

# Illinois Recreational Therapy Association Annual Conference

October 27 & 28, 2008

The DoubleTree Hotel Chicago/Alsip  
5000 W. 127<sup>th</sup> Street  
Alsip, IL 60803

## General Information

### Hotel Accommodations

The special ILRTA Conference room rates are \$95.00 - \$99.00 per room, per night. The block of rooms will be held for ILRTA attendees until October 5<sup>th</sup>. After that date the block of rooms will be open to the public and available on a first come basis. For hotel room reservations, please call the hotel reservation desk clerk directly at (708) 371-7300. Tell them that you are with the ILRTA Conference, to receive the special room rate. The DoubleTree Hotel Chicago/Alsip is accessible, but please indicate any specific needs you may have to the reservation clerk.

### Directions to the Hotel

#### **From Indiana:**

I-294 North to the 127<sup>th</sup> Street West exit. Turn left at 127<sup>th</sup> Street light. Proceed over Cicero Avenue. Turn right into the hotel parking.

#### **From the North via I-294:**

Take I-294 South. Take 127<sup>th</sup> Street West exit. Turn right at 127<sup>th</sup> Street and another right into hotel parking.

#### **From I-80:**

Take I-80 to I-294 North. Take I-294 North to 127<sup>th</sup> Street West. Turn left onto 127<sup>th</sup> Street. Proceed down 127<sup>th</sup> Street over Cicero Avenue. Turn right into hotel parking.

### Continuing Education Units

CEU's can be earned for sessions at the ILRTA Conference. Actual credits awarded will be based on complete educational sessions attended. Each one full hour session = .1 CEU. You must attend the entire session to receive CEUs.

Continuing Education Units have been applied for through the American Therapeutic Recreation Association. **ATRA has requested that participants use their ATRA number or NCTRC number on their CEU forms. Please come to conference prepared to include one of these numbers when signing up for CEUs.**

NCTRC does not pre-approve any continuing education. NCTRC has not reviewed or approved the content of this program, and does not endorse or sponsor any of the activities of the Illinois Recreational Therapy Association.

### Intern Mart / Exhibits

Table space will be available to facilities for \$10.00, to display internship information, however space is limited, so make your reservation early! Additionally, facilities are invited to post internship opportunities on the ILRTA intern bulletin board.

We would like students to feel welcomed at the conference. If you are an internship supervisor and are willing to talk with students on an informal basis, please check the box on the registration form.

Lunch tickets are available for \$25.00 each day, for those not registered for conference, but are participating in the exhibit area.

### Monday Social

Want to avoid the rush hour traffic, catch up with old friends, meet other TRs? Conference attendees are encouraged to stay for the social, on Monday, after conference sessions.

### For Further Information

For more information about the ILRTA Conference, please call (708) 687-4396.

**The Illinois Recreational Therapy Association is a State Chapter Affiliate of  
The American Therapeutic Recreation Association**

# Illinois Recreational Therapy Association 2008 Conference

## Monday October 27, 2008

**7:30-8:15 a.m.**

**Registration and Continental Breakfast**

**8:00 –8:15 a.m.**

**Welcome and Opening Remarks**

***Dorothea S. Di Guido, MS, CTRS, Past President, ILRTA***

**8:15-9:15 a.m.**

**Keynote: Therapeutic Recreation: Adding Color and Texture to the Tapestry of People's Lives**

***Patricia Barrett Malik, Ph.D., Assistant Director of Non-academic Services, Division of Disability Resources and Educational Services-University of Illinois, Urbana-Champaign***

The tapestry of each of our lives is a work in progress. We are the weaver of our life's tapestry, but we are not the only designer. What makes therapeutic recreation specialists so important is that they help those with disabilities, those who are devalued, those who are on the fringe, add color and texture to their life tapestries. During a time of financial constraints and on-going professional challenges, now is the time to celebrate the unique profession and its amazing professionals in therapeutic recreation.

**9:15 -10:15 a.m.**

**Growing Beautiful Outdoor Container Gardens**

***Nancy Pollard, Horticulture Educator, University of Illinois Extension***

Both plants and people must be considered for container gardens to be successful. This starts with carefully selecting containers, soil media, locations and kinds of plants. These choices affect watering, fertilizing and pest management practices. Beautiful designs that people appreciate use principles of plant color, texture and form for impact. Visually colorful slides illustrate each principle, and students have opportunities to check their understanding and ask questions.

**Generation I, Generation Me, Generation Y**

***Donna J. McCauley, MS, CTRS. Associate Professor, Recreation Therapy, Moraine Valley Community College***

For the first time in history four different generations are working together. Each group has its own style, work ethic, communications and skills. Come and learn how an agency can work with all four generations: traditionalists, baby boomers, Gen X-ers and Gen Y-ers. This sessions will be set up as round table discussion. Please come prepared to share your knowledge, and concerns with working in an environment with all four generations.

**9:15-12:00 (15 min break included)**

**More Low Tech-High Impact Assistive Technology**

***Cilla Sluga, Illinois Assistive Technology***

Including people with disabilities into all activities increases their opportunities to be a full participant in community life. This session will focus on some very low tech ways to include someone with a disability in recreational activities.

**10:15-10:30 a.m. BREAK**

**10:30 a.m.-12:00 p.m.****A Different Approach to Big Changes ~ The 2 Degree Difference**

**Patricia Barrett Malik, Ph.D., Assistant Director of Non-academic Services, Division of Disability Resources and Educational Services-University of Illinois, Urbana-Champaign**

Have you approached your life goals with good intentions and then found that you failed to meet them? Are you experiencing struggles at work? With health? Your Family? Do you write client/patient goals with realistic expectations and interventions? Will your clients/patients be able to continue to meet their goals once discharged? One myth we have been told (and accepted) is that large problems/issues require "big" solutions. This session will explore the concepts from John Trent's book, *the 2 degree difference ~ how small things can change everything!*; how small steps are more realistic; and, may prove to be more successful. Participants will have an opportunity to identify one personal area/goal and a small change they are willing to take, as well as brainstorm how a 2 degree difference could help those they support within therapeutic recreation/recreation therapy.

**Trust Initiatives and Cooperative Games for all ages**

**Debbie Tiger, MS, CTRS, Special Therapies Coordinator, Cunningham Children's Home**  
**Tracey Stromson, CTRS, Special Therapies Specialist, Cunningham Children's Home**  
**Casey Lorenzen, CTRS, Special Therapies Specialist, Cunningham Children's Home**

This inter-active session will provide the participant with trust initiatives and games to use in sessions with clientele to assist with building group cohesion and teamwork. The activities presented can be adapted to use with many age groups and disability populations. Come ready to play and add to your "tool belt" of activities.

**12:00 – 1:15 p.m. LUNCH in the Maple Room and EXHIBITS****1:15-3:15 p.m.****Building Resiliency in Our Clients and Ourselves**

**Teresa M. Beck Ph.D, CTRS, Associate Professor and Director of Therapeutic Recreation' Grand Valley State University**

Resilience is the reason some people are able to remain calm under very stressful conditions. We feel this stress in the workplace and our clients experience this stress as they cope with their disease or disabling condition. This session will explore resilience in assisting therapists to manage stress caused by the changing needs in the workplace as well as the role of therapeutic recreation in building resilience in our clients.

**Why Talk About Healthy Sexuality? (Myths and Realities for Persons with Developmental Disabilities)**

**Linda Sandman, MSW, LCSW, Coordinator of the Adult Diagnostic and Intervention Program, The Developmental Disabilities Family Clinics, UIC Department of Disability and Human Development**

There are many myths, spoken and unspoken, about the sexuality of persons with developmental disabilities. This workshop will explore a range of issues, including how to talk about sex to a person with a developmental disability, how to deal with sexually inappropriate behavior in a workshop or residential setting, and how to protect persons with developmental disabilities from sexual exploitation and victimization. Our belief system will be examined and relevant research and case examples will be presented.

**3:15-3:30 p.m. BREAK**

**3:30 – 5:00 p.m.**

**Building a Better Memory for Everyday Life**

*Molly Hofer, Family Life Educator University of Illinois Extension*

Many of us believe that with age comes memory loss. The reality is that memory does change as we age, but forgetfulness is common for people at all stages of life. It's important to note that memory can be strengthened. This workshop will cover how researchers are examining the memory process, how memory changes as people age, and some techniques and strategies for improving memory.

**Designing Protocols for Evidence-Based Practices**

*Marcia Jean Carter, Associate Professor, Western Illinois University*

Protocols standardize practice and provide a means to collect, organize, and record information on program effectiveness. An outpatient stroke rehabilitation program is used to illustrate the design of a protocol and documentation form(s) prepared for a community reintegration golf program. Audience members will be provided with the protocol and weekly reporting forms developed to gather evidence on program outcomes.

**Cardiovascular Disorders: Minimizing the Personal and Social Risks**

*Dr. Heewon Yang, Associate Professor, Southern Illinois University*

Cardiovascular diseases are responsible for more death in the U.S. than any other cause. This session introduces the cardiovascular system consist of the heart, lungs, and a network of blood vessels. Further, the personal and social risks factors that cause cardiovascular diseases are identified and preventative leisure lifestyles are suggested.

Want to avoid the rush hour traffic?  
Want to catch up with old friends?  
Want to meet other TRs?  
Join us for a social, on Monday,  
following conference sessions !

# Illinois Recreational Therapy Association 2008 Conference

## Tuesday October 28, 2008

7:30-8:15 a.m.

Registration and Continental Breakfast

8:15 a.m.

Opening Remarks

Dorothea S. Di Guido, MS, CTRS, Past President, ILRTA

8:30-9:30 a.m.

**The Montessori Technique for Individuals with Dementia**

*Robin Pecak, Senior Business Development Specialist, Arden Courts, Alzheimer's & Dementia Assisted Living*

The Montessori Technique

Most people think that persons with memory impairment cannot learn new things. This presentation will examine an innovative technique used at Arden Courts which focuses on the individuals' abilities rather than disabilities to teach new information. The technique focuses on providing persons with memory impairment purposeful and meaningful activities.

**Therapeutic Recreation for Clients with Personality Disorders**

*Dr. Heewon Yang, Associate Professor, Southern Illinois University*

Personality disorder, formerly referred to as a *Character Disorder*, is a class of mental disorders characterized by rigid and on-going patterns of thought and action. This session provides types of personality disorders, possible treatment approaches including therapeutic recreation interventions, and other important considerations to serve the population.

8:30- 10:30 a.m.

**Jazzed –up Journaling**

*Megan Behm, MS, CTRS*

Journaling is so much more than "Dear Diary". This session will explore what journaling is and what it is not. Time will be spent looking at different ways to journal, how to incorporate journaling into programs and how to utilize journaling as a therapeutic intervention. This will be an interactive activity where participants can expect to take part in journaling exercises as well as to discuss ways to adapt the exercises for different settings and clientele.

9:30 – 10:30 a.m.

**Learning About Senior Friendships from the Red Hat Society®**

*Sandra Klitzing, Ph.D. CTRS, Associate Professor Recreation Therapy, Illinois State University*

The Red Hat Society® has gained national attention. People notice the women in the red hats laughing and having fun wherever they go. This session will use the Red Hat Society® as a model to help us design programs or interventions that can be used to facilitate friendships for our senior clients.

### **Stigma: A Barrier to Improving Mental Health Outcomes**

*Elizabeth Davis, BSN, RN, Elmhurst College MSN Student, Elmhurst College Master of Science in Nursing Graduate Student*

The topic of mental illness is often difficult for many in health care to address; however, patients with mental illness will be encountered in all settings. One initiative in the Institute of Medicine Reports encourages the application of quality improvement and to continually measure and understand the quality of care with the objective of improving quality of care. Furthermore, evidence based practice supports the creation of a multidisciplinary team which promotes illness management and recovery to assist a person with a mental illness. Stigma interferes with mental health care and effects mental health outcomes. This program will provide a closer look at the effects of stigma, how the cultures of racial and ethnic groups alter the types of mental health services and offer strategies for health care professional to address the stigma of mental illness.

### **10:30-10:45 a.m. BREAK**

### **10:45 a.m. – 12:15 p.m.**

#### **Benefiting Each Other – Developing Co-treat Groups Between TR & PT**

*Karen K. Chapman, CTRS, OSF Saint Francis Medical Center*

*Susan Pilkey, PT, OSF Saint Francis Medical Center*

An effective way to encourage the understanding of Therapeutic Recreation is to develop therapeutic group sessions with other disciplines. Our facility is able to utilize various physical leisure activities in groups by co-treating with Physical Therapy. The group sessions address physical issues such as balance, gait and wheelchair mobility, combined with different recreation opportunities. In this session we will review types of groups, different approaches and goals.

#### **Empowering Young Adults with Developmental Disabilities in Therapeutic Recreation**

*Kari Kensinger, Ph.D., CTRS, Title Assistant Professor, Grand Valley State University*

TR can be a powerful means of enhancing the quality of life for young adults with developmental disabilities. Involving young adults with developmental disabilities in the APIE process can maximize the effects. This session will describe ways to involve clients in the TR process and participants will discuss the pros and cons of common strategies used when programming for this population.

#### **Customer Service – Creating a New Culture**

*Sheila Bender, CTRS, Supervisor, Rehabilitative Medicine, Ingalls Hospital*

In today's healthcare society, consumers are researching facilities for outcome-based data to anticipate a successful experience. What about outcomes with patient satisfaction and customer service? Can results of hospital surveys be available to the public? If so, what if the percentile ranking scores are low? Audience members will become familiar with the philosophies of consultant, Quint Studer and how you can contribute toward increased patient satisfaction outcomes.

### **12:15 – 1:45 p.m. LUNCH & ILRTA MEMBERSHIP MEETING in the Maple Room**

**1:45-3:15 p.m.****Keeping TR Alive in Illinois -- What you need to do!***Kari Kensinger, Ph.D., CTRS, Assistant Professor, Grand Valley State University*

We all believe in the value of TR in the lives of our clients. If we want to keep our jobs and keep our profession alive, we all need to do our part. This session will describe several issues (both opportunities and threats) which face our profession. Participants will learn the steps they can take to make the most of the opportunities and to eliminate some of the threats.

**3:15 – 3:30 BREAK****3:30 – 5:00 p.m.****Exploring Online Courses as an Alternative Way to Meet NCTRC Continuing Education Recertification Requirements***Patricia Thomas, MPA, CTRS, Clinical Associate Professor, University of Wisconsin – Milwaukee (UWM)*

It is generally understood conference sessions which meet the NCTRC Job Analysis Knowledge Areas count towards the required 50 hours of continuing education (CE) for recertification. Did you know there are a variety of other sources that may also help you to acquire continuing education? This session will provide an overview of the alternatives ways to meet the CE requirements. Focus will be on distance education (online) academic coursework as an option. The University of Wisconsin – Milwaukee (UWM) TR certificate program online courses will be used as examples throughout the presentation.

**Putting the “Fit In” in Fitness***Alex Redenius C.T.R.S; C.P.T, Certified Therapeutic Recreation Specialist, Fox Valley Special Recreation Association*

With the obesity epidemic on the loose, fitness has become an important part of ones daily routine; it is even more important among individuals with disabilities as many lead a sedentary lifestyle. This session will discuss ways to incorporate fitness into EVERYBODY'S daily routine, provide adaptive equipment, and provide a unique way to make fitness fun for everyone!



**ILRTA Conference – Registration Form**  
**October 27 & 28, 2008**  
 Register by October 5, 2008 and SAVE MONEY!

Name (Mr. Ms. Dr.) \_\_\_\_\_ Agency /Job Title \_\_\_\_\_

Mailing Address (Home preferred) \_\_\_\_\_

Work Phone \_\_\_\_\_ Home Phone \_\_\_\_\_

Email \_\_\_\_\_ FAX \_\_\_\_\_

*Conference fee includes continental breakfast, lunch, and Professional CEU's*

Please indicate special diet considerations \_\_\_\_\_

- I would like to reserve table space to provide information on internship opportunities at my facility (\$10.00)  
 I am interested in speaking with potential interns  
 I will attend the Monday Social (right after sessions)

	<u>Postmarked by Oct. 5</u>	<u>Postmarked after Oct. 5</u>
<b>Full Conference</b>		
ILTRA member	\$165.00	\$185.00
Professional non-member (2009 membership included)	\$195.00	\$215.00
Student	\$ 55.00	\$ 65.00

**Daily** Please Check  Monday  Tuesday

ILRTA member	\$ 95.00	\$105.00
Professional non-member (2009 membership included)	\$125.00	\$135.00
Student	\$ 40.00	\$ 50.00

**Table space for Intern Mart** \$ 10.00  
**Additional Lunch Tickets \$25.00** \$ \_\_\_\_\_  
 Current Members may renew now for 2009 ! \$ \_\_\_\_\_

**TOTAL FEES ENCLOSED:** \$ \_\_\_\_\_

Please make check payable to:

**ILRTA**

Send to: **ILRTA**

**Post Office Box # 587  
 Oak Forest, IL 60452**

**ILRTA MEMBERSHIP INFORMATION**

Membership year: January 1, 2009 to December 31, 2009

Please select membership category:

Professional	\$30 _____	Associate	\$25 _____
Supporting	\$25 _____	Student	\$15 _____
Organization	\$75 _____		

Please select your region of the state: Northern \_\_\_\_\_ Central \_\_\_\_\_ Southern \_\_\_\_\_

ATRA member: Yes \_\_\_\_\_ No \_\_\_\_\_

Please select your service area:

<input type="checkbox"/> Child life	<input type="checkbox"/> Community	<input type="checkbox"/> Corrections	<input type="checkbox"/> Developmental Disabilities	<input type="checkbox"/> Skilled Nursing
<input type="checkbox"/> Education	<input type="checkbox"/> General Med.	<input type="checkbox"/> Gerontology	<input type="checkbox"/> Physical Medicine	<input type="checkbox"/> Chemical Dependency
<input type="checkbox"/> Schools	<input type="checkbox"/> Special Rec	<input type="checkbox"/> Pediatrics	<input type="checkbox"/> Psychiatric/Mental Health	<input type="checkbox"/> Substance Abuse

Other \_\_\_\_\_