Retreat & Refresh Stroke Camp













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 5th Stroke Camp in Virginia
- <u>Mission of Retreat and Refresh</u>
 The mission of Retreat & Refresh Stroke Camp is to improve the quality of life for stroke survivors, caregivers, and their families.
- 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















































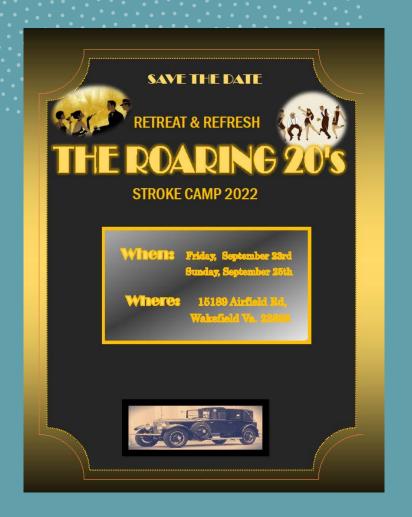












Camp Theme: The Roaring 20's



















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