

## NEWS RELEASE

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For Immediate Release

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### **Nebraska Respite Network Celebrates Caregivers**

McCook – Nebraska Respite Network (Southwest Service Area) is pleased to celebrate National Family Caregivers Month in November. They have designated Tuesday, November 5<sup>th</sup> as a day to celebrate “people who care for others” with a proclamation signing event in Lincoln.

“Our organization is pleased to have this opportunity to formally recognize the valuable role that caregivers serve in our communities,” shares Respite Coordinator, Helena T. 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 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 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 southwest Nebraska. I applaud the level of dedication shown by caregivers 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 & Twitter.

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