

"We Care for Those Who Care"

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



Nebraska Respite Network
1 866 RESPITE

SUMMER 2011

PROVIDER/CAREGIVER NEWSLETTER

Special points of interest:

- "Respite Days" New to the Southwest Service Area
- First Recipient of the Caring Heart Award Announced



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Caregivers: Put Yourself First, On Us!

We are proud to announce "Respite Days" are offered to caregivers in the Southwest Service Area. The Nebraska Respite Network will pay for up to eight hours or \$100 per family, of respite care for any caregiver needing a break. Any caregiver in the service area qualifies.

We are hoping this will be a great opportunity for caregivers to put themselves first the first weekend of the month. The dates for 2011

are set: July 8, 9, 10; August 5, 6, 7; October 7, 8, 9; November 4, 5, 6; and December 2, 3, 4.

Any providers utilized for Respite Days must have all necessary background checks on file with the Nebraska Respite network in order to be reimbursed for services.

Contact the Southwest Service Area for more information.

All necessary forms are available online and on Facebook!



SAVE THE DATE: October 8, 2011 Caregiver Day of Support

We are partnering with the Mid Plains Community College- Center for Enterprise to put on this relaxing and informative event for anyone who plays a role in the caregiver process.

This day of support is aimed at showing caregivers the abundant avenues of support that exist, and how to access the support when needed. Caregivers will go away with a new found sense of knowing they are not alone and ready to take on the challenges ahead of them.

Julie Masters PhD, University of Nebraska at Omaha department of Gerontology and Laura Hilty, National Speaker will be key note speakers. There will also be individualized break out sessions and relaxation activities throughout the day.

We will begin accepting registrations for this event **July 27th**

Online: register.centerforenterprise.com

Or call: 308-345-8122



We are always looking for other entities or organizations that might also want to play a role in this exciting event!

Contact us for more information!

Mini-Grant Recipients



Voices for Families, based out of North Platte, received \$5,557.91 in mini-grant monies to expand their OK2BU Youth Empowerment Day Camp sessions. Camps will be offered in McCook, Ogallala, and North Platte.



Trisha Weeth, owner of Little Blessings Childcare, of Curtis received \$2,305.00 in mini-grant monies to make her facility handicapped accessible by enlarging doorways and adding a wheelchair ramp.

We welcome all agencies and individuals who are interested in developing or expanding new or enhancing existing Respite programs to apply. This will increase the availability of Respite services and caregiver support to families across the Nebraska Respite Network, Southwest Service Area.

When awarded a mini grant, an agreement is signed to guarantee the service will be provided for a one year period. Financial reports and photos of the completed project must be provided.

Caregiver Corner

Getting the Most out of Respite

According to the June 2010 Edition of *Respite Services* a brochure developed by University of Utah and California State University, San Bernardino, found of all the services caregivers seek to utilize, respite care was the most desired service. Unfortunately, they also found not all respite care was deemed effective by caregivers. The university teams of experts also developed important suggestions that caregivers need to follow in order for respite to be MOST EFFECTIVE.

First, caregivers should begin utilizing respite services earlier in their caregiving careers. Studies have found respite is most helpful to caregivers if it begins prior to becoming exhausted, isolated and overwhelmed by their caregiving responsibilities

Second, sufficient and regular times of respite care for loved ones is vital to prevent caregiver burn-out. The anticipation of respite care helps caregivers get through the stressful days of care giving.

Third, caregivers should plan in advance about how to spend their respite time. Caregivers need to be okay with putting themselves first during this time and participating in activities they enjoyed prior to taking on the caregiving responsibilities. Respite time should not be used primarily to catch up on housework, go grocery shopping or working.

Fourth, respite is deemed most effective when used in conjunction with other assistance. This helps the caregivers to meet their own social, emotional and spiritual needs. It is well advised for caregivers to seek help and suggestions from professionals and friends to become more aware of their own needs and what services are available.



Lifespan Respite Subsidy Income:

Intended to pay for respite services. Eligibility is based on income but medical expenses are taken into consideration. For those not receiving respite services from other government programs

Respite Scholarships:

Scholarships are available for trainings, camps and conferences pertaining to respite.

Applications are available online on our website or on Facebook



Notes from the Respite

Hello Again! It is hard to believe it is time for the Summer newsletter already. Time flies when you are having fun! I have enjoyed being able to meet so many wonderful people involved with Respite in the Southwest Area. As you can tell, there is a lot of exciting things developing here at the Nebraska Respite Network. The Ashland Retreat in April was a huge hit, so big in fact we will be bringing the two day event to the Western part of the State this upcoming year!

I would like to give everyone involved in respite services a huge pat on the back for all the work you do!

I would love the opportunity to visit with you, your staff, community, or anyone else Interested in learning more about what the Nebraska Respite Network has to offer. It is important to educate as many people as possible about all the respite services available in their community. Feel free to contact me anytime to schedule a time to hold an informational meeting in your community.



Alynn Ahlemeyer

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- ⇒ Cultural Competency Training: Voices For Families: July 14, 21,22
- ⇒ OK2BU Day Camp: Voices for Families: July 16, August 13
- ⇒ Butterflies: Science in the Backyard: ESU 16 North Platte: Aug 2

- ⇒ Worker Safety Training Nebraska EDN:9 sessions : Aug 10 - Sep 30
- ⇒ Caregiver Day of Support: October 8

WORD FIND

BREAK
CAMP
CAREGIVER
LIFESPAN
NEBRASKA
NETWORK
PROVIDER
RESOURCE
RESPITE
SCHOLARSHIP
SUMMER
TRAINING
RESPITE DAYS

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 Find us on
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Award Recipient



Josef Nesvara (pictured above, with wife Fonda) is the first recipient of the Caring Heart Award. Josef was nominated by Irene Millsap (pictured above). Irene is their family provider. Irene stated "He's a very caring person, and has compassion and is very

concerned about his wife . . . to Joe, this is his journey and not his reward"

Josef received gift certificate for dinner and a movie, "Caregivers Matter" polo, and a gift bag filled with goodies from the Nebraska Respite Network Southwest Service Area.

Next time, it could be you! The Southwest Service Area is now accepting nominations. Please e-mail respite@swhealthdept.com or mail Nebraska Respite Network PO Box 1235 McCook, NE 69001 or call 1.866.RESPITE/308-345-4990

Please include name, address, contact information for caregiver


Caring Heart Award

and person making nomination, along with a brief explanation of how this person exhibits a "Caring Heart" in their community or to their family.

Nomination will be accepted until September 26, 2011.

Award Recipients will be announced in the Fall Newsletter.