



# Cincinnati Dayton Area Recreational Therapy Association.

Summer 2008

## CDARTA Board of

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## **Letter From the CDARTA President:**

**Karen Grote, CTRS**

Are you a Baby Boomer? A Gen X'er? Or a Millennial? Although I have heard these terms before, I went to the internet to learn more about people of different generations.

This question came up for me as I began to think about the future leadership in professional organizations like CDARTA and ATRA. We cannot help but notice a decline in memberships, and a decline in volunteerism for leadership positions. These, of course, translate ultimately into a decreased potential for what these organizations can do for each of us and the future of therapeutic recreation.

I'm an optimist, though, and instead of giving up I search to find new or better ways of achieving our goals.

So back to the generations thing. I am trying to understand what makes us all tick, what motivates us to want to be involved, and how we can inspire new leadership. Granted, trying to define these generations simply assigns stereotypes to them, and we all know there are many exceptions to the rule. Nevertheless we have to start somewhere.

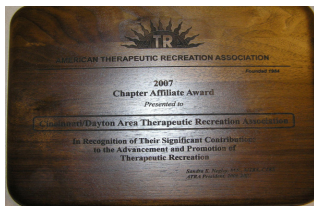
### Baby Boomers

Those of us born after WWII and before 1965, are Baby Boomers, the largest generation ever of Americans, about 85 million people. We were born in peacetime, struggled during the Vietnam War and the draft, distrusted organizations and anyone "over 30". We are known for our passion for social, political and personal improvement. As adults, we have been driven to succeed, and enjoy the highest household incomes ever in the US. This is the first generation of women to universally go to work in the world. Even those who "dropped out" have dropped back in to the culture to be goal-driven and highly responsible. Many of us re-evaluate our lives at mid-life, sometimes changing our lifelong careers. As overprotective parents, this group has tended to over manage their children's lives.

### Generation X

Those born between 1965 and 1976 were weaned on TV, personal computers and Atari games. These were the latch-key kids. As the Baby Boomers have received so much attention, this group of about 51 million often feels invisible. With the changing economic picture in the country, they saw workers being laid off and the decline of employer-employee loyalty and have come to distrust authority. They have often been described as underemployed or unmotivated slackers. They may also be seen as independent, resilient, self-reliant and adaptable. This generation wants freedom and flexibility in work environments, not rules. They want to move in and out of the work force to accommodate children and personal interests.

**Did you  
know...  
CDARTA was  
presented  
"Chapter of the  
Year" award by  
ATRA!**



## Neurobics



<http://www.neurobics.com>

**Memories in the Making®  
Art Program  
A Service of the  
Alzheimer Association**



[http://www.alz.org/oc/in\\_my\\_community\\_10849.asp](http://www.alz.org/oc/in_my_community_10849.asp)

## CDARTA's Annual Conference a Success! Karen Frazier, CTRS

The Annual CDARTA Workshop this year turned out to be again...another successful event. Many Recreation Therapists gathered together for a day full of fun, informing and educational sessions. There was a wide variety of people that presented at the workshop ranging from a Speech Language Pathologist, Child Life Specialist, Licensed Clinical Psychologist, and of course various Recreation Therapists from different backgrounds and expertise.

The workshop began with Mike Sutherland (Past CDARTA President) conducting the annual membership meeting notifying members of the silent auction that was held and also accomplishments the chapter had made over the past year. One of those accomplishments was that ATRA presented CDARTA with the "Chapter of the Year" award. Mike also mentioned the change in the requirements to become a member of CDARTA that took effect as of January 1, 2008. More information about membership requirements can be found at [www.CDARTA.com](http://www.CDARTA.com) and by clicking on "Membership."

The morning was started by four educational presentations. Joan Hock, Heidi Culbertson and Lynelle Rabkin presented on "Memories in the Making® and Recreational Therapy: A Picturesque Collaboration." This is a very successful art program integrated in the Older Adult Mental Health Unit at Deaconess Hospital hosted by The Alzheimer's Association of Great Cincinnati. Jennifer Kocher presented on the prevalence of obesity in our country. She provided tools for increasing movement and how a recreation therapist can play a positive role in changing obesity statistics. Jennifer Hinton, Levi Dixel and Chris Fife presented on how and why clients can and should be able to access the outdoors in different types of areas. Amanda Krabacher, a Speech Language Pathologist shared about how to improve interactions with patients who have communication and/or cognitive impairments.

The mid morning session included Ann Anzalone teaching practical techniques to keep the brain healthy, active and connected by doing "Neurobics and Other Brain Exercises." Megan Rutschilling, Rochelle Springsteen, and Markelle Springsteen presented on how to lead a pediatric rehab group that provides therapeutic skills by focusing on socialization, recreation, and coping using the "CARE Group-Community Activities Rehab Education." Ann Marie Stuart shared on positive partnerships discussing why an agency would want to collaborate with another agency. George Eberts and Jennifer Hinton presented on how views of mental health have changed over the years and how we can continue to be advocates for persons with mental illnesses.

The keynote speaker was Dr. Erendira Lopez-Garcia. She is a licensed clinical psychologist and a consultant and supervisor at the Office of Disability Services at Wright State University. Her presentation captured the gap among minorities and the differences in their expectations, styles, values, assumptions, and body language. She described the collaboration and communication styles and how they affect every aspect of interaction among individuals of different cultures.

The afternoon sessions kicked off with a lot of activity. Angela Goldschmidt taught multiple benefits to using the new interactive Nintendo Wii system and how it can be therapeutic play for people of all ages. Heather Robinson discussed the benefits of Recreation Therapists using "Enabling Gardens and Horticulture Therapy." Wendy Maran presented on the "Range of Motion Dance" and how it ranges the major joints of the body in slow and comfortable movements for people of all age groups and abilities.

The workshop came to a conclusion with presentations that encouraged members to discuss issues for students and Recreation Therapists in the settings of Long Term Care, Physical Rehabilitation, and Mental Health. These sessions allowed members to establish networking opportunities, cohesion, and growth in the field. It promoted the ability to address current trends and practices as well as share problems and solutions among each other. Mike Sutherland, Angela Goldschmidt, Jennifer Gray and Amy Pedersen facilitated these networking sessions.

## CDARTA MEMBERSHIP SURVEY

How do you think CDARTA is doing? Are the present activities of CDARTA meeting your needs? What can we do to grow?

Literature is showing us the Generation Y is distinct from Generation X, and they are distinct from the Baby Boomers. Throughout the country we are seeing less involvement in chapters and national organizations. Yet, without the new professionals becoming invested in the organizations, the work of the profession will cease to grow. And without the revenue from membership dues, organizations will die out. CDARTA has no membership dues now, but that's because we encourage professionals to be members of and support ATRA. We know organizations need to change and evolve with the times.

With the beginning of a new CDARTA year and a change of officers, now seems like a good time to survey our members. We will report the results of the survey to members, and we will use it to guide the work of CDARTA in the next year.

Please take the time to consider the questions below and email us back your thoughts about CDARTA by \_\_\_\_\_

1. What do you want CDARTA to provide for you? Check all that apply.

- |   |  |
|---|--|
| <input type="checkbox"/> Spring workshop      | <input type="checkbox"/> Teleconferences           |
| <input type="checkbox"/> Fall workshop        | <input type="checkbox"/> On-line CEU opportunities |
| <input type="checkbox"/> Additional workshops | <input type="checkbox"/> Personal CD learning      |

Additional suggestions:

2. What time or format do you prefer for workshops?

- |                                   |   |
|-----------------------------------|---|
| <input type="checkbox"/> All day  | <input type="checkbox"/> A few hours in the evening |
| <input type="checkbox"/> Half day |   |

3. What kind of communication do you prefer?

- |                                |                                     |
|--------------------------------|-------------------------------------|
| <input type="checkbox"/> Email | <input type="checkbox"/> Snail mail |
|--------------------------------|-------------------------------------|

4. How satisfied are you with the CDARTA communication you have received?

- |   |                                    |  |
|---|------------------------------------|--|
| <input type="checkbox"/> Very satisfied | <input type="checkbox"/> Satisfied | <input type="checkbox"/> Not satisfied |
|---|------------------------------------|--|

5. CDARTA has won ATRA Chapter of the Year awards twice. In the past CDARTA has offered a scholarship to the Leadership ATRA program, has provided leadership to the ATRA Chapter Affiliate Council, participated in fund-raising events for ATRF, members have created the Therapeutic Recreation Intern Evaluation (TRIE) and the ATRA internship guidelines. We've talked about other \_\_\_\_\_ ideas over the years, including health fair days at schools and a peer mentoring program which have not come together.

What other activities do you like CDARTA to be involved in, beyond CEU offerings?

Comments:

6. Attendance at CDARTA membership meetings has declined in recent years. What \_\_\_\_\_ would motivate you to attend a CDARTA membership meeting?

- |  |
|--|
| <input type="checkbox"/> Rotating meeting locations so that sometimes they would be close. |
| <input type="checkbox"/> Meeting coupled with a one hour CEU presentation.                 |
| <input type="checkbox"/> Meeting with dinner at a restaurant.                              |
| <input type="checkbox"/> Opportunity to see friends.                                       |
| <input type="checkbox"/> Volunteering for a CDARTA project.                                |

Other:

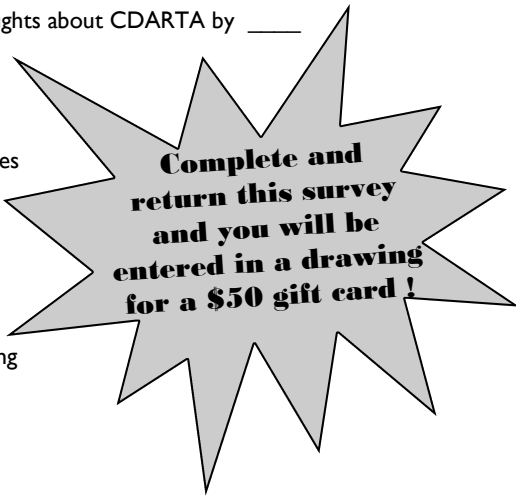
7. Aside from someone who works in recreational therapy, how do you define yourself as a professional?

8. What would motivate you to volunteer for a CDARTA project?

RETURN YOUR SURVEY TO:

CDARTA  
PO Box 209  
Miamiville, OH 45147

Or go to [cdarta.com](http://cdarta.com)  
to submit your responses.



**Complete and  
return this survey  
and you will be  
entered in a drawing  
for a \$50 gift card !**

## Letter from the President continued...

### The Millennials

The Millennials are also called Generation Y, people born between 1977 and 1998, about 75 million strong. They celebrate cultural diversity, have been nurtured by doting Baby Boomer parents, and work well in teams and groups. They are masters of multi-tasking. They want to work, as long as the work is meaningful and useful, but they don't expect to be loyal to any one employer or career, preferring frequent change in an effort to better themselves. In fact, Generation Y'ers may stay at home with their parents well into their 20's. Institutions may seem irrelevant to them, but they value interpersonal relationships and personalized work.

No doubt there are positive and negative qualities to each of the generations described above. In workplaces, there is often reported tension among the generations as their values clash. In our professional organizations, we need to find a way to meet the diverse needs of all our members and nurture aspiring leaders. Perhaps we Baby Boomers need to learn to be less dismissive of younger people's ways and ideas. Generation X'ers can teach us how to use technology more to bring educational opportunities to the internet. The Millennials might help us evaluate what we do to make sure it is always relevant, practical and useful.

As I have been musing over these thoughts, I received a call from a CTRS in Jacksonville, Florida. We began discussing the generations and she identified herself as a Gen X'er, although in some ways she doesn't fit the stereotype above. She told me that she has struggled with the difficulties that a CTRS encounters from administrators and the public who are not educated about or supportive of TR. I imagine her now singing the song from *Gypsy: I'm still here!*. Nevertheless, she told me that she had decided that TR is her passion, and that God had blessed her with this passion and the education and skills to follow her passion, so that she felt this is what she needs and wants to do.

So In the end, despite which generation we find ourselves accidentally born into, it seems that we are all looking for meaning in our lives, meaning in our work. How we do our work, or where we do it may change, but if your passion is helping people achieve their best through satisfying leisure, then it seems to me that you, too, are in the right place.

And if that is your passion, then I ask you to also be passionate about advancing the profession. Who is "the profession"? It's not "those people" who work at the national level, or teach in curricula. *The profession is you*. If you want CDARTA and ATRA to be here in the future to give you learning opportunities and publications to advance your career, to nurture you along, to fight the political powers in Washington, to establish standards for TR practice, to *whatever...* YOU must be willing to step up to the plate, to make these organizations relevant for you, to change them in ways that are more useful for you, to support them with your membership dues instead of free-loading on their coattails.

I have just begun my year as President of CDARTA, but I will gladly step aside next year for a Millennial to become our new President.

Now I'm going to ask you to take the next steps. In this issue we have included two very important documents. First, we have a membership survey for you to complete. You may send it to the mailing address, or go to [cdarta.com](http://cdarta.com) and submit it online. Because we *really* want to know what you think, we will have a random drawing among all members for a \$50 gift card!

Secondly, we want to have every member complete a new membership application. Since CDARTA is a 100% ATRA chapter, CDARTA members must be members of ATRA and therefore we charge no CDARTA membership dues. We want to make sure that we have all your up-to-date information so we can contact you easily. Again, you can send the application to the mailing address or go to [cdarta.com](http://cdarta.com) to submit the application.

*Step up to the plate. The future of TR is you.*

If you are not a member of CDARTA and would like to become one please fill out the following application:

**CDARTA Membership Application**

Name: \_\_\_\_\_ Date: \_\_\_\_\_ ATRA # \_\_\_\_\_

Title: \_\_\_\_\_ E-mail: \_\_\_\_\_

Employer \_\_\_\_\_

Please check where you would like mailings sent:

Work address

Home address

\_\_\_\_\_  
Facility/Dept.

\_\_\_\_\_  
Street

\_\_\_\_\_  
Street/PO Box

\_\_\_\_\_  
City/State/Zip

\_\_\_\_\_  
City/State/Zip

In what service area do you work?

Geriatric/Extended Care

Physical Medicine/Rehab.

General Medicine

Mental Health/Psychiatry

Substance Abuse

MR/DD

Pediatrics

Other \_\_\_\_\_

Mail to:

CDARTA

PO Box 209

Miamiville, OH 45147



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DAYTON AREA  
RECREATIONAL  
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ASSOCIATION**

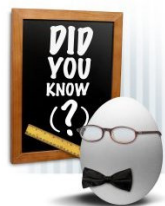
PO Box 209  
Miamiville, OH 45147

E-mail:  
mail@cdarta.com

**We're on the Web!**  
[www.cdarta.com](http://www.cdarta.com)

**PLEASE NOTE  
CDARTA'S  
NEW  
ADDRESS!!**

**CDARTA  
PO Box 209  
Miamiville, OH  
45147**



# Did you know???

- You can submit your Recertification application up to one year in advance of the due date.
- You can fulfill the Recertification work experience component by completing 480 hours of documented volunteer work.
- One three semester credit course taken for credit is worth 45 of the 50 hours of continuing education required for recertification.
- You can submit your recertification application up to one year prior to your expiration date.
- There are CTRs in Japan, Puerto Rico, England, Australia, New Zealand, Bermuda, South Korea, Sweden, Bahrain and Wales.

(complements of NCTRC)