

Robin Wexler, CTRS
 15 Euclid Avenue
 Massapequa, NY, 11758

NEW location! 

- ⊙ Morris Hall, Princeton N.J.
- ⊙ Sheepshead Nursing and Rehabilitation Center, Brooklyn
- ⊙ Nassau Extended Care Center, Hempstead, Long Island
- ⊙ Somerset Gardens Assisted Living, Plainview, Long Island

2010 Programs Continuing Education for Recreation Therapists

For information contact Robin Wexler, CTRS at 516-799-7094 or profrobinw@aol.com

Please use on form for each registrant and include the form with payment
 Mail to Robin Wexler, 15 Euclid Avenue, Massapequa, NY, 11758

Name _____ Phone _____ email _____
 Address _____
 Agency _____

Please circle the 2010 workshops you will be attending:

I will attend *Sheepshead* Programs:

January 11	March 8	May 17	July 12	September 13	November 8
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I will attend *Nassau Extended Care* Programs

January 19	March 16	May 18	July 20	September 21	November 16
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I will attend *Somerset* programs:

February 4	April 8	June 3	August 5	September 30	December 2
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I will attend *Morris Hall* programs:

February 8	April 12	June 14	August 9	October 4	December 6
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The more programs you register for, the less it costs per program!

1 program \$55	2 programs \$110	3 programs \$165	4 programs \$220	5 programs \$275	6 programs \$330
7 programs \$350	8 programs \$400	9 programs \$450	10 programs \$500	11 programs \$550	12 programs \$600
13 programs \$585	14 programs \$630	15 programs \$600	16 programs \$640	17 programs \$680	18 programs \$720

Make registration check to Robin Wexler

Make CEU check to NYSRPS (\$4 per program)

PRE-REGISTRATION ONLY THERE IS NO REGISTRATION AT THE DOOR

Therapeutic Recreation Continuing Education

Morris Hall, One Bishops' Drive Lawrenceville, NJ 08648

.2 CEUs per session Lunch and Learn

Join us for a Workshop & light lunch

(mini sandwiches, fruit, beverages will be provided or bring your own bag lunch!)

11:30 AM- noon Registration Noon- 2 PM- workshop

February 8 **Group Games instead of the Dreaded Bingo-** How to get your staff and participants to try new group games. Resources for group games that are alternatives and modifications of bingo. Why we hate bingo and why we love it. Group games to meet care plan goals. Therapeutic vs. diversional activities and the leadership skills to meet the needs and nature of your participants. How to modify and adapt these activities for both high functioning & low functioning participants. **Register by February. 1**

April 12 **Key Points for Successful Documentation for Recreation Therapists -** There several types of documentation about the resident that the recreation therapist is responsible for completing. Each component must be carefully written and reflect the actual condition and needs of the specific individual resident in your facility. This documentation must also meet all requirements defined in the state and federal regulations, the five step process of care planning, legalities affecting documentation, terminology and abbreviations used in documentation. **Register by April 1**

June 14 **Targeting Men in Therapeutic Recreation Programming:** Leadership skills for active participation for crafts, thematic activities, discussion groups and leisure counseling skills to increase participation with male residents and patients in your TR programming. Learn how to motivate men and expand your programming to reach them by understanding how men perceive & value leisure and recreation. Leadership techniques and resources for reminiscence, sensory stimulation, bifolkal, current events and other types of discussion groups. The differences between therapeutic and diversional groups and where they fit into your programming. **Register by June 5**

August 9 **Recreation Therapy Programming for Regressed Participants-** The needs and nature of individuals with dementia, chronic and persistent psychiatric illnesses and those with degenerative conditions. How the senses work across the life span. Learn strategies to deal with difficult behaviors. Leadership skills therapeutic recreation programming to meet cognitive, sensory and social goals for low functioning participants. **Register by August 1**

October 4 **Stress management for the Recreation Therapist -** Coping strategies for difficult situations, what is stress and how does it affect us? Creating balance between professional and personal roles. Effective strategies for dealing with difficult administrators, coworkers, and residents or patients. Understanding basic human needs. Dealing with difficult residents in TR. Return to your agency reenergized with a new set of resources, activity skills and ideas. **Register by October 25**

December 6 **New Educational Ideas in Therapeutic Recreation to Satisfy High Functioning Geriatric Participants -** Get ready for the "Baby Boomers"! Just because your participants are chronologically old, doesn't mean they are low functioning, confused or old fashioned, can't or won't learn new skills or have conservative ideas or behaviors. Try something new to spark motivation in your staff and participants. Learn how to lead easy, safe, group pleasing goal oriented horticulture, nature, cooking, science, community service, intergenerational & other hands on activities. Leadership strategies support for the new residents or participants through therapeutic recreation. Resources for cost effective, goal oriented activities. **Register by November 25.**

For information contact Robin Wexler, CTRS at 516-799-7094 or profrobinw@aol.com

Sheepshead Nursing and Rehabilitation Center

2840 Knapp Street, Brooklyn, NY 11235

.2 CEUs per session



9:30-10 Coffee and registration



10-noon Workshop

Monday, January 11 “But We Aren’t Old!” Targeting the Younger Residents in Your Long Term Care Facility - Get some new ideas & strategies to spark your staff and increase active therapeutic recreation participation by younger residents. Learn to implement art, music, games, special events, intergenerational activities, leisure counseling and leisure education activities to meet the younger residents’ treatment goals in long term care or rehab units. **Register by January 5, 2010**

Monday, March 8 Movement Activities in Therapeutic Recreation- Leadership Skills for Movement Activities in Therapeutic Recreation. What are the differences between Movement Therapy groups led by a Dance Movement Therapist and movement activities TR? Resources, skills, and leadership techniques for goal oriented movement activities to meet the needs and nature of your participants. **Register by March 1**

Monday, May 17 Key Points for Successful Documentation for Recreation Therapists - There several types of documentation about the resident that the recreation therapist is responsible for completing. Each component must be carefully written and reflect the actual condition and needs of the specific individual resident in your facility. This documentation must also meet all requirements defined in the state and federal regulations, the five step process of care planning, legalities affecting documentation, terminology and abbreviations used in documentation. How the new MDS will impact recreation therapy and activities in long term care. **Register by May 5**

Monday, July 12 Using Recreation Therapy as a Tool to Reach Key Treatment Goals Understanding basic human needs. Dealing with difficult residents in TR. (Establishing therapeutic trust, Stress of relocation. Creating support for the new resident, behavior management for the confused, the disruptive, the combative and the non participatory).Revisions in MDS and f tags will be discussed. Register by July 1

Monday, September 13 Targeting Men in Therapeutic Recreation Programming: Leadership skills for active participation - Return to your agency reenergized with a new set of resources, activity skills and ideas for crafts, woodworking thematic activities, and leisure counseling skills to increase participation with male residents and patients in your TR programming. Learn how to motivate men and expand your programming to reach them by understanding how men of various generations perceive & value leisure and recreation. **Register by September 5**

Monday, November. 8 Using Reiki, Yoga and Other Modalities in Recreation Therapy. How can a recreation therapist use the mind/body connection. Resources, skills, and leadership techniques for goal oriented movement activities to meet the needs and nature of your participants including improving physical functioning, palliative care, dealing with stress & pain management. **Register by November 1**

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Continuing Education for Recreation Therapists

Nassau Extended Care Center

1 Greenwich St. Hempstead NY 11550



9-9:30 Coffee and Registration 9:30- noon workshop

.25 CEUs per session

Tuesday, January 19. Horticulture Therapy in Therapeutic Recreation- Goal oriented techniques and leadership strategies for implementing hands on plant activities in your facility. Developing resources for horticulture including supplies, skills, adaptive devices and funding sources **Register by January 9**

Tuesday, March 16 Key Points for Successful Documentation for Recreation Therapists - There several types of documentation about the resident that the recreation therapist is responsible for completing. Each component must be carefully written and reflect the actual condition and needs of the specific individual resident in your facility. This documentation must also meet all requirements defined in the state and federal regulations, the five step process of care planning, legalities affecting documentation, terminology and abbreviations used in documentation. **Register by March 5**

Tuesday, May 18 Targeting Men in Therapeutic Recreation Programming: Leadership skills for active participation - Return to your agency reenergized with a new set of resources, activity skills and ideas for crafts, woodworking, patriotic, thematic activities, and leisure counseling skills to increase participation with male residents and patients in your TR programming. Learn how to motivate men and expand your programming to reach them by understanding how men of various generations perceive & value leisure and recreation. **Register by May 10**

Tuesday, July 20 Getting Support for TR from staff and Administrations How to change "no" to "yes" and change grumbling into smiles, how to motivate difficult residents and patients, deal with administration, supervisors, coworkers, support staff in other departments and other professional staff. Information on dealing with stress, time management, becoming a professional and building a staff team. **Register by July 10**

Tuesday, September. 21 "But We Aren't Old!" Targeting the Younger Residents in Your Long Term Care Facility -Get some new ideas & strategies to spark your staff and increase active therapeutic recreation participation by younger residents. Learn to implement art, music, games, special events, intergenerational activities, leisure counseling and leisure education activities to meet the younger residents' treatment goals in long term care or rehab units. **Register by September 10**

Tuesday, November 16 Activities to Reach Sensory Goals Integrating Sensory Activities into Group and Individual Therapeutic Recreation Activities. -How the senses work across the life span. Why sensory stimulation improves client functioning. Contraindications for sensory stimulation. Developing resources and using sensory stimulation in other TR activities. Developing your own sensory stim kits, materials for groups and individuals. **Register by November 5**

Do you want to arrange a workshop at your agency?

*For information on customizing inservice training for your staff.
Contact Robin Wexler, CTRS at 516-799-7094 or profrobinw@aol.com*

Continuing Education For Recreation Therapists Somerset Gardens Assisted Living

150 Sunnyside Blvd. Plainview, NY 11803.



9-9:30 Coffee and Registration 9:30- noon workshop
.25 CEUs per session

Thursday, February 4. Targeting Men in Therapeutic Recreation Programming: Leadership skills for active participation - Return to your agency reenergized with a new set of resources, activity skills and ideas for crafts, thematic activities, and leisure counseling skills to increase participation with male residents and patients in your TR programming. Learn how to motivate men and expand your programming to reach them by understanding how men perceive & value leisure and recreation. **Register by January 25**

Thursday, April 8. - Activities to Reach Sensory Goals Integrating Sensory Activities into Group and Individual Therapeutic Recreation Activities. -How the senses work across the life span. Why sensory stimulation improves client functioning. Contraindications for sensory stimulation. Developing resources and using sensory stimulation in other TR activities. Developing your own sensory stim kits, materials for groups and individuals. **Register by March 30**

Thursday, June 3 - Age Appropriate Art for Lower Functioning Participants - This hands-on workshop will help recreation therapists and activity leaders develop creative leadership skills for high interest, simple, age appropriate, goal oriented art projects for lower functioning or regressed adult participants Learn the differences between art, craft, manipulative activities and art appreciation activities and the concept of "Process versus product. How to break down an art project to simplify leadership but retain participant interest. Discover new resources for art activities **Register by May 25**

Thursday, August 5. Issues in Multiculturalism and Religion in TR Activities and their Impact on TR Programming and Leadership - How do various cultures view and value leisure and recreation and how does it influence therapeutic recreation? Often, providing religious observance is the responsibility of TR in residential settings and how the RT can develop leadership skills and resources in this area. **Register by July 25**

Thursday, September 30 Stress management for the Recreation Therapist - Coping strategies for difficult situations, what is stress and how does it affect us? Creating balance between professional and personal roles. How to deal with difficult people who create stress for you. **Register by September 20**

Thursday, December 2 The Etiology and Pathology of Alzheimer's Disease and Other Forms of Dementia. -The stages of dementia and leadership skills for recreation therapists. Comparing and contrasting the symptoms and pathology of dementia, stroke, traumatic brain injury and mental illness. **Register by November 20**

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Now at 4 Locations



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Sorry, but no refunds can be made for non-attendance or cancellation. Credit for another workshop or another person attending must be made at least 3 days before the workshop.

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Directions

Sheepshead Nursing and Rehabilitation Center, 2840 Knapp Street, Brooklyn, NY 11235718)
BELT PKWY exit number 9, towards KNAPP ST/SHEEPSHEAD BAY. Go onto SHORE PKWY Turn LEFT onto KNAPP ST. Parking on the street

Nassau Extended Care: From SOUTHERN STATE PKWY Take the PENINSULA BLVD NORTH exit- EXIT 19N- toward HEMPSTEAD. Merge onto PENINSULA BLVD. Turn RIGHT onto GREENWICH ST.

Somerset Gardens Assisted Living 150 Sunnyside Blvd, Plainview, NY, 11803
LIE to the Sunnyside Blvd. Exit 46, towards Plainview. Stay on service rd and turn to Sunnyside Blvd at fork.

Morris Hall- directions on their website
http://www.slrc.org/contact_directions.php