



NEWS RELEASE

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For Immediate Release

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Taking Care of You Conference July 14th at McCook Community College

Nebraska Lifespan Respite Network (Southwest Service Area) is holding the “Taking Care of You” conference on Friday, July 14th at McCook Community College. “This conference is designed for numerous participants,” explains Helena T. Janousek, Respite Coordinator. “Caregivers who care for someone 24/7 and respite providers who assist caregivers by giving them a break.” This event will give emotional, physical, spiritual and mental respite that is so vital for self-care.

Due to the support of McCook Community Foundation Fund, Region II Developmental Disability Council and Hatch’s Foods of Grant, the registration cost is only \$10 per person which includes outstanding speakers, hands-on sessions, vendors, snacks, lunch and entertainment.

You do not have to be involved with the Nebraska Lifespan Respite Network to attend the conference. Registrations can be made contacting Sharon Kircher, Business & Community Education at McCook Community College 308-345-8123.

Headliner for the conference is Julie Masters, professor and chair of the department of gerontology at the University of Nebraska Omaha. Julie will address the many issues and opportunities facing our aging population, including independence, health changes and end-of-life planning.

Several sessions are for providers (that give caregivers a break) which include: online training, emergency preparedness and sensory overload experiences.

Jennifer Miller of PTI Nebraska, is presenting on autism interactions for caregivers and another session for respite providers working with autistic individuals. Becky Wiemers, LCSW of Unified Therapy Clinic will share valuable information on mental health diagnosis and appropriate interactions.

Several sessions will cater to caregivers: healthy eating, a Mary Kay Makeover, card creations, personality testing, scrapbooking, scarves and Tai Chi.

Attendees can also register for a free health screening with an explanation of their results during the “Know Your Numbers” session. Call Denise at 308-345-4223 to schedule your time for the Target Your Health screening.

A special incentive was donated to the Respite Conference to encourage attendance. A handcrafted wooden flag will be the grand door prize among participants in the “Taking Care of You Conference” at the closing session. “We are so grateful for the talents of Matt Brown and his support of the Respite program,” shares Janousek. “You can view a photo of the flag on our website at www.respitesw.ne.gov .”

According to the National Family Caregivers Association, in any given year, over 65 million people provide some level of caregiving services. Of today’s family caregivers, 40% provide some level of nursing support.

A caregiver is a person who cares for someone who has a long-term or lifelong physical or psychological challenge. Respite can occur in many different ways and places depending on the needs of the caregiver and the person they are caring for. Respite allows the family caregiver an opportunity to have time to do what is needed to take care of themselves, thereby helping relieve stress in the family.

For additional information on respite, contact Janousek at 1-866-RESPITE(737-7483) or 308-345-4990. Nebraska Respite Network – Southwest Service Area is located at 404 West 10th Street, McCook – one block north of Arby’s. Respite provider and caregiver information can be found on the web site. You can also follow us on Facebook.com/respitesw or Twitter@NebraskaRespite .

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