



# TR Connections

“We’re in this together!”

## New Year New Interventions Workshop

Friday, January 16<sup>th</sup>, 2015

10:00 am – 4:00 pm

### LOCATION

Country Life Care Center  
13747 S. Redwood Rd.  
Riverton, UT 84065

### Presented by:

Kristina Couron, MTRS, CTRS – Amy Stoeger, MTRS, CTRS – Heather Brown, M.S., CTRS

Cost: \$100 before December 31<sup>st</sup>

\$115 after January 1<sup>st</sup>

Earn 5 hours = .5 CEU’s

**Music and Wellness – Samantha Calmes, TRT and Heather Brown, CTRS, TRS:** In this session we will be discussing the evidence behind the use of music as a contributor toward improving wellness and overall wellbeing. We will be learning a few useful interventions that may be applied in a group setting and/or 1:1’s for a variety of populations.

**Interventions for Individuals with Trach and Vents – Kristina Couron, MTRS, CTRS:** In this session we will be discussing ways to overcome barriers for providing evidenced based approaches to individuals using a trach and/or vent. We will learn a variety of interventions and ways to provide better care for individuals experiencing respiratory limitations.

**Evaluating your Recreation Therapy Program – Amy Stoeger, MTRS, CTRS:** This session reviews the importance of the evaluation of the APIE process and discusses how to implement both your programming and the interventions you are providing.

**Using Expressive Arts as a Means to Address Both Low/High Functioning Residents – Heather Brown, M.S., CTRS:** This session will be discussing the evidence based use of expressive art for both low and high functioning residents. We will be learning interventions and doing hands-on activities to teach the benefit of using art as a means for improving mood and self expression.

**Guest Speaker: Karleen Broadwater**—Karleen is a certified Silver Sneaker instructor and will be discussing multiple ways to bring physical exercise to your residents inside and outside of your community.

**Cost: \$100 per person before 12/31/14, after 01/01/15 the cost is \$115. Return**

**form and payments to:**

**TRConnections, Corp.**  
3624 East Brighton Point Dr.  
Cottonwood Heights, UT 84121  
(801)831-8463  
olc@trconnections.com  
Website: trconnections.com

**Mail Form and Payment to  
TRConnections, Corp.**

Name: \_\_\_\_\_

Facility Name: \_\_\_\_\_

Contact Information \_\_\_\_\_

\_\_\_\_\_

How many attending: \_\_\_\_\_

Payment amount: \_\_\_\_\_