



Retreat & Refresh Stroke Camp
425 W. Giles Lane
Peoria, IL 61614
RETURN SERVICE REQUESTED
APRIL/MAY 2013

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FLOWER POWER FUNDRAISER

It's time to think spring! There is approximately one month left for our Flower Power fundraiser. Order your spring flowers and bulbs now: hostas, freesias, day lilies, wildflowers, tiger lilies, sunflowers, anemones, bleeding hearts, lily of the valley... the list goes on and on! Ordering is quick and easy: go to www.strokecamp.org, click on the Flower Power button on the right side of the screen, browse the available flowers, and place your order. Products will not be shipped to you until it is the appropriate time to plant. 50% of all proceeds go to Retreat & Refresh Stroke Camp!



SLOGAN CONTEST:

STROKE CAMP NEEDS *YOUR* HELP!

We are retiring our slogan "Stroke Survivors Never Quit" and would like your assistance in coming up with a new slogan for the back of the 2014 camp shirts and possibly on some of our merchandise. Contest rules:

- Must be 7 words or less
- Needs to be something that survivors, caregivers, family members, and volunteers would be comfortable wearing - don't limit the text to be survivor specific
- Submit ideas electronically by emailing info@strokecamp.org or by calling our office at 866-688-5450
- Deadline to submit an entry is July 1
- Contest winner gets to choose an item from our current merchandise selection
- Final determination is at the discretion of the Executive Director. It's possible that no winner will be chosen, or that the final version may be a compilation of multiple entries.

"NOW WHAT?" DVD PROJECT

Our DVD "You've Had a Stroke, Now What?: *Insights from Survivors and Caregivers*" is no longer a project! The DVD consists of 15 categories ranging from aphasia, caregiving, humor, the new normal, fatigue, support groups, faith, creativity and the arts, and so much more! Running time is over three hours, but it is designed so that you can select the topic you want to watch and can go straight to that chapter. The cost of the DVD is only \$10. This is a wonderful tool not only for new survivors and caregivers being discharged from the hospital, but also for long-time survivors and caregivers looking for reassurance, inspiration, and support. View a short trailer of the DVD and place your order at www.strokecampshop.org. Discounts are available for orders over 10 DVDs. Contact us directly at 866-688-5450 for more information.

DIRECTOR'S CORNER

As I write this note, it is very cold here in Peoria, Illinois and I really want Spring to arrive soon. We are excited about the upcoming camp season. We have included a list in this newsletter. Remember to sign up soon to reserve your spot.

"You've Had a Stroke, Now What?" For almost three years we have been working towards a goal of providing an educational, supportive, encouraging, and empowering video for stroke survivors and their caregivers and families. Finally, the DVD is available to everyone. It is a compilation of conversations with professionals, stroke survivors and caregivers intended to help other survivors on their journey through recovery to a new normal. It is divided into 15 chapters, each on a different topic. (See article in this newsletter). Each chapter is just a few minutes long and can be watched in segments and repeated as many times as you'd like in support of your own personal journey. It is our hope that stroke centers throughout the country will provide this DVD to their patients as they are discharged from care. Those who have survived and are thriving want to give back to others and help them cope.

Marylee Nunley, Executive Director

Peoria, Illinois Area News

WASHINGTON TRIVIA NIGHT

The trivia night scheduled for Saturday, April 13 at the Knights of Columbus Hall in Washington, IL is sold out! If you have already registered, please remember that the doors open at 6:00, dinner starts at 6:30, and trivia begins at 7:30. Cost is \$30 per person or \$240 per table of eight and includes drink tickets, dinner, and trivia.

STRIKE OUT STROKE™



Our 5th Annual Strike Out Stroke™ game with the Peoria Chiefs will be on Thursday, May 23 and will be sponsored by the Illinois Neurological Institute at OSF Saint Francis Medical Center. We are really looking forward to our partnership with INI for the game and related events. Highlights of the evening will include the game, the MEGABrain, the OSF Life Flight helicopter landing in center field with the fifth grade poster contest winner, stroke awareness, camaraderie, \$1 beer, and fireworks at the conclusion of the game! Don't miss this great opportunity to spend time with other stroke survivors, caregivers, family, and friends! The MEGABrain, a giant inflatable walk-through brain, will be on exhibit with our computerized stroke learning center. Get a whole group together-what a great way to start Memorial Day weekend!!

Tickets are \$11 each. Call 309-688-5450 to reserve your ticket no later than May 17. Stroke survivors and caregivers receive free admission but must call by May 17.

MERCHANDISE SALE

\$5 OFF HOODIES

Our spring special is \$5 off all hoodies! There are three beautiful colors from which to choose: purple (deep royal purple), heliconia (deep, rich, bright pink), and royal blue.

To order, go to www.strokecampshop.org and on the final order screen, type the discount code "Hoodie" or call our office and we will assist you with an order over the phone. Also for sale are T-shirts, long sleeve shirts, the Now What? DVD, and a book for caregivers by Monica Vest Wheeler. Supplies are limited, order soon.



APRIL 2013 CAMP DATES SEPTEMBER

•**April 19-21** at Camp Courageous in Monticello, IA
Sponsored by: Mercy Medical Center, St. Luke's Hospital, and University of Iowa Hospital and Clinics

MAY

•**May 31-June 2** at Highlands Retreat Center in Allenspark, CO
Sponsored by: Centura Stroke Network

JUNE

•**June 21-23** at Elmhurst College in Elmhurst, IL
Sponsored by: Alexian Brothers Health System-Neuroscience Institute

JULY

•**July 26-28** at LOMC in Oregon, IL
Sponsored by: OSF Saint Anthony Medical Center, Rockford Health System, Swedish American, and Van Matre HealthSouth

AUGUST

•**August 1-4** (Family Camp) at Living Springs Camp in Lewistown, IL
Sponsored by: Friends and Volunteers of Retreat & Refresh Stroke Camp

•**August 2-4** at Cathedral Ridge in Woodland Park, CO
Sponsored by: Centura Health

•**August 16-18** at Highlands Retreat Center in Allenspark, CO
Sponsored by: Cheyenne Regional Medical Center

•**August 16-18** at Carol Joy Holling Retreat Center in Ashland, NE
Sponsored by: Lincoln Stroke Partnership

•**August 23-25** at LOMC in Oregon, IL
Sponsored by: OSF Saint Anthony Medical Center, Rockford Health System, Swedish American, and Van Matre HealthSouth

•**August 23-25** at Camp Menno Haven in Tiskilwa, IL
Sponsored by: Trinity Health Foundation

•**September 6-8** at Camp Menno Haven in Tiskilwa, IL
Sponsored by: Illinois Neurological Institute

•**September 6-8** at Chapel Rock Camp in Prescott, AZ
Sponsored by: Dignity Health

•**September 20-22** at Living Springs Camp in Lewistown, IL
Sponsored by: Friends and Volunteers of Retreat & Refresh Stroke Camp

•**September 27-29** at Rock Creek Resort in Red Lodge, MT
Sponsored by: St. Vincent Healthcare

OCTOBER

•**October 4-6** at Butman Methodist Camp in Merkel, TX
Sponsored by: Odessa Medical Center Hospital

•**October 4-6** at Spencer Lake Christian Center in Waupaca, WI
Sponsored by: University of Wisconsin Hospitals & Clinics

•**October 11-13** at North Carolina Baptist Center: Ft. Caswell in Oak Island, NC
Sponsored by: New Hanover Regional Medical Center

•**October 18-20** at Living Springs Camp in Lewistown, IL
Sponsored by: Friends and Volunteers of Retreat & Refresh Stroke Camp

Additional camps are very close to being confirmed. Check the Camp Dates/Registration page of our website for the most up to date list of camps.
www.strokecamp.org

STROKE CAMP BLOG

We hope you have had a chance to visit our Stroke Camp blog, rrscb.blogspot.com. The blog became live in December of 2011. Since then, we have had almost 9,000 page views from not only the U.S. but from around the world. For anyone not familiar with a blog - a blog is an internet site that has a new page, or topic, presented every week. At this time, we have posted over sixty eight different topics that you can browse. The topics include clinical information about strokes, interviews with stroke survivors, humorous essays written by stroke survivors, stories and photos about the different camps and other events we host, and various kinds of helpful information for assisting survivors in their daily lives. Another feature of a blog is that you can leave comments with each topic. If you haven't visited our blog yet, we hope you find the time in the future and please feel free to let us know how you like it. If you would like to write an article for our



To connect with campers and staff, visit our **Facebook Page**: Type "Retreat" in your Facebook search box, then, click on our logo.



For loads of information about stroke camp and to find resource links go to:
www.strokecamp.org

VISIT OUR NEW WEB PAGE!

Our website recently had a facelift! Be sure to visit www.strokecamp.org to see the changes. You can also register as a camper or volunteer online by clicking on Camp Dates/Registration. We hope you enjoy the new look and features.

The screenshot shows the website layout with a navigation menu on the left containing buttons for: About Us, Camp Dates/Registration, FAQ, Photo Gallery, StrokeCamp Shop, Testimonials, Resources, Media/News, Sponsors, and Contact Us. The main content area features a header with the camp logo and the tagline "A Camping Experience for Stroke Survivors & Their Caregivers". Below this is a welcome message and contact details for 425 W. Giles Ln., Peoria, IL 61614, with phone number 866.688.5450 and email info@strokecamp.org. There are also promotional boxes for "FLOWER POWER FUNDRAISING" and "Now What? DVD". The footer includes the HCA Midwest Health System logo and the quote "If a tree is cut down, it will sprout again."