



## NEWS RELEASE

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***For Immediate Release***

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### **“Caregiver’s Night Out” in Trenton**

**Trenton** - The Nebraska Respite Network, Southwest Service Area is excited to announce “Caregiver’s Night Out” on Thursday, May 30<sup>th</sup>, 2013 from 5:30 to 7:00 pm CT. The event will be held at the Church of God in Trenton and is open to anyone who plays a role in the family caregiver process.

“We are excited to bring this opportunity to Hitchcock County and the surrounding area” states Helena T. Janousek, Respite Coordinator. “We hope caregivers enjoy this event to recharge, learn and meet others dealing with similar issues.”

Attendees will learn about Respite support opportunities available for them to have some time away from their caregiving duties in order to take care of themselves. The goal is to give caregivers a temporary break from caregiving so they can come back refreshed and ready to provide good care. Respite Services assists with finding a qualified provider to come into the home, take care of an individual with special needs, and give the primary caregiver a temporary break.

“Caregiver’s Night Out will include some pampering, sharing of experiences and goodies,” states Janousek. “It is so important for caregivers to not burn out. Don’t miss this chance to get your batteries recharged!”

The Nebraska Respite Network provides a statewide system for the coordination of respite resources serving individuals across the lifespan. The Southwest Service Area serves Arthur, Chase, Dawson, Dundy, Frontier, Furnas, Gosper, Grant, Hayes, Hitchcock, Hooker, Lincoln, Logan, Keith, McPherson, Perkins, Red Willow and Thomas counties.

For more information visit us on the web at [www.swhealth.ne.gov](http://www.swhealth.ne.gov). e-mail Helena at [respite@swhealth.ne.gov](mailto:respite@swhealth.ne.gov). or call 308-345-4990.

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