



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

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TRIVIA NIGHT IN PEORIA, IL

Who: All trivia lovers in the Peoria, IL area

What: Trivia Night

Where: Barracks Cater Inn on Pioneer Parkway in Peoria, IL

When: Saturday, November 9, 2013

Time: Doors open at 6:00 p.m. for registration. Dinner starts at 6:30 p.m.

Why: To support weekend camps/retreat experiences for stroke survivors and their caregivers

Cost: \$30/person or \$240/table of 8 people (preferred)

Details: Included in the cost is a light meal, wine, beer, soda, trivia play, and as always, a good time! We will have great raffle baskets available for you to purchase tickets for a chance to win. Individuals signing up will be grouped into tables of eight. This event sells out fast. Be sure to call and reserve your table today! Please have the names of your trivia table members when you call. 309-688-5450.

The **winner of the intarsia raffle** will be drawn at this event.

Camp Photos Photos from the 2013 camps are being uploaded to our website. Visit www.strokecamp.org, click on Photo Gallery, then 2013 Galleries, and then find your camp to view the photos. Thank you to Chuck Hofvander for the countless hours he has spent loading photos to the site!

Strike Out Stroke

Strike Out Stroke 2013

This baseball season has come to a close for Retreat & Refresh Stroke Camp in conjunction with Genentech, Inc. We have completed 13 Major League Baseball events and 24 Minor League Baseball events. For 2014 we are increasing the number of events at both Major and Minor league teams and significantly increasing the exposure of stroke awareness throughout the country. SOS is a registered trademark of Retreat & Refresh Stroke Camp.

Have you "liked" us on Facebook yet? If not, type "Retreat" in your Facebook search box, then click on our logo.



INTARSIA RAFFLE

Time is running out for you to purchase your chances to win the beautiful American eagle intarsia, eagle wood burning, praying hands intarsia and beautiful crosses. To purchase your raffle tickets, simply go to www.strokecampshop.org, or mail a check to 425 W. Giles Lane in Peoria, IL 61614 (please include a memo that the check is for raffle tickets). We will mail you your ticket stubs. Raffle ticket chances are 1 ticket for \$5, 3 tickets for \$10, and 7 tickets for \$20. The winner will be drawn on November 9, 2013. Raffle license R-60-13.



Once a Caregiver..... and so Care Partners Resource was born. From Lori Cavallo, Volunteer

You know the old saying "once a ... Always a ..." I have found that to be true of the Caregivers I have met since I was introduced to the term 12 years ago. My mother survived a stroke which left her paralyzed on her right side and an expressive aphasic. All terms I had not heard before July 20, 2001. But after caring for her for eight years they now flow from my tongue like any other caregiver who has taken an active role in the recovery of a loved one. The moment I got the call my life and vocabulary were forever changed.

Like many caregivers I have taken my experience and am trying to make a difference in the world. I built a free website for caregivers (www.carepartnersresource.com) and I became certified to teach therapeutic writing. I teach caregivers techniques to use their journal as a source of therapy and find solutions to their everyday caregiving challenges, with a heavy focus on writing a care plan that includes self-care. I have also become involved with National Stroke Association where I co-authored The Careliving Guide (http://www.stroke.org/site/PageServer?pagename=careliving_guide) and helped start an online support group (<http://careliving.stroke.org/>) where caregivers help each other find resources or simply express their feelings so they are not isolated and alone.

Another way I try to make a difference is by volunteering at Stroke Camp. Marylee and John and everyone from Refresh & Retreat Stroke Camp are another example of taking the Stroke experience and turning it into a positive way to change the world. If you have gone to camp you know exactly what I mean and if you have not yet had the opportunity I hope to meet you at a camp next year.

Take your experience and make the world a better place.
To read an article Lori wrote for StrokeSmart Magazine about camp, go to:
<http://www.strokesmart.org/new?id=164>

DIRECTOR'S CORNER

As our camp season is coming to an end for 2013, I can't help but reflect on the wonderful time we've all had traveling the country enjoying time with stroke survivors, caregivers and volunteers. We have grown to the point that I can't attend all the camps, even though I wish I could. That is where our band of volunteers step in and execute camp weekends with professionalism, love, and dedication. It is a privilege for all of us to spend these weekends hearing stories of recovery, progress, accomplishments, and yes, frustrations and setbacks. Our campers have given me a rich knowledge of so many things that I otherwise wouldn't know. It is my hope that everyone reading this, no matter what's going on in your life, will take the time to focus on the good things and be thankful. And now read on and enjoy some things that our campers had to say this year!

Marylee Nunley, Executive Director

OUR CAMPERS SAID...

It was a very uplifting experience for us.

What I liked most about Stroke Camp was how unselfish the volunteers and staff were to me!

Such wonderful, nice, generous people to give of themselves to help stroke survivors. They are angels.

We had a great time all weekend. We were so glad we went. Thank you so much for caring about us!

I thoroughly enjoyed the weekend-the staff and people were wonderful. It was an eye opening experience for me. Thank you to everyone who worked to put this together.

This was my 3rd camp and the best yet. I honestly believe you could add the word "vital" to your list of adjectives.--Thank you-we had such a great time! It helped us look more easily into the future of our recovery.

It was a wonderful, educational, entertaining and inspirational experience. Best weekend I have had post stroke.

I liked the fact that everyone seemed happy to forget their problems and just have fun.

It was extraordinary far reaching and beyond!

We had an outstanding time. We tell everybody about the camp. Will come back next year. Thanks so much.

We didn't know what to expect, but it was better than anticipated. It was a really great experience.

Thank you-we had such a great time! It helped us look more easily into the future of our recovery.