

**NEBRASKA RESPITE NETWORK**  
**1-866-RESPITE**

# "We Care for Those Who Care for Others"

## PROVIDER/CAREGIVER NEWSLETTER

Fall 2014

### Caregiving Tips



Helena T. Janousek  
 Respite Coordinator

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



### Upcoming Events

#### • Respite Road Tour

##### November

- 12th Cozad** - 12:30 - 2:00  
 School District Office  
 1910 Meridian Avenue
- 14th Ogallala** - 11:00 -1:00  
 Heartland Counseling  
 401 West 1st Street
- 17th Stapleton** - 1:00 - 4:00  
 Logan Cty Courthouse
- 18th North Platte** -  
 3:30 - 4:30  
 McKinley Ed Center  
 301 West F Street
- 19th McCook** - 10:00 - 2:00  
 Respite Office  
 404 West 10th Street
- 24th Tryon** - 1:00 - 4:00  
 McPherson Cty Court-  
 house

A good way to ensure the caregiver in your life is afforded enough time to rest and maintain their own well-being is to give the gift of respite care. Respite services allows a caregiver time to unwind and enjoy life without the constant and never ending responsibilities that go along with being a family caregiver. They can just relax and address other responsibilities with the peace of mind that their loved one is in good hands.

Here are five important issues of caregiving that respite care can improve.

- # 1 Help Stay Positive**-Respite care can provide a caregiver with the much deserved time off they need to stay positive about their role. When you have sacrificed a good deal of your time, energy, and resources for someone else's care, it is easy for resentment to set in.
- # 2 Help Reduce Stress**-Many family caregivers are providing care for a very high-needs person. Handling doctor's appointments, medication, special dietary needs, frequent illness, and the emotional struggles of the person in your care can lead to mounting stress.
- # 3 Help Improve Physical Health**-Apart from the mental stresses caregiving can cause, overseeing the care of a family member can also be physically taxing. It is easy for your own health needs to fall by the wayside. Respite care can afford the caregiver time to exercise, sleep, or do whatever is needed to keep themselves well.
- # 4 Get Enough Rest**-Losing sleep and rest can become an issue with caregivers. It usually is a result of staying up late when their loved one is sick or trading off their rest time to address other tasks.
- # 5 Help Free Up Time** -Let's face it, the holidays can be hectic! Most of us have busy schedules as it is, and the duties that come with caregiving can eat up what little free time there is. Having a respite care aid take over for you on a regular basis can free up this valuable time, once again, allowing for some well-deserved breathing room.

Caregivers who use respite services typically report a return to a more normal routine and suddenly having enough hours in the day to get everything done.

#### Just in time for the Holidays - Give the Gift of Respite Care

It can mean the world to the person who has made countless personal and work sacrifices to provide care for your family's loved ones. Finding a home care company and respite care provider to work with your family member is one of the best gifts you can give the caregiver in your life. It is a way to thank them for all their hard work while giving them a chance to rest and regenerate. They may never ask for it, but the caregiver in your family will certainly appreciate the benefits a respite service provides.

### Summer Events



Denise Ringenberg pictured left at Dundy County health fair had participants spin the wheel to win a prize and engaged them in conversation about Southwest Nebraska Public Health Department and Respite.

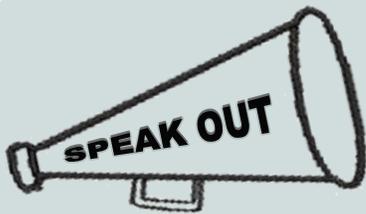


Linda Walzem, program assistant and Helena Janousek, respite coordinator attended Senior Lifestyle Festival on August 26th in North Platte. There were over 300 attendees within Nebraska Respite Southwest Service area visiting the Respite booth.

Helena attended state fair on August 27th with conjunction with the central respite coordinator on Older Nebraskan's Day health wellness and informational booths.



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# An Unexpected Gift

I am a 29 year old woman, married with three children ages: 9, 5 and 2. A little over a year ago my 78 year old grandmother came to live with us because she was experiencing memory loss and unable to stay by herself. At first, I thought it was going to be the best thing in the world to have her with us. The kids would get to know her and she would be able to help me manage the kids and their activities. As time went on, I realize Grandma was not capable of helping, it became more difficult. Grandma would want to hold the little one like an infant, cradling her in her arms, and had dropped her a couple times because she was too hard to handle in that position.

When you live in a small town of 600 people, everyone knows everyone. My husband is a truck driver and is gone weeks at a time, so his help is limited. One day my oldest son came home after school and said Mia (senior student aide) wanted to visit with me after parent-teacher conferences. This surprised me and I wondered what she wanted to visit about.

When parent-teacher conferences came, right afterwards, Mia asked if I had time to visit with her. We went to the local ice cream shop and sat down to visit. Mia explained that my son had told her about how grandma came to live with us and how, at first, he was joyful she did. Lately he says how things have changed and that he wishes his mom could get a break. My eyes started to tear as she went on to say that she wanted to come to my home and watch the kids and grandma the next time my husband came home. I was overwhelmed with her offer and was amazed to think a 17 year old could understand my need for relief and unselfishly offer her services.

I am so appreciative of her generosity. It has been over a year now and Mia has graduated and gone off to college, when she comes home to visit, she still makes it a point to come over and watch the kids and grandma.

We also now make it effort to let the kids have a break too.

*This story was shared by a loving granddaughter (caregiver) utilizing Respite Services*