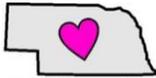




PPHHS Training Academy
PO Box 337
Hemingford, NE 69348



NEBRASKA RESPITE NETWORK
1-866-RESPITE

Register today for...
A Time for You
Family Caregiver Retreat
Sept. 17 & 18, 2013

Trails West YMCA Camp
Scottsbluff, Nebraska

A Time for You



COMMENTS FROM
PAST PARTICIPANTS

Tuesday & Wednesday
Sept. 17 & 18, 2013
Trails West YMCA Camp
Scottsbluff, NE

Making learning fun – I haven't laughed that much!
Everyone was compassionate and understanding and had a heart.
Enjoyed the day, wonderful presenters!
The experience of the instructors was great.
Just keep it going and expand.
Interesting speakers!

Who Should Attend?

Anyone who cares for a person of any age with a special need. 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. You will have the opportunity to reflect, energize and create. We are excited that this retreat will bring a lot of caregiver expertise. After all, who better knows what you are going through?

Activities Offered

- **A Caregiver's Journey**
- **Stress Management**
- **Learn How to Make a Scarf (supplies provided)**
- **Scrapbooking time (bring your pictures and any tools you have)**
- **How Animals are Important for Everyone**
- **The Changing Identity of Caregivers**
- **Group Nature Walk**
- **Enjoy Riverside Zoo (complimentary Zoo Pass)**
- **Visit Scotts Bluff National Monument (complimentary pass)**
- **Enjoy a special performance with Wayne and Wingnut**

Enjoy Time for Yourself

Make your time as structured or unstructured as you want. Trails West YMCA Camp is located near Riverside Zoo and there is a great walking trail as well as a lake for fishing. Also be sure to visit the Scotts Bluff National Monument or visit Chimney Rock which is nearby. Our goal is for you to be able to network with other caregivers and providers and relax and enjoy the beauty of Western Nebraska.



Event Schedule

All times are Mountain Daylight Time

September 17

- 8:00 a.m. **Breakfast and Registration** Jane E. Fliesbach Retreat Center
- 9:00 a.m. **Introductions / Welcome**
- 9:30 a.m.. **Choose Your Activity**
Manicure /Nature Walk/Exercise with Caregiver Judy Malone/Visit Riverside Zoo (passes provided)
- 10:30 a.m. **Switch Activities**
Manicure/Scarf Making with Caregiver Nancy Aufdengarten/Nature Walk/Visit Riverside Zoo (passes provided)
- 11:30 a.m. L u n c h
- 12:15 p.m. **A Caregiver's Journey** with Caregiver Sue Pavlick
- 1:15 p.m. **Break**
- 1:30 p.m.. **Stress Management** with Carol Sinner of the Aging Office of Western Nebraska
- 2:30 p.m. **Choose Your Activity**
Visit Riverside Zoo/Scrapbooking with Jinx Hackler/Nature Walk
- 3:30 p.m. **Free time (Visit Scotts Bluff National Monument – passes provided)/Fishing on your own at the Lake near the camp**
- 6:00 p.m.. **Supper and Entertainment with Wayne and Wingnut**
- 7:30 p.m. **Optional movie in the Retreat Center**

September 18

- 7:00 a.m.. **Breakfast then travel to HATC Building on WNCC Campus**
- 8:00 a.m. **The Changing Identity of Caregivers** with Julie Masters of UNO Gerontology Dept. – HATC Room 188
- 9:30 a.m. **Choose Your Activity**
Manicures/Continue on your scarf with Caregiver Nancy Aufdengarten/Continue your scrapbook page with Jinx Hackler/Coordinator led Nature Walk
- 10:30 a.m. **Choose Your Activity**
Manicures/Nature Walk/Exercise with Caregiver Judy Malone/Visit Riverside Zoo
- 11:15 a.m. How Animals are Important for Everyone – Zoo
- 12:15 p.m. **Luncheon – A Caregiver's Journey with Caregivers Charlie and Gloria Kennedy**

Respite

This is “A 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. Families select in-home or out-of-home care that best meets their loved ones’ needs. Respite services will not be available on-site. Please call **1.866.RESPITE (737.7483)**. Ask for respite funding to attend the retreat.

Lodging Options

We have a block of rooms at Monument Inn and Suites, 1130 M Street, Gering, NE. Ask for Caregiver Retreat rate which is \$80.64 per night. Rooms have a refrigerator, microwave, coffee service, free high speed internet, expanded cable and free local and long-distance calling. Complimentary breakfast is included.

The Riverside Campground is located adjacent to the Trails West YMCA Camp. If you would like to camp the rates are \$20.00 per night for full hook-up, \$15.00 per night for electric and water or \$10.00 per night for electric **or** water. Campground offers free Wi-Fi and access to picnic shelters, arboretum, fishing ponds and disc golf course. Reservations can be made by calling 308-632-6342.

Costs & Scholarships

Thanks to our sponsors the cost of this 2-day retreat is only **\$10.00 for family caregivers** and **\$50 for professionals and respite providers** which includes meals, presentations and planned activities. There are also a limited number of lodging scholarships (\$25.00 toward lodging) to assist with the cost of your lodging. Contact Sherri Blome at (308) 432-8190 to request a lodging scholarship.

CEUs

Because of the retreat format we are not offering CEUs. Instead we hope you will come relax and enjoy the camaraderie of other caregivers.

Registration Form

Registration deadline: August 30, 2013

Please make copies of this form for additional attendees. Send all registrations and payments together. Please type or print.

You may also register online at www.panhandlepartnership.com/training-academy.html

Yes, I will attend!

Name: _____

*T-Shirt Size: Please Circle S M L XL XXL

I am a Caregiver for: Child Adult Elderly

I am a Respite Provider

I am a Professional Provider

Title: _____

Organization: _____

Street: _____

City: _____

State: _____ ZIP _____

Phone: _____ FAX _____

E-Mail: _____

_____ Caregivers attending @ \$10 each = Total \$ _____

_____ Professionals attending @ \$50 each – Total \$ _____

If you would like a t-shirt please add \$8.00 \$ _____

Please make checks payable to:

PPHD

Mail registration form and payment to
Panhandle Public Health District
ATTN: Erin Sorensen
PO Box 337
Hemingford NE 69348
Or online at www.panhandlepartnership.com



Partial funding provided by a grant from the Nebraska Department of Health and Human Services.

