

## INCLUSION SERVICES

The department recognizes that some people with disabilities may choose to participate in recreation programs and/or camps with persons without disabilities. The TR staff helps to support inclusion by assisting other Somerset County Park Commission departments and municipal recreation departments with program adaptation or modification, behavior management support, and staff training. The staff will assess a person's abilities and develop a written accommodation plan that includes supports and strategies necessary in order for the person to be successfully included in a recreation program. Remember, inclusion benefits everyone!

## T.R.A.I.L.S.



The TR department and Lord Stirling Stable offer this ten-week adapted horse-back riding instructional program for children and adults with developmental disabilities. Children must be a minimum of 9 years of age.

Lessons are scheduled in the fall and spring. Riders must bring one volunteer each week.

## CAMP OKEE SUNOKEE

Is a six week summer day camp for children with learning disabilities or Asperger Syndrome. Campers must be between the ages of 7 and 14. Camp activities include swimming, art, music, group games, and sports, special visitors, and trips. Somerset County children are given priority for admission to the camp.

## MEET THE STAFF

**Department Manager:** Dina Trunzo is a Certified Therapeutic Recreation Specialist (CTRS) and is responsible for the overall administration of the department. She conducts all evaluations of new participants who want to access TR services. Additionally, she assists other Somerset County Park Commission departments and municipal recreation departments with inclusion of people with disabilities in programs. Dina has been with the Park Commission for over 25 years.

**Sr. Program Coordinator:** Lee Shahay is responsible for the development of the seasonal calendar of activities and program implementation. Lee conducts many of the fitness and horticulture programs at the activity center. She also serves as Director of Camp Okee Sunokee. Lee has been with the Park Commission for over 20 years.

**Program Coordinator:** Gwen Leubner is responsible for implementing a variety of programs. With a background in art, Gwen conducts a variety of art programs as well as cooking classes. She also serves as the Arts & Crafts Specialist at Camp Okee Sunokee. Gwen has been with the Park Commission for over 15 years.



If you have any questions or to verify eligibility, please call the TR office at: 908 526-5650. Individuals with hearing/speech impairments, please use the Relay Service @ 711.

TR municipalities have included: Bedminster, Bernardsville, Bernards Township, Bound Brook, Branchburg, Bridgewater, Green Brook, Hillsborough, Manville, Montgomery, North Plainfield, Raritan, Somerville, South Bound Brook, Warren, and Watchung.

Visit us on the web at [www.somersetcountyparks.org](http://www.somersetcountyparks.org)

Somerset County Park Commission

## THERAPEUTIC RECREATION DEPARTMENT



The Somerset County Park Commission is committed to excellence in promoting stewardship of land and resources, providing outstanding recreation opportunities and leisure services, and fostering an environment which is service-oriented and responsive to public needs.

Please enter my name and address on the following mailing list

\_\_\_ Children (ages 6-12) \_\_\_ Young Adults (18-30)  
\_\_\_ Teen (ages 13-17) \_\_\_ Adult (ages 31 & older)

I am interested in services for individuals with \_\_\_\_\_

NAME/AGENCY: \_\_\_\_\_

DATE OF BIRTH: (if not an agency) \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP CODE: \_\_\_\_\_

MUNICIPALITY: (if different from city) \_\_\_\_\_

CLASSIFICATION/DISABILITY: \_\_\_\_\_

PHONE: \_\_\_\_\_ E-mail: \_\_\_\_\_



Somerset County  
Park Commission

Please return to:

Somerset County  
Park Commission - TR  
P.O. Box 5327  
North Branch, NJ 08876

*Someone from the TR staff may  
call you to obtain additional  
information about you or your  
child.*

## THERAPEUTIC RECREATION

The Somerset County Park Commission Therapeutic Recreation (TR) department provides year round recreation and leisure opportunities that encourage an active and healthy lifestyle for children and adults with developmental disabilities.

The goal of the Therapeutic Recreation department is to promote a leisure lifestyle that improves social, physical, cognitive, and emotional functioning and enhances participants' abilities.

The TR department is a cooperative effort between the Somerset County Park Commission and various municipalities within the county. The department employs highly qualified staff who are trained in recreation for people with disabilities and are skilled at meeting the needs and adapting activities for participants.

Any child or adult residing in a contracting municipality needing specially designed programs may register for programs seasonally. Most programs are conducted at North Branch Park in the TR activity center. Transportation may be provided to many activities from convenient pick up points.



## What are the benefits?

- Enhance or improve social skills
- Learn lifetime leisure skills
- Improve overall health and well-being
- Make new friends
- Eliminate boredom leading to the reduction of stress and anxiety
- Participation in the community
- Develop or enhance self-esteem and self-confidence
- Enhance communication skills
- Decrease social isolation
- Improve physical ability
- Promote independence
- Enhance skill development

## PROGRAMS AND ACTIVITIES

There are many fun-filled ways for children, teens, and adults to recreate. By providing a variety of social, cultural, artistic, culinary, sports, fitness, community outings, horticulture, and special events throughout the year, participants can recreate in the day, evening or weekend and discover the benefits. Seasonal brochures and flyers describe these fun and exciting activities.

Various programs are offered which provide social and learning experiences and community integration through planned activities. The programs help individuals develop the skills needed to enhance functional independence in the community and promote an improved quality of life.

Friday Night Drop In allows teens and young adults to gather on Friday nights to participate in a variety of activities and hang out with friends. Overnight trips for adults (age 18+) are offered each year. These trips are planned and conducted by TR staff to meet the needs of adults and give participants the opportunity to travel with friends. From Boston to Florida, to Nashville and the Western Caribbean, come travel with us! Special registration and prerequisite skills are necessary for these trips.