

15TH Annual Nova Scotia Recreation Professionals in Health Conference & AGM

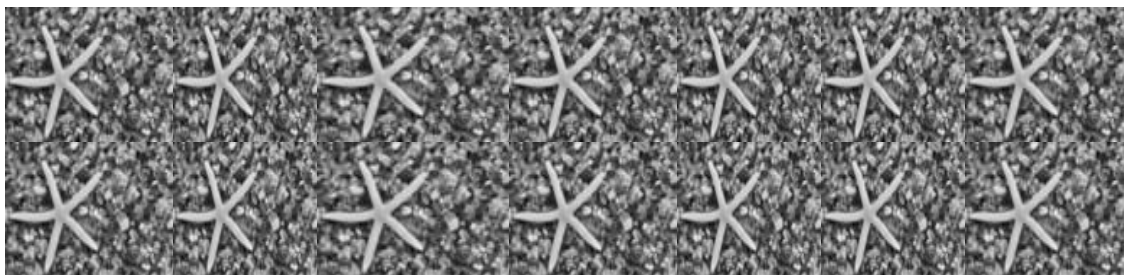


**September 30th & October 1st, 2010
Best Western Glengarry
Truro, Nova Scotia**

***“Changing of Tides...
Riding the Waves
Together”***

**Adapting to our ever changing population
and organizing our thoughts and
refocusing our minds in ways that
generate appropriate and positive
outcomes**

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Wednesday, September 29th, 2010

6:30pm - 7:30pm- Registration
(Outside Salon A&B)

Thursday, September 30th, 2010

8:30am - 9:30am- Registration
(Outside Salon A&B)

9:15am - Welcome & Introductions

9:30am - 11:00am- Debbie Lawrence

Are you a Rocking Horse...or Rocking Chair

This presentation focuses on goal setting. You could also consider what I call "Turning Generational Differences into a Competitive Advantage" which focuses on strategies for dealing with the multi generations working together in the workforce today.

11:00am - 11:15am- Nutrition Break

11:15am - 12:30pm- Susan Hutchinson

Staying on Course in a Sea of Change: Strategies for Coping with Change in Our Practice (and Lives)

Many changes are happening in therapeutic recreation and in health care more broadly. This impacts the ways we think about and carry out our work. How do we decide what our course should be? How do we stay on course when we have so many different "captains" to serve? How can we be part of deciding what and how change happens in our work and lives? Workshop participants will have the opportunity to reflect on these questions and to share their thoughts with others. Practical strategies for coping with (and leading) change will be provided.

12:30pm - 1:30pm- Lunch provided

1:30pm - 2:45pm-

Concurrent Session A & B

(A) Crystal Watson

Working with persons with Brain Injuries: Adapting our Approach for Positive Outcomes

Individuals who have experienced a brain injury require specialized approaches to help them to manage the consequences of the injury. Recreation staff is increasingly being asked to assist in integrating these individuals into new environments and manage responsive behaviours. The purpose of this session is to reacquaint participants with the types of brain injuries and challenges individuals may experience post injury.

It will also introduce tools used to assist in the assessment and planning process and types of interventions and approaches that have been used in various settings including acute care, rehabilitation and

long term care settings. Participants are encouraged to bring examples for the group to discuss.

Thursday, September 30th cont'd

(B) Linda Byers

What's Your EQ?

Researchers have suggested that people with high EQ are more likely to be successful in their personal and professional lives. In this interactive session participants will explore the concept of Emotional Intelligence and the impact it can have on their daily lives.

2:45pm - 3:00pm- Nutrition Break

3:00pm - 4:30pm-

Concurrent Session C & D

(C) Jacqueline Mills

Sit 'N' Dance

An active, useful, fun session! Sit 'N' Dance allows individuals with physical or mental impairments to dance again. Facilitators will learn several adapted seated dances having easy to follow moves. Dance styles are varied to suit the diverse interests of clients and are based on many forms such as swing, country western, waltz, folk dance, hip hop etc. Sit 'N' Dance is designed to be a flexible program applicable to varied physical or mental impairments. The session will cover methods of adaptation for special needs groups, teaching techniques, and material sources. No previous dance experience needed.

(D) Charlene Thomas

This workshop will assist the learner in understanding the stages we go through as individuals and team participants will also learn pro-active strategies to use in times of change.

5:00pm- Board Meeting

6:30pm- Social (Bar will open)

7:00pm- Banquet Supper

(Be sure to bring your banquet ticket)

Power Point: Cathy Ryan

President's Address: Alan Caldwell

9:00pm- Music/ Dance

Due to provincial laws it is illegal to serve alcohol to any individual who is not of the legal age in Nova Scotia

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which is 19 years of age. Therefore you must be legal age to attend the dance.

(Be sure to bring your ticket)
8:30am - 9:00am- Registration
(Outside Salon A&B)

Friday, October 1st, 2010

7:30am - Fitness Walk

8:00am - 9:00am- Buffet Breakfast



Friday, October 1st cont'd

9:00am - 10:30am- John O'Keefe

"Intimate Expression in Long Term Care"

All persons are sexual beings from birth to death. The need for intimacy and human closeness does not disappear with cognitive decline. The challenges to have ones' intimacy needs met within this context are many and varied. From privacy to competency issues, to staff and family attitudes; caregivers are confronted with many challenges to providing an environment which supports and promotes the appropriate expression of intimacy. This workshop is designed for health care professionals who support those living in Long Term Care. It will include the introduction of Guidelines for the Expression of Intimacy within Long Term Care.

10:30am - 10:45am- Nutrition Break

10:45am - 12:00pm-

Concurrent Session E & F

(E) Cheryl Whitaker

"Self Care for Health Care Professionals"

This interactive, participant based workshop will present a number of easy to learn, easy to use self care techniques which promote health, relaxation, pain reduction and a general sense of well being, even in the midst of full and demanding daily schedules.

Participants will practice these techniques in the workshop and leave with provided notes, listing each technique with a short explanation of when and how to use. These can readily be applied to oneself or for others during a busy day, creating a small oasis of relaxation, healing for ourselves and others.

(F) Lea Nicholas

"A taste of SMAC - Feed your soul!"

Get inspired and feed your soul with a Taste of SMAC. Learn to discover new pos-abilities. This presentation will get you thinking about how you can effect change in a single moment with a single thought or action. Start Making Abilities Count today!

12:00pm - 1:30pm- Buffet Lunch

12:45pm- Annual General Meeting

1:45pm - 2:30pm- Recreation Assessment
With Monique Fougere Natividad & Gary Comeau

This information session will be to discuss and get feedback on the Recreation Assessment tool that NSRPH is working on in hopes that all members will use or take components from to have a standardized tool within our profession.

2:30pm - 3:45pm- Program Sharing

- Men's Programs
- Functioning Physical Programs
- 5 Quick & Easy Programs
- Special Event: Chocolate Explosion
(This will also act as the pm nutritional break)
- Spiritual Circle
- Paper Art

Hotel Accommodations

To reserve in the block of reserved rooms please call 1-800-567-4276 and refer to "NS Recreation Professionals in Health" by **September 1st**.
(Rooms are not guaranteed after this date)
(\$110- 1 bed/ 1 adult or \$120- 2 beds/ 2 adults
\$12 charge for over 2 people in room)

Accommodations are Delegates Responsibility

If you have any food allergies please make us aware so we may work with the hotel
Allergies: _____

Registration

Deadline is **September 17th, 2010**
(No guarantee for registration received after this date due to seating and catering.)

Make Cheques/ Money Orders Payable To:
Nova Scotia Recreation Professionals in Health

Mail Registration Form to:

15th Annual NSRPH Conference
C/O Alan Caldwell
High- Crest Place
222 Provost Street,
New Glasgow, NS
B2H 2R3
Ph: (902) 755-9559/ Fax (902) 752-1577
Email: acaldwell@high-crest.com

REFUNDS

Refunds will not be issued after the Conference date if you were unable to attend under any circumstance.

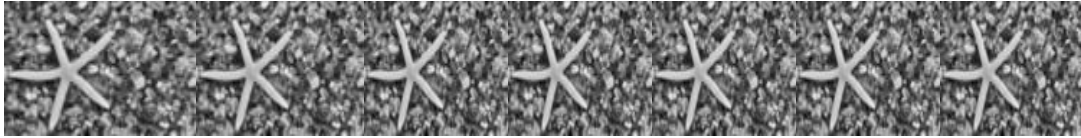
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acaldwell@high-crest.com before Monday, September 20th, 2010.

Cancellation Policy

Refunds will be issued to any registered individual who submits a cancellation request to

Under no circumstances will a refund be issued after this date



Name (please print): _____
 Address: _____
 Phone: () _____ Fax: () _____ Email: _____
 Organization: _____
 (Receipts will be issued with your package once registered at the Conference)

Early Bird Registration MUST Be Postmarked by: September 3rd, 2010

A. Conference Package: September 30th & October 1st

	<u>Before</u>	<u>After</u>	<u>Amount</u>
	<u>Sept 03</u>	<u>Sept 03</u>	
NSRPH Member	\$170.00	\$180.00	_____
Region: _____			
Non-Member	\$190.00	\$200.00	_____
Student	\$50.00	\$60.00	_____

(Only Ten Student Spots are available, student price excludes cost of Banquet and must be purchased separately to attend Banquet)

B. Day Rate: September 30th or October 1st

(Please Circle Which Day You Will Be in Attendance, does not include Banquet ticket)

	<u>Sept 30th</u>	<u>Oct 1st</u>	<u>Amount</u>
NSRPH Member	\$100.00	\$100.00	_____
Non Member	\$115.00	\$115.00	_____

C. Additional Banquet Tickets: Tickets not included in Student Rate or Day Rate
 Supper \$25.00 # of Tickets _____ = _____

 TOTAL AMOUNT ENCLOSED \$ _____

Please Choose Your Sessions:

A or B C or D E or F

<u>For Registration Use Only:</u>			
Receipt #:	_____	Registration #:	_____
Payment:	Cash _____	Cheque #:	_____
		Date Received:	_____
		Money Order:	_____