

2012 Continuing Education for Recreation Therapists & Activity Leaders

- Cedar Manor, Ossining, NY
- Morris Hall, Lawrenceville, NJ
- Nassau Extended Care Center, Hempstead, Long Island, NY
- Somerset Gardens Assisted Living, Plainview, Long Island, NY
- Sheepshead Nursing and Rehabilitation, Brooklyn, NY



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

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



2012 Continuing Education for Recreation Therapists & Activity Leaders

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.



For additional information on workshops
call 516-799-7094 or email profrobinw@aol.com
PRE-REGISTRATION ONLY THERE IS NO REGISTRATION AT THE DOOR

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 2012 workshops you will be attending:
Cedar Manor, Ossining, NY

February 9	April 12,	June 14,
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Morris Hall, Lawrenceville, NJ

April 23	July 9	October 1	December 10
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Nassau Extended Care Center, Hempstead, Long Island

January 10,	March 13	May 8	July 10	September 11	November 13
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Sheepshead Nursing and Rehabilitation, Brooklyn

March 12	May 14	July 16	September 10	November 5
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Somerset Gardens Assisted Living, Plainview, Long Island

February 2	April 5	June 7	August 9	October 11	December 6
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The more programs you register for, the less it costs per program!

Registration cost

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

(ADD \$4 per program for CEUS) (Or pay for CEUs at workshop in check or cash)

\$4	# of programs	\$ ____ +	Total amount enclosed ____
x	=	_____	

- Make registration check to Robin Wexler
- Add \$4 per program for program for CEUs

**2012 Continuing Education for
Recreation Therapists & Activity Leaders
Cedar Manor**

Cedar Lane, Ossining NY 10562

.2 CEUs per session Lunch and Learn

Join us for a Workshop & light lunch provided or bring your own bag lunch!

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

Thursday, February 9- Satisfying High Functioning Geriatric Participants in TR :The Legacy of Wisdom - Ditch that Bingo, Lawrence Welk and childish craft projects that get constant complaints! 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. Creating support for the new residents or participants through therapeutic recreation. Resources for cost effective, goal oriented activities.

REGISTER BY FEBRUARY 2

Thursday, April 12- Doing More with Less: Cost Effective Creative Activity Solutions for Professional TR Programs - Doing more with fewer dollars to create more professional programming. What skills do you need to do more with less? Creative problem solving for budgeting time, staff and resource.

REGISTER BY APRIL 2

Thursday, June 14- We Will All Be Old Some Day: Sensitivity Training heightens empathy and awareness of how others experience the world. This workshop will explore myths of aging and youth Stereotypes affect how youth views the elderly and how the elders interact with the youth in intergenerational programming or with staff caring for the elderly. & dealing with generational stereotypes through hands on activities to promote sensitivity.

REGISTER BY JUNE 4



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2012 Continuing Education for Recreation Therapists & Activity Leaders

Morris Hall

One Bishops' Drive Lawrenceville, NJ 08648

.2 CEUs per session Lunch and Learn

Join us for a Workshop & light lunch will be provided or bring your own bag lunch!

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

Monday, April 23 -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 APRIL 13

Monday, July 9 -We Will All Be Old Some Day - Sensitivity Training heightens empathy and awareness of how others experience the world. This workshop will explore myths of aging and youth Stereotypes affect how youth views the elderly and how the elders interact with the youth in intergenerational programming or with staff caring for the elderly. & dealing with generational stereotypes through hands on activities to promote sensitivity. **REGISTER BY JUNE 28**

Monday, October 1 - Techniques in Leisure Counseling for Therapeutic Recreation - How can a recreation therapist use leisure counseling and leisure education with various populations including psychiatric populations, the newly disabled, chronically ill, at risk use, substance abusers and those in life's transitions. Developing resources for community integration, assessment and referral.

REGISTER BY SEPTEMBER 20

Monday, December 10- Brains for Recreation Therapists- How the brain work across the life span. Why sensory & cognitive stimulation improves client functioning. Developing your own activities & materials for groups and individuals. Comparing and contrasting the symptoms and pathology of dementia, stroke, traumatic brain injury, post-traumatic stress disorder and mental illness.

REGISTER BY DECEMBER 1

Nassau Extended Care Center

1 Greenwich St. Hempstead NY 11550

9:30- 10 Coffee and Registration 9:30 – 12:30 workshop

.25 CEUs per session

Tuesday, January 10 - Bringing the Community into Your Facility - What to consider when bringing the community into your facility. Community Integration to meet treatment goals. Special event planning, protocols, liability and safety concerns for volunteers, interns, community groups, entertainers, and educational opportunities for your participants. How to deal with children, animals and the unexpected. Resources for cost effective, goal oriented activities. **REGISTER BY JANUARY 3**

Tuesday, March 13 - NYC Street Games: Innovative Group Games that are Exciting Alternatives to the Dreaded Bingo - Be prepared to play NYC Street Games and have fun while learning new concepts that will excite every age participant. Learn skills and resources to make these activities dynamically meaningful highlights of your Therapeutic Recreation schedule. Learn why we hate bingo and why we love it, how to get your staff and participants to try new group games, new group games to meet care plan goals, therapeutic vs. diversional activities and the leadership skills to meet the needs and nature of your participants. **REGISTER BY MARCH 5**

Tuesday, May 8- Planning and Implementing Special Events- What is a special event? Getting out of the rut of routine special events. Creative problem solving or planning and implementing meaningful, exciting special events. Facilitation techniques for special events. Sparking participation in residents and staff in your facility. Skills and resources to make your activities dynamically meaningful highlights of your Therapeutic Recreation schedule. **REGISTER BY APRIL 28**

Tuesday, July 10- Programming for Regressed Participants- The needs and nature of individuals with dementia, chronic and persistent psychiatric illnesses and those with degenerative conditions. TR strategies to deal with difficult behaviors, leadership skill for enhancing the lives of the individual through goal oriented therapeutic recreation programming. **REGISTER BY JULY 1**

Tuesday, September 11- 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 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. **REGISTER BY SEPTEMBER 3**

Tuesday, November 13- Pay Attention to Us! Public Relations for Your Program- What is your image inside your facility and in the community? How to get the message out and increase participation. Writing press releases and getting publicity. **REGISTER BY NOVEMBER 4**



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Sheepshead Nursing and Rehabilitation Center

2840 Knapp Street, Brooklyn, NY 11235

9:30- 10 Coffee and Registration 10- noon workshop
.2 CEUs per session

Monday, March 12 -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. **REGISTER BY MARCH 2**

Monday, May 14 -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 MAY 4

Monday, July 16 -Recognizing Our Profession and Each Other - The TR profession has a long sought recognition and attention as a viable option in health care service delivery - this session will explore where we are in the achievement of that recognition and examine how we take care of acknowledging our own recognition of one another as we strive to provide quality care to our participants. Options in professional certification. Update on licensing of recreation therapists. **REGISTER BY JULY 6**

Monday, September 10 -Dealing with Difficult People - Effective strategies for dealing with difficult administrators, coworkers, and residents or patients. Understanding basic human needs. Dealing with difficult residents in TR. (behavior management for the confused, the disruptive, the combative and the non-participatory). Comparing and contrasting the etiology and pathology of dementia, traumatic brain injury and psychiatric disabilities. Establishing therapeutic trust. Stress of relocation. Creating support for the new resident. **REGISTER BY SEPTEMBER 1**

Monday, November 5 -Techniques in Leisure Counseling for Therapeutic Recreation - How can a recreation therapist use leisure counseling and leisure education with various populations including psychiatric populations, the newly disabled, chronically ill, at risk use, substance abusers and those in life's transitions. Developing resources for community integration, assessment and referral.
REGISTER BY OCTOBER 20



Somerset Gardens Assisted Living

150 Sunnyside Blvd. Plainview, NY 11803.

9:30- 10 Coffee and Registration 9:30 – 12:30 workshop
.25 CEUs per session

Thursday, February 2 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. **REGISTER BY JANUARY 20**

Thursday, April 5 We are all Here for the RESIDENTS!: Successful Strategies for Dealing with Difficult People -How to change "no" to "yes" and grumbling to smiles, how to motivate difficult residents and patients, deal with administration, supervisors, coworkers, support staff in other departments and other professional staff. **REGISTER BY MARCH 20**

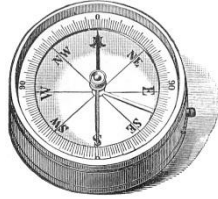
Thursday, June 7 We Will All Be Old Some Day : Sensitivity Training heightens empathy and awareness of how others experience the world. This workshop will explore myths of aging and youth Stereotypes affect how youth views the elderly and how the elders interact with the youth in intergenerational programming or with staff caring for the elderly. & dealing with generational stereotypes through hands on activities to promote sensitivity. In a "Training the Trainer" workshop, the participant will learn how to develop their own equipment and techniques to teach s teach these key concepts to staff, volunteers or participants in your intergenerational programs. **REGISTER BY MAY 25**

Thursday, August 9 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 JULY 20**

Thursday, October 11, Enhancing Creativity - How to think "outside the box". Strategies to enhance creativity for the recreation therapist as well as the participants. Come back to your agency reenergized with a new set of resources, activity skills and ideas for men's crafts, thematic activities, and leisure counseling. **REGISTER BY OCTOBER 1**

Thursday, December 6 - 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. **REGISTER BY NOVEMBER 25**





DIRECTIONS

Cedar Manor - Cedar Lane, Ossining NY 10562

Directions on their website

<http://www.cedarmanornursing.com/directions.php>

Morris Hall- 1 Bishops' Drive Lawrenceville, NJ 08648

Directions on their website <http://www.morrishall.org/directions.php>

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.

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.

Somerset Gardens Assisted Living 150 Sunnyside Blvd, Plainview, NY, 11803

LIE to the Sunnyside Blvd. Exit 46, towards Plainview. Stay on service road and turn to Sunnyside Blvd at fork.



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