



MESSAGE FROM THE PRESIDENT

I would just like to take the opportunity to introduce myself as your new NSRPH President for the 2013-2014 year.

I have been a Recreation Therapist for 8 years and have been the South West rep for 4 years now. It has been a pleasure being on the board in that capacity to get to know what the organization is about. I truly believe in this organization and what we all do as recreation professionals makes a difference in people's lives.

Though a year will go by fast as your President. The board is looking forward to working and making positive strides with the new government. We know how important our work is and it is now time for the province to really take notice of what we do. We want to thank everyone for their hard work as a recreation professional and we want the province to recognize the qualified and quality service that we provide on a daily basis. We are hoping to work with the new government to represent you the members well. We at the board level will be looking at what our working groups need to look at to ensure we have the funding to move forward, but also promote ourselves to the province to support what you do.

I would like to thank last year's board for all their hard work and Ashley doing a great job as President! The Valley put on another fantastic conference and on behalf of the board I thank you for all your hard work. South Shore is already working on next year's conference!

As my life changes very soon by having our first child, I hope to be able to serve as your President well.

Reminder that TR Month is just around the corner to self proclaim your worth and do it with pride!

Your President
Charlotte Sabeau, CTRS
2013-2014

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Advocacy Committee Update

The Advocacy Committee continues to work towards our goals and objectives as per the NSRPH Strategic Plan and would like to welcome new committee member Alison Smith, Recreation Director from the Maritime Odd Fellows Home in Pictou. Alison is a longstanding member of NSRPH and has held various positions on the Board of Directors over the last number of years. Kendra Baldwin remains an active member of this committee and we look forward to Alison's expertise as we move forward!

The Advocacy Committee is currently reviewing procedures for regional meetings and plan to present a policy to the membership for approval by the Fall AGM. Our hope is this will provide better direction to our regional representatives and guide the process of the regional meetings. Currently, each region operates independent from NSRPH.

Also, the Advocacy Committee and Board of Directors will be inviting representatives from the Department of Health and Wellness - Continuing Care to an upcoming Board meeting to discuss appropriate hiring practices for Recreation Professionals in Nova Scotia. We are trying to encourage a policy change for all new hires in existing continuing care facilities in the Province. We will keep our membership updated as we proceed!

In line with this, the committee continues to be responsive to any job posting which does not match the skills/education/qualifications of our Standards of Practice. This includes inappropriate job titles. Feel free to forward any job postings that might require a response from our committee!

In addition, our Education Sub-Committee has been busy connecting with Therapeutic Recreation students and has met with students at the Nova Scotia Community College Waterfront Campus with plans to visit 1st and 4th year students at Dalhousie University. The committee is currently undergoing a revision of the presentation that our Association uses as part of conference exhibits or tradeshow, TR school visits, etc. Members of the Education Sub-Committee are Charlotte Sabean, Beth House and Ashley Penton.

As always, feel free to contact any member of your Advocacy Committee at any time with questions or concerns!

Submitted by
Shelley Smith,
NSRPH Advocacy Chair

Strategic Planning: Membership

The board has recognized as most organization that recruitment and retention of membership are always important. The board has met and brainstormed some ideas of how to try and reach out to new members. In particular other recreation professionals, recreation students and also high school students.

The board has also recognized that it is difficult to project a budget when registration dues come in throughout the year. The board has an idea of how many people will register but are really unclear until the very end. To help the board plan and be financially responsible we will be proposing at the 2014 AGM that there be a deadline for registration. Members can still join, but there will be a late fee. This will help our Membership Chair do their job more efficiently and the board can plan accordingly.

Stay tuned for the next newsletter as we will update you on the changes and things that have taken place!

Submitted by:
Charlotte Sabean
Audrey Wambolt
Wil Van Hal

Did you know?

NSRPH has a variety of committees and sub-committees that any member of NSRPH can join without attending Board meetings! If you have any interest in the work of the Advocacy Committee (which includes the Education Sub-Committee), Communications Committee (which includes Newsletter, Facebook and Website Sub-Committees) or the Finance Committee, feel free to drop us a line and find out how you can help!

Submitted by Shelley Smith

South West Region Workshop for TR Month

On February 28th, the South West region of recreation professionals in health is planning a one day workshop to celebrate our profession and provide continuing education for our members.

Our workshop will consist of both a morning and afternoon session with three different presentations. We will be covering such topics as dementia, music therapy, and sexuality in long term care.

We are fortunate enough to have a music therapist travelling from the HRM to give us hands on experience on the benefits of music therapy and how we can implement music programs into our daily programming.

Submitted by Jenelle d'Entremont CTRS
RT Rehabilitation Services
Yarmouth Regional Hospital

Memory Circle

Within a few days of the passing of one of our residents we hold a service called, "Memory Circle." Residents, family and staff gather in a circle and we celebrate and remember the resident who passed in Scripture, prayer, song and words. Residents, staff and family can participate in the program by doing readings and being able to express their thoughts for their family member who has passed away.

We find that this program is beneficial for all who attend. It gives everyone closure in a timely manner. It is actually a feel good program. Where residents, family and staff can all mourn together.

Submitted by ~ Gina Steadman TRPM
Hillside Pines Home for Special Care
Bridgewater Nova Scotia

Christmas Day 2013 at Highland Crest



Resident Care staff Twila with Mary A. MacDonald long time resident of Highland Crest.

Submitted by Maria Morell
North Eastern Region



Santa and his helpers Resident Care Staff Elaine and Juanita.

Thanks for making the day special for all our residents..

Foyer Père Fiset Christmas Party and Dance 2013

Christmas Tree Decorating



Resident Hubert LeBlanc hanging his snowflake with his daughter.

Christmas Dance



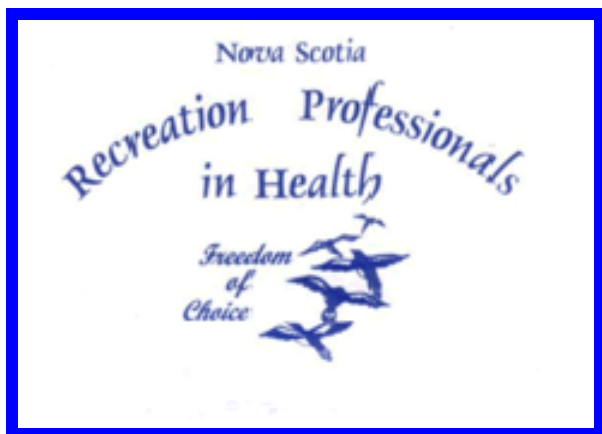
Resident Jessie Poirier dancing with Santa.

Every year the Recreation Department organizes a party to decorate their Christmas tree. Each resident places a snowflake upon the tree, with their picture inserted in the snowflake. Music is provided with one hour of old Christmas carols sung by the two parish choirs combined. A lunch is served to everyone.

On Dec. 23rd a group of musicians came to play for the Christmas dance. A group of ten staff members along with family members came to help, making the dance a fun evening for the residents. We had a special visit from Santa who delivered a Christmas gift to each resident.

A Wonderful afternoon enjoyed by all.

Submitted by Denise Bourgeois
Cape Breton Region



TR Month (Therapeutic Recreation)

February 2014

Amazing Race at the Windsor Elms

In November, our Occupational Therapist coordinated an “**Amazing Wheelchair Race**” as part of Occupational Therapy month. The goal of the race was to raise awareness about OT while engaging everyone in the Home in fun and laughter.

Each of our three neighborhoods formed at least 4 teams, with each team consisting of one employee or volunteer and one resident with one of the team members remaining in a wheelchair throughout the challenge. Each team was required to complete 8 different tasks in different locations all over the building. It was great to see each team develop their own strategy and methods for completing each station, and quite interesting to see the residents enjoying the competitive aspect of the race. Others were happy to cheer on the teams and provide assistance when needed. The fastest team from each neighborhood was declared a winner as well as an overall winner with the fastest time. A local restaurant donated delicious homemade pies as prizes. Activities included a toilet paper pull; cup stacking; curl it up; bowling and separating colored skittles and tossing tennis balls at targets. The OT aspects that the race incorporated were Environmental Awareness and Wheelchair Mobility throughout the facility. All 8 activities throughout the facility were tested to ensure they could be completed by both the staff and resident as a team. This activity fulfilled all seven of the Eden Domains of Well-Being on some level, but the ones most outstanding were connectedness; joy; growth and meaning.

Since this event was such a hit we will be doing it again for Recreation Week in February.

THE GENERAL STORE is our mobile shopping cart that visits each neighborhood regularly. Residents enjoy seeing this cart which displays a variety of items they are able to purchase such as greeting cards, scarf's, chocolate/candy, ornaments, magazines and cookies.

A Wish List is regularly updated to ensure there are items on the cart that residents enjoy purchasing at a very reasonable cost. Items range in cost from 50 cents to \$2. Staff and volunteers enjoy taking turns visiting residents with the mobile shopping cart. This also helps to enrich relationships between the staff, volunteers and residents.



A tracking card accompanies each visit and purchases are recorded. Residents can pay with cash or charge it to their comfort account. This initiative is not about making a profit but providing a meaningful service to our residents. Residents will often just enjoy “window shopping” and not make a purchase at all.

Submitted by Beth House

Report on “Priorities for the Association from the Membership”

“The board **recognizes**, as most organizations **do**, that recruitment and retention of membership are always important. The board has met and brainstormed some ideas of how to try and reach out to new members. In particular other recreation professionals, recreation students and also high school students.

On October 3rd, 2013, at our Conference, Max Chauvin asked those in attendance to list what they thought should be priorities for our association. What great feedback! There was some repetition which shows there is a common view of where our association should be focusing our energy. The board also recognizes that....

Send a survey to membership to ask what the membership find important – at the conference each year an evaluation form is handed out that included suggestions for next year.

Provide a vision that is clear and revisited to guide the direction of the organization – every couple of years our board of directors reviews our mission and mandates and to revise the strategic direction for our association. These can all be found on our website.

Department of Health and Wellness initiatives – this year the board will be planning for a meeting to talk about our concerns regarding minimum education standards for all new hires in LTC. These are already in place for new and replacement homes and will be a huge step forward for the profession once it’s in place.

Communication – we heard a lot about communication, with to our members from the board, networking amongst members, about opportunities regarding education and jobs. Our Regional Reps are the personal link to our membership at the regional meetings, our newsletter is available on the website and has great articles submitted by our members and our website is a wonderful resource for upcoming educational opportunities, job postings and programming ideas. Our website also has information on how to contact board members if you have any concerns you feel aren’t being addressed. Conference Planning guidelines are being developed again to help guide the planning committee of the 2014 conference and AGM.

Membership has been a priority for the board. We have been working on developing recruitment strategies and ways to support our current members and regions.

Advocating for our Members is always a priority, whether it’s to the DOHW, the health care sector or the general public. Our advocacy committee works hard on ways to increase general awareness of the wonderful quality of life benefits our profession provides. If you have an opportunity to get the word out or need support please let us know.

Education suggestions have been shared with the conference planning committee for 2014.

Submitted by Beth House

Intergenerational Programming

A special time for residents and children

Submitted by Wil van Hal
Director of Recreation Therapy at Alderwood
Baddeck, NS

Each and every month we make a point to invite children to Alderwood to participate in programs with our residents. We have regular visits from the grade one students at Baddeck Academy, and the children of both the Baddeck Junior (3-4 year olds) and Senior (4-5 year olds) Nursery School. We also partner with the Baddeck Library to host their Babies and Books and Toddler Time programs.

When the children first start their visit it is not unusual for them to be timid and shy around our residents, for some of them it is their first time around seniors. As they visit more often the children start to become less shy and look forward to spending time with our residents.

As beneficial as this program is for the children that attend, the residents also benefit immensely. Stories and songs that residents would hear and sing as children help to teach the children about rhythm and rhyme and introduce them to literacy at an early age. This also provides residents the opportunity to reminisce about their childhood or raising their children.



In December, when the grade 1 class from Baddeck Academy came to visit, they helped our residents with a project for our volunteers. Every year we have a Christmas celebration to recognize our volunteers and the contributions that they make. In conversations with many of them over the year, the majority had said that as much as they like the gifts they receive from Alderwood and the residents, they really do not need anything. We took this suggestion and brainstormed with some residents of how we could honour our volunteers for the holidays. It was suggested that we make a donation to a local charity and make a craft that they could use, and this just what we did. We had some wood cut into small pieces by our Maintenance department and our residents sanded them and stapled them in the shape of a snowflake that could be used as a tree ornament. When the grade ones came to visit they helped our residents put the finishing touches on the snowflakes by painting them white. It was a wonderful afternoon, great to see the students and residents working side by side AND our volunteers loved their "gifts"! In the new year we are looking forward to new projects to collaborate on between our elementary aged friends and our residents. We are also looking to develop a new partnership with some high school students from Baddeck Academy to introduce a new element to our intergenerational programming, as this is a special time and a highlight of each month for our residents and the children who visit.



Health and Wellness Fair

I'm a Participant Support Worker at Bonny Lea Farm near Chester, a facility for mentally and physically challenged adults. I graduated from NSCC Waterfront in 2009 in Therapeutic Recreation at age 53, and have not regretted one bit being in this field! It is wonderful!



Team Bonny Lea Farm

This is a photo of our team after completing the 5k. Some members are missing in this photo.

We are having our first Health and Wellness Fair. This will also be our second year as being Team Bonny Lea Farm as part of the Charity Challenge at the Scotiabank Bluenose Marathon, May 16-18. Myles, the SBBNM mascot will be in attendance at the H & W Fair with any questions to be part of our team. Anyone can register online and be part of our team, just go to Charity Challenge on top of the SBBNM website, <http://bluenosemarathon.com>. Bonny Lea Farm is listed on the right under 2014 Official Charities.

We participated in the 5k walk, but we had people register that participated in the 10k run. If people do not wish to be part of this event, donations can be made to our charity to help reach our goal to replace our 30 year old elevator in our Day Program Work Facility.

I get very excited as we make plans for another great year and hope to have a much bigger team! The participants were & are such an inspiration, proving that anything is possible!

2014 Scotiabank Charity Challenge Blue Nose Weekend
May 16-18, 2014

Submitted by Jewel March

Nova Scotia Recreation Professionals Celebrate TR Month ~ February 2014

Each year Nova Scotia Recreation Professionals in Health association designates the month of February as our month to honor our profession. This is the perfect opportunity for celebration and public awareness of the importance of the role Recreation Professionals play in the wellbeing of clients in long term care and continuing care facilities in Nova Scotia.

NSRPH wishes to thank all our members for the contribution they make to care and the quality of lives our clients enjoy in our facilities. Our role in recreation continues to grow and evolve in our care continuum in Nova Scotia. The importance of our professional impact on our clients is demonstrated through the positive results, satisfaction and empowerment of our clients.

This month is an opportunity to promote what we do in our facilities. The general public does not know the extent of recreation services in our facilities unless they have a loved one living in one. Professional recognition days can be viewed from various perspectives...we can hope that someone recognizes our important role and plans a celebratory event; or we can view this week as an opportunity to communicate and share the meaning, value and benefits of what therapeutic recreation programs have to offer.

Yes it is nice to go out to lunch or receive flowers or wait for that "pat on the back"-but in many cases this does not happen. So rather than take a wait and see attitude grasp this month as a chance to "toot your own horn". Think about innovative ways to celebrate and bring recognition to the great job we do.

Remember others may not recognize the importance of what we do but they would sure notice if we weren't here!!

Remember that "We do make a difference!"

Sent in by
Audrey Wamboldt

"More than Just Bingo"

Therapeutic recreation services are a vital component of care in long term care and continuing care facilities across Nova Scotia. Often times when people think about recreation in a care setting they think about Bingo. But you need to look beyond just the monthly calendar of programs. Knowing each resident is of the utmost importance for our person centered care. Therapeutic recreation services start with a personal profile for each of our residents and developing goals and a program plan for each based on their interests, abilities, challenges and history. This can be a challenge with the variance of so many factors in our population; age, cognitive function, intelligence, disease, challenges, interests and abilities.

Each year Nova Scotia Professionals in Health recognize the month in February to honor our profession. This month is an opportunity to celebrate the role of recreation in our facilities as well as promote to the public the importance of the role.

Our services have continued to evolve over the years. A generation ago the older people did not value recreation, they worked hard and had very little time to "play" but this attitude has changed and people now entering facilities generally know what they like to do in their leisure time.

They are interested in technology, learning new things and keeping physically active.

People want more than just Bingo although Bingo is important and still a popular and beneficial program. Participation in this program benefits cognitive recognition, increased attention and socialization.

Volunteers, family, the community and other members of our care team play an important role in our Recreation services.

We celebrate their contribution as well as the great job the Recreation Team do!

Game Counters Memory Loss

AS Studies continue to help find ways to aid seniors with memory loss, a therapy based on the Montessori Method of teaching is helping seniors hold on to the memories they have, as well as giving activity directors almost a solid hour of interaction.

Memory Magic uses the basic elements of Bingo, where participants mark things off on a card related to what the caller announces, but takes it to a new level.

Ronni Stearns, one of Memory Magic's creators, explains that the idea is to focus on things residents with Alzheimer's disease or dementia can remember versus what they can not.

Stearns and other researchers team up with the Myers Research Institute (MRI) in the Menorah Park Center for Senior Living in Beachwood, Ohio, to build on its research. MRI had developed a memory-based activity through a \$1.2 million grant from the National Institute on Aging, but it needed further research. Stearns, from Creative Action based in Akron, Ohio, received additional funding to develop the product. It has been on the market since 2006.

"We didn't realize it was more than a game at the time," says Stearns, who now calls Memory Magic a "comprehensive therapeutic intervention."

Stearns says the idea is to give the residents "something that they can do" and complete successfully.

"We are focusing on their remaining strengths as well as their overall quality of life," Stearns says. "For people with dementia, the joy is in the moment."

How It Works

Participants have a plastic-coated paper game card that slides into a specific game board with moveable plastic shades over nine windows. A facility staff member trained to run the game calls out a clue and waits for participants to respond. The game uses simple phrases such as "Wine, Women and...____," prompting a resident to finish the phrase. Once a resident would say "Song," residents would look for the word "Song" on their cards and move the shade up to mark it. A resident "wins" when all the shades cover the phrases, but the caller usually continues playing until everyone's card is full, Stearns says.

An added feature is discussion that takes place following each phrase. Stearns says that for a food-themed game, the caller might ask the participants about their favorite experience in a restaurant or favorite foods, in between calling out the phrases. This encourages conversation and helps the residents to reminisce about their lives.

The process hones in on the fact that most residents with Alzheimer's disease or dementia have an easier time remembering things learned early on in life, Stearns says.

"It's a win-win situation," she says. Memory Magic creators say it is better than Bingo because there are no pieces to lose, and some residents find remembering how Bingo works hard to do.

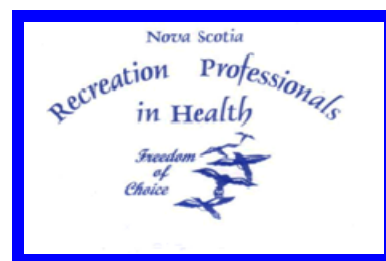
Article taken from the "Provider • May 2009" Edition

Mission Statement

NSRPH advocates for the recognition of leisure as an important element in individual well-being and the development and maintenance of healthy life-styles. The Association supports its members by facilitating professional development and providing a network to enhance communication, exchange information and resources among and beyond membership.

NSRPH Membership Benefits

- Share information with other recreation professionals in health.
- Participate in a pro-active and effective association.
- Receive regular NSRPH newsletters.
- Access to website.
- Reduced conference and workshop fees.
- Opportunity for professional development.
- Standards of practice.
- Standard Code of Ethics.



Therapeutic Recreation Month February 2014

- **Remember that “We do make a difference!”**
- **Remember others may not recognize the importance of what we do but they would sure notice if we weren’t here!!**
- **This month is an opportunity to promote what we do in our facilities.**
- **“Toot your own Horn”**
- **Think about innovative ways to celebrate and bring recognition to the great job you do as Recreation Professionals!**

Just a reminder; every article submitted gives you a chance to become the winner of a \$50.00 prize!

Two prizes are drawn yearly at our AGM!

The more “Articles” you submit the better your chances are!

This prize is for you the winner not your facility to spend as you wish.

Please do send in your articles at anytime this saves me time and I can put the Newsletter together quicker.

Remember it is only as good as you our members make it!

PROCLAMATION 2014

On January 28th, 2014 Premier Stephen McNeil proclaimed February as Therapeutic Recreation Month in Nova Scotia.



Submitted by Shelley Smith



Pictured are Heather Baker, President - TRAAC, Shelley Smith, Advocacy Chair - NSRPH, the Honorable Stephen McNeil, Coleen Lawlor, Metro Representative - NSRPH, Megan Turetzek-Windsor, Promotions Chair - TRAAC.

Reflecting Excellence – Changes to TR Program at NSCC

“Be a reflection of excellence” – Steve Maraboli

It has been a very busy couple of years at NSCC. It was decided that many of the current *concentration options* now will become two year stand-alone diploma programs. This change means that students that had once chosen a concentration (Human Services Diploma – Therapeutic Recreation [TR] Concentration), and were only first introduced to their chosen profession in the second year, will now be introduced to their field in the first year (TR Diploma). This does not mean that there are significant changes to the first year of the diploma. What it does mean however, in the case of TR, is that students will be introduced to TR and start thinking about what it means to be a TR professional from day one.

Many of the courses will remain such as Psychology and Sociology based courses as well as Anatomy and Physiology. More emphasis will be placed on grounding the future TR professional with the foundational knowledge of the profession and the skills needed to work effectively within it. Such skills include communication, oral and written, history of recreation, leisure, play and foundations of therapeutic recreation as a profession. Students will be able to explore concepts related to health and wellness in year one as well learning what it means to be a reflective practitioner. The first year will end with a minimum of 175 hour practical experience in the field.

Second year will continue to build on their knowledge and skills through a deeper exploration of leisure and recreation across the life stages, inclusive practice in TR, and more practice in applying the TR process. Second year will see a stronger emphasis on the development of the professional - skills needed to be a good mentor for future students and developing an engaged professional. Students will continue to have electives that will help them develop deeper knowledge about certain population groups and increase their preparation for a final 315 practical hours. Exposure to the profession through volunteer hours, conference attendance and networking opportunities will continue to be an important focus of the program. Additionally, existing courses that are standard for the curriculum including learning behavioral strategies, understanding the impact of health conditions on leisure engagement, volunteer management processes, and group leadership and facilitation will enhance student learning.

Once again, an exciting initiative and I look forward to a continued partnership with existing agencies that are committed to supporting students. I also invite professionals who would like to discuss supporting student placements to get in touch as there will be a great need for structured learning environments for our students. By the way, I chose the Steve Maraboli quote because I believe our redesigned program is visionary and reflects the excellence of the professionals that have been involved in this process from the beginning. Many thanks to those that have been kind enough to take my calls, answer my emails and, generally, for their opinions and thoughts about this curriculum.

Submitted by,
Crystal Watson, MA CTRS
Faculty NSCC TR Concentration and Diploma Programs