



Alberta
**Therapeutic
Recreation**
Association

14/15 Annual Report

Living well ... being healthy



agenda

ATRA Annual General Meeting; Friday, 23 October 2015

10:15 - 11:30 am; Ramada Plaza, 3515 - 26 Street NE, Calgary, AB

- 1.0 Call to Order
- 2.0 Action on the Agenda
- 3.0 Introduction of Board Members and Special Guests
Thanks and appreciation to the 2015 ATRA Symposium Committee & Volunteers
- 4.0 Rules of Order
- 5.0 Action on the Minutes of the 2014 Annual General Meeting
If there are no corrections, it would be in order for a member to move that the minutes of the 2014 Annual General Meeting be adopted as included in the annual report.
- 6.0 Old Business
 - 6.1 20/20 Vision Strategic Plan
- 7.0 Board Report
After questions have been addressed, It would be in order for a member to move that the report, as presented in the AGM package, be adopted.
- 8.0 Action on the 2014/2015 Financial Statement
After questions have been addressed, It would be in order for a member to move that the financial reports, as presented in the AGM package, be adopted.
- 9.0 New Business (Complete motions are printed elsewhere in this Annual Report)
 - 9.1 Motion to increase the ATRA Board from five (5) positions to six (6).
 - 9.2 Motion to change ATRA Board Position title from Education Liaison to Education Director.
 - 9.3 Motion to change ATRA Board Position title from Community Liaison to Communication Director.
 - 9.4 Motion to change board election rotation to have an even annual rotation of board members. (This motion will only be required if Motion 9.1 passes.)
 - 9.5 Motion to change the Student Membership criteria.
- 10.0 Election of Directors (Biographies are printed elsewhere in this Annual Report)
Vice President, Secretary/Treasurer, Communication Director
- 11.0 Announcements
- 12.0 Adjournment



rules of order

Qualifications

1. All members will be required to show their current ATRA membership cards for admission to the AGM.
2. Each attending member in good standing is entitled to one vote.
3. There shall be no absentee or proxy voting.
4. A quorum shall be not less than 25 percent of the membership or 40 members, whichever is smaller.

General Procedures

1. The chair organizes the business of the meeting (agenda and order of business) and sees that it proceeds in an ordered manner.
2. The chair decides all questions of order and considers the advice of the parliamentarian.
3. No person may speak until she/he has been recognized by the chair.
4. No person may speak for more than 10 minutes at one time. No person may speak a second time until all who wish to speak for the first time have done so. (The group may permit a person to speak more than twice or longer than 10 minutes.) A question on procedure or a point of order will not be considered a turn to speak.
5. A person wishing to speak must approach a microphone and be recognized by the chair before speaking. When recognized, the speaker will give her/his name.
6. The chairperson may not speak on a question. If she/he wishes to speak, she/he must yield the chair to another officer and take a seat on the floor. The chairperson may not resume the chair until the question at issue is settled.

Motions - Getting a Subject on the Floor

1. No business may be discussed until a motion has been made, seconded (when required) and stated by the chair.
2. Once a motion has been stated by the chair, it can be withdrawn only with the consent of both the mover and the seconder.
3. All discussion must relate to the motion on the floor.
4. Only one main motion may be on the floor at any one time.

Amendments

1. An amendment to a motion is proper if it does not change the basic purpose of the motion.
2. For ease of understanding, it is wise to have only one amendment on the floor at any one time. However, there is no limit to the number a times a motion may be amended.
3. When an amendment is made, the chairperson must see that everyone understands the proposition being voted on. Two votes must be taken: FIRST, on the amendment, and SECOND, on the motion in its amended form.

Stopping Debates

1. Discussion can be stopped by a motion to close debate. This motion is not debatable and requires a two-thirds majority to be carried.

Voting

1. The motion is restated
2. The affirmative and then the negative votes are called for. If there is any doubt in a voice vote or vote by show of hands, the vote is then to be retaken by a standing vote. If a secret ballot is required, the chair declares the result of the vote.



prior minutes

Alberta Therapeutic Recreation Association Annual General Meeting October 24, 2014 iHotel, Red Deer, AB

1.0 Call to order

The Annual General Meeting was called to order by the ATRA President, Kari Medd, at 8:05am.

2.0 Action to the agenda

The agenda was accepted as circulated.

3.0 Introduction of Board Members and Special Guests

The Board Members were introduced and thanks were extended to the 2014 ATRA Symposium Committee and volunteers for their efforts in organizing the 2014 ATRA Symposium. Special thanks were also extended to guest speakers Dr. Lynn Anderson and Dr. Linda Heyne for presenting at this year's Symposium. Jane Crawford was also recognized and thanked for her work as CTRA's Western Director.

4.0 Rules of Order

Darlene Murphy, Administrative Assistant, reviewed the rules of order as listed in the Annual Report.

5.0 Action on the Minutes of the 2013 Annual General Meeting

Motion by Blanche Chymycz and seconded by Glenn Skimming that the minutes of the 2013 Annual General Meeting be adopted as included in the annual report. CARRIED.

6.0 Old Business:

6.1 2020 Vision Strategic Plan

The 2020 Vision Strategic Plan was presented by Kari Medd, President, and Dianne Bowtell, Executive Director. A document outlining this plan was sent to all members (see attached), and will be posted on the ATRA website. A call to members was made to join a Professional Advancement Working Group, as outlined in the 2020 Vision Strategic Plan.

6.2 Health Professions Act Update

An update was given by Ellen Helgason, Vice President, and members were given the opportunity to direct any questions to the board. A question was raised regarding members with a diploma education, and how they will fit in with the new education requirements. The Board responded by outlining that the new education requirements will only apply to new applicants, and no changes or transitions will be made for existing members



prior minutes

7.0 Board Reports

All board reports were summarized into one report and included in the Annual Report. Members were given the opportunity to direct any questions to the board.

Motion by Jane Crawford and seconded by Eric Roque that the board report, as presented in the Annual Report, be adopted. CARRIED.

8.0 Action on the 2013/ 2014 Financial Statement

The 2013/2014 Financial Statements were presented by Darlene Murphy, Administrative Assistant. The financial statements were printed in the Annual Report. Darlene Murphy responded to questions from the floor regarding financial statements.

Motion by Bev Suntjens and seconded by Jaclyn England that the 2013/2014 ATRA Financial Statements be accepted as presented. CARRIED.

9.0 New Business:

9.1 Election of Directors to the ATRA Board of Directors

Motion by Kari Medd and seconded by Dan Cooper that the ATRA Bylaws be changed to state that nominations for the Board of Directors will cease 24 hours prior to the AGM. Names of all nominees, as the Nominating Committee has collected them, shall be presented at the Annual Meeting by the Vice President and each office will be voted on in turn. CARRIED.

9.2 Membership Support for HPA Status

Motion by Kari Medd and seconded by Patti Heath that ATRA will continue with the process of advancing its capacity to function as a regulatory body with the intent of becoming a regulated health profession under the Health Professions Act. CARRIED.

10.0 Elections:

10.1 President: Patti Lanigan was nominated and agreed to let her name stand. No nominations from the floor received. Motion to elect Patti by acclamation. CARRIED.

10.2 Education Liaison: Sarah James agreed to let her name stand for another term. No nominations from the floor received. Motion to elect Sarah by acclamation. CARRIED.

11.0 Announcements:

Announcements were made regarding the 2015 CTRA Conference in St. Johns, NL, May 13-15. Call for presentations for the CTRA Conference closes November 1, 2014. Special thanks were given to Kari Medd for serving as President over the past 4 years.

12.0 Adjournment

The 2014 Annual General Meeting was adjourned at 9:08am.



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BOARD REPORT - Patti Lanigan, President

Welcome to the 2015 ATRA Annual General Meeting! This signifies the end of my first year as President. It has been a wonderful opportunity to learn about the business of ATRA, the role of the President and each of the Board portfolios. I am truly amazed at the depth and breadth of work that ATRA does at all levels of the organization that ultimately benefits our membership.

It certainly has been a busy year! With the unveiling of our 2020 Vision Strategic Plan last fall at the AGM, the Board has been focused on carrying out the objectives of our 4 Key Strategic Directions: Professional Conduct, Entry to Practice, Continued Competence Program, Professional Competency Profile and establishing additional Professional Advancement Committees (PACs) with the on-going support of our Executive Director.

I'd like to take the liberty of highlighting the achievements and projects that the ATRA Board and staff have undertaken this past year in each of these areas:

PROFESSIONAL CONDUCT

- The Complaints, Investigation and Resolution PAC and National Standards of Practice PAC were established under the Presidents' portfolio.
- The Vice President launched the 'Risk to the Public' membership survey in May with a closing date of November 1st. Information from this online survey and conversations held at chapter meetings will be used to guide the 'Protect & Serve the Public' PAC.
- Regular and ongoing communications by the Vice President with members of Alberta Health and Wellness through the Legislation and Regulation Workforce Strategy division. Guidance and information continues to be provided to ATRA as we move the profession forward through our 2020 Vision Strategic Plan. The Executive Director continues to support the Vice President's liaison role with Alberta Health regarding regulation matters.
- The President represented ATRA at the CTRA President's web meetings and at the CTRA National Conference in St. John's, Nfld.
- At the Canadian Therapeutic Recreation Association's annual conference in St. John's Newfoundland in May, the President, Vice President, Education Director and Past President co-presented on behalf of ATRA. Our presentation was entitled, "Advancing the TR Profession in Canada as a Self-governing Health Profession: Alberta's Strategic Plan to Protect and Serve the Public". The audience was comprised of leaders from other provinces, our national leaders in therapeutic recreation and members at large. It was a great opportunity to discuss regulatory issues at the national level and an amazing experience to hear a united voice and desire for collaboration to move the therapeutic recreation profession forward not only within our own provinces but also at a national level. Our Executive Director was instrumental in developing the



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framework and research to support this presentation.

- Our colleagues in British Columbia are in the process of preparing their strategic plans. Consultation on the process of strategic planning was collectively sought from the BCTRA President from the ATRA President, Executive Director and ATRA Past President. This collaboration supports ATRA's strategy to build towards regulation across the country to enhance consistency, efficacy and effectiveness.
- In response to an invitation from CTRA to participate on CTRA's regulation committee, ATRA has now appointed a representative from our membership at large.
- The Communication Director is developing new marketing materials such as ATRA branded notepads and mini information portfolios and has launched our first ATRA branded items available through on-line purchase! The selection of items includes t-shirts, sweatpants, golf-shirts, jackets and hat for your use to identify Therapeutic Recreation as a unique and identifiable profession.
- Our Facebook page is gaining in popularity, and members can follow the ATRA twitter feed to keep up to date on important dates and events.

ENTRY TO PRACTICE

- Under the Education Director portfolio, the Entry to Practice PAC was established and the team will meet objectives around developing the post-secondary institution section of the ATRA website.
- Our Education Director and Executive Director have been representing ATRA on Advisory Boards / Committees throughout the year for each of the four educational institutions that provide TR Educational Programs in Alberta.
- The Executive Director in collaboration with the Board wrote letters of support and congratulation for University of Lethbridge diploma to degree program launched September 2015 and also collaboratively wrote a letter of support to the University of Alberta for their proposed undergraduate degree with a Major in Therapeutic Recreation.
- ATRA is very excited to see the University of Lethbridge roll out their first semester of their Post-Diploma Bachelor of Therapeutic Recreation this fall. We look forward to celebrating their first graduating class in 2017!
- This year also marks the final year that a degree or diploma in the province of Alberta is accepted without the degree title requirement. In collaboration with the University of Alberta, we closed out the final cohort of students that met the course and practicum requirements but had a degree title other than Recreation and Leisure studies. We are proud and excited that from November 2015 onwards, all graduates in the province of Alberta will have a diploma or degree with Therapeutic Recreation or Recreation and Leisure studies in the title! Sarah, our Education Director would like to thank Dr. Janice Causgrove Dunn, the Associate Dean of Undergraduate studies in the Faculty of Physical Education and Recreation, Tyson Lazaruck the lead student



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advisor and his team, Kari Medd Past President of ATRA, Dianne Bowtell, our current Executive Director, Tommias French and Erin Turnell, past Education Liaison Directors, and countless others whom have worked very hard over the decades to ensure students have had the ability to pursue a career in Therapeutic Recreation and advancing the profession in our province through specialized education.

- Our Education Director continues to advocate for provision of ATRA Publications as educational resources for TR coursework.

CONTINUED COMPETENCY PROGRAM

- Under the Education Director portfolio, the Continuing Competency Program PAC was established and an area of focus will be evaluating ATRA's current CEU system.
- ATRA's 2020 Vision Plan was updated for the Presidential address to membership via webinar in January by the Executive Director.
- The Communication Director has worked hard this past year and has been dedicated to successfully publishing two editions of the ATRAbute. There are plans to re-work the ATRAbute next year.
- ATRA hosted a National Webinar in partnership with CTRA and a Credentialing Specialist from NCTRC on the topic of Professional Path A & B to CTRS designation.

PROFESSIONAL COMPETENCY PROFILE

- The Communities of Practice Professional Advancement Committee is on track to be launched in the new year once our soon-to-be newly elected Secretary / Treasurer becomes familiar with the position. This will be a new addition to this portfolio and the Executive Director will provide mentorship to get this PAC underway.
- In January, the Vice President and the committee updated the publication, "Guidelines for the Assignment of Therapeutic Recreation Services to Assistants and Aides." ATRA had the opportunity to present this Guideline at the Therapy Assistant Association Symposium in May. A special thanks to Claudette McMillen, ATRA member for presenting on behalf of ATRA at the conference.
- The Executive Director researched and wrote two Appendixes: (a) Therapeutic Recreation Regulation in Canada, 2015 and (b) Leadership of ATRA's 2020 Vision – A Team Approach for the ATRA Presentation, "Advancing the TR Profession in Canada as a Self-governing Health Profession: Alberta's Strategic Plan to Protect and Serve the Public" at the CTRA Conference. In addition to this, also wrote a 3 page abstract from ATRA's presentation to be included in the CTRA Conference Compendium, titled "Advancing the Therapeutic Recreation Profession in Canada as a Self-Governing Health Profession, Together We Can Improve How We Protect and Serve the Public Interest".
- Our Education Director represented ATRA as part of the research team with the Institute for Continuing Care Education and Research (IC CER) and the University of Alberta on "the impacts



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of Recreation services on quality of life for those in continuing care”. In addition ATRA provided connections to ATRA Professional members in continuing care across Alberta, ensuring that the study was representative of continuing care facilities offering therapeutic recreation services in the province of Alberta. The study concluded over the summer and the final report drafted. The ICCER and University of Alberta team is now disseminating the results of the study to continuing care stakeholders in Alberta. They will be presenting at a province wide telehealth conference in November, hosted by the North Chapter of ATRA but available to all ATRA members. It is our hope that more collaborative research opportunities come from this experience.

- On behalf of ATRA, the Executive Director wrote a letter addressed to the Covenant Health Network of Excellence in Seniors’ Health and Wellness in support of Dr. Susan Slaughters research grant application for the “Older Persons Exercise and Nutrition” Project.
- The Education Director connects with current and prospective therapeutic recreation students on a regular basis. Countless student inquiries were answered resulting in seeing these students on class rosters a few months later. Presentations have been done at the University of Alberta to first year and fourth year classes as well as career days and open houses at NorQuest College and the University of Alberta. Most recently the Executive Director, Education Director and ATRA member Shelley Pronyshyn attended the 2015 Interprofessional Pathway Launch at the University of Alberta. 851 students from 12 different faculties were split into interprofessional groups and spent time talking to thirteen Regulatory Bodies from the province of Alberta discovering the various health professions and how they worked with other disciplines to achieve client outcomes. These opportunities are incredible and truly do heighten the awareness of our profession to the public.

ATRA BUSINESS DEVELOPMENT

- The Executive Director investigated Copyright Law in Canada and prepared a copyright page to protect ATRA Publications. In addition, our ExD has been refreshing ATRA’s Policy and Procedures which will be an ongoing task. As well, with input from Board of Directors and staff, is developing the ATRA Board of Director’s Job Description Manual that will serve the association as a recruitment, orientation, training and evaluation tool.
- In March, the President initiated role review of Board Positions to help with role clarity, and workload re-distribution due to changing and growing responsibilities within the portfolios. One of the outcomes will be to ask our ATRA membership to support the addition of another Board position – Continuing Competence Director with the goal of ultimately providing better support to our members.
- The Communication Director has been researching a webinar software package for the board and chapters, liaising with services providers and software companies to find the best program for our needs.
- Our newly designed website was launched this year under the direction of ATRA’s Administrative



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Assistant and has many new features for members. There have been a few “glitches” along the way, especially with logins and passwords but everything seems to be working quite well right now. The website will continue to be a “work in progress” as we move into Phase II of the development. This second phase will incorporate member dashboards where the member’s personal information can be updated.

In conclusion, I would like to give thanks to the Board, our Executive Director and Administrative Assistant for their incredible passion and dedication to our professional association! This past year has been a unique year with many of our Board members overcoming various health issues while still remaining committed to serving ATRA. In addition, the Board would like to thank members who have volunteered and continue to volunteer in various capacities. You are as equally important in carrying out the business of our organization and we could not function without you! We are very fortunate to have members that remain engaged and interested in our profession and with ATRA!

Lastly, we must say farewell to Vanessa Bunio, our outgoing secretary who was recently married and was juggling ATRA responsibilities and planning a wedding at the same time! Also, we must say good-bye to Ellen Helgason, our outgoing Vice President after four years of excellent service to our membership and our profession. Thanks to you both...you will be missed! We wish you all the best!

To sum it up... it has been a year of great transition, at the heart of which lies passion for the advancement of a shared profession!

MEMBERSHIP REPORT - Darlene Murphy, Administrative Assistant

We finished the 2014/15 membership year with 554 members, which was an increase from the previous year’s total membership of 511. A breakdown of members by region and by membership category is shown below.

Members for 2014/15 Membership Year = 554

North Region	302	Registered Professional	471
Central Region	156	Associate	5
Lethbridge Chapter	70	Student	78
Palliser Chapter	19		
Other	7		



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NORTH REGION REPORT - Marina Ketavong

This year the North Chapter held a meeting during TR month. The meeting was well received with over 30 members in attendance. The auditorium was decorated with balloons and streamers, food and snacks were served as well as prizes were handed out. Members were also given the opportunity to share how they were celebrating TR month including: TR retreat to Our Lady Peace Ranch to help refresh recreation workers and to prevent burnout, auction at the end of the month to educate/ advertise therapeutic recreation, earning 'rec bucks' by doing good deeds or participating in recreation activities, displaying pictures of the residents doing various recreation and heart stickers to nursing staff when they are seen providing a form of recreation to the residents.

At the U of A, to promote TR month, Cortney Prins (student liaison) organized a "paraclimbing" wall event. Different adapted ways of climbing were demonstrated and available to try; with oven mitts, one hand or one leg etc. to demonstrate climbing for individuals who are amputees or paraplegic. In addition, North Chapter member Jaclyn England along with three other recreation therapists provided a practice wise session. This was through Alberta Health Services on new ways therapeutic recreation is involved with AHS. What a great year of promoting Therapeutic Recreation in the community!

This year 2 members were given sponsorship to attend the CTRA conference in Newfoundland on May 13 - 15, 2015. The two members presented at the May chapter meeting on their experiences and lessons learned from the conference. Thank you to the sponsorship committee for their time and efforts in selecting and processing members to receive sponsorship.

North Chapter 2015 speakers included:

Tuesday February 17, 2015– Sefera Ramjit – "Patient Council Initiative"

Tuesday May 26, 2015 - Colleen Torgunrud – Clinical Ethicist "Boundaries"

Tuesday September 15, 2015 – Fitness Marketing Group – "Bender ball exercises"

I would like to say a big thank you to Pam Russ who has stepped down from the vice-chair position. Although, she has stepped down, she still continues to sit on the sponsorship committee and will be co-chair for the 2016 ATRA symposium planning committee. Thank you Pam, for all that you have done and will continue to do for the TR community and profession. The new vice-chair is Carmen Horpestad, welcome Carmen! Other new and continuing members are: Secretary – Katrina Pohl, Treasurer – Sefera Ramjit (new), Student Liaison – JamieLee Stone (new)



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LETHBRIDGE CHAPTER REPORT - Anita Selby

Over the past year our chapter has completed the following:

- Chairperson (Anita Selby) met with Lethbridge College students to clarify and discuss the benefits of becoming an ATRA member – November 6, 2014.
- Signing authority for chequing account finalized.
- We are now meeting with our Executive 1-2 weeks prior to our Chapter meetings.
- A new laptop has been purchased for the Executive members to utilize for minutes and meetings for the Lethbridge Chapter.
- Educational sessions offered at meetings
 1. AHS Recreation Therapy partnership with Galt Museum – 10 week creativity workshop presented by Heidi Davis and Galt representative Janae.
 2. ATRA's 2020 Vision Strategic Plan (Telehealth – Patti Lanigan)
 3. Overview of Seniors Financial Assistance Programs through the Government of Alberta Presented by Lindsay Montana.
 4. Workshop planning with Suzanne Fitzsimmons cancelled.
- Balance from Treasurer's report September 15, 2015 \$5489.34
- Budget proposed for Lethbridge Chapter.
- Promotional materials have been ordered.
- The Welcoming committee is creating and providing a letter or brochure to new members with pictures and bio's of executive member for new members to be able to identify them.
- Investigating two different professional development funds – one for student and one for professionals. Potential for dollar amounts are 5 sets of \$100.00 each.
- A phone line will now be available for members of the Lethbridge Chapter to connect to meetings.
- Discussed updated HPA information from provincial board.
- TR month included a yoga drop-in class for professionals in the Lethbridge area. 10 people attended. An active living challenge was implemented with the prize going to Legacy Lodge for \$100.00.
- ATRA banner was displayed at the meeting. These will be stored at the Lethbridge Centre for any member to use. Contact Annette Yunick to access and sign out.
- U of L post diploma program was discussed and program has now been started as of September 2015.
- ATRA Lethbridge Chapter financial audit was completed in May 2015. Kathie E and Brittany A completed.
- Lethbridge Chapter donated \$200.00 to the Therapeutic Riding Association and \$200.00 to the Lethbridge and District Humane Society.



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- ATRA board sponsored money to the Lethbridge Chapter to send a member to the ATRA Symposium for 2015.
- Lethbridge College is now including ATRA membership in the College tuition fees. 2nd year students have the choice of continuing their memberships.
- The executive in Lethbridge Chapter will be planning a Pizza Party as a way for students to meet the executive members of ATRA and feel more connected.
- New Chairperson voted for Lethbridge Chapter – Brandi Tonin will take this position.
- New Secretary voted for Lethbridge Chapter – Susan Murray will take this position.

PALLISER CHAPTER REPORT - Melissa Schlenker

- We reconvened after the summer in September (2014) where we discussed possible involvement of our chapter in a workshop being held by the Lethbridge chapter on Dementia Practice Guidelines presented by Suzanne Fitzsimmons.
- We did not need to hold elections during our November meeting, as our executive were in the second year of their positions. We further discussed our involvement for the DPG workshop and a motion was made and passed for our chapter to sponsor \$500 towards workshop. This meeting was followed by an in-service on the Otago exercise program, which was presented by Rae-Anne Sharland, who is a physiotherapy assistant with Alberta Health Services.
- January brought further discussion of the DPG workshop, and it was announced that it had to be cancelled due to unforeseen circumstances involving the presenter. Discussed possible activities for TR Month and what each member planned to do to raise awareness within their individual facilities.
- We didn't have a meeting in February, but we did gather twice to celebrate TR Month. On Feb. 11th, we rented a gymnasium for volleyball, badminton, and any other activity people wanted to play. Then on the 26th, many of our chapter gathered at a local pub to play giant jenga, darts, and to enjoy some delicious appetizers.
- At our March meeting, our hot topic was purchasing a filing cabinet :) It was voted that we would purchase one to keep our past minutes and other records. This meeting also included an in-service on Music Therapy, by a local Music Therapist, who is trying to promote her therapy within our community.
- In May, we mainly discussed April's board meeting and no big decisions were discussed or made.
- Finally, at our last meeting in September, we recapped April's board meeting as many people were not in attendance at May's meeting. Members were completely thrilled to learn that ATRA generously offered funds to assist with members from our chapter attending October's symposium.



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sium, and a motion was made and passed that said funds would be divided evenly among those members attending to assist with their expenses. Discussion around North Chapter's guest speaker in November, and it was decided that we would move our chapter's meeting date to correlate with this special guest speaker.

- We will be holding elections at our next meeting in November, as our executives have now served their two year terms.

CENTRAL REGION REPORT - Charlotte Thompson

It has been a great year for attendance in the central chapter with our lowest attendance at 14 people and highest at 26. Average attendance for meetings has been between 15-20 people. We will continue to alternate meeting days from Tuesday & Thursday, close to the third week of the month, continuing to split meetings between south and north locations within the city for ease of commuting for all. Telehealth will continue to be offered for those members unable to attend on site and those living out of Calgary.

We have had some excellent education sessions & presenters over the past year – highlights are below.

- **Mind Body Skills: Inviting Folks to Explore Self-Care Strategies** - This session provided an overview of what "Mind Body Skills" are and why we can all benefit from learning some self-care skills. Judy Brown, RN BSN, Mental Health Therapist, Primary Mental Health Care, Alberta Health Services, Sunridge Medical Gallery.
- **ACETS** - Integrating Technology and Communication Devices into Rec Therapy Practice. This session provided a look into augmentative communication devices and strategies as well as adaptations to electronic devices such as computers to enhance independence in use for persons with disabilities. Danette Rowley, B.SC.OT®, Occupational Therapist, ACETS & Seating Service, Alberta Children's Hospital. Melanie Matiisen-Dewar, M.SLP, R.SLP®, Speech-Language Pathologist, ACETS Program, Alberta Children's Hospital.
- **Brain Gym** - This session highlighted the Brain Gym program and focused on mind body techniques, and exploring neural pathways through physical movement. Patricia Elford, B.SC., M.Ed., Licensed Brain Gym® Instructor/Consultant.
- **Motivation and Exercise Adherence** - This session focused on current literature around exercise motivation and adherence and was brought on by an interest in success rates following graduation from a core exercise program. David Wollman, RSW, Registered Social Worker, Alberta Healthy Living Program.



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For TR Month, the Central Region hosted, for the second time, a social at Aussie Rules Dueling Piano Bar in Calgary, including games and prizes. We were also able to sponsor a leisure themed dinner for our Red Deer members at a local restaurant. Everyone had an amazing time at both events and it was a great to make contacts and celebrate our amazing profession.

We continue to offer sponsorships to our members under our new sponsorship criteria, so with the help of our chapter sponsorship committee, two members were selected to attend the CTRA Conference in St. John's Newfoundland. The opportunity for up to two members to attend the 2015 ATRA symposium was promoted as well, but did not receive any applicants.

This year, our chapter officers have met the goals that were set out in November 2014. We provided quality education sessions at all but one chapter meetings, all meeting NCTRC standards but one session. Telehealth opportunities were present at all meetings. We maintained an increased level of communication regarding upcoming meetings, as well as asked members to RSVP, so that we could insure enough food & space during the meetings/education sessions. We were diligent in keeping our webpage up to date, as well as updating the duties & responsibilities of chapter officers. The "Welcoming Committee" has been created and with some strong members on that committee we have seen an increase in new members attending their first meetings after receiving a welcoming call or email from these members. Courtney Bartman, outgoing education liaison, also represented Central Region and ATRA by attending a career day at a local high school and promoting TR. Central Region, along with the Provincial Board's assistance, is also in the process of working with the City of Calgary to advocate for Recreation Therapist's to assist our clients in gaining subsidies from the City to engage in affordable leisure. In an effort to bring exciting education opportunities to our members a spring education session for 2016 is already in the works.

I have greatly enjoyed my time as Central Chapter Chair and Vice-Chair over the past couple of years. I am looking forward to watching the chapter to continue to grow with Shannon Hubbert taking over as the new Chair. I know that she will continue to lead and represent our chapter with the utmost professionalism and dedication. Tiffany Morin will continue in her role as Vice-Chair with her passion and creative ideas to build on for the next year. Caitlin Kaminsky will also maintain her role on the executive as Secretary and will help welcome Andrea Pearson into her new role as Treasurer and Lisa Powell as the Education Liaison. It has been such a pleasure to work with the outgoing members Courtney Bartman and Susan Cross as well.

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motions

BYLAW MOTIONS FOR THE 2015 ATRA ANNUAL GENERAL MEETING

9.1 To better align and distribute the work of the Alberta Therapeutic Recreation Association Board of Directors, be it resolved that:

The Alberta Therapeutic Recreation Association (ATRA) Board of Directors be increased from five (5) positions to six (6) with the addition of a new board position “Continued Competence Director” with the following position description: The Continued Competence Director is responsible for coordinating the Association’s Continuing Education Unit (CEU) program and for ensuring adequate and appropriate continuing education opportunities are available for members.

9.2 To have consistency amongst Alberta Therapeutic Recreation Association Board of Director position titles, be it resolved that:

The position title “Education Liaison” be changed to “Education Director”.

9.3 To have consistency amongst Alberta Therapeutic Recreation Association Board of Director position titles, be it resolved that:

The position title “Community Liaison” be changed to “Communication Director” with the following position description: The Communication Director manages the communication needs of the Association including both print and social media platforms.

9.4 To have an even rotation of board members and to ensure that the Education Director and the Continuing Education Director are elected in opposite years, be it resolved that:

In the even numbered calendar years the following shall be elected: President, Education Director and Secretary/Treasurer. In the odd numbered calendar years the following shall be elected: Vice President, Continued Competence Director and Communication Director.

NON-BYLAW MOTION

MOTION to change student membership criteria to read:

Applicants for student membership must be a student taking one or more courses towards the completion of a diploma, degree or advanced studies majoring in Therapeutic Recreation or Recreation & Leisure Studies.



biographies

NOMINEE FOR VICE PRESIDENT - Annette Yunick

I have dedicated my career as a Recreation Therapist for the past 23 years. I live on an acreage 40 km east of Lethbridge with my family and we enjoy an abundance of leisure activities!

I graduated from the Lethbridge Community College with a diploma in Recreation & Leisure Services - Therapeutic Recreation, and have served clients as a front line clinician in long term care, acute care and community for 15 years. I was fortunate to successfully acquire the professional practice leader position with Alberta Health Services, South Zone in 2007. Building on my knowledge, I have taken an active role in educating myself and others through continued best practice research. Through the design of standardized protocols and the implementation of guidelines for practice, I passionately share my expertise and competencies with the team; currently I mentor and support more than 65 therapeutic recreation staff in both in their learning and day to day roles.

I have also had the opportunity to teach beyond the south zone through the delivery of numerous presentations and lectures on innovations in therapeutic recreation that include the advancement of TR in the community, end of life care, the value of healthy leisure lifestyles, creative fundraising, and the integration of RAI MDS in TR practice. Most recently I completed the writing of a distance education course on TR Assessments for the Lethbridge College TRG diploma program.

I continue to further my education and have completed many courses such as Alberta Fitness Leadership Certification for Older Adults, Level 1 Case Management, Primary Care Improvement Practice, Fundamentals of Improvement, Change & Problem Solving, Constructive Conversations for Leaders, Emotionally Intelligent Leader and Supportive Pathways Instructor. I participate and contribute on provincial therapeutic recreation committees including electronic documentation, professional practice council and community of practice.

The importance of progressive and innovative programs has led me (with the assistance of the south zone TR team!) to the development and implementation of new therapeutic recreation practice in the community and expanding TR opportunities in acute care. Some examples are: Walking to Wellness, Wheelchair Biking, Expressive Art and the integration of therapeutic recreation services within supportive living; Fragility & Stability Hip Fracture Project and Restorative Care. I thrive from building collaborative and supportive relationships with community partners to ensure that there are positive recreation and leisure opportunities inclusive of all people's abilities in southern Alberta.

An active contributing member of ATRA, I have held many local chapter board positions for 23 years and in 2010 I was awarded the ATRA Professional of the Year award. Through my research and the



biographies

ability to develop new pathways of excellence for the advancement of the Therapeutic Recreation health discipline, I consistently demonstrate creativity, passion, dedication and, in addition, I have a genuine commitment to serve others.

I have truly valued and respected the work of ATRA for many years and I would like to be considered for the position of Vice President. I am committed and honored to serve the needs of ATRA and know that at this time in my life and career I can successfully accomplish this goal.

NOMINEE FOR COMMUNICATION DIRECTOR - Kristina McGowan

I graduated from Concordia University with a specialization in Therapeutic Recreation in 2000 and since then have worked in a variety of settings and with a variety of populations across Canada, and even in the United States. I've presented on adaptive technologies at various symposiums in Canada and the United States and also received my CTRS certification in 2013.

I have been an active member of ATRA since 2006, and have volunteered at various symposiums, held the Chair and Vice Chair positions for the Central Region, and was the co-chair for the 2014 ATRA symposium. I am currently in the role of Communication Director with the ATRA board.

During my first term as Communication Director, I have worked hard to create a presence for ATRA on social media, with the creation and upkeep of the ATRA Facebook page, Twitter feed, and YouTube space. All of these have helped create a better space for ATRA members to interact with each other and the Board and have helped bring positive attention towards the field of Recreation Therapy.

Within the Communication Director role, I have helped to develop promotional material for Therapeutic Recreation Month, new marketing articles, information packages and ATRA branded clothing. I have also helped to edit and distribute the ATRAbute to members across Alberta.

I'm hard working, enjoy challenges and love developing new ideas that will bring a higher awareness of Recreation Therapy not only to our members, but the Health Care community and the public as a whole. I ask for your support for a second term as Communication Director, so that I can continue to progress ATRA, and our profession as a whole, through this position.



biographies

NOMINEE FOR SECRETARY/TREASURER - Charlotte Thompson

I am a Certified Therapeutic Recreation Specialist (CTRS), currently employed at Carewest-Garrison Green. I am passionate about the TR process and love the ongoing challenge of working with a wide variety of people while helping them reach their goals and to do things they thought would never be possible again. I most recently took on my first NCTRC internship student and have found a passion and interest in helping students develop into their role as Recreation Therapists.

I am a strong advocate of the profession and believe that ATRA plays a dynamic role in the growth and forward moving direction of Therapeutic Recreation in both our province and country. I have been working as a Recreation Therapist since completing a Bachelor's Degree (Honours) from Brock University in 2008. Since graduation and joining the professional world, I have been an active member of ATRA, most recently completing a fulfilling two years on the Central Region executive as Vice-Chair and Chair. I co-chaired the 2014 ATRA Symposium, and am a current committee member for the 2015 ATRA symposium. Provincially, I am a member of the Complaints, Investigations and Resolution Professional Advancement Committee (PAC), as well as having worked on various other ATRA committees throughout the years.

A Northern Ontario girl at heart, I have now called Calgary home for the past 7 years, newly married and living with my husband Darryl and our two black cats. I enjoy playing any and all sports especially slo-pitch and floor hockey, dancing in Zumba class and reading books through my book club. I have always had a love for the sport of gymnastics and continue my involvement by coaching gymnastics at the University of Calgary.

I am very interested in continuing work with ATRA through the role of Secretary/Treasurer on the Provincial Board. Thank you!



financials


September 18, 2015


To: ATRA Membership


From: ATRA Audit Committee 2015

The Alberta Therapeutic Recreation Association's financial audit was completed by the Audit Committee on Friday, September 18, 2015. The Audit Committee, all current members of ATRA, reviewed the financial records and found no discrepancies.


Audit Committee:


Signature


Print Name


Signature


Print Name


Signature


Print Name



financials

Alberta Therapeutic Recreation Association Financial Statements Year Ended May 31, 2015

RECEIPTS		2015	2014
101	Membership Fees	144,175.00	138,390.00
102	CTRA Fees	19,013.00	21,088.00
103	Promotional Sales	1,090.00	2,529.00
104	Fund Raising	5,000.00	-0-
105	Symposium	28,813.00	2,812.00
106	Donations	-0-	-0-
107	Interest	1,489.00	1,817.00
108	Misc Income	846.00	-0-
TOTAL INCOME		200,426.00	166,636.00
DISBURSEMENTS			
201	Membership Disbursements	14,628.00	12,778.00
202	CTRA Fees	19,250.00	20,688.00
203	Contract Work / Honorariums	966.00	30,355.00
204	Postage / Courier	3,635.00	3,486.00
205	Printing	13,817.00	22,824.00
206	Office Supplies	677.00	1,479.00
207	Staffing	40,091.00	-0-
208	Rent	5,040.00	3,240.00
209	Insurance	950.00	-0-
210	Board / Committee Travel & Expenses	27,005.00	19,413.00
211	Telephone	1,808.00	1,680.00
212	Sponsorship / Advertising	2,000.00	2,000.00
213	Awards	3,591.00	1,781.00
214	Memberships / Registrations	75.00	-0-
215	Symposium Expenses	2,000.00	6,700.00
216	Website	25,486.00	9,008.00
217	Promotion Expenses	2,077.00	4,633.00
218	Misc Expenses	-0-	(5,395.00)
219	Bank Charges	4,486.00	4,070.00
TOTAL EXPENSES		167,582.00	138,740.00
NET INCREASE (DECREASE)		32,844.00	27,896.00



financials

Alberta Therapeutic Recreation Association Financial Statements Year Ended May 31, 2015

	2015	2014
Bank Balance Beginning of Year (includes GICs)	379,041.00	351,144.00
Net Increase in Equity (See Statement of Receipts & Disbursements)	32,844.00	27,896.00
Deferred Membership Receipts 2015/2016	122,075.00	115,580.00
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Sub Total	289,810.00	263,460.00
ATRA North Region	23,598.00	
ATRA Central Region	19,333.00	
ATRA Lethbridge Chapter	5,489.00	
ATRA Palliser Chapter	2,004.00	
MEMBERS EQUITY - BALANCE END OF YEAR	340,234.00	263,460.00
ASSETS	0.0	0.0
LIABILITIES	0.0	0.0



Alberta Therapeutic Recreation Association

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