



Newfoundland & Labrador
Therapeutic Recreation Association

2022 Virtual Conference & AGM

Sneak Peek

Registration Information

October 1st – 15th Early bird Registration for Conference
October 16th – 23rd Final Week to Register for Conference
Register online at www.nl-tr.ca

Tentative Schedule

***please note times and dates may be subject to change**

October 16th – 29th, 2022

October 16th – 29th Conference Activities and Events including:
String-a-long Session with Cherry Lane Studio
October 20th 7:00 – 9:00pm Virtual Student Session

Conference & AGM

October 27th 1:00 - 5:00pm Preconference
October 28th 8:00am – 5:30pm Conference & AGM

***all sessions will be offered virtually through the zoom platform**

**MARK YOUR
CALENDAR!**

Conference Speakers & Presentations

Check out some of the sessions you can expect to see at this years conference . . .

***all conference sessions are currently being reviewed for NCTRC CEU Preapproval**

Keynote Speaker

Emily Glossop graduated from the School of Human Kinetics at the University of Ottawa. She has dedicated almost 20 years of her career to the Ottawa Children's Treatment Centre and Children's Hospital of Eastern Ontario working as a Recreation Therapist with children and youth with multiple physical, developmental and associated behavioural needs. She is a former member of the Canadian Para Alpine Ski Team serving as guide to one of Canada's top blind skiers, (Retired) and winning many World Cup Medals. She is also a motivational speaker, giving talks locally, nationally and internationally on the importance of physical activity for all, overcoming obstacles and following your dreams. She is a Certified Mixed Ability Sport Coach as well as a facilitator for LEAD Canada (Leading Equitable and Accessible Delivery) and provides Disability Inclusion Workshops which help support her goal of increasing community capacity and advocating for inclusion and accessibility. Emily is the recipient of the Order of Ottawa, Paul Harris Fellow Award, the Growing Up Great Award for Stable and Nurturing Relationships and in 2018, in celebration of International Women's Day, Emily was recognized by CHEO as one of their #SHEOs in celebration of her achievements as a Recreation Therapist and the inspiration she brings to others. As a social entrepreneur, Emily is the co-founder and Executive Director of Abilities Centre Ottawa and is dedicated to continually advocating for inclusion and equal access for all.

Session Description:

Living Life to the Fullest and Supporting Others to do the Same

Emily Glossop is a passionate advocate for inclusion and accessibility and sees the value in connections and collaborative work. As the co-founder and Executive Director of Abilities Centre Ottawa and former Recreation Therapist in paediatrics for 20 years, she is working to bring her community together, elevate the amazing programs that exist while, at the same time, supporting the further development of inclusive and accessible programs that offer quality participation for all. Emily will speak to her professional and personal experiences in life, work and sport and, in doing so, will hopefully inspire and challenge ones individual and/or organizational growth.



Emily Glossop

Conference Speakers & Presentations Continued . . .

Erica Egedy graduated from College of the North Atlantic with a diploma in Community Recreation Leadership back in 1999. Since that time she has also gained a post graduate diploma in Therapeutic Recreation from Georgian College. She earned her Bachelor of Recreation through Memorial University in 2018, and has become a CTRS in 2019. Her career in Therapeutic Recreation started out in Ontario, where she worked there until 2010. In Ontario Erica worked as Recreation Therapy assistant, a Recreation Specialist and a Social Activities Director (to name a few of her jobs). In 2010 her family moved back home to NL. Most of her time in NL has been spent at the Dr. Hugh Twomey Health Centre in Botwood, first as a Recreation Therapy Worker, then as the Specialist. Currently, Erica is the Recreation Specialist with Home First, for the Central region. She has been married for 15 years and has a 13-year-old son. Her favorite thing to do is spend time with her family. She loves to watch her son play hockey and enjoys being his personal taxi. Erica loves to play volleyball, enjoys kayaking, walking and a good afternoon nap.

Session Description:

Central Health's Home First: A Pilot Project with Recreation Therapy

The Home First Philosophy has a vision; that all clients of Central Health are provided access to the supports and services they need to remain in their homes and communities, avoiding unnecessary hospitalization, and/or long term care placement. Throughout this session you will see how this vision is playing out. Three years ago, Recreation Therapy was added to this team as a pilot project and is still going. You will hear firsthand the growing gains (and pains) that were had along the way and my vision for the future. Please join me to hear more about how Recreation Therapy is branching out into the community and have become an integral team member.



Erica Egedy

Conference Speakers & Presentations Continued . . .

Amy Parsons has her Diploma in Community Recreation Leadership and has completed 25 courses towards Therapeutic Recreation. She has worked in a variety of home and hospital settings, mostly with those who have disabilities, addictions and mental health challenges, and with seniors. Along with her 11 years of experience as a practicing Recreation Therapy Worker and 7 years as an Event Coordinator, Amy started a mobile recreational therapy service, A+ Therapeutics. The goal is to assist clients with health issues and social barriers through easy access to leisure activities and therapeutic tools. In addition to Amy's recreation experience, she worked for the Canadian Hard of Hearing Association – NL for 5 years, providing presentations across the province on hearing loss. Amy has her Hearing Loss Support Specialist certification and is hard of hearing herself, which allows her to share her personal experiences as well.

Session Description:

Effective Communication with Clients in Recreational Therapy (with a focus on hearing loss)

Can you imagine not hearing what is going on during a recreational activity? Communication is a key component in carrying out successful recreational programs, to ensure participants understand what is going on and are able to enjoy themselves. Therapeutic recreation promotes inclusion and works hard to provide good client-therapist relations; however, the communication needs for Deaf or Hard of Hearing clients are unique. This presentation will help professionals in Recreational Therapy to use effective communication skills to create an accommodated and comfortable environment for clients experiencing hearing loss.



Amy Parsons

Conference Speakers & Presentations Continued . . .

Jessie Jones is a Recreational Therapist, entrepreneur, mother, writer, musician and artist. Jessie founded Jess Jones Recreation Therapy in June of 2021 and has since partnered with over thirty organizations and communities across the nation! Within one year of business, Jess Jones Recreation Therapy opened their first location and continue to serve their community with therapeutic recreation, leisure education and counselling through connection, curiosity and creativity.

Session Description:

Connection, Curiosity & Creativity: How to Build a Flourishing Private Practice as a Recreational Therapist

Discover how to build a successful private practice through connection, curiosity and creativity. Join Jessie Jones, Recreational Therapist and founder of Jess Jones Recreation Therapy to learn the foundation of starting a flourishing private practice!

And more, including . . .

Standards of Practice for TR in NL:
An Update and Discussion on the
NLTRA's SOP

Inclusive Recreation with RecNL

City of St. John's Inclusive
Recreation Services

SucSeed Grow Garden Therapy



Jessie Jones

Annual General Meeting

Friday, October 28th, 2022

11:50am – 1:20pm

Virtually

- The following documents will be circulated via email to members 2 weeks prior to the 2022 AGM:

2021 AGM agenda and minutes

2022 AGM agenda

- Zoom link will be sent to all registered participants 3 days prior to event



Education Funding Available



Funding to attend the conference is available to members. Check out the application on our website:

<https://nl-tr.ca/education-funding-application/>

Volunteers Needed

Did you know that the NLTRA Board and the working subcommittees are made up fully of volunteers? The work is broad, but with many hands we can achieve much success. We are looking for volunteers to join us in working towards growing and maintaining the TR profession in Newfoundland and Labrador.

Board Positions

President Elect
Central Vice President
Western Vice President
Student Vice President
Conference & Education Coordinator
Website Coordinator
Treasurer
Membership Coordinator

***nominations will also be accepted from the floor at AGM**

If interested in letting your name stand for a Board Position at the upcoming AGM on October 28th, 2022, please email your name and interested position to catherine.tee@easternhealth.ca
by October 21st, 2022

Volunteers Needed Continued

Subcommittees

- Membership & Marketing
- Conference & Professional Development
- Advocacy & Evidence Informed Practice
 - Risk Management
 - Fundraising
- Professional Regulation in TR

If interested in becoming a member of one of the above subcommittees, please email your name and interested subcommittee(s) to catherine.tee@easternhealth.ca

Awards Nominations

Nominations are now being accepted for the Newfoundland and Labrador Therapeutic Recreation Association's (NLTRA) Awards. The awards are awarded annually to individuals in the field of Therapeutic Recreation who have made a significant impact on the profession. The awards are;

Professional/Recreation Therapy Team of the Year Award

Leadership Award in Therapeutic Recreation

Outstanding Student of the Year Award

Volunteer of the Year Award

Nominations are being accepted for all awards. Deadline for nominations is October 3rd, 2022. If you know a deserving individual or group, please check out the awards section on the NLTRA website to submit a nomination:

<https://nl-tr.ca/awards/>



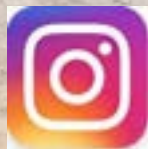
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Members ONLY Email Blast
Email membership.nltra@gmail.com
to have your email added to the list



Newfoundland and Labrador Therapeutic
Recreation Association



@nl_tra



www.nl-tr.ca

Questions

**Contact the
Education & Conference Coordinator:**

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