



**NEBRASKA RESPITE NETWORK**  
**1-866-RESPITE**

## NEWS RELEASE

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For Immediate Release

Contact: Helena T. Janousek, Southwest Service Area Respite Coordinator – 308-345-4990  
[respite@swhealth.ne.gov](mailto:respite@swhealth.ne.gov) “We Care for Those Who Care for Others”

### **National Caregivers Month with Nebraska Respite Network**

Nebraska Respite Network (Southwest Service Area) is celebrating National Family Caregivers Month in November. Southwest Service Area Respite Coordinator, Helena T. Janousek is inviting caregivers in her 18-county area to an appreciation luncheon.

On Wednesday, November 18<sup>th</sup> from 11:30 a.m. to 1:00 p.m. at Great Plains Health Education Center in North Platte, caregivers are provided lunch and will enjoy an uplifting presentation. Julie Masters, PhD from the University of Nebraska Omaha, will be the event speaker. Your attendance requires a RSVP by November 13<sup>th</sup> to 308-696-7918 or 308-696-7544. The caregivers’ appreciation luncheon is sponsored by Great Plains Health Care Foundation, Great Plains Health and Nebraska Respite Network, Southwest Service Area.

“Our organization is pleased to have this opportunity to recognize the valuable role that caregivers serve in our communities,” shares Janousek. “One of the most important attributes we can share is to be an advocate for our loved ones. To speak up for those that do not always have a voice is a gift we can all give,” encourages Janousek.

Respite is growing in awareness but the need for more caregivers and providers to them a break, is a constant. According to the National Family Caregivers Association, in any given year, over 65 million people provide some level of caregiving services. Of today’s family caregivers, 40% provide some level of nursing support.

“Caregivers and providers can make a tremendous difference in the lives of our loved ones,” explains Janousek. “It is a privilege to interact with so many caregivers and providers that have an enormous impact on families in Nebraska. I applaud the level of dedication shown by them and encourage everyone to take a moment to thank those serving as caregivers in your own community.”

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

For additional information, contact Janousek at 1-866-RESPITE(737-7483) or 308-345-4990. Nebraska Respite Network – Southwest Service Area is located at 404 West 10<sup>th</sup> Street, McCook – one block north of Arby's. Respite provider and caregiver information can be found on the web site [www.respitesw.ne.gov](http://www.respitesw.ne.gov) . You can also follow us on Facebook.com/respitesw or Twitter@NebraskaRespite .

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