

# THE SMART NEWSLETTER

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By



## IN THIS ISSUE:

BACK TO SCHOOL

SCHOOL-THEMED  
INTERVENTIONS

SMART RESOURCE

SMART PARTNER  
HIGHLIGHTS

BOOK OF THE MONTH

NEW COURSES

SMART CEUs HUB  
MEMBERSHIPS

SMART PARTNERS



## WELCOME TO A NEW SCHOOL YEAR

*Did you know that kindergartners who start school this fall will graduate high school in 2037?*

Back to school season is filled with a mix of excitement and anxiety. New classrooms, new teachers, and new challenges can impact everyone differently. Parents and caregivers are adjusting back to busy mornings and evenings of homework and afterschool activities.

The new school year also means a new class of students studying recreational therapy. The future of our profession begins long before any credential is earned. Walking on to college campuses is the next generation of recreational therapists ready to learn about the profession and impact lives across the world. Within these students will be new interventions, new research, future educators and featured authors. Current professionals can make an impact on this future. ***What are you doing to support the next generation?***

*Read on to page 2*

# CONTINUED FROM PAGE ONE

*Imagine the impact that we can make if we all did at least one thing to support recreational therapy students!*

## WAYS TO GET INVOLVED IN THE FUTURE OF RT

- Host clinical or internship students
- Speak to students via a panel or class discussion
- Attend career fairs for high school students
- Support a university or college program such as being on an advisory committee
- Allow students to shadow you for a day
- Write a blog or newsletter article for a non-RT publication to help spread the word about the profession

**WILL YOU MAKE PLANS TO DO AT LEAST ONE THING FOR THE FUTURE OF TR THIS SCHOOL YEAR?**



# BACK TO SCHOOL

## INTERVENTION IDEAS

### ARE YOU SMARTER THAN A FIFTH GRADER?

Enjoy this trivia game as a group or complete individually and keep a score board.



### REMINISCE ABOUT THE GOOD OLD DAYS

Relive the fashion and food from a time when your clients graduated. Watch movies from the era for fun memories or to prompt discussion.



### CLASS REUNION

Have a reunion of past clients or employees.



### SCHOOL SUPPLY DRIVE

Give back by collecting school supplies as an organization.



# SMART RESOURCE

WWW.CANVA.COM

# Canva

*Canva is a free-to-use online graphic design tool that lets you create professional designs and share of print them.*

## FACTS ABOUT CANVA:

- Making a Canva account is free! A pro membership is available for a fee and provides access to even more designs and features.
- Great for creating flyers, social media posts, videos, images, and more!
- Can be used for patient interventions (such as self-esteem posters) and visuals (such as coping visuals).
- Offers easy to use designs, layouts, graphics, photos, text and fonts to create your design.
- Also available as an app to use on many devices.
- Designs can be downloaded as a PDF, PNG, and more!

**CLICK HERE TO**  
**VISIT THE CANVA**  
**WEBSITE**

*Fun fact... the SMART  
Newsletter is created  
on Canva!*



# SMART PARTNER HIGHLIGHT THE PILL PUNCHER

*Are you tired of struggling to open medicine blister packs?*

Thanks to Pill Puncher, you won't have to stress anymore. Our inventive and user-friendly device eliminates the frustration associated with medication management, allowing you to access your pills more easily and without unnecessary hassle. When you use it, you'll be able to cut, remove and dispense your pill all at once.



**CLICK TO WATCH THE VIDEO  
TO LEARN MORE ABOUT PILL  
PUNCHER AND SEE HOW IT  
WORKS!**

## ABOUT US

**VISIT OUR WEBSITE**

<https://pillpuncher.com/>

**FOLLOW US ON SOCIAL MEDIA**

Facebook & Instagram

**EMAIL**

hello@pillpuncher.com

*Nathan Lamaster, founder of  
SMART CEUs Hub, invented the  
Pill Puncher!*



# SMART PARTNER CONT...

## USE THE PILL PUNCHER FOR YOUR MARKETING EFFORTS!

The Pill Puncher allows for the white labeling of our blister pack openers. This can give you an opportunity to advance your marketing efforts and reach new audiences. You'll appreciate that we offer tiered pricing for ordering and dedicated customer support, making Pill Puncher an obvious choice for your organization.

[Click to learn more about white labeling the Pill Puncher](#)

## TESTIMONIALS



"The Pill Puncher made an emergent hemorrhage go smoothly. We could give the meds quickly and efficiently. It has become my new sidekick at the bedside."

**Dani Lehnerz, RN**

**PILL PUNCHER**



"My staff really likes the pill puncher. Shrink wrapped meds used to be so difficult to get out of the package but not anymore with the pill puncher. It is a good marketing tool too as we give it to clients with our name and logo on the puncher so everyone that sees it, sees "Touch of CLASS Homecare".

**Jet Schuler,  
President - Touch of  
CLASS Homecare**

**PILL PUNCHER**

**SHOP NOW**



# SMART PARTNER CONT...

## UPCOMING EVENTS

ATRA's annual symposium is scheduled to take place later this year, in October. Virtual and in-person options are available. This year's symposium, Game Changers- Where Ideas Come to Play, features keynote speakers, hands-on workshops, and opportunities for networking and collaboration among therapeutic recreation professionals.

Several workshops and webinars are planned, focusing on topics such as innovative program development, evidence-based practices, and cultural competency in therapeutic recreation.



The graphic features icons for a paint palette, a spade, a musical note, and a basketball. It includes the text '2024 ATRA SYMPOSIUM', 'GAME CHANGERS Where Ideas Come to Play', the Alberta Therapeutic Recreation Association logo, and the dates 'Symposium Dates: October 24 & 25th, 2024'.

[CLICK TO VISIT THE  
ATRA WEBSITE](#)

# SMART PARTNER CONT...

## UPCOMING EVENTS CONT...

The ORTA Continuing Education Committee, along with the Board of Directors, is proud to host the 2024 ORTA Conference!

**September 13**

**09:00 AM**

Registration opens at 8:30am

**Westerville, Ohio**



Ashima Goyal, PA  
Integrative Health  
Outreach Specialist for  
Mindfulness in Motion

### Updated Tentative Topics:

- Mindfulness and the Healthcare Provider
- Adaptive Exercise
- Behavioral Activation
- Providing Virtual TR Services
- Horticulture and TR
- ORTA Membership Meeting



### Featuring Our Keynote:

## MINDFULNESS IN MOTION

\$50- ORTA members

\$50- Students

\$80- Non-members

*NCTRC pre-approval for sessions is in process*

**CLICK TO VISIT THE**  
**ORTA WEBSITE**



# SMART PARTNER CONT...

## UPCOMING EVENTS CONT...

 *Hosted Conference*

Announcement 

**NJEPA-TRA**  
is seeking session  
proposals for their  
upcoming **in-person**  
conference (11/18) and  
**virtual conference**  
(11/19-12/18). Proposals  
are due by **August 15th!**

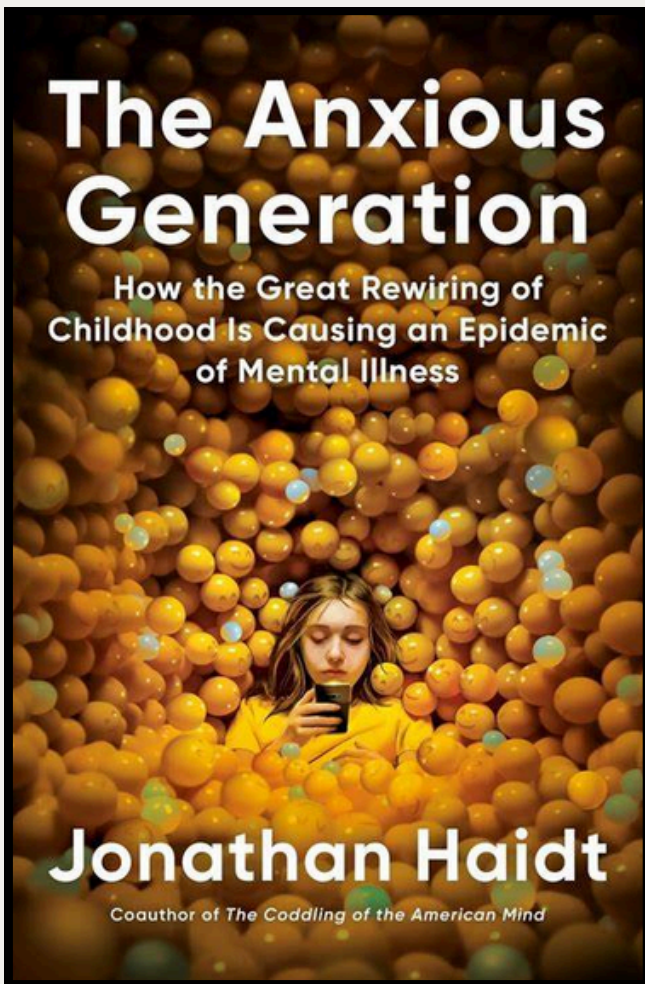
[pathlms.com/atra/courses/68831](https://pathlms.com/atra/courses/68831)



**CLICK TO VISIT THE**  
**NJEPA-TRA WEBSITE**

# SMART BOOK PICK

## “The Anxious Generation: How the Great Rewiring of Childhood Is Causing an Epidemic of Mental Illness” by Jonathan Haidt



“In *The Anxious Generation*, social psychologist Jonathan Haidt lays out the facts about the epidemic of teen mental illness that hit many countries at the same time. He then investigates the nature of childhood, including why children need play and independent exploration to mature into competent, thriving adults. Haidt shows how the “play-based childhood” began to decline in the 1980s, and how it was finally wiped out by the arrival of the “phone-based childhood” in the early 2010s. He presents more than a dozen mechanisms by which this “great rewiring of childhood” has interfered with children’s social and neurological development, covering everything from sleep deprivation to attention fragmentation, addiction, loneliness, social contagion, social comparison, and perfectionism.”

[\*\*CLICK HERE TO PURCHASE THE BOOK\*\*](#)

# NEW SMART COURSES

*Now available in the course catalog*

## DEATH AND DYING: AN RT'S ROLE

Who says that you must give up who you are while dying? The dying process can be daunting to your patient, family, and even staff. In this session, you as the Recreation Therapist will learn how you can continue to make sure patients still have a sense of purpose during their end of life. Recreation Therapist can provide a unique form of care that can help maintain your patient's quality of life, that most families cannot provide during this difficult timeframe. After completing this course, CTRS's will be able to have a better understanding of different elements around death, the dying process, and how to treat patients to foster an easier transition while not compromising who they are as a person.



## LOVE YOUR BRAIN YOGA: A RECREATION THERAPY APPROACH

This course will allow the CTRS to learn about the history of Love Your Brain Yoga and how to develop and facilitate this interdisciplinary program. The clinician will have the opportunity to review the etiology of adults with Traumatic Brain Injury (TBI), explore how the individual is impacted functionally and learn how to implement Love your Brain, a neurological rehabilitation yoga program within your facility. The CTRS will learn about implications of practice and planning considerations as well as modifications for varied level of practice.



[CLICK HERE TO ACCESS ALL OF THE SMART COURSES](#)

# LEARN MORE ABOUT SMART CEUS HUB



## THE UNLIMITED CEUS MEMBERSHIP

The Best Value In RT Continuing Education

**\$179/YEAR = UNLIMITED ACCESS**

**\*ALL COURSES NCTRC PRE-APPROVED**

**CLICK TO LEARN MORE!**

**Did you know SMART CEUs Hub offers a corporate membership?**



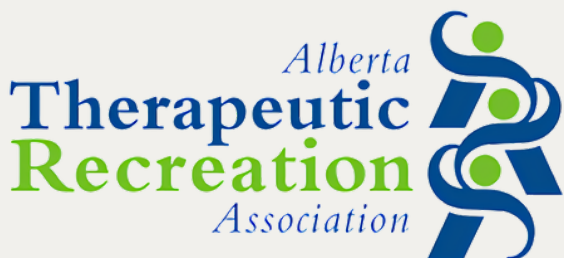
Save \$\$\$ on your team's CE cost with the...

**Unlimited CEUs  
Membership  
Corporate Account**



- Available to groups of four or more who purchase the Unlimited CEU Membership
- Offers 20% off the original price of \$179 which saves over \$35 per membership
- Includes unlimited access to the course catalog for the life of the membership
- Must be renewed annual and maintain four or more memberships to remain eligible

# THANK YOU TO OUR SMART PARTNERS



[Click here to learn more about partnerships.](#)