

# *Nevada Recreation & Park Society*

## *Newsletter*

ESTABLISHED 1967



Working  
towards a bright  
future!  
Conference  
2020 is almost  
here!

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# 2020 ANNUAL CONFERENCE

The next NRPS Conference in 2020 is going to be in Las Vegas, Nevada. Conference will take place at MEET Las Vegas located at 233 South 4th Street on the North East corner of 4th and Bridger.



MARCH 30-APRIL 3, 2020  
LAS VEGAS, NV

*The future is coming...are you?*

**27 days  
out!**

# 2020 ANNUAL CONFERENCE

# *Volunteers needed!*

**We are seeking volunteers to assist with  
Conference!**

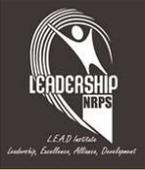
If you have Part-Time staff who are looking to advance their career, volunteering at the NRPS conference is a great way for them to network and gain valuable experience.

In order to volunteer and gain full registration for conference, staff will need to be registered for the free NRPS Student Membership and must volunteer for at least 25 hours. They must not be employed Full Time if registering for student membership.

**LEAD Participants as a reminder you are required to volunteer!**

**To register to volunteer please visit the  
website!**

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# LEAD INSTITUTE



The Nevada Recreation & Park Society's LEAD Institute is a new annual leadership development program for early, mid-career and seasoned professionals. Leadership development is critical to both public and parks and recreation employees. It provides participants and agencies with skill sets, competencies, and a growing expertise that improves leadership ability and fosters individual and organizational success.

This three-year program will enhance individual organizational leadership skills, specifically addressing leadership styles, philosophies, and competencies. In addition, the program explores and introduces emerging approaches of integrating leadership development and personal growth.

The course is designed to provide participatory and collaborative leadership and allows participants to learn from instructors and their fellow classmates. The intent is to prepare leaders with essential skills that will better prepare them for future challenges that require strategic thinking, collaboration, systems thinking, and leading change.

## Why should I attend the NRPS LEAD Institute?

- To prepare for current and future organizational leadership roles.
- To strengthen your personal knowledge base about leadership and its relationship to organizational success.
- To strengthen your knowledge base about leadership principles and activities.
- To reflect a personal commitment to the parks and recreation profession.
- To demonstrate an awareness and commitment to personal and professional growth.
- To be a part of succession planning for yourself and your organization.

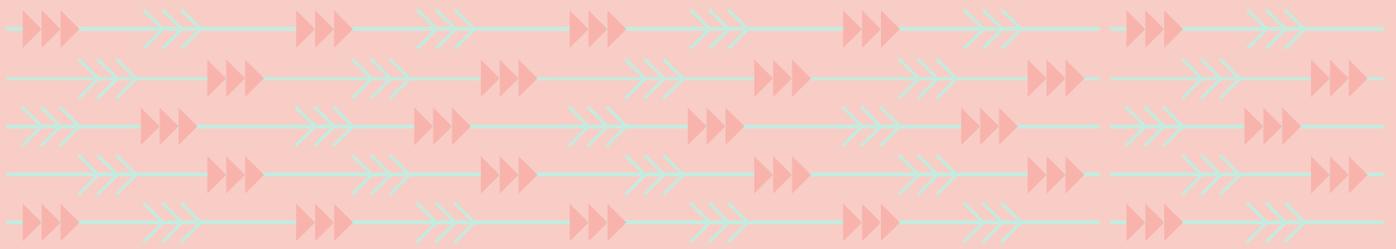
**For more information: Angela Summers, LEAD Institute Coordinator**

**702-267-5806**

**angela.summers@cityofhenderson.com or visit [www.nrps.org](http://www.nrps.org)**

**Sponsored by:**





# TRANSITIONING TOWARDS RETIREMENT

Christina Sowinski, Clark County

The word Transition implies the meaning that you are moving towards change. The Webster Dictionary definition is

Tran`sition

n. 1. Passage from one place or state to another; change; as, the transition of the weather from hot to cold.

There is no death, what seems so is transition.

- Longfellow.

2. (Mus.) A direct or indirect passing from one key to another; a modulation.

3. (Rhet.) A passing from one subject to another.

[He] with transition sweet, new speech resumes.

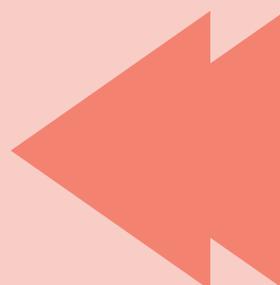
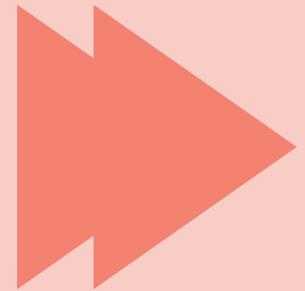
- Milton.

4. (Biol.) Change from one form to another.

Transitioning into the retirement lifestyle is hard for many people. First, you are going from a place where you are needed, to having nothing no schedule, no work, no commitment or feeling of purpose. Some go from being in a supervisory role to having no one to "boss" around. At the senior centers, we always know who the retired bosses are.

Transitioning into retirement can be especially hard for those who have defined themselves by their work. They struggle with a loss of identity. These are just a few examples of why the change to retirement can be difficult and why it is important for senior service professionals to keep this in mind when programming for and advertising their programs to older adults.

Assisting people overcoming this fear of transitioning may be accomplished before they even reach retirement. One way is to start some clubs, like a single senior meet and greet, adventure or travel groups, and hiking clubs that meet once a month. This helps to introduce people who might be fearful of a senior center to a new atmosphere slowly, while they build a new social network. Another idea is to rotate the times offered for certain activities – no longer is the day when all seniors go home at 1pm. Introducing some evening activities into your programming schedule allows working seniors a chance to participate and begin feeling comfortable walking in the door. Offer a variety of volunteer positions, so those that are still wanting to work can feel useful through volunteering. As professionals, these are just a couple of examples that we can use to help with the transitioning of older adults from work life to retirement. Change is never easy, but as professionals we can help ease those feelings of discomfort by adapting to change ourselves and looking past traditional “senior” programs. As we adjust our programming it may provide a better path for those struggling with the transition.





# *A Magical Summer*

By Caroline Denué, Clark County Parks and Recreation

*Summer Day Camp is always a time for creative programmers to give the best experience possible to the children that we open our doors to each year. It is popular to provide theme weeks throughout the summer and plan activities and crafts around that theme. Instead of doing weekly themes, a couple of summers ago I did one theme for an entire summer: Harry Potter.*

*The participants were taken to Hogwarts for the summer.*

*The participants very much enjoyed the theme and progressed through the series during the summer. Because of this, I wanted to share the activities and crafts that were done to give inspiration or ideas to other parks and recreation professionals.*

*The first day of camp all of the campers received a welcome letter and were sorted into their houses, or groups for camp. Being at a smaller facility this worked out nicely with four groups for the four houses. The campers remained in these houses for the duration of the summer. Every day they competed in Minute to Win It games for house points and the group with the most points at the end of the week got to pick from the prize chest.*

*Some of the crafts that were done were:*

*Ollivander's Wand Shop (wand making):*

*All you need is wooden chopsticks, hot glue and paint. Put the glue on each chopstick to make the handle of the wand and add texture to design the wand as desired. Let the glue dry and then paint the wands with a coat of paint, add details like glitter and stars.*

## *Mini Mandrakes*

*You will need clay pots, clay, floral moss, faux greenery, foam, toothpicks, Mandrake sign and modge podge. Start by using the modge podge to adhere the Mandrake sign to the clay pot. Next insert the foam into the clay pot, shape the clay into your form and insert with the toothpicks. Add moss and greenery as desired.*

*These are just two of the magically inspired crafts that you can do with your kiddos over the summer, or any time of the year. Since parents entrust us with their children during school breaks, why not give them the most magical experience possible?*



# What Kind of Recreation Leader are you?

**Jennifer Blanchard, City of Las Vegas**

When sitting down to write this article I had to acknowledge that I am definitely NOT your typical recreation leader. Why do I say this? Because my main areas of focus for the Mirabelli Community Center are cheerleading, tumbling and gymnastics. I am one of the luckiest people in the world. I get to do what I am passionate about.

Turning my childhood interests (former competitive gymnast, dancer and cheerleader) into a coaching job started early for me. I was 15 years old when I started coaching for the City of Las Vegas and was instantly hooked. Working with kids was great and being able to touch children's lives was even better. It helped shape the kind of adult that I wanted to be. I knew that I always wanted to work with children and the community in some way and my skills in this area helped me to get started.

It all began with a 20 kid tumbling team that has evolved over the years to 500 children in various tumbling/cheer/gymnastics class and 130 athletes on our competitive recreation cheerleading squad the Maniakz. To say that the gymnastics gym at the Mirabelli Community Center is a busy place would be an understatement. It rings daily with the excited voices of the children learning new skills and having a blast doing it.

There is a class for everyone from the most basic beginner to advanced tumbling and cheerleading skills. The Maniakz Competitive Cheer Squad is among the best in the United States with a reputation to prove it. They hold 20 National titles and that number is still growing. We are known for our amazing tumbling and innovative routines. The athletes on our team are strong, disciplined and passionate about their sport.

Recreation gymnastics and cheerleading is a strong programming aspect for any community center. How can your center get started? Check out your local high school cheer teams. The teenagers can be a great resource in building a program! There are so many ways you can implement a cheer program into your classes. It just takes a little creativity and a willingness to try something new! There will ALWAYS be kids who want to learn. It is up to us to give them an opportunity.



# *Afraid to A.S.K.*

## **Jayne Mazurkiewicz, City of Henderson**

**Q: How do you handle a situation in which you and a supervisor do not see eye to eye?**

**A: First of all, it is going to happen a lot in your career and it is not necessarily a bad thing. Having a difference in opinion can create better solutions for your operations and promotes personal growth and development. I respect staff that can present a logical alternatives rather than just say they don't like my decision.**

**I hope that you have built a good relationship with your supervisor. By knowing their management style, you may be able to determine if they are open to seeking input or if the decision has been made (perhaps by someone higher in the organization). Ask your supervisor questions so you can understand the why and if appropriate offer suggestions based on that information so that the best decision can be made. I appreciate staff that are engaged and share their point of view. As I see these qualities in my staff, I will seek them out and ask their opinions before making a decision.**

**If you don't agree, you should do it in a professional matter (e.g. not in front of others). It is important to understand that you may not have all the facts. Over the years, I have had to trust others in my chain of command, realizing they have more information that they may not be able to share. Again, it comes back to having a positive working relationship with your supervisor.**

**If you are supervising others, you should portray a positive attitude around them regarding the decision even if you disagree. Keep in mind that they may not always agree with your decision either. We are all human.**

**At the end of the day, you should respect your supervisor's decision and authority. Understand that they will be the one held accountable at the end of the day. The exception would be if you are questioning the ethics of their direction. In that case, you should have someone identified in your organization to speak to about your concerns. Also, if you feel your supervisor and you do not work well with each other, you might want to consider transferring to another section or finding a position at another agency.**

**To summarize, I suggest that you put some thought in how you are going to handle these situations. Building a relationship with your supervisor and being engaged and professional should help you navigate what can turn out to be something positive for you and your organization.**



# Senior Centers and Maslow's Hierarchy of Needs

Linda Lagoy, City of Las Vegas

I joined the City of Las Vegas Department of Leisure Services in July of 2006. When I first started with the City, I was assigned to the Las Vegas Senior Center. My degree is in Recreation and Leisure Studies with an emphasis in Therapeutic Recreation. Even with experience in a variety of recreation settings and an internship, I was surprised at the “aha” moment I found in my first summer in a Senior Center.

After my first month or two of a Las Vegas summer and seeing all that the Centers had to offer seniors, I realized what a wonderful service a Senior Center was to seniors and how it met so many of Maslow's Hierarchy of Needs. For \$2 a year, a senior could come inside, away from the heat or cold, away from the influences of the street, find new hobbies and skills and build a social network.

A cup of coffee cost 25 cents; a hamburger lunch could be purchased for \$2.00. While, sleeping in the center may not have been allowed, food, water, shelter, warmth (or air-conditioning) could all be attained to meet the physiological needs of an individual.

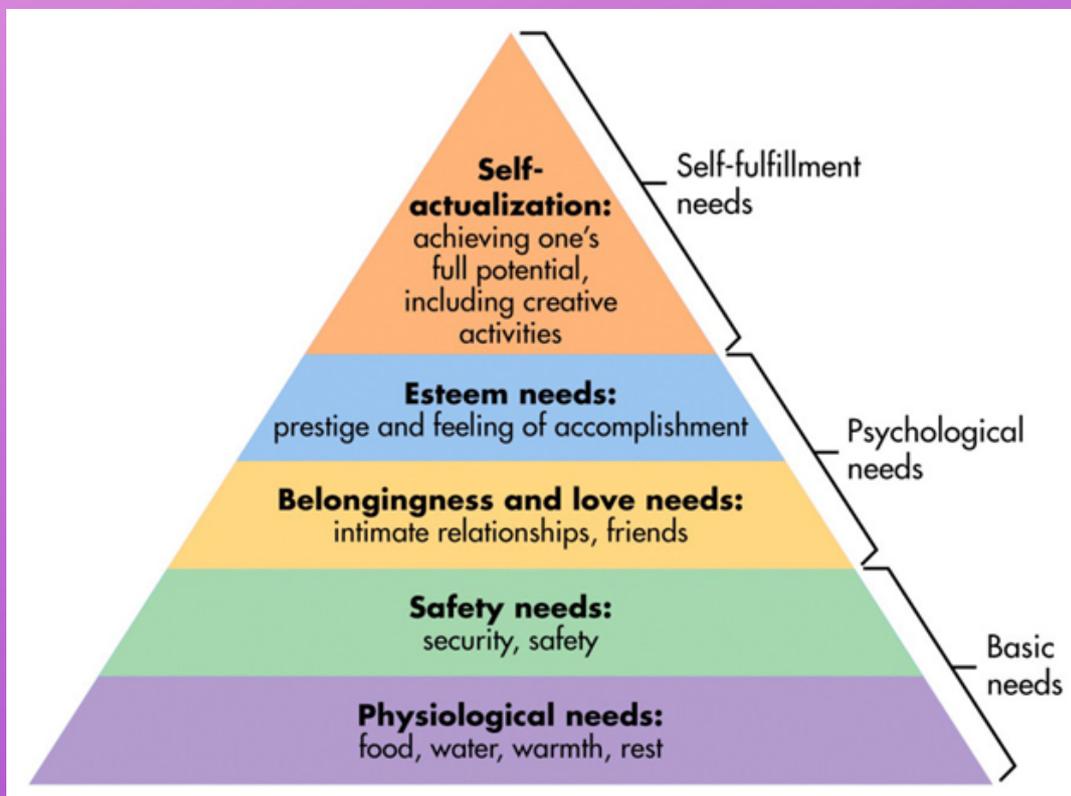
Safety could be found in having a place away from crime or negative influences. The facility was clean, friendly and inviting. Resources could be found to tell them where to find services throughout the community and seniors did not have to fear dangerous unknown; thus meeting their safety needs.

Seniors built friendships with other seniors within the Center as well as positive relationships with staff and other members of the community— meeting their need of love and belonging.

As a senior learned new skills in a class or won a game of Texas Hold 'Em, won a game of Bingo, enjoyed a luncheon or completed a puzzle together with a group of new friends, their confidence grew and their self-esteem needs could be met.

As a senior looked through a schedule of all of the activities they could participate in throughout the City's Senior Centers or peruse other resources the community had to offer, they could get a little bit closer to their own self-actualization and develop more of their full potential. It is obvious that a Senior Center (or any recreation center) offers anyone the chance to keep learning and keep growing, no matter how old you are.

Fate is an interesting thing. It is now 2020 and I find myself a Coordinator, back at what was the Senior Center I started in and opening a new Community Center that includes a gym next door, still offering to help meet Maslow's Hierarchy of Needs to a new, wide-range of ages and individuals – and looking forward to it.



# Breaking Out of Comfort Zones

Taylor Carman, Clark County

Parks and Recreation is vast and far reaching, well beyond what those outside our field expect. That means that in the field we've chosen, we have several different opportunities to break out of our comfort zones and try something new. To some people that means creating an event or a program they've never tried before. But to others, it could mean a whole different career path than they ever expected when becoming a recreational professional.

The prospect seems scary, or at least it did to me when I took the leap. When applying for Parks and Recreation I was expecting to be placed in a Community Center working with Day Camps, Senior Programs, After-School programs, Sports Leagues, and all the other exciting programs we have to offer. But my career path took a turn I wasn't expecting right from my job offer: Aquatics. I was terrified. Going into this subdivision of Parks and Recreation and I felt like I was going to metaphorically, drown in this new arena.

Instead of sinking, this new division gave me more new and valuable professional development than I ever could have imagined. I went from creating games for kids in Day Camps to learning what pH and chlorine values are required for safe, clean pool operations. It was a shift I didn't think I would enjoy but ended up altering my perspective on Recreation all together. I learned the fluidity of programming and how universal the layout can be. Whether you're programming for the water or land, creating a new event, or providing a community service, the components are still the same. Stepping into this new division provided an avenue for more individual professional growth as well as connectivity throughout the valley.

Breaking out of my comfort zone and being given this new opportunity kick started my professional career in a way I never could have planned. Having this experience has made me an advocate for trying new things and putting yourself in those situations where you may not already have pre-existing knowledge. When people take this chance and try something new, it grows our field and enhances our offerings. Bringing in new people with difference perspectives and focuses can completely shift a division and encourage a change that may be needed. Overall, having this new challenge as an individual can also be the shift an entire division needs.



# **A Jet Car Driver and a Senior Center**

## **Christina Sowinski, Clark County**

Jet cars and seniors is not your typical pairing, but like most families, the stories at Cora Coleman are a bit strange and a little messy. The story will explain how this jet car driver became part of the family at Cora Coleman Senior Center. It will share the impact Cora Coleman Senior Center has had on her life and touch on the impact she has had on the participants at the senior center.

To begin the story, we must go back four years, and how Mrs. Shelly Segal came to volunteer at the Cora Coleman Senior Center. The Center was looking to hire an art instructor and she was looking for something meaningful to do. During the interview it was revealed that she had met Commissioner Kirkpatrick who recommended she volunteer at the Senior Center. She was a great fit; she had artistic history, a great personality and wanted to volunteer. Shelly was brought on to teach basic art and drawing classes and the rest is history.

Over the years Shelly's volunteer work has made a tremendous impact on the Center and the lives of the participants. Seniors who take her classes have no idea they have any artistic talent, much less how talented they truly are. Previously, the Center offered jewelry classes and the occasional craft workshop, but nothing to the extent of Shelly's current classes. Shelly's drawing class made some people cry tears of joy when they were pushed past their comfort zone. Ironically, Shelly did not have confidence in her ability to teach when she began this journey. Center Staff saw past that because she has a gift and ability to teach anyone how to draw and bring out their talents.

She started with basic shapes and transformed them into animals, faces, ballerinas and more. She taught the seniors they could conquer their fears while conquering her own. Many seniors began to buy sketch books and started drawing and sketching at home. Many of the seniors accomplished their goals, and have now moved on to other creative outlets, now that these barriers have been broken. Shelly also teaches paint and canvas classes to older adults and does hands on demonstrations at the Center's annual VIP Art Show. Without her encouragement, many seniors would not be willing to showcase their work. Her style is fun, friendly and puts people at ease. Participants have taken her classes and have left elated with the realization that they could be artists. She never judges anyone and allows them the freedom to express themselves through their art. In her words, the seniors have taught her wisdom, about living life to the fullest, and the confidence to do new things. Shelly now has a sense of being a part of the Cora Coleman Senior Center community.

April 2016, Shelly entered her first Jet Car race at the Las Vegas Motor Speedway. Having made many friends and becoming part of the Cora Coleman Family, many went to cheer her on. What a thrill to have so many people she had uplifted come out and support her as she accomplished her dreams. One could never guess that Shelly was a shy introvert, it still amazes me. But following one's dream is not always comfortable; it can stretch you and shape you until those dreams become a reality. Shelly raced in Southern California after volunteering at Camp Silver Pines in 2018, and almost lost her life. This event changed so much for her, but it really showed her how the seniors and staff at Cora Coleman cared for her. The family at the Center came together, like a pack of elephants, to hold her up in the darkest of times. The love she experienced is hard for someone who is an introvert; to know that people care so much for you. Since rebuilding her car and participating in limited races in 2019, Shelly has a full race calendar booked for the 2020 season. But true to her commitment to Cora Coleman, she makes time for her art classes, helps with the art show and Camp Silver Pines, scorekeeper for the Wii bowling tournaments and she recently started doing holiday designs on the Center's exterior windows. Shelly also assists the seniors with face painting at our Halloween events and has rekindled her love and passion for photography. On January 15, 2020 Shelly overcame another fear when she decided to participate in the center's Open Mic Night, where she performed a comedy/song skit that pushed her fears to the limit. If you are interested in learning more information about Shelly Segal you can follow her on Instagram and Facebook at FIRESTARTER Jet Dragster. Attached is link to the review journal article written about our volunteer at <https://www.reviewjournal.com/local/east-valley/east-valley-woman-drives-jet-cars-that-surpass-300-mph/>.

Cora Coleman is a special place, which brings seniors together as a community. In Parks and Recreation finding a volunteer who creates such an impact with their passion and skills is truly a special gift. No one can predict the future, as many couldn't have imagined the impact Shelly would have on the Cora Coleman Senior Center the day she became a volunteer. All volunteers are important and should be recognized, but Shelly has drawn her own special place in the hearts of the Cora Coleman community.





## Want to submit in the newsletter?

**Article Requirements:** At least 250 words, but no longer than 500. Please submit your article with your name, title, organization and photo. Articles must be **PROOFREAD** and free of typing/grammatical errors! Please include at least 2-3 pictures for your articles in jpg or png format.

Please send your articles to Kendal Kerbrat at [Kendal.Kerbrat@clarkcountynv.gov](mailto:Kendal.Kerbrat@clarkcountynv.gov).

Communications Committee : Kendal Kerbrat, Jessica Laguna, Trey Smith, & Jordyn Wright

*Follow us on Facebook, Instagram, and Twitter!*



# Every Monday we feature a member for a week on our website and all of our social media sites.

Let our Members get to know YOU!

Things to include in your Bio:

- ~Current Title and Place of Work
- ~What brought you to Parks and Rec
- ~Certifications, Degrees, and accomplishments
- ~What do you do outside of Work
- ~Any fun Hobbies or Interests???



If you are Interested in being featured as the next Member Monday, Please send a professional Bio about yourself and a Headshot to Jordyn Wright

[Jordyn.Wright@Cityofhenderson.com](mailto:Jordyn.Wright@Cityofhenderson.com)



Support **NRPS** every time you shop at Smith's.

### Signing up is free and easy!

1. Go to [SmithsFoodandDrug.com/Inspire](https://SmithsFoodandDrug.com/Inspire)
2. Sign into your digital account or choose "Create an Account" and fill in the information.
3. Link your Rewards Card to your organization: Enter your organization's number **JZ997** or at least 3 letters of your organization's name and click 'Search', select the organization and choose 'Save'.

Then, every time you shop at Smith's with your Rewards Card, they donate 0.5% of your total order to our nonprofit.\*

### Helpful Information

#### What purchases qualify?

Just about everything you purchase during your regular shopping trips! The only exclusions are alcohol, tobacco, postage stamps, Smith's Gift Cards, re-loadable Gift Cards and debit cards, lottery and promotional tickets, Western Union, fuel and sales tax.

Remember, there's no cost to participate in this program, and you'll still earn fuel points on eligible purchases every time you shop.

\*0.5% based on eligible purchases.  
See Helpful Information for exclusions.





# **YOUR NRPS EXECUTIVE BOARD**

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