

WESTCHESTER COUNTY CENTER, WHITE PLAINS
NOVEMBER 15, 2016
 9 am - 4 pm



22nd ANNUAL

New York State
Recreation and Park Society

19 Roosevelt Drive #200
 Saratoga Springs, NY 12866

- 8:15 - 9:00 am Registration/Breakfast
- 9:00 - 10:00 am Educational Sessions
- 10:10-11:10 am Educational Sessions
- 11:15 - 11:45 am Exclusive Vendor Time
- 11:45 - 12:45 pm Educational Sessions
- 12:50 - 1:45 pm Lunch, Networking and Vendor Time with Raffles
- 1:50 - 2:50 pm Educational Sessions
- 3:00 - 4:00 pm Educational Sessions

Room	9:00 - 10:00	10:10 - 11:10	11:45 - 12:45	1:50 - 2:50	3:00 - 4:00
A	Master Planning Park & Recreation Facilities	Fall Reduction: Strength, Mobility and Attitude	Mandala-Cise	It's A Diverse Universe	Who Wants to be a Licensed Recreation Therapist?
B	The Basic Components of Dog Park Development	Find Your Niche: Creating An Authentic and Legitimate Nature Program	Creating a Positive Camp Culture	The Power of Games	Character First: Strengthening Community Ties
C	Trends in Play Space Design: Activity, Engagement & Involvement	Chair Yoga for the Able-Bodied Senior	Engaging Volunteers: Initial Steps (Part 1)	Engaging Volunteers: After Onboarding Volunteers (Part 2)	Memorable Travel Experience and Its Reminiscence Functions
D	Program Planning on the Memory Care (Dementia) Unit	The Center of Attractions	Nurturing A Healthy Foundation for Youth	Recreational Surfaces - What's New!	
E	The Power of the Inbox	Drug Epidemic and Treatment Modalities	NCTRC Recertification: Continuing Professional Competence	Challenges of Events That Grow Beyond Expectations	
Little Theater	Certification 101	FDR and Warm Springs: Reclaiming a Legacy for TR	Meaningfulness in TR/RT Programming: Key to Survival?	Psychotropic Medication or Therapeutic Recreation?	

*Program sessions and times are subject to change

YOU MUST PRE-REGISTER TO ATTEND: To register visit www.nysrps.org. On the home page at the right under "Events" you will find a listing for DOWNSTATE RECREATIONAL CONFERENCE. Click on the link "Register" and it will take you to the registration landing page.

If you have any questions regarding registration please contact Lisa Morahan 518-584-0321 ext.11.

Cancellation – Refund requests must be made in writing. Cancellations postmarked on or before October 31, 2016 will be assessed a \$10 processing fee. After October 31, 2016, a charge of \$15 will be assessed. Refunds will not be made for no-shows.

2016 Downstate Recreation Conference Sessions

9:00-10:00 am

Master Planning Park & Recreation Facilities

Daniel Biggs, RLA

Park and recreational facilities regularly experience the need to adapt to the changing needs and interests of citizens. As a result, master planning facilities is becoming a common need in many communities. This session will review the steps from inventory through master planning park and recreational spaces to adapt to the changing needs to better serve all.

The Basic Components of Dog Park Development

Dr. Marilyn R. Glasser

This session will provide an overview of the basic, most essential components needed in a quality, complete, professional but no frills dog park. The session offers the information professionals need to plan a quality dog park, at a reasonable cost, that a municipality can be proud of and will prove to be popular, well-utilized facility truly appreciated by the community.

Trends in Play Space Design: Activity, Engagement & Involvement

Michael Fingerioth

Many parks today face the challenge of providing environments where all visitors can engage, with less funding and fewer resources. Participants will be provided with current data on how the world population is aging and countering disabilities in all age groups. In this presentation, participants will be introduced to the concepts of social sustainability as they apply to park and playground settings.

Program Planning on the Memory Care (Dementia) Unit

Frankie Diaz, CTRS

In this session we will discuss different programming ideas and interventions to create a fun environment as well as a therapeutic atmosphere for your clients. We will address the different levels of cognition and how to include them in everyday program ideas. Meeting the needs of each resident can be challenging, especially for those with higher cognitive levels. We will be discussing interventions and techniques to meet them.

Certification 101

Noelle Molloy, MSED, CTRS

This session provides an in depth review of the NCTRC Certification Standards. It will include the requirements for application, the application process, exam information and requirements to maintain certification.

The Power of the Inbox

Erik Bunaes

Best practices and tips for successful email marketing from the pros at Constant Contact. We will take you through the key steps to effective email marketing and show you how to integrate email and social media.

10:10-11:10 am

Fall Reduction: Strength, Mobility, Attitude

Nina Priya David, MA, E-RYT 500

A playful approach to proven fall-reduction and fall-prevention strategies that reduce fear, focus the mind, condition the body and increase healthy living. Easily done in large or small groups, indoors or outdoors, on it's own or combined with another activity, seated or standing, or at tables if need be. Appropriate for all ages and conditions. Staff are always welcome to participate.

Find Your Niche: Creating an Authentic and Legitimate Nature Program

Lori Laborde

In this session we will explore recognizing yourself in your work, creating a program that is consistent with your personal and professional goals, the need for flexibility and adaptation, understanding the market and creating a market niche, assigning value to your work, and collaborating with other organizations.

Chair Yoga for the Able-Bodied Senior

Toni Farkas

Participants will learn what Chair Yoga is, and how it can be a wellness program for able-bodied seniors. They will learn how to start a Chair Yoga program and what benefits it can offer seniors.

The Center of Attractions

Joseph Simoncini

Get an insight into all the nuances that are involved in the day to day activity at the Westchester County Center. Learn about everything from event management, to crowd control, to safety and even building partnerships and relationships with outside promoters and organizations.

Drug Epidemic and Treatment Modalities

Allois Simpkins-Douse, MS, CTRS

Descriptions of mind and mood altering drugs and a discussion on why people use drugs. Learn how to identify if someone has a problem with drugs and what interventions and treatments can be used to treat them.

FDR and Warm Springs: Reclaiming a Legacy for TR

Gail Levine, Ph.D, CTRS & Robert Fried, Ed.D.

Roosevelt Warm Springs Rehabilitation Institute (RWSRI), the center that Franklin Roosevelt established in 1927 for the treatment and rehabilitation of polio, represented a radically different approach to rehabilitation. Discover the invaluable role played by the Institute, then and now, as it continues to carry out FDR's vision through its Center of Therapeutic Recreation and outdoor recreation facility.

11:45 am - 12:45 pm

Meaningfulness in TR/RT Programming: Key to Survival?

Robin Kunstler, Re.D., CTRS

Effective and meaningful TR/RT programming is the key to enhancing client outcomes and insuring our future professional role. Learn how to recognize and incorporate meaningfulness in TR/RT activities by examining the role of TR/RT on the team and analyzing programs for essential meaningfulness elements. Use this information to promote TR/RT in your agency.

Engaging Volunteers (Part One)

Gerald Panno, CVA

TR or RT professional staff often manage volunteer programs or supervise volunteers. During this workshop we will examine best practices for volunteer management related to: organizational culture, regulatory standards, needs assessment, assignment descriptions, recruitment, interviewing and screening, and orientation and training.

Nurturing a Healthy Foundation for Youth

Katherine Scalfani

Join us as we discuss the essentials to identifying youth's foundation. Topics will include running a successful youth center, learning to identify both the non-recreational and recreational needs of today's tweens and teens, and local resources which are available to complement the services we provide as recreation professionals.

Creating a Positive Camp Culture

Allison Wittenberg

We've got spirit, yes we do! We've got spirit, how 'bout you? Does your program have energy and excitement? Whether it's a morning cheer or a special handshake, there are countless ways to increase the element of "fun" at your site. Attendees will participate in activities that demonstrate the impact of positive culture and leave with ideas to help create strong community.

NCTRC Recertification: Continuing Professional Competence

Noelle Molloy, MSED, CTRS

This session provides an in depth coverage of recertification standards and requirements. Continuing education, professional experience, and re-examination will be described in detail. Utilization of the 2014 NCTRC National Job Analysis Study in relation to recertification requirements will be discussed.

Mandala-Cise

Nina Priya David, MA, E-RYT 500

This is a simple, creative and enjoyable way to get a lot of people involved without a lot of set up or transportation. Manda-cise has proved to be an amazing mental and physical health tool! It fosters a relaxing, positive atmosphere throughout the space as well as creativity opportunities for clients already familiar with the arts as well as those who are less experienced or hesitant.

1:50-2:50 pm

Recreational Surfaces - What's New!

Michael Edgerton

Overview of maintenance and repair procedures for park facilities such as tennis and basketball courts, hockey rinks, and handball and pickleball courts. New techniques and products used to maintain courts properly will be discussed.

It's a Diverse Universe

Chris Evers

Educators and recreation professionals are often tasked to help children understand that diversity enriches our lives and our communities. Animal Embassy will provide examples of how we can help children with this notion. With live Animal Ambassadors, we will explore the fact that animals have different abilities and adaptations which enable them to survive as well as contribute to their community. We will learn how to draw parallels with our own lives and discover how we all play a role in our community.

Engaging Volunteers: After On-Boarding Volunteers (Part Two)

Gerald Panno, CVA

TR or RT professional staff often manage volunteer programs and or supervise volunteers. During this workshop we examine best practices of volunteer resources management related to: supporting volunteers and paid staff, performance evaluations, annual competencies, dismissal, recognition, working with a Volunteer Services Department, organizational culture, and regulatory standards.

Psychotropic Medication or Therapeutic Recreation?

Veronica Kaninska, Ms. Ed.

This session will share the result of an evidence-based project on how to reduce psychotropic drugs through therapeutic recreation in a long-term setting. The hypothesis to be tested was that by encouraging and providing TR interventions along with psychology services, would lead to a decrease in clients' symptoms of depression and anxiety.

Challenges of Events That Grow Beyond Expectations

Matt Veronesi

New Windsor Community Day began in 2009 and 2,500 people came and we thought it was a huge success. Now 8 years later the event draws 30,000 people over the course of the day which has caused many issues that needed to be dealt with.

The Power of Games

Allison Wittenberg

Intentional pairing and team building exercises help form connections between children and allow staff to gain insight into group dynamics. This interactive session highlights games that encourage participants to get to know each other and have fun, while enhancing the culture of the program.

3:00-4:00 pm

Character First: Strengthening Community Ties

Juan Franquiz, MA

This session will inform recreation practitioners and students of the importance of planning and organizing a character development program. Participants will experience an interactive ice breaker that will challenge them to identify and share the importance of values in their lives, and the impact these values have on the community they serve. Participants will take these ideas, and while working in small groups, they will start to promote positive character development in the lives of the community residents they serve.

Who Wants to Be A Licensed Recreation Therapist?

Vincent Bonadies, MS, CTRS

Based on the popular game show "Who Wants to be a Millionaire?" In this fun and interactive approach participants will have the opportunity to increase their knowledge of the history of RT licensure and the current status of the NYS Recreational Therapy Licensure Bill. Participants will have the opportunity, with assistance of the NYS RT Licensure Committee, to take action and contact their legislators via mail or email during this session.

Memorable Travel Experience and Its Reminiscence Functions

Hyangmi Kim, Ph.D., CTRS

This session embraces analyses on memorable travel experiences and derived benefits. These investigative undertakings, involving multiple methods, are considered interdisciplinary work encompassing the domains of recreational therapy, psychology, and tourism. This session mainly explains what constitutes memorable experiences and how it functions as the memories are retrieved.