

## A DAY OF SUPPORT

*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.*

*This event is open to anyone who plays a role in the caregiver process and is provided free of charge by a grant from the Nebraska Respite Southwest Service Area*



# CAREGIVER DAY OF SUPPORT

Co-sponsored by:

Nebraska Respite Network Southwest Service Area

Mid Plains Community College – Center for Enterprise



CAREGIVER DAY OF SUPPORT

Mid Plains Community College, Center for Enterprise  
1205 East Third Street  
McCook, NE 69001

Saturday October 8, 2011  
8:00 am - 4:00 pm  
McCook Community College,  
McMillen Hall  
1205 East Third Street  
McCook, NE 69001

**Deadline: September 26, 2011**

For more information contact:  
Nebraska Respite Network: 1.866.RESPITE or  
MPCC Center For Enterprise: 308.345.8122

# Caregiver Day of Support

A Day of Caring, Sharing and Showing Support for Those Who Care for Others

## BREAKOUT SESSIONS

### “Finding a New Normal”

Judy Malone MS,  
MCC Program Coordinator,  
Family Caregiver

### “Proper Lifting and Techniques”

Jamey Keen, LPN, PHN  
Southwest Nebraska  
Public Health Department



## ACTIVITIES

- **10 Minute chair massages** (6 per break-out session)
- **1/2 Hour Yoga Class** Guided meditation/relaxation exercises (2 per breakout session)
- **Walking Trail**

Please sign-up for activities when you register, as space is limited.

## SCHEDULE

<b>Registration</b> Common Time Vendor Fair	<b>8:00 am</b>
<b>Welcome</b> MPCC	<b>9:00 am</b>
<b>Julie Masters PhD</b> Department of Gerontology University of Nebraska at Omaha “Courage it takes to be a Caregiver” Discussion about using resources and how accepting not being able to do it alone.	<b>9:15 am</b>
<b>Break</b> Vendor Fair	<b>10:45 am</b>
<b>Break-Out Sessions &amp; Activities</b> Session #1 “Finding a New Normal” Session #2 “Proper Lifting and Techniques” Activities: Chair Massage, Yoga, Walking trail	<b>11:00 am</b>
<b>Lunch</b> Vendor Fair	<b>12:00 pm</b>
<b>Laura Hilty, National Speaker</b> “Stress Relief Strategies” Discussion for caregivers to enjoy the gift of self care, and learning the joy in the journey of caregiving	<b>12:45 pm</b>
<b>Break-Out Sessions &amp; Activities</b> Session #1 “Finding a New Normal” Session #2 “Proper Lifting and Techniques” Activities: Chair Massage, Yoga, Walking trail	<b>1:50 pm</b>
<b>Break</b> Vendor Fair	<b>2:50 pm</b>
<b>Helena T. Janousek</b> Respite Coordinator What the Respite Network Does for You! Sharing Session	<b>3:15 pm</b>

## Registration Form

Caregiver Day of Support is provided to all caregivers free of charge through a grant from the Nebraska Respite Southwest Service Area.

**Deadline:**  
**September 26, 2011**

Name
Address
Phone

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ONLINE: [register.centerforenterprise.com](http://register.centerforenterprise.com)