



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

## NEWS RELEASE

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For Immediate Release

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### “Respite Road Tour” with Nebraska Respite Network

Nebraska Respite Network (Southwest Service Area) is celebrating National Family Caregivers Month in November. To spread the word about respite, Southwest Service Area Respite Coordinator, Helena T. Janousek, will be on a “Respite Road Tour” to visit and take photos with caregivers, care recipients and providers in her 18-county area. A respite photo contest is being conducted with prize drawings for a \$50 gift card, respite goodie bags and t-shirts.

To enter the contest you can email, mail or post a “selfie” with your loved one (care recipient) and/or provider on Facebook.com/respitesw or Twitter@NebraskaRespite. Your name and all those identified in the “selfie” will be entered to the drawing for each picture submitted. Deadline is December 1<sup>st</sup>. Rules for the contest can be found on the Respite website: [www.respitesw.ne.gov](http://www.respitesw.ne.gov).



Selfie with Helena Janousek and Cheryl Bales, Developmental Disabilities Supervisor.

Janousek will be at the following locations to meet with Respite caregivers, care recipients, providers and those interested in learning more about the Respite program. You can also get signed up as a provider that gives a “caregiver” a break.

November 12 <sup>th</sup>	12:30 – 2:00	School District Office - Cozad (1910 Meridian Ave)
November 14 <sup>th</sup>	11:00 – 1:00 MT	Heartland Counseling - Ogallala (401 West 1 <sup>st</sup> Street)
November 17 <sup>th</sup>	1:00 – 4:00	Logan County Courthouse - Stapleton (317 Main St)
November 18 <sup>th</sup>	3:30 – 4:30	McKinley Ed Center - North Platte (301 West F Street)
November 19 <sup>th</sup>	10:00 – 2:00	SWNPHD office - McCook (404 West 10 <sup>th</sup> )
November 24 <sup>th</sup>	1:00 – 4:00	McPherson County Courthouse - Tryon (500 Anderson St.)

Every person will get to “Spin the Respite Wheel” for a prize at each “Respite Road Tour” location. You will get two additional entries into the drawing by getting your photo taken with Janousek.

“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

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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