



NEWS RELEASE

December 9, 2016

For Immediate Release

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

Nebraska Respite Network Partnering with Elwood Hometown Market

Nebraska Respite Network (Southwest Service Area) is partnering with area grocery stores to share information on respite. Southwest Service Area Respite Coordinator, Helena T. Janousek is traveling throughout her 18-county area to deliver grocery bags and meet the public.

Janousek will be in Elwood to deliver respite grocery bags to Elwood Hometown Market on Wednesday, December 21st. She will be available from 10:00 to 11:00 a.m. to answer questions about the Respite program and you can “spin the wheel” for a prize at Elwood Hometown Market.

Respite provides family caregivers a break from taking care of a loved one 24 hours a day/7 days a week. Many people do not realize that they need a break or that they could receive help from Respite. Grandparents often fall into this category, as they may be raising grandchildren with various disorders, such as: autism spectrum, reactive attachment (RAD), attention deficit hyper (ADHD), bipolar, and aggressive or disruptive behaviors. Children with individualized education plans (IEP) may also qualify for respite care.

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 10th Street, McCook – one block north of Arby’s. Respite provider and caregiver information can be found on the website www.respitesw.ne.gov . You can also follow us on Facebook.com/respitesw or Twitter@NebraskaRespite.

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