

2024 QUALITY OF LIFE RETREATS (QLR) APPLICATION

Additional information can be found on our website

Google - [Quality of Life Retreats - Baltimore-Washington Conference](#)

APPLICATION SUBMISSION DEADLINE – 45 DAYS BEFORE RETREAT

PLEASE PRINT CLEARLY

NAME: _____ PHONE: (____) _____ - _____ CELL PHONE: (____) _____ - _____

ADDRESS: _____ CITY /STATE/ZIP: _____

EMAIL: _____

HAVE YOU ATTENDED A PREVIOUS QUALITY OF LIFE RETREAT? YES ☐ NO ☐

WHO REFERRED YOU TO QUALITY OF LIFE RETREAT? _____ When: _____

(Circle one below)

GENDER: ☐ Male ☐ Female ☐ Transgender (Male) (Female) Other: _____

EMERGENCY CONTACT INFORMATION

RELATIVE/FRIEND

NAME: _____ PHONE: (____) _____

ADDRESS: _____ CITY/STATE/ZIP: _____

RELATIONSHIP TO YOU: _____

TRANSPORTATION

WE OFFER ROUNDTRIP BUS TRANSPORTATION FROM BALTIMORE CITY.

RESERVE A SEAT ON THE BUS ☐ HAVE OWN TRANSPORTATION - NEED DIRECTIONS ☐ OTHER ☐ _____

CHECK LIST: Please ensure you have completed this checklist prior to mailing your QLR Retreats Application.

- ☐ **✓ THIS APPLICATION HAS 5 PAGES TO IT – 2 OF THE PAGES MUST BE SIGNED TO BE COMPLETED.**
- ☐ **✓ INCLUDE YOUR NON-REFUNDABLE FEE of \$30.00 (MONEY ORDER ONLY)**
- ☐ **✓ DO NOT FILL IN THE “PAY TO” PORTION, OF YOUR MONEY ORDER**

I understand and agree to obey the QLR Rules included in this application. I acknowledge this is an organized HIV Retreat and that I intend to participate fully in the Retreat and Retreat activities including workshops sessions, and group related activities. I understand that if I violate this agreement or any of the QLR Rules I will be asked to leave at my own expense. As part of our commitment to attending a retreat we make an agreement with each other to stay together on-site as a Retreat Community. Upon acceptance to the Retreat your fee will become non- refundable. I understand that my safety and well-being are primary concerns for Retreat Staff; consequently, I acknowledge the possibility that if Staff Members determine that my overall health status, upon arrival or any time during the retreat, prevents my safe participation in retreat activities I will be advised to leave the retreat, and **Retreat Staff** will arrange (not provide) for return to my permanent residence.

Legal Signature: _____ Date: _____

MAIL APPLICATION & MONEY ORDER TO:

ANGEL L. ORTIZ - QLR - PO BOX 1588 ANNAPOLIS, MD. 21404-1588

Questions Call: (443) 440-2312

PLEASE CHECK THE RETREAT THAT YOU WOULD LIKE TO ATTEND.

ONE RETREAT PER YEAR.

- | | | |
|---|--|--|
| <input type="checkbox"/> WOMAN ONLY – May 13 th – 16 th , 2024 | <input type="checkbox"/> September 12th – 15th 2024 | <input type="checkbox"/> December 9th – 12th , 2024 |
| Washington Retreat House
Washington, D.C. | Manidokan Retreat Ctr.
Knoxville, MD. | Washington Retreat House
Washington, D.C |

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HEALTH & HISTORY FORM

Legal Name: _____ **Age:** _____

Preferred Name: _____

PLEASE CHECK ALL THAT APPLY

Are you HIV+ ☐ Date of Birth: (DOB): ____/____/____

Please share with us any additional conditions and treatments that you have:

Asthma ☐ Diabetes ☐ Dialysis ☐ Epilepsy/Seizures ☐ Hearing Impaired (deafness/hearing loss) ☐ Hepatitis C ☐

High Blood Pressure ☐ Impaired Vision (blindness) ☐ Mental Health ☐ Methadone ☐ Prescribed Medical Marijuana ☐

Peripheral Neuropathy ☐ Problems Walking ☐ Substance Abuse Treatment/(Recovery) ☐ Tuberculosis (positive test) ☐

Please share with us any additional information you would like us to know _____ None ☐

ALLERGIES: Food ☐ _____ Medications ☐ _____ Bee/Wasp Stings ☐ _____ None ☐

Describe what happens to you and what you normally would do:

Dietary Restrictions: Low Salt ☐ No Eggs ☐ No Milk ☐ No Nuts ☐ No Pork ☐ No Seafood ☐ Vegetarian ☐ No/Low Sugar ☐
Not Applicable (na)/None ☐

I use a: Cane ☐ Walker ☐ Wheelchair ☐ Other: _____ Not Applicable (na)/None ☐

HIV DOCTOR/SPECIALIST

Name: _____ Phone: _____

FAMILY/PRIMARY CARE DOCTOR/PRACTITIONER

Name: _____ Phone: _____

PLEASE LIST ALL MEDICATIONS and Dosages including over-the-counter drugs such as Tylenol, Motrin etc. that you use. Please bring enough medications and equipment or supplies needed to last the entire time of the Retreat. Please keep your medications in their original bottles/packages that identifies the drug dosage, times you take it and prescribing healthcare provider. Anytime you travel it is a good idea to carry with you your basic health information.

Be sure to bring your Health Insurance Cards in case you need to visit a hospital emergency room.

PLEASE PRINT CLEARLY

[illegible]

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Quality of Life Retreats Rules

1. **Confidentiality** – The Board of the Quality of Life Retreats goes to great extents and makes an effort to insure the personal privacy of each participant attending the Retreat.
2. **No Illegal Drugs or Alcohol at the Retreat** – We have zero tolerance for the use of illegal drugs (any drugs or substance that you do not have a prescription for). Possession and/or use of illegal drugs/substances during a retreat shall be just cause for immediate dismissal from the Retreat. **THERE ARE NO EXCEPTIONS!!**
3. **Mobile, Smart Phones, Cell Phones, PDA's, Cameras (other Media Devices)** – As stated previously, we consider confidentiality a priority. Photos which are taken stay within the organization or among participants. **UNDER NO CIRCUMSTANCES ARE PHOTOS OR LIVE STREAMING ALLOWED AT A RETREAT EXCEPT DURING SCHEDULED FREE TIME AND ONLY WITH THE INDIVIDUAL'S PERMISSION.** We are aware of the electronic capabilities of today's technology (cell, mobile, smart phones, PDA's, cameras, and a multitude of other devices); to avoid any misinterpretation that may occur using these devices while at a retreat, we suggest you check the schedule of events for free time and use this time to do your calling. Otherwise power down, unplug and take a well-needed break from the world of electronics. You may be asked to sign a Permission and Media Release Form for Photography and Video/Audio Recording if the Board of Directors decides that an event or occasion would enhance our efforts to interpret, promote and raise support for the Quality of Life Retreats. If or when the Board or Retreat Director exercises the discretion to assign someone to photograph or audio/video record at a Quality of Life Retreat, he or she shall abide by the same restrictions and covenants that apply to retreat participants.
4. **Quiet Times** – After hours begins at 11:00 p.m. There is to be no loud talking, dancing, laughing, music playing, etc. in the rooms. Please remember that the walls between the rooms are thin and sound will carry through them. Please check with the Retreat Director to find the pre-approved designated area(s) for "After Hours" activity.
5. **Smoke – Tobacco Free Organization** - QLR Retreats are a Smoke-Tobacco Free Ministry of the Baltimore-Washington United Methodist Church. As of February 1, 2008, Maryland law requires all enclosed workplaces be 100% smoke free.

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Quality of Life Retreats Rules

Continue:

Smoke/Tobacco-Free - This means that smoking, the use of smokeless tobacco products, the use of unregulated nicotine products, and the use of e-cigarettes is strictly prohibited at all of our Retreats, which are all held on private property.

Smoking means – inhaling, exhaling, burning, vaping or carrying any lighted or heated tobacco product or non-tobacco substances that may be smoked. Smoking and/or vaping instruments are strictly prohibited at any Retreat site.

Tobacco Product means – all forms of tobacco, including but not limited to cigarettes, cigars, pipes, hookahs, and all forms of smokeless tobacco including e-cigarettes, e-cigars, e-pipes, and vape pens, which function as smoking devices and vaporize herbs, oils or wax.

Tobacco-Related means - the use of tobacco brand or corporate name, trademark, logo, symbol, motto, or selling message that is identifiable with those used for any brand of tobacco products or company which manufactures tobacco.

Tobacco Use includes – inhaling, smoking, chewing, dipping, vaping or any other assimilation of tobacco products.

Exceptions – Smoking may be permitted under the following circumstances: When the Retreat Facility has a written smoking policy which allows for a designated outdoor smoking area during specified hours.

6. **Behavioral Expectations** – Participants are always expected to always behave respectfully and appropriately. Sexual activity during the Retreat is inappropriate. Sexual acts of any kind, regardless of your relationship with the other person, are **strictly forbidden**.
7. **Commitment to the Retreat Community** – A key part of our agreement to participate in a Retreat is the commitment we make to stay together on site, as a community, for the duration of the Retreat.
8. **NO EXCEPTIONS** - I understand that if I violate any of these rules I will be asked to leave at my own expense and will be ineligible to attend any retreat for one (1) year.
9. **WEAPONS:** Participants **SHALL NOT** bring or have in their possession or vehicle any types of **WEAPONS: KNIVES, FIREARMS** or anything that may be reasonably construed by Quality of Life Retreats as a weapon. Quality of Life Retreats has a **ZERO TOLERANCE** policy for any type of weapon(s) on the grounds/property or in buildings/rooms of any retreat facility.

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RELEASE OF LIABILITY

Quality of Life (QLR) Retreats, related to the Baltimore-Washington Conference of The United Methodist Church, offers a variety of services and voluntary activities designed to enrich the “Retreat” experience in various locations. These services and voluntary activities may include, without limitation, the provision of food, lodging and transportation, it may also include the sponsorship of challenging and educational activities often associated with a rural Retreat and the outdoors, such as hiking/walking, swimming, outdoor games, campfires, and the like. Both Participants and Volunteers may have the opportunity to participate in some or all of these activities.

While each Retreat will endeavor to assure the safety of its Participants and Volunteer ‘s, there are unavoidable risks of injury—and even death—associated with Retreats and its related services and activities. Consequently, a properly executed Release of Liability is required before anyone may attend a Retreat as either a Participant or a Volunteer. Such a Release of Liability is set forth below. If you are a prospective Participant or a Volunteer eighteen (18) years of age or older, you must print your name below and then sign and date the line designated “Adult Retreat Participant or Volunteer “and submit it along with your completed application in advance to the Retreat Director. You are encouraged to consult an attorney if you have any questions about the meaning of this document.

I, _____ acknowledge and agree to the following:

(Print Legal Name of Participant or Volunteer staff 18 and older)

- 1). I have read and understand the risks summarized above.
- 2). I understand that my participation in Retreat activities and receipt of any Retreat services is voluntary.
- 3). In consideration of attending a Quality of Life Retreat as a Participant or Volunteer, I expressly assume the risks of such attendance. Further, for myself and on behalf of my executors, administrators and heirs, I release and hold the Baltimore-Washington Conference and the Quality of Life Retreats I attend, including the Owners, Trustees, Officers, Committee/Board Member’s, Employees, Nurses, Agents and Volunteers of these entities, harmless from any and all claims or suits arising in any way from my voluntary attendance at a Quality of Life Retreat for injury to my person or property or my death caused by the negligence of these entities and/or individuals;
- 4). I understand that I am voluntarily participating in this Retreat, and I choose to do so in spite of possible risks and in spite of this Release. I therefore agree to assume and take on myself all the risk and responsibilities in any way associated with this activity. In consideration of and for the return of the services, facilities and other assistance provided to me by the QLR Retreats, I understand that this Release covers liability, claims and actions caused entirely or in part by acts or failures on my part, including but not limited to negligence, mistakes, or failure to supervise.
- 5) I understand that this Release means I am giving up, among other things, rights to sue the QLR Retreats and its Owners, Trustees, Officers, Committee/Board Member’s, Employees, Nurses, Agents, and Volunteers of these entities Agents for injuries (including death) damages or loses I may incur. I also understand that this Release binds my heirs, executors, administrators, and assigns, as well as myself.

I have read this entire Release, I understand it, and I agree to be legally bound by it.

Adult Retreat Participant or Volunteer - - - Legal Signature
(Participant or Volunteer must be 18 or Older)

_____/_____/_____
Date