

# WELLNESS & SOCIALIZATION FOR WOMEN WITH DISABILITIES



## NOVEMBER 3-5, 2023

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.

The total cost for the weekend is \$75, if you bring your own PCA, there's an additional charge of \$50, and the PCA will need to register separately for this retreat.

This retreat includes: lodging, all meals, beverages, and class materials.

What to bring: weather appropriate clothing, medications, blanket, pillow, towels, personal water bottle and anything else you will need for the weekend.

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 charge of \$20**. Otherwise you are responsible for your own transportation.

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**To Register:** Fill out the registration on the back and return it with your payment to Independent Lifestyles (Attn: Abby G.) 215 N. Benton Dr., Sauk Rapids, MN 56379 or email it to [abbyg@independentlifestyles.org](mailto:abbyg@independentlifestyles.org) or call 320-281-2036.

**\*We need to receive your registration by Friday, September 29, 2023\***

Check in - Friday, 4:00 pm Check out - Sunday, 10:00 am  
(10 people maximum, includes PCA)



For more information:  
[www.campbliss.org](http://www.campbliss.org)

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## COME UP NORTH AND FIND YOUR BLISS!

# REGISTRATION

## WELLNESS & SOCIALIZATION FOR WOMEN WITH DISABILITIES

November 3-5, 2023

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:

If you require assistance of any kind with medication and/or administering medication, you will need to bring someone to assist you or bring a PCA, as our staff are not certified or medically trained to help you.

**\*We need to receive your registration by Friday, September 29, 2023\***

**\*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)**

For questions contact Abby Gertken 320-281-2036 or email [abbyg@independentlifestyles.org](mailto:abbyg@independentlifestyles.org). Once the 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.