



## The Aphasia Network Couples Retreat - 2019

### April 5<sup>th</sup> – 7<sup>th</sup>

#### Camp Magruder, Rockaway Beach Oregon

This weekend retreat program gives persons with aphasia and their spouses an opportunity to reconnect and strengthen their bond as a couple in a fun, social setting at the beautiful Oregon Coast!

Together with a speech and occupational therapy student team, and in professionally-led groups, couples will discuss and form individualized coping methods for the challenges of married life with aphasia, side-by-side with other couples facing similar challenges.

Group sessions provide a supportive environment for opportunities to discuss concerns and strategies and how to nurture one's primary relationship as we explore, together with professionals and peer mentors, topics such as:

- Changing roles and the effect on identity of the individuals and the couple
- How to revitalize former interests and find new activities to share together
- How aphasia and related conditions affect relationships and intimacy

The Aphasia Network is pleased to present this program that will include 15 couples living with aphasia. We are hand selecting a variety of couples based on the amount of time since one of the partners was diagnosed with aphasia as well as demographic diversity.

- **Program Cost:** \$310 (includes food and lodging for the weekend)  
*Some scholarship monies are available*
- **Location:** Camp Magruder, Rockaway Beach, Oregon
- **Schedule:** Friday, April 5<sup>th</sup> 5:30pm through Sunday, April 7<sup>th</sup> 11am

If you are interested in attending, an online application will be available at <http://aphasianetwork.org/>, or you may request an aphasia-friendly printed version by emailing [info@AphasiaNetwork.org](mailto:info@AphasiaNetwork.org). If you have any questions, please contact Suzanne Gardner at 503-577-1282 or [info@AphasiaNetwork.org](mailto:info@AphasiaNetwork.org).

# Sample Aphasia Couples Retreat Schedule

At Camp McGruder, 17450 Old Pacific Hwy, Rockaway Beach, OR 97136

*Schedule is subject to change*



## FRIDAY, April 5<sup>th</sup>

- 5:30 – 6:00 Arrive at Sherlock Lodge, meet your students & move into your rooms
- 6:00 – 6:45 Light soup & salad supper in Sherlock Lodge:
  - Welcome & Orientation Meeting and Camp Safety Talk
- 6:45 – 7:00 Break into couple/student teams
- 7:00 – 7:30 Couple/student teams – *Getting to know each other*
- 7:30 – 8:45 Dessert Social & Group Introductions
- 8:45 – 9:00 Head to lodges for a good night's sleep (student escort)

## SATURDAY, April 6<sup>th</sup>

- 8:30 - 9:00 Breakfast in Carrier Dining Hall
- 9:00 – 9:15 Transition to lodges
- 9:15 – 10:15 Couple/student teams – *Communication and functional barrier strategies*
- 10:15 – 10:45 Walk to Sherlock
- 10:45 – 12:00 Indoor Beach Activities, Retreat Pampering, Walks to View Beach (weather permitting) & Group picture! – Sherlock Lodge
- 12:00 – 12:30 Walk to lunch
- 12:30 – 1:00 Lunch in Carrier Dining Hall
- 1:00 – 1:30 Walk to Sherlock Lodge
- 1:30 – 2:00 All Camp Rest
- 2:00 – 2:45 Transition to Edwards Lodge
- 2:45 – 4:00 Large group session: Relationship Building Exercises & Activities of Reconnection Including small group breakouts
- 4:00 – 4:45 Transition (Campers to Sherlock – Care Partners stay in Edwards)
- 4:45 – 6:15 **Persons with Aphasia:** Sherlock lodge – Prepare dinner sides, dessert & punch with OT/SLP students and staff – Have fun with cutting, mixing, stirring and can opening tools  
**Care partners:** Support session - Edwards Lodge
- 6:15 – 6:45 Break – get ready for dinner
- 6:45 – 7:30 Dinner Party – Sherlock Lodge
- 7:30 – 8:45 Music, dancing, indoor fire & fun!
- 8:45 – 9:00 Head to lodges for a good night's sleep (student escort)

## SUNDAY, March 5

- 8:00 – 8:30 Sunday Morning Service on Carrier Fireplace area - optional
- 8:30 – 9:00 Continental Breakfast in lodges (students/staff in Carrier)
- 9:00 – 9:45 Pack, Load Cars, Transition to Sherlock Lodge (students will assist)
- 9:45 – 10:45 Large Group meeting – Sherlock Lodge
- 11:00 Depart