

Retreat and Refresh Stroke Camp



Wakefield, Virginia
September 29th to October 1st, 2023

First Stroke Camp

2004 Peoria, Illinois





A Division of
UNITED STROKE ALLIANCE

RETREAT & REFRESH STROKE CAMP

Sponsored By:



VCU HealthTM

Sheltering Arms
Institute
A collaboration with VCU Health

Sheltering Arms
FOUNDATION

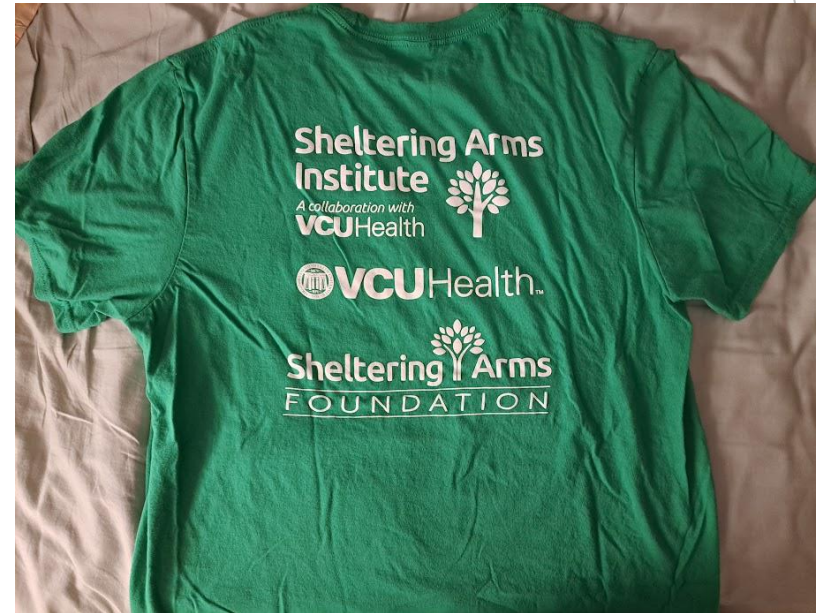


Winners Never Quit & Quitters Never Win

Title Sponsors



VCU
Health™



**Sheltering Arms
Institute**
A collaboration with
VCUHealth



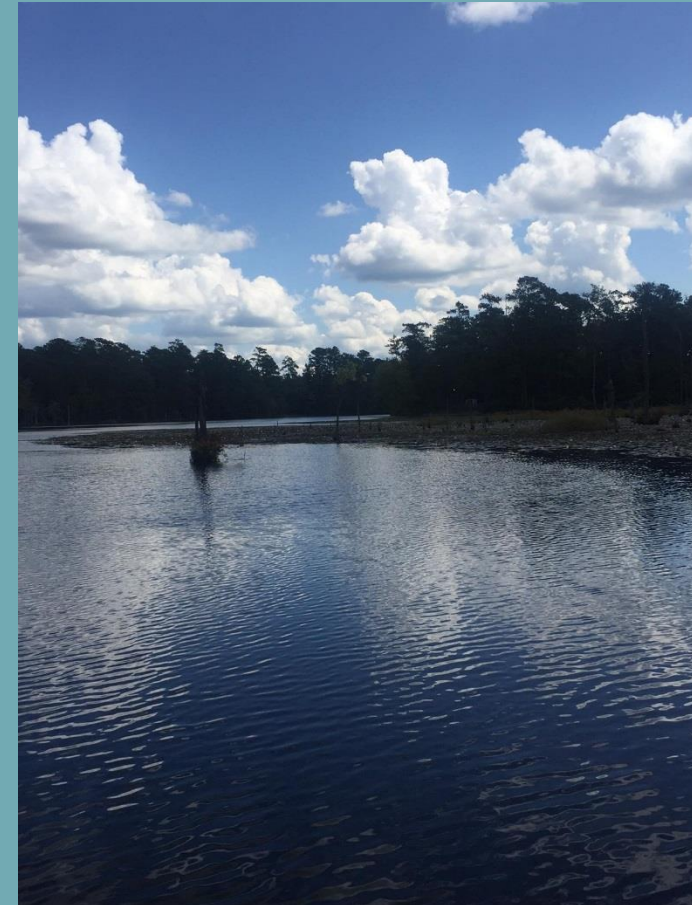
**Sheltering
Arms**
FOUNDATION



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



Who is Stroke Camp?

Stroke Survivors and Family Members



Staff



Volunteers



Our Campers

26 total

17 Stroke Survivors

11 return campers, 6 new

9 care partners

Parents, children, spouse, friends

Age range –multiple decades

25-34 yo (18%)

44-65 yo (59%)

69-81 yo (24%)

Richmond, Chesterfield, Henrico,
Hanover, Dinwiddie, Williamsburg,
Fredericksburg, DC, Maryland, Michigan.

No way limited to patients affiliated with
the sponsoring organizations.



Our Campers

Female: 76% survivors, 89% care partners

Black: 47%, White: 53%

Ischemic 65%, Hemorrhagic 35%

Aphasia 35%

Rt-sided deficits: 47%

2 survivors with invisible deficits

Cane/wheelchair: 60%

Transportation needed: 35%

Length of time since first stroke

4 months to 23 years ago

~1y: 53%

~10y: 24%

>10y: 18%



Arriving at Camp



Accommodations



Drum Circles



Breakout Groups



Team Building



Campfire Singalong and S'mores



Pampering



Crafts



Tai Chi



Educational Presentations



Sportable



Let's Make a Deal



Reflection Time



Minute to Win It Games





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

FUTURE PLANS

Sponsorship Opportunities



Pumpkin Spice Pumpkins

1. Place roll of toilet paper in center of orange fabric square.
2. Sprinkle pumpkin pie spice on and around toilet paper as desired.
3. Pull corners of fabric up and tuck them into center of toilet paper.
4. Place cinnamon stick in center of green mesh and push into center of toilet paper.

