

# ITRA ANNUAL CONFERENCE

## A Time For Change

### Conference Overview

7:15-7:45 AM Registration	12:35-1:35 PM <b>Afternoon Keynote Address</b>
8:00-9:00 AM <b>Welcome &amp; Opening Keynote Address</b> <i>Katie Rodriguez Banister, President of Access-4-All, Inc.</i>	<i>David Gould, Faculty/Academic Coordinator, The University of Iowa College of Liberal Arts &amp; Sciences, Interdepartmental Studies Program</i>
9:10-10:10 AM Session I	1:45-2:45 PM Session III
10:20-11:20 AM Session II	2:55-3:55 PM Session IV
11:30-12:30 PM Lunch	4:00-5:00 PM Session V
	5:00 PM Adjourn

#### Welcome and Opening Keynote Address

##### A Process for Change – A 4-Point Coping Strategy for Anything

*Katie Rodriguez Banister, President of Access-4-All, Inc.*

Katie shares her life's journey in an entertaining and personal way. Katie has a disability and her paralysis has given her many gifts, including a great job educating her community. It also brought true love into her life. Not every day is wonderful, but Katie has developed coping mechanisms to see her through the days that challenge her.

#### Afternoon Keynote Address

*David Gould, Faculty/Academic Coordinator, The University of Iowa College of Liberal Arts & Sciences, Interdepartmental Studies Program*

It is clear that the keys of the kingdom are changing hands, and the 21st century is moving quickly towards an emerging creative class that values conceptual knowledge and original thinking. This presentation will address a future that belongs to a very different kind of person, with a very different kind of mind. Successful individuals will no longer simply memorize information, but rather weave together facts in new and imaginative ways. Creativity is the catalyst of change in a quickly moving world. Those individuals who embrace it will reap society's richest rewards and greatest joys. Is creativity available to all of us or reserved only for a few? What role does play have in the creative process? How can culture and education influence creativity? These questions and more will be examined, with an attempt made at reviving the creativity in all of us.

### Keynote Speaker BIOS

#### **Katie Rodriguez Banister**

*President of Access-4-All, Inc.*

Mrs. Katie Rodriguez Banister survived an auto accident in 1990 that left her a quadriplegic, paralyzed from the chest down. After six months of rehabilitation and fifteen months of living with her parents, she returned to living independently in 1992. Katie worked with the city of Webster Groves, Missouri, for five years as the Access Coordinator. Katie's work experience prior to her accident includes: Latch-Key Director, Sales Representative for Pitney-Bowes, and Social Director for Lodge of the Four Seasons. With her husband, Steve, the two co-founded Access-4-All, Inc. with a mission to educate and empower others through motivational speaking and disability education. Katie has authored, "Aunt Katie's Visit," (2003) an educational book for children, which has equally been enjoyed by parents, teachers and librarians. Katie has also authored, "The Personal Care Attendant Guide," Demos Medical Publishing (2007). As a person who gives back to her community, Katie has been a member of the Recreation Council of Greater St. Louis Board of Directors since 1991 and served as president from 1997-2001 and board member of Life Skills. Katie was a performer and founding member with St. Louis' "DisAbility Project" for six years. She served as a board member and president of the Delta Center for Independent Living from 1996-2002 and board member of the VSA Arts of Missouri from 1996-2000. She co-produced her own motivational video, "Change Takes Time." Katie's honors include 2001 St. Louis Woman of Achievement; Missouri Jaycees 1998 Ten Outstanding Young Missourians; St. Louis Jaycees Jr. Chamber of Commerce 1995 Ten Outstanding Young St. Louisans; Missouri Governor's Council on Disability 1993 Advocate of the Year; Central Missouri State University Outstanding Freshman in the Department of Recreation 1983-84, and Kirkwood Missouri Jr. Miss 1982.

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See inside  
for session  
descriptions and  
to sign up for  
the ITRA Annual  
Conference!

# ITRA ANNUAL CONFERENCE

2009 ITRA Annual Conference



April 3, 2009

University of Northern Iowa

## Plan Now to Attend!

Whether you work at a recreation facility, long-term care facility, hospital, clinic or school, you'll ...

- • • Uncover the latest resources and techniques for therapeutic recreation professionals.
- • • Share best practices and ideas with your colleagues.
- • • Visit exhibits and attend sessions addressing the very issues you are currently tackling.
- • • Revitalize your program and yourself with ideas you can put to use right away.

Sponsored by the Iowa Therapeutic Recreation Association; UNI School of Health, Physical Education and Leisure Services; UNI College of Education; and University Events Coordination

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## Keynote Speaker BIOS (Cont.)

### David Gould

David Gould is a lecturer in the Leisure Studies Program and the Academic Coordinator of the Interdepartmental Studies Program at the University of Iowa. His courses explore the cultural importance of leisure and play. In 2007, he won an award for outstanding teaching at the university and was a nominee for the 2008 President and Provost Award for Teaching Excellence. As a filmmaker, Mr. Gould's credits include, "Freestyle: The Victories of Dan Gable" and "The Checker King." These films premiered on HBO Signature and HBO2 respectively and enjoyed favorable reviews from the L.A. Times and Newsweek, among others. Among his awards, Mr. Gould has received a CINE Golden Eagle and a Regional Emmy for Outstanding Achievement. He is currently producing the feature film, "Diane's Room," based on the life of legendary wrestler Dan Gable and directing the documentary, "Two Sides of the Moon: The Tragic Death of Hatun Aynur Sürücü" about honor crimes.

## Conference Sessions

### Session 1 (9:10 AM)

#### 1. Physical, Mental, Social and Economic Changes that Affect TR Programming

*Gerald Hitzhusen, Associate Professor  
Department of Parks, Recreation, and Tourism  
University of Missouri*

This session will describe "changes" that occur in the lives of the elderly, the TR Specialist and how that can affect programming in Therapeutic Recreation.

#### 2. Cards as a Therapeutic Intervention

*Kelly Sigler, CTRS Therapeutic Recreation Supervisor  
Genesis Medical Center*

This session will be geared toward new graduates wanting to learn a variety of card activities to use in whatever setting and population they choose to work with. We will talk about how to address memory, cognition, socialization, communication, fine motor skills and standing balance using cards.

#### 3. Dealing with Difficult Behaviors

*Karla Belzer, MS, CTRS  
Director of Therapeutic Recreation and Special Projects  
Winning Wheels*

We all encounter "difficult" behaviors on a daily basis... not just from our clients! This session will provide practitioners with practical, everyday strategies to cope with and redirect the difficult behaviors presented in practice settings.

#### 4. Introduction to Senior Corps and the Foster Grandparent Program

*Keely Hinkel, Foster Grandparent Program Director  
Community Corrections Improvement Association  
Brooke Sluiter, Foster Grandparent Program Coordinator  
Project Concern*

In this session you will learn the benefits of intergenerational mentoring programs, have a brief introduction to Senior Corp, detailed explanation of the Foster Grandparent Program, its benefits and how it relates to TR as well as some activity and collaboration ideas.

### Session 2 (10:20 AM)

#### 1. Karma- Universal Laws- Why Things Happen the Way They Do

*Katie Rodriguez Banister  
President of Access-4-All, Inc.*

There are 12 universal laws that influence our lives. There are ways to make healthy decisions and have a great life. The key is understanding change. This fun and interactive presentation will help you open your eyes to see all of life's possibilities.

#### 2. Feminist Counseling Techniques

*Megan Schwalm-Bell, MA, CTRS  
PhD Student, University of Iowa*

This session will focus on techniques for providing feminist group counseling. Participants will be provided with an overview of feminist-based counseling techniques along with specific interventions that could be used with various populations.

## Conference Sessions Cont.

### 3. An Integrated Approach to Working with Children Exposed to Violence (Part 1 of 2)

*Megan Schwalm-Bell, MA, CTRS, PhD Student,  
University of Iowa  
Emily Gordon, MSEd, NCC, PhD Student, University of Iowa  
Domestic Violence Shelter Supervisor, Family Resources*

The first session of a two-part presentation (please register for both sessions). Participants will gain an understanding of the dynamics of violence and the way in which children are affected as witnesses. These sessions will focus on processing issues of domestic violence, gender respect, educational advocacy, safety, diversity and feeling. Participants will be given specific interventions/activities and gain an understanding of the basis for these interventions.

#### 4. Beyond Bingo, Bible Studies and Birthday Socials: Special Programs in Long Term Care

*Karla Belzer, MS, CTRS  
Director of Therapeutic Recreation and Special Projects  
Winning Wheels*

In a rut with your activity program in your facility?

Come to this session to learn unique, creative and innovative programming ideas for long term care facilities. Discover how you can improve your program and your residents' quality of life.

#### 5. TR Counts!

*Doug Boleyn, CTRS  
Manager Recreational Therapy and Manager Outpatient  
Rehabilitation Services, Genesis Medical Center*

The Medicare contract for the State of Iowa has recently been awarded to Wisconsin Physicians Services (WPS). Unlike our previous Fiscal Intermediary (CAHABA), WPS recognizes Therapeutic Recreation as a skilled service and the time a rehabilitation inpatient spends in TR now counts towards the three hour rule. This is tremendous for our profession and valuable to maintaining and creating jobs across the state. Learn what steps you need to take to be included in the "three hour rule."

### Session 4 (2:55 PM)

#### 1. An Integrated Approach to Working with Children Exposed to Violence (Part 2 of 2)

*Megan Schwalm-Bell, MA, CTRS, PhD Student, University of Iowa  
Emily Gordon, MSEd, NCC, PhD Student, University of Iowa  
Domestic Violence Shelter Supervisor, Family Resources*

This is the second session of a two-part presentation (please register for both sessions). Participants will gain an understanding of the dynamics of violence and the way in which children are affected as witnesses. The sessions will focus on processing issues of domestic violence, gender respect, educational advocacy, safety, diversity and feeling. Participants will be given specific interventions/activities and gain an understanding of the basis for these interventions.

#### 2. The Use of HydroWorx 2000 Therapy Pool for Rehabilitation and Conditioning. (Part 1 of 2)

*Terry Noonan, Executive Director  
Human Sport and Performance Program  
University of Northern Iowa*

The HydroWorx 2000 provides the perfect low impact environment with an exercise intensity level that will stress the body to improve coordination, balance, speed and agility. By integrating a treadmill with the natural resistance of water and variable speed jets, not to mention the variable depth capacity, we can manipulate the stress to allow individuals to reach their specific rehabilitation or fitness goals. *Please register for both sessions. Part one will take place in the classroom.*

#### 3. Therapeutic and Recreation use of Tai Chi Chuan

*Li-Ming Chiang, Graduate Assistant Doctoral Candidate  
School of Health, Physical Education and Leisure Services  
University of Northern Iowa*

Tai Chi Chuan mainly emphasizes body relaxation, mental concentration and movement coordination. It is considered to be an exercise and recreation activity

that has positive effects on both physiological and psychological behaviors for older adults as well as disabled individuals. During this session you will learn the origin and techniques used in Tai Chi Chuan, clarify the different styles and evolution of Tai Chi Chuan, suggestions for professional resources and potential ideas that a TR specialist can use to promote improved physical and psychological function of individuals with varying abilities utilizing Tai Chi Chuan activities.

#### 4. Special Olympics- Can I Compete?

*Joe Fernau, Director of Training and Outreach  
Special Olympics Iowa*

Special Olympics is for any person who has the diagnosis of an intellectual disability. Come and see if your participants qualify and how Special Olympics can work for and with you!

#### 5. Growing with Horticulture Therapy: Make Gardening Fun, Easy and Accessible!

*Melodie Shaffer, Graduate Student  
University of Iowa*

We'll take a virtual tour of some wonderfully inspiring greenhouses and discuss ways that even the smallest facility can grow plants! I'll show you how to propagate inexpensively, give practical advice about tools and fertilizers and help you grow healthy, green plants! Be ready to get your hands dirty!

### Session 5 (4:00 PM)

#### 1. The Use of HydroWorx 2000 Therapy Pool for Rehabilitation and Conditioning. (Part 2 of 2)

*Terry Noonan, Executive Director  
Human Sport and Performance Program  
University of Northern Iowa*

The HydroWorx 2000 provides the perfect low impact environment with an exercise intensity level that will stress the body to improve coordination, balance, speed and agility. By integrating a treadmill with the natural resistance of water and variable speed jets, not to mention the variable depth capacity, we can manipulate the stress to allow individuals to reach their specific rehabilitation or fitness goals. *Please register for both sessions. Part two will take place in the pool.*

#### 2. Universal Design

*Brenda Schmitt, Family Resource Management Field  
Specialist  
ISU Extension*

Better tools for everyday tasks - the easy-visiting home - update your home for a lifetime of living. Learn about universal design and how to make homes and products more appealing and convenient for all users, including aging people and people with disabilities. Universally designed products allow people to "age" in place.

#### 3. Use of Exercise and Physical Activity as an Intervention in TR

*Ken Mobily, CTRS, Professor and Coordinator  
Leisure Studies  
University of Iowa*

The purpose of this session is to suggest that exercise is a valid intervention for TR. Intervention studies appearing in TR literature demonstrate that functional and psychological improvements can result from the use of exercise as a modality. Several assumptions form the foundations for the use of recreational level exercise by TR: the need for exercise for adoption and compliance by the masses is of a mild to moderate level of intensity and community-based TR and outpatient TR services are well-positioned to deliver recreational level exercise. The implications for adopting the use of recreational level exercise will also be presented.

#### 4. Recreate your Activities

*University of Northern Iowa Therapeutic Recreation Class*

In this session the TR class of UNI will teach new and exciting activities that can be used in any Therapeutic Recreation setting. We will explore activities which will enhance self-esteem, body movement, creative thinking and much more.

## Conference Information

#### DATE, TIME AND LOCATION

Friday, April 3, 2009; 7:15 AM – 5 PM  
Wellness Recreation Center (WRC),  
University of Northern Iowa, Cedar Falls

#### COST

Registration includes all sessions and materials, parking permit, refreshments, exhibits and **one year ITRA membership.**

#### CEUs

Check the box on your registration form to receive .7 CEUs.

#### ACCOMMODATIONS

A block of rooms is reserved for April 2 at the Cedar Falls Comfort Suites, 7402 Nordic Dr. Call 319-273-9999 by March 2 and use the code ITRA to receive the conference rate of \$89/room/night.

#### CANCELLATION

Call 319-273-5141 for a full refund of your registration fee through March 20, 2009. After March 21, a \$20 processing fee applies. Substitutions for your registration are welcome.

#### PARKING

Parking is available north of the WRC. A permit and map will be included in confirmation. Lost permits may be replaced for \$1.25.

## Conference Registration

Fax:  
319-273-2075

Mail:  
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University Events Coordination  
University of Northern Iowa  
UNI-Dome NE Lower Offices  
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Questions? Phone:  
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#### Mark the appropriate box that most closely represents your area of service.

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Special needs, including dietary     Check here if you'd like a vegetarian meal.

Check here if you'd like a lenten meal.

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<input type="checkbox"/> Non ITRA member	\$105	\$120
<input type="checkbox"/> Student	\$25	\$25
<input type="checkbox"/> Student Presenter	\$5	

I would like to receive .7 CEUs.    \$10

Please do not include my name in the membership directory.

Do not share information about my participation with my local news media.

#### Session Selection

9:10 AM    1    2    3    4    5    2:55 PM    1    2    3    4    5

10:20 AM    1    2    3    4    5    4:00 PM    1    2    3    4

1:45 PM    1    2    3    4    5

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University Events Coordination requests the information on this form for the sole purpose of registering you for this program. We do not routinely release any of this information to anyone outside our institution without express permission. We do ask that you fill out all the registration items that apply to you. We are unable to process forms that do not include your name and address. The University of Northern Iowa is an equal opportunity educator and employer with a comprehensive plan for affirmative action.