



NEBRASKA RESPITE NETWORK
1-866-RESPITE

NEWS RELEASE

November 1, 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”*

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 family caregivers in her 18-county area to an on-line Family Caregiving Fair.

On Thursday, November 17th from Noon to 3:00 p.m. CT caregivers can connect with fellow family caregivers and view helpful tips, resources and information to help you care for a loved one. “Caregivers can visit with representatives from government agencies, non-profit organization and AARP programs,” explains Janousek. “A live webinar will feature Sherri Snelling and Holly Robinson-Peete, sharing their caregiving experiences. You can get all of this from the comfort of your home through your computer with a network connection at www.aarp.org/familycarefair .”

“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.

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 can make a tremendous difference in the lives of our loved ones,” explains Janousek. “It is a privilege to interact with so many caregivers 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 10th Street, McCook – one block north of Arby's. Respite provider and caregiver information can be found on the web site www.respitesw.ne.gov . You can also follow us on Facebook.com/respitesw or Twitter@NebraskaRespite.

####