



# Chapter Newsletter

December 2024

## IN THIS ISSUE:

- Alz News
- Volunteer Corner
- Advocacy Day!
- Support Group Info
- Education Programs
- Community Events & Resources

## Caregiving and the Holidays



The holidays can be an especially difficult time for caregivers. Check out our Holiday Checklist to prepare.

### The list includes:

- Planning to Avoid Holiday Stress
  - Taking Care of Yourself
- Preparing Your Loved Ones
  - Smart Gift Giving
  - Traveling Wisely

Scan or visit the link below to download the Holiday Checklist



<https://bit.ly/ALZchecklist>



# December

Seasons Greetings from your local Idaho Chapter of the Alzheimer's Association.

We hope that your Holiday Season is filled with family, friends and the excitement of the coming New Year.

As we settle into the winter months and this busy season, please know that our Helpline is available 24/7 and 365 days a year. This is especially helpful if you're unable to travel during inclement weather and/or if you have questions during the holidays. We have trained staff answering all day, every day!

Be sure and register for Advocacy Day and check out an opportunity to go through our essentiALZ training (worth 3 CEU's) for free.

See You Next Year!

~Greater Idaho Chapter Staff





# Association Resource Spotlight

**Are you living with memory loss, or caring for someone who is?**

Build your action plan today  
at [alz.org/alznavigator](http://alz.org/alznavigator).

**ALZNAVIGATOR™**  
ALZHEIMER'S ASSOCIATION®

Whether you're a caregiver, a person living with dementia, or someone concerned about memory loss, find the support you need with ALZNavigator™. Just answer a few questions about your situation and ALZNavigator will guide you to the resources and tools you need today and throughout each step of the disease – all in one place.

Visit [alz.org/alznavigator](http://alz.org/alznavigator)  
to Build An Action Plan Today!



## SHARE YOUR STORIES

Do you have a story from someone that's been touched by the volunteer work that you do for the Alzheimer's Association or by another service the Association has provided? As you know, it's helpful for others to hear stories that help them not feel alone.

We would love to hear about it!

Share a quote or story  
you've heard from:

\*Caregivers

\*Person with the disease

\*Family members

\*Community Members

\*Yourself!

-Stories/quotes can stay anonymous-

Contact an Idaho Chapter Staff  
Member to share!

## VOLUNTEER CORNER



Twin Falls Volunteer, Ashley, and her son Brantley at the Sunflower Patch at the Blue Rock Farmer's Market in Twin Falls.

Share how you are spending your winter?  
Email [mmmunoz@alz.org](mailto:mmmunoz@alz.org) or  
[jocornilsen@alz.org](mailto:jocornilsen@alz.org)



# IDAHO ADVOCACY DAY



## Idaho State Advocacy Day

# REGISTER TODAY

TUESDAY, JANUARY 14, 2025

8:30 a.m.

Idaho State Capitol  
700 W Jefferson St  
Boise, ID 83702

REGISTRATION INFORMATION:  
[p2a.co/sgbmmeey](https://p2a.co/sgbmmeey)



Ready to make a difference? Join us on January 14th as we rally state lawmakers to drive change for those living with Alzheimer's and dementia. Your voice matters! Together we can create the impact our community deserves. Let's make this day count!

Daniel Uribe  
[Duribe@alz.org](mailto:Duribe@alz.org)  
208.398.2518

[alz.org](https://alz.org) | 800.272.3900





# APPLY TODAY! ESSENTIALZ TRAINING

ALZHEIMER'S  ASSOCIATION®

## essentiALZ®

ALZHEIMER'S  ASSOCIATION®

### ALZHEIMER'S ASSOCIATION TRAINING AND CERTIFICATION

Educates professional care providers on current evidence-based, person-centered practices to care for individuals living with dementia.

**APPLY TODAY:**

<https://bit.ly/essentiALZ>



- Complete and claim: 3 continuing education credits.
- Three-hour online training program, self-paced, features videos and interactive activities.
- Covers five topic areas; the basics of Alzheimer's and dementia, person-centered care, assessment and careplanning, activities of daily living, and communication changes and dementia related behavior.
- Deadline to Apply: December 31, 2024
- Candidates will notified & selected by: January 17, 2025
- A \$25 Amazon gift card will be issued by the Idaho Caregiver Alliance to all who complete the training.

**ONLY 500 FREE  
TRAINING SLOTS  
AVAILABLE**

**\$25 Amazon gift card  
issued at completion of  
training**



500 Scholarships & Amazon gift cards for this workforce initiative have been made possible through funding by UnitedHealthcare.



# GREATER IDAHO CHAPTER SUPPORT GROUPS



Greater Idaho Chapter

## **Cathedral of the Rockies: In Person**

Thursday, December 5th & 19th @ 2PM

**No Group on January 2nd**

1st & 3rd Thursday of each month

Cathedral of the Rockies, Boise, Idaho 83702

## **Eagle Support Group: In Person**

Wednesday, December 11th ONLY @ 2 PM

2nd & 4th Wednesday of each month

Eagle Senior Center, Eagle, Idaho 83616

## **Adult Children As Caregivers: Online**

Wednesday, December 11th @ 6:30 PM

2nd Wednesday of Each Month

Zoom Link Provided Upon Registration

## **Salmon Creek Support Group: In Person**

Tuesday, December 17th @ 6:30 PM

3rd Tuesday of Each Month

Salmon Creek, Boise, Idaho 83713

## **Nampa Library Support Group: In Person**

**NO SUPPORT GROUP IN DECEMBER**

Last Monday of Each Month

Nampa Library, Room 302, Nampa, Idaho 83651

## **Grannie On the Move Support Group:**

**In Person**

Tuesday, December 3, 17, 31st @ 1 PM

Every Other Week On Tuesdays

Grannie On the Move, Meridian, Idaho 83642

## **Pocatello Support Group: In Person**

Wednesday, December 11th @ 2 PM

2nd Wednesday of Each Month

Methodist Church, Pocatello, Idaho 83201

## **Hailey Support Group: In Person\*\***

Weekly on Wednesdays @ 2 PM

The Senior Connection, Hailey, Idaho 83333

**\*\*Please call The Senior Connection prior to attending**

## **December 2024 Support Groups for Family Caregivers**



## **Emmett Support Group: In Person**

Wednesday, December 11th @ 2 PM

2nd Wednesday of the month

Meadow View Assisted Living, Emmett, Idaho 83617

## **Women Caring for Spouses: Online**

Tuesday, December 3rd & 17th @ 4 PM

1st & 3rd Tuesdays of Each Month

Zoom Link Provided Upon Registration

## **Library! at Hillcrest: In Person**

Friday, December 6th & 20th @ 10 AM

Library! at Hillcrest, Boise, Idaho 83405

## **Family Life Memory Care: In Person**

Thursday, December 12th @ 2 PM

2nd Thursday of Each Month

Nampa, Idaho 83651

## **Canyon County Support Group: In Person**

Wednesday, December 18th @ 1 PM

3rd Wednesday of Each Month

Nampa Public Library, Room 302, Nampa, Idaho 83651

## **Payette County Support Group**

**NO SUPPORT GROUP IN DECEMBER**

**RESUMING IN JANUARY**

Last Tuesday of Each Month

## **Twin Falls Support Group: In Person**

Tuesday, December 17th @ 6:30 PM

Third Tuesday of Each Month

CSI Office On Aging (4th Floor County West Bldg)

Twin Falls, Idaho 83303

The Helpline is available 24/7. Call 800.272.3900 to register for a support group or to talk with a specialist or a master's level-clinician that is able to offer confidential support and information to people living with the disease, caregivers, families, and the general public.

Visit [alz.org/idaho](http://alz.org/idaho) to learn more about our caregiving programs. To further extend your networks of support, visit ALZconnected, our on-line community, at [alzconnected.org](http://alzconnected.org).



# COMING IN JANUARY

## VIRTUAL EARLY STAGE SUPPORT GROUP

### ONLINE EARLY STAGE SUPPORT GROUP

Presented by the Alzheimer's Association®

*The Alzheimer's Association offers services for persons diagnosed with early stage memory loss and their care partners.*



The Early Stage Support Group provides an opportunity to discuss issues in changes related to memory loss and a gathering to share experiences and feelings for both those in early stages and their care partners.

Facilitated by:

- Julie Roninson, LMSW with Seasons Care Management and
- Mary Croffy, LCSW, with VA Caregiver Support

Brought to you by



**A 9 week program starting:  
Tuesday, January 21  
3:00 p.m. - 5:00 p.m.**

**Online**

(via zoom or google meet)

**Screening and registration required  
208.722.2521**

Visit [alz.org/CRF](http://alz.org/CRF) to explore additional programs in your area.




# SPANISH SUPPORT GROUP

## GRUPO DE APOYO ESPAÑOL

### Cuéntame Más: Compartiendo Nuestras Historias y Protegiendo Nuestra Mente

Un programa para cuidadores y personas mayores, incluyendo a las personas de la tercera edad: Celebre su historia, conéctese con su comunidad, y aprenda cómo cuidar su mente.

Nos reunimos el segundo sábado de cada mes, comenzando el 14 de diciembre 2024 de 2 pm - 4 pm  
El Centro Comunitario Hispano  
315 Stampede Drive, Nampa, ID 83687  
Para más information llámé (208) 722-2521

 ¿Interesado en conocer a nuestros oradores? Visite nuestra página de Facebook - **Cuéntame Más Idaho**

#### Lo que experimentará:

- **Lotería** - ¡Disfrute de un divertido juego y gane premios!
- **Presentaciones de expertos de Nuestra comunidad:** Aprenda cómo proteger su cerebro a medida que envejece.
- **Círculo de narración de historias:** Comparta sus historias personales y escuche la sabiduría de los demás.

Únete a otros miembros de la comunidad para compartir tus historias, reflexionar y descubrir nuevas formas de cuidar de usted mismo y sus seres queridos.




### Cuéntame Más: Sharing Our Stories, Protecting our Minds

A Program for Caregivers and Latino Elders: Celebrate your stories, connect with your community, and learn how to care for your mind.

Meets the second Saturday of each month, beginning on December 14, 2024 from 2 pm - 4 pm  
Hispanic Community Center  
315 Stampede Drive, Nampa

For more information, call (208) 722-2521.

 Interested in knowing who our speakers are? Check out our Facebook page - **Cuéntame Más Idaho**.

#### What You'll Experience:

- **Lotería:** Play a fun game and win prizes!
- **Presentations by Experts:** Learn tips to protect your mind as you age.
- **Storytelling Circles:** Share personal stories and listen to the wisdom of others in the room.

Come together with other community members to share stories, reflect, and discover new ways to care for yourself and your loved ones.



# HAPPY HOLIDAYS



# EDUCATION PROGRAMS



**Support Groups and  
Community  
Education Programs  
on Alzheimer's  
disease and other  
related dementias**

**Where: Grannie on the Move  
3587 E Overland Rd | Meridian, ID 83642  
Time: 1:00 pm - 2:00 pm**

August 6, 2024 - 10 Warning Signs of Alzheimer's

August 13, 2024 - Support Group

August 20, 2024 - Understanding and Responding to Dementia Related Behaviors

August 27, 2024 - Support Group

September 3, 2024 - Healthy Living for your Brain & Body

September 10, 2024 - Support Group

September 17, 2024 - Effective Communication

September 24, 2024 - Support Group

October 1, 2024 - 10 Warning Signs of Alzheimer's

October 8, 2024 - Support Group

October 15, 2024 - Understanding and Responding to Dementia Related Behaviors

October 22, 2024 - Support Group

October 29, 2024 - Healthy Living for your Brain & Body

November 5, 2024 - Support Group

November 12, 2024 - Effective Communication

November 19, 2024 - Support Group

December 3, 2024 - 10 Warning Signs

December 10, 2024 - Support Group

To register call 800.272.3900 or visit [alz.org](http://alz.org). For more information call Joanne at (208) 206-0041



AHRENS DEANGELI  
LAW GROUP



Greater Idaho Chapter



# COMMUNITY EVENTS & RESOURCES



Idaho State  
University

Department  
of Psychology

## INSOMNIA TREATMENT STUDY

The RESTED Lab  
is looking for **adults**  
experiencing  
**sleep difficulties.**

Participants will be  
compensated up to \$100

**Interested in  
participating?**



Scan the QR code or go to:  
[redcap.link/ISUInsomniaStudy](https://redcap.link/ISUInsomniaStudy)

### WHAT DOES THE STUDY INVOLVE?

Our study aims to investigate how adults with insomnia change following **cognitive behavioral therapy for insomnia (CBTi)** by measuring changes in sleep health and cognition.

#### Study visits include:

- Online questionnaires
- Brief clinical interview
- Cognitive functioning evaluation
- In-home sleep study (PSG)

#### 6-Week Treatment includes:

- Four 60-min sessions of abbreviated CBTi with a trained clinician.
- Two phone call sessions intermixed between the last two sessions.

#### What is CBTi?

CBTi is the first line treatment for insomnia disorder that focuses on addressing factors that contribute to the persistence of insomnia.

For more information, go to our website at <https://sarah-emert.weebly.com/>  
or contact us at [restedlab@isu.edu](mailto:restedlab@isu.edu)



# COMMUNITY EVENTS & RESOURCES

## JOIN THE COMPASSION COMPASS STUDY!

WE ARE LOOKING FOR PARTICIPANTS TO TEST OUR ONLINE MENTAL HEALTH SUPPORT PROGRAM FOR **ADULTS WITH DEMENTIA**



**WHO CAN PARTICIPATE?**  
PARTICIPANTS MUST:

- HAVE RECEIVED A DEMENTIA DIAGNOSIS WITHIN THE PAST YEAR
- BE FLUENT IN READING ENGLISH
- HAVE INTEREST IN COMPLETING AN ONLINE SELF-HELP PROGRAM

INTERESTED? COMPLETE OUR **SCREENER:**



Earn up to \$60 for participating!

email: [CMHP@usu.edu](mailto:CMHP@usu.edu)



visit: <https://utahact.com/CompassionCompass>



PI: Heather Kelley, PhD  
[heather.kelley@usu.edu](mailto:heather.kelley@usu.edu)  
USU IRB #14297  
Utah's State IRB #1041

## Dementia Friends Information Session



### What is Dementia Friends?

A Dementia Friend learns about dementia and then turns that understanding into action. Dementia Friends USA is a part of a global movement that is changing the way people think, act, and talk about dementia.

### Who can be a Dementia Friend?

Anyone can be a Dementia Friend. We all have a part to play in creating dementia friendly communities.

### What will I learn?

Through interactive activities and information you will learn what dementia is, and how it affects people, and how you can make a difference for people touched by dementia.

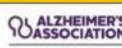
### How much does it cost?

The session is Free! You will be provided with a session workbook and certificate after attending.

**Join the Movement! Become a Dementia Friend Today!**

Tuesday, December 10, 2024  
1:00-2:30 PM  
The Art Museum  
300 S Capitol, Idaho Falls

Register by calling  
208-529-1390  
or by emailing  
[lblanch@uidaho.edu](mailto:lblanch@uidaho.edu)



Community Care Program will be available after the session with additional information

The University of Idaho has a policy of nondiscrimination on the basis of race, color, religion, national origin, sex, age, sexual orientation, gender identity/expression, disability, genetic information, or status as any protected veteran or military status.

Persons with disabilities who require alternative means for communication or program information, or reasonable accommodations need to contact the Bonneville County Extension by at least two weeks prior to the event at 1542 E 73rd S, Idaho Falls, 208-529-1390 or [bonneville@uidaho.edu](mailto:bonneville@uidaho.edu)

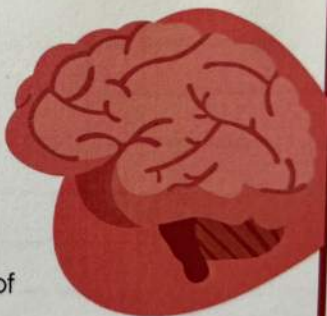
## BRAIN HEALTH

### Protecting Your Cognitive Assets

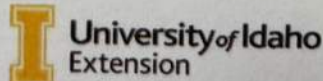
Wednesday, December 11, 12-1:30pm  
2nd Floor Program Room

The risk of developing dementia can be reduced by up to 40% through positive lifestyle habits.

Learn seven pillars of brain health and how they can become part of your daily routine.



Brought to you by:



## Dementia Friends Information Session



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### Who can be a Dementia Friend?

Anyone can be a Dementia Friend. We all have a part to play in creating dementia friendly communities.

### What will I learn?

Through interactive activities and information you will learn what dementia is, and how it affects people, and how you can make a difference for people touched by dementia.

### How much does it cost?

The session is Free! You will be provided with a session workbook and certificate after attending.

**Join the Movement! Become a Dementia Friend Today!**

Wednesday, December 4, 2024  
12:00-1:30 PM  
Idaho Falls Public Library  
457 W Broadway, Idaho Falls

Register by calling  
208-529-1390  
or by emailing  
[lblanch@uidaho.edu](mailto:lblanch@uidaho.edu)



"Community Care Program will be available after the session with additional information"

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# COMMUNITY EVENTS & RESOURCES

**the Y** UNLOCK THE POWER OF TOTAL WELLNESS 


**JOIN OUR BRAIN AND BODY EVIDENCE BASED EXPERT-LED GROUP EXERCISE CLASS!**



Starting August 8th 2024  
Every Thursday 12-1 PM  
COST: FREE for Members  
Punch Cards available for Non-members  
OPEN to EVERYONE

 University of Idaho Extension

## Connection Club



Dick Eardley Senior Center is now offering adult day care services for local families. Supervised activities will include arts and crafts, games, lunch, snacks and camaraderie with other Senior Center participants. Guests should enjoy meeting new people and be able to function in a group setting.

 Mon, Tues, Thurs, Fri, 9am-3pm

\$70 per day Boise residents, \$102.45 per day for non-residents

Call 208-608-7578 for more info and to set up the introductory evaluation



Dick Eardley Senior Center  
690 Robbins Rd., Boise 83702



## WHY FALLS MATTER IN IDAHO



**Who Falls**  
1 in 3 Older Idahoans Report Falling At Least Once/Year

- Men 49+ 2x more likely than women
- Men ages 30-69 95% more likely to die
- Women 80+ 1.4x more likely than men & 22.5% Women age 80+ report falls

**Where Falls Happen**  
Idaho Counties with an Increase in Falls Reported

- Bannock Jerome
- Bingham Kootenai
- Bonneville Shoshone
- Elmore Twin Falls

67% At Home  
9% in Institutions  
4.5% Public Spaces

**What Falls Cost**


Average Idaho medical	\$38,373 per fall
National Average	\$754 billion for fatal and non-fatal falls
Medicare	\$53.3 Billion
Private/Out of Pocket	\$23.2 Billion
Medicaid	\$3.5 Billion

## Why Falls Matter in Idaho



**PREVENTION IS KEY!**

Falls are **#1 Cause** of Traumatic Brain Injury  
Idaho 2020: EMS Falls Assistance Request **Age 65+**  
**Approx. 6,000**  
Falls are **2.5x more likely** to cause injury than car crashes  
Impaired Vision **2x Fall Risk**

**Idaho Hospitalization Outcomes**




**COMMON OUTCOMES**

-  fear of falling isolation and loneliness in depression early institutionalization premature death
-  hydration and nutritional intake joint/bone stability mobility/physical activity in performing self-care physical health socialization & independence

**Falls Prevention Coalition of Idaho**

FPC-ID reduces falls and fall-related injuries, maximizing health, safety, and well-being through evidence-based prevention strategies and statewide collaborative efforts.

Contact:  
Erin.Olsen@aging.idaho.gov  
www.aging.idaho.gov/falls/





# COMMUNITY EVENTS & RESOURCES

Are you a caregiver taking care of a loved one with dementia?



## CAREGIVER SUPPORT GROUP



Located: Eastern Idaho  
Community Action  
Partnership 935 E  
Lincoln Rd. Idaho Falls,  
ID 83401



Support Group  
Meetings are held  
the 2nd Tuesday of  
every month

For questions contact or to sign  
up for the group facilitator at  
208-522-5370 ext. 203



"We're there when you  
need us most."



## CAREGIVER SUPPORT GROUP

Are you a caregiver taking care of a loved one with a memory concern, dementia, or Alzheimer's?

Come join us for connection, support, and fun activities!



Meetings Held The 1st  
Thursday of Every Month



Hagerman Public Library  
441 S State St  
Hagerman, ID 83332

1:00-3:00 PM



## CAREGIVER SUPPORT GROUP



Are you a caregiver taking care of a loved one with a memory concern, dementia, or Alzheimer's?

Come join us for connection, support, and fun activities!



(208) 898-9626

james.findlay@a3ssa.com



Meetings Held The 3rd  
Monday of Every Month.  
1:00-3:00 PM



Bingham County Extension  
Office 412 W Pacific Street  
Blackfoot

To enrich education through diversity the University of Idaho is an equal opportunity/affirmative action employer and education institution. University of Idaho, U.S. Department of Agriculture and Bingham County cooperating.



## Caregiver Support Group

4<sup>th</sup> Wednesday of the month

Location: Area Agency on Aging - 214 E. Center St. Pocatello ID

Time: 2pm

Contact us at (208)233-4032

