

NEWS RELEASE

March 20, 2012

For Immediate Release

Contact: Helena T Janousek, Respite Coordinator at 308-345-4990.

Caregiver Retreat

Ogallala – A Caregiver Retreat sponsored by the Nebraska Respite Network will be held Wednesday & Thursday, April 25 & 26, 2012 at Quality Inn Hotel & Conference Center in Ogallala, Nebraska.

Anyone who cares for a person with special needs of any age should attend. As a family or professional care-giver, 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 you emotional, physical, spiritual and mental respite that is so vital. You will have the opportunity to reflect, re-energize and create.

Presenters include Julie Masters, Ph.D., Gerontology, University of Nebraska at Omaha; Alexandra Dillon, Associate Director, Alzheimer's Association, Great Plains Chapter; Judy Malone, M.S., Programming Manager & Professional Trainer; T. Marni Vos, President of Laughter's Echo, Inc. and Tracie Forman, Health Educator and Personal Trainer, Aging Partners.

Make your time as structured or unstructured as you want. Choose from daytime activities such as card making, scrapbooking and chair massages. Vendors throughout the state will be joining us to give caregivers information on how and where to find the help and support they seek.

The cost of the two-day retreat is \$90 which includes meals, presentations, handouts, planned activities. Six CEUs for professionals are available. If needed, scholarships are available to family caregivers. Call Sue Bochart at 1.800.736.7491 x145 to discuss scholarships. This is "A Time for You". Bring your friends and family. They could use a break too. 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.

Lodging is provided at Quality Inn Hotel & Conference Center (Platte River Inn). To reserve a room, call 800-573-7148 and mention the Caregiver Retreat for a discounted rate of \$59.95.

For more information regarding Nebraska Respite Network, contact Helena T. Janousek, Respite Coordinator at 308-345-4990 or call 1-866-RESPITE or respite@swhealth.ne.gov. More information can also be found at www.swhealth.ne.gov/respite.

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