

## MEDICAL EMERGENCY FORM

Must complete one for each child under 18 – optional for adults.

Name \_\_\_\_\_ Age \_\_\_\_\_

Can participate in full physical activity?

Yes \_\_\_\_\_ No \_\_\_\_\_

Date of last tetanus shot: \_\_\_\_\_

Please comment on any behavioral or health issues (including allergies) that would help the children's program leaders:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

In event of emergency call:

Name \_\_\_\_\_

Phone \_\_\_\_\_

If above cannot be reached please use your best judgment – includes permission to authorize medical treatment or surgery if necessary.

Other –Specify \_\_\_\_\_

Health Insurance Company \_\_\_\_\_

Policy Number \_\_\_\_\_

Phone Number \_\_\_\_\_

**SPONSOR INFORMATION:** Required for those under 18 attending without parent(s).  
Sponsor's Name \_\_\_\_\_

Monthly Meeting \_\_\_\_\_

***It is understood that the sponsor acts in loco parentis.***

**Parent/Guardian Signature:**

\_\_\_\_\_

Date \_\_\_\_\_

## Adult/Intergenerational Program:

Many of us have found, or will find, ourselves in the position of caring for others. Where do we get the "oxygen" we need in order to do that? What are the stories we need to tell? How do we nourish ourselves in the midst of service to others? This program will offer ideas about caring for ourselves and caring for others including time for listening, journaling, sharing stories, opportunities to create and share our own works of art, and for meditation, exercise and movement as well as a discussion of how to set and keep boundaries.

**High School Friends** will attend adult programming.

**Children's Program:** Wee Friends through 7<sup>th</sup> grade will attend intergenerational program and will do activities at children's program times.

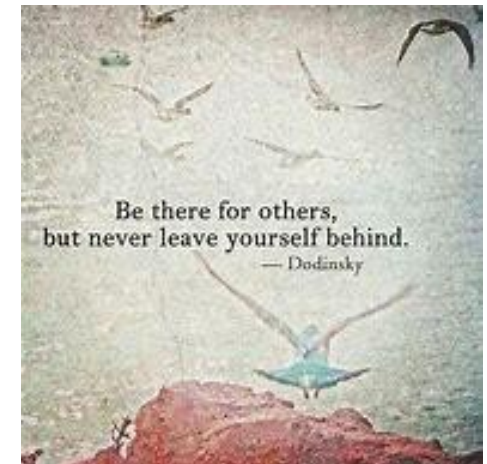
Volunteers to help with the children's program are needed. There will be a signup sheet at registration, but please let us know asap if you're willing!

**Our facilitators:** Amanda Thompson has worked for several years for various Catholic institutions and has presented workshops on this topic at parishes throughout the Chicagoland area. She also currently works part-time as Chaplain at Lutheran General and Illinois Masonic Hospitals. She has experienced the stress of caring for children and aging parents at the same time while working a full-time job! Judy Wolicki is no stranger to BRQ. A former ILYM Field Secretary, she has been a hospital chaplain since 2001, currently working at Lutheran General and Good Samaritan Hospitals in Chicagoland. As a chaplain, Judy often needs to figure out how to take care of herself while taking care of others who are facing stressful situations.

## Program & Registration for the Blue River Quarterly Meeting

of Illinois Yearly Meeting  
April 14 – 16, 2023

**Put on YOUR Oxygen First!  
Taking Care of Yourself in the  
Midst of Taking Care of Others**



Facilitators: Amanda Thompson and Judy Wolicki (see bios on back)

Held at: **Camp CILCA: Central Illinois Lutheran Camp Association.** Camp CILCA's 210-acre wooded campus lies 12 miles SE of New Salem State Park, 7 miles N of Springfield on route 29, and 4 miles W on Andrew Road (Cantrall Creek Rd). From I-55, take Exit #105 (Sherman) and travel S to the first traffic light, turn right (W) and go 7.5 miles to camp. See [www.cilca.org](http://www.cilca.org) for a map, Google 4124 Camp CILCA Rd, Cantrall, IL 62625 or call (217) 487- 7497.

**BRQ Clerk: Beth Carpenter**  
**BRQ Recording Clerk: Dale Gardner**

**BRQ SCHEDULE**

**Friday, April 14th**

5:00 – 7:00 Registration/Brown Bag Supper  
 7:30 – 9:00 Social time

**Saturday, April 15th**

7:15 – Early Worship  
 8:00 – Breakfast (Please arrive on time)  
 9:00 – 11:00 Adult Program “Finding the Oxygen, Remembering to Breathe”  
 9:00 – 11:45 – Children’s program  
 11:15 - 11:45 - ILYM Planning  
 Noon – Lunch (Please arrive on time)  
 1:00 – 3:00 - Free Time  
 3:00 – 5:00 – Children’s Program  
 3:15 – 4:45 - BRQ Business (Please bring State of Society Reports)  
 5:00 – 5:30 – Young Friends will come to share their experiences  
 5:30 – Dinner (Please arrive on time)  
 7:00 – 8:00 – Intergenerational Activity “The Joys of Caregiving” creative activities  
 8:00 – Bonfire with singing & S'mores

**Sunday, April 16th**

8:00 – Breakfast (Please arrive on time)  
 9:00 – 10:15 – Adult Program “Setting and Keeping Boundaries”  
 9:00 – 11:15 – Children’s Program  
 10:30 – 11:30 - Meeting for Worship  
 11:15 – Younger Children join Worship  
 12:00 – Lunch (Please arrive on time)  
 1:00 – Clean up and goodbyes

All meals and adult and intergenerational programs/meetings will be in the Christian Growth Center [CGC]. Youth programs will be in the Retreat Center during adult program times.

**Parents are responsible for their children at all times other than during adult programs.**

**Volunteer Signup:** Friends who are able are encouraged to sign up for volunteer activities (assisting children’s program, Sunday cleanup, etc.) at on-site registration.

**Bring or send a medical emergency form for each person under 18!**

**Housing:** Christian Growth Center (CGC) has 14 bedrooms with 1 double bed & 1 set of bunk beds, with a bathroom. Cost is \$65 per room/night. Bedding and towels provided. Let us know if you are willing to share a room.

**Retreat Center** has Men's Dorm & Women's Dorm, and a half-bath on the first floor, and shower/bathrooms in the basement. Retreat Center cost is \$19 adult/night. *Bring your own bedding.*

There are **cabins** (sleep 6 each) with heat and A/C but no running water, for \$45/night. Please indicate if willing to share. *Bring your own bedding.*

**Tent Camping** is \$10 per night. **RV camping** is \$15 per night.

**Meal Costs:** Breakfast: \$6.50; Lunch: \$7.50; Dinner: \$8.50. BRQ absorbs all costs of participants under age 19. Please donate as you can to cover them. All meals will be in the Christian Growth Center.

**Alternative Meals:** If anyone wishes to prepare their own meals in the Retreat Center, we have use of the small kitchen with stove, fridge, and dishes.

**Registration:**

Please send by **March 30** to Margie Haworth-Davis, [margiehd8@hotmail.com](mailto:margiehd8@hotmail.com), OR 43 CR 2150N, Mahomet, IL 61853

**Make checks payable to Blue River Quarterly.**

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**Possible Things to Bring:** Snacks to share, flashlights, hiking shoes, towel, fishing pole & tackle, organization displays, games and toys, musical instruments, and copies of music (especially Rise Up Singing), a sense of humor, a modicum of patience, and love to share.

**REGISTRATION FORM**

Family Names: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Phone: (\_\_\_\_\_) \_\_\_\_\_

E-mail: \_\_\_\_\_

Monthly Meeting: \_\_\_\_\_

Date Arriving: \_\_\_\_\_ Departing: \_\_\_\_\_

Special Needs: \_\_\_\_\_

**\* Please indicate: CGC, Men’s Dorm, Women’s Dorm, Cabin, Tent, RV, or HSD.**

Name	Age	Housing*

Willing to share? Y N

Roommate? \_\_\_\_\_

Nights in CGC x # room x \$65= \_\_\_\_\_

Nights in Dorm x # adults x \$19= \_\_\_\_\_

Other housing (\_\_\_\_\_) = \_\_\_\_\_

Adult Breakfasts x # adults x \$6.50= \_\_\_\_\_

Adult Lunches x # adults x \$7.50= \_\_\_\_\_

Adult Dinners x # adults x \$8.50= \_\_\_\_\_

Registration\* x # adults \$15-30= \_\_\_\_\_

Other Donations \_\_\_\_\_

Total included \_\_\_\_\_

*\*Registration is \$15 to 30 per adult on a sliding scale. No one should hesitate to attend because of financial reasons. Please just pay the amount you can afford, and join us.*