



M A G

Expert Resources. Enriching Lives.

About me:

- US Army Lieutenant Colonel (Ret.)
 - Kentucky, Tennessee, Utah, Kansas, Iowa, Colorado, Georgia, California, England (NATO)
 - Iraq (12 m x 2); Afghanistan (9 m); Poland (5 m)
- 10+ years of Public Affairs/Public Relations experience
 - Quad Cities, Colorado Springs, Afghanistan, Poland, Latvia, NATO countries
 - 12 month fellowship with Fleishman Hillard, Atlanta
 - Media engagement, community outreach, internal communications, cross-org comms synchronization
 - Public Affairs Trainer- National Training Center



Why have a communications strategy:

- Details the broad direction for improving your organization's communications efforts
- Explains the general objectives for the organization's communications and the reason these objectives are necessary
- Improve the overall productivity and trust within the workforce
- Create a positive presence for the organization in the public and amongst partners/stakeholders
 - Government requirements for transparency
- Unity of effort and shared understanding: WHAT we do, WHY we do it, and HOW
- Comms Strategy vs Comms Plan
 - Department and project-specific plans
 - Newsletters- internal and external
 - Social media engagement





MAG in the Media:

Comms to Come:

- External Newsletter Changes:
 - Quarterly to Monthly
 - Staff of the Quarter
- Media Engagement Training

Home / News / Local I

Unified transportation provides look in projects through 2050

By Carlene Coombs | Oct 18, 2023

PARKRECORD.com

Conference gives caregivers free training to keep

Event scheduled for Nov. 3 at doTerra

Entertainment | [FRESH ENTERTAINMENT](#) | Oct 20, 2023

By Scott Tassaki | [FOLLOW](#)
@stassaki@parkrecord.com

18th annual Caregivers Conference: 'Discovering Clarity, Vision and Joy'

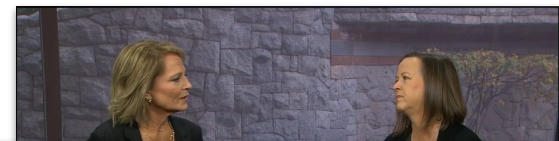
- When: 9 a.m. to 4 p.m., Friday, Nov. 3
- Where: doTerra, 389 S. 1300 West or virtual
- Cost: Free
- Registration: mag Utah.org/CG
- Phone: 801-229-3852
- Web: mag Utah.org

Garl Lehmann, Mountainland Association of Governments Aging Services case manager, is the organizer of the nonprofit's annual caregivers conference. Nov. 3 at doTerra. Courtesy of Mountainland Association of Governments

Providing care for aging loved ones can put a strain on caregivers' health. The [Centers for Disease Control and Prevention](#) reports that informal or unpaid caregiving has been associated with elevated levels of depression and anxiety, increase usage of psychoactive medications, decline in physical health and immune systems and an increase of risk of early death.

In addition, the organization reports that 53% of caregivers noticed declines in their health does compromise their ability to provide care.

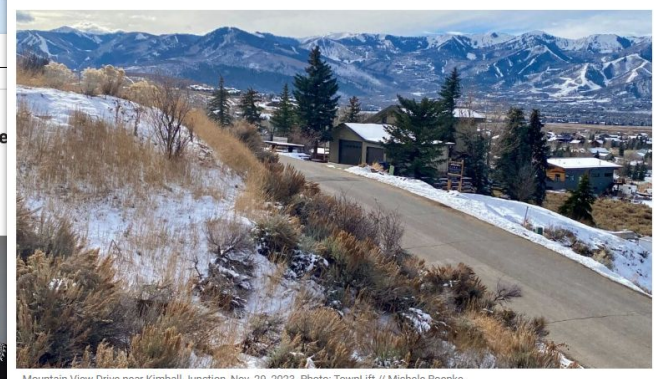
So, [Mountainland Association of Governments Aging Services](#), also known as MAG, a nonprofit that helps senior citizens maintain health, independence and quality of life in Utah – including Wasatch and Summit Counties – offers a free, annual conference that provides caregivers tools to not only better care for their loved ones, but also care for themselves.



What's your opinion on Summit County roads? Voice it at an open house Nov. 30

Ashtyn Asay
Nov 29, 2023

f t



Mountain View Drive near Kimball Junction, Nov. 29, 2023. Photo: TownLift // Michele Roeplke

time of giving. I back, by donating to, or serving to the organizations that best serve their communities. Meals and its associated non-profit, has a special place in my heart as MAG has facilitated the delivery of meals to our beloved seniors in Summit, Utah, and Counties since 1974. If you have the capacity to do so, please check out 205.love.org/ to see how you can help! Utah is an incredible state, with so grateful for, and I know our efforts to help those around us can be equally incredible.

I wish a very happy holiday season to all of our board members, elected officials, clients, and partners.

-Michelle



MAG Social Media

Facebook, LinkedIn... more to come

FOLLOW US!!!!

