

Brenda Lee Flynn

April 20, 1945 ~ August 20, 2025

My beloved wife, Brenda, a beautiful easy-going soul with a radiant smile and a boundless love for life, passed away peacefully at home August 20, 2025, after a courageous battle with rare Progressive Supranuclear Palsy. Born on April 20, 1945, in Preston, ID, she lived a life full of passion, kindness, and adventure, touching the hearts of all who knew her. I'll always cherish the 41 years Brenda shared and blessed me with her love and presence.

Brenda was preceded in death by her beloved parents, Ruby Darlington and Frank Darlington, and her dear brother, Daniel Darlington (LuAnne). She leaves behind two cherished sisters, Diane Mitchell (Dan), and Irene Lockhart (Mark), her brother, Bruce Darlington, and two beloved children, Randy Bodily and Shari Luther, from her first marriage, and two grandsons, Reese and Mason Luther, who will forever hold her memory close.

Her early years were spent on her maternal grandparents' farm up Strawberry Canyon in Mink Creek, ID. There, she cultivated a deep connection to the land and its simple joys. She often spoke fondly of those days. She tended the garden with her grandmother Margaret. She rode her buckskin horse through the rolling hills. She stood at Margaret's side baking biscuits. She listened to her grandfather Wilford as he mended fences while telling jokes that brought her laughter and joy. Those memories shaped her love for nature and family, which she carried throughout her life.

Brenda was a woman of many talents and passions. With her striking beauty and impeccable style, she graced the world as a fashion model, captivating all with her elegance. On our travels occasionally people approached her thinking she was a movie star, asking for her autograph - a testament to her star-like presence and charm. Her love for music - especially country western ballads and upbeat disco, with favorites like Marty Robbins/El Paso, Donna Summer/On The Radio, ABBA/Dancing Queen, The Statler Brothers/Elizabeth, Neil Diamond/Song Sung Blue, filled her home with rhythm and joy. As a Spa Fitness aerobics instructor, she inspired others with her energy and grace, and for 20 years, she poured her heart into caring for others as a certified home health aide and physical therapy aide, offering comfort and strength to those in need.

Brenda's adventurous spirit took flight as we soared to many enjoyable destinations in the extensive Rocky Mountains flying the iconic Bonanza V-35, marveling at the scenic beauty below. She most loved the breathtaking views of the Jackson Hole Teton-Yellowstone, NW Montana areas, and visiting the replica of Stonehenge at Crystal Lakes in Fortine, MT, a surprising marvel where the mountains and skies seemed to call her home.

She explored the world at my side across the U.S. and beyond from New York to Carmel-By-The-Sea village, the San Juan Islands and Victoria BC - through travel, camping, river rafting get-aways, and western art galleries always with that radiant smile lighting the way.

That same spirit of love and adventure carried her into her later years, when Brenda retired from her career to devote herself to caring for her mother, Ruby, for five precious years - a testament to her selflessness and unwavering love for family. Even as her own health declined, she faced each day with courage, dignity, and an unshakable zest for life. Brenda's legacy is one of love, beauty, and resilience.

Brenda would be over the moon excited discussing our future plans feeling a quiet thrill, and a sudden grasp of my arm with a gifted attitude - "Let's do this" - and we did, often with her knack for turning even the toughest moments into a reason to smile. Brenda's smile will shine eternally in our memories. Brenda is at home with Jesus, her Lord and Savior, John 3:16. Psalm 23:6..."and I will dwell in the house of the Lord forever" now her reality. Until we meet again, my love.

We will be hosting a visitation on Wednesday, August 27, 2025, 10am-11am at Larkin Sunset Gardens at 1960 E. 10600 S, Sandy, UT 84092, followed by a graveside service.

We are grateful and thank the IH Hospice Team for their help and passionate care of Brenda. In lieu of flowers, the family suggests donations to Cure PSP, psp.org - a cause close to her heart.