

COVID -RECOVERY RETREAT WELLNESS & SOCIALIZATION FOR WOMEN WITH DISABILITIES



NOVEMBER 5-7, 2021

Come and learn new ways to socialize, improve your skills, and learn how to take great care of yourself! This retreat welcomes anyone with any type of disability. We will cover COVID topics on wellness and recovery, increase socialization, improving mental health and learn new ways to stay connected during the COVID-19 Recovery!

Activities will include self-care and wellness, games, and time to relax. We will be going outdoors to explore Camp Bliss or have a bonfire. What to bring: warm clothing, medications, towels, personal water bottle and anything else you will need for the weekend.

The cost for the weekend is \$75. If you bring your own PCA, there is an additional charge of \$50 and the PCA will need to register separately for this retreat. This fee includes: lodging, all meals, beverages 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.**

To Register: Fill out the registration and return it with your payment to Independent Lifestyles (Attn: Lori O.) 215 N. Benton Dr., Sauk Rapids, MN 56379 or email it to LoriO@independentlifestyles.org or call 320-281-2016.

We need to receive your registration by Friday, October 1st
Check in - Friday. 4:00 pm and Check out - Sunday. 10:00 am



For more information:
www.campbliss.org



COME UP NORTH AND FIND YOUR BLISS!

REGISTRATION

**COVID-RECOVERY RETREAT
WELLNESS & SOCIALIZAATION FOR WOMEN WITH DISABILITIES
NOVEMBER 5-7, 2021**

Name: _____ **(One name per registration form)**

Address: _____

City, State, Zip: _____

Phone: _____ **Email:** _____

Room Type Preference: _____

Allergies: _____

Medical Conditions: _____

Are you a Veteran: Yes No

Do you have a Guardian: Yes No

If yes, name and contact: _____

Emergency Contact & phone: _____

IL Specialist Name & phone: _____

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 by Friday, October 1, 2022

***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. _____