



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

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FLOWER POWER FUNDRAISER

Want to beat the winter blues? Think Spring and order your spring bulbs and flowers! 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 Flower Power, browse the available flowers, and place your order. Products will not be shipped to you until it is the appropriate time to plant. This means you may not receive your products for a few months, but they *will* arrive! Spring shipping begins April 1, and continues through May. The online catalog has recommendations on flowers that will grow best in your hardiness zone/climate-go to the customer service page, and then under Site Tips and Tools, click on USDA Hardiness Zone finder. 50% of all proceeds go to Retreat & Refresh Stroke Camp!



2013 CAMP DATES, LOCATIONS & SPONSORS

•**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

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

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

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

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

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

•**September 20-22** at Living Springs 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 4-6** at Butman Methodist Camp in Merkel, TX
Sponsored by: Medical Center Health System

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

Additional camps will be added as plans are finalized. Stay tuned to the April newsletter, or check our website for the most up to date list of camps, and to register as a camper or volunteer.

DVD PROJECT

Our DVD "You've Had a Stroke, Now What: *Insights from Survivors and Caregivers*" will be finished very soon! 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! Place your order at www.strokecampshop.org, or preorder on the enclosed order form.

DONATIONS

As we enter tax season and you look for ways to spend your refund check, be sure to consider a donation to Retreat & Refresh Stroke Camp. As a 501c3 non-profit organization, donations are fully tax deductible. What a great way to get ahead on your charitable giving for 2013!

DIRECTOR'S CORNER

When writing this article, I was trying to think of something that is clever and exciting for all to read. Well, this is our "down" time and we are in the midst of many year-end tasks that include, 2013 camp planning, getting camp forms on the website, the DVDE project, new web design, keeping up with my caregiving duties, and more. Most of that isn't so exciting. So I've decided to simply remind folks of a few things. First, if you are on **Facebook**, please go to Retreat & Refresh Stroke Camp and "Like" us. That way when we have things come up between our newsletters, you will be "in the know"! Also, we have some beautiful **logo wear** available and we would love to send some your way. You can find a link on our website or use the enclosed order form. February sale is on now! Those who have computers, can also go to our **blog page** and read our weekly blog articles. You can add your email address there and get an email when new articles are posted. There are a variety of topics on the blog and your feedback is welcomed. Actually, if you have something you'd like to put on the blog, just let us know and we can talk about your thoughts. So, for now, I'll go back to all the "behind the scenes" work so I will be ready to kick off the camp season that starts in April.

Marylee Nunley, Executive Director

THE CELEBRATE COLLECTION OF CLOTHING

Do you have your Stroke Camp "Celebrating Stroke Survivors" Logo Wear Merchandise yet? If not, now is the time to order! During the month of February only, all orders over \$50 (before tax) will save an extra 10%. Simply enter the code OVER50 in the discount code box at the final checkout screen.

In addition, free shipping on all orders over \$75! There are various colors of hats, hoodies, tshirts, and long sleeve shirts. Go to www.strokecampshop.org to browse our store and make your purchase, or fill out the enclosed order form and mail it in. Feel free to call the office at 866-688-5450 if you have questions.



For thought provoking, informational, and fun articles inviting your comments, visit our Blog:

rrscb.blogspot.com

For loads of information about stroke camp and to find resource links go to:

www.strokecamp.org

Peoria, Illinois Area News

Heart & Stroke Ball - Chime Stokers

The Chime Strokes will be playing at the annual Heart & Stroke Ball on February 23, a fundraiser for the American Heart Association. The Chimers are thrilled to be sharing their music and stroke awareness message with the people that will be in attendance. You can view upcoming Chimes Stokers performances at www.chimestrokers.org.

April Trivia Night

Our next trivia night will be Saturday, April 13 at the Knights of Columbus Hall in Washington, IL. 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. Space is limited and tables will sell fast! All table reservations need to be made by April 1. Please call 309-688-5450 for more information and to make a reservation.

SOS Peoria

Our 5th Annual Strike Out Stroke™ game with the Peoria Chiefs will be on Thursday, May 23. Highlights of the evening will include the game, the 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! 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 today! Stroke survivors and caregivers receive free admission, but must call in advance.