2013 10th Annual ‘A Gift of Time’ Retreat
Join us! Sept. 6, 7, 8 2013
Located at the Macleay Christian Retreat Center, just outside of Salem, Oregon.
This event is for family caregivers and grandparents or relatives-as-parents. Respite scholarships are available to provide care for your loved one while you attend ‘A Gift of Time’. To be eligible for a scholarship you must apply prior to August 1st. Applying early is highly recommended. Early Bird Special. Registration must be received no later than August 22nd.

Name:________________________________________
Address:______________________________________
County:_______________________________________
City:_________________________ Zip:___________
Phone:_______________________________________
Cell:________________________________________
Email:_______________________________________

Relatives-as-parents please specify your relationship to child/children. If caring for an adult please specify their main health concern. Thank you.

I would like to apply for funding to cover respite for my loved one while I attend A Gift of Time:

____ YES ____ NO

If you are already enrolled in the Family Caregiver Support Program or the Relatives as Parents program your local coordinator may have respite funding available. Please check first before applying. Certain criteria must be met to be eligible for this funding. Application for respite care must be received by July 30th.

Please complete both side of this registration form and mail or fax to:
A Gift of Time of Oregon
PO Box 838
Dallas, OR 97338
Fax: (503) 623-4704

Phone: (503) 831-5593
Email: agiftoftimeoforegon@gmail.com
Think a ‘Gift of Time’ is great? Like us on Facebook too!
Most of us know individuals who are caring for a disabled or ill spouse/relative or individuals taking care of their children's children. But what most do not realize is the toll this type of caring has on the caregiver. These caregivers put their lives on hold and this is not without a physical, emotional and economic cost. To make matters more difficult, they often receive little emotional and financial support and rarely are relieved from their 24/7 caretaking responsibilities.

“Over half of these caregivers indicate that their decline in health compromises their ability to provide care,” (Evercare & National Alliance for Caregiving, 2006).

This is where A Gift of Time of Oregon steps up, providing:

- A supportive community to increase the caregiver’s potential to take better care of themselves, reduce stress and increase their ability to cope with difficult daily responsibilities.
- Education for informal family caregivers and relatives-as-parents in subjects directly affecting their care-giving situations at home.
- Information and access to community resources.
- A short-term weekend break for family caregivers and relatives-as-parents and when possible, care for the care-receiver or children under their care.

To accomplish these goals A Gift of Time of Oregon offers a three day weekend of respite for unpaid, informal family caregivers and relatives-as-parents since 2003.

A Gift of Time of Oregon strives to create a stronger community. You can ‘share the caring’ by sponsoring a family caregiver (FCG) or relative-as-parent (RAP) to attend the 2013 ‘A Gift of Time’ weekend.

If you are a family caregiver or relative-as-parent you are invited to join us for the 10th annual 2013 ‘A Gift of Time’ weekend.

2013 10th Annual ‘A Gift of Time’ Retreat
Join us! Sept. 6, 7, 8 2013

Please fill out both sides!

Accommodations at Macleay Christian Retreat Center are dorm rooms. There will be two persons to each dorm room. A limited number of private rooms are available. Indicate your preference and register early. If you want a private room or a discounted rate you must register by August 1st.

- $65.00 Entire weekend prior to August 1st (includes two nights and five meals)
- $75.00 Entire weekend after August first (includes two nights and five meals)
- $85.00 Private room—limited number
- $25.00 Saturday prior August 1st (lunch only)
- $30.00 Saturday after August 1st (lunch and dinner)
- $60.00 Saturday & Sunday (includes one night + lunch, dinner and breakfast)
- $147.00 Cottage per person entire weekend (please contact us for more info about cottages)
- Applying for financial assistance, contact us ASAP, limited assistance available

REGISTRATION FEES: Due no later than August 22nd Check or money order accepted, made payable to: A GIFT OF TIME. Installment payments accepted (limited to three) with final payment due August 22nd. No refunds for cancellation after August 22nd. Smoking only permitted off the Macleay campus.

SPECIAL CONSIDERATIONS FOR YOU:
Dietary Needs: (Please check appropriate box)
___Regular ___ Diabetic ___ Vegetarian ___
Other:

Some special diets cannot be accommodated but refrigeration space is provided for storage of food you bring from home.

Wheelchair accessibility needed: __YES __NO
Other needs (list):

They will be joining us at the 2013 10th Annual ‘A Gift of Time’ Retreat!

Jake French, speaker- When a foresting accident left Jake a quadriplegic a stereotypical life in a wheelchair seemed like giving up to him, and there was no way he would give in at just 23 years old.

Alyson Budde, dance and a nutrition counselor- She will share ways to relieve stress, improve balance, flexibility, energy and mood through simple yoga and a few dietary changes.

Angel Ocasio, comedian- He entertained for Cirque du Soleil at a premiere party in Portland, Oregon. Angel was selected by the Clowns of America International “2003 Clown of the Year” and is the Portland Rose Festival’s award-winning “Clown Prince.”

For information about all the speakers and entertainers for 2013 visit: www.agiftoftimeoforegon.org

“I feel I’m not alone in this. I realize I need to take care of myself.” -2012 ‘A Gift of Time’ caregiver

“This weekend has been a chance to regroup and recoup, so that I can cope.”- 2012 ‘A Gift of Time’ caregiver