

COLORADO POST-POLIO ROCKY MOUNTAIN GETAWAY

For polio survivors, spouses and/or caregivers

Sunday, August 19, thru Thursday, August 23, 2018

Rocky Mountain Village (Easter Seals Camp)

Empire, Colorado

2018

We hope to see you at our post-polio camp in August this year. To help you can make an informed decision about spending three days and four nights with new and old friends, here is a partial list of activities and experiences for you to enjoy in the fresh mountain air at an accessible retreat 45 minutes from the Denver metro area.

Rocky Mountain Village is equipped with a heated swimming pool and hot tub, accessible hiking trails, a catch and release fishing lake, horseback riding stable and a zip line and climbing wall, all available for your exploration and pleasure.

Start off each morning with some food for thought:

Monday—Growing into Your Wisdom—the Developmental Stages of Aging, Jill Eelkema

Tuesday—Shoring Up Your Bridges To the Future, Dr. Marny Eulberg

Wednesday—The Older Americans Act and Accessing Community Resources, Cassie Scott & Jayla Sanchez-Warren from the Denver Council of Regional Governments (DRCOG).

End the day with evening entertainment:

Western Stories and Tall Tales by John Beach, professional storyteller, an olio of music from the Beatles, the Eagles and western songs by Carl Carrillo and his band, and a choice of movies.

During the rest of each day engage in scheduled individual and small group activities. Here are some of them:

Explore ways to take care of your body through massage therapy, small group and individual physical therapy, gait training, Qigong, getting a hearing evaluation and taking a plant walk with local Master Gardeners as guides.

Expand your mind and learn about acupuncture, medical marijuana, bracing, caregiver issues, emotional issues related to polio, sexuality, and making and communicating end of life decisions.

Have new experiences, make new friends, spend time with old friends, engage in conversations over wine and cheese and share in lots of laughter.

This can be a great way to spend part of your summer, exploring, relaxing and learning! Per person, campers pay only \$350 for meals and on-campus lodging or \$250 for meals with off-campus lodging which you find on your own. For out of town guests, there will be a shuttle from and to DIA to the camp for an added fee of \$55 each way.

For further information and to download an application go to our website:

www.eastersealscolorado.org or contact Nancy Hanson at nhanson@eastersealscolorado.org or Sue Brandon, 763-377-2287 or sue.brandon@q.com.