

Reflect • Energize • Create • Learn



"I want to thank those involved in organizing this retreat for the family caregivers who play an important role in the daily lives of many Nebraskans with special needs. Their contributions and that of respite professionals across our state help enable loved ones of all ages to live safely at home. This event will provide the resources and support needed to help caregivers fulfill this important mission."

Governor Dave Heineman

Respite:

Respite means taking time for you. Bring your friends and family - they could use a break, too. Respite options and funding are provided, allowing you to relax and receive all the benefits of the retreat.

Lodging at Mahoney Lodge:

For room reservations, call **402-944-2523, ext. 1**. Payment must be made at the time of your reservation. A 30-day cancellation is required for a partial refund.

Nearby motel options:

Comfort Inn, I-80 to exit 440 (Omaha) at (402) 896-6300
Super 8 Motel, I-80 to Exit 432 (Gretna) at (402) 332-5188

Costs/Scholarships:

The cost for the two-day retreat is \$90 and includes meals, presentations, handouts, planned activities, and CEU's for professionals. Lodging costs are the responsibility of the participant. Respite services for people with special needs and daycare for children will not be provided at the retreat. Call your local Nebraska Respite Network coordinator to inquire about assistance for such services. **If needed, inquire about room and registration scholarships available to family caregivers to attend the retreat by calling 1-800-736-7491 Ext. 145.**

CEUs:

Seven CEUs will be available for professionals (RN, social workers and administrators).

Brought to you by:

Sponsors: The Nebraska Respite Network, the YWCA-Lincoln, Partnerships in Aging, Inc., Central Nebraska Community Services, Care Consultants for the Aging - Lincoln, and Mosaic of Omaha

Co-Sponsors: Triumph Home Health Supplies, Educational Service Unit #3, Tabitha Elder Care Services, Catholic Health Initiatives, Gentiva Health Services, New Cassel Retirement Center, Home Access Solutions, Good Samaritan Society, Physicians Choice Home Health, Care Consultants for the Aging, and Lexington Assisted Living Center.



A Time for you Caregiver Retreat

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*Mahoney State Park
Ashland, Nebraska*

(Exit 426 off I-80)

**Wednesday & Thursday
April 24 & 25, 2013**

Two day retreat for family caregivers and the professionals that assist them.



Registration Form

Registration deadline: **March 29, 2013**

Yes, I look forward to attending!
Please make copies of this form for additional attendees. Send all registrations and payments together.

Please type or print.

Name: _____
Title: _____
Organization: _____
Street: _____
City: _____
State: _____ ZIP: _____

Phone: _____

E-mail: _____

Number attending at \$90 each = Total \$ _____

Total CEUs Requested: _____

Mail Registration Form and Payment to:

Central Nebraska Community Services
Attention: Sue Bochart
PO Box 509
Loup City, NE 68853



Reminder: Lodging and care accommodations are the responsibility of the registrant.

Event Schedule

Wednesday, April 24, 2013

- 9:00 a.m. **Retreat Registration**
- 10:00 a.m. **Welcome!**
- 10:15 a.m. **Using Music in the Caregiving Journey**
Tami Briggs, Therapeutic Harpist
- 11:30 a.m. **Lunch/Speaker: Finding Meaning and Purpose Despite the Challenges of Caregiving**
Julie Masters, UNO Department of Gerontology
- 1:00 p.m. **Enjoyment Hours**
- 3:30 p.m. **Oh, Yes You Can!**
Sister Marie Micheletto, Mercy of the Americas
- 5:00 p.m. **Resource Fair**
with hors d'oeuvres and beverages
- 7:00 p.m. **Wine and Beer Tasting OR Movie and Popcorn**

Thursday, April 25, 2013

- 9:00 a.m. **Meditation in Motion**
with Tracie Foreman, Aging Partners
- 10:30 a.m. **Caring for the Caregiver: Holistic Self Care**
Nancy Nathenson, Madonna Rehabilitation Center
- 12:00 p.m. **Lunch/Speaker: The Astonishing Power of Appreciation**
Debbie Way, Roper and Sons
- 1:30 p.m. **Health, Healing and Humor**
T. Marni Vos, Humorist
- 2:30 p.m. **Closing Remarks**

Who should attend?



Anyone who cares for a person of any age with special needs. As a family or professional caregiver, you are integral to the independence and well being of a person who depends on you.

But...who takes care of you?

This two-day retreat will give you emotional, physical, spiritual and mental respite that is so vital to your well-being. You will have the opportunity to reflect, re-energize, and relax.

What will you learn?

- New techniques of self-care
- New techniques for relaxation
- Activities to enjoy with your loved one
- How to raise your self-esteem and the self-esteem of your loved ones
- Constructive ideas for future success as a caregiver

Enjoy time for yourself! You deserve it!

Make your time as structured as you want. Choose from activities such as: attending a resource fair, art therapy, music therapy, massages, manicures, beading, card-making, hiking, visiting the conservatory and/or observation tower, wine and beer tasting, movie and popcorn, and much more!