



# DAVIS COUNTY HEALTH DEPARTMENT

Davis County Courthouse Complex  
PO Box 618  
Farmington, Utah 84025

**For Immediate Release:**  
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**Contact:**  
Bob Ballew  
Public Information Officer  
Office: (801) 451-3501  
Cell: (801) 510-5710

## News Release

### Administration

Lewis R. Garrett, M.P.H.  
Director of Health  
Courthouse Annex  
50 East State Street  
Tel: (801) 451-3351  
Fax: (801) 451-3242

### Environmental Health Services Division

Delane D. McGarvey,  
M.Ed., E.H.S.  
Associate Director  
Courthouse Annex  
50 East State Street  
Tel: (801) 451-3354  
Fax: (801) 451-3242

### Family Health & Senior Services Division

Sally Kershnik,  
R.N., M.P.A.  
Associate Director  
Courthouse Annex  
50 East State Street  
Tel: (801) 451-3354  
Fax: (801) 451-3242

### Communicable Disease & Epidemiology Division

Brian E. Hatch,  
M.P.H., E.H.S.  
Associate Director  
Courthouse Annex  
50 East State Street  
Tel: (801) 451-3351  
Fax: (801) 451-3242

## Davis County Offers Caregiver Educational Classes

(Farmington, Utah) – Davis County Health Department’s Family Caregiver Support Program is offering a twelve-week series of classes for individuals caring for family members who are older or frail. These classes are free to the public. Individuals may attend at anytime during the series.

Presenters will discuss various topics such as nutrition, legal issues, identity theft, and medication management.

Classes will be offered on Thursdays starting Feb. 4 at the Autumn Glow Senior Activity Center (81 East Center Street, Kaysville) at noon. The class series ends April 22. A complimentary lunch is provided but an RSVP by each Monday at noon is required to receive a meal. No reservation is required to attend the class only.

For more information or to RSVP for lunch, please contact Megan Forbush at (801) 451-3506.

Davis County Health Department’s Senior Services thanks the following agencies for helping to sponsor these classes: Autumn Glow Senior Activity Center, South Davis Home Health, Apple Village Assisted Living Center, Applegate HomeCare and Hospice, Do It For You, Rocky Mountain Home Care, Caregiver Support Network, The ElderCare Law Firm, Hospice for Utah, and Arbor ResCare.

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Caregiver classes scheduled at the Autumn Glow Senior Activity Center, Kaysville:

Date	Topic	Presenter
Thursday, Feb. 4, noon	Caregiver Resources	Megan Forbush – Davis County Health Dept. Senior Services
Thursday, Feb. 11, noon	Helping Your Loved One With Medication Management	Teresa Stickler, RN – Apple Village Assisted Living Center
Thursday, Feb. 18, noon	How to Change Your Life and Your Thoughts	Jodi Carnahan – Hospice for Utah
Thursday, Feb. 25, noon	Caregivers Embracing Principle Based Thinking	CJ Benson and Denise Cook – South Davis Home Health
Thursday, Mar. 4, noon	Priorities of Care	Chris Pace and Madeline McDonald – Rocky Mountain Care
Thursday, Mar. 11, noon	Identity Theft	Marcia Parisi and Jennifer Nackowski – Applegate HomeCare and Hospice
Thursday, Mar. 18, noon	Recognizing the Signs of Dementia	Alex Bishop – Caregiver Support Network
Thursday, Mar. 25, noon	Bridging the Gap	Elizabeth Squires – Arbor ResCare
Thursday, Apr. 1, noon	Mental Illness in the Elderly	Kim Cannon – Davis County Health Dept. Senior Services
Thursday, Apr. 8, noon	Legal Issues for Seniors	Eric B. Barnes – The ElderCare Law Firm
Thursday, Apr. 15, noon	Nutrition for Seniors	Bonnie Athas – Davis County Health Dept. Senior Services
Thursday, Apr. 22, noon	How to Overcome Worrying	Richard Smart – Do It For You

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