



# Colorado Therapeutic Recreation Society

## TR Times

# NEWSLETTER

*A Section of the Colorado Parks & Recreation Association*



**Colorado  
Therapeutic  
Recreation  
Society**

First Edition

Volume 1

December 2007-February 2008

**CTRS Board Members**  
**New 2008**

**President**

*Rachel Wysuph, TRS  
City of Wheat Ridge*

[rwysuph@ci.wheatridge.co.us](mailto:rwysuph@ci.wheatridge.co.us)

**President-Elect**

*Sarah Swain, CTRS*

*Denver P&R, Special Needs*  
[special.needs@ci.denver.co.us](mailto:special.needs@ci.denver.co.us)

**Past President**

*Autumn Boyer, CTRS  
Centennial Peaks Hospital*  
[aboyer@centennialpeaks.org](mailto:aboyer@centennialpeaks.org)

**Vice President**

*Bryan Wood, CTRS  
National Sports Center for the  
Disabled*  
[swood@nscd.org](mailto:swood@nscd.org)

**Secretary**

*Rachel Robbins, CTRS  
City & County of Broomfield*  
[rrobbins@ci.broomfield.co.us](mailto:rrobbins@ci.broomfield.co.us)

**Treasurer**

*Laura Schwenker, CTRS  
Rocky Mountain MS Center*  
[schwenks15@aol.com](mailto:schwenks15@aol.com)

**PR & Marketing**

*Andrea Riggins, CTRS  
Denver P&R, Special Needs*  
[andrea.riggins@ci.denver.co.us](mailto:andrea.riggins@ci.denver.co.us)

**Professional Development**

*Allison Wilder, CTRS  
Metro State College of Denver*  
[awilder2@mscd.edu](mailto:awilder2@mscd.edu)

**Legislative**

*Shane Wright, CTRS  
City of Lakewood, Rise Above*  
[shawri@lakewood.org](mailto:shawri@lakewood.org)

**Clinical**

*Denise Tarantino, CTRS  
State of Colorado - DWCF*  
[inodeni@gmail.com](mailto:inodeni@gmail.com)

**Student**

*Sally Pluhoff  
Metro State College of Denver*  
[salplu@netscape.com](mailto:salplu@netscape.com)

### **Past President's Message:**

*By: Autumn Boyer, CTRS*

## **"2007 CTRS Section Year in Review"**

The CTRS Section was a busy group this year! We began the year by creating and distributing a needs assessment to determine how to better meet the needs of the CTRS membership. The results from this survey provided the CTRS section direction in developing educational opportunities and promoting greater support for the CTRS membership. A 'Clinical Representative' and 'Student Representative' position was added to the CTRS section to promote support and ensure adequate representation of current trends and issues affecting the field. To better provide TR professionals with support, resources and networking tools, a new online message board was created ([ctrs.activeboard.com](http://ctrs.activeboard.com)) and the quarterly TR Times Newsletter was redesigned. A re-established Grand Rounds schedule, as well as a successful Spring Workshop, provided a diverse array of educational and networking opportunities. And finally, this creative & ambitious group ended the year by reviewing and updating the section Bylaws. It has been an honor working with such a dynamic Board and serving the CTRS membership as your President this past year. I look forward to assisting the 2008 CTRS Board in providing further membership outreach, education and support next year.

Happy Holidays!

### **Inside Volume One:**

- \*Meet the New 2008 Board**
- \*Get Connected -Message Board**
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## PET THERAPY PROGRAM

BY: SARAH SWAIN, CTRS

“Dogs are not our whole life, but they make our lives whole.” ~Roger Caras

For its fall season, the Special Needs Program decided to give a new and special class a try; dog training. This would be no ordinary dog training, however. In this class the participants have dogs but they also happen to be people with disabilities.

The idea came after a staff member of the Special Needs Program completed training with Denver Pet Partners. The mission statement of Denver Pet Partners is “to enhance the lives of people and promote the human-animal bond through animal-assisted activities and animal-assisted therapy.” The organization utilizes many volunteers and their dogs (a “team”) to spread the mission to the Denver community. One of these teams is Barbara Weiss and her Belgium Malinois, Jaxon. In her spare time, Barbara not only volunteers with Denver Pet Partners but is also a personal dog trainer. She and the Special Needs staff decided to teach participants how to train their family dogs as a form of an animal-assisted activity. However, this was unlike other animal-assisted therapies which may have one dog and many participants.

Six participants and their dogs attended 8 classes. During their class time they learned basic commands such as, “sit”, “stay” and “come.” They also tackled the more difficult commands of “settle” and “leave it.” While the dogs were learning to listen to their owners, each owner was having a different positive outcome from the class. Some of these outcomes included increased confidence, a better understanding of their pet, clearer speech, and a sense of accomplishment.

At the end of the 8 week session each participant and their pet had the chance to take the American Kennel Club’s Canine Good Citizen test or a modified version of it. All received the tangible reward of a certificate for their hard work but they also received rewards that cannot be touched, only felt by the participants and their dogs.



## Quote Corner

“If it’s your limit, you can’t exceed it; If you exceed it, it’s not your limit”

*Andrew Poon*

## Online Message Board

Have you checked out the message board yet? If you haven't you're missing out on connecting with other professionals in the field. This message board is a place for you to ask questions, get answers, share ideas, and network with other professionals. Here are some basic directions to get you started:

**Go to:** ctrs.activeboard.com (note: do not put www in front of it!)

**Register:** You will need to choose a screen name and password

**Wait:** You will be sent an email from Sparklit (or Activeboard), you need to click on a link in that email to start using the message board. Make sure you check your junk mail, just in case it gets sent there.

**Start:** Start posting messages and playing around on the message board to discover all of its capabilities.

Remember, the more people who sign up and start using the message board, the more opportunities we have to connect with each other!

## GRAND ROUNDS

### "THERAPEUTIC TOUCH & ENERGY WORK"

*Therapeutic touch and other forms of energy believe that humans have a personal energy field that changes or becomes unbalanced. These changes can be assessed & addressed using non-touch techniques. Come learn about this healing technique & the opportunity to experience your own energy! (.3 CEUs pending)*

**\*February 22<sup>nd</sup>, 9am-12:30pm, The Tivoli, Room 442 on the Auraria Campus in downtown Denver**

**\*Speaker: Carol Jensen, M. Ed., RN, HN-BC (Board Certified Holistic Nurse)**

**For Registration & Information contact:  
Allison Wilder @ 303-352-4491 or [awilder2@mscd.edu](mailto:awilder2@mscd.edu)**

**Contest!**

## CTRS LOGO CONTEST!!!

**The CTRS Board is looking for a creative & innovative person to design our**

**new LOGO.**



**Colorado Therapeutic Recreation Society**

**This is our current logo, be creative and design something totally new!**

**\*\*Winner will receive one free admission to a Grand Round training of choice.\*\***

**Deadline to submit logo design: Thursday, January 31<sup>st</sup>**

**Submitted logos will be displayed & voted on at the Annual CTRS Section meeting to be held in February 2008!**

*Submit your designs to Andrea Riggins @ [andrea.riggins@ci.denver.co.us](mailto:andrea.riggins@ci.denver.co.us)*

## Meet the New 2008 CTRS Board!

We would like to take this brief moment to introduce ourselves.  
Please contact us with any question, comments, concerns or ideas.  
We welcome your input!

### **President**

Rachel Wysuph, City of Wheat Ridge, [rwysuph@ci.wheatridge.co.us](mailto:rwysuph@ci.wheatridge.co.us), 303-231-1342

Rachel is goal oriented and eager to begin her term. Rachel's leadership is sure to lead us through yet another successful year. She is already busy establishing new 2008 goals and our first annual CTRS Section meeting.

### **President-Elect**

Sarah Swain, Denver P&R, Special Needs Program, [special.needs@ci.denver.co.us](mailto:special.needs@ci.denver.co.us), 720-865-0826

Sarah is enthusiastic about coordinating this year's Spring Workshop. Spring workshop is sure to be hit this year as in past year's with Sarah's creative and innovative talents.

### **Past-President**

Autumn Boyer, Centennial Peaks Hospital, [aboyer@centennialpeaks.org](mailto:aboyer@centennialpeaks.org), 303-666-2089

Autumn will be busy applying her knowledge and experience, acting as the liaison between CPRA and CTRS. Of course, with her drive and determination, Autumn will help out with any other duties as assigned during her term.

### **Vice President**

Bryan Wood, National Sports Center for the Disabled, [swood@nscd.org](mailto:swood@nscd.org), 303-316-1542

As in past years, Bryan will assist in the coordination of TR sessions at the annual CPRA Fall Conference. Don't be shy, help Bryan in his attempt to present quality TR sessions!

### **Secretary**

Rachel Robbins, City and County of Broomfield, [rrobbins@ci.broomfield.co.us](mailto:rrobbins@ci.broomfield.co.us), 303-460-6924

Rachel will be working hard keeping accurate records of all CTRS business so that we keep on track with 2008 goals.

### **Treasurer**

Laura Schwenker, Rocky Mountain MS Center, [schwenks15@aol.com](mailto:schwenks15@aol.com), 303-433-6887 ext.15

Laura is in charge of managing our 2008 budget.

### **PR&Marketing**

Andrea Riggins, Denver P&R, Special Needs Program, [andrea.riggins@ci.denver.co.us](mailto:andrea.riggins@ci.denver.co.us), 720-865-0824

Andrea is in charge of creating & distributing our newly updated TR Times Newsletter, which is published quarterly. In addition to the Newsletter, Andrea will be assisting with various projects and attending CTRS events as needed

### **Professional Development**

Allison Wilder, Metro State College of Denver, [awilder2@mscd.edu](mailto:awilder2@mscd.edu), 303-556-3130

Allison is in charge of coordinating all 2008 Grand Round sessions. Allison is eager to recruit various presenters throughout the upcoming year. Please contact her if you have any ideas to share or are interested in presenting.

### **Legislation**

Shane Wright, City of Lakewood – Rise Above, [shawri@lakewood.org](mailto:shawri@lakewood.org), 303-987-4869

Shane has a busy 2008 schedule. Shane is responsible for advocating and informing CTRS and its members with both current and upcoming legislative issues. In addition, Shane will act as our representative at CPRA Day at the Capitol. As if he has more time, Shane will be busy maintaining our new online Message Board. Please contact Shane if you have issues to comment on or are interested in becoming an active member of our message board resource tool.

### **Clinical**

Denise Tarantino, State of Colorado – DWCF, [inodeni@gmail.com](mailto:inodeni@gmail.com), 303-307-2713

Denise will act as a liaison between clinical professionals and the CTRS Board. Her responsibilities include sharing information on clinical trends and issues in addition to assisting with the implementation of Grand Rounds.

### **Student**

Sally Pluhoff, Metro State College of Denver, [salplu61@netscape.com](mailto:salplu61@netscape.com), 720-255-7616

Sally will represent CTRS at the annual CPRA Student Conference. In addition, she will act as the liaison between Therapeutic Recreation students and professionals communicating important information and trends.

## Interview with the 2007 TR of the Year: Julie Hines

To begin, we'd like to extend our congratulations to the 2007 TR of the Year winner: Julie Hines. Currently, Julie works as a Therapeutic Recreation Coordinator for North Jeffco Parks and Recreation. Julie's journey began six and a half years ago when she accepted the challenge of developing their Therapeutic Recreation program from the ground up. As a result of her hard work and efforts, Julie has successfully implemented many diverse, year-round programs to individuals of all ages and abilities. Some of the programs include; MS Hydrotherapy, sports training, community outings, one on one fitness programming and a mini summer day camp.

As if planning and implementing programs isn't enough, she is responsible for staffing and supervising TR employees, providing instruction in the 1:1 programs and acting as the Assistant Manager for the Racquet Club fitness center.

Believe it or not, after fulfilling the many responsibilities listed above, Julie still manages to find time to herself. In her free time, Julie enjoys keeping active by participating in activities such as working out, running with her dog, and spending quality time with family and friends. In addition, Julie also enjoys playing volleyball and traveling.

Professionally, Julie has remained active as well. More recently, Julie has just been elected to serve as Secretary for the 2008 CPRA board. Julie's remaining involvement includes being an active member of the Community Awareness Committee and the Arvada Access Committee. Past involvement includes serving four years on the Colorado Therapeutic Recreation Society (CTRS) board in various positions.

Now onto the more interesting information! Just kidding. During the interview, Julie shared valuable insight into why she enjoys working in TR. With a big smile on her face and a glimmer in her eyes, she replied, "I enjoy influencing people and making a difference." In addition, she also mentioned, "I enjoy providing opportunities to those without opportunities." Finally, she admitted that she ultimately enjoys the challenge of adapting various programs in all situations. When asked to share one of her most memorable experiences she chuckled ever so lightly. Julie eagerly began to describe her experiences when teaching a relationships class for the first time. Julie openly shared how she was thrown off by the various questions raised by participants throughout the program. Julie mentioned that she was

## **Rachel's Rap Up**

A rhyme from the Prez...

Happy Holidays from the Board,  
As we wish you much cheer,  
Here's the fun low down,  
On what's to come this year...

With membership satisfaction  
As priority number one,  
We've made of list of goals,  
Both productive and fun.

We're holding a meeting in February,  
To network, collaborate and share,  
We'll introduce our new welcoming  
packet,  
To help keep all members aware.

We'd like to increase our Message Board  
hits,  
And develop some great new committees,  
We also will offer at least one Grand  
Rounds,  
Outside of Denver cities.

We'll add a new "Member Spotlight,"  
To display in the TR Times,  
And keep track of our yearly spending,  
While upping our incoming dimes.

So with much ambition and enthusiasm,  
From your Board of '08,  
We look forward to making,  
Your year REALLY great!

-Rachel Wysuph

## **TR Network Meetings**

The next meeting is the holiday  
luncheon:

Thursday, December 13<sup>th</sup> @ 11:30a.m.  
Location: The Oven in Lakewood  
7167 W. Alaska Dr.  
([www.theovenpizzevino.com](http://www.theovenpizzevino.com))

RSVP to Jami by Mon. Dec. 10<sup>th</sup> @  
[JThompson@denveroptions.org](mailto:JThompson@denveroptions.org)

\*\*Network meetings are held monthly  
on the second Thursday at 9a.m.

*TR of the Year Interview (continued from page 5)*

surprised with the way others think about things. On a side note, a not so enjoyable memory was receiving whiplash from a participant having a behavioral outburst. Julie eagerly anticipates every day as noted by the following comment, "Everyday is interesting, you never know what's going to happen."

When Julie was asked to describe herself in five words she grimaced. Julie describes herself as expressive, energetic, innovative and the type of person to take charge. These qualities represent what we see in Julie as a talented and successful TR in the field. Julie's future endeavor's include continuing to provide quality Therapeutic Recreation services and programs for North Jeffco Parks and Recreation district in addition to hiring another TR to help her achieve this aspiration.

In conclusion, Julie wanted to share with all of us professionals in TR that she is very humble to receive such an award. She wanted to give a big thanks to those sneaky detectives that helped to surprise her at her Division meeting at work! Great job and Thanks again for this amazing recognition among a field with many talented professionals.

By: *Andrea Riggins, CTRS*

## Grand Round Fee Structure

**One time 2008 annual CEU fee = \$10.00**

### Session fees

**CPRA member = \$8.00**

**CPRA non-member = \$17.00**



## TR TIMES NEWSLETTER 2008 Schedule

### Information Due      Distribution

#### Mondays

Nov. 26<sup>th</sup>

Feb. 25<sup>th</sup>

May 5<sup>th</sup>

Aug. 4<sup>th</sup>

#### Fridays

Dec. 7<sup>th</sup>

Mar. 7<sup>th</sup>

May 16<sup>th</sup>

Aug. 15<sup>th</sup>

\*\*Please contact Andrea if you would like to submit information to be published in the next edition of the TR Times at 720-865-0824 or [andrea.riggins@ci.denver.co.us](mailto:andrea.riggins@ci.denver.co.us)

\*\*We welcome all information that pertains to the field of TR i.e.

- +New programs
- +Success stories
- +Resources to share
- +Cooperative event planning

## Disability Awareness Week

The Denver Commission for People with Disabilities hosted a week of events planned to raise awareness about some of the many issues experienced on a daily basis by Denver's disabled community. On Tuesday, October 2, during Sports and Recreation Day, twelve different programs related to the leisure field displayed pictures, equipment, information and answered questions to the lunch time crowd in the Wellington Webb building. There were also demonstrations and video displays for the many interested individuals who happened through the atrium of the building during their lunch hour. Many thanks to the programs that took part!

The Denver Commission for People with Disabilities will strive to host this event again next year. Programs that are interested in displaying information should contact Matt Miller, CTRS, at [snpctrs@ci.denver.co.us](mailto:snpctrs@ci.denver.co.us) or at 720-865-0822. Don't miss out on this chance for self-promotion!!

## Therapeutic Recreation Network Meeting Schedule 2008

(All meetings are schedule for 9:00 a.m.)

Thursday, January 10 - Denver Options

Thursday, February 14 – City of Broomfield

Thursday, March 13 – Denver Parks & Recreation Special Needs

Thursday, April 10 – North Jeffco

Thursday, May 15 (please note week change) – Metropolitan State College of Denver

June - No meeting

July - No meeting

Thursday, August 14 ??Anyone Interested??

Thursday, September 11 – Boulder EXPAND

Thursday, October 9 – City of Wheat Ridge

Thursday, November 13 – Lakewood RISE Above

Thursday, December 11 - Luncheon-TBA

\*\*Please contact Rachel at [r Robbins@ci.broomfield.co.us](mailto:r Robbins@ci.broomfield.co.us) or Jami at [JThompson@deveroptions.org](mailto:JThompson@deveroptions.org) if you're interested in hosting a meeting or would like to be added to the email list\*\*

*Join us as we share & network*

Would you like to sit in on the next CTRS Board meeting?

If so, contact Rachel at [r Robbins@ci.broomfield.co.us](mailto:r Robbins@ci.broomfield.co.us)

We'll see you there!

### CTRS Committee Search

The CTRS Board is searching for several enthusiastic and creative individuals to serve on various committees to assist the 2008 CTRS Board in attaining it's goals!

#### Professional Development Committee

Duties include assisting the chair with responsibilities related to Grand Rounds

Contact: [awilder2@mscd.edu](mailto:awilder2@mscd.edu)

#### Advocacy Committee

Duties include assisting the chair with responsibilities related to advocacy & legislation concerns

Contact: [shawri@lakewood.org](mailto:shawri@lakewood.org)

#### Membership Committee

Duties include assisting the chair with responsibilities related to membership strategies

Contact: [swood@mscd.org](mailto:swood@mscd.org)

#### Clinical Representation Committee

Duties include assisting the chair with responsibilities related to clinical involvement

Contact: [inodeni@gmail.com](mailto:inodeni@gmail.com)

#### Awards Committee

**We gladly welcome new involvement at all levels!**

**1<sup>ST</sup> ANNUAL CTRS  
SECTION MEETING!**

**FEBRUARY 2008**

**DETAILS TO FOLLOW**

Contact: [rwysuph@ci.wheatridge.co.us](mailto:rwysuph@ci.wheatridge.co.us)

All  
Welcome

## Cooperative TR Program Planning

*Beginning Canoeing Mondays, 3-5pm in May*

*Cooperative Ropes Course Monday, June 9*

*Adaptive Tryathlon Sunday, May 4*

*Cooperative Lock Jn February 9-10*

[andrea.riggins@ci.denver.co.us](mailto:andrea.riggins@ci.denver.co.us)

[andrea.riggins@ci.denver.co.us](mailto:andrea.riggins@ci.denver.co.us)

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[rwysuph@ci.wheatridge.co.us](mailto:rwysuph@ci.wheatridge.co.us)

## "Disability Awareness Night at the Colorado Avalanche"

*By: Shane Wright, CTRS*

RISE Above! at the City of Lakewood would like to thank the Colorado Avalanche for their generous support of people with disabilities.

Through a program entitled "Disability Awareness Night", people with disabilities, their families and others within the community were allowed to see the Avalanche face off against the Edmonton Oilers at home at the Pepsi Center last Wednesday Night, November 28th. Discounted tickets were offered throughout the community with a portion of all ticket sales being donated back to programs that serve individuals with disabilities. The Avalanche donated over a thousand dollars to individuals with disabilities and allowed two lucky participants to ride in the zamboni before the game. The tickets allowed us to sit in club level seating, but I'll tell you, we only used the edge. What a thrill for these folks! The smiles were huge and it was quoted that "this was the best time ever!"

Special thanks to Jason Schofield from Kroenke Sports for his program coordination. It is really nice to see one of the biggest shows in town represent for people with disabilities throughout our community. We are very thankful.

Go Avs!



## Bowling Bash

*BY: Julie Hines, CTRS*

Saturday, November 3 was the First Annual Bowling Bash Tournament held at the Brunswick Zone in Wheat Ridge. More than 60 bowlers attended from North Jeffco, South Suburban, Boulder, Wheat Ridge, Broomfield and Lakewood.

The tournament started off with everyone enjoying lunch, which was donated by Qdoba. After that each participant bowled two games against other people of like averages. We ended the tournament with everyone receiving medals and certificates displaying their high score. The tournament was well received by both participants and parents. It was a fun way to end the bowling season where everyone received an award and was able to bowl.

Thanks again to Qdoba for donating all the great food and to the 20 volunteers and staff that helped the tournament run quickly and smoothly. If you are interested in getting involved with our bowling tournament next year please contact Julie Hines, CTRS at 303-467-7158 for more details.

