



You Are Invited To

Labor Day Retreat-2023

02 | **SEPT** | 2023

to

04 | **SEPT** | 2023

URJ Greene Family Camp

I TO SAI
(from ego to awareness)



Healthcare Guidelines

Do test yourself for **COVID-19** if you have any symptoms like runny nose, congestion, cough, fever, headache, sore throat, or fatigue.

Do stay home if within **TEN** days prior to **September 2:**

- You show symptoms such as a sore throat, sneezing, runny nose, or fever.
- You, or someone in your home, has tested COVID-19 positive.

Do **bring** and **wear a mask** at the campsite in all **indoor/populated** areas.

Do talk to your doctor if you are **high-risk** for **complications** from COVID-19.

First aid kits and **blood pressure monitors** will be available at multiple locations at the campsite.

If you have **EpiPens**, please bring them, these will not be available at the campsite. Please remember to **bring other medications** that you may need.





On-site Doctors

The following **Doctors** have graciously agreed to be **available** on site for any emergencies throughout the retreat program (**Saturday, September 2nd, 10 AM to September 4th, Monday 12 noon**).



Doctor's Name	Campsite Accommodation	Contact Number
Dr. Disha Saharia	Cabin - C2	(832) 302-8101
Dr. Ashish Saharia	Cabin - O2	(713) 882-2997
Dr. Shaili Singh	Infirmary - HH8	(512) 587-6355

Nearest Hospitals

Hospital Name	Address	Emergency Phone Number
Ascension Providence Hospital	<u>6901 Medical Pkwy</u> <u>Waco TX 76712</u>	(254) 751-4180
Baylor Scott and White - Hillcrest	<u>100 Hillcrest Medical</u> <u>Bldv Waco TX 76712</u>	(254) 202-2000
Premier ER & Urgent Care	<u>9110 Jordan Ln</u> <u>Woodway TX 76712</u>	(254) 399-0740



Items to Bring

Required Items: Medications, Sneakers, soaps, toothpaste/brush, comb, shaving kit

Recommended Items: Water bottle, flashlight, chargers, umbrella/poncho, sunscreen, insect repellent, jacket/sweater

For Cabin accommodations Only:

Blankets, pillows, bedsheets

For **Motel accommodations**, we will have the linens that include bed cover, pillow, pillowcase, towel and blanket.

Please **note** that all cabin accommodation assignments are gender based, and so it is advisable to pack one's own belongings in separate baggage.





For Infants/Toddlers

Parents will be responsible for the supervision of their children at all times.

You may bring special food for your child. However this food can not be consumed/opened in the main hall or common dining halls due to kosher guidelines in place at the retreat site.

Parents group can take turns to either watch the children or join the program. Please look out for the WhatsApp group 'LDR23-SaiPlayCareForPre-SSEChildren' under the community 'LDR R10 2023 Retreat' for more information.

Instructions for SSE Children

Children in SSE groups I through IV will have parallel camp, following a separate schedule.

Children must maintain discipline, as well as listen and follow instructions of the SSE session instructors.

Detailed guidelines of SSE children are available at sairegion10.org/retreat website.

<http://sairegion10.org/retreat>





Dress Code

- **Modest** and appropriate for a serene, spiritual occasion.
- **Whites** are highly recommended for **men**.
- **Covered shoes** are recommended for everyone.



Available at Campsite

- **Lost & Found** inside Bookstore
- **Wheelchairs** (limited in numbers)
- **Doctors on call**
- **First Aid box** Locations at *day time*
 - Performance Arts Center
 - Dining Hall
 - SSE Area
- **First Aid boxes** during *night time*
 - will be with all doctors



Contact Information

Registration Inquiry

- **Bimal Nanda** : (214) 541-7381
- **Mahesh Rege** : (832) 314-6023

SSE Program

- **Suja Josiam** : (214) 695-6825

YA Program

- **Prasanna Narayanan Srinivasan** : (972) 987-7625
- **Meera Rangaswamy** : (832) 875-9520

Devotional Program

- **Murali Kotikalapoodi** : (469) 605-4084

Service Activities

- **Shiva Prasad Vankammamidi** : (408) 750-6582

Program Inquiry

- **Shyam Kanagala** : (817) 470-7668
- **Mahesh Rege** : (832) 314-6023





Jai Sairam!