

Registration form continued...

Please fill out both sides and mail by August 3 to:

UnityPoint Health – St. Luke's Hospital
Attn. PMR - Cathy Wiseman
P.O. Box 3026
Cedar Rapids, IA 52406-3026

Information about my guests:

Name: _____

Home phone: _____

Cell phone: _____

E-mail: _____

Dietary needs: _____

Name: _____

Home phone: _____

Cell phone: _____

E-mail: _____

Dietary needs: _____

Name: _____

Home phone: _____

Cell phone: _____

E-mail: _____

Dietary needs: _____

Event location:

PCI Medical Pavilion, 3rd Floor Community Room
202 10th Street SE, Cedar Rapids, IA 52403

The retreat will be held at The Physicians Clinic of Iowa in the 3rd floor community room. Located just off Interstate 380 in downtown Cedar Rapids, it is an air-conditioned and fully wheelchair accessible facility with a roof-top deck!

You **MUST park in the free parking ramp across 10th Street and **enter via the skywalk – other entrances will be locked over the weekend.****

Notes:

- Please, no attendees under 13 years old.
- Dress casually and comfortably – it's your time to relax and enjoy!

Emergency contact the day of:

If you need to reach UnityPoint staff during the day of the event, please call (309) 373-4730.

Hotel accommodations:

If you are looking for hotel accommodations, we recommend the following nearby options:

Country Inn & Suites North (3.8 miles)

4444 Czech Lane NE Cedar Rapids, IA 52402
(319) 294-8700 (Approx. \$84 with free breakfast)

Mainstay Suites Cedar Rapids (5.3 miles)

5145 Rockwell Drive NE Cedar Rapids, IA 52402
(319) 363-7829 (Approx. \$75 with free breakfast)

Doubletree by Hilton Cedar Rapids (0.6 miles)

350 1st Ave. NE Cedar Rapids, IA 52401
(319) 731-4444 (Approx. \$157 without breakfast)

Presenting sponsors:

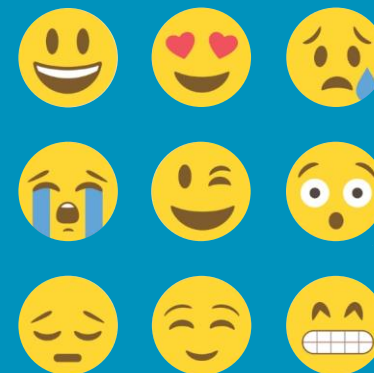
Finley Hospital – Dubuque
St. Luke's Hospital – Cedar Rapids
Trinity Hospital – Quad Cities
Allen Hospital – Waterloo



UnityPoint Health Stroke Retreat

The Many Faces of Stroke

*Coping with the ways stroke
can change life*



*An uplifting retreat for
stroke survivors and their supporters*

*Saturday, August 11, 2018
PCI Medical Pavilion
3rd Floor Community Room
202 10th Street SE, Cedar Rapids*



UnityPoint Health Stroke Retreat: The Many Faces of Stroke

Goals of the retreat:

- Create a fun and uplifting day away for stroke survivors and their supporters
- Provide a chance for survivors and supporters to meet others going through similar situations
- Inspire renewed joy in daily life, sending you home “with your glass half full!”

Schedule:

Saturday, August 11

- **9 – 9:30 a.m. Check-in & refreshments**
Arrive at your convenience prior to 9:30 start
- **9:30 – 10 a.m. Managing the physical effects of stroke** *Dr. Nicholas R. Appleby, D.O. will speak about managing physical changes after stroke including spasticity*
- **10 – 10:15 a.m. Group photo**
- **10:15 – 10:45 a.m. Gratitude jar project**
- **11 a.m. – 12 p.m. Breakout discussions**
Time for survivors & supporters to compare challenges and successes separately
- **12 – 12:45 p.m. Lunch provided**
- **12:45 – 1:30 p.m. Understanding the many faces of stroke: changes in personality and other normal experiences** *Dr. Teresa Young, PhD, Health Psychologist, will give us reassurance and practical tips for common frustrations*
- **1:45 – 2:45 p.m. Breakout discussions**
Time for attendees to share, led by our speakers
- **2:45 – 3 p.m. Break**
- **3 – 3:30 p.m. Empowering patients** *Jaclyn Hall, DPT, MBA, and Patient Experience Director at UnityPoint Health – St. Luke’s Hospital, will explain how to maximize time during your medical appointments, and make the most progress toward your goals as a patient!*
- **3:30 – 4:00 p.m. Wrap up**
Reflections on the day

Retreat registration:

There is no cost to attend the retreat, but we do require advance registration so we can prepare materials and food accordingly. To register, please:

- 1) Cut off the form to the right; fill out both sides.
- 2) Mail your registration form to:
UnityPoint Health – St. Luke’s Hospital
Attn. Cathy Wiseman - PMR
PO Box 3026, Cedar Rapids, IA 52406-3026
- 3) Deadline: **August 3** (Late registrations will be accepted as space allows.)
- 4) If you have questions before the event, or if your plans change after you have registered, please call 319-369-8877 or email Cathy.Wiseman@unitypoint.org.

More about the retreat:

Now in its fourth year, the UnityPoint Health Stroke Survivor Retreat was created just for stroke survivors and their supporters, as a chance to get away, have fun and recharge!

We understand having a stroke changes many things in your life. It’s an emotional and often difficult process. Our hope is this retreat will give you renewed energy, new friends, ways to improve your health and ideas to manage the many faces of stroke!

You can expect interesting speakers, fun activities, camaraderie, laughter and much more! If you’re ready for a change of scenery and a chance to recharge, this event is just for you!

** Schedule is subject to change*



Last year’s
Stroke
Retreat

Registration form

Please fill out both sides and return by Aug. 3:

Total number of people in my group: _____

Stroke survivor information:

First name: _____

Last name: _____

Address: _____

City: _____

State: _____ Zip code: _____

Home phone: _____

Cell phone: _____

E-mail: _____

Dietary needs or allergies: _____

Month & year of stroke: _____

Emergency contact name & phone: _____

Please list additional information you’d like to share to help make this the best experience possible for you and your group, such as physical or communication limitations, etc...

(Continued on back side)

