

Register today for...
A Time for You
Family Caregiver Retreat
April 27 & 28, 2011 • Mahoney State Park



A time for you to:

- Reflect
- Energize
- Create
- Learn

A Time for You Family Caregiver Retreat

Wednesday & Thursday, April 27 & 28, 2011

Mahoney State Park, Ashland, NE (Exit 426 off I-80)

“I want to thank those involved in organizing this retreat for the family caregivers who play an important role in the daily lives of many Nebraskans with special needs. Their contributions and that of respite professionals across our state help enable loved ones of all ages to live safely at home. This event will provide the resources and support needed to help caregivers fulfill this important mission.”

— Governor Dave Heineman

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.

What will you learn?

- New techniques of self-care: A new appreciation of the concept, “You must take care of yourself for the one you love.”
- New techniques for relaxation: Activities to enjoy with your loved one.
- How to raise the self esteem of the care receiver.
- Constructive ideas for future success as a caregiver.

Enjoy time for yourself.

Make your time as structured as you want. Choose from activities such as: attending a health fair, Tai Chi, Yoga, meditation, massages, scrapbooking (bring photos), stringing, card-making, creating a legacy, hike, relax by the lake or the memorial waterway, visit the conservatory and observation tower, or enjoy a movie and popcorn. There will also be a list of attractions in the surrounding area to enjoy on your own.

Event Schedule

Wednesday, April 27

- 9:30 a.m. **Retreat Registration & Check-in**
- 10 a.m. **Welcome**
- 10:30 a.m. **A Grand and Glorious Journey** by Tracie Foreman, health educator and personal trainer, Aging Partners
- 11:30 a.m. **Lunch: How Caregiving Affects Your Heart** by Julie Masters, Ph.D., Gerontology, University of Nebraska at Omaha
- 1-3 p.m. **Enjoyment Hours:** Choose your activity.
- 3:30 p.m. **The Astonishing Power of Appreciation** by Debbie Way, director, community outreach, Roper & Sons
- 5-7 p.m. **Vendor Fair** with statewide resources. Extended hors d'oeuvres and beverages served.
- 7:30 p.m. **Melodrama: My Melodramatic Life**, a one-man play at the Mahoney Theater for event participants.

Thursday, April 28

- 9 a.m. **Taking Care of Ourselves Inside and Out**, Panel discussion by Aging Partners Health and Fitness
- 10:30 a.m. **Expanding Emotional Flexibility** by Wes Sime, Ph.D., stress management, biofeedback and sports psychology
- Noon **Lunch - Toxic Relationships: Poison or Gift?** by Dr. Jerry Bockoven, chair, Psychology Dept., Nebraska Wesleyan University and co-host of the podcast, Kitchenshrinks
- 1-3 p.m. **Enjoyment Hours:** Choose your activity.
- 3 p.m. **Forgiveness and the Fullness of Time** by Fred Wilson, Von Maur shooting survivor
- 4 p.m. **Closing remarks and drawing for door prizes**

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 one's needs. Respite services for people with special needs and daycare for children will not be available on-site at Mahoney. Please call 1-800-717-1231. Ask for respite funding to attend the retreat.

Lodging at Mahoney Lodge:

For room reservations, call 402-944-2523, ext. 1. Payment must be made at the time of your reservation. A 30-day cancellation is required for a partial refund.

Nearby motel options:

- Comfort Inn, I-80 Exit 440 (Omaha), 1-800-424-6423
- Super 8 Motel, I-80 Exit 432 (Gretna), 1-800-800-8000

Costs & Scholarships:

The cost for 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 Donna Washburn at 1-800-247-0938 to discuss scholarships.

CEUs:

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

Brought to you by:

- **Sponsors:** The Nebraska Respite Network Across the Lifespan, Aging Partners, and the Eastern Nebraska Office on Aging
- **Co-sponsors:** Nebraska Area Agencies on Aging, Early Development Network, Home Access Solutions, Right At Home, Wells Fargo Reverse Mortgage, Independence House, Aging Partners Lifeline, Care Consultants for the Aging, Answers4Families, Caregiver Chicks, Silver Memories, Judge Jane Prochaska, Nebraska Respite Coalition, Lifeline by Immanuel

Registration Form

Registration deadline: Tuesday, March 22

Yes, I will attend!

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

Please type or print.

Name: _____

Title: _____

Organization: _____

Street: _____

City: _____

State: _____ ZIP: _____

Phone: _____ FAX: _____

E-Mail: _____

____ Number attending @ \$90 each = Total \$ _____

Please make checks payable to Aging Partners.

Mail registration form and payment to:



ATTN: Donna Washburn

Aging Partners

1005 "O" Street, Lincoln, NE 68508

____ CEUs requested