



METROSCOPE

SUMMER 2010

VOLUME 26

NUMBER 2

HOT! HOT! HOT!

PRESIDENT'S MESSAGE

It's so hard to believe that there are only a few more weeks of summer. For many of us, summer is a time of slowing down, of vacations and of going to the beach. As the waves of heat envelope us and the concrete seems to release unusual and sometimes unpleasant aromas, it creates a very unique and memorable environment.

Have you ever walked down a sidewalk and caught a scent that immediately triggered a memory for you? Perhaps it was a childhood memory or a recent one. For me, the scent of New York City sidewalks at the height of summer reminds me of my childhood experience attending summer day camp. We seemed to walk everywhere back then; often on our way to the subway. As hot as it was, I don't think any of us would have changed one moment of it as long as it meant we weren't in school. I remember splashing around in various New York City pools - the smell of chlorine lingering on my skin long after we had left the pool behind. I remember visiting amusement parks and getting on rides whose seats were so hot, they burned our skin. But we didn't cry about it - instead we were thrilled to be there.

Summertime is also an opportunity for many; a season to spend more time with family and friends in an informal setting. Who doesn't love an impromptu backyard barbecue or a nighttime pool party with cocktails for the adults after the kids have gone off to bed? Or maybe this is the time for your family vacation. For many that means taking the kids to someplace like Disney World and spending time together. As everyone knows, the older the kids get, the less time they want to spend with family. So this may be some of the last opportunities you'll have to do things as a family.

Summer can also be a time of heat, humidity and power outages. One of my favorite childhood memories is the 1977 New York City blackout. It seemed like a time out of time - all the normal rules didn't apply because everyone was working together to make the best of a bad situation. Joe Horvath, who was the director of the summer day camp I attended that year, set up stations in a local park and gave out whatever juices, fruits, snacks and food that was still safe to eat. He couldn't keep it in the center so he turned it into an impromptu festival in the park. We had a ball!

President's Message continued inside

UPCOMING EVENTS

16th ANNUAL DOWNSTATE RECREATION CONFERENCE

HVLSA * LILSA * NYSRPS * NYSTRA * METRO * WRAPS

Wednesday, November 17, 2010

Westchester County Center

White Plains, NY

8:00 am - 4:00 pm

BROCHURE TO FOLLOW

The Metropolitan NY Recreation & Park Society, Inc.

Post Office Box 632

Madison Square Station

New York, NY10159-0632

POSTMASTER FIRST CLASS

Time Perishable NEWSLETTER



The Metropolitan NY Recreation & Park Society, Inc.

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

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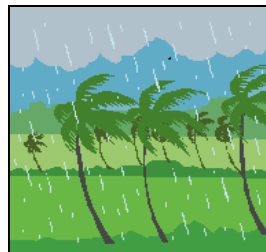
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TBA

Presidents Message Continued

Ironically I was the director of that same center during the 2003 New York City blackout. I have to admit I still had a blast, although I desperately missed air conditioning. It was a very different world in 2003. Most of the children who attended summer camp were not local community residents so they did not come to camp that day. The handful that did show up were told we were closed because of safety issues and worries about lawsuits meant that the kind of impromptu festival I enjoyed as a child was no longer feasible. However there was that same sense about this being a time out of time - a day when the usual rules didn't apply. And maybe that's the key to the summer. We are in a different mode and mood. We tend to be more laid-back. Work wear that would never be acceptable in colder months are often tolerated and even encouraged. People often have shorter work days or are permitted to leave work early on Friday so they can enjoy a longer weekend. Summer is a time to lay back, relax and feel the warmth and light of the sun as it dances over your face.

I hope all of you have been having and continue to have a fun, enjoyable and relaxed summer. It will be coming to an end sooner than we think.



Debbie Lake

"A Journey Of A Thousand Miles": Inclusion U Training

At Kingsborough Community College

By

Dr. Gail R. Levine, CTRS, Assoc. Prof.

Kingsborough Comm. College

and

Galina Podluzkaya, CTRS, Supervisor,

Sephardic Nursing and Rehab.

"A Journey of a Thousand Miles Begins With But A Single Step", is an old adage whose truth is conditioned by the fact that IF the person travelling happens to be a wheelchair user, the single step WOULD be a BARRIER to beginning the journey.

The N.Y. State Inclusive Recreation Resource Center (NYSIRRC) was created to promote participation by people with disabilities in inclusive recreation activities and resources. As part of its mission, faculty drawn from SUNY Cortland's Dept. of Recreation and Leisure Studies provide a one day training, "Inclusion U" to teach both students and recreation professionals the skills to become an "Inclusivity Assessor". The Project Coordinator of NYSIRRC is Laurie Penney McGee, CTRS. In addition to Laurie, Faculty instructors for "Inclusion U" are Dr. Lynn Anderson, Chair, Dept. Recreation & Leisure Studies and Dr. Vicki Wilkins, CTRS (both SUNY Cortland). Dr. Gail R. Levine, CTRS, Assoc. Professor at

Kingsborough Community College, invited the "Inclusion U" faculty from NY State IRRC to conduct a one day "Inclusion U" training at Kingsborough Community College on Friday, May 14th. Dr. Levine, who teaches the courses in Therapeutic Recreation as part of the A.A.S. degree program at KCC, reached out to METRO to co-sponsor the event. METRO subsidized half the cost of the tool kits for the 17 students who participated in "Inclusion U". There was no fee for students to take the training. The fee for the ten professionals who registered was \$95.00 which included CEU's.

The Purpose of Inclusion U Training:
The "Inclusion U" faculty taught students and professionals the skills involved in evaluating sites, facilities and programs for accessibility for individuals with a wide range of special needs as well as how to adapt many kinds of recreation equipment. Participants learned how to complete an accessibility survey and agreed to assess at least one facility and submit the findings to be included in NYSIRRC's online recreation access database. Participants who carry out an "Inclusivity Survey" of a recreation facility or program and submit it to NYSIRRC will become a "Certified Inclusivity Assessor". During the Fall 2010 semester, Professor Michele Bracco and Dr. Levine will lead two

teams of KCC's PERRT majors (Physical Education, Recreation, Recreation therapy) who completed the "Inclusion U" Training in carrying out an accessibility survey of designated facilities.

Galina Podluzkaya, CTRS, who participated in the "Inclusion U" Training at KCC, wrote about the ways in which the training expanded her professional knowledge and skills and how it benefits society:

During this 4th of July weekend, I went camping with my family and friends. I was excited for my long weekend away from the city, but I also wanted to take this opportunity to do my first assessment of the campgrounds for its accessibility for people with disabilities. Having recently completed the "Inclusion U" Training under the auspices of the NY State Inclusive Recreation Resource Center which was held at KCC on May 14th, I wanted to put my newly acquired skills as an "Inclusivity Assessor" to work.

After 20 minutes of being there and making some basic observations, I realized that the campsite was not accessible at all for people with disabilities. There wasn't even one accessible bathroom for people using wheelchairs. I was a bit upset that I would not be able to utilize my skills

of Certified Inclusivity Assessor but I didn't think about it much until the next day when I was reading the New York Times and one story struck me. It was an article about a 22 year-old veteran who became a quadruple amputee after surviving a roadside bombing in Iraq. The story touched my heart. This young, brave man, who suffered so much because of the war still stays strong and optimistic about his future. He spoke about his leisure activities and that he is limiting himself to household activities because he feels estranged being outside "in the real world". This article got me thinking about how important it is for recreational facilities to be accessible and inclusive for people with special needs. How hard it must be for them to find recreational activities that they can freely enjoy and in which they can feel comfortable. Only then did I truly understand the importance and benefits of the "Inclusion U" Training and of expanding accessibility awareness to all recreation professionals.

Many professionals and students attended the Inclusion U Training on Fri. May 14th at KCC. They will now be able to make a positive difference in the recreation field because of this training.

The faculty from SUNY Cortland's Dept. of Recreation & Leisure Studies, Dr. Lynn Anderson and Dr. Vicki Wilkins and Laurie Penney McGee, did a fabulous job of training us. It was a very educational, interactive and valuable workshop. They provided participants with all the supplies necessary to assess recreational facilities; and a manual and hands-on exercises that gave participants a chance to practice the skills learned.

Participants of the training are now equipped with the skills necessary to complete an accessibility survey. The completed survey results are posted to the NYSIRRC's online database where people can log onto and choose a recreational program of their interest in their area. Every survey that is added to the database makes a positive difference and a huge leap for the recreation therapy profession.

Thank you to SUNY Cortland's Recreation Department, METRO and Dr. Gail Levine, CTRS for bringing "Inclusion U" to Kingsborough Community College in Brooklyn.



THE ANNUAL METRO DINNER



At the Metro meeting in March, the agenda included the Board Members voting on the awards for the upcoming Annual Dinner to honor our peers and the others who enhance the field of recreation. We were able to make selections of all the awards except one, We left the meeting agreeing to each think about it and then e-mail each other and eventually make a selection

I was about to produce an issue of the MetroScope and I needed the names of the honorees. I e-mailed the secretary and when I received the list of awards my name was listed as the winner of the Professional of the Year. I was surprised and pleased with the honor.

I had my husband put an ad in the journal. Then I invited my family and finally I wrote a speech. I arrived early to set up the centerpieces.

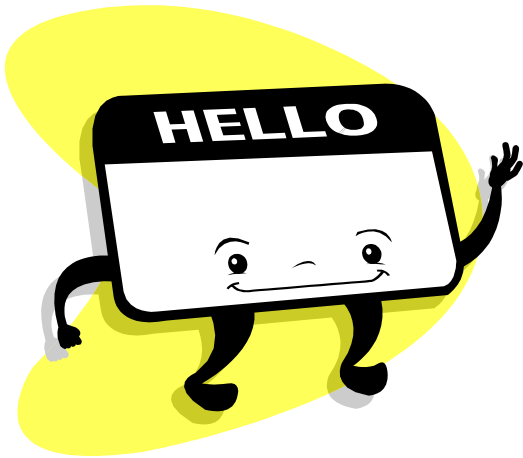
The Manhattan Penthouse is the perfect place for a New York event and perfect it was. Lots of old friends were there to help me celebrate. The music was great and the food delicious. The award my fellow board members selected was spectacular. All of this was overwhelming but the best part was the chance to say thank you to all of the people that helped me along the way. All in all a night to remember!

By Francine Gilstein

⇒ **SAVE THE DATE** ⇐

16th ANNUAL DOWNSTATE RECREATION CONFERENCE

HVLSA * LILSA * NYSRPS * NYSTRA * METRO * WRAPS



Wednesday, November 17, 2010

Westchester County Center

White Plains, NY

8:00 am - 4:00 pm

Registration 8:00 - 9:00 am

Sessions 9-11:10 am

Exclusive Vendor Time 11:10 - 11:40 am

Lunch 11:40 am - 12:40 pm

Sessions 12:45-4:05 pm

Networking

The Downstate Recreation Conference is a great opportunity to spend the day attending educational sessions and mingling with your fellow professionals. Take time during registration and lunch to network and share with other delegates.

Vendor Hall

(Open 10:00 am - 2:00 pm)

Visit with over 20 exhibitors to learn about their newest products and services. Enter for a chance to win a prize at each booth you visit!

Presenters

Sessions will be presented by such notables as Dr. Gail Levine, Robin Wexler, Matt Gold, Jeremy Cash, Richard Rose, Jr., Matthew Nordt, Charlynn Willis and other experts in the recreation field.

Sessions

**YOUR FULL BROCHURE & REGISTRATION FORMS
WILL BE ARRIVING SOON**

