

LOUISIANA RECREATION & PARK ASSOCIATION

# 2012 Annual Conference

*"Throw Me Something Mister,"  
Laissez Les Bons Temps Rouler*

## TENTATIVE PROGRAM

### SUNDAY, JANUARY 29, 2012

#### 7:30 AM - 1:00 PM **Tour Opportunities**

See Insert for detailed information; Mardi Gras Museum (make your mask and bring to the social Monday night), tour local parks in Sulphur, West Lake and Moss Bluff, and the "Creole Nature Trail All American Road" GPS Ranger tour!

Noon - 5:00 PM Vendor Set Up

Noon - 5:00 PM Registration Desk Open

1:00 - 2:30 PM Concurrent Educational Sessions

#### **Session #:P1 "Raise em High, Cowboy' Shoot 'em up." AND "Shoot em up...Bang Bang Make My Day, 'Partner'" (.15 CEUs Pending)**

Trudy Gehrig, Mike Williams, and Robert "Bob" Green  
The Single Action Shooting Society is an international organization created to preserve and promote the sport of Cowboy Action Shooting™. (Transportation available.)

#### 3:30 - 5:00 PM **Opening General Session**

#### **Session #:A1 Living Proof...Water Works: History and Development of the Aquatic Therapy and Fitness Industry (.1 CEU Pending)**

Mary Essert, BA, ATRIC  
This session will review the history of the aquatic fitness and therapy industry in view of current trends in program development and sustainability. Ms. Essert will cite personal and professional experience related to community programs.



#### 5:00 - 7:00 PM **Vendor Social**

Enjoy your evening socializing with your peers and getting to know this year's vendors. Do your best to stop at each booth and let them know how much you appreciate their support of the association and value their products and services that contribute to success in the field.



### MONDAY, JANUARY 30, 2012

6:30 AM - Bonus Session

#### **Zydeco Fitness (Cardio Workout)**

Mona Lisa Doshier

Join your colleagues for an energizing wake-up call and participate in this aerobic routine performed to Zydeco music. For some lucky participant, 1 of 4 awards will be received: \$25 WalMart gift card, 1 hr massage, nail treatment, or dinner for two at Steam Boat Bills. Minimum of 10 people required.

7:00 AM - Exhibit Hall Open

7:00 AM - Noon Registration Desk Open

8:30 - 10:00 AM Concurrent Educational Sessions

#### **Session #:B1 Community Event Planning 101 (.15 CEUs Pending) Limit: 25 Participants.**

Julio R. Galan

During this session, participants will gain a better understanding about planning, executing successful events to benefit diverse groups, and engaging community participation and support.

#### **Session #:B2 Driving Company Vehicles Safely in Today's World (.15 CEUs Pending)**

Sergeant James Anderson

If you drive a company car, this program is for you. We will examine a variety of driving related topics including distracted driving, occupant safety, railroad safety, and impaired driving in a fun and interactive way. Bring your questions and "ask the trooper!"

#### **Session #:B3 Why Water?: Effective Aquatic Continuum of Service (.15 CEUs Pending)**

Mary Essert, BA, ATRIC

Essert introduces community collaboration, industry examples from her experience with varied populations. Her pragmatic approach provides usable examples. Risk management, facilities development, maintenance and accessibility issues will be discussed. Resources for use by management teams and instructors/therapists will be available.

#### **Session #:B4 Modifying Sports and Games to Prevent Behavioral Problems (.15 CEUs Pending)**

Missy Spicer and Stephanie Hunter

Adapting team sports and games for the kids that usually refuse to participate because they don't know the fundamentals, poor self-esteem, and lack of athletic ability which lead to behavioral problems.

10:00 - 10:30 AM Break in Vendor Area

10:30 AM - Noon Concurrent Educational Sessions

**Session #:B5 *The Six Thinking Hats*** (.15 CEUs Pending)

Tom Hatfield

Six Thinking Hats provides an alternative to our normal style of argumentative thinking. Through the use of parallel thinking each person puts forward his thoughts in parallel with the thoughts of others. It is a process that allows any group of individuals to think more clearly and having shorter and more productive meetings, while increasing collaboration and exploration of an issue.

**Session #:B6 *Aggressors, Victims, & Bystanders – A Mother's Story*** (.15 CEUs Pending)

Lynette M. E. Robinson

Listen to this mother share her personal experience and learn how to identify troubled youth and dysfunctional patterns of behavior, equip youth for the world around them, and implement mentoring programs to produce successful youth.

**Session #:B7 *Paralympic Sport Club and Games Uniting Mind & Body*** (.15 CEUs Pending)

Pam Carey, MEd

Two statewide programs work as one to provide sports opportunities for youth and young adults with physical and visual disabilities. Therapeutic recreation facilities throughout the state can promote health and wellness by offering opportunities to promote Paralympic Sports for youth and military with physical or visual disabilities.

**Session #:B8 *Trends in Senior Water Fitness*** (.15 CEUs Pending)

Mary Essert, BA, ATRIC

Essert examines senior fitness goals, options, and choices with reference to aquatic and to cross-training for functional fitness. Current trends include emphasis on balance and gait training in addition to strength training and aerobic fitness. The group will discuss personnel criteria, training, and referral policies. Cross training techniques and resources are included.

Noon - 1:30 PM Lunch on Your Own

**12:15 - 1:15 PM Hosted Student Lunch and Roundtable (Offsite)**

1:30 - 3:00 PM Concurrent Educational Sessions

**Session#:B9 *No Bad Days*** (.15 CEUs Pending)

Bruce Hamilton

*No Bad Days* is the flagship program that has affected people everywhere Bruce has been. This program shows you what will happen when you take control of your life and use some very simple strategies and tactics to help you avoid those bad days! Bruce believes that people are what matters most. If we become better people then our lives become better.

**Session #:B10 *Nuts and Bolts of Managing a Recreation & Aquatic Center*** (.15 CEUs Pending)

AunJelle M. LaFleur

Parks and recreation departments around the country are building recreation and/or aquatic facilities. This course offers a unique discussion of membership retention, program development, facility management, and social networking/marketing.

**Session #:B11 *Movin' and Groovin' Summer Day Camps*** (.15 CEUs Pending)

Katrina Coots and Lynde Vinson

BREC is known for its summer day camps across the Parish to the citizens of East Baton Rouge. BREC is now raising the bar and increasing the different age populations, along with different levels of disabilities, to make camp a truly inclusive experience.

**Session #:B12 *Adventures in Low Elements*** (.15 CEUs Pending) Limit: 15 Participants.

Shelly Zellner and Eric Ascough

This session will be a fun, hands-on training involving low challenge course elements. Participants will be introduced to sequencing, framing, and debriefing techniques for a variety of activity types. Each person will experience warm up games, problem-solving initiatives, and trust-building activities.

3:00 - 3:30 PM Break in Vendor Area

3:30 - 5:00 PM Concurrent Educational Sessions

**Session #:B13 *Playground Safety and Maintenance: Keep Your Playgrounds Compliant and Fun!*** (.15 CEUs Pending)

Steven Hare and Eve Werner

This education session will highlight the primary causes of playground injuries and discuss the responsibilities owners, as well as manufacturers, have for providing and maintaining safe playgrounds. Participants will gain an understanding of the current regulatory environment and how to develop operational policies to ensure compliance with standards. Finally, participants will learn how to establish a playground audit and inspection protocol that can become part of a routine business practice.

**Session #:B14 *Your Own Park Foundation - Is It Worth It?*** (.15 CEUs Pending)

Carl Stages and Ted Jack

Using the BREC Foundation as a model, we will discuss the history of the organization, review what has worked and what hasn't, and allow participants the opportunity to weigh the financial benefits and challenges related to creating their own foundation.

**Session #:B15 *Treatment of Dementia Syndromes*** (.15 CEUs Pending)

Garrett Ryder, MD

This session will differentiate between the various types of dementia, as well as identify the clinical manifestations. The various stages of dementia will be explored, and the identification of progressive degenerative dementia and the resulting depression in older adults will be discussed. Pharmacological treatment of secondary symptoms of dementia will be looked at, as well as non-pharmacological treatments that are available to provide in conjunction with medication as a treatment option.

**Session #:B16 *Reducing Anxiety in Servicemen and Women Through Community Exposure - A Pilot Study*** (.15 CEUs Pending)



Shawn Jaffray  
The Transitional Learning Center (TLC) at Galveston is a residential, post-acute rehabilitation facility for adults with traumatic brain injuries (TBI). The facility has been in operation since 1982 and has focused solely on community re-integration for this population.

**Session #:B17 Racing for Education**

(.15 CEUs Pending)

Lieutenant Jim Jones

The official them of Beat the Heat, Inc., is "racing for Education." It is a "Cops and Kids"-oriented program designed to bring youth together with law enforcement in order to facilitate good relationships. The race car is used as a catalyst to attract youth that normally would not have a positive interaction with law enforcement.

7:00 - 11:00 PM

**All-Conference Social**

City of Lake Charles Civic Center  
Buccaneer Room (3rd Floor)  
with BIGDRAWS.com



## TUESDAY, JANUARY 31, 2012

7:00 AM - Noon Registration Desk Open

7:00 AM - Past Presidents' Breakfast

7:00 AM - Exhibit Hall Open

8:00 - 9:30 AM Concurrent Educational Sessions

**Session #:C1 Programming Towards Underserved Populations: a Summary of Louisiana State Park's Educational and Outreach Programs** (.15 CEUs Pending)

Erin Sullivan

The educational programming that Louisiana State Parks provides to school age youth representing underserved populations will be discussed. Highlights and case studies from Educational Programs and the Louisiana Outdoor Outreach Program (LOOP) will be presented, with an emphasis on the experiential learning style offered through parks' outreach activities.

**Session #:C2 Wyman Teen Outreach Program (TOP)** (.15 CEUs Pending)

Barbara "BJ" Miller and Kelly Barnes

The Southwest Louisiana AIDS Council (SLAC), in conjunction with Office of Public Health and the Department of Health and Hospitals is proud to replicate and facilitate the Wyman Teen Outreach Prevention Program (TOP) in Calcasieu Parish for youth ages 12-17 years. The program is designed to equip teens with the necessary support and opportunities to prepare for successful adulthood.

**Session #:C3 Remotivation and Validation Therapy with Older Adults** (.15 CEUs Pending)

Dr. M. Jean Keller

Two therapeutic interventions will be presented and discussed - remotivation and validation therapy. An

overview of the interventions will be shared, examples of when and how to use the techniques will be presented, and participants will have the opportunity to practice using the techniques with case studies.

**Session #:C4 4H: More Than You Ever Imagined**

(.15 CEUs Pending)

Lanette Hebert and Kim Jones

Participants will learn about the many opportunities offered through 4H and how to engage youth in the largest youth development organization in the United States. Join the fun; join 4H!

9:30 - 10:00 AM Break in Vendor Area

10:00 - 11:30 AM Concurrent Educational Sessions

**Session #:C5 Are You Still Angry?** (.15 CEUs Pending)

Bill Williams, MA, LPC, LMFT

Anger is one of the most misunderstood feelings in the emotional spectrum. Even so, anger is normal and desirable when handled effectively, and only destructive when handled poorly. In this session, we will discuss the power of anger and learn more about how they way we express our anger determines the degree to which problems escalate or deescalate.

**Session #:C6 Understanding Volunteerism and Volunteer Leaders** (.15 CEUs Pending)

Beverly S. McCormick Limit: 20 Participants.

Characteristics of organizations that effectively engage volunteerism will be discussed as well as the new paradigm of volunteering in the new economy. Further, information about volunteer leaders in today's world will be examined: how to inspire, recruit and retain.

**Session #:C7 Blindness and Visual Impairment 101**

(.15 CEUs Pending)

Pam Allen

This session will present an overview of blindness and visual impairment. It will give participants the opportunity to ask questions and have an open dialogue about working with blind and visually impaired clients. The presenters will share personal experiences about their own blindness and visual impairment and discuss strategies for encouraging independence and full participation in recreational activities for blind people of all ages.

**Session #:C8 Enabling Gardening for Recreation**

(.15 CEUs Pending)

Theresa Guidry, LPMG, Gerald Roberts, and Jackie Carlisi  
Enabling gardening is considered horticultural therapy which is a process of utilizing plants and horticultural activities to improve the social, educational, psychological, and physical adjustments of people thus improving their body, mind and spirit. All individuals can benefit from horticultural therapy regardless of age, sex, race, socioeconomic level or ability.

Noon - 1:30 PM **Closing Keynote and Awards Luncheon (C9) It's All In A Day's Play at the "Park"** (.1 CEU Pending) Kevin D. Guidry



Session will touch on creating win-win partnerships through community bridge building, thus producing positive community programming through recreation and changing the

lives of children by GIVING BACK.





## Lake Charles, LA

L'auberge  
du lac  
CASINO RESORT  
Lake Charles, LA



**CONFERENCE LODGING** LRPA has secured limited space at the L'auberge du Lac Casino Resort at the reduced rate of \$99.00 + 13% tax (15% surcharge is applied to each third or fourth adult occupying a room - maximum of four guests are allowed per room). Rates are valid for accomodation nights of Sunday, January 29th through Tuesday, January 31st. Reservations can be made by calling 866-580-7444 and referencing LA Recreation and Park Association, Group Code #SLPRA. Space is limited, and this special rate will expire: **January 21, 2012.**

*Louisiana*

RECREATION & PARK ASSOCIATION

ADMINISTRATIVE OFFICE  
629 NORTH MAIN STREET  
HATTIESBURG, MS 39401  
toll-free phone/fax (800) 810-3882

Please make plans to join other LRPA friends and members at the 2012 conference in conjunction with the Therapeutic Recreation Symposium for the Southwest (TRSSW) to be held January 29-31, 2012, in Lake Charles, LA. The conference committee is seeking both silent auction items and scholarship applicants. Visit our website or contact the office for more details. Please note the association only accepts checks, money orders and purchase orders. Be sure to return your form early to get the earlybird discounts listed below!



**LRPA 2012**

\_\_\_\_\_  
 | First | Last | Suffixes | Phone Number

\_\_\_\_\_  
 | Title | Organization

\_\_\_\_\_  
 | Billing Address | City, State ZIP

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 | E-mail



**FULL PACKAGE REGISTRATION:** Includes educational sessions, the exhibit hall social, all breaks, and admission to the LRPA Awards Banquet and the all-conference social. Non-Member Full-Package first-time attendee's registration includes a complimentary one-year membership!



**Payment or PO Received by...**

	<b>Nov. 24 - Dec. 31</b>	<b>Jan. 01 - 25</b>	<b>Jan. 26 - 31</b>
(1) LRPA Professional Member* .....	\$ 200.00 .....	\$ 225.00 .....	\$ 250.00
<b>**Note: TRSSW Attendees will be eligible for the LRPA Member Rate.**</b>			
(2) LRPA Student Member .....	\$ 55.00 .....	\$ 55.00 .....	\$ 80.00
(3) Other Member (CBM, Retired) .....	\$ 100.00 .....	\$ 100.00 .....	\$ 125.00
(4) Non-Member Professional* .....	\$ 250.00 .....	\$ 275.00 .....	\$ 300.00
(5) Non-Member Student .....	\$ 75.00 .....	\$ 75.00 .....	\$ 100.00

\* **CEU credits fees are included in professional registration.**

**DAILY PACKAGES: ONLY INCLUDES CEUs for Professionals; daily registrants will pay an additional fee if they wish to attend social events and meal functions.**

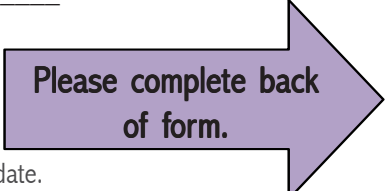
	<b>By 12/31/11</b>	<b>After 1/1/12</b>
(6) PROFESSIONAL DAILY Sunday, January 29 .....	\$ 50.00 .....	\$ 60.00
(6) PROFESSIONAL DAILY Monday, January 30 .....	\$ 75.00 .....	\$ 85.00
(7) PROFESSIONAL DAILY Tuesday, January 31 .....	\$ 75.00 .....	\$ 85.00
(6) STUDENT DAILY Sunday, January 29 .....	\$ 25.00 .....	\$ 35.00
(8) STUDENT DAILY Monday, January 30 .....	\$ 25.00 .....	\$ 35.00
(9) STUDENT DAILY Tuesday, January 31 .....	\$ 25.00 .....	\$ 35.00

**TOTAL PAYMENT:**

**EXTRAS or Daily Registrant Tickets** (Please note that full package registration includes one ticket.):

- (10) Monday All-Conference Social .....\$ 25.00 ..... Number of tickets: \_\_\_\_\_
- (11) Tuesday Awards Luncheon .....\$ 30.00 ..... Number of tickets: \_\_\_\_\_

**SPECIAL ACCOMMODATIONS:** If you require special services in order to fully participate, please provide a written description (i.e., special diet, wheelchair transportation, roll-in showers, etc.). Advance notification is required...**CANCELLATION POLICY:** Requests for refunds must be made in writing to the LRPA administrative office. Requests received before 1/10/2012, are subject to a \$25 penalty. No refund requests will be accepted after this date.



For planning purposes, please indicate if you will be attending any of these sessions:

**MONDAY, JANUARY 30, 2012**

- Zydeco Fitness
- Community Event Planning 101 (Session #:B1)
- Adventures in Low Elements (Session #:B12)
- Understanding Volunteerism and Volunteer Leaders (Session #:C6)

Return completed form and payment to:

*Louisiana*

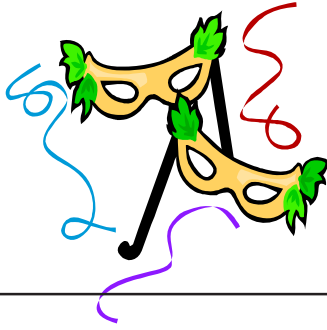
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ADMINISTRATIVE OFFICE  
629 NORTH MAIN STREET  
HATTIESBURG, MS 39401

Questions or need to fax in your form with a purchase order:

**Toll-free phone/fax (800) 810-3882**



# LOUISIANA RECREATION & PARK ASSOCIATION 2012 Annual Conference

*"Throw Me Something Mister,"  
Laissez Les Bons Temps Rouler*

## TOUR OPPORTUNITIES

Start early and take the **Creole Nature Trail All American Road GPS Ranger** tour. The entire tour, including taking advantage of all of the stops, will take eight to ten hours, but you can take part of the tour and/or drive the entire route and just watch the videos. If you drive the entire route, budget at least 2 hours. There are nature trails, wildlife drives, and many other informative stops along the way, including a wildlife museum at the Cameron Prairie visitor's center (closed on Sunday). Sites/sounds are available sunrise to sunset. Pick up your free GPS Ranger at the Lake Charles/Southwest Louisiana Visitors Bureau or download an app

(to your smartphone). There is no charge for the Ranger, but you need to leave a credit card until the Ranger is returned. You can pick the Ranger up the day before if you'd like to get an early morning start on Saturday or Sunday. The GPS Ranger is a self-guided audio/video tour of the entire trail. It knows where you are and tells you what you're about to see and where to turn if you want to explore other things. An awesome experience. The tour includes a ferry ride (runs 24/7 there is fee for West route but East route [to Lake Charles] is complimentary) and is extremely informative about the local history, economics, wildlife, etc. It is a great way to get to know the area you're visiting. Once finished with your tour, return the Ranger and pick up your credit card. Read more details online ([www.creolenaturetrail.org](http://www.creolenaturetrail.org)).

Creole Nature Trail, photography: Brenda Lafleur



You'll have a chance to explore the park and recreation facilities in **Sulphur, West Lake and Moss Bluff** - see what's going on in Calcasieu Parish, y'all!

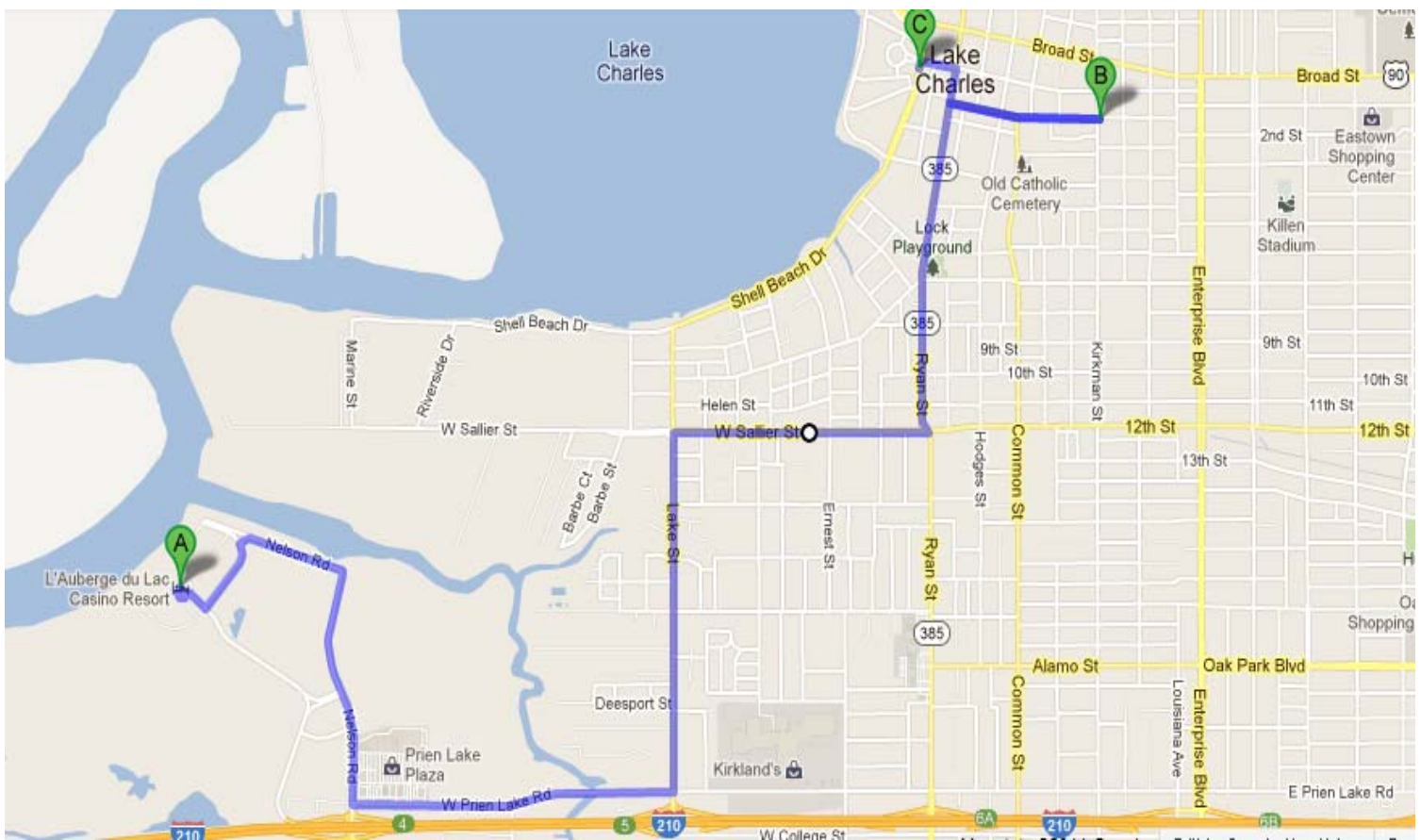


Housed on the second floor inside the Central School Arts & Humanities Center (809 Kirby Street in Lake Charles, Louisiana), you will find a great place to catch a good time! The **Mardi Gras Museum of Imperial Calcasieu** has the largest display of Mardi Gras costumes in Louisiana. Not only will you get a chance to see more feathers and filigree than you can shake a baton at, but delegates will be able to make your very own Mardi Gras mask. Please note that transportation will not be provided to the Mardi Gras Museum and the trip takes about 15 minutes each way.



You don't want to miss this opportunity to create your one-of-a-kind carnival wear as y'all are invited and encouraged to wear your best Mardi Gras costumes to the social Monday night. If you can't make it to the museum, don't fret, cher, just bring your carnival clothes and masks you may have stashed away to the social anyway! If you can't find the last costume from the Krewe of You, come on in your best Zydeco clothes (washboards and accordians welcome!) to the Monday night social and we'll pass a good time in the **Buccaneer Room at the Lake Charles Civic Center** (take your time coming in so you can stroll the beautiful Promenade). Shuttle transportation will be available from the L'Auberge to the Civic Center and back throughout

this event. While you're at the Civic Center, be sure to take a carriage ride and check out the new playground. Bring your wallet for the silent auction and laissez les bons temps rouler!



A: L'auberge du Lac Casino Resort; B: Central School Arts & Humanities Center; C: Lake Charles Civic Center