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## **State of Idaho**

Governor **Brad Little**  
Director **Judy B. Taylor**

### **NEWS RELEASE**

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### **ICOA Hosts First Ever State-Wide Nutrition Conference**

The Idaho Commission on Aging (ICOA) assists older adults and people with disabilities to remain independent, avoid institutionalization, and age in place in their own homes and communities of choice. A large part of ICOA's efforts supports the reduction of hunger, malnutrition, and food insecurities among Idaho's aging populations. In the spirit of celebrating Senior Nutrition Programs throughout the month of March, ICOA is hosting the first annual Nutrition Conference in Boise, Idaho.

The two-day conference will be held on March 27<sup>th</sup> and 28<sup>th</sup> at the Hampton Inn and Suites Boise/Spectrum. It will host 75+ participants primarily from senior centers representing 75 different cities throughout the state. During the conference participants will have the opportunity to hear from several different professionals in the aging field including Pat Bohse, the CEO of Bohse & Associates who specialize in custom consultations with both non-profits and government organizations. Each of the presentations is geared toward helping meal providers and their staff better serve their populations. These include topics on dementia friendliness, loneliness reduction, health promotion, and more. It will also provide a space for professionals around the state to come together for peer learning and support. In addition to the information sessions, participants will have access to a number of different vendors as resources to help drive the mission of their organization to maximize the health of Idaho's seniors.

Support for this conference comes from one-time state-appropriated funds to help senior nutrition and strengthen our community senior centers as hubs of health, education, and socialization across the state. In the future, ICOA hopes to provide more educational conferences to support state-wide efforts for the aging communities.

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