

Tree 'n Sea Living *Camp Harmon*



A 'Different' Kind of Camp

A narrow, uneven path through the redwoods in the Santa Cruz Mountains can be a challenge to someone whose feet and legs work fine...

The same path can be an almost insurmountable obstacle course to a person with neurological impairment, whose feet and legs may not work so well.

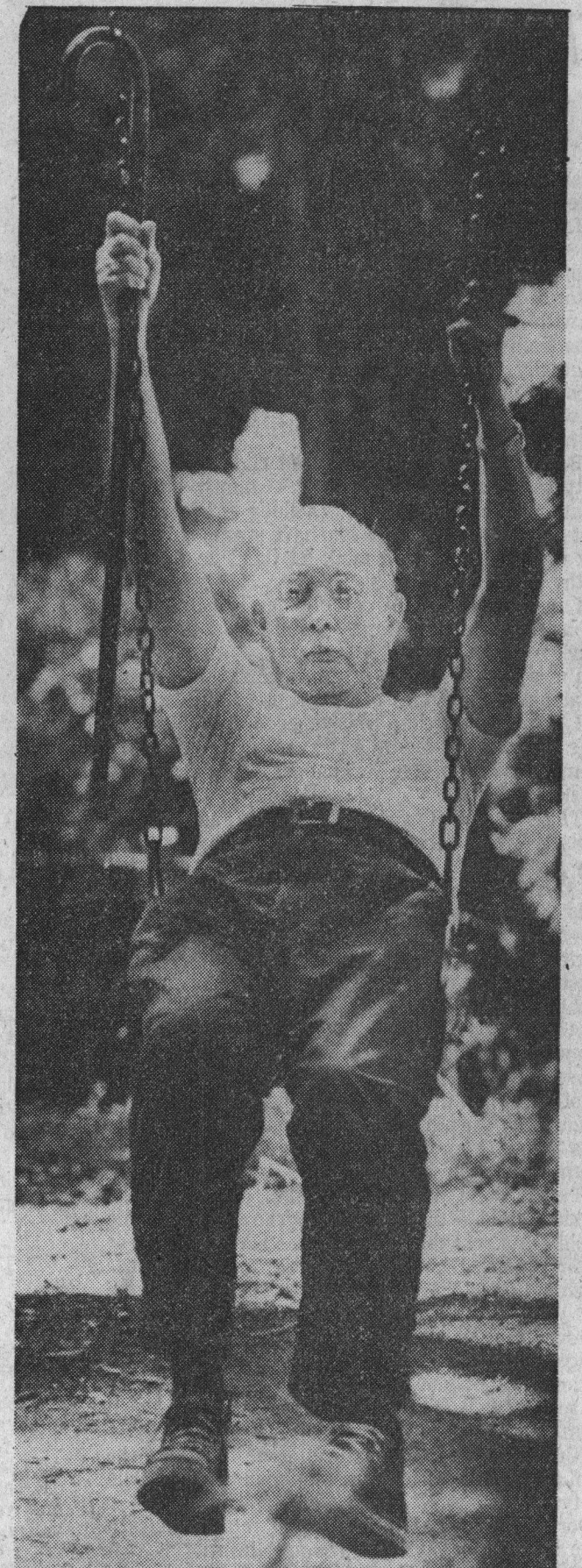
What's that?

It can be the result of a stroke. And this week more than 30 members of the Santa

Lee Childress, a participant who has had many years of restaurant experience, was happy to be using her "know-how" again in helping organize kitchen activities.

Marie Tucker, a new camper this year (the second year for the Stroke outing), said "I got a real feeling of independence and confidence in myself, again."

Days were spent swimming, walking and sometimes just being lazy. Evenings were for games and taffy.



Cruz County Stroke Club got a taste of walking those paths and camping, at Camp Harmon, run by the Easter Seal Society, above Boulder Creek.

Not only did they find their way up and down paths, they also swam, helped in the kitchen and the dorms — and even pulled taffy one evening.

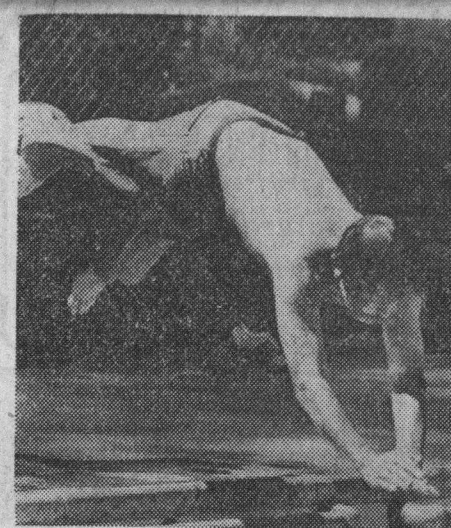
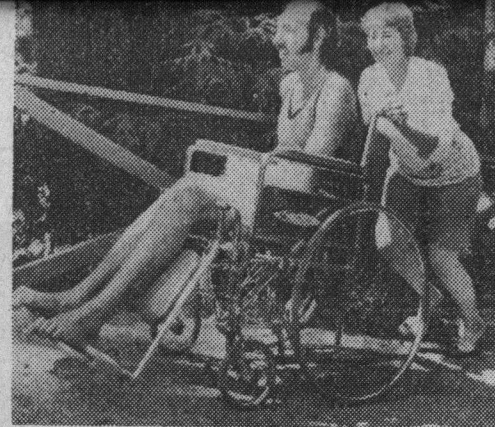
Taffy pulling is good exercise for helping people regain the use of impaired hands.

A potluck supper and a barbecue were part of the fun.

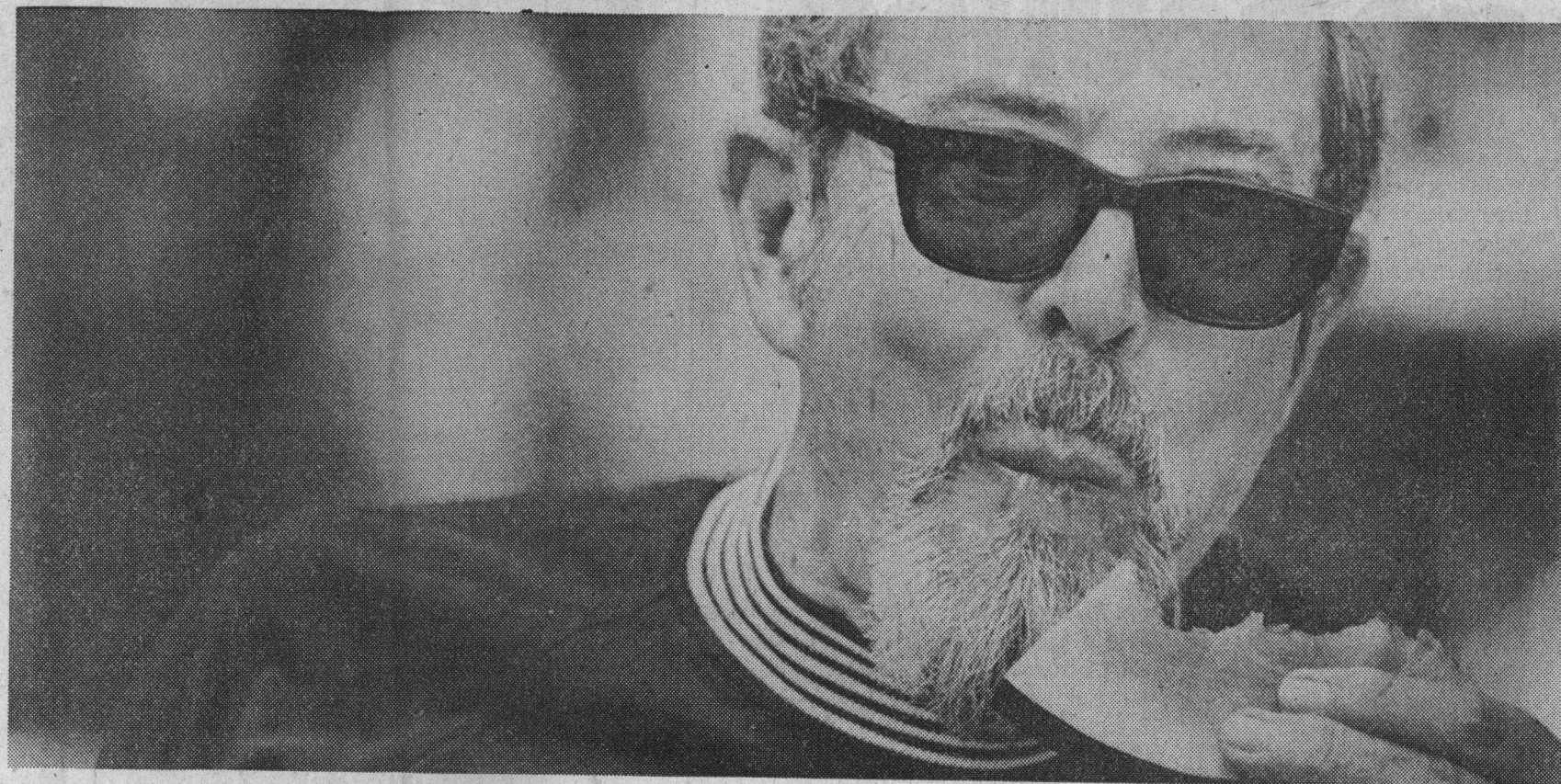
"The camp was quiet by midnight," says Halina Churchill, "and I got the first good night's sleep in years, away from the noise of city traffic."

The three-day campout was made possible through the cooperation of Cabrillo College, which sponsors the Stroke Activities Center; the Center itself, and the local Easter Seal Society.

Participants ranged in age from 4 to 86 years. And they are all looking forward to next year's outing.



Photos and Text By Bill Lovejoy



Who is Who

Top left, Barbara Ritchey, a helper in the kitchen; top right, Hilding Carlson on a swing; below at right, John Zee dives in; Mike Pacheco gets a wheelchair "hike" with his mother furnishing the push power; Clyde Smith is really enjoying that watermelon!; across bottom from left, Pauline Bradley gives the winner's sign, Richard Risso finds his cane helpful on a path, and Edie Nelson and Ray Strable find the eating tasty.

