

**West Virginia
Therapeutic Recreation Association**


The West Virginia Therapeutic Recreation Association 2002 Conference will be held on October 23 and 24, 2002 at the Ramada Plaza Hotel in South Charleston, West Virginia. This two day conference will present two nationally recognized speakers, Ms. Leah Marie Klusch and Ms. Cynthia Kay Burkhour MA, CTRS, CPRP, CPSI.

On Wednesday, October 23, Ms. Klusch's topic will be "The Regulatory Focus on Therapeutic Recreation and Quality of Life Issues in the Post Acute Care Environment". On Thursday, October 24, Ms. Burkhour will focus on "Recreation Inclusion for All Kids In All Schools and All Communities".

Mail your completed registration to Ann Parsons WVRCcc, Recreation Services P.O. Box 1004, Institute, WV 25112. Make the check payable to WVTRA. Please note that conference registration fees will go up after October 10, 2002 and no refunds will be given after October 10. Room reservations can be made by calling the Ramada Plaza Hotel at 304-744-464. Tell them you are attending the WVTRA Conference. Room rates per night, not including tax, is \$65.00 for a single or double.

For more information about the WV Therapeutic Recreation Association, the 2002 WVTRA Conference, the daily conference schedule, registration forms, etc. go to www.recreationtherapy.com/wvtra.

Sincerely,



Owen Walker CPRP, CTRS
WVTRA Conference 2002 Co-Chairman

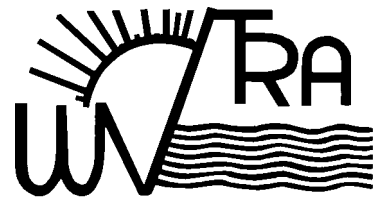


**Governor Wise Declares July as
National Therapeutic Recreation Month**

Governor Bob Wise presents the Proclamation declaring July 2002 as National Therapeutic Recreation Month. Representing the West Virginia Therapeutic Recreation Association, left to right, are Board Members Sandra Lanham, Owen Walker, Governor Bob Wise, Wendy Coe-Loftis and Paula McNamara.

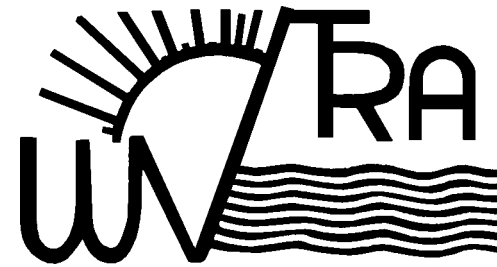
The West Virginia Therapeutic Recreation Association, WVTRA, is the states only organization for therapeutic recreation professionals in the Mountain State. WVTRA offers the States Certified Recreational Specialists Opportunities for Professional Development by offering conferences, workshops, and networking opportunities. Certified Recreational Specialists can be found working around the state in hospitals, long-term care facilities, rehabilitation centers, and community mental health facilities. Recreational therapy helps develop skills needed to enhance functional independence for community living and promote a high quality of life for the disabled person and their families.

For more information about the WVTRA visit our web site at www.recreationtherapy.com/wvtra.



**West Virginia Therapeutic
Recreation Association**

P.O. Box 554
Institute, WV 25112



**West Virginia Therapeutic
Recreation Association**

THIRD ISSUE 2002

PRESIDENT - Carol Sinsel
Alderson Brouddus 457-6226

PRESIDENT ELECT

SECRETARY -

TREASURER - Wendy Coe Loftis
Thomas Memorial Hospital 766-4575

MEMBERS AT LARGE
CTRS - Liz Ranson
Thomas Memorial Hospital 766-4570

EXECUTIVE DIRECTOR - Paula McNamara
345-9998

COMMITTEE CHAIRS

EDUCATION - Owen Walker 744-6398

LONG TERM CARE

PSYCHIATRIC

REHABILITATION - Patrick Black

NEWSLETTER - Bonnie Selbe & Sandy Lanham
Heartland of Charleston 925-4771
E-mail: bys0309@aol.com

MEMBERSHIP - Susan Wisvari or Carrie Deluca
Peterson Hospital
Homestead Avenue, Wheeling, WV 26003
233-6939

SRAC REPRESENTATIVE - Paula McNamara
345-9998

ATRA REPRESENTATIVE - Carol Sinsel
Alderson-Brouddus 457-6226

COMMUNICATIONS - Charlie Dixon
Chestnut Ridge Hospital 293-5437
E-mail: dixon@recreationtherapy.com

CONFERENCE CHAIR - Tom Barr 234-0793
Owen Walker 744-6398

PAST PRESIDENTS

Jeremiah Gagnon, Gary Cornwell, Dee Scritchfield,
Ted Muilenburg, Connie Hudson, Marc Plummer,
Charlie Dixon, Tami Charfield, Tom Barr, Kay
Goddard, Becky Berlin, Sandra Parker, Carol Sinsel,
Melissa Patterson

PRESIDENT'S MESSAGE

Hope each one of you had a relaxing and enjoyable summer. Not everyone has had a relaxing summer. Owen Walker and Tom Barr have been working on the fall conference, which will be held at the Ramada Inn in Charleston, Oct. 23rd and 24th. Please mark your calendars. You will receive the updated WVTRA BY-LAWS at the conference. The 2003 Nomination Committee members consist on Jeremiah Gagnon, Tom Barr, Liz Ranson, Melissa Callaban and myself. 2002 WVTRA members, please make their job easier by completing and returning your nomination form.

The Award Nominations are now being considered. The guidelines are as follows:

1. Any active member of WVTRA may nominate an individual for awards offered by the WVTRA by submitting a document outlining criteria met or surpassed by the nominated individual.
2. The person placing the nomination before the Awards Committee shall be prepared to appear before the Committee in order to answer any questions that members of the Committee may have and to supply any additional information that may be pertinent to the nomination but not included in the nominating materials.
3. Nominating documents for the Awards shall be displayed at the annual Conference. Format, design and presentation must be considered in this light. Nominating documents must be submitted in appropriated protective binders. All nominating documents will become the property of WVTRA.
4. A member of the West Virginia Therapeutic Recreation Association must submit all nominations.
5. Nominees do not have to be members of the West Virginia Therapeutic Recreation Association.
6. All nominations must be received by the Chairperson of the Award Committee no later than September 25, 2002.

FORMAT FOR NOMINATING DOCUMENTS

- a. A letter of presentation that identifies the nominee, the award being requested, a contact person for the Awards Committee to interview, and a person to present the award if the nominee is selected.
- b. Narrative materials that describe the "sell" the worthiness of the nominee for the award. Each element of the Awards criteria must be fully addressed in this section.
- c. Letters or documents of support for the nominee from various segments of the community.
- d. As appropriate, either a sketch of the person or a chronology of the development of the program, area, facility, etc.
- e. Supporting documentation such as press releases, brochures, photographs and other visuals. (This is especially encouraged in the facilities category).

Continued on next page.

The nominating committee has been working hard preparing for the 2003 elections for the WVTRA board. Ballots were mailed out to all current members the week of September 16th and should have been received by now. Remember to cast your vote and return to Carol Sinsel at Rt. 1 Box 48-G, Philippi, WV 26416 by October 15, 2002.

The Mission of WVTRA is to support and expand the knowledge, professionalism and treatment abilities of members by providing educational and networking opportunities, legislative action, and ethics guidance.

AWARDS ARE:

SPECIAL CITATION--presented for significant contributions toward the TR profession with not financial compensation for their expenditure of time or effort above and beyond the call of duty.

PROGRAM AWARD--presented for outstanding programming in promoting activities that are of therapeutic value, traditional leisure services or in developing programming ideas resulting in new programs for the supporting agency or for the benefit of a special population.

PRESIDENTIAL CITATION--award for outstanding contributions of time and energy toward the TR profession on a statewide level without monetary gain.

FELLOWSHIP AWARD--presented for demonstration of intense dedication toward providing TR services with a minimum of ten years experience in leisure services delivery system. Must be a member of WVTRA for at least five years and during that time demonstrated willingness of superior leadership roles within the organization.

CONFERENCE CHAIRPERSON AWARD--Presented in recognition for the successful administration and organization of the state conference.

PAST PRESIDENT AWARD--presented to the outgoing president of the WVTRA to commemorate the completion of a full year's service to the WVTRA.

LEGISLATIVE AWARD--any member of the State Senate of the House of Delegates of the State of West Virginia that has evidenced the understanding of the need of and commitment toward providing quality leisure services.

Anyone who wishes to make nominations for any of these awards may obtain more information by contacting Carol Sinsel RT 1 Box 48-G, Philippi, WV 26416 or call 457-4218.

I would like to remind you that WVTRA is your state professional organization.

Carol Sinsel
2002 WVTRA President

WV Wheelchair Track and Field Championships 2002

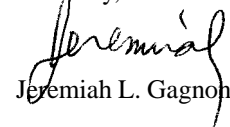
This is a note that I'm sending to the newsletter about the results of the WV Wheelchair and Field Championships 2002. June 22, Laidley Field, Charleston, WV. Each year gets better and better here in West Virginia and more competitive. The athletes are making marks not only in the state record books but the national record books as well.

This year we had 13 athletes from WV and surrounding states meet the national qualifying standards in 29 events. 32 state records and 10 meet records were either set or broken. There are seven potential national records.

It was interesting to finally see West Virginians and the state of West Virginia in the national record book for national records broken last year and accepted and also have our own competitor, Sherry Dawson, the first national record holder in over 25 years here in West Virginia, who broke records last year down in Warm Springs, Georgia after competing in our state meet in the discus and the javelin.

Team results was Mid-Ohio Valley, Parkersburg, scoring 133 points, the most points ever scored at the meet. High Point Construction, Buckhannon scored 78 points for second place. CAMC Med Rehab scored 58 points for third. Mountain State Medical scored 49 points for fourth place. WVRC, Institute, took fifth place with 27 points.

Sincerely,


Jeremiah L. Gagnon, CTRS

ACTIVE KIDZ

Department of Health and Human Performance
West Virginia State College
Institute, WV

Active Kidz is the acronym for a program developed as a result of a research grant provided to Dr. Ted Muilenburg, Ph.D. CTRS program director for the Recreation Degree in the Department of Health and Human Performance. The grant had three primary purposes:

1. to identify exercise opportunities for children age 3-13 throughout the state of West Virginia,
2. to develop and present the data in a manner where it could be accessed by physicians, educators, health care professionals, parents and most importantly children,
3. to develop a computer assisted learning component which would encourage, motivate and guide children in the value and benefits of exercise.

The result of the grant is a program called ACTIVE KIDZ which has the purpose of challenging children, families and community leaders to teach children the value of leisure as a personal resource in developing a healthy life style, exercising and thereby reducing obesity and related health concerns. Many students, volunteers and professionals have assisted in the development of Active Kidz. The resources are intended to help those concerned with obesity in children and other health problems in their quest to make a difference.

The CD Rom containing the information can be downloaded from the West Virginia State College web site on the home page for The Department of Health and Human Performance under the Active Kidz section.

West Virginia ranks number one along with one other state in children's obesity. Obesity is recognized as a major health problem with children as well as adults. It is robbing us of one of our most valuable resources our children. Obesity and related health concerns are at such epidemic proportions that they have attracted the attention of the Surgeon General of the United States who has issued a "call of arms" asking communities, health care providers, educational institutions and families to develop programs and initiatives to deal with and combat this problem. Active Kidz is one initiative which will be used in this effort.

Current Active Kidz programs include the development of the first children's health promotion lab which will open at the South Charleston Community Center in early September. The grand opening and open house will be Tuesday September 24 at 6:30 PM. The public is invited to this event and will be able to see the programs and educational resources. In November the computer lab will be

used to train community leaders who have access to computer labs on the use of the various resources so that they can use them at their locations.

The active kidz programs will also be used at several school locations in the Kanawha Valley and can be easily utilized for developmental guidance, in health classes or by physical education instructors. A very important focus of active kidz is that children with disabilities also need to be involved in exercise opportunities therefore the resources can be utilized by special education teachers to promote understanding and inclusion.

Active Kidz Learning Programs:

The Active Kidz Learning Program at this time includes a promotional video clip on exercise, quiz on the video clip and state wide data base of opportunities for children to exercise in West Virginia. This part of Active Kidz was developed through a grant provided by the Cardio Vascular Health Program to Ted Muilenburg, PhD, CTRS in the Department of Health and Human Performance at West Virginia State College. Owen Walker, CTRS was the primary researcher in the project and Sean Rose, RBA the creative director and computer specialist.

Additional educational resources are included and include power point presentations designed by senior recreation majors at West Virginia State College. A unique approach was used in developing the power point presentations in that children were involved as consultants. This means their thoughts, ideas and in some cases language were included in the presentations. The power point presentations include:

Importance of Exercise - This presentation focuses on a kidz perspective of exercise and features local places where children enjoy playing, moving and involvement in sports.

Kidz Understanding Disabilities - This focuses on helping children, parents or leaders learn about making friends and being involved with other children who have disabilities. This presentation is a reminder that no matter what children are children first and live with disabilities second.

Exercise II - This presentation looks at including exercise in your lifestyle and the relationship to nutrition and relationships with others. Children who exercise and experience the benefits often realize the relationship to self concept.

Kidz Power - This might be referred to as the third power point presentation on exercise. It looks at key issues through the eyes of children-that is who influence kids to exercise, where do they exercise and who do they look up to as a model.

Kidz Stress - Exactly what the title implies - a child's perspective on stress - informative with some ideas on how to deal with this issue.

The power point presentation have been presented in two formats one on a continuous loop - this will enable their usage at health fairs, the doctors office and in the class. (Wherever the situation dictates that the person responsible is not available all the time.) The second format allows the user to download the presentation to their computer for modifications and editing. The presentations were developed by students and are not perfect but they may present a good starting point for people who would like a creative resource to help teach children about the use of leisure in developing a healthy lifestyle. Artistic integrity would suggest that modification or editing of the presentations gives credit to the producers who spent several hours researching and developing the work.

Future Presentations and Developments: A video clip and quiz are being developed to add to the CD Rom as well as two additional power point presentations. The additional presentations will be focus on nutrition and spirituality/stress. It is anticipated that these will be ready to add to by January 2003.

For further information contact: Ted Muilenburg, 304-766-3164 or e-mail htm406@aol.com.

FRICK & FRACK'S CORNER

AUTUMN

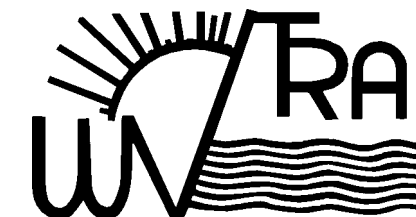
Have you and your clients made plans to enjoy the fall foliage this fall, if not maybe you should give it consideration. Clients in all settings can enjoy this time of the year in a variety of ways. A hike in the woods would be great fun for ambulatory clients and can be educational by collecting leaves for identification along with scrapbook placement at a later activity.

Wheelchair clients might enjoy a similar outing or if the terrain doesn't allow for easy mobility, sitting in an open area where trees are easily visible and determining the type of trees in view from their coloration. If it is difficult for your clients to leave the treatment area, then take the fall foliage to them. Gather a variety of leaves along with cattails and thistles for them to discuss, identify, and touch. This activity can be a good reminiscing tool also. A loose leaf collection or one bound in a book would be an excellent sensory program to be utilized with lower functioning clients.

Let us always acknowledge the seasons and ways to actively involve our clients.

S. Lanham

Remember the Conference October 23rd and 24th. This is not only a good time to network, share ideas and other news in the field but is a great time to catch up with old friends we see maybe once a year let down our hair and relax after the long day of education.



West Virginia Therapeutic
Recreation Association



New Address for
WVTRA Home Page:

The WVTRA web page can now be accessed by <http://wvtra.recreationtherapy.com> or simply wvtra.recreationtherapy.com Please book mark this site

submitted by Charlie Dixon