

## NEWS RELEASE

January 28, 2019

For Immediate Release

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[respite@swhealth.ne.gov](mailto:respite@swhealth.ne.gov) “We Care for Those Who Care for Others”

### **Nebraska Respite Network and El Dorado Manor Hosting Murder Mystery Dinner**

Nebraska Respite Network (Southwest Service Area) and El Dorado Manor are planning a Valentine’s Day Murder Mystery Dinner on February 13<sup>th</sup> from 6:30-8:00 pm at El Dorado Manor in Trenton, Nebraska. “This evening is designed to give Family Caregivers a short break,” explains Helena T. Janousek, Respite Coordinator. Caregivers will be able to partake in the Mystery Dinner while loved ones participate in their own activity.

Respite provides family caregivers a break from taking care of a loved one 24 hours a day, 7 days a week. Many people do not realize that they need a break or that they could receive help from Respite. Families may qualify for respite services that care for someone with one of many diagnoses, the following for example:

- Alzheimer’s/Dementia
- Anxiety, Depression
- Attention deficit hyperactive disorder (ADHD)
- Autism spectrum
- Bipolar or aggressive/disruptive behaviors
- Developmental Delay/Intellectual disabilities
- Medical conditions like stroke, seizures, or cancer
- Parkinson’s Disease
- Reactive Attachment Disorder (RAD)
- Children with individualized education plans (IEP) may also qualify for respite care.

The registration cost is only \$10 per person which includes a lasagna dinner and a Mystery game. Cost is free for caregivers, who are encouraged to bring their loved ones for a night of respite.

You do not have to be involved with the Nebraska Lifespan Respite Network to attend the dinner. Space is limited. Registrations can be made by contacting Southwest Nebraska Public Health Department at 308-345-4223 or at 404 West 10<sup>th</sup> Street in McCook.

For additional information, contact Janousek at 1-866-RESPITE (737-7483) or 308-345-4990. Nebraska Respite Network – Southwest Service Area is located at 404 West 10<sup>th</sup> Street, McCook – one block north of Arby’s. Respite provider and caregiver information can be found on the website [www.respitesw.ne.gov](http://www.respitesw.ne.gov). You can also follow us on Facebook.

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