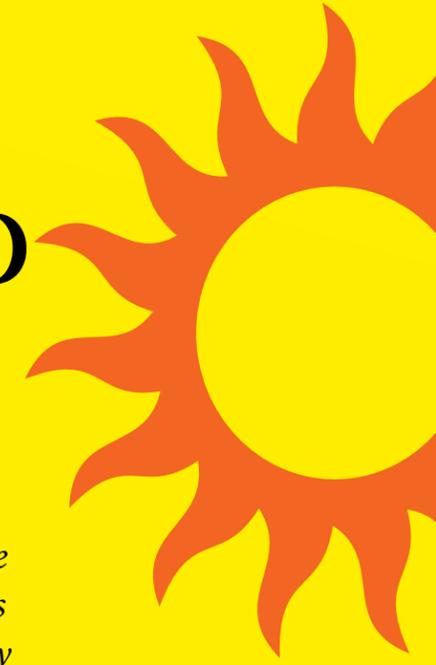




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# Retreat & Refresh STROKE CAMP



May 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.*

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## Meet Our New Staff

**Jerry,** Jerry Shelsta is an experienced and diversified Executive with hands on knowledge of Marketing, Sales, Operations, Event Management and Entrepreneurship. He worked over 20 years in the not for profit industry with Up With People, an International, cross-cultural leadership program where he was Vice President of International Programs. He ended his not for profit career as the founding Executive Director of an International Alumni Association with over 15,000 members which added experience in fund raising and Board Development to his resume.

For the last several years Jerry has been focused as an entrepreneur having launched several successful businesses, with his latest venture in specialty construction materials having been sold to a large multinational company. Jerry is enthusiastic about joining Retreat & Refresh Stroke Camp and Strike Out Stroke™ to once again be working to enhance the quality of peoples' lives in the not for profit industry.

**Annie,** Hello! My name is Annie Conzemius. I am originally from Sioux Falls, SD but have been living in Denver, CO for the past year and a half. I graduated from the St. Benedict/St. John's University in Minnesota in 2011 and began working for the global education program called Up with People. Through Up With People, I had the opportunity to travel to many countries, work in diverse cultures and markets, and meet people from all over the world.

One of those people I met was Larry, who shared with me the signs of stroke and what he and Retreat & Refresh Stroke Camp were doing for Stroke Survivors and their caregivers. I am excited to join such an energetic and caring team and look forward to spreading the F.A.S.T. message across the country.



## Peoria, IL Area News

### Fifth Grade Education

In the past two months, Retreat & Refresh Stroke Camp has educated over 700 fifth grade students and teachers in the greater Peoria, IL area. With the help of the stroke coordinators from the Illinois Neurological Institute Comprehensive Stroke Center and numerous stroke survivors and caregivers, the stroke awareness and FAST message was presented to 30 classes in 11 schools. During the classes, students are taught about what a stroke is; how to recognize a stroke (Give Me 5 and FAST); ways to prevent a stroke by eating healthy, exercising, and not smoking/doing drugs.

The stroke survivors and caregivers in attendance tell their post-stroke experience and the students are given an opportunity to ask questions. The students also participate in a disability simulation where they are given an opportunity to complete a task such as putting on and tying a shoe or putting on a belt using only one hand. Students are encouraged to participate in the stroke poster contest where the winner gets to fly in the OSF LifeFlight helicopter and land in centerfield at the Peoria Chiefs game on June 1 (see next article).

## Peoria, IL Strike Out Stroke™

Our 6th annual Strike Out Stroke™ game with the Peoria Chiefs will be Sunday, June 1. Gates open at 5 pm and the first pitch is at 6 pm. At this event you can expect to see:

- Winning fifth grade stroke posters on display
- Fifth grade poster contest winner landing in centerfield in the OSF LifeFlight helicopter and throwing out the first pitch
- Dream Team of stroke survivors on field before the game
- Stroke awareness and education throughout the game
- EMT and AMS personnel on hand with ambulance
- Stroke survivors and caregivers honored throughout the evening
- Promotion of FAST message to all in attendance
- Fireworks at the end of the game

Complimentary tickets are available for stroke survivors and caregivers. Additional tickets (for family members and friends) are \$11 for adults and \$5 for kids 12 and under. The \$5 kids ticket includes a voucher for free food. It is imperative that you call or email by Monday, May 26 with the number of adult and youth tickets needed (this includes survivors and caregivers wanting complimentary tickets). Don't wait-reserve your tickets now. 309-688-5450 or email [lauren@strokecamp.org](mailto:lauren@strokecamp.org)

## 2015 Cruise!

Retreat & Refresh Stroke Camp is in the final planning stages of its second cruise! The locations selected are Cozumel, Mexico and Nassau, Bahamas in the Western Caribbean. The ship will be docking at both. Mark your calendar for February 21-26, 2015 if you plan to join us.

A full page flyer is posted on our website and will be in the next issue of our newsletter. We have reserved handicapped rooms as well as inside, outside, and balcony rooms. Prices start under \$500 per person double occupancy.

A deposit of \$100 per person will hold your room. Our travel agent, Johanna McCarty, who understands stroke very well, will help you coordinate your entire trip or just the cruise segment. She will do as much or as little as you request. We are very excited to be offering this opportunity to cruise once again. More information is available upon request, just give Johanna a call.

**Johanna McCarty, Arrow Travel,**  
Email: [johanna.arrowtravel@gmail.com](mailto:johanna.arrowtravel@gmail.com)  
(217) 532-2847

## Director's Corner

Tenth Anniversary of Stroke Camp

When John was reading the last newsletter he said "Why is my name never in here?" When I clarified, what he really meant was that I am always writing the articles, not him. So, I took that as an opportunity for him to "write" an article. Since John has aphasia and can no longer spell or hardly read at all, he dictated the "gist" of what he wants to say and trusts me to convey the message, so here goes.

"Almost 13 years ago, I had my stroke. It was a bad time for me, but also for Marylee and Granny (Marylee's mother). I couldn't talk at all and was almost like a baby. Now since we do the camps, I have a chance to talk better, see people all over the U.S. and we all help each other. I have more friends and people to love than ever and don't know what we would have done these 10 years without all these camps. I love seeing everybody and the special people who volunteer and help us so we can do the camps.

Marylee's family has helped us for all 10 years. I am one of the lucky ones." So there you have it, (almost) in John's own words what this 10th anniversary year of Stroke Camp means to him.

Marylee Nunley,  
Executive Director



## Merchandise

Now introducing the 2014 line of Stroke Camp and Strike Out Stroke™ merchandise! Strike Out Stroke™ shirts are \$15 for M-XL \$17 for 2XL and (bulk pricing available-call for more information) and hats are \$20 each. The Stroke Camp merchandise this year is a zip-up hoodie in your choice of either white or light steel. Hoodies are \$40 for S-XL and \$45 for 2XL and 3XL. We will be bringing the zip-up hoodies to each of the camps to sell; however, order now if you want to guarantee your size and color.

Order yours today at [www.strokecampshop.org](http://www.strokecampshop.org).



Hat colors:  
Blue or White



Zip-Up Hoodie Colors:  
White or Light Steel

# Strike Out Stroke™

SPRING is here. When we think of spring, we also think of America's favorite pastime, baseball. Whether it is watching a major league event or seeing grandchildren play tee ball for the first time, almost everyone enjoys participating in or watching baseball. In fact, more people attend major league baseball games than the other 4 major sports (football, basketball, soccer and hockey) combined. In 2013, over 70 million people attended major league baseball games.



Almost every community has some form of baseball, which creates a unique opportunity to educate millions of people about the signs of stroke and the immediate need to call 911. In 2010, Retreat & Refresh Stroke Camp trademarked the term Strike Out Stroke™ and began building a National Stroke Awareness Campaign through professional baseball. In 3 short years, this campaign has grown from a few major and minor league events to over 20 major league and 50 minor league events in 2014.

Last year over one million people heard the FAST message about stroke. This year we are expecting over two million people will hear the FAST message. With over 800,000 people experiencing a stroke each year, it is imperative that all of us take the responsibility to educate others about the signs of stroke and the immediate need to call 911. Strike Out Stroke™ is a unique avenue to educate communities around the country about stroke. Common elements that are included in Strike Out Stroke™ events are: pregame ceremonies, first pitch by a stroke survivor, messaging on digital boards, information distribution, broadcast interviews, and tv/radio promotional spots. The single message that is brought to each community is FAST.

## Use FAST to remember the signs of stroke

Face:	Ask the person to smile.	Does one side of the face droop?
Arms:	Ask the person to raise both arms.	Does one arm drift downward?
Speech:	Ask the person to repeat a simple phrase.	Is their speech slurred or strange?
Time:	If you observe any of these signs,	Call 911 immediately!

## 2014 Major League Strike Out Stroke™ Schedule

May 4 Atlanta Braves	June 1 Chicago White Sox
May 6 Pittsburgh Pirates	June 14 Houston Astros
May 8 Texas Rangers	July 5 Anaheim Angels
May 10 San Diego Padres	July 13 Baltimore Orioles
May 15 Minnesota Twins	August 14 Boston Red Sox
May 17 New York Yankees	August 17 Washington Nationals
May 17 Colorado Rockies	August 24 LA Dodgers
May 24 Cincinnati Reds	August 31 St. Louis Cardinals
May 30 Arizona Diamondbacks	September 4 Milwaukee Brewers
May 31 Seattle Mariners	

In addition to major league baseball, there are numerous Strike Out Stroke™ events across the country in minor league communities. For more information, explore [www.strikeoutstroke.com](http://www.strikeoutstroke.com) and be sure to "like" Strike Out Stroke™ on Facebook. For questions and interests in sponsoring a Strike Out Stroke™ event in your community, contact Larry Schaer, Associate Director at 1-866-688-5450 or [larry@strokecamp.org](mailto:larry@strokecamp.org). Through working together, we can **Strike Out Stroke!**

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 & 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 18-20 at Cathedral Ridge in Woodland Park, CO  
Sponsored by: Centura Stroke Network
- 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 25-27 at Highlands Retreat Center in Allenspark, CO  
Sponsored by: Centura Stroke Network
- 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 15-17 at Lifeway Ridgecrest Conference Center in Ridgecrest, NC  
Sponsored by: Mission Health Systems and CarePartners Foundation
- 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 5-7 at Camp Courageous in Monticello, IA  
Sponsored by: UnityPoint St. Luke's Cedar Rapids, Trinity Quad Cities, and Finley Dubuque
- 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

Check our website for the most up to date list of camps and to register as a camper or volunteer.  
[www.strokecamp.org](http://www.strokecamp.org)

### Notes about Camps:

\*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!

**If you registered for camp online mid-April or earlier and have not had any correspondence from us, please call our office at 866-688-5450.**

**We've discovered that electronics aren't perfect and don't want to miss any registrations.**