

WELLNESS & SOCIALIZATION FOR WOMEN WITH DISABILITIES



MAY 15-17, 2020

Come and learn new ways to socialize, improve your skills, and learn how to take great care of yourself! Activities may include a variety of self-care and wellness opportunities, and time to relax. We will be going outdoors to explore Camp Bliss and do some fishing for those who want to fish. What to bring: warm clothing, medications, towels, personal water bottle and anything else you will need for the weekend. You must have your fishing license to fish.

The cost for the weekend is \$75. If you bring your own PCA, there is an additional charge of \$35 and the PCA will need to register separately for this retreat. This fee includes: lodging, all meals, beverages, fishing and supplies.

If you are currently a consumer of Independent Lifestyles, transportation to and from Camp Bliss is offered from our Sauk Rapids location for an **additional cost of \$15**. Otherwise you are responsible for your own transportation.

To Register: Fill out the registration on the back and return it with your payment to Independent Lifestyles (Attn: Anne R.) 215 N. Benton Dr., Sauk Rapids, MN 56379 or email it to anner@independentlifestyles.org or call 320-281-2023.

We need to receive your registration two weeks prior to Retreat date

Check in - Friday, 4:00 pm Check out - Sunday, 10:00 am

(10 people maximum, includes PCA)



For more information:
www.campbliss.org



The cost to send 1 person to Camp Bliss for a weekend retreat is \$600, which includes lodging and all meals. Because of donations and sales from our 2019 Guns & Goods Raffle, we are able to supplement \$525 per Veteran or Person with Disabilities.

REGISTRATION

Wellness & Socialization for Women with Disabilities May 15-17, 2020

Name: _____

Address: _____

City, State, Zip: _____

Phone: _____ Email: _____

Room Type Preference: _____

Allergies: _____

Medical Conditions: _____

Do you have a Guardian: Yes No

If yes, name and contact: _____

Emergency Contact: _____

Sleeping: (Please check all that apply)

- Protective undergarments used (personal undergarments are to be provided by guest)
- Bed pad required
- Incontinence (bladder voids)
- Is an outlet required near the bed (CPAP or oxygen tank)

Sleeping arrangement:

- Spouse or partner will be attending, queen bed required
- PCA required to be in same room, separate single beds needed for 2 people
- Do you require an accessible room?

Mobility supported:

- Manual wheel chair Walker Cane Crutches Leg supports Power chair/Scooter

Allergies:

- Food Environmental Medications Other/Identify:

Medications:

Do you require assistance of any kind with medication and/or administering of medicine?

- Yes No

*We need to receive your registration **two weeks prior** to Retreat date.

***If you receive PCA services, you are required to have one with you at all times during your stay at Camp Bliss. (10 People Maximum, includes PCA)**

Once registration is received you will get a confirmation letter with more details.

Please mark below how you are paying. All payments must be made out to Camp Bliss. Cash: Check:
Credit Card: Money Order: Misc.: