MESSAGE FROM THE PRESIDENT

Hello NSRPH Members!
This is my first address to members since taking over as president at the Conference & AGM in October in Bridgewater.

First off, I would like to congratulate the South Shore region on hosting a wonderful conference this year. I have heard great feedback through the regions in regards to the quality educational and networking experience that members and non-members had at the conference. So once again, thank you for your hard work and making this year’s Conference & AGM a success!

Secondly, I would like to welcome new members and past members to our wonderful association of recreation professionals who are dedicated to the meaningful and impactful work that we do for our clients and residents. One perk of our membership is the newsletter, which has lots of good little tidbits of information.

Our board of directors continues to work on initiatives that will better serve our members and in consultation with our members, our priorities include: Finance, Communication, Membership and Advocacy.

We strive to run our association with sound financial management and put money back into our members through education
Our communication happens through our newsletter, our regional representatives, and from the board. If anyone ever has a question or concern, please do not hesitate to contact your regional representative or feel free to contact me
Membership is key to our success and support for our association. Without members, we cease to exist. All of us as members have a responsibility to encourage recreation professionals to be members. We have strength in numbers and will have greater success on initiatives with funding if we have a strong membership
The advocacy work we do includes education, ethics, Standards of Practice plus much more

If anyone is interested in helping out at the board level, we have a member at large position that is vacant and we also have sub-committees for the above mentioned priorities. We welcome feedback and members to assist with those areas.

I look forward to my year as president and helping to serve our membership proudly! I would like to wish everyone a fun filled Therapeutic Recreation Month!

All the best,
Wilhelmus van Hal
NSRPH President
2014-2015
EXECUTIVE BOARD MEMBERS

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MEMBER’S AT LARGE ~ Vacant Position

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REGIONAL REPS
2014–2015

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Metro Co Chairs ~ Erica Pettipas ~ 902.429.2222 / Fax: 902.429.6052 recreation.halifax@theberkeley.com

~ Coleen Lawlor ~ 902-473-1403 / Fax: 902-473-1207 coleen.lawlor@cdha.nshealth.ca

South Western ~ Charlotte Sabean ~ 902-254-2502 ext 3280 / Fax: 902-245-3000 charlottetr6@gmail.com

South Shore ~ Audrey Wamboldt ~ 902-685-2966 rechillsview@ns.sympatico.ca

Cape Breton ~ Wil Van Hal ~ 902-295-2644 ext. 226 Fax: 902-295-1698 recreation@alderwoodbaddeck.ca

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COMMITTEE CHAIRPERSONS 2014–2015

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CODE OF ETHICS ~ Gary Comeau ~ 902-469-3550
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NOMINATIONS ~ Charlotte Sabean ~ 902-254-2502
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Advocacy Committee Update

The Role of the Advocacy Committee is to be the voice for NSRPH and address issues affecting the Association, its members and the profession. It is to advise and make recommendations to the Board on these matters.

Our current membership includes Shelley Smith, Kendra Baldwin, Alison Smith and Andrew Ritcey and our Education Working Group consists of Beth House and Charlotte Sabean.

Currently, our committee is continuing our work on the policy development for Regional Meetings to support regional representatives with facilitating meetings that are consistent provincially.

Also, we have recruited Andrew Ritcey to the Advocacy Committee as part of our pursuit to have Dpt. of Health and Wellness - Continuing Care endorse our standards of practice regarding hiring practices of qualified recreation professionals (including standardized job titles and minimum education standards). Our goal is to attend a meeting in January 2015.

Our plans for the New Year include:

- Working toward standardized job titles and appropriate education/qualifications for Recreation Professionals
- Continuing to work with Regional Representatives regarding the Regional Meeting Policy
- Continue to work with Education Working Group regarding development of a conference and planning manual

If you have concerns, complaints or any issues related to the field of Recreation, remember as a member of NSRPH, you have a voice!

NSRPH Advocacy Committee
Request Procedure for Members

Purpose: To provide a venue and format for members to bring concerns, complaints, regional issues or any other Therapeutic Recreation focused matters to the advocacy committee.

Procedure:
Step 1: Members must bring forward concern, issue or complaint to regional representative. If not resolved at the Regional level by Representative:

Step 2: Regional Representative will submit written concern, issue or complaint to the advocacy committee. Within two weeks, Advocacy Committee will respond in writing and meet to review concern, issue or complaint and make decision using NSRPH Mission, Policies, Standards of Practice, By-Laws & Code of Ethics as guiding factors.

Step 3: Advocacy Committee will offer Board of Directors formal written report with resolution or established communication plan for dealing with issue, concern or complaint.

Step 4: Board of Directors will make final decision on all matters brought forward by Advocacy Committee.

Submitted by Shelley Smith
NSRPH Advocacy
Inside...
Rosedale Home for Special Care
New Germany

Operation Shoe Box

Rosedale Home for Special Care residents gathered together November 5th to pack 24 Operation Christmas Child shoeboxes. Resident Council and the Staff Association partner to bring joy and happiness to children overseas.

Submitted by:
Crystal S. Leary
Program Director

The New Germany Garden Club
visited and with the help of a number of residents put together some grand looking centerpieces to don our tables for the Christmas holidays.

Thank you!

Residents and staff are always eager to celebrate Halloween with a costume party!

Will you be overindulging over the holidays? Here’s an exercise tip for you.

Exercise for People Over 50

It's never too late to start. Begin by standing on a comfortable surface, where you have plenty of room at each side. With a 5-lb potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax. Each day you'll find that you can hold this position for just a bit longer. After a couple of weeks, move up to 10-lb potato bags. Then try 50-lb potato bags and then eventually try to get to where you can lift a 100-lb potato bag in each hand and hold your arms straight for more than a full minute. (I'm at this level.)

After you feel confident at that level, put a potato in each bag!
We are looking for someone JUST LIKE YOU!!!!!

As your now Past President one of my duties is to recruit new board members. At our 2015 conference we will be looking for a Member at Large, Vice President and a Treasurer. So the question that is always asked - What do I have to do????

This of course is not the full list of duties

**Member at Large** - is a great way to get your feet wet and to get to know what goes on at the board level. **Two year term.**

**Vice President** - is a 3 year commitment. You will be **Vice President**, then **President** and your last year you will be **Past President**. The first year you are also just learning the ropes, getting to know what goes on at the board level and support your President. As President you run all board meetings and get to represent NSRPH at the National CTRA conference. As Past President you support your President and recruit new members.

**Treasurer** - handles the finances of NSRPH. You will also have a wonderful financial committee to work with so you are not alone. **Two year term.**

We understand that everyone is busy, but what is great about NSRPH is that we only meet every other month! We meet on Fridays from 10-2pm. We also help those that do not get support from their employer to attend the meetings. We feel this is important to support our board members as your commitment to this organization is so valuable.

If you have any questions or would like further information about one of these positions please go to our website to contact the person in that position or myself at charlottetr6@gmail.com
Hope to see you on the board:)

**Charlotte Sabean**
**Past President 2014-2015**

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**Did you know?**

NSRPH has a variety of committees and sub-committees that any member of NSRPH can join without attending Board meetings! If you have any interest in the work of the Advocacy Committee (which includes the Education Sub-Committee), Communications Committee (which includes Newsletter, Face book and Website Sub-Committees) or the Finance Committee, feel free to drop us a line and find out how you can help!

**Submitted by Shelley Smith**
Old Friends

Two elderly ladies had been friends for many decades. Over the years they had shared all kinds of activities and adventures. Lately, their activities had been limited to meeting a few times a week to play cards.

One day they were playing cards when one looked at the other and said, "Now don't get mad at me ... I know we've been friends for a long time ... but I just can't think of your name! I've thought and thought, but I can't remember it. Please tell me what your name is." Her friend glared at her. For at least three minutes she just stared at her.

Finally she asked, "How soon do you need to know?"

Submitted by Crystal S. Leary

Inside...
Rosedale Home for Special Care
New Germany

November 22nd Rosedale Home for Special Care held their 4th Annual Snowflake Gala. Within hours the north dining room was transformed into a winter wonderland. Residents dressed in their finery arriving at 4 pm to be formally seated by staff - easily recognized by the Nova Scotia tartan sashes they wore. Suite Strings, Heather on the harp and Dr. David Abriel on the dobro acoustic guitar, provided the perfect musical atmosphere. The evening began with serving champagne and shrimp canapés. The honey roasted apple and parsnip soup that followed was a huge hit among many. The main, a beautiful bacon and sage stuffed pork tenderloin sheltered in a honey and mustard sauce was accompanied by Duchess Potato, carrots and turnip. Chocolate brownie caramel parfait was a heavenly ending to a delectable meal. Fresh brewed coffee was the finishing touch...but of course some chose to have a wee bit of Alberta premium whiskey, Bailey’s and a dash of whipped cream added! Collaboration between our dietary, nursing and program departments resulted in a hugely successful evening. Thanks to Avan and his staff for providing the perfect meal, nursing for assisting residents in getting their hair done, whiskers trimmed, and changing into their best clothes. Magically everyone arrive at the gala on time.

This event is a collaborative effort between the program, dietary and nursing departments. For me it’s a joy to host such a grand event, showing our residents just how special they really are. Love in Action!

Submitted by: Crystal S. Leary
Program Director
Therapy Dog Program
White Hills Long Term Care Centre

Saint John Ambulance came to our facility in November with a film crew to create a short video with residents to promote their Therapy Dog program. Residents, the dog handler's and staff were interviewed and filmed interacting with the dogs. The video will be used in educational sessions. We plan to have a video debut here at White Hills for the resident's once it is completed.

Submitted by Melissa Strachan,
CTRS Recreation Director

Amanda and her dog Taffy, who is very popular with our residents. Taffy is dressed up as a banana for Halloween.

INFECTION CONTROLL WEEK
Highland Crest Antigonish 2014

Our winners from Infection control week at Highland Crest Home. We had great participation from staff and residents during Infection control week at Highland Crest Home. Thanks to everyone. From left to right: Gloria, Marlise, Anne Mae, Everette and Doreen.

Submitted by Maria Morrell
Highland Crest Antigonish
The NSRPH 19th Annual general meeting and conference was held October 2nd and 3rd at the Best Western Plus Bridgewater Hotel and Conference Centre. Members of the South Shore region were delighted to have 89 delegates from across Nova Scotia and New Brunswick attended the two day event. What a great way to reconnect with old friends and forge new relationships. Mayor for the Municipality of the District of Lunenburg Don Downe welcomed delegates to the conference and town of Bridgewater.

The ‘Inspire Meaningful Living’ theme was reflected throughout the conference beginning with the undeniably dynamic keynote address by Tyler Hayden, BRM (OEE). His “Livin’ Life Large – Recreation’s Message in a Bottle” enthused and inspired many to access their talents to collectively manage and build high quality workplaces. Tyler returned for an equally dynamic closing of the conference.

Ron Martyn, BSc Recreation, MSc Gerontology session on “Evidence-based Documentation of Resident and Program Success” demonstrated how recreationists can use an evidence-based behavioural approach to evaluating resident engagement in programs. Ron also presented a concurrent session which focused on strategies to encourage maximum resident engagement, while being respectful of their right to make the choice as to whether or not to participate.

Concurrent session presenters throughout the two days were top notch! Ruth Martin gave attendee’s insight to ‘Loving Yourself’ - something we do not always allow of ourselves. While Shelley Smith, CTRS provided an overview of the Recreation Therapy Service within Pediatric Rehabilitation at the IWK Health Centre. Dr. Diyana Docheva MD, FRCPC Internal Medicine/Geriatric Medicine presented on Successful Aging. Those who attended the Donna Ray, BEsc session looked at understanding and creating meaningful Montessori activities while Crystal Watson, CTRS addressed the importance of “Providing Quality, Inspiring Meaning” for Therapeutic Recreation students as they complete the practical component of their education.

Wil van Hal & Kendra Baldwin shared their journey so far with dementia care specialist Teepa Snow who is an Occupational Therapist and Dementia Behaviour Specialist. Charlotte Sabean, CTRS, Amy Walls, CTRS, Jenelle D’Entremont, CTRS, Shelly Goodwin, PhD & Esther Saulnier showed session participants how the South West Autism Chapter and local Recreation Therapists partner to provide recreation and leisure opportunities to children with Autism.

“Strategies of Hope” presented by Coleen Lawlor, CTRS shared a collaborative documentary by the Nova Scotia Rehabilitation Centre’s Acquired Brain Injury Program. This session made a great impact on those who attended. Conceived of and led by documentary filmmaker Ariella Pahlke, this project, brought together patients, staff and family members to engage in and film a number of creative workshops to empower those affected by ABIs to share their experiences.

Living in a high tech world, James Roy’s “Technology Toolbox: Inclusion, Participation and Independence” looked at what Assistive Technology (AT) really is and what role it plays in leisure, recreation, care and life skills. Dinner keynote Andrew Ritcey, MA, CTRS addressed the group on Therapeutic Recreation: Where have we come from and where might we go. A buffet banquet and dinner theater followed. The “Have a Laugh Players” presentation was titled ‘The Night I Died at the Palace Theatre’ and provided laughs for many of us.

Members of the South Shore region wish to thank all who attended the conference; and thank you to those who presented. Continuing education is essential because it provides the knowledge, skills, values, attitudes and understanding necessary to better provide and cope with those people in our care. Individuals who embrace lifelong learning - who constantly learn new skills and train for new challenges - can better cope with the demands as changes take place in family dynamics and the workplace...the result is better living for all of us. Hope to see you at the 2015 conference!
Volunteer Management
Overseeing the volunteer program is one of the many responsibilities delegated to the activity professional. The activity professional assumes this responsibility, often with minimal training or guidance. The process of organizing and managing a corps of volunteers requires planning, organization and monitoring. To guide the activity department in establishing a volunteer program or upgrading a current program, consider the following steps.....

Preparation: Before bringing in the first volunteer - the volunteer manager should define the scope and parameter of the volunteer program. Defining a budget for the program, establishing organizational systems, and clear assignments of responsibility should be discussed with administration.

Recruitment: Simply saying "HELP!" is not an effective recruitment message. Attracting volunteers to your center is more effective if you establish a formal recruitment message and plan. Clearly describing the need within your facility and how a volunteer can help is recommended. Check out this site for recruitment ideas.

Selection: Volunteers should be managed similar to paid staff. A formal interview and screening process should be implemented. Volunteers should be placed in specific jobs, according to their motivation and need to volunteer. Check out this site for information on screening volunteers.

Orientation and Training: A formal volunteer orientation procedure should be in place, with an orientation checklist. Providing the volunteer with a handbook and written guide establishes standards and ensures a clear understanding of facility rules and restrictions. Check out this site for training ideas.

Motivation and Retention: Volunteers need reinforcement for jobs completed. Ensuring they remain satisfied with their job placement should be reviewed during informal and formal meetings with the volunteer. Making sure the volunteer feels comfortable and respected in their job is essential. Check out this site for information about motivating volunteers.

Recognition: Formal and informal recognition should be provided consistently. In addition to the formal recognition event your facility may host, providing daily recognition through verbal thanks, words of encouragement, and greetings is imperative. Check out this site for many great ideas about volunteer recognition.

Keep in mind this final quote from an unknown source....
"Their niceness will let you recruit a volunteer the first time, but only your competence will let you keep them...."

The Ten Commandments of Bingo
1. Thou shall not sit in thy neighbor's lucky seat.
2. Thou shall not stare at thy neighbor's card.
3. Thou shall not use the caller's name in vain.
4. Thou shall not holler false bingo.
5. Thou shall not wish bad luck on thy neighbor.
6. Thou shall not threaten the caller.
7. Thou shall not steal thy husband's money for bingo.
8. Thou shall not lie about how much thou won.
9. Thou shall not lie about how many thou lost.
10. Thou shall not use profanity when thy neighbor wins.
February 2015
Therapeutic Recreation Month

February is TR month, and NSRPH wishes to thank all our Recreation Professionals for their hard work and the dedication they put into the profession and the clients / residents they serve. TR month is a great time to celebrate what we do and an excellent opportunity to educate those around us. I think each year we are getting closer to having teams work together in a more collaborative fashion and that comes through the various departments understanding each other’s roles.

There are many creative ways to have fun and educate others about the goals of TR. At North Queens Nursing Home last year we were lucky enough to have a volunteer who enjoyed working with computers and he put together a wonderful video for us. The video contained many pictures, a few short video clips, and quotes with a TR focus. Short definitions of the goals set by TR were included and photos were sorted by the focused domain in the programs captured in the photos. The video was set to fun and uplifting music. We chose an afternoon during TR month and invited staff, families and residents to join us. Refreshments were served and our video was played on a large screen TV. Everyone really enjoyed the video. We shared a few laughs and many smiles, enjoying the fun moments captured, all the while secretly educating others on what exactly we do as TR professionals!

There are many fun ways to educate others and highlight what we do – to show that we are not just the “fun and games” people. Although we do have fun and play games sometimes (there is nothing wrong with that), education helps others understand the more in depth work we do. Visit the NSRPH website, recreationtherapy.com or a similar site and take advantage of the many resources available to get ideas.

Have fun with TR month. Treat yourselves to lunch. Give yourselves a pat on the back. Set up a display for TR month. Pick a day, or week, during the month and find a fun and interactive way to educate your co-workers.

NSRPH and the South Shore Region would like to wish everyone a happy TR month!

Submitted by Linda Hall
Recreation Coordinator, North Queens Nursing Home
South Shore Region

Changes in Membership

We just wanted to remind everyone of the small changes voted in at the 2014 AGM to membership. We appreciate your continued support as we roll this out and you should only see this as a benefit to you. You will start to notice in the coming months that you will be getting reminder emails that your membership is coming due. This is just a friendly nudge to get people to pay on time.

You will have until November 1st to pay your dues for $50. After this date a $10 fee will be added to your membership for that year.

The reason for putting this process into place is to encourage membership dues are being paid on time. This will allow your board to plan accordingly. It makes it very challenging to budget and plan with assumption numbers. More importantly this will allow you as a valued member to get the most bang for your buck! Thank you for being a NSRPH Member!

Submitted by Charlotte Sabean
Past President 2014-2015
**Mission Statement**

NSRPH advocates for the recognition of leisure as an important element in individual well-being and the development and maintenance of healthy life-styles. The Association supports its members by facilitating professional development and providing a network to enhance communication, exchange information and resources among and beyond membership.

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**NSRPH Membership Benefits**

- Share information with other recreation professionals in health.
  - Participate in a pro-active and effective association.
  - Receive regular NSRPH newsletters.
  - Access to website.
  - Reduced conference and workshop fees.
  - Opportunity for professional development.
    - Standards of practice.
    - Standard Code of Ethics.

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*Just a reminder; every article submitted gives you a chance to become the winner of a $50.00 prize!*

*Two prizes are drawn yearly at our AGM!*

*The more “Articles” you submit the better your chances are!*

*This prize is for you the winner not your facility to spend as you wish. Please do send in your articles at anytime this saves me time and I can put the Newsletter together quicker.*

*Remember it is only as good as you our members make it!*