

THE SMART NEWSLETTER

September 2024

By



GOODBYE SUMMER...HELLO FALL

The fall equinox and the first day of autumn arrives on Sunday, September 22, 2024, at 08:44 A.M. EDT in the Northern Hemisphere.

As the days continue to fly by we inch closer and closer to autumn. Football is back. School is in full swing. Depending on where you live, the colors of the leaves are changing and the air is crisper and cooler. This season is full of sights and sounds that wake up the senses. It is a season that divides households and friend groups during a big game. It is a season that pins apple lovers against pumpkin lovers. It is a season for bonfires, smores, and candy in the shape of corn (which unfortunately doesn't make it any healthier).

In this season where change is all around us, it can be a great time to "stop and smell the roses". Slow down and take time to look around you. Beauty is everywhere, all you have to do is look!

[CLICK HERE TO READ "43 COLORFUL FALL AND AUTUMN FACTS"](#)

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THE FIVE SENSES OF FALL

INTERVENTION IDEAS

SIGHT

Sit outside and just enjoy or create a color-themed scavenger hunt based on the colors of fall.



SMELL

Pumpkin, apple, cinnamon, fall leaves and more! Choose your favorite scent.



SOUNDS

Walk (or jump) through some fall leaves or attend (or watch) a fall sporting event.



TASTE

Whether you are “Team Pumpkin” or “Team Apple” (or neither) the fall flavors are endless!



TOUCH

A cozy sweatshirt or blanket, a cold pumpkin or apple, or a scratchy leaf or bale of hay. The feel of fall is vast!



PARALYMPIC HIGHLIGHTS

The games are taking place August 28th - September 8th, 2024 in Paris, France.



Photo courtesy of Getty: Naomi Baker

**USA FLAGBEARERS FOR THE
OPENING CEREMONY:
MELISSA STOCKWELL & CHARLES AOKI**

**SARAH ADAM IS THE FIRST
AMERICAN WOMAN TO COMPETE ON
THE UNITED STATES WHEELCHAIR
RUGBY TEAM. SHE IS ALSO THE
FIRST TO SCORE A GOAL IN THE
SPORT AT THE PARALYMPICS.**



Photo courtesy of Getty: Marco Mantovani



Photo courtesy of Getty: Steph Chambers

**USA PARA BADMINTON DUO JAYCI
SIMON AND MILES KRAJEWSKI WON
THE FIRST BADMITTON MEDAL FOR
THE UNITED STATES IN EITHER THE
OLYMPICS OR THE PARALYMPICS.**

SMART RESOURCE

SCRABBLE ESPAÑOL



Check out this Spanish-language version of the classic game! Tiles include letters commonly used in the Spanish language, such as LL and RR.

[CLICK HERE TO
PURCHASE THE
GAME](#)

SMART PARTNER EVENTS

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 a white background with a green border. At the top left, there are four icons: a paint palette, a spade, a musical note, and a basketball. Below these icons, the text reads "2024 ATRA SYMPOSIUM" and "GAME CHANGERS Where Ideas Come to Play". To the right is the logo for the Alberta Therapeutic Recreation Association, which includes a stylized human figure with a green dot on its head. The central text says "Save the Date!" in a large, bold, blue font. At the bottom, it states "Symposium Dates: October 24 & 25th, 2024" in a green font.

[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](#)

Save the Date

NJ/EPA-TRA

Hybrid Fall Conference

New Jersey Hospital Association
Princeton, New Jersey

November 18th, 2024

On Demand Conference
November 19 - December 18, 2024

ATRA
SUPPORTING RECREATIONAL THERAPISTS
Hosted Conference

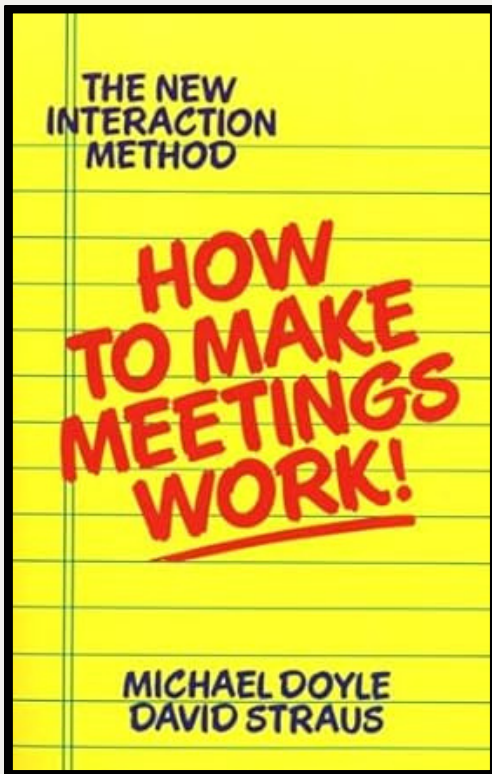
NJ/EPA-TRA
NEW JERSEY EASTERN PENNSYLVANIA
TRAANSFORMATIVE RECREATION ASSOCIATION

[CLICK TO VISIT THE
EVENT WEBSITE](#)

SMART BOOK PICK

“How to Make Meetings Work” by Michael Doyle and David Straus

THE INTERACTION METHOD IS A NEW, TESTED WAY TO STOP WASTING TIME AND GET THINGS DONE AT MEETINGS.



The interaction method:

- Increases productivity up to 15 percent
- Works whether you're in a hierarchical (authoritarian) or horizontal (democratic) organization
- Gives everybody a feeling of greater participation and influence
- Helps you whether you're a decision-maker, leader, or rank-and-file meeting-goer
- Analyzes 16 types of problem people at meetings and tells you what to do about them
- Tells you how to develop agendas and arrange meeting rooms and even seats in specific ways that make meetings pay off
- Shows you how a facilitator, a recorder, and a group memory help generate more and better solutions to problems, and...
- Even tells you seven reasons for not having a meeting!

[CLICK HERE TO PURCHASE THE BOOK](#)

NEW SMART COURSES

Now available in the course catalog



CONDUCTING A COMPREHENSIVE TR ASSESSMENT

This course provides an overview of processes helpful for conducting a thorough and comprehensive assessment in Therapeutic Recreation (TR). Assessment is the first step in the APIED process. Following a comprehensive assessment, the Recreational Therapist (RT) may plan goals and objectives that are at the right level for the participant and the intervention will be adapted to meet individual strengths and needs. As the participant engages in the TR program, periodic evaluations and further assessments are recommended to keep programs and goals aligned with the participant's current state. This course covers gathering primary knowledge and data, establishing a therapeutic relationship, assessment tools and determining strengths and limitations.

[**CLICK HERE TO VIEW THE COURSE**](#)

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?



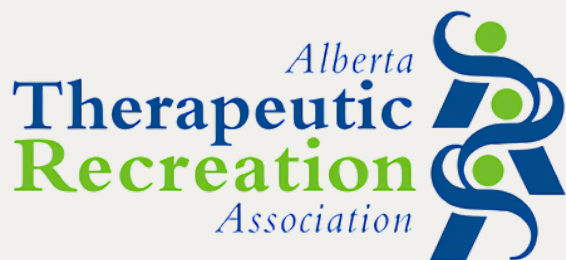
Save \$\$\$ on your team's CE cost with the...

**Unlimited CEUs
Membership
Corporate Account**

A promotional graphic for the SMART CEUs Hub Corporate Account. It features a photograph of a diverse group of professionals in a meeting room, looking at laptops and documents. Below the photo is a dark blue banner with white text that reads "Save \$\$\$ on your team's CE cost with the...". Underneath the banner, the words "Unlimited CEUs", "Membership", and "Corporate Account" are stacked in large, bold, teal-colored font. In the bottom right corner of the graphic, the SMART CEUs Hub logo is visible, featuring the text "SMART CEUs Hub" in white over a green circular background with an open book icon.

- 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.](#)