



METROSCOPE

WINTER 2010

VOLUME 24

NUMBER 1

HAPPY NEW YEAR 2010

PRESIDENT'S MESSAGE

As the end of the year draws to a close, people often take time to reflect on the past year and make resolutions about things they'd like to change in the New Year. This year has been a tough one for many people. The economy is still struggling to get back on its feet and a lot of folks are out of work and trying to find a job. Several of METRO's board members have experienced unexpected changes in their employment status recently too. It can be a scary prospect to try to deal with being unemployed, especially at this time of year.

Instead of focusing on what might be lacking in your life, now might be a good time to focus on what you have. Do you have family and friends that are supporting you through this difficult time? Perhaps it's time to allow them to be a source of comfort and joy to you. Spend time with them just relaxing and taking the time to catch up. So often we think that in order to have fun we need to spend money and go places. As recreation professionals we can create low-cost fun ways to spend time with our loved ones. Use this time to put your skills and knowledge to use in your own life.

If you have some unexpected free time, use it to reconnect with a hobby or interest that you have always enjoyed. Now that I have some extra time on my hands, I am remembering how much I enjoy cooking. When I worked long hours I was often too tired to plan meals and cook. Now I have the chance to re-explore that interest and reacquaint myself with some favorite cookbooks. Or perhaps you've always wanted to return to school? There might be resources available to help support you in pursuing that goal.

Sometimes the holidays can be financially stressful because we feel we need to spend money on presents to show our love for family and friends. Perhaps you can make gifts for your friends rather than buying them. If you're a great baker then a batch of cookies might be appreciated. If you can knit or crochet, then perhaps a handmade scarf or gloves would be popular. I'm sure many people will understand your need to cut costs and a handmade gift is always more personal than a store-bought one.

(Presidents Message Continued Inside)

UPCOMING EVENTS

**Metropolitan New York
Recreation and Park
Society**

Full-day Conference

January 27, 2010

@ DC 37

125 Barclay Street, NYC

For More Details

See Inside

The Metropolitan NY Recreation & Park Society, Inc.

Post Office Box 632

Madison Square Station

New York, NY 10159-0632

<http://www.metro-recreation.com>

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(Presidents message from page one)

Of course on some level this is all a bunch of platitudes. Some of you may be reading this and thinking "thanks for the useless advice". Well, I'm not an advice columnist but what I've realized from my own recent struggles with unemployment and family difficulties is that if I focus on the negative aspects of things they quickly overwhelm me. When I try to be more optimistic and focus on what is positive in my life, it makes the day go by a lot easier.

So if you take nothing else away from this message, remember that every day you have an opportunity to rise and shine or rise and whine. Which would you prefer?

I wish you all a wonderful holiday season and a Happy New Year!

Debbie Lake



METRO FULL DAY CONFERENCE

Jan 27th, 2010 @ DC 37, 127 Barclay Street, NY, NY

8:30 – 9:00 REGISTRATION/BREAKFAST
9:00 – 9:10 WELCOME/INTRODUCTIONS
9:15 – 12:15 SESSIONS
12:15 - 1:00 LUNCH
1:00 - 4:00 SESSIONS

HEALING WITH PUPPETS - Programming benefits for challenged clients.
(Dementia population)

Presenter: Veronica Kaninska, TR

YOMENCO - Using Eastern Healing Arts to improve outcomes in eldercare and rehabilitation.

Presenter: Bruce Vann Horne

TRADITIONAL DIABETES MANAGEMENT

Presenter: Arlette Stewart RN Clinical Nurse Manager

NAHGRA WORLD - Introducing an innovative exercise system Kinesi-therapy for stress, pain management, weight loss, rehab- physical benefits, and circulation.

Presenter: Dr.Luis Kwak

MODIFIED BODYWEIGHT EXERCISES. Demonstration and talk on our outdoor resources and simple modifications used for physically challenged clients.

Presenter: Rick Seedman TR Exercise fitness instructor

CREATIVE PROGRAM DEVELOPMENT MADE EASY - programming on a budget

Presenter: Pura Torres

INTERGENERATIONAL PROGRAMMING DEVELOPMENT- Implementing programs that meet your needs.

Presenter: Brenda Torres

EASY SCRAPBOOKING ON A BUDGET - Hands on Basics like uses of tools & ideas plus sources for supplies - all on a budget.

Presenter: Fran Gilstein

REGISTRATION

(Includes continental breakfast & lunch)

MEMBERS.....\$ 50.00
NONMEMBERS.....\$ 60.00
CEU's..... \$ 8.00

STUDENTS
MEMBERS..... \$ 15.00
NONMEMBERS \$ 25.00
(PLEASE SEND COPY OF STUDENT I.D.
WITH REGISTRATION)

Registration Deadline—January 20, 2010

Registration at the door will cost an additional \$10.00 per person
Facilities can send one check but must submit individual forms for each attendee.

Send your check payable to **METRO** to:

Brenda Torres
1521 East 51st St,
Brooklyn, NY 11234

For Information Contact:

Brenda Torres
(718) 415-1119
technohealer@earthlink.net

PLEASE PRINT CLEARLY

NAME: _____

ADDRESS: _____

TELEPHONE: _____

FACILITY: _____

Registration fee \$ _____
CEU's \$ _____
Total enclosed \$ _____

Registration is limited so please return as soon as possible
to reserve your seat.

DIRECTIONS TO DC 37

127 Barclay Street

(Entrance is on Murray Street between Greenwich & West Streets)

TRAIN:

Take 1, 2, 3, A or C to Chambers Street
Walk 3 blocks south to Murray Street

OR Take E to World Trade Center.
Walk 2 blocks north to Murray Street

BUS:

Take M10 Southbound to West Broadway & Murray Street.

OR Take M10 or M6 Northbound to Church Street & Murray Street

OR Take M6 Southbound to Avenue of the Americas (6th Avenue) & Murray Street.

Walk 2-3 blocks west on Murray Street to DC 37

CAR:

Take West Side Highway to Murray Street.

DC 37 is located at Murray Street between Greenwich & West Streets.

**PARKING IS VERY EXPENSIVE . . .USE MASS TRANSIT
IF POSSIBLE**

COME GROW WITH US...

TR licensing in NYS gets closer to the horizon...

NOW IS THE TIME!!!

Or as Vinny would say:

Excelsior...

...HOT OFF THE PRESS...

Our TR Licensing Bill has now been launched in both Houses! We recently received sponsorship in the NYS Senate, thanks to Senator Andrew Lanza from Staten Island...

Senate Bill # S-6252...The Bill now sits in the RULES COMMITTEE, chaired by Senator Malcolm Smith from Queens. We need co-sponsors on this Senate Bill...so if anyone knows a State Senator or would like to know one...now it the time to do it!!!

Call he/she up and ask them to co-sponsor the Bill in the Senate and give them the number...if you are not comfortable calling you can always e-mail them and ask for their support or co-sponsorship...Keep following up with them until they agree!

We also have the Bill in the Assembly sponsored by Assemblyman Rory Lancman /Queens and co-sponsored by Assemblywoman Janel Hyer-Spencer/ Staten Island...

Assembly Bill # A-8073

Use number when calling or e-mailing your Assemblypersons...Currently Assembly Bill is in Higher Education Committee, chaired by Democratic Assemblywoman Deborah Glick/ NYC

OUR GOALS:

- *Get the Bill on the agendas in both Committees*
- *Have them reviewed and approved quickly through Committees*
- *Have Bill sent to floors of each House and approved*
- *Secure final vote from the Governor next year...making our Bill a law in NYS!*

TO DO LIST:

- *Start contacting all your local Senators and Assemblypersons and educating and securing their vote on this Bill ASAP*
- *Secure letters of support from any outside organizations that value your work...e-mail or send them to us and we will forward to proper resources.*
- *Seek out positive Public Relations opportunities ex. Workshops on TR for other professionals ex. Nursing, OT, PT etc.; educational articles in local papers, journals etc.*
- *Seek out opportunities to educate other CTRS's and other professional organizations as to why we are doing this and how important it is...*
- *Please keep us in touch with your contacts through e-mail at LCDCTRS@aol.com or VincentB@vcny.org*

As you can see, we as a group have a lot of work to do...

Now is really the Time!

Our Committee and State Recreation organizations are working hard to get this Bill passed...this is the future of TR...let's not make it die on the vine!

Now is the time to move forward...

Thanks for your support!

*Linda Dianto MS/ CTRS
Vincent Bonadies MS/CTRS*