Take Time for you

Caregiver Retreat

Reflect • Energize • Create

UNO Thompson Alumni House

6705 Dodge Street
Omaha, NE

Wednesday
October 5, 2016

8:30 am – 4:30 pm

A retreat for anyone providing care, support or advocacy for another

LET US HELP YOU ATTEND:

Respite means taking time for you. Invite your friends or family members that are also caring for others as they could use a break, too. **Contact Ellen or Janet at 402-559-5732** to discuss possible respite providers, locations and respite funding opportunities. Must apply early.

COST:

Cost is $20 per person which includes continental breakfast, snacks, lunch, presentations, handouts, activities and a bag filled with goodies when you leave! You may pay this fee either with check or credit card. Please send payment with your registration form. Check with us for possible scholarships to attend.

REGISTRATIONS:

Registrations will be submitted to
Tools for Caregivers
Ruth Hamlin

All registrations must be received no later than Wednesday, September 21, 2016.

SPONSORS:

The Enrichment Foundation, Respite Across the Lifespan, Tools for Caregivers, NAMI Nebraska, United Cerebral Palsy of Nebraska, and Ollie Webb Center, Inc.

Take Time for You

REGISTRATION FORM

Registration deadline: September 21, 2016

MAIL REGISTRATION FORM AND CHECKS PAYABLE TO:
Tools for Caregivers
Ruth Hamlin • 8056 S. 84th St.
LaVista, NE 68128 • (402) 650-7132

☐ ***Yes, I look forward to attending!***

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

Please type or print.

Name: _____

Address: _____

City: _____ State: ____ ZIP: ____

Phone: _____

E-mail: _____

PAYMENT METHOD:

☐ **Check enclosed**

Credit Card Number

☐☐☐☐ ☐☐☐☐ ☐☐☐☐ ☐☐☐☐

Type *(Mastercard, VISA, etc.)* _____

Expiration Date ☐☐ ***Code on Back*** ☐☐☐

Who should attend?



Anyone providing care, support or advocacy for another. 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 day-long retreat will give you emotion, physical and mental respite that is so vital to your well-being. You will have the opportunity to reflect, re-energize, and relax.

How will you benefit?

- New techniques for relaxation
- New techniques of self-care
- Activities you can do to enjoy life
- New friendships
- Constructive ideas for future success as a caregiver

Enjoy time for yourself! You deserve it!

Make your time as structured as you want. Choose from activities such as: massage, learning about a variety of reading materials to enlighten and entertain you, exercise, painting, music therapy and networking with other caregivers. Opportunities will be available to sit and relax, enjoy a beverage and talk to other caregivers!

EVENT SCHEDULE

8:30 am Registration and Continental Breakfast

9:00 am Welcome

9:15 am ***Caring for Myself So I Can Care for Others***
Julie Masters, UNO Department of Gerontology

10:00 am ***Networking Activity – meet other caregivers***

10:30 am ***Using Music for Relaxation and Self Care***
Emily Wadhams – Omaha Music Therapy

11:15 am Short break before lunch

11:30 am ***The Making of a Burned Out Old Broad (BOOB Girl) Meal provided***
Joy Johnson – national speak and author of "The BOOB Girls"

1:00–4:00 pm *Breakout sessions will be offered.*
Choose your top three sessions.
Sessions run for 45 minutes.

Write, Color, Meditate: Find out what relaxes you! Ellen Scott, The Bookworm

Let Yourself Unwind:
Chair and hand massages by various therapists.

A Festival of Fall Colors::
Express yourself with acrylic paint on canvas.

Caregiving Wellness: Easy and effective exercise you can do at home.

A Walk on the Beach:
Learn techniques for creating your own little breaks within a chaotic day.

4:00 pm Closing, reflections, and gathering of your "goodie" bags.

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  Chair and hand massages by various therapists.
- ☐ ***A Festival of Fall Colors:***:
  Express yourself with acrylic paint on canvas.
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- ☐ ***A Walk on the Beach:***
  Learn techniques for creating your own little breaks within a chaotic day.