

A note from Operations Specialist, Hilary Gilmer:

Happy Holidays and welcome to the PremierFMS e-Newsletter! We are so excited to serve Utah families at PremierFMS.

It is a true privilege for me to have the opportunity to work with this community again after working at Leonard Consulting. I can't wait to reconnect with families I've known and meet new individuals. Please call or email to say hello or stop by our office in Sugarhouse.

In today's email:

- **AARP Releases 2023 LTSS State Scorecard**
- **CDC Reminders for COVID-19 and Flu Vaccines**
- **Utah's Efforts to Help Individuals with Disabilities**
- **LCPD 101 and How They Can Help You**
- **Upcoming Events**
- **Meet a PremierFMS Team Member**

AARP Releases 2023 LTSS State Scorecard



AARP recently released its 2023 Long Term Services and Supports (LTSS) Scorecard. The Scorecard helps create interest and investment in LTSS by effectively measuring each state's supports and services. It also identifies areas of improvement that directly affect consumers and their families. By ranking states amongst one another, the report aims to motivate each state to improve their LTSS services.

[Read More](#)

CDC Reminders for COVID-19 & Flu Vaccines

As cold and flu-season gears up, the CDC has issued reminders to receive your COVID-19 and influenza vaccinations. It is recommended by the CDC to receive an up-to-date COVID-19 vaccine for anyone five and older. Additionally, anyone six months or older should receive a flu vaccine once a year. [Read More](#)

Utah's Efforts to Help Individuals with Disabilities

This summer, Utah lawmakers worked to make life easier for families caring for loved ones with disabilities. As many families struggle to find help outside their own relatives, parents have become the main caregivers. This has created stress on their marriages and made them feel left out of their communities. [Find Out More](#)

LCPD 101 and How They Can Help You

The Legislative Coalition for People with Disabilities (LCPD) is a non-profit organization. It represents people with disabilities in the state legislature. The LCPD allows anyone to advocate for changes to improve the lives of individuals with disabilities. [Learn More](#)



Did You Know?

There are tons of helpful resources at the [Utah Parent Center](#)



Quarterly Reader Poll

We want to hear from you. Please let us know what topics are important to you.

Local News and Information

Team Member Introductions

Participant Stories

National News and Information

Important Dates and Upcoming Deadlines



Upcoming Conferences

Event	Date & Time	Register
Love and Logic	Monday, January 8, 2024 6:30 to 7:30 p.m. MST	Register
Stress Management for Parents	Thursday, January 25, 2024 6:00 to 8:00 p.m. MST	Register



Meet a Team Member - Hilary Gilmer

Five Things to Know About Hilary:

What is Hilary's role at PremierFMS?

Hilary is an operations specialist and has been with PremierFMS for over a year.

What does Hilary like most about working at PremierFMS?

Hilary loves working with all of the families PremierFMS serves.

What inspires Hilary to help others?

From caregivers to participants, Hilary is inspired by all of the people she works with at PremierFMS.

At Premier, Hilary is inspired by each caregiver's dedication to helping their client's thrive.

What are Hilary's interests outside of work?

Hilary loves hiking, spending time with her little boys, and is looking forward to enjoying Christmas with her family.



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