



Norfolk
2018 Days of Caring
For Family Caregivers
Cultivating the Way to a Rejuvenated You
9:30AM -2:00PM

9:30 - 10:00 Doors Open/Registration

10:00 - 10:05 Welcome
*Ashley Spilinek, Northern
NE Lifespan Respite Specialist*

10:05 - 10:15 Share Your Story
Today's Family Caregivers

10:15 - 10:45 Veteran Services/Resources
*Keli Forney
CNCAP Family Outreach Director*

10:45 - 11:00
Break/Visit Resource Tables
Door Prizes

11:00 - 11:30 Area DD Resources
(Joyful Stoves will work to have someone here!)
NE DHHS - Division of Developmental Disabilities

11:30 - 12:00 Legislative Updates
*Jina Ragland
AARP Nebraska*

12:00-12:45 LUNCH
Door Prizes
Visit Resource Tables

12:45 - 1:15 NE Caregiver Coalition
*Jinx Hackler
Suzy Campbell*

1:15 - 1:45 "Ways to Rejuvenate Yourself"
American Heart Association of Nebraska??

1:45 - 2:00 Closing
Door Prize & Wrap-up

