



# Interior Health

October, 09, 2008

To whom it may Concern,

I am the Therapeutic Recreation Practice Leader in the Central Okanagan Interior Health Authority. Currently I am on secondment as a Long Term Care Manager at one of our Interior Health care homes. Our IHA mission statement is "to promote healthy lifestyles and provide health services in a timely, caring and efficient manner, to the highest professional and quality standard" (Interior Health, 2006). Our organization is committed to becoming the organization of choice for employees.

The Recreation Therapy Practice council invited Lee Chamberland to come to our Regions Education event last May. Lee's experience as a coach, therapist and speaker was inspiring and captivating.

There are over thirty individuals within our group and Lee was able to customize a series of three sessions that incredibly fit every one of our needs. The first session was right in line with our IHA mission. Lee facilitated both a relaxing and revitalizing session on stress and time management. The last two sessions helped us to get and stay motivated in our work. Lee's perspective and knowledge was incredible. It was timely as our Practice group is so new and this opportunity helped us appreciate and celebrate our contributions to the profession of Recreation Therapy.

The Interior Health Group has given Lee a ten out of ten! Lee uses her phenomenal speaking ability and experience to be a role model for wellness and health. Her enthusiasm and genuine spirit is contagious. Our group has turned a corner and we are moving forward to be our personal best.

We are grateful for the gifts we received that day; gifts of knowledge, sustenance and laughter. Please accept this letter of appreciation on behalf of the IHA professional practice council.

Most Sincerely

Karen Littleton  
Interior Health RT PPL  
Cottonwoods Residential Care Manager