

Online Resources and Inspirational Material February 2022

Therapeutic Recreation:
Don't just survive. Thrive!

Therapeutic Recreation Quotes TR Professional Practice

While therapeutic recreation seems to be striving for more recognition within the medical model, most (if not all) other therapeutic modalities are trying to understand how they can become more closely allied with a holistic approach to treatment. Therapeutic recreation has the inherent connection that can bridge the gap between clinical services and community inclusion while providing an exemplary model for holistic medicine.

M.W.

Stewart An occupational therapist works with a patient from the waist up, a physical therapist works with a patient from the waist down, and a recreational therapist works with a patient from the inside out.

Ed Kesgen

The word recreation is really a very beautiful word. It is defined in the dictionary as "the process of giving new life to something, of refreshing something, of restoring something." This something, of course, is the whole person.

Bruno Hans Geba

Recreation, Leisure, and Play

We are beginning to discover that the meaning of leisure is really the meaning of life, leisure is freedom and freedom is living.

Douglas H. Sessoms

People with the greatest life satisfaction have been able to maintain a sense of playfulness.
Anonymous

Recreation's purpose is not to pass time, but to make time live; not to keep a person occupied, but to keep him or her refreshed; not to offer an escape from life, but to provide a discovery of life.

Author unknown

Life is best enjoyed when time periods are evenly divided between labour, sleep, and recreation...all people should spend one-third of their time in recreation which is rebuilding, voluntary activity, never idleness.

Brigham Young

What we do during our working hours determines what we have; what we do in our leisure hours determines what we are.

George Eastman

You can learn more about a man in an hour of play than you can in a lifetime of conversation.
PLATO

Leisure/ recreation is a state of mind. It is an inner place of peace and a bridge, which connects to others in a meaningful way.

Kathy O'Keefe

Those who decide to use leisure as a means of mental development, who love good music, good books, good pictures, good plays, good company, good conversation – What are they? They are the happiest people in the world.

William Lyon Philips

Not all Leisure Experiences in the community settings need to be successful, but the privilege to achieve or fail is a part of a learning process that far too long has been denied individuals with disabilities.

Stuart Schleien & M. Tipton Ray

Inspirational Quotes

The greatest pleasure in life is doing what people say you cannot do.

Walter Bagehot

Tell me and I forget, teach me and I remember, involve me and learn.

Benjamin Franklin

You can't hit a homerun unless you step up to the plate. You can't catch fish unless you put your line in the water. You can't reach your goals if you don't try.

Kathy Sligman

Happiness is not the absence of conflict, but the ability to cope with it.

Author Unknown

I'd rather be failing at something I enjoy than be a success at something I hate.

George Burns

Do not let what you cannot do interfere with what you can do.

John Wooden

Strength and courage aren't always measured in medals and victories. They are measured in the struggles they overcome. The strongest people aren't always the people who win, but the people who don't give up when they lose.

Ashley Hodgeson

A candle loses nothing of its light when lighting another.

Kahil Gibran

A wise person will make more opportunities than they find.

Francis Bacon

The only people who never fail are those who never try.

Ilka Chase

Progress involves Risk. You can't steal second base and keep your foot on first.

Frederick Wilcox

Don't let what you cannot do interfere with what you can do

John Wooden

Therapeutic Recreation is Serious fun

Cindy S. Austin, C.T.

Websites

Therapeutic Recreation Resources	Seniors and Long-Term Care
<p style="text-align: center;">Therapeutic Recreation Ontario www.trontario.org</p>	<p style="text-align: center;">Active Aging Canada www.activeagingcanada.ca</p>
<p>American Therapeutic Recreation Association www.atra-online.com</p>	<p style="text-align: center;">Active Life Magazine https://myhomepage.ca/activelife/</p>
<p style="text-align: center;">BAM! Body and Mind www.cdc.gov/bam</p>	<p style="text-align: center;">Canadian Centre for Activity and Aging www.uwo.ca/ccaa</p>
<p>Canadian Therapeutic Recreation Association www.canadian-tr.org</p>	<p>Keeping Busy: Activities for Adults with Dementia http://keepingbusy.com</p>
<p style="text-align: center;">Exercise is Medicine www.exerciseismedicine.org</p>	<p style="text-align: center;">Melody Lane Sing Along Videos www.melodylane.ca</p>
<p style="text-align: center;">Idyll Arbor, Inc. (TR Book Publisher) www.idyllarbor.com</p>	<p style="text-align: center;">Ontario Long Term Care Association www.olca.com</p>
<p style="text-align: center;">National Council for Therapeutic Recreation Certification (NCTRC) www.nctrc.org</p>	
<p style="text-align: center;">Parks and Recreation Ontario www.prontario.org</p>	
<p>Professional Association of Volunteer Leaders – Ontario http://www.pavro.on.ca</p>	
<p style="text-align: center;">Recreation Professionals of Ontario www.activitypro.ca/</p>	
<p style="text-align: center;">Therapeutic Recreation Directory www.recreationtherapy.com</p>	
<p style="text-align: center;">Sagamore Publishing LLC www.sagamorepub.com</p>	

Recreation Resources for People with a Disability	Adaptive Equipment and Activity Resources
<p> Abilities Magazine http://abilities.ca </p> <p> Ability Online www.abilityonline.org </p> <p> Active Living Alliance for Canadians with a Disability www.ala.ca </p> <p> Canadian Wheelchair Sports Association www.wheelchairrugby.ca </p> <p> National Center on Physical Activity and Disability www.nchpad.org </p> <p> Sports 'n Spokes Magazine http://sportsnspokes.com </p> <p> Be My Eyes App https://www.bemyeyes.com/ </p>	<p> ABLEDATA https://abledata.acl.gov </p> <p> Access to Recreation www.accesstr.com </p> <p> Concepts du Sablier www.cdsboutique.com </p> <p> Flaghouse www.flaghouse.ca </p> <p> Therapy Freedom Happiness (TFHcanada) www.specialneedstoys.com/can/ </p> <p> Wintergreen Learning Materials www.wintergreen.ca </p> <p> Activity Connection https://www.activityconnection.com/index.cfm </p>

Covid-19 Resources

Public Health Ontario

<https://www.publichealthontario.ca/en/diseases-and-conditions/infectious-diseases/respiratory-diseases/novel-coronavirus/public-resources>

Coronavirus Disease (Covid-19) Outbreak Update

https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html?utm_campaign=gc-hc-sc-coronavirus2021-ao-2021-0005-396055227&utm_medium=search&utm_source=bing-ads-1242448631827600&utm_content=text-en-&utm_term=covid

Covid-19 Response Framework: Keeping Ontario Safe and Open

<https://files.ontario.ca/moh-covid-19-response-framework-keeping-ontario-safe-and-open-en-2020-11-06.pdf?fbclid=IwAR3vABsp7ESJ9Yf2ifFP1aNLbxUIBK9eWyTroi1f47IDISleIK8UGGa9mIA>