19TH ANNUAL DOWNSTATE RECREATION CONFERENCE

WEDNESDAY, NOVEMBER 20, 2013
WESTCHESTER COUNTY CENTER, WHITE PLAINS
9 a.m until 4 p.m.
REGISTRATION INFORMATION – Wednesday, November 20th, 2013
Westchester County Center, White Plains, NY

REGISTRATION: Beginning this year, all advance registrations for the Downstate will be done online. Mail in registration will NOT be accepted.

To register for the Downstate, please follow these instructions:

1. Go to the State Society web site at www.nysrps.org
2. On the Home page, in the middle of the page you will see three boxes; click on the “Conference” box.
3. If you have not done an online registration with NYSRPS previously, it is STRONGLY recommended that you click on “For a tutorial on how to register for the Downstate Conference, click here”.
4. After you have read the tutorial, go back to the Conference page, and click on “To register and pay for the Downstate Conference (Wednesday November 20), click here”.

If you choose to register at the Westchester County Center on the day of the Downstate Conference, please be aware that those registrations will be processed at the higher rates as published in this brochure.

General Information:
Cancellation – refund requests must be made in writing. Cancellations postmarked on or before October 31, 2013 will be assessed a $10 processing fee. After October 31, 2013, a charge of $15 will be assessed. Refunds will not be made for no-shows. For registration-related questions email becki@nysrps.org. For conference-related questions, contact Paul Bialek at (516) 731-5516 or Paulbpool@aol.com

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<thead>
<tr>
<th>Registration Fees</th>
<th>Pre Registration</th>
<th>Day of Conference Registration</th>
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<tr>
<td>Affiliate Member</td>
<td>$ 60.00</td>
<td>$ 75.00</td>
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<tr>
<td>Non-Member</td>
<td>$ 70.00</td>
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<td>Full Time Student</td>
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<td>Speaker</td>
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<td>CEU’s Optional</td>
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I Pads: A Wonderful Addition to our TR Programs
The TR Department at Jewish Home Lifecare uses I Pads as part of their TR programming in both individual and group settings. This session will review how the I Pad can function in therapeutic interventions, review successful use of the device, and introduce free apps which are available and can be used to enhance TR programs.
Erin Keenan & Katie Wasilewska, Jewish Home Lifecare, Manhattan Division.

Personality Disorder and Recreation Therapy
This introductory session will focus on patients with common Axis II disorders who are treated on an inpatient basis in an acute psychiatric unit. Participants will get an overview of the most prevalent Axis II behaviors, learn NYPH approach to managing difficult behaviors, and learn how these behaviors negatively affect the group process through case examples.
Felicia T. Ziegler, New York Presbyterian Hospital-Allen Hospital

Do You Want Your Own Dream Field?
Municipal ball fields are used seven days per week, and on weekends, five games per day on each field is not unusual. Fields can be worn out, and become dangerous to play on in a very short period of time. In this session, participants will learn just how easy it can to renovate an infield, and learn how important it is to make renovating their fields a priority.
Robert O. Snyder, Town of New Castle

Emergency Planning for Special Events
This session will launch into a discussion of the various issues which may be faced while preparing for a special event, through the use of hypothetical situations. Participants will learn how to assess plans, policies, and procedures and to assess the type of systems needed to guide the prevention of, response to, and recovery from a defined event.
Sgt. Jim McCormick, Emergency Management Coordinator, Town of Clarkstown

Survived and Advanced, and Here to Stay!
What would you do if you were told that within five years, you might be the only person remaining in your department? How would you face the thought of your entire staff losing their jobs, and having most community programs and events being cut? The Irvington Parks and Recreation Department faced just such a scenario, and through cooperative efforts and a wide coalition of the community, developed a plan that generated revenue, and sent a message to the Irvington community that the department had Survived, Advanced, and is here to Stay.
Joe Archino, Superintendent of Recreation and Parks, Town of Irvington

Post Polio Syndrome: The Relevance for TR
Sixty years after the Salk vaccine freed future generations from the scourge of paralytic polio, there are nearly one million polio survivors in the United States who are experiencing the symptoms of “Post Polio Syndrome”. Join Drs. Gail Levine, CTRS, and Robert Fried, as they identify the causes and symptoms of PPS, and present some of the TR interventions that can be effective in reducing symptoms and improving the overall well-being of those living with PPS.
Gail R. Levine, Ph.D, CTRS, RYT, and Dr. Robert M. Fried, Ed.D.

Creative Programming: Mix and Match Programming
Every professional, at times, has faced the puzzle of continuing to offer creative and motivating programs. Shake up your programming by mixing and matching program areas and formats to re-design your typical offerings and re-stimulate participant interest, using EBP to select the most effective activities. This session will review the program areas and formats matrix as well as applying evidence-based practice to activity selection. Participants will have the opportunity to re-design existing programs.
Dr. Robin Kunstler, Professor, Lehman College

Improve Your Quality of Life with Humor
Participants will review the value and benefits of how humor is a vital factor to wellness. The session will combine a lecture, hands on experiential group exercise to identify techniques to use in a successful humor group, and a question and answer session.
Participants will identify physiological, psychological, and social benefits of humor.
Raymond J. Archer, MA/CTRS

Leaving Doors Open When You Leave a Job
Impacts of being laid off or fired can be cause for lashing out, sinking into depression, or silently retreating into joblessness. These reactions can make it difficult to generate new opportunities, and can destroy careers. This session will present techniques and strategies to allow the terminated employee to exit gracefully and positively, putting themselves into a better position to find new employment.
Paul Blake, Owner, American Pool Consultants

Successful Programming for Children With Special Needs
This session will introduce participants to tips and strategies that are successful in programming for children with special needs in a recreation setting. These proven techniques will also apply to working with typical elementary school children in a recreation setting. Participants will learn how to structure programs for success, anticipate and extinguish challenging behaviors, and learn how to reward children and motivate them to succeed.
Nancy Bellini, Joe Bellini, Kristina Rolon, North East Westchester Special Recreation Inc.
Facility Inspection Programs – Your Internal Barometer
This session will present a comprehensive review of how to develop and implement an internal review of your facilities and programs. Participants will discover that this concept can constantly raise the bar on the way your facilities look and operate, gain a better, more comprehensive perspective on how you operate, and get a better grasp of how the public perceives your department, programs and facilities.
Jim Caponera, Director of Program Development II, Westchester County Parks

Livable Communities: A Vision for All Ages
Livable Communities is an award winning signature initiative of Westchester County’s Department of Senior Programs and Services. It helped make the County one of the first to be recognized as ‘age friendly’, nationally by AARP, and internationally by the World Health Organization. This session will focus on programs and opportunities that advance Livable Communities’ main goal of enabling seniors to age in place and build self-reliance.
Colette Phipps, LMSW, Westchester County Livable Communities Program & Valerie Cursio, JD, MSW Livable Communities Village Coordinator

Laughter Yoga Workshop
Laughter Yoga is the new cardio-vascular wellness trend found: in agencies, hospitals, schools, senior settings and corporations. It has many health benefits that addresses the mind, body and spirit. It is based on yogic principles which involve: laughter exercises, deep breathing, stretching, movement and seated laughter meditation. (NO YOGA MATS).
In this workshop you will learn how to: Laugh in the face of adversity, give yourself permission to be playful—which enhances productivity, creativity and reduce Stress.
Francine Shore, Geriatric Counselor and Facilitator

Performance, Respect, Commitment – Leadership Values That Work
Leadership skills are among the most important assets to have to further your career. This session will present how the values of Performance, Respect, and Commitment can help develop those qualities and attributes that mark you for advancement, make you an invaluable part of your agency and communicate expectations to staff.
Joseph A. Stout, Executive Director, Friends of Westchester County Parks, Inc.

Using Books and Movies as Facilitation Techniques
This presentation will expose participants to the use of books and movies as possible facilitation techniques. Popular books, such as Harry Potter, have been utilized to help young people work through feelings of loss. Movies like “When a Man Loves a Woman”, have been utilized to help people suffering from addiction, as well as the family members who may be involved. These powerful and popular books and movies are potentially valuable tools to add to the recreation therapists bag.
Jeremy Cash, CTRS, St. Joseph’s College

Interview Do’s and Don’ts
This session is geared towards students, and will discuss the do’s and don’t’s of interviewing. Participants will have the opportunity to take part in mock interviews, where they can learn to enhance their interviewing skills. Participants will learn steps they can take to better prepare themselves before, during and after the interview, learn the different types of interview and what to expect in each one, and will also learn what NOT to do before, during and after the interview.
Katherine Sclafani, Recreation Leader Westchester County Parks

Executives Approach to Disasters and Emergencies
This session will describe the role and responsibility of Recreation and Park personnel in recovery and continuity, and how to prepare for a disaster and/or emergency event. Participants will learn about the National Standard NFPA 1600, and how this and other standards can be useful management tools, and will learn how to be aware, ready, and prepared to avoid loss of service to clients.
Dr. Arthur H. Mittelstaedt Jr., Ed D, and Mr. Francis Cosgrove Institute for Safety and Preparedness

The Micro Movement Series; Simple Process, Amazing Results
This session will present Micro-Movements, an approach to therapeutic movement and wellness, which is easily possible and highly enjoyable for people of all ages and conditions. This approach is used in day, residential, and home-care with a wide variety of mild to severe physical and mentally challenged populations of all ages, backgrounds, and conditions. This approach is easy to learn, practical to implement, fun to do, and can be an invaluable modality to add to your skill set.
Nina Priya David, M.A., E-RYT 500