

Application for funding of Easter Camp BLAST 2011 (Building Life After Stroke Together)



Survivors need to regain confidence after they have suffered a stroke and their families need a little help after serving several months (if not years) of 24 hour responsibility for the health of their family member.

Easter Camp BLAST at the Lions Easter Seal Camp in Squamish is ideal for energizing stroke survivors and encouraging them to try things they have not done since the incident of Stroke. The gross cost of this special weekend is close to \$500. Our goal is to reduce that by at least 50% in order to make it affordable for Stroke Survivors who are often on fixed incomes.

This special weekend is inspirational to stroke survivors and enables them to carry this learned aptitude home with them. Improvement continues in their abilities to deal with the new person they have become through Stroke. Volunteer based stroke recovery programs in our communities, carry on the encouragement and offer support with Speech and Physical therapies in addition to Caregivers Support groups.

The Camp experience of therapy under the guise of fun, begins from the moment the campers board the coach Good Friday until they return home Easter Monday with bonded friendships. Transportation must be provided in order to accommodate the special needs and equipment of stroke survivors.

Good Friday arrival begins with a "getting to know you session" with many participating in an "Amateur Talent night". Every evening concludes with a singalong around the camp fire under a covered area.

Physical games (weather depending outdoors and/or indoors) as well as mental games or crafts are offered throughout the day. Campers are encourage to participate however it is equally important they feel free to lie down or take advantage of the beautiful surroundings and take a walk along the paths.

Camp activities may include most of the following depending on funding and Volunteers.

- physical sports, exercise sessions, guided walks
- mind challenging games
- Sunday a.m. - A non-denominational Celebration of Spring
- Easter bonnet creations and fashion show, Award presentations
- aquasize and swimming in 92 degree (F) pool
- Chair hockey, Pitch and Put
- Bowling, Croquet, Horseshoes
- Discussion groups
- Crafts, Bingo, Card games
- healing touch
- Wii computerized games
- scenic drive to Brackendale Art Gallery or visit to the rail museum in Squamish. or Alice Lake.

Evening highlights are the live big band dance where everyone is encouraged to get up on the floor whether it is by foot or wheelchair. A great time is had by all. Then the Funny Money Casino and Auction

All the aforementioned require trained volunteers and funding to run the programs. Depending on the number of campers, volunteers can total 10 individuals who give of their time and expertise to assist stroke survivors in attempting new activities. Extra volunteers who can spend a few hours are needed to assist in activities, provide a workshop, or if qualified give individual therapy sessions.

Accommodation based on 40 campers	\$11,337.50
Insurance	\$1,000.00
Coordinator	\$500.00
Training	\$1,000.00

Activities

Pool 2@\$150 per day	\$300.00
Certified Lifeguard 8@\$30	\$240.00
Live Band	\$800.00
Craft and Program Supplies	\$500.00
Office Supplies	\$500.00
Funny Money Casino Supplies	\$500.00

Transportation

Coaches return trip 2@\$1209.60	\$2,419.20
Carpool subsidy 10@\$20.00	\$200.00

As most stroke survivors have been cut off from their ability to earn a living we want to keep costs to individuals as low as possible. In general, to meet our target camper fee of no more than \$250 we need to raise \$10,000.

More details are available on www.turtletalk.ca
or through **Karel at 604 943 3206**
or **Deb@TurtleTalk.ca**



**Please support Easter Camp 2011 BLAST
Stroke Survivors (Building Life After Stroke Together)**