



# Newsletter

March 2009

Issue 12

## Robyn Coyle's view from the Chair:

Hello again

Well, another year has gone but I am sorry to say the Executive has not accomplished anything this year, mainly due to the few of us on the Executive have had a lot of commitments elsewhere. I will be resigning as Chairperson and from the Executive as of this year's AGM.

Once again I ask people to step up and participate at the Executive level to help move the NZTRA forward, there are still areas that need work such as looking into the viability of aligning NZTRA with Australia which has TR programmes within its universities. These are things that need to be look at very closely, I for one am very proud of that degree. If people are not willing to step up and participate, decisions regarding the future of NZTRA will have to be looked into.

I look forward to seeing you at the AGM

## Readers Opinions wanted:

### Professional Indemnity Insurance

Health professionals usually have professional indemnity insurance in case they are ever taken to court for providing unsafe, inappropriate or inadequate treatment or any other breach of professional duty. Nurses' insurance is part of the membership benefits in the NZ Nurses Organisation (i.e. it's included in the membership fee). The NZ Society of Physiotherapists includes professional liability insurance in the membership fee, and they offer optional company insurance at group discount fees. Both the NZ Association of Occupational Therapists and the NZ Psychological Society offer insurance to members as an optional benefit – members can choose whether or not they wish to take up the offer of insurance at group discount rates.

Have you got professional insurance? Where did you get it?

What experience did you have with trying to access some?

What kind of TR work do you do?

Do you think a TR professional needs it?

Send your comments to [seeking\\_linda@hotmail.com](mailto:seeking_linda@hotmail.com) for inclusion in the next newsletter.

Closing date April 20.

## Personal Profile:

**Name:** Linda Johnson

**Organisation:** Contracted by Hastings District Council for a specific project

**Position Title:** Recreation Therapist

**Client population:** Well elderly

**Employment Terms:** 60 hours. In reality this was spread over about 15 weeks.

**Role Description:** I wrote and delivered a modified leisure education programme for the Council's Positive Aging Strategy. The programme was four weeks long and run as a pilot programme with one group each from two different agencies.  
The purpose of the programme was to give senior citizens the confidence and skills to use the public urban bus service. Worked alongside the Community Development Planner and staff involved with the pilot groups and at the two planned destinations. Prior to the commencement of the programme, I was involved with recognisance (fancy word for riding the bus on all the routes), applying for funding, booking venues and chartering buses, and programme promotion. Afterwards, I contributed to the evaluation process. It was an enjoyable and satisfying experience.

Executive member Shaun Cavanagh says, Hi Folks,

A short update on my trip to the US over the last few months: I've been here since July on a J-1 Visa (sponsored by IENA), and this has allowed me to complete a non-CTRS supervised internship with the Mecklenburg County Health Department in Charlotte, North Carolina. This let me graduate (in absentia) with SIT classmates on December 12th degree (Yay!)

This time was spent in the health promotion area, and I'm grateful for their willingness to support me on 'the degree road'. The assignments were developed were PowerPoints that touched on Leisure Education as a Tobacco Control tool, and another for high school youth that provides a perspective on tobacco's global implications for health.

The J-1 means I have to return by July 2009, so with an eye towards qualifying for and completing the NCTRC exam before this, I've had to arrange a second internship in Washington with CTRS supervisor. Esther Freeman (formerly in NZ at EIT) has offered this opportunity, which will allow me to see another part of the US, plus gain greater TR expertise.

There've been several highlights, including the chance in election year to hear the new US President speak in Charlotte last Nov 3<sup>rd</sup>; attending some NFL and NBA games; shows, museum visits and local events; travel and trainings, plus attending the Baltimore Congress in a pleasant October week (14-18<sup>th</sup>).

This NRPA event at the Convention Center was attended by 7000+ delegates who took in 480+ Educational sessions in over 340 rooms. The NRPA leadership welcome emphasizes that recreation people "...have a stake in our collective future. Social, cultural, political and environmental currents are converging in a way that the parks and recreation community have never experienced" (Program Guide). A predominant theme of the excellent keynote address by Robert F. Kennedy Jr was 'environmental stewardship'. To discover heaps more, see [www.nrpacongress.org](http://www.nrpacongress.org)

## **Book Review:**

Shaun Cavanagh, SIT graduate, met Dr J. Ratey at the Greensboro, NC, Call to Action conference and has been given permission to share the book review he wrote with you.

### ***Spark: the revolutionary new science of exercise and the brain* by John Ratey M.D.**

#### **Theme:**

The book explores the connection between exercise and the brain, and in the chapters relates the implications to various situations including learning, stress, anxiety, depression, attention deficit, addiction, hormonal changes, and aging (10 Chapters total).

#### **Author:**

Dr Ratey is clinical associate professor of psychiatry at Harvard Medical School and has authored or co-authored eight books.

#### **Statement:**

"The point of exercise is to build and condition the brain"

Opening quote from Plato re: the connection between education and physical activity for success in life.

Example given of middle school exercise programs that increased academic scores.

#### **Concept:**

'Brain derived neurotrophic factor' (BDNF) that results from exercise (A glossary provides a summary of this and other physiological terms to describe functions that are influenced by exercise).

Exercise optimizes learning and reverses 'learned helplessness':

1. Systems
2. Cellular (richness)
3. New Cell Growth (change, plasticity)

(\*Think Martin Seligman and *Authentic happiness*)

#### **Quote:**

*"If you are in education, you are in the business of brain development"*

(Call to action' conference in Greensboro, N.C. 7/10/08)

#### **Example:**

School interventions in Kansas and South Carolina led to reductions in disciplinary measures and improvements in student conduct (other research is cited also).

**Publishers:** Little, Brown and Company, New York

**Year:** 2008

**Website:** [www.johnratey.com](http://www.johnratey.com) <<http://www.johnratey.com>> (for further information)

#### **From the Editor:**

**Doesn't summer sneak by quickly? I hope you have all had a wonderful a break and are enjoying being back at work.**

**Thank you, Shaun, for your contributions to this newsletter.**

**We are still keen to have articles in the newsletter that share TR knowledge and help build our own NZ body of knowledge. The article needs to be 1500 – 2000 words and focus on TR practice in NZ. Any Letters to the Editor, articles, jokes and enquiries should be sent to [seeking\\_linda@hotmail.com](mailto:seeking_linda@hotmail.com)**

**Wishing you a safe, happy autumn and satisfaction in your employment,  
Linda Johnson**

**Unless someone like you cares an awful lot, nothing is going to get better...it's not.  
Dr Sues**