



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

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