

# 2008 Therapeutic Recreation Services

## Annual Report



Municipal Services Agency  
Department of Regional Parks



## Highlights from 2008

### **Florin East Grammar School (AKA Eppie TR Center)**

- After several months of planning, the Florin Historical Society, in conjunction with Sacramento Housing and Redevelopment Agency (SHRA) and Regional Parks Dept., began the renovation of the Promised Lodge, which sits next door to the Eppie TR Center. The plans call for the building to house a museum, office space and storage; outside, they would like to establish a memorial rose garden and brick walkway.



Facility Use: In addition to the Promised Lodge and The Great Race (formerly Eppie's Great Race) meetings, the facility was used for several TRS events, classes, staff training and...

- SHRA workshops
- CPAC meetings
- Retirement party for Gary Kukkola & Dave Lydick
- California Board of Recreation and Park Certification state examination
  
- Technology: To improve customer service, a credit card/check reading machine was installed, which allows for payments by phone. Comcast digital cable service was also installed for TRS programs (e.g. Super Bowl, American Idol, fitness programs, etc.) and to watch County of Sacramento Board of Supervisors meetings.
  
- TRS developed a rental packet and began working with Leisure Services to coordinate facility rentals for meetings, socials and training space.
  
- For long-term rentals, TRS sent out "notice of opportunity" packets to 30 disability and health organizations that might be interested in partnering with TRS and expanding their programs to the Eppie TR Center. Unfortunately, response was underwhelming, which most likely can be attributed to the economy as several of the organizations are state-funded and it is not an ideal time for program expansion. After reevaluating the list, there will be further attempts—through mail, email, telephone and other resources--to find a tenant.



- The Eppie TR Center received an *Award of Excellence in Food Safety* from the Sacramento County Environmental Management Department for having "...established a history of exemplary food handling practices."



### Sports

- The TRS Special Olympics team--the Sacramento County Chargers—celebrated 25 years together with a picnic at McKinley Park.
- The Chargers' "level two" basketball team competed in the Special Olympics Regional tournament in Fresno; they were ecstatic when they came home with the gold medal for the first time ever. This qualified the team for the championships in Stockton.



### Classes

- Hip Hop dance class turned out to be quite a hit. The students learned new dance moves, got a great workout and had a funky, good time. The high point was when the students performed at the April dance for an audience of 200+.
- *Passion for Fashion* participants learned about fashion, hygiene and grooming. And, thanks to the generous support of community businesses, participants received free haircuts and manicures, outfits to wear for the fashion show and photographs to remember their runway experience.

### Fundraisers

- Eppie's Great Race® (which has now been officially changed to The Great Race) celebrated its 35<sup>th</sup> event; the combined attendance of The Great Race and the third running of the Kaiser Kids Duathlon set record-breaking attendance with over 2,300 participants and 900+ volunteers.
- Yard sale/Rummage sale was held at the Eppie Center. Plans are to make this an annual event.
- Participants in the holiday baking class prepared items for a bake sale during the December floor hockey tournament and dance.

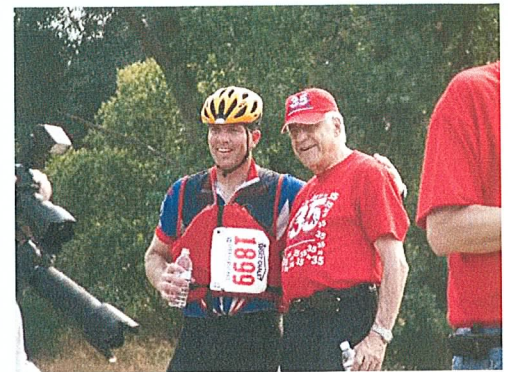


- The cookbooks given to the baking class students were so popular that additional copies were made and sold at the bake sale, and...they went like hotcakes.
- Pathways to Recreation, Inc. (nonprofit organization to support TRS) submitted its 1023 application to the Internal Revenue Service to become a 501 (c) (3) organization. After four months, they are still awaiting their letter of Advanced Ruling, which will give them tax-exempt status.



### Special Events

- Members of the *Quick and Healthy* cooking class had a friends and family feast and treated their guests to their favorite foods of the season.
- *Casino Day*, which was held at “Florin Valley Casino” (AKA Eppie TR Center) was a fun afternoon of Blackjack, Bingo, Wheel of Fortune and “horsey” racing.
- *Goodbye '08* was a pre-New Year’s Eve party that included Karaoke, fortune-telling, resolutions, Bingo and much more.



### Travel

- Besides breathtaking views of Mt. St. Helens, a trip to Portland included a visit to the Oregon Zoo; tea at the Japanese Gardens; sweet treats at world-famous Voodoo Doughnut; farmer’s market shopping; and a river cruise.
- The participants got their fill of Mickey, Donald and the rest of the gang on their trip to Walt Disney World, when they went to the Magic Kingdom, MGM Studios, Animal Kingdom, Epcot and Downtown Disney.



### Community Excursions

In addition to the usual haunts of ARCO Arena for Kings games and Disney on Ice; Raley Field for River Cats games; Jelly Belly Factory, Six Flags Discovery Kingdom, bowling, etc., participants visited a few new places that turned out to be quite interesting and a lot of fun.

- On the *Science in the City* trip, participants took in the Academy of Sciences in Golden Gate Park in San Francisco. They saw the aquarium, planetarium, natural history museum and four-story tropical rain forest.
- Ahoy, matey! The participants had a swashbuckling good time at the Northern California Pirate Festival in Vallejo. The day included a diverse entertainment line-up--nautical music, sword fighting, cannon-battles and theater—along with maritime crafts, shopping, and lunch.
- It may not be easy being green, but the trip to the Asparagus Festival in Stockton proved to be a gastronomically good time. In addition to learning everything they ever wanted to know about asparagus, participants enjoyed music, games, crafts, sporting events, food-eating contests, and Tyson the Skateboarding bulldog.
- Beach Picnic Day was a fun-filled visit to Stinson Beach, north of San Francisco, with Frisbees, kites, games, crafts and swimming.



### Arts

It was another good season for the arts, as the Sacramento area has so much to offer.

- *Beauty and the Beast* at Garbeau's Dinner Theatre in Rancho Cordova.
- *Cinderella*, panto-style, at Sacramento Theatre Company was musical theatre comedy at its finest.
- *Evita* at Music Circus @ Wells Fargo Pavilion
- *Harmony on the River* was a concert series at River Walk Park in West Sacramento. The Stardust Cowboys country swing concert was the most popular.



### Staff Training

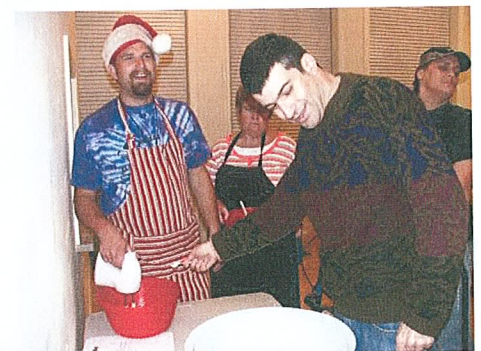
- California Park & Recreation Society Therapeutic Recreation Institute in Long Beach

- California and Pacific Southwest Recreation & Park Training conference in Long Beach
- Quarterly ADA trainings with Sacramento County office of Disability Compliance
- Procurement Card introduction/refresher training
- First Aid
- CPR/AED (Automated External Defibrillator)
- Writing Business Plans for Non-profits
- Maximizing the Workplace



### **Marketing/Public Relations**

- TRS presentation and booth at PRIDE Industries Take Charge of Transition Fair @ CSUS
- South Area Town Hall Meeting @ South Sacramento Service Center
- Tour of Eppie TR Center by the Sacramento County Executive and his cabinet
- TRS booth at St. Francis High School's Service Faire
- The Great Race® check presentation of the 2007 race proceeds to the Sacramento County Board of Supervisors was Deal or No Deal-style
- Great Race booth at 1<sup>st</sup> Annual Quarry Ponds to Lake fun run in Granite Bay.
- Presentation at Carmichael Rotary
- Presentation @ St. Francis High School to 1,100 students
- A TRS participant and his mother were interviewed and featured in an article about TRS—as beneficiary of The Great Race proceeds—in *Sactown Magazine*.

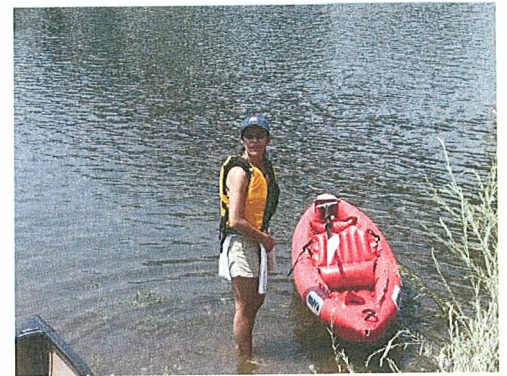


- Disability Transition Fair, sponsored by Folsom-Cordova Unified School District
- Great Race booth at CIM (California International Marathon) Expo

### **Donations**

#### Facilities:

- Carmichael Recreation and Park District
- Sacramento City Unified School District
- San Juan Unified School District
- Cordova Recreation and Park District
- Deane Dance Center
- City of Sacramento, Dept. of Parks and Recreation



#### Prizes/Food/Equipment/\$/Volunteers:

- The Great Race '07 proceeds - \$48,170
- Brookfield's restaurant
- Kiwanis – Carmichael
- Kiwanis – Downtown
- St. Francis High School students
- Special Olympics
- Long's Drugs (Carmichael)
- Lions – Fair Oaks Host
- Lions – Embarcadero
- Lions – Pride of Laguna Creek
- Lions – Elk Grove
- Sacramento City College Cosmetology Dept.
- Ross Dress for Less
- Crossroads
- Irene's Fashion at Large
- Rag Doll Vintage
- Anna Troche - Make-up Artist
- Angela Olson – DJ
- Mike Parks – Photographer
- Guys and Dolls Square-dancing troupe
- Volunteer Center of Sacramento
- California State Fair & Exposition
- California Musical Theatre/Arts Alive
- California Fly Fishers Unlimited
- Special Olympics Referees



## Plans for 2009

- Work with UC Master Gardeners on a teaching and “community garden-type” program at Eppie TR Center utilizing the raised planters; then perhaps the bounty will be used for cooking classes
- A tenant for Eppie TR Center
- Travel destinations – Boston, San Diego, Lake Tahoe and many more
- TRS Cheer Squad for guys and gals interested in supporting the Sacramento County Chargers...on the sidelines
- Arts programming – on-site program at Eppie TR Center, which will incorporate performing and visual arts; *The Lion King* at Sacramento Community Center Theatre; *Forever Plaid* at the new Cosmopolitan Cabaret.
- Expanded Vocational Training program for janitorial services and landscape maintenance at Eppie TR Center
- TRS participants will compete in The Great Race 36.
- Going Green – combining multiple flyers into fewer mailings to decrease printing costs and mailing costs; increasing emailing vs. snail-mailing
- Pathways to Recreation, Inc. activities – tax exemption, membership, marketing, events.

