

Colorado Therapeutic Recreation Society

TR Times NEWSLETTER

A Section of the Colorado Parks & Recreation Association



Third Edition

Volume 3

May- August 2008

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New 2008

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*Rachel Wysuph, TRS
City of Wheat Ridge*

rwysuph@ci.wheatridge.co.us

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*Sarah Swain, CTRS
Denver P&R, Special Needs
special.needs@ci.denver.co.us*

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*Autumn Boyer, CTRS
Morning Star Adult Day Program
aboyer@auroragov.org*

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National Sports Center for the
Disabled
swood@nscd.org*

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City & County of Broomfield
rrobbins@ci.broomfield.co.us*

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schwenks15@aol.com*

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*Andrea Riggins, CTRS
Denver P&R, Special Needs
andrea.riggins@ci.denver.co.us*

Professional Development

*Allison Wilder, CTRS
Metro State College of Denver
awilder2@mscd.edu*

Legislative

*Shane Wright
shanewright.office@gmail.com*

Clinical

*Denise Tarantino, CTRS
State of Colorado - DWCF
inodeni@gmail.com*

Student

*Sally Pluhoff
Metro State College of Denver
salplu@netscape.com*

GREASE (The Director's Cut)

By: Aimee Shipp, Special Needs Program Intern

Poodle Skirts, 50's cars, Pink Ladies, and Rock N' Roll. Grease is the word! Tuesday, April 22, 2008, brought all of these things front and center to the Merrill Middle School stage. Grease was presented by The Special Needs Program as my special project. An astonishing 250 people attended to watch our 8 participants with disabilities who rocked and rolled and presented an amazing adapted rendition of the award-winning production. As an intern and very new to the world of therapeutic recreation, I truly had no idea how this project would turn out. Little did I know that it would leave a lasting impression on the cast members as well as the audience. After 10 weeks of rehearsal and preparation, I knew this group of amazing and talented actors would do a great job. This was proved right over and over again each time the audience roared with laughter and gave standing ovations. The participants surpassed all my expectations and were truly the stars of the show. They showed me what it was like to have courage, compassion, talent and motivation, all while living life to the fullest with a disability. This experience was filled with learning for all involved, although I do feel like I learned the most. I came across challenges that I never thought I could handle. I experienced what it was like to work for a large city, how to handle budgets, multitasking and extreme organizational skills, and organizing a large scale event. I feel as though I have benefited the most out of this experience. Through trials and tribulations, I was able to pull off an event that I never could have imagined when I first had this "bright idea!" Looking back on this experience and having finished my internship, this project could not have been possible without the help from everyone at the Special Needs Program, the participants, and all the parents. Furthermore, an added bonus to the program which I never guessed was that I was able to raise money for this program...more than \$800! This was just icing on the cake! This experience will stay with me forever and I feel so lucky to have been part of this project. It can be done! Grease is the WORD!

Inside Volume Two:

- *Member Spotlight**
- *Legislative Update**
- *CEU opportunities**
- *Rachel's Rap Up**
- *Job Openings**
- *Human interest stories**
- *New CTRS Logo**

Rachel's Rap

**Hello once again,
From the CTRS crew,
Here's the latest 411,
On all that's new!**

**At our first Annual Meeting,
We accomplished quite a bit,
From a new logo to new
committees,
And new member packet kits.**

**Shane rocked the house,
At CPRA Day at the Cap,
Speaking on the latest in TR
issues,
Bridging the TR & Legislative
gap.**

**Spring Workshop was a success,
With 3 great sessions to learn
from,
Centered around our returning
war vets,
From PTSD, to meditation, to
programs to run.**

**We've compiled nominations,
For the TR of the Year and 2009
Board,
So be ready to cast your vote,
And let your voice be heard.**

**For up to date information,
On Board happenings and CEU
opp's,
Check out
<http://ctrs.activeboard.com>,
It's our Message Board and it
rocks!**

MEMBER SPOTLIGHT

By: Andrea Riggins, CTRS, Special Needs Program

Cory Lasher

It is with great pleasure that I present one of the field's most talented and passionate therapists. Cory's love for recreation began as a child growing up in a resort town of Wisconsin. This is where her love for the outdoors blossomed. As a young girl, Cory enjoyed camping, swimming and being on the lake. Before her career in recreation, Cory spent several years in the corporate world. Her corporate experience included running a 210 unit campground with a convenience store & canoe rental, working with underprivileged youth at Northern Arizona University and finally as a bond assistant here in Colorado. This is when Cory was first introduced to the field of TR. She stopped by a career both on TR, and from that point on, she started to interview various professionals in the field to determine if this was what she wanted to do.

Thankfully for the field that she decided this career choice. As a result of her choice she has been working as a CTRS for 12 years now. She graduated from Metropolitan State College of Denver. Cory completed her internship at Boulder EXPAND and has been there ever since.

As a CTRS at EXPAND, Cory is responsible for various leisure programs including: adaptive water skiing, golf, a leisure links camp, community outings and trips, dances and most recently the Journeys program. The Journey's program grew out of Mapleton Hospital losing funding for their adventure programming. Cory then approached her Director & the idea of a program for individuals with TBI was born. From there, Cory and Diane La Tourette collaborated on a program name & design logo. Currently, Cory has 280 program participants on her mailing list. The program has now been in operation for 4 successful years. Referrals are accepted from private practice and Mapleton Rehabilitation. A quarterly newsletter is sent to participating members. Some of the more popular programs offered include stain glass, pottery, community outings, trips & water color. The biggest challenge was that the program would have to raise its own money. In order to operate the program sufficiently, Cory is responsible for utilizing a small grant monies and fundraising regularly.

When asked to describe herself she said she was outgoing, carefree, innovative, strong willed and insightful. In her free time she enjoys activities such as hiking, biking and stained glass. Cory commented, "I've always been in the recreational field." Cory's future plans include planning that perfect vacation, somewhere under a palm tree. She's also got a trip planned to visit family back home in Wisconsin. To conclude this interview, Cory left us with a few inspiring thoughts:

"Live life to its fullest"

"Listen to your intuition"

"There's no such thing as can't, don't give up"

Thanks for letting us get to know you & ultimately for choosing a career in Therapeutic Recreation.

Thank you to all of you who attended the Spring Workshop on April 25th. We had the opportunity to learn more about Challenge Aspen's programming for Veterans from Laine Weinstein and Sarah Williams-Volf. Hopefully we will all start thinking forward to incorporating programs for this population after their insightful presentation. Dr. Shawn Smith gave some compelling ideas on Post Traumatic Stress Disorder and sparked some interesting conversations. Our last presenter of the day, Autumn Boyer, intrigued us all with Mindfulness. With some of her suggestions and ideas we were given some tools to incorporate Mindfulness not only into our programs but our own lives. We look forward to seeing everyone again next year!

Job Openings!

*CAMP PAHA

Looking for a summer job? Camp Paha is a day camp for children & young adults with disabilities. Camp Paha is looking for talented therapeutic recreation students for full time summer positions as head counselors and activity specialists. June 4 - Aug 2.

If you are interested go to <http://www.lakewood.org/index.cfm?&include=/ER/currentpostings/tptcamppahapositions0208.cfm> for an application.

Call Jo for more information 303-987-4866.

*Berkley Manor Care Center

We're looking for an enthusiastic self starter who loves working with the elderly. Daily participation, documentation, facilitation, and assessment skills required. Familiarity with MDS system a plus. Must have or be willing to acquire CDL within 30 days of hire. Must be willing to work weekends and holidays. Shift is Friday through Monday; hours are yet to be determined. Contact Amber Gerber, CTRS @ 303-320-4377 or amber_gerber@comcast.net

This position is open until filled and TR students are encouraged to apply.

LEGISLATIVE UPDATE

Shane Wright, Legislative Chair

There is, and always will be, a need to unite and advocate for our societies vulnerable populations. I am pleased to report that there are some positive things happening in Colorado Legislation. Our State won the Social Security Administrations highest award, the Commissioner's Citation for "Significant accomplishments in serving the disabled citizens of Colorado using innovative approaches". Long distance high fives to all of you for your innovative approaches and continual service. Programs aimed at creating more employment opportunities, assisting in home care, and ending the wait list for individuals with disabilities needing long term care are being considered at the Capital. Further, and of great significance, there is money still attached to support these bills if they come to pass. Let's hope that they do. Applause to the advocates at the ARC and the Colorado Developmental Disabilities Council for the efforts they put forth. Thanks for giving a public voice to people who may not often have the opportunity for public discourse. Things are happening and some of our legislators are on board and pushing for more money to support our programs. Thanks to them as well.

The wait list for long term support services continues to be an issue that needs our attention. You barely need to scratch the service of this issue before it becomes compelling. Many of our cities provide the vital financial support necessary to support programs aimed at providing lifestyle and recreation choices for people with disabilities. Also, generous individuals and grants allow for some nonprofit groups like Challenge Aspen, Adams Camp, and Adaptive Adventures to provide TR opportunities to the under served.

Now, our state has the opportunity to be a leader in the nation by providing funding to support measures aimed at improving the lives of our participants and ending this wait list. Unfortunately, this will more than likely involve a tax increase. With the downturn in the economy, gas prices, the real estate market, and the lack of good wages for people who support vulnerable populations, it is tough to consider more money being taken out of your own pocketbook. Again, I ask you to act. Asking yourself "why did I get into this in the first place?", and investing in the long term recreation and lifestyle needs of people with disabilities needs to be a priority in our state and in the nation. Tell a friend.

Thanks for being who you are and doing what you do .

Amazing Play Awaits!

By Jen Heilveil, CTRS

City of Boulder Parks and Recreation EXPAND Program

The city of Boulder Parks and Recreation EXPAND (Exciting Programs and New Dimensions) program recently became a U.S. Paralympic Sport Club as of 2008. With the partnerships of U.S. Paralympics, the city of Boulder will be able to provide more opportunities for people with physical disabilities.

On March 8th, the city of Boulder hosted a U.S. Paralympic Academy clinic. The city hosted women's wheelchair basketball, quad rugby, power soccer, handcycling, and stand-up soccer. With over 30 potential athletes in attendance, the coaches were busy teaching fundamentals, game strategies, and teamwork.

During the one day U.S. Paralympic Academy clinic, athletes were exposed to veteran Paralympic athletes and Beijing hopefuls such as Jacob Heilveil Longmont, CO, three time Paralympian in long distance racing, and Monica Bascio Evergreen, CO, 2002 World Cycling Champion, and Christina Ripp Denver, CO, 2004 Gold Medalist for women's wheelchair basketball. Jacob Heilveil commented, "more people with disabilities need to be involved in sports as it reverses stereotypes immediately."

The event also highlighted two athletes from the Denver Harlequinn wheelchair rugby team, which practices every other Saturday at the East Boulder Community Center, whom have been nominated to the 2008 U.S. Paralympic Wheelchair Rugby Team that will represent the United States at the Paralympic Games in Beijing, China this September. Jason Regier, Denver, CO and Chance Sumner, Denver, CO were selected to compete as part of the top-ranked U.S. team, and the Boulder community were excited to meet the duo at the U.S. Paralympic Academy.

The Power Soccer session was a huge hit and the city of Boulder Parks and Recreation EXPAND program will begin hosting practices for this sport starting in the fall. One of the young athletes who came to the event commented on how she could not wait to go home and play soccer with her family. Without the help of Jonathan Newman from the Bay Area Outreach Program of Berkeley, CA, this young girl would have never had the opportunity to play soccer in a powerchair in Colorado.

"The Paralympic Academy program encourages physical fitness and overall well-being in children and adults with physical disabilities, we are thrilled to be working with the city of Boulder Parks and Recreation EXPAND program on this initiative," said Charlie Huebner, Chief of Paralympics. "Together, we will inspire and encourage more students with physical disabilities to be physically active."

The city of Boulder Parks and Recreation EXPAND program looks forward to another amazing year of opportunities in providing sports and recreation opportunities for people with physical disabilities. For more information, contact Jen Heilveil at 303-413-7474 or heilveilj@bouldercolorado.gov

Quote Corner

"We don't stop playing because we grow old, we grow old because we stop playing"

Nomination Form for 2008 TR of the Year

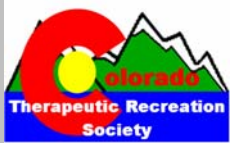
Name: _____

A way to contact them (agency or phone number): _____

Please briefly describe why you feel this person deserves to be recognized: _____

What significant contributions has this person made in the lives of people with disabilities or in the field of Therapeutic Recreation: _____

Thank you for taking the time to recognize our peers! ☺



Deadline to submit entries: Friday, May 30th

**Send to Autumn Boyer. CTRS via email at aboyer@auroragov.org or by snail mail at
Morning Star Day Program, 1016 Boston Street #880, Denver, CO 80230
303.326.8323 or 303.326.8321 fax**

Walking Away a Winner at the Wheat Ridge Tryathlon

By: Rachel Wysuph, TRS

On May 4th eighteen individuals, all with disabilities, faced a most difficult challenge – completing a triathlon. Of the eighteen who participated, every single athlete finished the course. Not one gave up; not one threw in the towel. Amongst cheers from their family, friends and trainers, every athlete gave it their best.

The “Wheat Ridge Tryathlon” was held indoors at the Wheat Ridge Recreation Center and consisted of three heats from various local parks and recreation departments including Boulder, Denver and Wheat Ridge. The triathlon included three timed legs consisting of a 15 minute river walk, a 20 minute bike on stationary bikes and a 30 minute walk/run around an indoor track. Scores were calculated on the distance each athlete completed in the allotted time. Each athlete received a goody bag and t-shirt and enjoyed a well deserved breakfast after completing the triathlon.

A *well deserved* breakfast, however, may be an understatement in mentioning the drive behind these athletes with disabilities. One athlete completed his all time best bike record peddling over 6 miles in 20 minutes with a total combined score of 8.5 miles. Another athlete pushed herself so hard during the swimming leg that her feet bled, and yet she finished the remaining two legs with a combined distance of over 4 miles and a smile on her face. In addition, another athlete who had trained to speed walk the final leg found himself running in those final minutes to reach new personal records. These are just three of the eighteen inspiring stories that unfolded on that early Sunday morning. On May 4th, everyone walked away a triathlete, a champion.

Grand Rounds

Topic: Inspiration Playground and the "Giant Friends Club"

Date: Friday, August 29, 2008

Time: 9:00AM-12:30 PM

Tour of the Playground- 9-10:15 AM

Presentation at the Sr. Center- 10:30 AM-12:30 PM

Meet at 8:45 AM at the Sr Center for a shuttle bus ride to the park or meet at the park at 9:00 AM.

Location: Fort Collins Sr Center, 1200 Raintree Drive, Fort Collins, 80525
Inspiration Playground at Spring Canyon Community Park,
 3626 W. Horsetooth Rd., (Go West on Horsetooth Rd. until it stops)

Presenter: Renee Lee, CTRS, CPRP

Description: Inspiration Playground is a universally accessible playground that was built through the consulting advise of Shane's Inspiration in Calif. It was made possible through a unique public/private partnership with the City of Fort Collins, a model of teamwork, passion and shared vision. The "Giant Friends Club" is an integrative playgroup that is also a community collaborative effort to facilitate compassion, acceptance and lasting friendships.

For Registration and Information Contact

Allison Wilder, PhD, CTRS

Email: awilder2@mscd.edu Phone: 303-352-4491

CEU information: .3 CEUs (approval pending)

Grand Round Fee Structure: (payable on site)

2008 one time annual CEU fee of \$10 AND

Session fee: CPRA Members = \$8.00 Non-member = \$17.00

Therapeutic Recreation Network Meetings

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

June & July - No meeting

Thursday, August 14 - South Suburban

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 JThompson@deveroptions.org if you're interested in hosting or would like to be added to the email list****

World Laughter Tour

2 Day Certified Laughter
Leader Workshop. (CLL)

June 26-27

Location: (Denver) yet to
be determined

www.worldlaughter.com

Grand Rounds Recap!

By: Allison Wilder, CTRS

You should see what you're missing, if you have yet to attend a CTRS Grand Rounds this year!

In our February workshop we had approximately 20 TRs from around the state getting "in touch" with personal energy fields, sorting out chakras and clearing overloaded minds. Some remarked that they came away with a heightened awareness of, and a few skills in, an easy to apply, alternative healing modality. Others came away with a new understanding of energy work.

In March, we tried to get you all up on the mountain with the NSCD to learn about adaptive skiing and boarding for folks with developmental disabilities, but we had to cancel due to low enrollment. This is a great opportunity to try out the techniques in person and first hand- we'll try this again next year!

In May, 20 more TRs descended upon our colleagues at Craig Hospital for a dynamic and info packed morning of working with and exploring techniques in adaptive equipment. Clearly, we all came away from this most informative session with the understanding that if there's a will on the part of our client to do something, there's almost always a way to do it (especially when you unleash the creative power of a TR!). Kudos to Carol and Claire for a great session!

Grease Is The Word: Take II

BY: Leah Huffer, Special Needs Program

On April 22, 2008, Denver Parks and Recreation Special Needs Program turned back the clock to 1956 at Rydell High School in an adapted version of "Grease"

Aimee Shipp, a Therapeutic Recreation student intern from Chico State in California brought together eight Special Needs program participants with developmental disabilities to put on this Tony Award-winning musical. Shipp has an extensive background in dance and theater, and applied this expertise to theatrical production with talent from the special needs community for the first time. "They have worked so hard that it has far surpassed my original expectations" said Shipp of her students.

On the opening night of the performance, over 200 family members, peers and fans all attended to show support of the cast of this unique production: Nik Abowitz as Danny, Andie Zitek as Sandy, Conor Coleman as Sonny, Bethany Potter as Jan, Jenny McConville as Rizzo, Connor Kunzie as Doody, Ben Sandoval as Kenickie and Avigayil Klewansky as Frenchy. After the performance, the audience was invited to the lobby for refreshments and the cast was available for autographs.

It was an amazing experience for all who were part of this production. This was a huge project for a student intern to take on, and Aimee did it with great energy and faith that it would all work out in the end...even with a few bumps along the way. The participants gained a new level of confidence and exceeded all expectations. The parents worked just as hard assisting the cast members learning their lines and the choreography for the dances as the cast did. This was just another reminder that we should always focus on what people with disabilities can do, not what they can not do.

The Special Needs program hopes to have a new musical production each year...stay tuned!



Tentative Upcoming Grand Rounds:

- Late May or June; behavioral interventions with children who have been abused/neglected
- August; universally accessible playgrounds and integrative programming
- November; Using digital Video to market your programs
- Other upcoming sessions **dates TBA:**
 - programming for people with visual impairments,
 - Mental Health and TR interventions and Working with the Geropsychiatric Patient

For Registration and Information on all 2008 Grand Rounds, contact:

Allison Wilder, PhD, CTRS

Email: awilder2@mscd.edu

Phone: 303-352-4491

Grand Round Fee Structure:

2008 one time annual CEU fee of \$10

Session fee: CPRA Members = \$8.00
Non-member = \$17.00



5 Rings/5 Sports FUNdraiser

Hosted by the Special Needs program to raise money for our sports teams showcasing the following sports: swimming, tennis, bocce, track & field and soccer. There will be activities for the whole family, live music & lunch as well as a silent auction.

Please join us!

Sunday, August 17th, 2008

Harvey Park, 2121 S. Tennyson Way

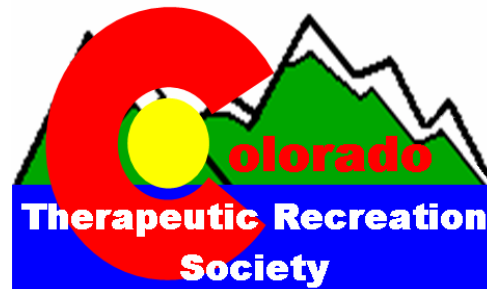
10:00 a.m. – 2:00 p.m.

\$25 per ticket admits 4 people

Contact Brooke @720.865.0823 for more details

LOGO CONTEST RESULTS

Winner: Jacqui Stichter, DPR intern



Congratulations & Thank you

Clinical Support Needed

Please contact Denise Tarantino to assist with Clinical networking meetings & much more!

*Denise Tarantino, CTRS
State of Colorado - DWCF
inodeni@gmail.com*