

HELP ADULT SERVICES

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FOR IMMEDIATE RELEASE

WIFE UNABLE TO CONTINUE CARE WITHOUT HELP Worries She Wouldn't Be Able To Visit Her Husband In Nursing Home

Still working full-time to help pay for her elderly husband's mid-stage Alzheimer's Disease, Betty B. is like many other seniors—out of money and no energy to take care of herself. But, thanks to the Respite Connection program at HELP Adult Services/Presbyterian Outreach, she has gained an evening each week with which to catch up on bill paying, take out the trash, visit with friends or even grocery shopping—places she could not easily take her husband. A trained volunteer from HELP Adult Services visits Betty's husband, who seems to truly enjoy the change of pace. They reminisce, bake cookies, and take walks together while Betty is able to recharge and face the next day with a renewed attitude.

Presbyterian Outreach today announced that it has officially changed its name from Presbyterian Outreach to HELP Adult Services. There has been no change in management or staff. HELP Adult Services will continue to provide the same level of respite care, volunteer training, and health and medical equipment loan programs as offered throughout the past 26 years. HELP Adult Services was begun in 1982 by local Omaha philanthropists including Willis Strauss and Marjorie Kiewit. Both continue to be donors today (Willis through his wife, Janet).

The Health and medical Equipment Loan Program (HELP) loans medical equipment and supplies to residents who are uninsured, underinsured, or have too little funds to obtain necessary medical supplies. Individuals who need the equipment for a short-term use also utilize the program. HELP assisted 5,830 individuals in 2007. Call for availability or to donate newer items.

Senior Services manages numerous programs serving area seniors including the Respite Connection and Senior Companion respite programs. In 2007, trained volunteers provided 13,725 hours of respite (costing only \$2 per hour—or at no cost for those who qualify) to grateful family caregivers in the Omaha metropolitan community.

Caring for the Caregiver meets the needs of family caregivers through a creative program that assists everyone—caregiver, patient and students of the School of Pharmacy & Health Professions. A Health Fair collaboration with Creighton University's School of Pharmacy and Health Professions, this program offers free health screenings to family caregivers of blood pressure, cholesterol, skin cancer, osteoporosis, exercise and nutrition education, and calcium counseling, culminating in a confidential health report for all participants. Creighton University faculty supervises this educational, service-learning opportunity for health professions students. Partnerships help ensure the success of this program which will be funded in the next year by the Gilbert M. and Martha H. Hitchcock Foundation.

Care Teams. No-cost workshops are available to organizations desiring the opportunity to begin their own volunteer care teams.

Christmas Stockings for incarcerated individuals provides hand-made stockings (2,910 were sewn by community volunteers and the stockings were filled with snacks and other useful items) to those who often receive no other holiday gift.

The phone number remains the same: 341-6559

The website can now be accessed using www.helpadultservices.org