

Post-Polio Wellness Retreat

April 19-23, 2009

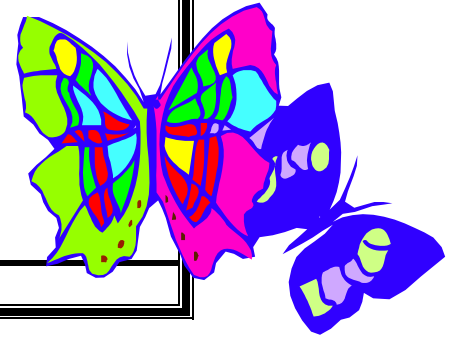
Camp Dream-Roosevelt Warm Springs Institute for Rehabilitation
Post-Polio Health International

Welcome to Camp Dream-- Polio Survivors & Friends!

RENEW!

Sunday, April 19th

TIME	ACTIVITY OR SESSION AND FACULTY	LOCATION
2:00- 5:30 PM	Registration Christy Osborn, Reena White	Dining Hall or Pavilion (weather permitting)
6:00	Dinner	Dining Hall
	Welcome! Reena White and Christy Osborn	
	Keynote Address Fred Maynard	
	Faculty Introductions—Fred Maynard Program Overview—Christy Osborn Participant Introductions—Fred Maynard Announcements --Christy Osborn	
8:30	Relax & Mingle	



Monday - Thursday

- For those of you who are early risers especially, coffee & tea is available in the Dining Hall starting at 7 AM and for everyone throughout the day.
- There will be information and library materials available from PHI all week, and the Professional Library at RWSIR at mid-day on Wednesday, for anyone to review. (Thank you Joan Headley and Mike Shadix, RWSIR Librarian.) You will find these materials in the dining room.
- Massage therapists and cosmetologists will be here this week! Within schedule limitations, everyone will be able to have a massage, haircut, facial and/or manicure if you would like one.
 - Courtesy of Flint River Technical College's Cosmetology Department, Ms. Kathy Bridges, Lead Instructor and 6-20 cosmetology students will be available on Monday. Manicures, facials and/or haircuts can be arranged at times between 10:30 AM-12 noon and 1:00 PM-2:00 PM, with a lunch break from 12 noon-1:00 PM.
 - Courtesy of Everest Institute's Massage Therapy Department, Mr. David Brown, Clinic Supervisor and 6 student massage therapists, free 30-minute table massages or 10-minute chair massages will be scheduled on Tuesday. These will be arranged at times between 10:30 AM-4:00 PM with a lunch break from 12 noon-12: 30 PM.

▪ Recreational napping is encouraged! If there is ANYTHING you need - questions answered, equipment to borrow (including scooters), someone to listen, assistance with your mobility from time to time, time to yourself, more information, etc. - please let us know!
We're very glad you are here!

Post-Polio Wellness Retreat

Monday, April 20th

Note: Thirty-45-minute manicures, facials, and/or haircuts will be scheduled today continuously from 10:30AM-12 noon, then from 1:00-2:00 PM in the Callaway and/or Lanier Lodges great rooms.

TIME	ACTIVITY OR SESSION AND FACULTY	LOCATION	Notes/Changes
8:00	Breakfast	Dining Hall	
9:00	Post Polio Wellness - Body Fred Maynard, Bill DeMayo, Werner Rink	Dining Hall	
10:30	Exercise Sessions		
	Aquatics Kathy Smith, Donna Folden, Marcia Austin	CTR Pool	
	Seated Exercises for Stretching and Strengthening Summer Lehman	CTR Gym	
	Adapted Cardiovascular Conditioning Fred Maynard, Werner Rink, Bill DeMayo	CTR Fitness Room	
	Intermittent Non-Fatiguing Isometric Exercises (Yoga) Barb Duryea	Dining Hall	
12:00	Lunch	Dining Hall	
1:00	Rest & Relaxation		
2:00	Recreation Exploration		
	Swimming in the Pool	CTR Pool	
	Arts for Healing Barb Duryea	CTR Arts and Crafts Room	
(Bus pick up times: 1:45/3:20)	Tour of Little White House	Meet outside Lanier Lodge	
	Adapted Cycling CTR staff	Pavilion	
	Adaptive Sports Sue Jones, Marybeth Jones	CTR Gym	
	Breakout Sessions		
4:00-6:00	Acupuncture Werner Rink with Sunny Roller and Catharina Rink	CTR Meeting Room	
	Ask the Doctor, Orthotist & Therapist: Bracing & Walking Aids Fred Maynard, Bill DeMayo, Mark Taylor, Mark Lee and Renee James	CTR Gym	
4:00	Caregiver Coffee Sue Jones	Dining Hall	
	Creating a Personal Health Care Record Barb Duryea and Bill DeMayo	Great Room-Callaway	
	Weight Loss Strategies Kathryn Bussey	Great Room-Lanier	
5:00	Psychological Strategies for Pain Control Scott Steward	Great Room-Lanier	
	Ask the Nurse: How to Best Access & Use Complimentary Medicine Barb Duryea	Great Room-Callaway	
	Tips for Travel Sue Jones	Dining Hall	
6:00	Dinner—cookout	Pavilion	
7:30	Campfire Sing-along Kathy Maynard with songbooks	Fire pit area	

Post-Polio Wellness Retreat

Tuesday, April 21st

Note: Thirty-minute table massages or 10-minute chair massages will be scheduled today, continuously from 10:30 AM-12 noon, then from 12:30-4:00 PM in the CTR Aerobics Room.

TIME	ACTIVITY OR SESSION AND FACULTY	LOCATION	Notes/Changes
8:00	Breakfast	Dining Hall	
9:00	Post Polio Wellness-Mind Barb Duryea	Dining Hall	
10:30	Exercise Sessions		
	Aquatics Kathy Smith, Donna Folden, Marcia Austin	CTR Pool	
	Taking Care of Your Shoulders Christy Osborn	CTR meeting room	
	Tai Chi Barb Duryea	Dining Hall	
	Seated Exercises for Stretching and Strengthening Summer Lehman	CTR Gym	
12:00	Lunch	Dining Hall	
1:00	Rest & Relaxation		
2:00	Recreation Exploration		
	Arts for Healing Barb Duryea	CTR Arts and Crafts Room	
	Swimming in the Pool	CTR Pool	
(Bus pick-up times: 1:45/3:20)	Tour of Little White House	Meet Outside Lanier Lodge	
	Adapted Sports Reenae White & Staff	Outdoor track	
	Adapted Bowling CTR Staff	CTR Bowling Alley	
	Pine Forest Nature Hike Fred Maynard	Camp fountain	
	Breakout Sessions		
4:00-6:00	Ask the Doctor-Sleep Issues and Fatigue Bill DeMayo	CTR Meeting Room	
	Caregiver Coffee Sue Jones	Great Room-Lanier Lodge	
4:00	Ask the Doctor-Pain Issues Fred Maynard	CTR Fitness Room	
	Interesting Complementary Treatments for Polio Survivors in Germany Werner Rink	Dining Hall	
	Turn Your Stress Into Positive Energy with a Mindful Action Plan Joan Headley	Great Room-Callaway	
5:00	Exploring Personal Priorities and Options for Reducing Work Hours or Volunteering in Retirement Mary-ann Liethof	Great Room-Callaway	
	Ask the Physical Therapist: Seating, Posture to Alleviate Pain Pima McConnell	CTR Fitness Room	
	Botanicals Barb Duryea	Dining Hall	
6:00	Dinner	Dining Hall	
7:30	Movie, <i>Warm Springs</i> ; discussion Fred Maynard, Sunny Roller	Dining Hall	

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Wednesday, April 22nd

TIME	ACTIVITY OR SESSION AND FACULTY	LOCATION	Notes/Changes
8:00	Breakfast	Dining Hall	
9:00	Post Polio Wellness-Spirit Sunny Roller	Dining Hall	
10:30	Exercise Sessions		
	Aquatics Kathy Smith, Donna Folden and Marcia Austin	CTR Pool	
	Intermittent Non-Fatiguing Isometric Exercises (Yoga) Barb Duryea	Dining Hall	
	Seated Mat Exercises for Strengthening and Stretching Summer Lehman	CTR Gym	
	Adapted Cardiovascular Conditioning Fred Maynard, Werner Rink, Bill DeMayo	CTR Fitness room	
12:00	Lunch	Dining Hall	
1:00	Rest & Relaxation		
2:00	Recreation Exploration		
	Swimming in the Pool	CTR Pool	
	Tour of Grounds at Warm Springs (Quadrangle & McCarthy Cottage) Linda Creekbaum	Meet at Georgia Hall	
	Fishing <i>(May be offered Monday if poor weather predicted)</i> Sue Jones, CTR/DNR staff	Boat House	
	Paddleboat Ride <i>(May be offered Monday if poor weather predicted)</i> CTR staff	Boat House	
	Canoe or Kayak Ride <i>(May be offered Monday if poor weather-predicted)</i> CTR staff	Boat House	
	Breakout Sessions		
4:00-6:00	Pain Relief: Acupressure and Moxa Werner Rink with Sunny Roller and Catharina Rink	CTR Meeting Room	
	Breathing Problems Brenda Butka, and Kristy McMillan	Great Room-Callaway	
	Opening to Spirit: Our Pathways of Personal Power Dorothy Woods Smith	Great Room-Lanier	
	Ask the Doctor-General Medicine Fred Maynard, Bill DeMayo	CTR Fitness Room	
4:00	Preventing Falls Christy Osborn	Dining Hall	
5:00	Ask the Nurse: Osteoporosis Barb Duryea	Dining Hall	
6:00	Dinner	Dining Hall	
7:30	Campfire; Firsthand Stories and Questions about Long-Ago Warm Springs--Mr. Marion Dunn, former push boy and brace maker (1938-1987)	Fire pit area	

"Retreat is not a flight from life, but a journey to its depth." -Van Kaam

Post-Polio Wellness Retreat

Thursday, April 23rd

TIME	ACTIVITY OR SESSION AND FACULTY	LOCATION
8:00	Breakfast	Dining Hall
9:00-10:00	Wrap-Up, Written Evaluations Fred Maynard	

