

Sherri Blome

From: The Nebraska Respite Network [specialprojects@wchr.net]
Sent: Wednesday, August 11, 2010 9:32 AM
To: Sherri Blome
Subject: News from the Nebraska Respite Network



Nebraska Respite Network

Newsletter

July 2010

Dear Sherri,

We're getting excited about our upcoming Respite FUN Day to be held at Chadron State Park on August 14. If you know children who experience a disability be sure to share the information with their families. We'll entertain the kiddos and their siblings at Chadron State Park from 10:00 a.m. - 3:00 p.m. on August 14. To register email specialprojects@wchr.net.

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**Did You Know It is
 Almost Time for FUN
 Day?**

Protect Yourself and Your Loved Ones From Falls

in the Spring 2010 Take Care Newsletter published by the National Family Caregivers Association they shared information on how to make your home safer with regards to fall hazards. Check out these ideas:

- Remove paper, book stacks and other clutter from the living room, bedroom, hallways and stairways. Move furniture out of the pathways and make sure that your mobility around your home is not hindered in any way. Pay special attention to the stringing of electrical cords and phone cords across walkways.
- Secure loose rugs with double-faced tape, tacks, or a slip-resistant backing. Use nonslip mats in the bathtub or shower. Review those areas in the shower or bathtub where grab bars would be useful.
- Have everyone in the home review their footwear choices, and not just for fashion. Avoid floppy slippers and shoes with smooth soles that can weaken a firm footstep. Notice where medications may have changed your loved one's shoe size, as specific medications can cause swelling that enlarges shoe size.
- As we age, a reduced amount of light reaches the back of the eye where color and motion are sensed. To avoid tripping, use 100-watt bulbs to maintain illumination of areas in your home where falls are likely to occur. Install a lamp near your bed so you can use it when you get up at night. And install night-lights in the bedroom, bathroom and hallways.

Our very popular "Respite FUN Day" is coming up on August 14, 2010 at Chadron State Park. What is a "Respite FUN Day?" Well quite simply it is a fun day for kids with disabilities and their siblings. We will spend time at Chadron State Park doing activities such as trail rides, crafts, swimming, and paddle boating while parents are free to enjoy some time on their own or attend a Love and Logic Training just down the road at Camp Norwesca. This event is co-sponsored by Respite and Planning Region 12. If you have children who would like to participate please email the following information to [Respite FUN Day Registration:](#)

- Parent Name
- Address
- Phone #
- Children's names/ages/disability

Helpful Links

[Respite Website](#)

[Answers 4 Families](#)

For more great tips for family caregivers be sure to click on the link to the right for the National Family Caregivers Association!

Parent Training and Information for Families of Children with Disabilities.



children with disabilities.

PTI Nebraska is the place to visit or call if:

- you would like current information about your child's disability
- you have a question about your child's special education program
- you would like to have a workshop on a topic relating to children with disabilities
- you would like to contact another parent or support group in your area

For more information email info@pti-nebraska.org

Respite Days Billing Reminder

Please remember you must submit your reimbursement requests for Respite Days in the same month you participate. We will not pay for multiple months. We need information monthly to keep an accurate budget.

Thank you for reading our monthly newsletter. If you have items you would like to see added to the newsletter please email [Sherri Blome](#) by clicking here.

Sincerely,

Sherri Blome
Respite Coordinator
Western Community Health Resources

[National Family Caregivers Association](#)

[PTI-Nebraska](#)

[Aging Office of Western Nebraska](#)

[Nebraska Department of Health and Human Services](#)

[League of Human Dignity](#)

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