

# May 2018

## Western Area Newsletter

### Respite FUN Day

Our annual Respite FUN Day will be held on June 23 at Fort Robinson. A FUN Day is for children who have a disability and their siblings. The kids spend the day having fun doing activities at Fort Robinson while their parents have a few hours to themselves. Many parents choose to make a short vacation out of it by staying at Fort Robinson or nearby Crawford or Chadron. Registration deadline is May 23. The event will run from 9:15 a.m. – 3:00 p.m. Kids will receive a t-shirt and lunch is provided. Registration forms are available at [www.panhandlepartnership.com](http://www.panhandlepartnership.com) in the respite section.

### Panhandle Day of Caring

We had a good turnout at our Panhandle Day of Caring. It was a great day with great speakers and lots of vendors on hand to answer questions. We would like to thank our sponsors, The Nebraska Caregiver Coalition, Region I Developmental Disabilities Advisory Council, United Healthcare and Nebraska Total Care. We look forward to hosting this event again in 2019.

### Panhandle Trails Intercity Public Transit

The Panhandle is so fortunate to have a cost effective transportation system. Panhandle Trails has routes to Chadron, Crawford, Alliance, Hemingford, Scottsbluff, Bridgeport, Sidney and Ogallala. The fares start at just \$10.00. Their vehicles meet ADA guidelines. They accept payment from the Nebraska Department of Health and Human Services, the Veteran's Transportation Fund and they offer Senior Discounts. To make a reservation with Panhandle Trails call **308-761-8747**.

### Using Your Respite Funding

If you are having a hard time using your respite funding, it might be time to think outside the box. If you have a child with special needs who attends Buckboard Therapeutic Riding or East Point Horspice, why not use your funds to pay? Does your child go to Camp Scott or another camp in the summer? Respite could pay for that as well. Does your child go to boy scouts or girl scouts and that gives you a break – that's respite. Anytime your loved one is being cared for by someone else, giving you a break, you are using respite. Now you can use your respite funding to pay for those things.

### Trainings

May 18 – 19 – 8:00 to 5:00 – HARMS Center – **Statewide Disability Leadership Seminar**. This is an advocacy training regarding systems of services and supports to individuals with disabilities and their families. Individuals with disabilities and/or their families and concerned citizens are invited to attend. **Register** at <https://panhandlepartnership.com/event/statewide-leadership-training-seminar-series/> or contact **Jessica Lecher** at **308-633-3818**. **I hope you will consider participating in this free training.**

June 12 – Web Streaming from Lincoln to Chadron State College and WNCC in Scottsbluff and Sidney – **Elder Justice Training**. This training is co-sponsored by: Nebraska State Bar Association – Elder Law Section and the Nebraska Department of Health and Human Services, State Unit on Aging. Topics include Caregiving and Respite, Cybersecurity, Banking Policies and Guardianship and Conservatorship Update, Medicaid Eligibility and Long-term Care, Nebraska Prescription Drug Overdose Prevention Efforts, Legal and Social Work Perspectives on Advance Directives. **Register** at [www.dhhs.ne.gov/agingtraining](http://www.dhhs.ne.gov/agingtraining) or call **402-471-2309**.

June 12 – **Adult Mental Health First Aid Training** – Panhandle Mental Health Center in Sidney. Mental Health challenges such as depression, anxiety, psychosis, and substance abuse are shocking in the United States. This course will help provide the skills to individuals who are developing a mental health problem or experiencing a mental health crisis. The training is free. **Register** at <https://panhandlepartnership.com/event/adult-mental-health-first-aid-training/> or by calling **Jessica** at **308-633-3818**.

Omni Behavioral Health has a free webinar on **Stress and Burnout**. To register for this webinar which you can watch when it is convenient for you, go to [https://omni.az1.qualtrics.com/jfe/form/SV\\_bdX8SOdizhdS\\_Qkt](https://omni.az1.qualtrics.com/jfe/form/SV_bdX8SOdizhdS_Qkt).

Let us know what you think about any of the topics in the newsletter or ways we can improve Respite in the Panhandle. Call **866-737-7483** from your landline or **308-432-8190** on your cell phone or email [respite@wchr.net](mailto:respite@wchr.net). We're here for you.