

# Retreat & Refresh Stroke Camp



Sponsored by  VCU Health.







# RETREAT & REFRESH STROKE CAMP™

Wakefield, VA Sept 23-25, 2022





## Helping Stroke Survivors and Caregivers/family Embrace Life

- Stroke camp was started by Marylee Nunley and her husband John. He suffered a stroke at 55 and could no longer engage in his community like he used to. They developed camp to re-engage in a new community and develop new relationships. He was able to enjoy his new “normal”.
- Since camp began in 2004 there have been over 290 camps all across the country. This year marked the 5<sup>th</sup> Stroke Camp in Virginia
- **Mission of Retreat and Refresh**  
The mission of Retreat & Refresh Stroke Camp is to improve the quality of life for stroke survivors, caregivers, and their families.
- [www.strokecamp.org](http://www.strokecamp.org)

# Setting the Scene:

## Criteria:

- “Hotel on a campground.”
- Private rooms and bathrooms for each camper unit
- ADA accessible
- Allow golf carts
- Large enough indoor area for dining and activities
- Outdoor activities
- Tranquil and relaxing





# Unite Stroke Alliance Retreat & Refresh Stroke Camp Staff

- Camp Director
- Administrative Aide -author
- Operations Coordinator
- Music Therapist



- They are  
...PRICELESS

# Our Volunteers

We had 13 volunteers

- VCU (4), SAI (5), Retired RN (1), non-medical (3)
- RN, PT, OT, former campers, family
- Youth volunteer

The volunteers really make this a retreat for both the stroke survivor AND the caregiver.













# Our Campers

17 total

12 Stroke Survivors, 5 family members

11 return campers, 6 new

Age range –multiple decades

Across the state and beyond

Couple from Pennsylvania returning

Length of time since first stroke

6 months to 20 years ago

Most had their stroke more than 2  
years ago

Diverse backgrounds-demographically,  
employment, socioeconomic, interests





Some of the things our campers are most proud of:

- Styling her own hair
- Going on a cruise
- Rock climbing, surfing
- Published author
- Artist-painter





# The Weekend:

- Campfires, songs, s'mores
- Walking, golf cart rides
- Singing/Music therapy
- Pampering: Massages, manicures, paraffin wax dips
- Minute to Win games
- Breakout support groups
- Theme for the year
- Dancing
- Chair Yoga, Tai Chi
- Adaptive Equipment Show N' Tell
- Adaptive cycles
- Educational activity-Making Habit of Happiness, Alison Shapiro
- Fairy gardens, illuminated decorative wine bottle, buttons
- Sharing resources





# Saturday Night Live Skits













































**THE BEES KNEES**

Retreat & Refresh  
STROKE CAMP

2022

Come ROAR INTO THE 20s WITH US for a weekend retreat designed for stroke survivors and caregivers! Our volunteers are the bee's knees and they will help you enjoy:

**Crafts □ Dining Circles □ Entertainment □ Games □ Pampering  
 Discussions □ Education □ New Friends □ AND MORE!**

◆ Don't miss your opportunity to be the Big Cheese!  
SPACE IS LIMITED! SIGN UP NOW!! ◆

**AIRFIELD CONFERENCE CENTER**  
WAKEFIELD, VA ◆ **SEPT. 23-25, 2022**  
**\$150 PER PERSON**

**SPONSORED BY**

**VCU Health** | **Sheltering Arms** | **Sheltering Arms Institute**  
PHYSICAL REHABILITATION CENTERS | A COLLABORATION WITH VCUHealth

Scan to Register To register or for more information:  
[www.strokecamp.org](http://www.strokecamp.org)  
309-688-5450

Retreat & Refresh Stroke Camp™ is a division of **STROKE ALLIANCE**

**SAVE THE DATE**

RETREAT & REFRESH

**THE ROARING 20's**

**STROKE CAMP 2022**

**When:** Friday, September 23rd  
Sunday, September 25th

**Where:** 15189 Airfield Rd,  
Wakefield Va. 22888

Camp Theme: The Roaring 20's















# The Outcomes

- Peer to peer mentorship, social network
- Inclusion, acceptance, recognizing the whole person
- Relief from daily burden
- Stroke survivor ownership of the camp increasing over the years
- Benefit our community