



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

“Respite Road Tour” Winners

Nebraska Respite Network (Southwest Service Area) Coordinator, Helena Janousek was on a “Respite Road Tour” in November to visit and take photos with caregivers, care recipients and providers in her 18-county area. A respite photo contest was conducted that you could email, mail or post a “selfie” with your loved one (care recipient) and/or provider on Facebook.com/respitesw or Twitter@NebraskaRespite.

Winners of the contest include:

Karen Licking, Tryon - \$50 gift card

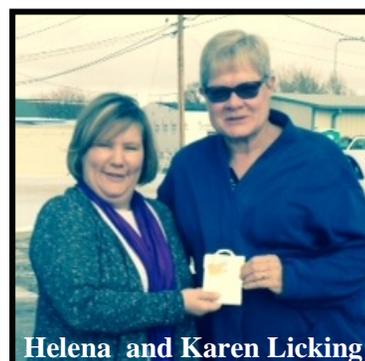
Laura Wolken, North Platte – Respite goodie bag

Kelly & Isaiah McCauley, Trenton – Respite Goodie Bag & t-shirt

“Thank you to everyone who entered the contest,” shared Janousek. “I enjoyed visiting with Respite caregivers, care recipients, providers and Respite partners. The participation through ‘selfie’ photos created a lot of enthusiasm for our organization.” Photos can be viewed on the Respite Facebook page located at Facebook.com/respitesw. Respite Road Tour will become an annual event to celebrate National Caregivers Month every November.

Janousek made stops at the Cozad School District office, Heartland Counseling in Ogallala, Logan County Courthouse in Stapleton, McKinley Education Center in North Platte, McPherson County Courthouse in Tryon and hosted one at the SWNPHD office in McCook. If you are interested in hosting a Respite Road Tour location next year, contact Janousek at 308-345-4990, 1-866-RESPITE(737-7483) or email: respite@swhealth.ne.gov.

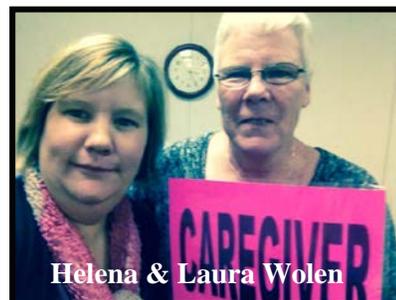
Respite is growing in awareness but the need for more caregivers and providers to them a break, is a constant. According to the National Family Caregivers Association, in any given year, over 65 million people provide some level of caregiving services. Of today’s family caregivers, 40% provide some level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



Helena and Karen Licking



Kelly & Isaiah McCauley



Helena & Laura Wolen

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.

Respite provider and caregiver information can be found on the web site at: www.respitesw.ne.gov . You can also follow us on Facebook.com/respitesw or Twitter@NebraskaRespite. Nebraska Respite Network – Southwest Service Area office is located at 404 West 10th Street, McCook – one block north of Arby's.

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