

# THERAPEUTIC CONCEPTS

Issue # 5

<http://therapeuticconceptsllc.com>

March 2020

## Upcoming Therapeutic Concepts Events

March 7<sup>th</sup> @ 1:00 p.m. St Patrick's Day Event

April 4<sup>th</sup> @ 1:00 p.m. Easter Party

April 21<sup>st</sup> @ 7:00 p.m. Play Project Presentation, staff meeting to follow

April 24<sup>th</sup> @ 6:15p.m. Movie Night: *Spiderman into the Spiderverse*

## Quote Of The Month

“Optimism is the faith that leads to achievement. nothing can be done without hope and confidence”

-Helen Keller-

## Family Movies To Watch

Enjoy these family movies on Netflix!

1. Mary Poppins
2. Incredibles 2
3. Ralph Breaks the Internet

### Contact Information

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HAPPY  
St. Patrick's  
DAY

A festive St. Patrick's Day graphic featuring the words 'HAPPY St. Patrick's DAY' in green. The text is surrounded by several green shamrocks of various sizes. In the background, a golden harp is partially visible, with a wooden staff or pipe extending upwards from its base.

## Craft Corner

### Why crafts are important?

Arts and crafts focus on a variety of developmental areas. They help children of all ages grow in **Motor and Coordination Skills**. Simple tasks such as using a pair of scissors or holding a paintbrush help enhance fine motor skills. Art can also focus on expression, emotional development and communication for all young minds

Try these fun and easy St.Patrick's Day crafts, anyone can do it:

<https://www.craftymorning.com/easy-st-patricks-day-crafts-kids/>

For more community resources see: Troy Parks & Rec, Adapted Rec



It is our belief that toys are the universal tools that bridge the gaps and break barriers for all children regardless of their abilities. Toys can be used to serve as a guide and teach valuable social, emotional, cognitive, fine motor, and gross motor skills.

## This Month's Featured Toy: Move & Grove Game



Move and Grove is the perfect game for toddlers! Designed to inspire movement, creativity, laughter and learning, it's a fun way to introduce the basics of game play and the joy of movement without the pressure of competition. The rules are simple: toss the plush cube to determine color, choose a matching colored card and perform the given move. With no wrong way to boogie, players can use their imagination while improving balance & coordination.

## What is Therapeutic Recreation?

Therapeutic Recreation is a specialized therapy service that is provided to individuals with disabling conditions, illness, or injury. The goal of recreational therapy is to restore, remediate, and rehabilitate functional leisure skills to individuals with specific needs. Recreational therapy services are unique and specialized to provide individuals with access to recreation opportunities that help support, improve and advance overall health and well being, thereby improving overall quality of life.

## Recreational Therapists

Recreational therapy services are provided by a certified therapeutic recreation specialist (CTRS). A CTRS requires a bachelor's degree or higher through an accredited university and passing of the national certification exam through the National Council for Therapeutic Recreation Certification (NCTRC). Recreational therapists provide access to a fulfilling leisure lifestyle through meaningful activities at home or in the community and that incorporate the emotional, physical, cognitive, and sensory needs of various individuals. Certified therapeutic recreation specialists (CTRS) work in acute hospital care, psychiatric facilities, physical rehabilitation, neuro-skill centers, and home/community based treatment programs across the country. The CTRS plays an important role in today's healthcare arena.