

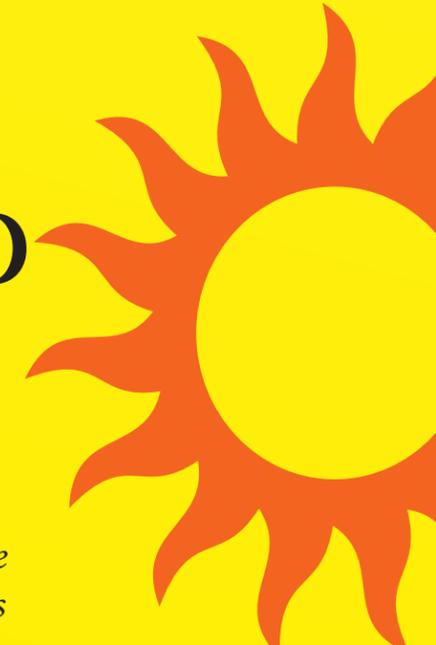


Retreat & Refresh Stroke Camp
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Retreat & Refresh STROKE CAMP

March 2014
Newsletter



The mission of Retreat & Refresh Stroke Camp is to improve the quality of life for stroke survivors, caregivers, and families. This is accomplished through weekend retreats, as well as community stroke education and awareness events for the public.

Peoria, IL Area News

Trivia Night

The annual spring trivia night will be held Saturday, April 12 at the KC Hall in Washington, IL. The doors open at 5:30, dinner starts at 6:00, and trivia begins at 7:00. Cost is \$30 per person or \$240 per table of eight and includes three drink tickets, dinner, and trivia. Space is limited and tables will sell fast! For more information or to reserve your table, please call 309-688-5450 or email lauren@strokecamp.org.

Strike Out Stroke™ with the Peoria Chiefs

Our 6th annual Strike Out Stroke™ game with the Peoria Chiefs will be Sunday, June 1. Mark your calendars to save the date now. Tickets available for purchase-\$11 per ticket-starting in May. Stroke survivors and caregivers will receive free admission. Stay tuned to our next newsletter for more details.



Director's Corner

Tenth Anniversary of Stroke Camp

It is hard to believe that ten years have passed since the first Retreat & Refresh Stroke Camp. Little did I know when I gathered our little Peoria-area group on that September weekend in 2004, that I'd be traveling across the country anticipating 20 or more camps in 2014, not to mention the numerous Strike Out Stroke™ baseball events which will exceed 65 this year. What an amazing journey this has been.

The phrase that always pops up when I am asked questions about this journey is it "fills a need" which I guess is an accurate description of not just camp, but all that we do. That need has grown to include our Strike Out Stroke™ public awareness campaigns (see article below), Fifth Grade Education Classes, Tone Chimes Choirs (five now exist across the country thanks to the opportunity for survivors and caregivers to play the chimes at camps), MegaBrain events with our exclusive Learning Center, and countless little things too numerous to mention.

As I reflect on those ten years, I also am reminded of every single person who has helped in any way throughout this journey. Each one has done their part in changing the lives of others. Our RRSC volunteers trek across the country ever ready to work hard and make a difference. The sponsor's volunteers at camps and Strike Out Stroke™ events provide much needed support. Even though they are essentially helping others, they gain much for themselves and often do their jobs with a new perspective. Our "chimers" across the country enjoy gathering for rehearsals and have become like family. The fact that they have an opportunity to perform publicly and let the world know that stroke survivors and caregivers can give back to their community in a positive way is amazing. The first ten years have flown by, so let's just sit back and see what's next.

Marylee Nunley, Executive Director



Strike Out Stroke™

In 2013, approximately one million people heard the F.A.S.T. message through our major and minor league Strike Out Stroke™ events. Through the cooperation and financial support of Genentech, Inc. we are planning 16-20 major league and 50 minor league Strike Out Stroke™ events in 2014. Hundreds of thousands of people will hear the F.A.S.T. message. Although we don't know how many lives will be saved or how many will have fewer disabilities, we do know it will make a difference. By April 1, 2014, our website, www.strikeoutstroke.com will be operational and will have all the dates of Strike Out Stroke™ events from around the country. See below for a list of Strike Out Stroke™ events through May. Thank you for your continued support. Look forward to seeing you at the ballgame.

The early 2014 Strike Out Stroke™ Events are:

- May 4- Atlanta Braves & Kansas City Royals
- May 10- San Diego Padres
- May 15- Minnesota Twins
- May 17- Colorado Rockies & New York Yankees
- May 31- Seattle Mariners
- June 1- Chicago White Sox

Strike Out Stroke™ is a division and registered trademark of Retreat & Refresh Stroke Camp.



2014 Camp Dates, Locations, and Sponsors

- May 2-4 at Camp Courageous in Monticello, IA*
Sponsored by: Mercy Medical Center and University of Iowa Hospitals and Clinics
- June 6-8 at Living Springs Camp in Lewistown, IL**
Sponsored by: Friends and Volunteers of Retreat & Refresh Stroke Camp
- June 20-22 at Elmhurst College in Elmhurst, IL
Sponsored by: Alexian Brothers Health System-Neuroscience Institute
- July 25-27 at Lutheran Outdoor Ministries Center in Oregon, IL
Sponsored by: OSF Saint Anthony Medical Center, Rockford Health System, Swedish American, and Van Matre HealthSouth
- July 31-August 3 (Family Camp) at Living Springs Camp in Lewistown, IL
Sponsored by: Friends and Volunteers of Retreat & Refresh Stroke Camp
- August 8-10 at Pilgrim Park Camp in Princeton, IL***
Sponsored by: Illinois Neurological Institute
- August 15-17 at Highlands Retreat Center in Allenspark, CO
Sponsored by: Cheyenne Regional Medical Center
- August 22-24 at Lutheran Outdoor Ministries Center in Oregon, IL
Sponsored by: OSF Saint Anthony Medical Center, Rockford Health System, Swedish American, and Van Matre HealthSouth
- September 5-7 at Chapel Rock Camp in Prescott, AZ
Sponsored by: Dignity Health
- September 19-21 at Living Springs Camp in Lewistown, IL
Sponsored by: Friends and Volunteers of Retreat & Refresh Stroke Camp
- September 19-21 at Green Lake Conference Center in Green Lake, WI
Sponsored by: UW Health
- September 26-28 at Carol Joy Holling Conference & Retreat Center in Ashland, NE
Sponsored by: Bryan Health, Madonna Rehabilitation Hospital, St. Elizabeth Medical Center, and the Lincoln Stroke Partnership
- October 3-5 at Butman Methodist Camp in Merkel, TX
Sponsored by: Medical Center Health System
- October 17-19 at Rock Creek Resort in Red Lodge, MT
Sponsored by: St. Vincent Healthcare

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

Notes about Camps:

*Although the Eastern Iowa camp is still pending final confirmation, registration forms are available, and you are encouraged to register ASAP.

**The camp normally held in October at Living Springs Camp in Lewistown has been moved to June 6-8. If you usually attend in October, be sure to sign up for the June camp so that you don't miss out!

***The camp sponsored by INI has a new date and location this year! It will no longer be held at Camp Menno Haven in September, but will instead be at Pilgrim Park in Princeton, IL, August 8-10. Be sure to note this change and register soon-spaces are limited!

Thank you to everyone who donated to our capital campaign at the end of 2013. We have raised 40% of our goal. Your support means a lot to us.