

News Release

June 7, 2022

For Immediate Release

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Caregiver Retreat June 24th at Mid-Plains Community College South Campus

Nebraska Lifespan Respite Network (Southwest Service Area) is hosting a Caregiver Retreat on June 24th in North Platte at the South College campus. This free event is being held to give family caregivers a day to relax and take a break from full-time caregiving. Activities will include fun crafts, inspirational speakers, games, and some pampering.

A caregiver is a person who cares for someone who has a long-term or lifelong physical or psychological challenge. Respite is a break for the caregiver, and can occur in many 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, which helps to relieve stress in the home.

A special incentive was donated to the Caregiver Retreat to encourage attendance - a handcrafted wooden flag will be raffled off during the closing session. “We are so grateful for the talents of Matt Brown, who donated the flag, and his support of the Respite program,” shares Paula Callahan, Respite Coordinator. “Registration for this event is open to the public, whether you are a family caregiver, someone who supports them, or anyone else. Everyone is welcome to come learn about self-care and enjoy a relaxing day.”

Register for the retreat by calling Paula at 308-345-4990 or email respite@swhealth.ne.gov. Raffle tickets for the handcrafted wooden flag are \$5 per ticket or 5 tickets for \$20. Send donations with your name and phone number to PO Box 1235, McCook NE 69001.

For additional information on respite, contact Paula Callahan at 308-345-4990. Respite provider and caregiver information can be found on the website www.swhealth.ne.gov or at respite.ne.gov. The Lifespan Respite Network Southwest Service Area serves Arthur, Chase, Dawson, Dundy, Frontier, Furnas, Gosper, Grant, Hayes, Hitchcock, Hooker, Keith, Lincoln, Logan, McPherson, Perkins, Red Willow, and Thomas counties and is located at 404 West 10th Street in McCook- one block North of Arby’s.

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