



REQUIRED Cover Page

## APPLICATION FOR PROFESSIONAL DEVELOPMENT GRANT

**\*\*All applicants please complete this cover page.**

<b>Choose one:</b> <input type="checkbox"/> Creative activity <input type="checkbox"/> Research activity <input checked="" type="checkbox"/> Professional Enhancement activity	<b>Date of Last PDG Award (Semester and Year awarded):</b> _____ <b>Date of ATU Faculty Appointment (Semester and Year):</b> <u>Fall 1997</u>
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1. Project Title: Dementia Day Camp VI (DDC)
2. Name of Principal Investigator/Project Director: Cathi McMahan Ph.D.
3. School (abbrev): System Science 4. Department: Recreation and Park Administration
5. Campus Mail Address: 102 Williamson Hall 6. PI/PD Campus Phone: (479)968-0385
7. Amount Requested: \$1256.00 8. Total Cost of Project: \$1256.00
9. Does this project involve: \_\_\_\_\_ 10. Duration of Project: July 26-July 29, 2007

**Yes No**

- ☐ ☒ human subjects?  
☐ ☒ animals/animal care facility?  
☐ ☒ radioactive materials?  
☐ ☒ hazardous materials?  
☐ ☒ biological agents or toxins restricted by the USA Patriot Act?  
☐ ☒ copyright or patent potential?  
☐ ☒ utilization of space not currently available to the PI/PD?  
☐ ☒ the purchase of equipment/instrumentation/software currently available to the PI/PD?

**NOTE:** If the answer is "yes" to any of the above questions, the investigator must attach appropriate documentation of approval or justification for use/purchase.

**SIGNATURES**

*Theresa Vossick* 4-30-07  
Department Head Date  
*John H. Hest* 5-1-07  
Dean Date

**This Section to be completed by the Office of Academic Affairs**

PDC Committee Award Recommendation: Yes \_\_\_\_\_ No \_\_\_\_\_  
PDC Committee Proposal Rank: \_\_\_\_\_ of \_\_\_\_\_ Total Proposals.  
Recommendation of VPAA: Yes \_\_\_\_\_ No \_\_\_\_\_  
Recommendation of President: Yes \_\_\_\_\_ No \_\_\_\_\_  
Award Date: \_\_\_\_\_

Cathi McMahan, Ph.D.  
Dementia Day Camp VI  
July 26 – July 29, 2007  
University of Southern Maine  
Portland, Maine

Abstract:

Dementia Day Camp VI is a yearly cooperative and educational venture between a number of researchers and clinical therapeutic recreation practitioners that has taken place since 2001. The intent of the event is to bring together these individuals in a workgroup environment that will focus on specific outcomes with targeted, early stage intervention working sessions. The goal of the workgroup is to write a R21 \$100,000 grant.

Purpose/Objectives:

The goal of DDC VI will be to target early stage, intervention research during a series of interactive, engaging, and fun working sessions on the coast of Southern Maine with the expected outcome to be a R21 100,000.

Significance/Need:

This is an invitation only workgroup that will focus on specific outcomes with targeted, early intervention working sessions for individuals with Alzheimer's disease/dementia, with the overall goal of writing a R21 \$100,000 grant. The Hartford Center for Geriatric Nursing Excellence will sponsor this event and will cover a portion of the cost.

By participating in this event I will have the opportunity to network with a number of highly regarded researchers in the area of therapeutic recreation and dementia/Alzheimer's disease. This setting will provide the opportunity to meet and greet these individuals and to be kept abreast of the most recent research in this arena. I will also be given the opportunity to become involved in a large research project in an area that I have much interest and some level of expertise. I think it will be a wonderful opportunity for Arkansas Tech University, especially the Recreation and Park Administration Department and in the long run will assist us with recruiting future therapeutic recreation students. In my personal opinion it will be a positive experience for all.

Process for Attainment of Objectives/Goals:

The event will take place between the University of Southern Maine in Portland, Maine and Nancy Richeson's (Professor at USM) house in Alfred, Maine. The Hartford Center for Geriatric Nursing Excellence will also be sponsoring the event. A number of prominent researchers in the area of therapeutic recreation and Alzheimer's disease/dementia will be attending and presenting at this event.

Dissemination of Results:

I will utilize the information gained from this event in my classroom teaching and hope to eventually be included in presentations/publications that will come out of the research project or grant. I see this as being a win-win scenario for all.

Budget:

Airfare (Little Rock, AR to Portland, Maine – roundtrip) July 25, 2007 until July 29, 2007	\$500.00
Lodging (July 25, 2007 – July 29, 2007) 4 nights (\$189.00 per night)	\$756.00
<b>Total</b>	<b>\$1256.00</b>

**PROPOSED BUDGET  
FACULTY RESEARCH GRANT**  
(include budget categories as appropriate)

1.	Graduate assistant stipend	\$ _____
	Fringe benefits @ .4% (4/10 percent) of graduate assistant stipend	_____
2.	Non-work study stipend	_____
	Fringe benefits @ .4% (4/10 percent) of non-work study stipend	_____
3.	<b>*Supplies (please list items to be purchased and estimated price per item including taxes and shipping, if appropriate):</b>	
	Item No. 1 (e.g., software)	Estimated Price _____
	Item No. 2 (e.g., copying costs)	Estimated Price _____
	Item No. 3	Estimated Price _____
	(additional lines as needed)	
	Total estimated supplies	_____
4.	<b>Travel (please list travel expenditures by date and estimated costs):</b>	
	Travel No. 1	Estimated Price <b><u>\$1256.00</u></b>
	Travel No. 2	Estimated Price _____
	Travel No. 3	Estimated Price _____
	(additional lines as needed)	
	Total estimated travel	_____
5.	<b>*Capital Outlay (please list items to be purchased and estimated price per item including taxes and shipping, if appropriate):</b>	
	Item No. 1	Estimated Price _____
	Item No. 2	Estimated Price _____
	Item No. 3	Estimated Price _____
	(additional lines as needed)	
	Total estimated capital outlay	_____
	<b>TOTAL PROPOSED BUDGET</b>	<b><u>\$1256.00</u></b>

\*Items purchased under \$2,500 (including taxes and shipping) are considered supply items. Capital Outlay items are those which cost \$2,500 or more (including taxes and shipping). Please contact the Purchasing Office for questionable items.

**DEMENTIA DAY CAMP VI (DDC)  
TENTATIVE SCHEDULE  
July 26 – July 29, 2007  
University of Southern Maine  
Portland, Maine**

The goal of DDC VI will be to target early stage, intervention research during a series of interactive, engaging, and fun working sessions on the coast of Southern Maine with the expected outcome to be a R21 100,000.

**Thursday, July 26, 2007**

**5 pm Community Event & Kick Off**

**University of Southern Maine, Portland, Maine  
[www.usm.maine.edu](http://www.usm.maine.edu)**

Opening remarks by DDC Workgroup  
Presentation and Book Signing  
*Alzheimer's from the Inside Out*

Luther Bonney Auditorium  
Dr. Richard Taylor

7:30 pm Dinner at local restaurant

To be determined \*To be paid for on your own.  
[Outcomes of last year DDC and overview of DDC VI]

**Friday, July 27, 2007**

**Portland, Maine**

11 am

Old Port for funky shopping  
[Focused discussion questions as we shop]

1 pm

Lunch – Flat Bread Pizza – Old Port  
[Overview of research proposal, Dr. Buettner]

3 pm to 5 pm

Casco Bay Cruise \*Charge about \$25  
[Targeted discussion regarding research and workday]

Friday night on your own

Ideas for entertainment

- Visit LL Bean in Freeport, Maine
- Dinner with friends or family
- Visit Fort Williams, Cape Elizabeth, Maine

**Saturday, July 28, 2007**

**Alfred, Maine**

Work/Research Day

8 am

Continental Breakfast

9 am to 5 pm

Work teams to develop a multi-site grant proposal

12 pm

Lunch from the Alfred Country Store

5 pm

Cocktail Hour

6 pm

Lobster dinner with vegetarian choices

**Sunday, July 29, 2007**

Depart

## **Cathi McMahan M.S., CTRS, CPRP**

505 West Church Street  
Morrilton, AR 72110  
(501) 977-0456 home  
(479) 968-0385 office  
(479) 968-0600 fax  
cmcmahan@atu.edu

### **FORMAL EDUCATION**

B.S., Recreation Administration, Arkansas Tech University, 1985

M.S., Recreation, Northwestern State University (LA), 1986

Certificate in Gerontology, University of Arkansas, 2006

Ph.D., Rehabilitation Education, University of Arkansas, 2007

Dissertation Title: The Psychosocial Effects of a Leisure Education Program on Caregivers of the Elderly

### **PROFESSIONAL EXPERIENCE**

2001- Present      Assistant Professor, 6 years, Department of Parks, Recreation & Hospitality Administration, Arkansas Tech University, Russellville, AR. Teach full course load (12 hours), advise students, service and scholarship responsibilities. Areas of specialization include: Therapeutic Recreation, Recreation Programming/Leadership, and Gerontology.

Took part-time leave of absence in 2005/06 to work on dissertation and requirements for Certificate in Gerontology at the University of Arkansas in Fayetteville, AR (also took part-time leave in 1999 to attend Graduate School full-time to meet residency requirements). Was scheduled to go up for tenure this year, but was granted a one-year extension due to leave of absence and status of dissertation in the fall (dissertation intervention was delayed – but is now in progress). Undergraduate faculty member only at this time.

- 1999 - 2001 Visiting Assistant Professor, 2 years, Department of Parks, Recreation & Hospitality Administration, Arkansas Tech University, Russellville, AR. Teach full course load (12 hours), advise students, faculty advisor RP Club, service and scholarship activities.
- 1997 - 1999 Instructor, 2 years, Department of Parks, Recreation, & Hospitality Administration, Arkansas Tech University, Russellville, AR. Teach full course load, advise students, faculty advisor for RP Club, service and scholarship activities.
- 1995 - 1997 Adjunct Instructor, 2 years, Physical Education & Recreation Department, Garland County Community College, Hot Springs, AR. Courses taught: Fundamentals of Therapeutic Recreation, Techniques in Therapeutic Recreation, and Internship. Assisted with development of an Associates of Art degree in Therapeutic Recreation.
- 1995 Adjunct Instructor, Spring & Summer, Henderson State University, Arkadelphia, AR. Courses taught: Techniques in Therapeutic Recreation and Issues and Trends in Therapeutic Recreation.
- 1994 - 1997 Clinical Supervisor of Therapeutic Recreation, 3 years, Levi Hospital, Hot Springs, AR. Directed and supervised a 5 person Therapeutic Recreation Department for a physical rehabilitation and psychiatric unit. Responsible for day-to-day operations and program development.
- 1993 - 1994 Visiting Instructor, 1 year, Parks and Recreation Administration Department, Arkansas Tech University, Russellville, AR. Courses taught: All Therapeutic Recreation Courses, Recreation Programming I & II, Camp Counseling, Outdoor Education, and Backpacking.
- 1990 - 1993 Director of Therapeutic Recreation, 3 years, Levi Hospital, Hot Springs, AR. Responsible for the day-to-day operations of a Therapeutic Recreation Department for a physical rehabilitation and psychiatric unit.
- 1988 - 1990 Activity Therapist, 3 years, Rivendell Psychiatric Center, Benton, AR. Responsible for planning, implementing, and evaluating recreational and social programs for children and adolescents.
- 1988 -1989 Life Skills Instructor, 2 years Timber Ridge Ranch, Benton, AR. Responsible for overseeing day-to-day activities of individuals with head injuries.

- 1987 -1988      Health Program Director, Quapaw Community Center (formerly Quapaw Community YWCA), 18 months, Hot Springs, AR. Planned, implemented, and evaluated exercise, aquatic, and sport programs for children, adults, and seniors.
- 1983 -1986      Administrative Assistant, 3 summers, City of Little Rock Parks and Recreation Department Summer Playground Program, Little Rock, AR. Assisted the Director with the day-to-day operations of the summer playground program and special events planner.
- 1980 -1983      Lifeguard and Swim Instructor, 3 summers, Belvedere Country Club, Hot Springs, AR. Responsibilities included lifeguarding, general pool maintenance, and teaching swim lessons to all ages.

## **PROFESSIONAL SERVICE AND INVOLVEMENT**

### **Certifications**

National Recreation and Parks Association - Certified Parks and Recreation Professional (CPRP), initial certification – 1990, expires – 2007

National Council for Therapeutic Recreation Certification - Certified Therapeutic Recreation Specialist (CTRS), initial certification 1991, expires 6/30/2007

University of Arkansas – Certificate in Gerontology – Initial certification – August 2006, expires – no expiration date

### **Memberships**

National Recreation and Parks Association

National Therapeutic Recreation Society

Therapeutic Recreation Symposium for the Southwest

2005                      Conference Chair (Little Rock, AR)

2003 - 2005            Chair, Board of Directors

2001                      Conference (Symposium) Chair

1999 – Present        Board Member

Arkansas Recreation and Parks Association

1999 – 2002            Member-at-Large (Board of Directors)

2000 – 2004            Therapeutic Recreation Liaison

American Therapeutic Recreation Association

1998 – Present        ATRA's Educator Group

2000 – 2002            Chapter Affiliate Council Secretary/Treasurer

1999                      Co-Team Leader Public Relations Committee

1998                      Co-Chair Advocacy Committee

1996                      Social Chair, Mid-Year Forum (Little Rock, AR)