METHODIST

Care Partner Connection

Free educational programs designed for individuals caring for a loved one.

November - December 2026

First and third Tuesdays at 2 p.m.

November 3

Managing Stress While Caregiving

Presented by Tori Hudson, LIMHP

Learn tips to increase self-awareness during stressful situations and develop effective, positive coping strategies to help care partners maintain their well-being.

November 17

Care Options Outside the Hospital

Presented by Christy Roubicek, LCSW

This session defines the clinical requirements and estimated costs of each service to help you choose the right level of care for your family.

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December 1

Services offered by the Eastern Nebraska Office on Aging (ENOA)

Presented by Kailey Edelman from the ENOA

This session offers an introduction to the ENOA, including the Aging & Disability Resource Center, care management, caregiver support, Medicaid waiver and nutrition programs like Meals on Wheels.

December 15

Navigating the Emotional Landscape

Presented by Tori Hudson, LIMHP

Care partners experience a complex mix of love, frustration, fear and grief. Learn to manage these emotions and prevent burnout.

How do I participate?

All Care Partner Connection sessions are virtual.

Scan the QR to register for the session(s) of your choice. Once registration is complete, you will recieve an email with a link to join the session.

Questions?

Please email *carepartner@nmhs.org* for assistance.