

# Seminars

## Brown Bag for Caregivers



**Friday, December 2nd 11:30 to 12:30 pm**

Tooele County Health Dept. Bldg. Room #180  
151 N. Main Street, Tooele

### ***Coping with Difficult Behaviors***

Bring your lunch and while you eat, our guest will introduce some techniques she utilizes as a professional that help calm those she cares for. Learn about different strategies you could employ as a caregiver to defuse difficult situations.

Melissa Flint, *Medical Social Worker* with Rocky Mountain Home Care

**Friday January 6<sup>th</sup> 11:30 to 12:30 pm**

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### ***Working Effectively with In-home Service Providers***

Knowing what questions to ask, having important paperwork at hand, and being aware of typical routines are steps that will help you have a more effective working relationship with those helping to provide care in your home. Join our discussion with a home health professional.

Linda Jepson, *Patient Care Coordinator* with Community Nursing Services

**Friday, February 3<sup>rd</sup> 11:30 to 12:30 pm**

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### ***The Power is out or You have to evacuate your residence, Now What?***

Recent emergency situations in our community put caregivers and the ones they love in challenging circumstances. Do you know what steps take in an emergency? Join us for an important presentation on emergency preparedness for caregivers.

Scott McKenzie, *Emergency Planner* with Tooele County Health Department