

The Program

Polio survivors, their caretakers, spouses and friends can customize their experience by choosing from a menu of educational forums, exercise activities and fun. Healthcare professionals with experience working with polio survivors will provide information about Post-Polio and how it impacts individual conditions.

- Dr. Marny Eulberg will be our featured Post-Polio physician. Brief one-on-one consultations and group experiences will feature experts in physical medicine, an array of physical therapies, and exercise programs. Coaches will lead experiences in aquatics, Qigong, horseback riding, and navigating a handicapped accessible climbing wall and zip-line. Information sessions will include, among others, bracing, pain management, lifestyle safety, and end of life planning. Up to 40 activities and information sessions that campers can choose are planned over the three days. Wheeled mobility devices will be available for use.

- Enjoy daily educational sessions with the professionals and during breakout sessions, network with your peers. Meet new friends, inhale and taste the Rocky Mountain air.



The Location



The spectacular Easter Seals Rocky Mountain Village is fully handicap-accessible. Plentiful paths and walkways for exploring are paved, wood, or

packed gravel for easy wheelchair access. On site lodging options include a very limited number of rooms with queen-sized beds, a very limited number of rooms with a private bath, shared rooms with use of lower bunk beds and shared baths. The camp has hospital beds for those needing adjustable bed height, or electrical hook-ups for bringing a RV. Off-site lodging is available in nearby towns. The dining hall serves three meals a day.

The Getaway location is 8,000 feet above sea level with warm days and cool nights. To minimize high-altitude sickness and any respiratory complications, we suggest a night or two in Denver to acclimate to the higher altitude. And before and during your stay – hydrate, hydrate, hydrate!



The Activities

Find time to relax and enjoy these indoor and outdoor activities.



- Catch-and-release fishing from the wheelchair accessible platform
- Adaptive horseback riding
- Accessible warm-water outdoor pool
- Walks in the pine forest
- Movies, videos, games and puzzles
- Entertainment each evening
- Exercise activities
- Thought provoking lectures and discussions
- Handicap-accessible Zip-line, for the adventurous

Explore the opportunities and find out how you can lead a healthier lifestyle.

The package cost for 3 days & 4 nights including meals:

- On campus lodging per person: \$350
- Off campus lodging per person, make your own arrangements: \$250

Scholarship application on request.

Space is limited to 60 guests and reservations are due by July 15, 2018.



Join

Colorado Post-Polio for education, encouragement and fun in Empire, Colorado. With the Rocky Mountains as a backdrop, this getaway promises a welcome respite and individualized programs to fit each participant's needs.



For further information and to download an application go to our website: www.eastersealscolorado.org or contact Nancy Hanson with Easter Seals Colorado at nhanson@eastersealscolorado.org or Sue Brandon at 763-377-2287 or sue.brandon@q.com



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colorado
post-polio
since 1981

- PRESENT -



CPPO Rocky Mountain Getaway

AUGUST 19 - 23, 2018

ROCKY MOUNTAIN VILLAGE
IN EMPIRE, COLORADO

