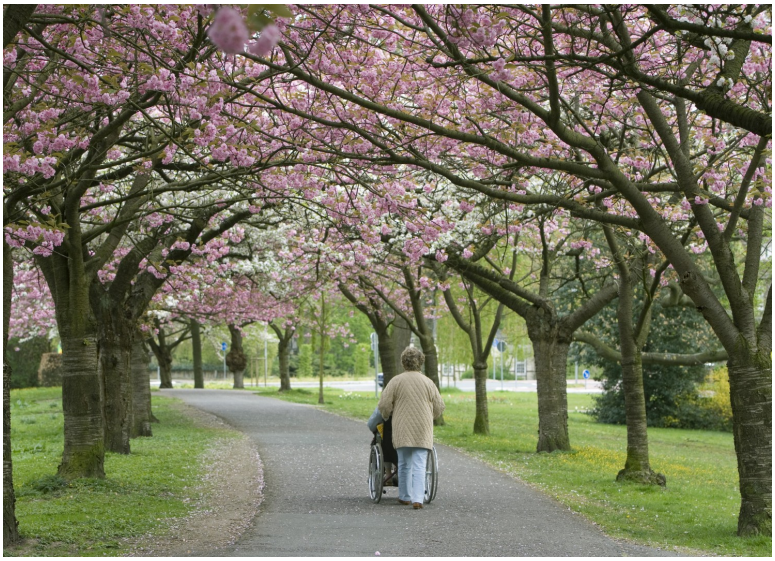
A Time for You

Family Caregiver Retreat

Wednesday & Thursday, April 25 & 26,2012

Quality Inn Hotel & Conference Center
Ogallala, Nebraska



COMMENTS FROM PAST PARTICIPANTS

What a fantastic group – never felt more welcome. Thank you all. And for a great line up of presenters.

I felt that I learned a lot of information that I had no knowledge of. All the presenters were knowledgeable.

Humor is needed/necessary during the times of being a caregiver and post caregiver.

This was very good for me – I constantly thought I was not keeping up well, after hearing her today I realize it is all OK.

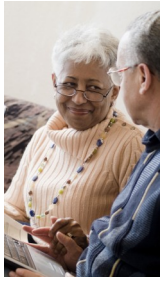
Really enjoyed the personal stories. Great lessons combined with interesting stories with appropriate humor. Phenomenal.

Useful – helpful information and fun.

Speakers

- Julie Masters, associate professor and chair of the Department of Gerontology at the University of Nebraska at Omaha.
- Alexandra Dillon, Associate Director, Alzheimers Association, Great Plains Chapter.
- Judy Malone, M.S., Programming Manager & Professional Trainer, Mid-Plains Community College, McCook Community College
- T. Marni Vos, M.A., President of Laughter's Echo, Inc.
- Tracie Foreman, health educator and personal trainer, Aging Partners.

Who Should Attend?

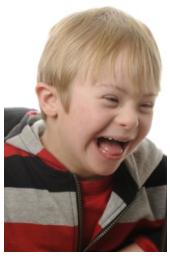


Anyone who cares for a person of any age with special needs. As a family or professional caregiver, you are integral to the independence and well being of a person who depends on you. But, who takes care of you? This two-day retreat will give you emotional, physical, spiritual and mental respite that is so vital. You will have the opportunity to reflect, energize and create.

Topics Covered

- **Experiencing the challenges faced by caregivers supporting loved ones of all ages can create a sense of meaning and purpose.**
- **How to communicate with a person with memory loss.**
- **Learn the importance of a good sense of humor/ positive attitude in relation to health, work, relationships and life challenges.**
- **How the Power of Humor can help us to heal and learn.**
- **How to find a "New Normal".**
- **How exercise helps with stress relief.**

Enjoy Time for Yourself



Make your time as structured or unstructured as you want. Choose from daytime activities such as card making, scrap booking and possibly Tai Chi. Ogallala is home to Lake McConaughy so feel free to take a drive out to the lake and enjoy the beauty or perhaps fishing. Be sure to stop in at the Visitor Center. You will need to purchase a Nebraska Game and Parks entry permit if you choose to visit Lake Mac.

Event Schedule

All times are Mountain Daylight Time

April 24th

7 p.m. **Check-in / Registration** (optional for those arriving early)

April 25th

9:30 a.m. **Registration**
Massages offered from 10 a.m. to 5 p.m.

10 a.m. **Introductions / Welcome**

10:15 a.m. **Finding Meaning and Purpose Despite the Challenges of Caregiving - A Program For All Ages** by Julie Masters, Ph.D., Gerontology, University of Nebraska at Omaha

11:15 a.m. **Break**

11:30 a.m. **Lunch**

12:30 p.m. **Break Out Sessions**

- **Laughing Matters** Explore the importance of a good sense of humor / positive attitude in relation to health, work, relationships and life challenges by Tracie Foreman, health educator and personal trainer, Aging Partners
- **Scrapbooking / Card Making / Time on Your Own**

1:30 p.m. **Break**

2 p.m. **Break Out Sessions**

- **Communication Strategies, How to Stay Connected as Our Loved Ones Change** by Alexandra Dillon, Associate Director, Alzheimers Association, Great Plains Chapter
- **Scrapbooking / Card Making / Tai Chi / Time on Your Own**

3 p.m. **Check into Rooms**

4-6 p.m. **Vendor Fair**

7 p.m. **Entertainment: How Exercise Helps with Stress Relief** by Martha Roe

April 26th

8:30 a.m. **Breakfast**

9:30 a.m. **Healer, Healing and Humor** The Serious Benefits of Humor by T. Marni Vos, M.A., President of Laughter's Echo, Inc.

11 a.m. **Break Out Sessions**

- **Caregiver – Finding a New Normal** by Judy Malone, M.S., Programming Manager & Professional Trainer, Mid-Plains Community College, McCook Community College
- **Scrapbooking / Time on Your Own**

12:15 a.m. **Lunch**
Bout Just a Good Time by T. Marni Vos, M.A.

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 at Quality Inn Hotel & Conference Center (Platte River Inn)

For room reservations, call **800.573.7148** and mention the Caregiver Retreat for a discounted rate of $59.95.

Costs & Scholarships

The cost of the two-day retreat is $90 and includes meals, presentations, handouts, planned activities and CEUs for professionals. If needed, inquire about a limited number of room and registration scholarships available to family caregivers.

Call Sue Bochart at 1.800.736.7491 x145 to discuss scholarships.

CEUs

Six CEUs will be available for professionals (RN, social work and administrators).

Thank you to our Sponsors!

Nebraska Respite Network
Across the Lifespan

Power Your Future
TRAINING ACADEMY
PARTNERSHIP

ESU 3

Planning Region Teams 12, 13, 14

Care Consultants for the Aging

Good Samaritan Society
Franciscan Adult Day Care

HOME ACCESS SOLUTIONS

Living Well:
Take Control of Your Health

Region 1 Developmental Disabilities Council

Health Connect at Home

Emerald Communities

Triumph Home Health Supply

Lexington Assisted Living
Triumph Prosthetics & Orthotics
Physicians Choice Home Health

Registration Form

Registration deadline: Friday, March 30,2012

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

☐ ***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 Professional Caregiver ☐

Title: _____

Organization: _____

Street: _____

City: _____

State: _____ ZIP _____

Phone: _____ FAX _____

E-Mail: _____

_____ Number attending @ $90 each = Total $_____

_____ CEUs requested

Please make checks payable to
Central Nebraska Community Services.

Mail registration form and payment to:

ATTN: Sue Bochart
Central Nebraska Community Services
626 N Street, P.O. Box 509
Loup City, NE 68853