



Chapter Newsletter

February 2025

IN THIS ISSUE:

- Alz News
- Alz Spotlight
- Support Group Info
- Education Programs
- Community Events & Resources

Walk Website is LIVE!

Our **Walk to End Alzheimer's** websites are live. Be sure and start your Walk Team to help us in our largest fundraising event to **#ENDALZ!** go to alz.org/walk to find the Walk nearest you!



February

Happy Love Month!

February is the month of love where we express our gratitude and compassion for those around us. However, it is important to remember that self-love is just as important.

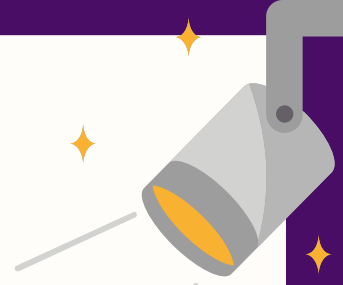
This February remember to express gratitude to yourself about all the good work that you have done. Self-care and self-love can be anything that makes you feel better and be your best self.

This last month we had Advocacy Day at the Idaho State Capitol. We shared with Idaho's legislature, the important work that we do, and advocated for our cause.

Thank you for your continued commitment helping us ENDALZ!

~Greater Idaho Chapter Staff

ALZ Association Resource Spotlight



As the largest nonprofit funder of Alzheimer's research, the Association is committed to accelerating the global progress of new treatments, preventions and, ultimately, a cure.

To learn more about the latest Research or to find a clinical trial, visit alz.org/research

2025 FUNDRAISING EVENTS

SAVE THE DATE FOR A WALK NEAR YOU



WALK TO END ALZHEIMER'S

- Magic Valley
September 6, 2025
- Pocatello
September 13, 2025
- Idaho Falls
September 20, 2025
- Treasure Valley
September 27, 2025

WALK TO END ALZHEIMER'S
ALZHEIMER'S ASSOCIATION

A group of four people (three women and one man) are smiling and waving. They are wearing white t-shirts with the Alzheimer's Association logo. The background is a blue banner with the text "WALK TO END ALZHEIMER'S".

THE DAY WITH THE MOST LIGHT IS THE DAY WE FIGHT®

The Longest Day® is the day with the most light — the summer solstice. And it's the day the Alzheimer's Association® calls on everyone to fight Alzheimer's disease by raising funds and awareness for care, support and research.

On June 20, stand up to the darkness of Alzheimer's. Together, the strength of our light will outshine the darkness of Alzheimer's.

THE LONGEST DAY
ALZHEIMER'S ASSOCIATION

START NOW. SELECT YOUR ACTIVITY AT [ALZ.ORG/THELONGESTDAY](https://alz.org/thelongestday).

A dark purple background with white and teal text. At the bottom, there is a logo for "THE LONGEST DAY" with a sunburst icon above it. Below the logo is the Alzheimer's Association name and logo. At the very bottom, there is a line of text: "START NOW. SELECT YOUR ACTIVITY AT ALZ.ORG/THELONGESTDAY."

Contact Taylor Garnica or Shelly Jones for more info!

tagarnica@alz.org

sjones@alz.org

GREATER IDAHO CHAPTER SUPPORT GROUPS

February 2025 Support Groups for Family Caregivers



Cathedral of the Rockies: In Person

1st & 3rd Thursday of each month
Thursday, February 6th & 20th at 2PM
Cathedral of the Rockies
Boise, Idaho 83702

Eagle Support Group: In Person

2nd & 4th Wednesday of each month
Wednesday, February 12th & 26th at 2 PM
Eagle Senior Center
Eagle, Idaho 83616

Adult Children As Caregivers: Online

2nd Wednesday of each month
Wednesday, February 12th at 6:30 PM
Zoom Link Provided Upon Registration

Salmon Creek Support Group: In Person

3rd Tuesday of each month
Tuesday, February 18th at 2:30 PM
Salmon Creek
Boise, Idaho 83713

Nampa Library Support Group: In Person

NEW MEETING TIME

Last Monday of each month
Monday, February 24th at 1:00 PM
Nampa Library, Room 302
Nampa, Idaho 83651

Grannie on the Move: In Person

Personalized Education & Support

Every week on Tuesdays at 1 PM
Grannie On the Move
Meridian, Idaho 83642

Pocatello Support Group: In Person

2nd Wednesday of each month
Wednesday, February 12th at 2 PM
Pocatello, Idaho 83201

Hailey Support Group: In Person**

Weekly on Wednesdays at 2 PM
The Senior Connection
Hailey, Idaho 83333
(208) 788-3468

**Please call The Senior Connection prior to attending



Emmett Support Group: In Person

2nd Wednesday of the month
Wednesday, February 12th at 2 PM Meadow View
Assisted Living Emmett, Idaho 83617

Women Caring for Spouses: Online

1st & 3rd Tuesdays of each month
Tuesday, February 4th & 18th at 4 PM
Zoom Link Provided Upon Registration

Library! at Hillcrest: In Person

1st and 3rd Friday of each month
Friday, February 7th & 21st and at 12 PM
Library! at Hillcrest

Family Life Memory Care: In Person

2nd Thursday of each month
Thursday, February 13th at 2 PM
Nampa, Idaho 83651

Canyon County Support Group: In Person

3rd Wednesday of each month
Wednesday, February 19th at 1 PM
Nampa Public Library, Room 302
Nampa, Idaho 83651

Payette County Support Group: In Person

Last Tuesday of each month
Tuesday, February 25th at 2 PM
Horizon Home Health & Hospice, conference room
Fruitland, Idaho 83661

Twin Falls Support Group: In Person

Third Tuesday of each month
Tuesday, February 18th at 6:30 PM
CSI Office On Aging (4th Floor County West Building)
Twin Falls, Idaho 83303

Call the Alzheimer's Association Helpline at 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 provide confidential support and information to people living with the disease, caregivers, families, and the general public.
Visit alz.org/idaho to learn more about our caregiving programs.

EDUCATION & SUPPORT

ALZHEIMER'S  ASSOCIATION®

Support and Dementia Resources

If you care for someone with Alzheimer's, you are not alone.
We're here whenever you need us.

Join us every week for FREE, IN-PERSON, and
PERSONALIZED dementia resources, caregiver support and
education.

EVERY TUESDAY 1:00PM - 2:00PM

Grannie on the Move

3587 E. Overland Rd. Meridian, ID 83642



Registration Required. Please call our

Local Office: 208.206.0041

For additional resources contact the helpline available 24/7 at

800.272.3900

EDUCATION & SUPPORT

The Empowered Caregiver

An education program presented by the Alzheimer's Association



March 19, Noon - 1:30 p.m.

Intro to Alzheimer's and Building Foundations of Caregiving explores the role of caregiver and changes they may experience, building a support team and managing caregiver stress.

April 2, Noon - 1:30 p.m.

Supporting Independence focuses on helping the person living with dementia take part in daily activities, providing the right amount of support and balancing safety and independence while managing expectations.

April 16, Noon - 1:30 p.m.

Communicating Effectively teaches how dementia affects communication, including tips for communicating well with family, friends and health care professionals.

Responding to Dementia-Related Behaviors details common behavior changes and how they are a form of communication, non-medical approaches to behaviors and recognizing when additional help is needed.

April 30, Noon - 1:30 p.m.

Exploring Care and Support Services examines how best to prepare for future care decisions and changes, including respite care, residential care and end-of life care.

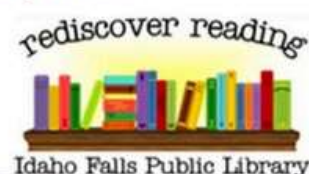
This free education series teaches caregivers how to navigate the responsibilities of caring for someone living with dementia. Caregivers can register for individual courses to meet their needs or complete the entire series.

Registration encouraged, but not required.

For More Information or to Register,
Contact Jody Cornilsen at
jocornilsen@alz.org or 208-350-6823

Idaho Falls Public Library
457 W Broadway St.
Idaho Falls, ID 83402

In Partnership With:



800.272.3900 | alz.org

ALZHEIMER'S  ASSOCIATION®

EDUCATION & SUPPORT

HEALTHY AGING EDUCATIONAL SERIES

Exploring Care & Support Services

Join Us

Thursday, February 20, 2024

1:30 pm - 2:30 pm

This lecture will cover details on common behavior changes, explain how they serve as a form of communication, discuss non-medical approaches to managing behaviors, and highlight when additional help may be needed.



You deserve healthcare that supports you and your family during every stage in life. That is why Saint Alphonsus offers a FREE Health & Aging Educational Lecture Series. Join us as we team up with the Alzheimer's Association, Greater Idaho Chapter to help you understand Alzheimer's and other Dementias. Building Foundations of Caregiving explores the role of caregiver and changes they may experience, building a support team and managing caregiver stress.

Saint Alphonsus - Boise
McCleary Auditorium
1055 N. Curtis Rd., Boise, ID 83706

RSVP Today | (208) 206-0041

 **Saint Alphonsus**
A Member of Trinity Health
1055 North Curtis Road
Boise, ID 83706

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Boise, ID
Permit No. 100

SOCIAL ENGAGEMENT COMPROMISO SOCIAL

Cuéntame Más: Sharing Our Stories, Protecting our Minds



Cuéntame Más

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, next meeting February 8, 2025 from 2 pm - 4 pm. Please arrive 15 minutes early to sign-in.

Hispanic Community Center
315 Stampede Drive, Nampa



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



What You Will Experience:

- The session will provide an overview of the **Fit and Fall Proof** program, including exercises to prevent falls, reduce the risk of dementia, and support brain health. Storytelling Circle: Share your
- personal stories and listen to the wisdom of others.

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



Greater Idaho Chapter



IDAHO DEPARTMENT OF
HEALTH & WELFARE
ALZHEIMER'S DISEASE AND RELATED DEMENTIAS

SOCIAL ENGAGEMENT



Creative Aging

Supported by the Alzheimer's Association



Creative Aging offers creative art expression for individuals with mild cognitive impairment (MCI) and early to middle stages of Alzheimer's disease and related dementias.

This program creates a fun and comfortable way for people to get connected, get active and share their meaningful life moments or personal interests.

Previous art experience is not required.

BLICK
art materials

Art Supplies provided thanks to the generous donation of Blick Art Materials

The 3rd Wednesday of Every Month
10 a.m. - 11:30 a.m.

The ART Museum
300 S Capital Ave., Idaho Falls, ID 83402

Registration Required (Class Limit 10)

For More Information or to Register,
Call 208.350.6823 or email
jocornilsen@alz.org



bit.ly/creativeagingART

800.272.3900 | alz.org

 **ALZHEIMER'S**
ASSOCIATION

COMMUNITY EVENTS & RESOURCES

trialmatch[®]

alzheimer's  association[®]

POWERED BY CenterWatch iConnect[™]

Don't just hope for a cure. Help us find one.

Free and easy-to-use clinical studies matching service.

Answer a few simple questions then receive a customized list of recommended studies.

No obligation to participate.

**Text "TrialMatch" to 52886
or sign up at alz.org/trialmatch**



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

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-ernert.weebly.com/> or contact us at restedlab@isu.edu

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



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



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

COMMUNITY EVENTS & RESOURCES



MEMORY Café
Legacy Care Program
A Project of Aging Strong

Held In-Person at Several Locations in the Treasure Valley and Now On-line!

Have You Heard About Our Memory Café?
A place where family caregivers and their loved one with memory loss can get together in a safe, supportive, and engaging environment.

OFFERED AT NO COST!

The Memory Café Encourages Friendship and Acceptance!

The Memory Café is a time to enjoy activities with your loved one with memory loss and break from the normal routine. It is a time to socialize, learn from monthly topics, and build resources for changing needs.

The Café offers a time for support, shared stories, laughter, and most of all, knowing that you are not alone!



"Memory loss can be such an isolating condition — for both of us. Going out and just being ourselves is so welcoming."

FEBRUARY 2025 MEMORY CAFE EVENTS:

Memory Cafe On-line, RSVP to receive Zoom link

- 2nd Monday, February 10th, 10:30-12:00

NEW Saint Alphonsus—1055 N Curtis Rd Boise ID Coughlin Rm (North Entrance)

- 2nd Wednesday, February 12th, 12:00-1:30

Ada Community Library Victory Branch

- 3rd Wednesday, February 19th, 1:00-2:30

Bown Crossing Library

- 3rd Thursday, February 20th, 1:00-2:30

NEW Kuna Senior Center,

- 3rd Friday, February 21st, 1:00-2:30

Orchard Park Meridian Library

- 4th Thursday, February 27th, 1:00-2:30

Nampa Public Library

- 4th Friday, February 28th, 1:00-2:30



NEXT 50

For information or to **RSVP**
Contact: Karen Kouba-McIver
Email: kkouba@janusis.org
Phone: 208-947-4283
www.AgingStrong.org

In Partnership with:




2025 ICA Family Caregiver Conference

Power of Care: Strength in Community



2025 Highlights

- Keynote: Donna Butts from Generations United
- Speakers, resources, and the opportunity to visit with other individuals who provide care for a family member, friend, or neighbor.
- Interactive sessions focused on topics of interest to caregivers.

Date: February 22, 2025 **Time:** 9:00 AM - 4:00 PM (MST)
Where: Zoom (Virtual) **Cost:** \$25

Register Here



For more details:
idahocaregiveralliance.com/caregiverconference/

Event Sponsors



BONNEVILLE INTERAGENCY COUNCIL
Professional Education Conference 2025

FEBRUARY 13, 2025
\$50 EARLY REGISTRATION
\$75 AT THE DOOR

Equal Access and Resource Accommodations for Disabled Citizens
Conference Available Online or In-person

- Civil Rights and Legal Protections
- Legal and Advocacy Resources
- Ethics
- Diversity, Equity, and Inclusion Initiatives
- Education Gaps/Adaptive Technology

8:30am-3:30pm
Doors open at **8:00am**

COLLEGE OF EASTERN IDAHO BUILDING THREE ROOM 306

LUNCH PROVIDED

REGISTER HERE

6 CEU'S



BEATING THE
WINTER
BLUES

WEDNESDAY, FEB. 12TH
FROM 1-2PM IN STUDIO 2

FREE SEMINAR
Open to the public





University of Idaho
Presented by Leslee Blanch, University of Idaho Extension Educator



CLUB APPLE

2030 JENNIE LEE DR. IDAHO FALLS

COMMUNITY EVENTS & RESOURCES

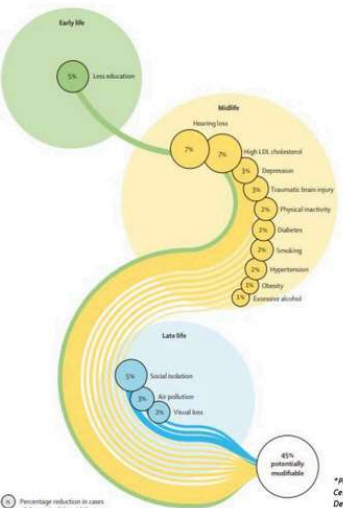



HOPE Healthy Options for Prevention Excellence*

Improving Brain Health, Reducing Risk of Dementia, Delaying Onset of Dementia Symptoms and Slowing Progression of Dementia Symptoms

✓ The Treasure Valley Family YMCA in partnership with Saint Alphonsus Memory Center is excited to bring to you a **once-a-month online (virtual)** free education program on evidence-based lifestyle-medicine strategies and treatment of potentially modifiable risk factors to improve brain health and reduce one's risk of dementia.

✓ Did you know that research to date have identified 14 potentially modifiable risk factors for dementia? These 14 factors account for approximately 45% of dementia cases!




SAVE THE DATE!

Please join us for monthly HOP meetings. Let's help each other live our best lives possible by improving our brain health and reducing our risk of dementia.

February 4th, 2025


- 1st Tuesday of every month
- 12:00 – 1:00pm MST
- To register, contact Mary Biddle – Newberry at 208-344-5502, ext. 276 or mary.biddle@ymcatvidaho.org




Please share this flyer with your family, friends and local community.



*Partial funding was provided from the State of Idaho and the Centers for Disease Control and Prevention (CDC) of the U.S. Department of Health and Human Services (HHS), as part of a financial assistance award (No. 6N50P012507) totaling \$450,000 with 50 percent funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CDC/HHS, or the U.S. Government.

Reprinted from The Lancet, 404, Gill Livingston, Dementia prevention, intervention, and care: 2024 report of the Lancet standing Commission, 572-628, 2024, with permission from Elsevier.



AGELESS GRACE

For Brain, Body and Balance

JOIN OUR AGELESS GRACE CLASS!

Ageless Grace is a group exercise class based on everyday movements that focus on healthy longevity of the body and mind.


Starts
Nov 15


\$ COST: Free for Members

WHERE: Idaho Falls Family YMCA

WHEN: Every Fridays

TIME: 10:30 AM – 11:30 AM








Grandparents Raising Grandchildren Support Group

Connect with other Grandparents, and receive support!


Support Group meets every
4th Tuesday of the month
12 pm - 1:30 pm

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


For questions or to sign up please contact
the group facilitator
[208522-5370 ext. 203](tel:2085225370)

COMMUNITY EVENTS & RESOURCES



In Partnership With



Case Management • Advocacy • Respite • Education

Working together to bring you the next **POWERFUL TOOLS FOR CAREGIVERS WORKSHOP** beginning

Monday, January 27th

The Community Care Program is teaming up with Aging Strong to bring the evidence-based Powerful Tools for Caregivers Workshop Series to your community. Powerful Tools for Caregivers Workshops are **designed for YOU, the family caregiver**. Classes are established for a caregiver or their care recipient age 60 and older.

REGISTRATION IS REQUIRED!

Workshop details:


Start Date: January 27th, 2025

Classes run every Monday for 6 consecutive weeks, January 27th-March 10th, 2025

Time: 2:00-3:30

Location: Zoom

Format: On-line, Computer or tablet required. Zoom class preparation is provided—we can make it easy!





Caregiver Burnout is Real - Don't Wait Any Longer!

JOIN US TO LEARN:

- *Tips to Reduce Stress
- *Improve Self Confidence
- *Caregiver/Recipient Communication
- *Making Tough Decisions
- *Navigating Family Dynamics
- *Resources for Your Specific Needs

For questions or assistance in registering for this class, or to schedule a Powerful Tools Workshop for your group, please reach out to:
Karon Kouba-McIver, Project Lead
Phone: 208.947.4283 Email: kkouba@jannus.org

www.AgingStrong@jannus.org

Powerful Tools for Caregivers Weekly Class Descriptions

Powerful Tools Workshops are held once a week for 6 consecutive weeks. Please note that each weekly class builds on the next class. Your registration is for the entire 6-week series. The workshop and all materials are supplied at no cost. New workshops are announced monthly, and we offer both online and in-person formats.

Week #1: Take Care of You
This class sets the stage for the entire course. It emphasizes that the focus is on "YOU, the caregiver, not on the family member receiving care," and that caregivers will develop a "box of self-care tools.". The challenges of caregiving and significance of caregiver self-care are dramatized through video. Beginning in this class, caregivers make a weekly action plan for self-care.

Week #2: Identifying and Reducing Personal Stress
Four steps are presented for effective stress management: (1) Identifying early warning signs, (2) Identifying personal sources of stress, (3) Changing what you can change and accepting what you cannot change, and (4) Taking action. Tools to reduce stress are discussed. Participants learn how to change negative self-talk which increases stress and erodes confidence—to positive self-talk. Beginning in this class, caregivers learn five relaxation activities that are easy to incorporate into their daily lives.

Week #3: Communicating Feelings, Needs, and Concerns
Participants learn how to communicate their feelings, needs and concerns more effectively by using "I" messages. Through brief dramatizations, participants experience the impact of both "I" messages and "You" messages (which tend to sound blaming and put people on the defensive). They practice changing "You" messages to "I" messages, and identifying when statements beginning with the word "I" are actually "Hidden You" messages.

Week #4: Communicating in Challenging Situations
Participants practice two communication tools—assertiveness and Aikido—which are helpful in difficult situations. They learn a four-step process, called DESC (Describe, Express, Specify, and Consequences) for using the assertive style of communication. With Aikido, participants learn how to align and find "common ground" with a person who is distressed. A segment highlights guidelines for communicating with a person who is memory impaired.

Week #5: Learning From Our Emotions
The overriding theme of this class is "our emotions are messages we need to listen to". It emphasizes that feelings occur for a reason and that feelings are neither good nor bad. Focus is on identifying constructive ways for dealing with difficult feelings—especially anger, guilt, and depression—and resources for professional help.

Week #6: Mastering Caregiving Decisions
Focus is on the internal emotional process caregivers go through when they experience a life change. Tools for dealing with changes and for making tough decisions—including a seven-step decision-making model and the family meeting—are discussed.

www.AgingStrong@jannus.org

Connection Club

Monday, Tuesday, Thursday, Friday | 9 AM - 3 PM

The 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.

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

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





Dick Eardley Senior Center
690 Robbins Rd., Boise, ID 83702
seniorcenter.cityofboise.org



WHY FALLS MATTER IN IDAHO



Falls Prevention Coalition of 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

\$80 billion for non-fatal falls	Medicare Private/Out of Pocket Medicaid	\$53.3 Billion
		\$23.2 Billion
		\$3.5 Billion

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 1pm-3pm

For questions or to sign up for
the group, contact the 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 3rd
Thursday of Every Month.



Hagerman Public Library
441 South State Street
Hagerman, 83332

1:00-3:00 PM



"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 3rd
Monday of Every Month.



Bingham County Extension Office
412 W Pacific Street
Blackfoot

1:00-3:00 PM

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

4th Wednesday of the month

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

Time: 2pm

Contact us at (208)233-4032

