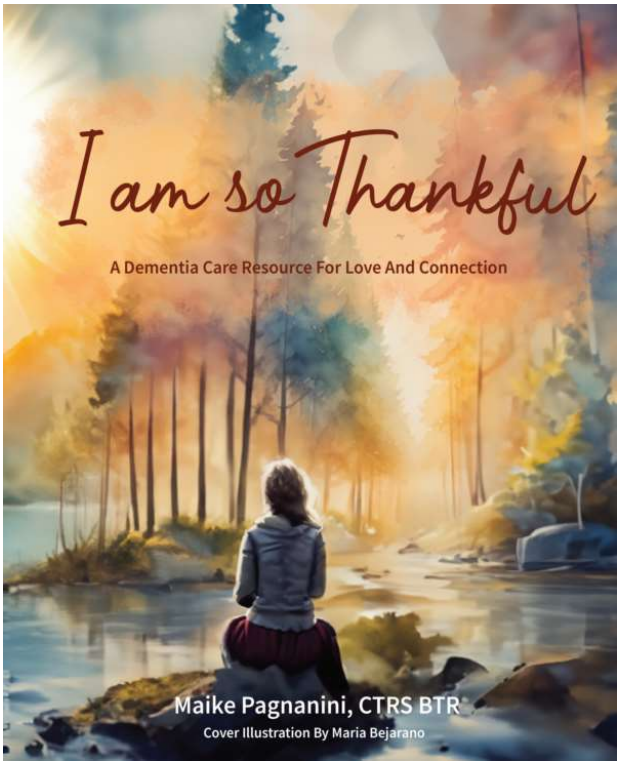
December 2023
Book of the Month



This simple yet engaging book is designed for people living with dementia and their caregivers. With beautiful images and corresponding questions & answers, it serves as a conversational guide for moments of meaningful connection, joy and love. Included is a how-to guide on using the book as well as adaptations and considerations when reading with someone with moderate to severe dementia. This resource is appropriate for anyone in a caregiving role, such as family caregivers, Skilled Nursing and LTC facilities, companions and home care providers.

Get the Book Here:

https://www.blurb.ca/b/11780510-i-am-so-thankful

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Rec Therapist of the Month

Christine Calabrese

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1. **What is your name:** Christine Calabrese

2. **Your degree and college:**
   M.S. Therapeutic Recreation
   Southern Connecticut University, New Haven

3. **Are you a CTRS? If so – for how long?**
   I have been a CTRS since April 2021

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

5. **Awards you've earned?**
   Every smile given and milestone reached from our clients delivers an award right to my heart. But a "formal recognition".. no. And that is so okay.

6. **Why did you become a rec therapist?**
   Sounds so cliché, but to help others live their best lives possible.

7. **What do type of setting do you current work?**
   I work at Autism Health & Fitness Center – it is a specialized center that focuses on health and wellness.

8. **What population do you provide services for?**
   Neurodivergent children, teens, and adults – primarily with Autism.

9. **What types of recreation therapy interventions do you provide?**
   Fitness and social activities.

10. **What do you love about your work?**
    Seeing member's successes. It can be an extra minute of cardio, adding a new exercise to build strength, or making a new friend playing basketball.

11. **What would you recommend a new rec therapist to do?**
    Ask questions and listen. Sometimes as new therapists, we are excited to change the world! In that spirit, we can get overzealous. Understand what the workplace/agency/policies are and why. Then with that understanding – GO CHANGE THE WOLRD.. one person at a time!

12. **Where do you see the future of rec therapy?**

The future of Rec Therapy is so bright and exciting! I see in the not so distant future, more understanding and importance of RT. We positively impact so many people's lives that the RT buzz will be sought out.

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

Mary Jo Archambault, Associate Professor/Coordinator of Recreational Therapy Programs at SCSU. Dr. Mary Jo is one of the most caring people I have ever met. Her passion for helping others and teaching is infectious and being around her makes you want to be a better person not only for those you serve, but for yourself.

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

Make sure you live by what you teach your clients – self care and taking time for recreation in your own life.

What Do You LOVE About *Rec Therapy Today*?

I love to have the flexibility to further my continuing education and earn CE credits in a high quality and meaningful way with the flexibility to work around a crazy schedule!

Christine Calabrese

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ATRA Section

Go to this link to learn how you can help:

https://www.pathlms.com/atra/courses/45987

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Rec Therapy Today's

Special Recommendations

Jenna Garrett has an Esty Shop, Sown in Grace.

She features several recreation therapy based t-shirts and items. Here are two of her popular shirts:

Visit Sown in Grace on Etsy:

https://www.etsy.com/shop/sowningrace/?section_id=37938987

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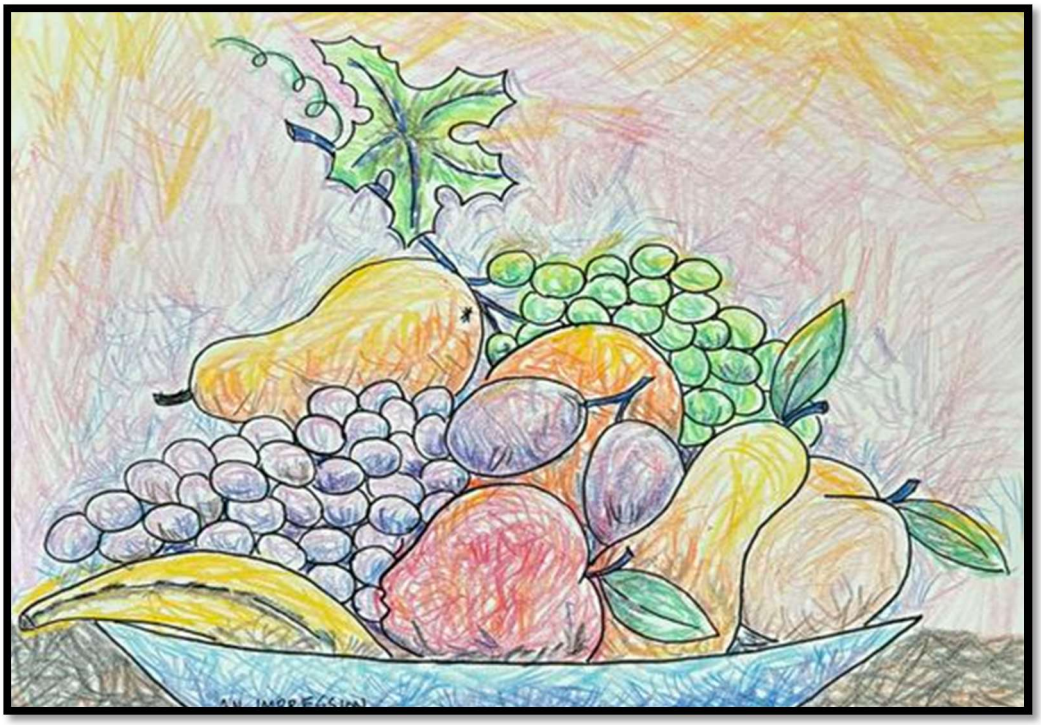
Go here: https://www.rectherapytoday.com/free-ceu-course

Rec Therapy Today's
Special Recommendations

Connie Chapman provides art class lessons.

Here is an image from one of her courses.



Visit Chapman's Art Services:

https://www.conniechapmanartservices.com/your-art-class-lessons?page=2

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Rec Therapy Today's
Special Recommendations

Christen Bradbury has created The Child Life Chronicles: Stories from the Field.

It will be released December 12th, 2023.

She's also working on a publication like this for Rec Therapy.

Submit Your Rec Therapy Stories:
https://bit.ly/3ZioWEv

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Rec Therapy Today's
Special Recommendations

Maria Brady has created several resources, including: hundreds of printable quizzes, seasonal activities, caregiver stories, word games and coloring pages.

Visit her web-site here:
https://mariasplace.com/pricing

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Rec Therapy Today's

Special Recommendations

Stephanie Lynn has created Christmas coloring sheets and a Christmas Bingo Game on Etsy.

Visit her shop on etsy here:

https://www.etsy.com/shop/riseshinenj

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Recreation Saved My Life

© 2023 By Tannis Chartier
Permission to share.

I've entered a field,
Where I have to prove my worth.
My elevator pitch must be perfect,
Before my career is worth its weight in dirt.
So I tell them the process,
The assessments and goals,
I try to stand firm,
But I can feel their eyes roll.
"so you get paid to play bingo?
Well that must be nice.
I laugh at this comment,
Like it doesn't cut like a knife.
I want to keep fighting,
To tell them there's more,
That I've felt it myself,

What Recreation is for.
I'd show them Mrs. Smith,
Who can't remember her own kids,
Laughing along in my group,
Because of work that rec. did.
Or my newfound friend Meghan,
With no place to lay her head,
Finding purpose in her artwork,
And staying clean through words I've said.
And last but not least,
I'd introduce them to me.
I may now be the bingo lady,
But there's so much you can't see.
When my life felt so hopeless
I couldn't take one more day,
Recreation showed me purpose,
And gave me reasons to stay.
Sometimes it was yoga,
That quieted my mind.
Other days it was games,

That helped me unwind.
But the power of Leisure,
Is real and it's true,
And I'm sorry if it hasn't
Been impactful to you.
But please, next time you tell me
That it's all fun and games,
Think of these people,
That recreation has changed.
And if that doesn't tell you,
That recreation is right,
Let me remind you
That this career saved my life.

About Tannis Chartier

Tannis Chartier, a student enrolled in the Bachelor of Therapeutic Recreation Program at the University of Lethbridge in Alberta, Canada, is deeply involved in both academic pursuits and practical experience within the field. Alongside her studies, she serves as a recreation therapy assistant on a physical rehab unit in Lethbridge. Her journey into healthcare began as a healthcare aide in long term care, but it was through discovering Therapeutic Recreation that she found her passion for understanding patients' goals on a more profound level.

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Beyond her academic and professional commitments, Tannis is an avid outdoor enthusiast, enjoying activities such as hiking, biking, running, snowshoeing, and paddle boarding. She also finds joy in exploring local coffee shops and dedicating her time to volunteering, notably initiating a recreation program at a local soup kitchen.

Influenced by various professionals in her field, Tannis admires Dr. Sienna Caspar, whose compassionate nature and impactful research resonate deeply with her. With an unwavering enthusiasm for Therapeutic Recreation, she remains open-minded about her future career prospects, expressing a particular interest in working with marginalized populations and advocating for mental health. Tannis has recently ventured into public speaking to share her story, aiming to contribute more in that realm.

As she navigates her early career as a "rookie rec. professional," Tannis emphasizes the significance of patient-centered care, continuously learning not to judge or stereotype individuals based on cultural, religious, gender identity, or social status preconceptions. She believes in starting each patient encounter with an open mind, setting aside personal biases, and acknowledging the strengths and character of each individual she encounters.

Furthermore, Tannis discovered her advocacy voice through a poem initially crafted for a school project. The experience of sharing her thoughts and insights reinforced her belief in the importance of advocacy within her profession, highlighting a shared commitment among her peers to this cause.

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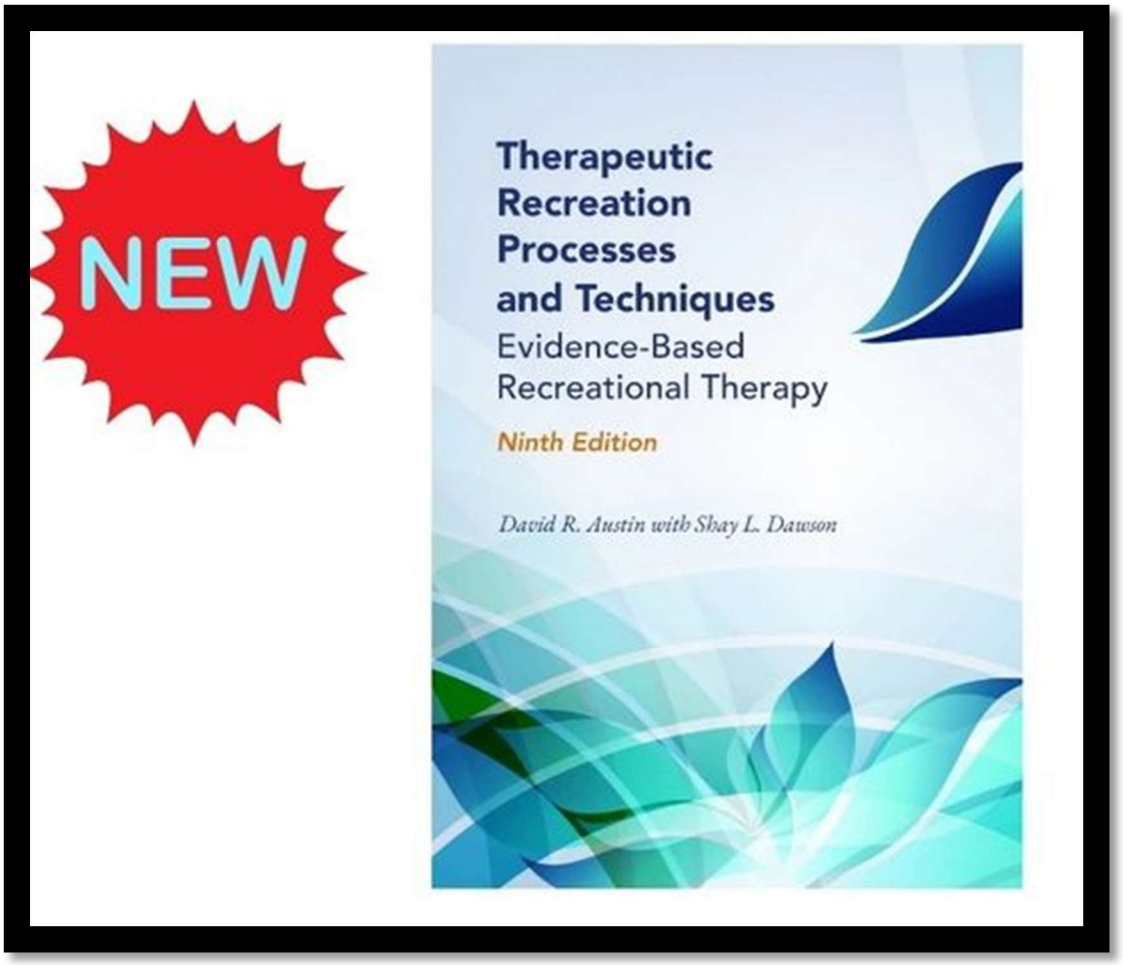
Sagamore-Venture Publishing Section



Danny Pettry's Section

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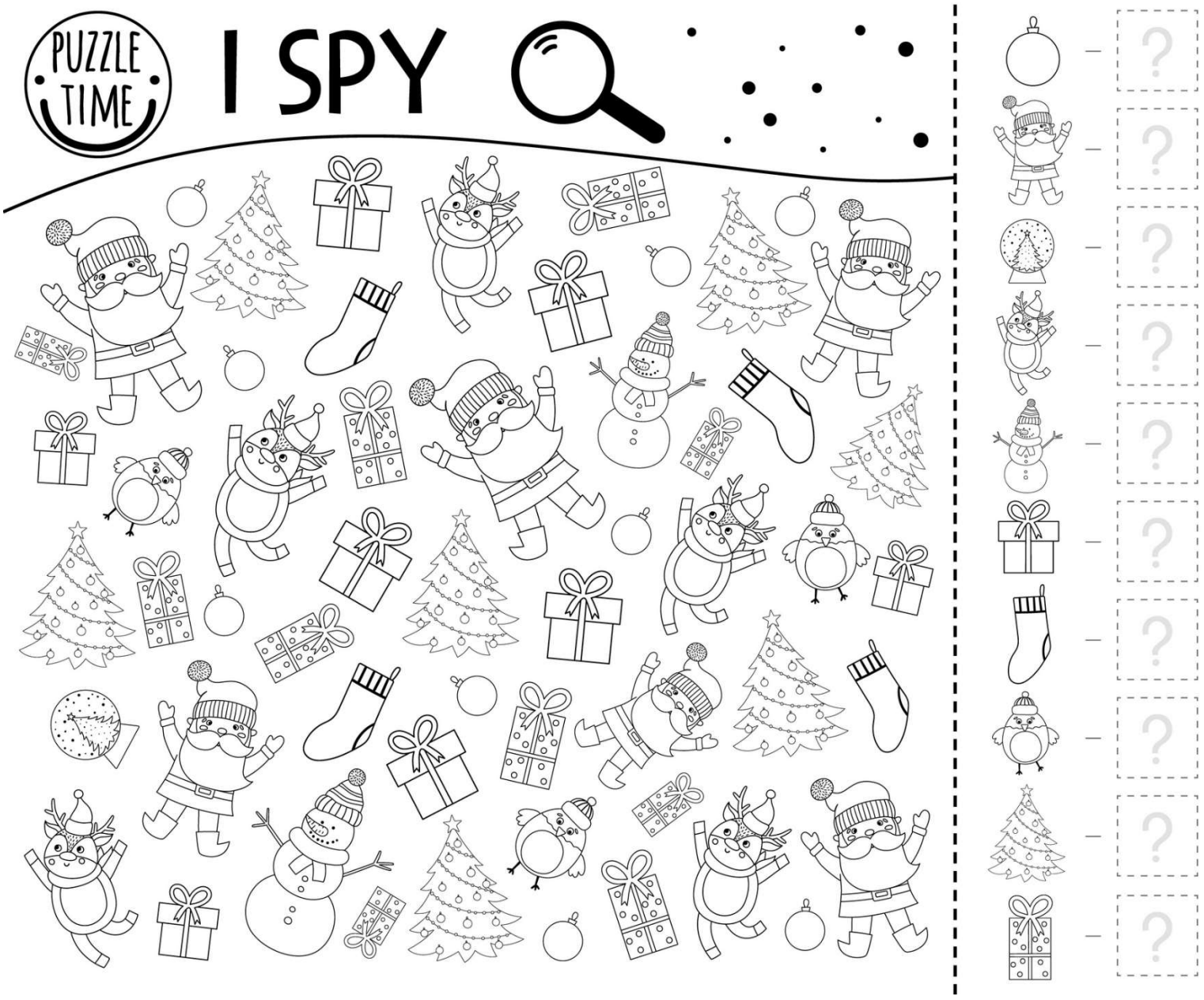

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Fun Pages for All Ages

Find 10 differences

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Fun Pages for All Ages

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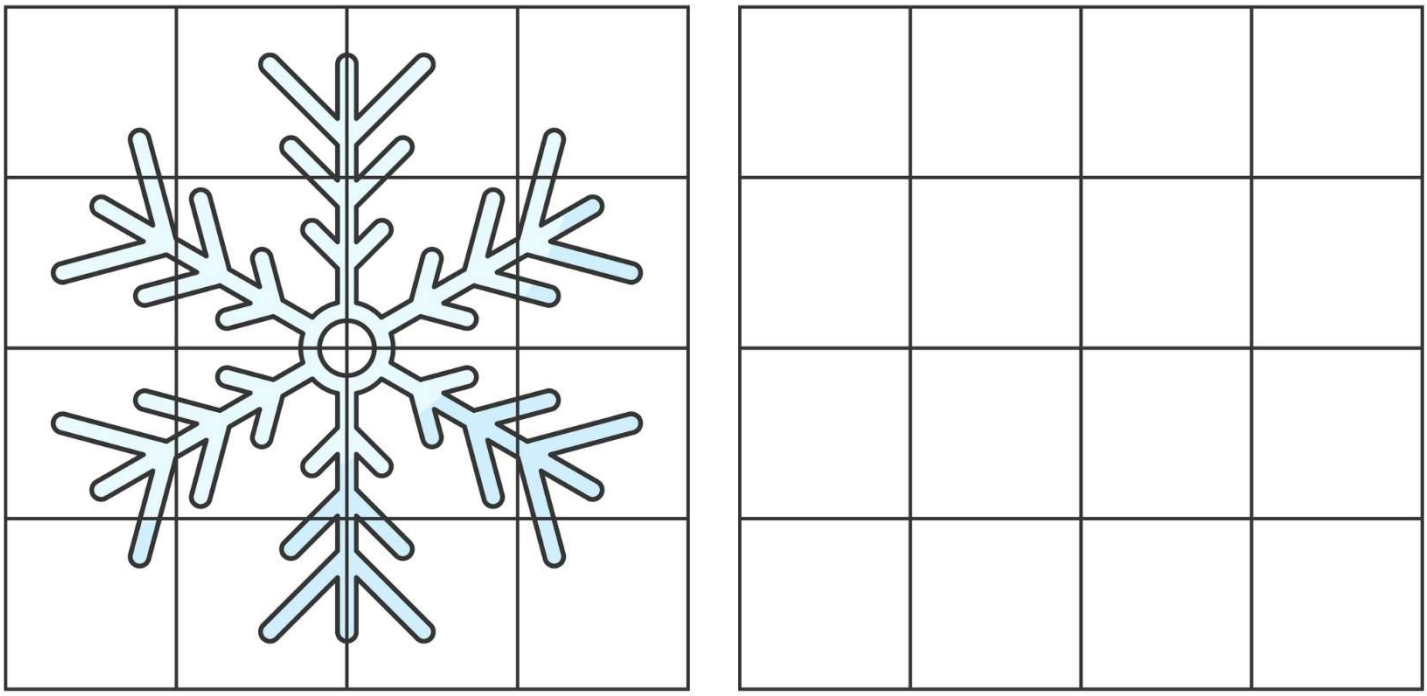

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You and Your Light

By Danny Pettry

Be the light that helps others see through their darkness.

As recreational therapists, you have the power to inspire, uplift, and heal.

Your passion and creativity can make a profound difference in the lives of those you touch.

Keep shining, and never underestimate the positive impact you can have.

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Our Final Thought…

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December 2023 Giveaway

The Ugly Sweater Giveaway

We're giving away ten (10) Rec Therapy Today Hoodies/ Sweatshirts in December.

Deadline to enter for a chance to is before midnight December 15th

Enter for a chance to win one of these at this link:

https://dannypettry.com/Dec2023.html

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