



## NEWS RELEASE

July 22, 2013

### ***For Immediate Release***

Contact: Helena T. Janousek, 866-737-7483 or email: [respite@swhealth.ne.gov](mailto:respite@swhealth.ne.gov)

## **Statewide Caregiver Retreat in Scottsbluff**

Nebraska Respite Network is pleased to announce their statewide Caregiver Retreat, “**A Time for You**” will be held September 17-18, 2013, at the Trails West YMCA Camp in Scottsbluff, Nebraska.

“Anyone who cares for a person with special needs of any age should attend,” explains Helena T. Janousek, Respite Coordinator. “As a family or professional caregiver, you are essential to the independence and well-being of a person who depends on you. But, who takes care of you?” This two-day retreat will give caregivers an emotional, physical, spiritual and mental respite that is so vital. Participants will have the opportunity to reflect, re-energize and create.

Caregiver presentations include: Stress Management, the Changing Identity of Caregivers, and “A Caregiver’s Journey” shared by several caregivers throughout the retreat. Participants can explore the area with caregiver visits to Riverside Zoo and Scotts Bluff National Monument.

“Make your time as structured or unstructured as you want,” encourages Janousek. “Choose from activities such as nature walks, manicures, scarf making, fishing and scrapbooking. Enjoy special entertainment in the evening with Wayne and Wingnut.” Bring friends and family to experience “**A Time for You**”. Respite options and funding are provided, allowing you to relax and receive all the benefits of the retreat. Respite services will not be available on-site.

Cost of the two-day retreat is \$10.00 for family caregivers and \$50 for professionals and respite providers. This includes meals, presentations, and planned activities. You can register online at [www.panhandlepartnership.com/training-academy.html](http://www.panhandlepartnership.com/training-academy.html) or contact Janousek for registration forms at 866-737-7483 or email: [respite@swhealth.ne.gov](mailto:respite@swhealth.ne.gov). Deadline is August 30<sup>th</sup>.

Lodging costs are the responsibility of the registrants. A block of rooms are reserved at Monument Inn & Suites in Gering. To reserve a room, call 308-436-1950. Riverside Campground is located adjacent to Trails West YMCA Camp. Call 308-632-6342 for reservations. There are a limited number of lodging scholarships (\$25.00) to assist with cost of your lodging. Call Sherri Blome at 308-432-8190 to request a lodging scholarship.

For more information regarding Nebraska Respite Network, contact Helena T. Janousek, your local coordinator by calling 866.RESPITE (866.737.7483) or visit [www.respitesw.ne.gov](http://www.respitesw.ne.gov).

###