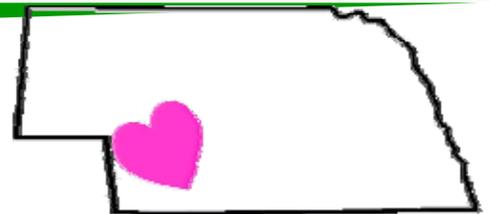


"We Care for Those Who Care"

Serving, Arthur, Chase, Dawson, Dundy, Frontier, Furnas, Grant, Gosper, Hayes, Hitchcock, Hooker, Keith, Lincoln, Logan, McPherson, Perkins, Red Willow and Thomas Counties.



Nebraska Respite Network
1 866 RESPITE

Fall 2011

PROVIDER/CAREGIVER NEWSLETTER



Caregiver Day of Support

Inside this

Unscramble	3
Caregiver Packets	1
Upcoming Events	1
Caregiver Corner	2
Notes from the Respite Coordinator's Desk	3
Becoming a Provider	2

Saturday October 8, 2011 the Nebraska Respite Network, Southwest Service Area along with Mid-Plains Community College, Center for Enterprise hosted their annual "Caregiver Day of Support." Participants from the McCook, North Platte and Kearney area enjoyed a fun filled day of chair massages, yoga, vendors and presenters. The day offered caregivers a day to relax and recharge. Presenters included Julie Masters PhD from University of Nebraska at Omaha, Department of Gerontology, and National Speaker Laura Hilty from Loup City, Nebraska.

Vendors from Area Agency on Aging, Apria, Community Hospital, Southwest Nebraska Public Health Department, FROG, Frontier Home Medical and more joined us to give caregivers information on how and where to find help and support they seek.

RECHARGE



RELAX



INFORM

Family Caregiver Retreats

⇒ *Ogallala, NE on April 25 -26, 2012*

Contact Information

Western Area - Sherri Blome

(308) 432-8190 ext.100

specialprojects@wchr.net

⇒ *Mahoney State Park on October 2 - 3, 2012*

Contact information

Eastern Area -Chris Stewart

(402) 996-8444

omaha.respiteresources@yahoo.com

Proclamation Signing

⇒ *Omaha, NE on November 18, 2011*

Contact Information

Chris Stewart

(402) 996-8444

omaha.respiteresources@yahoo.com

Emergency Respite Funds:

Emergency Respite Funds will be used only for **Emergency Situations** which is defined as an unforeseen circumstance that calls for immediate action or an urgent need for assistance or relief.

Respite Days:

We will pay for up to 8 hours of Respite Care, the first weekend of the month, allowing caregivers to put themselves first!

Applications are available online on our website or on Facebook

Caregiver Packets

Caregiver Packets are available at the Respite Office.

Packets include:

- * Respite Tips
- * Providers: Preparation and Selection
- * Helpful Forms
- * Nebraska Respite Forms

Give us a call or e-mail and we will send you a packet.

1-866-RESPITE or respitesw@healthdept.com

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Caregiver Corner



Tips to Prevent Holiday Stress & Depression

Acknowledge your feelings. If someone close to you has recently died or you can't be with loved ones, realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.

Reach out. If you feel lonely or isolated, seek out community, religious or other social events. They can offer support and companionship. Volunteering your time to help others also is a good way to lift your spirits and broaden your friendships.



Be realistic. The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children can't come to your house, find new ways to celebrate together, such as sharing pictures, emails or videotapes.

Set aside differences. Try to accept family members and friends as they are, even if they

don't live up to all your expectations. Set aside grievances until a more appropriate time for discussion. And be understanding if others get upset or distressed when something goes awry. Chances are they're feeling the effects of holiday stress and depression too.

Stick to a budget. Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts. Try these alternatives: Donate to a charity in someone's name, give homemade gifts or start a family gift exchange.

Plan ahead. Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. That'll help prevent last-minute scrambling to buy forgotten ingredients. And make sure to line up help for party prep and cleanup.

Learn to say no. Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity. If it's not possible to say no when your boss asks you to work overtime, try to remove something else from your agenda to make up for the lost time.

Don't abandon healthy habits. Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt. Have a healthy snack before holiday parties so that you don't go overboard on sweets, cheese or drinks. Continue to get plenty of sleep and physical activity.

Take a breather. Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Take a walk at night and stargaze. Listen to soothing music. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm.

Seek Professional help if you need it. Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional.

Does this sound like you?

- ◆ Sensitivity to the needs of both the family caregiver and their families
- ◆ Dependable and punctual
- ◆ Ability to react quickly and effectively in both routine and emergency situations
- ◆ Have sense of responsibility
- ◆ Ability to work with people in other professions
 - ◆ Sense of humor
- ◆ Ability to maintain confidentiality
 - ◆ Good communication skills with program staff and family caregivers
 - ◆ Patience, common sense, good judgment and the ability to avoid inappropriate involvement in family matters
- ◆ Empathetic concern

Consider becoming a Respite Provider

Respite Providers may offer their services on a voluntary basis or for a fee. Any fees charged are negotiated between the provider and the person requesting respite. Providers may decide the age group they would like to work with; types of special needs, disabilities, or maybe just families in crisis; if the service will be in the families or providers home, times available; gender, and the fee rate if any. Respite may be provided by individuals who have been approved to provide respite in their own home and/or the family's home. These, individuals are at least 19 years of age and have completed a screening process that includes: Application, references, background verification consisting of law enforcement, and central registry child/adult abuse.



Notes from the Respite Coordinator's Desk

Hello Everyone! Can you believe the holidays are right around the corner. These next few months are difficult times for everyone but especially for those of you that take care of loved ones with a long-term or life long disabilities. Please take the time to care for you. Remember to take a break so you can better care for others.

Caregiver Day of Support was a huge success. I want to thank everyone that was involved with this Special Day!

Please allow me the opportunity to visit with you, your staff, or community interested in learning more of the services the Nebraska Respite Network has to offer. It is important to educate everyone on the respite services available in your community. I would love to present at your club or organization. Call or email me to schedule a time.

Helena T. Janousek
Respite Coordinator



Unscramble The Respite Words

- * AEIERGVRC _____
- * VDREROPI _____
- * SPNLEFIA _____
- * WKNOETR _____
- * RASKANBE _____
- * MNII ANRTG _____
- * EEGRM YENC _____
- * TPIERSE YDSA _____
- * TAERTERS _____
- * DOOTROINRAC _____
- * RAICGN ETHRA _____
- * SWNEEETTRL _____
- * RKEAB _____
- * SITPEER _____
- * IFMALY _____
- * XLREA _____



Helena T. Janousek
Respite Coordinator
404 West 10th
PO Box 1235
McCook, NE 69001

 Find us on
Facebook

Nominations



The Southwest Service Area is accepting nominations for the *Caring Heart Award*! Please include name, address, contact information for caregiver and person making nomination, along with a brief explanation of how this person exhibits a “Caring Heart” in their community or to their family. This quarterly Award includes a shirt, bag of goodies and a certificate for dinner of your choice for two. E-mail respiteswhealthdept.com or mail to Nebraska Respite Network, PO Box 1235, McCook NE 69001 or call 1-866-RESPITE/308-345-4990.

