



## Frequently Asked Questions about Adult Cancer Retreats

Camp Mak-A-Dream  
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### **Who is eligible to attend these retreats?**

These retreats are open to women of all ages (18+), who have either completed treatment or are currently in treatment for cancer. The Ovarian Cancer Retreats are open to women diagnosed with Ovarian Cancer specifically (any stage), while the Women's Cancer Retreat is open to women with any type of cancer diagnosis.

### **How much does it cost?**

The adult cancer retreats are free of cost, however donations are welcomed and greatly appreciated. Retreat activities, workshops, accommodations, meals and transportation between the Missoula airport and the camp facility in Gold Creek are included. Transportation costs to Missoula, however, are the responsibility of each participant. The Ovarian Cancer Retreats are underwritten, in part, by the Ovarian Cancer Survivors Foundation of Montana.

### **What kind of medical support is there during these retreats?**

There will be medical staff onsite and/or available throughout your stay at camp. We also have a fully equipped health center with isolations and treatment rooms on campus that allows us to administer care to participants as needed. Should emergency care be needed, the staff can easily transport a participant to a nearby hospital. We do ask that participants bring any supplies they may need with them, including medications, supplies or special dietary need items.

### **What are the facilities like at Camp Mak-A-Dream?**

Camp Mak-A-Dream is located in a small ranching community 65 miles east of Missoula, Montana at the foot of the Flint Mountains. Although the Lodge is nestled in the hills, amongst incredible Montana scenery, it is not a rustic camp. We have beautiful modern cabins, an art studio, health center and main lodge. In addition, there is a swimming pool, hot tub, ropes course and climbing wall, sports fields, and hiking trails. You will stay in one of 4 large cabins, each of which sleeps 14-20 people comfortably, in community sleeping rooms, with up to six women per room. There is a common area with a fireplace and kitchenette and two handicap-accessible bathrooms (each with two stalls and two showers). All of the cabins are located relatively close to the lodge/dining room. Camp Mak-A-Dream is a smoke-free facility.

### **What about meals?**

Meals are provided in the main lodge at large round tables in a community atmosphere. Food is abundant, nutritious and is served buffet style. A variety of snacks are also available in participant cabins. For those who require vegetarian or other dietary alternatives, we ask you to outline those needs on your registration form and we will do our best to accommodate special needs.

### **What kinds of activities are offered?**

All adult retreats combine education, recreation and relaxation through a variety of workshops and presentations, groups discussions, outdoor activities, art projects, entertainment and free time. There are many wonderful things offered throughout the retreats, and participants are encouraged to take part in as many of them as they feel up to – but everything at camp is optional. You are free to stay in your cabin or chat with a new friend anytime you like. During some retreats we also take short half-day excursions off campus to nearby attractions and local historical sites. Participants are asked (on the registration form) what types of things they'd like to see offered, and we try to incorporate that feedback into the program of the retreat.

### **How do I apply?**

You may either download an application (pdf format) from the website, [www.campdream.org](http://www.campdream.org), print it out and complete it, or contact Jennifer Benton in the camp office at (406)549-5987, email: [Jennifer@campdream.org](mailto:Jennifer@campdream.org). The mailing address and fax number should be right on the registration form. We ask that you submit your completed registration form, along with the appropriate registration fee (prices can be found on the schedule for the current year, as well as on the Adult Camps page of the website). If you are requesting a scholarship application, please indicate that on the registration form

and mail or fax it in as soon as possible. Applications are accepted on a first come, first serve basis. If we have more applicants than spaces available, we will keep a waiting list and fill cancellations spots from that list.

### **Can I bring a friend or my spouse?**

Camp Mak-A-Dream's programs are designed to meet the needs of cancer patients and survivors – individuals facing similar situations and going through similar experiences in their lives. It's a close-knit community setting meant to provide a confidential, safe, comfortable environment for all of our participants. So for this reason, we do not accommodate friends, caregivers or spouses at these retreats.

### **How do I get to Camp Mak-A-Dream?**

If you're flying to Montana, you need to get to the airport in Missoula, Montana (airport code MSO). Missoula is serviced by several major airlines including: Delta/Northwest (through Minneapolis or Salt Lake City), United (through Denver) and Alaska/Horizon Air (through Seattle). Flights can be expensive, so it's best to look into flights as soon as you are confirmed to attend the retreat. Upon your arrival in Missoula, the camp staff will greet you at the security door (holding Camp Mak-A-Dream signs) and take you to the baggage claim area. From there we'll load up participants in the camp van/bus and make the 65-mile trip to the camp facility in Gold Creek.

If you're driving, check your confirmation packet for what time to arrive. The camp facility is located 65 miles east of Missoula and about the same distance west of Butte and southwest of Helena. Once you're on I-90, get off at exit #166 (Gold Creek) and head about a mile to the first dirt road on your right. That's our driveway. There will also be directions in your confirmation packet. You can actually see the camp facility off to the south side from I-90.

### **What if I am too sick to attend or need to cancel?**

We certainly understand how plans and medical situations change, so we simply ask that you notify us as soon as possible if you have registered but then cannot attend the retreat. Since plans are made well in advance for meals, sleeping arrangements, workshops and transportation to the camp facility, and we may have people on a waiting list, we'd want to make your spot available to someone else who would need enough advance notice to purchase an airline ticket. We also recommend you look into travel insurance for your airline ticket, should you think you might need to cancel.

### **Do you need volunteers?**

While the program and overall organization of the adult cancer retreats is handled by the Camp Mak-A-Dream staff, we utilize several volunteers, in a variety of capacities, at all of our camp sessions and retreats. If you know someone interested in helping out – or even being a presenter – please have them contact us for more information.

### **What other programs does Camp-Mak-A-Dream offer?**

Camp Mak-A-Dream offers programs year-round, many of which are cost-free, including kids camp, teen camp, young adult and young adult survivors conference, the Heads Up Conference(s) for brain tumor survivors, and a siblings camp.

For more information, call us at (406) 549-5987 or email: [Jennifer@campdream.org](mailto:Jennifer@campdream.org).