

NEWS RELEASE

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For Immediate Release

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Alzheimer's Night Out

McCook- The Nebraska Respite Network, Southwest Service Area along with Ann Barger, McCook Alzheimer's Support Group Coordinator are excited to announce the "Alzheimer's Night Out" on March 13, 2012 from 4:30 to 6:30 pm. The event will be held at Southwest Nebraska Public Health Department located at 404 West 10th, (one block North of Arby's) in McCook. This event is open to anyone who plays a role in the family caregiver process for a loved one with Alzheimer's.

"We are excited to bring this opportunity to McCook" 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.

"Every caregiver needs respite time to reduce stress. If they don't, they will burn out. Being a caregiver can be an all-consuming job. If you let it consume all of you, what will happen to the person in your care when you collapse? Respite is not a luxury, it is a necessity!" states Ann Barger, McCook Alzheimer's Support Group Coordinator.

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/respite or e-mail respite@swhealth.ne.gov. Contact Nebraska Respite at 308-345-4990 for more information or Ann Barger at 308-340-7904.

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