

Program Faculty

Bay Cliff Health Camp is excited to have **Dr. Fred Maynard, M.D.** lead the team of volunteer health care professionals that will provide up-to-date information on health and wellness as it relates to Post Polio Syndrome.

“Dr. Fred” is a well-known international speaker on Physical Medicine and Rehabilitation, especially regarding spinal cord injury, post-polio syndrome and aging with a physical disability. He is currently President of the Board of Directors of Post Polio Health International, the largest organization of polio survivors committed to enhancing quality of life for polio survivors and home mechanical ventilation users. In Michigan, he was the founding board member of Polio Network, Inc. and in 1993 he established the Post Polio Clinic Program at University of Michigan Hospitals, one of the first post-polio clinics in the United States. Dr. Maynard is currently in private practice, working for Upper Peninsula Rehabilitation Medicine Associates, P.C. in Marquette, Michigan.

The **Program Faculty Team** includes health educators, nurses, massage therapists, neuropsychologists, physical therapists, occupational therapists, speech therapists, orthotists, and recreational instructors.

About Bay Cliff

Bay Cliff Health Camp is a non-profit organization that was established in 1933 to promote the health, welfare, happiness and independence of children and adults residing in the Upper Peninsula of Michigan. In its first years during The Great Depression, malnourished children attended Bay Cliff each summer for wholesome food & rest in a healthful environment. When The Polio Epidemic came along in the 1940's, Bay Cliff provided nursing and rehab care to the children of the Upper Peninsula with polio. Every summer since, Bay Cliff has continued to provide a residential therapy program for children with physical disabilities and is believed to be the only program & facility of its kind. In addition to the summer program, Bay Cliff provides a week-long recreational camp for adults with physical disabilities—Camp Independence. Bay Cliff cherishes its history and as renovations and winterization of the facility continue for the future, additional programs are being developed. Bay Cliff is excited to once again offer The Post Polio Wellness Retreat to help the “kids” that we served in the 1940's & 1950's and their peers lead a fuller life.

For more information, please contact
Christy Osborn, Program Coordinator



Bay Cliff Health Camp

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Post Polio Wellness Retreat

Body

Mind

WELLNESS

Spirit

Fun

An innovative
health & wellness retreat for
Polio Survivors

September 10—15, 2007

Sponsored by
Bay Cliff Health Camp
Big Bay, Michigan

The Program

The Post-Polio Wellness Retreat will go one step beyond re-rehabilitation by focusing on improving participant's overall health & quality of life with ongoing health & wellness.

Educational sessions, taught by local & national health care professionals, will assist polio survivors in learning more about Post Polio Syndrome and leading a healthier lifestyle. In addition, participants will be able to explore aquatic therapy, massage, aromatherapy, and other complimentary & alternative medicines as they relate to post-polio wellness.

There will be recreational options to explore throughout the week for those who are interested. All activities will be adapted to each participant's functional ability level.

Overlooking Lake Superior, Bay Cliff offers an ideal setting for relaxation and renewal.



Schedule of Events

Monday, September 10

Participants will arrive in the afternoon and settle into their accessible housing areas. Supper will be served at 6:00pm, followed by the Opening Program.

Tuesday, Wednesday, Thursday & Friday

- 8:00 Breakfast
- 9:00 Full Group Educational Session
Topics presented to include:
 - Overview of Health & Wellness
 - The Body
 - The Mind
 - The Spirit
- 10:30 Exercise Session with Land & Water Options
- 12:00 Dinner
- 1:00 Rest & Relaxation
- 2:00 Recreation Time
 - accessible nature walks
 - arts & crafts
 - boating & fishing
 - adaptive bicycling
 - kayaking
 - Big Bay Lighthouse Tour
 - swim & sauna
- 4:00 Informational Breakout Sessions led by a variety of health care professionals
- 5:30 Supper
- 7:00 Evening Activity

Saturday, September 15

The program will officially end on Friday evening with Supper but everyone is welcome to stay and have breakfast on Saturday before traveling home.

Food: All meals will be healthy, homemade and served family-style.

Housing: All rooms are comfortable, recently renovated, wheelchair accessible and have a bathroom in the room or just down the hall. There are accommodations for 2 to 4 people per room.

Facility: Bay Cliff Health Camp is located on 180 peaceful acres overlooking Lake Superior. Lake Independence is also nearby. Bay Cliff has a sauna and an enclosed heated pool with a ramped entry.

Cost: \$225.00 per participant, includes full program, meals, and housing. Partial scholarships are available; please indicate on your application if needed.



Space is limited!

There is an application process for Polio Survivors interested in attending the retreat.

Call Bay Cliff Health Camp at 906-345-9314 for an application.

**Applications are due
July 15, 2007**