

# Meet Shirley Rodgers and Sister Sarah Sullivan



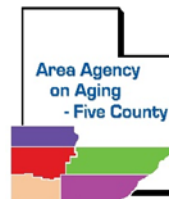
## SAYING "I LOVE YOU"

FINAL GOODBYE

On February 6, 2021 Shirley passed away at home on Hospice . Through technology her granddaughter was able to visit with her while serving a Mission for her church.

**Technology can be a wonderful tool in the end-of-life process. With many families spread over great distances and many unable to be present in person, technology can fill a void for many families. If your loved one is approaching the end of life, tools like Facetime, Zoom, Skype, Messenger and more can help you and your family say much needed good-byes, even from a distance. If you want to learn more about technology, contact us!**

Debbra Sullivan is a Case Manager with the Area Agency on Aging -Five County. Like all of us, she has many roles, including that of daughter, mother and sister. For the last several years, Debbra and her sister, Ann Dickerson, served as caregivers for their mother, Shirley Rodgers. Shirley was on hospice and as it became clear that the end of life was near, Debbra and her family started making plans to say goodbye. Debbra's daughter, Sister Sarah Sullivan is currently serving an LDS Mission in Ohio and couldn't come home to say goodbye to her beloved grandmother. The family decided to embrace technology so that Sarah could say a proper goodbye. Both Shirley and Sarah were uplifted as they shared a heartfelt goodbye over Messenger.



### Involved Aging: News and Announcements

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[www.areaagencyonagingfivecounty.org](http://www.areaagencyonagingfivecounty.org)  
[www.facebook.com/AgingFiveCountyUtah](https://www.facebook.com/AgingFiveCountyUtah)  
[www.pinterest.com/fivecountyaging/](https://www.pinterest.com/fivecountyaging/)

April 2021



Registration is now open for the 19th Annual Southern Utah Seniors Conference, held virtually on May 7, 2021 10AM to 12PM.

Register online at

[www.southernutahseniorsconference.org](http://www.southernutahseniorsconference.org). The first 300 registered participants will receive a free goodie bag. You can also find out more about the speakers and sponsors at the conference website.

We are pleased to announce this year's Keynote Speaker, Leslie Fried, with the National Council on Aging.



**Join us in learning from the expertise of Aging Services Professionals including: Keynote Speaker, Leslie Fried from the National Council on Aging, as well as your choice of three breakout sessions, entitled: "Soaring Through Life with Less Pain," which will be presented by Rebbi Burdett-Community Health Self-Management Program Coordinator, Intermountain Healthcare, "Is it a Magic Lamp or Just a Scam?" will be presented by Jason Sterzer-Director of the Utah Division of Securities, and "A Whole New World of Technology" will be presented by Madeline Dangerfield-Cha-our partner in technology with Mon Ami-a California based company.**



The Southern Utah Seniors Conference is just around the corner! Check out our full schedule, learn about our speakers and sponsors and pick up your ticket today to ensure your seat is reserved by visiting

[www.southernutahseniorsconference.org](http://www.southernutahseniorsconference.org).

At 10AM, Carrie Schonlaw, Deputy Director of Aging and Human Services, Five County AOG- will open the conference. She will share information you need you need to know about the event to come. Following that, our special guest, Kate Nance of Adult Protective Services, will join us to lead an interactive learning experience. Be prepared to "tune" in!

At 10:30AM, we are honored to welcome this year's **Key-note Speaker, Leslie Fried, Senior Director, Center for Benefits Access, National Council on Aging-** to share her thoughts on aging well. After an hour, we'll all need to move around a bit, enjoy a preview of what our Arthritis Foundation Exercise Program has to offer!

Starting at 11:05AM, spend some time immersed in a topic that interests you. Choose to attend one of three breakout sessions live! Don't worry, there will be an opportunity to watch the other two later!

"Is it a Magic Lamp or Just a Scam?" presented by Jason Sterzer

"A Whole New World of Technology!" presented by Madeline Dangerfield-Cha

"Soaring Through Life with Less Pain!" presented by Rebbi Burdett

Don't let your involvement end here. Stick around to hear from Carrie Schonlaw once again, as she discusses ways to be involved year-round with AAA-Five County.

We're happy to answer any questions you have regarding specific activities, event timing or any other inquiries. We look forward to seeing you at this exciting and inspiring event.



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# BOOST YOUR BUDGET™

Find your benefits to age well

## Boost your budget with benefits to help pay your bills!

The pandemic has left many older adults struggling to make ends meet on a fixed income.

Whether you're among those or are just looking for ways to age well on a budget, now is the perfect time to see if you qualify for thousands of public and private benefits programs that can help you pay for food, medicine, housing, and more.

Even before COVID-19, older adults like you were leaving \$30 billion in benefits on the table each year because they don't know what programs exist or how to apply.

April 12-16, 2021 is Boost Your Budget™ Week. Take a few moments this week to get a free, confidential checkup from the Benefits Enrollment Center at AAA-Five County. By answering a few questions, we can generate a list of programs that could help you.

Also during this week, we will have a variety of virtual and in-person outreach events to help guide you towards the many possible ways you can boost your budget, including a webinar featuring a variety of professionals who will come together to tackle the topic of debt re-

duction, stories from Medicare beneficiaries and Veterans about how their own confidential checkup has benefited them, ideas for what to do if you don't qualify for benefits, and much more!

You've worked hard. You've earned this. Join us for Boost Your Budget™ Week!

**For a full list of events, check out our Facebook Page on Sunday, April 11, 2021:**

[www.facebook.com/AgingFiveCountyUtah/](http://www.facebook.com/AgingFiveCountyUtah/)

**You can also learn more by contacting the Benefits Enrollment Center via email:**

[bec@fivecounty.utah.gov](mailto:bec@fivecounty.utah.gov)

## The Tip Jar

**If you get a call, text, email — or even someone knocking on your door — claiming they can get you early access to the COVID-19 vaccine, STOP. That's a scam. Don't pay for a promise of vaccine access or share personal information. Instead, report it to your SMP at 435-673-3548.**