



# Chapter Newsletter

March 2025

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Spring into Action!

As the days grow longer and flowers begin to bloom, March reminds us that spring is a season of renewal, growth, and fresh beginnings. Just as nature awakens, so does our spirit of service.

Spring is a time of transformation, and what better way to embrace change than by giving back? Volunteering provides an opportunity to refresh our perspectives, plant seeds of kindness, and nurture connections within our communities. To learn more about volunteering please email us at [greateridahoinfo@alz.org](mailto:greateridahoinfo@alz.org).

Thank you for your continued commitment helping us ENDALZ!

~Greater Idaho Chapter Staff

### Aging is a privilege

Growing old is not a disease to be cured or defeated, but a privilege, tremendous privilege to be humbled by, to be grateful for. A privilege withheld from most of our ancestors and so many of our brothers and sisters. Let's become worthy of becoming old, by falling in love easily, holding our heart gently, holding our fears lightly, and forgiving continuously. Ageism and Dementia-ism is a national and global challenge.

We (healthcare professionals) need to notice it in ourselves and others and mindfully address it.

Truth (as opposed to myth / dementia-ism)

Persons with dementia have value

Persons with dementia have strengths and resilience

Persons with dementia are capable of meaningful interactions

Persons with dementia can be creative and innovative

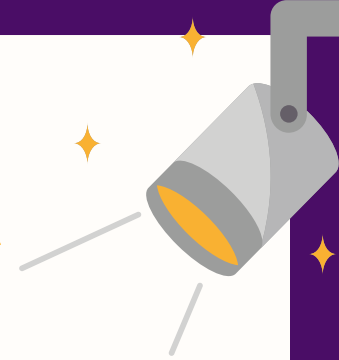
Persons with dementia can have good quality of life

Author -

Abhilash Desai MD, Geriatric Psychiatrist



# ALZ Association Resource Spotlight



It can be difficult to know what your options are if you or a loved one has been diagnosed.

Visit:

<https://www.alz.org/alzheimers-dementia/treatments>

to learn more about navigating treatment options, how to talk to your Dr., and much more.



## RESPITE GRANT OPPORTUNITY

### CENTER FOR **DEMENTIA RESPITE INNOVATION**

to local respite care providers to improve and increase the delivery of person-centered dementia care with a focus on innovation, collaboration, outcomes, accessibility, affordability and sustainability

The Alzheimer's Association Center for Dementia Respite Innovation (CDRI) funds new respite care innovation projects across the country. Over the course of five years, the CDRI will award \$20 million in competitive grants

To learn more [visit alz.org/professionals/professional-providers/center-for-dementia-respite-innovation](https://www.alz.org/professionals/professional-providers/center-for-dementia-respite-innovation) below you will find the full application timeline:

#### Grant Application Timeline

RFA Release Date	February 24, 2025
Information and Support Webinar	March 11, 2025 at 1 p.m. ET
Required Letter of Intent Due Date	March 24, 2025, at 11:59 p.m. ET
Application Due Date	April 25, 2025, 11:59 p.m. ET
Award Notification	May 30, 2025
Participation Period	July 1, 2025 - June 30, 2026

# GREATER IDAHO CHAPTER SUPPORT GROUPS

## March 2025 Support Groups for Family Caregivers



Greater Idaho Chapter

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

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

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

2nd & 4th Wednesday of each month  
Wednesday, March 12th & 26th at 1 PM  
Eagle Senior Center  
Eagle, Idaho 83616

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

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

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

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

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

Last Monday of each month  
Monday, March 31st 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,  
March 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

### **Cuéntame Más/Tell Me More: In Person**

*Spanish Support Group*  
March 8, 2025 at 1pm  
Nampa, ID 83651  
For more information, please call (208) 722-252.



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

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

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

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

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

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

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

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

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

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

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

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

### **Creative Aging: In Person**

Early Stage Social Engagement Program for people in the early to middle stages of dementia to express themselves through art.  
3rd Wednesday of every month at 10  
Art Museum  
Idaho Falls, ID 83402  
For more information or to register, call (208)350-6823.

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](http://alz.org/idaho) to learn more about our caregiving programs.

# GREATER IDAHO CHAPTER SUPPORT GROUPS




## **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.

A monthly group that meets the second Saturday of each month. Our next meeting will be March 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 more about our speakers? Check out our Facebook page - **Cuéntame Más Idaho.**

### **What You Will Experience:**

- Thirty minutes of **Qigong** led by Antonia Jáuregui Tamayo.
- Rosalia Richardson, MD, will explore **healthy eating**, including tips on how to prepare your favorite cultural foods in a nutritious way!
- **Storytelling Circle:** Share your personal stories and hear the wisdom of others.



Rosalía Richardson, MD



Antonia Jáuregui Tamayo

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



**Saint Alphonus**  
A Member of Trinity Health



# EDUCATION & SUPPORT



## Aging Well

Wed, March 12  
10 AM-2 PM  
MP Room & Lobby

### Presentations

MP Room B on the  
1st Floor



Dynamic Duo: Sweet &  
Savory Hummus  
10:30-11 AM  
Plant Powered Nampa  
Valley & Faithful Plateful



Coping & Stress  
Management  
11:30 AM-12:15 PM  
Presented by University  
of Idaho Extension



Aging Well  
12:30-1:15 PM  
Alzheimer's Association  
Greater Idaho Chapter



Type 2 Diabetes Care  
and Education  
1:30-2 PM  
Full Circle Health

Wed, March 12, 12:30-1:15 PM | Nampa Public Library

Join us for Aging Well, an engaging and informative workshop designed to empower individuals, caregivers and community members with knowledge and practical strategies for maintaining brain health and overall well-being as we age.

This interactive workshop will cover:

1. 10 Healthy Habits for your Brain
2. Practical tips for reducing the risk of cognitive decline
3. Resources and support available throughout the Alzheimer's Association | Greater Idaho Chapter

Whether you're looking to improve your own brain health or support a loved one, this workshop provides valuable insights to help you age well with confidence. Participants will receive a free reusable cup with lid and straw!



@nampalibrary



nampalibrary.org

# 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**

**E**  
ELDER LAW at  
AHRENS DEANGELI  
LAW GROUP



 **ALZHEIMER'S®  
ASSOCIATION**  
Greater Idaho Chapter

**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

## HEALTHY AGING EDUCATIONAL SERIES

Exploring Care & Support Services

### Join Us

Wednesday, March 19, 2025

6:00 pm – 7:00 pm

This lecture will cover the topic of: Managing Money: A Caregiver's Guide to Finances, the costs of caregiving and the benefits of early planning



Greater Idaho Chapter



**Saint Alphonus**

A Member of Trinity Health

**You deserve healthcare that supports you and your family during every stage of life.**

That is why Saint Alphonus 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 dementia's. This evidence-based course helps caregivers understand the costs of caregiving and the benefits of early planning, and teaches them how to start a conversation about finances, assess financial and legal needs, avoid financial abuse and fraud, and find support when needed.

**Saint Alphonus - Boise**  
McCleary Auditorium  
1055 N. Curtis Rd., Boise, ID 83706  
**RSVP Today | (208) 206-0041**



**Saint Alphonus**

A Member of Trinity Health

1055 North Curtis Road  
Boise, ID 83706

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Boise, ID  
Permit No. 100

# EDUCATION & SUPPORT

## Caregiver Connections

A series of free classes designed to support caregivers of those living with dementia.



This free education series teaches caregivers how to navigate the responsibilities of caring for someone living with dementia along with a session on Brain Health delivered by Leslee Blanch, University of Idaho Extension educator and Registered/Licensed Dietitian Nutritionist.

Register for individual sessions to meet your needs or complete the entire series.

For More Information or to Register, Contact Jody Cornilsen at [jocornilsen@alz.org](mailto:jocornilsen@alz.org) or 208-350-6823 or use the QR code below.

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

*\*Registration encouraged, but not required.*

Join Us from 12 - 1:30 p.m at the  
**Idaho Falls Public Library**

**March 5**

*Dementia Friends Information Session*

**March 19**

*Intro to Alzheimer's & Building Foundations of Caregiving*

**April 2**

*Supporting Independence*

**April 16**

*Communicating Effectively & Responding to Dementia-Related Behaviors*

**April 30**

*Exploring Care & Support Services*

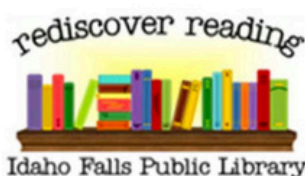
**May 14**

*Brain Health: Protecting Your Cognitive Assets*

In Collaboration With:



University of Idaho  
Extension



[bit.ly/CCspring2025](https://bit.ly/CCspring2025)

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

ALZHEIMER'S ASSOCIATION



# EDUCATION & SUPPORT

## The Empowered Caregiver

An education program presented by the Alzheimer's Association



[bit.ly/ECspringTWIN](https://bit.ly/ECspringTWIN)

### April 2nd, 6 - 7:30 p.m.

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

### April 9th, 6 - 7:30 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 30th, 6 - 7:30 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.

### May 7th, 6 - 7:30 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.

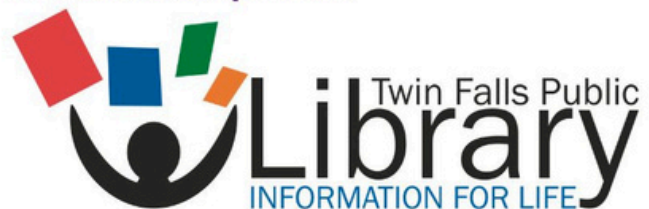
For more information or to register, contact Jody Cornilsen at [jocornilsen@alz.org](mailto:jocornilsen@alz.org) or 208-350-6823 to register.

**Twin Falls Public Library**

**201 4th Ave E.**

**Twin Falls, ID 83301**

In Partnership With:



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

ALZHEIMER'S ASSOCIATION

# 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](https://bit.ly/creativeagingART)

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

 **ALZHEIMER'S<sup>®</sup>  
ASSOCIATION**

# SOUTHERN/EASTERN IDAHO

## MONTHLY SUPPORT GROUPS

ORGANIZATION/GROUP	DATE/TIME	LOCATION
Alzheimer's Association <b>Pocatello</b> Caregiver Support Group	2nd Wednesday of the Month 2 - 3 PM	First United Methodist Church, 200 North 15th Ave., Pocatello, ID 83201
Alzheimer's Association <b>Twin Falls</b> Caregiver Support Group	3rd Tuesday of the Month 6:30 - 7:30 PM	CSI Office on Aging (4th floor) 650 Addison Ave. W, Twin Falls ID, 83303
Alzheimer's Association/The ART Museum <b>Idaho Falls</b> Creative Aging (Social Engagement Opportunity)	3rd Wednesday of the Month: 10 - 11:30 AM	The ART Museum of Eastern Idaho, 300 S Capital Ave., Idaho Falls, ID 83402
Community Care Program <b>Twin Falls</b> Caregiver Support Group	2nd Wednesday of the Month: 1:30 - 3:00 PM	CSI Office on Aging (4th floor) 650 Addison Ave. W, Twin Falls ID, 83303
Community Care Program <b>Hagerman</b> Caregiver Support Group	3rd Thursday of the Month: 1:00 - 3:00 PM	Hagerman Public Library, 441 South State St., Hagerman, ID 83332
Community Care Program <b>Blackfoot</b> Caregiver Support Group	3rd Monday of the Month: 1:00 - 3:00 PM	Bingham County Extension Office, 412 W Pacific St., Blackfoot, ID
EICAP <b>Idaho Falls</b> Caregiver Support Group	2nd Tuesday of the Month: 1:00 - 3:00 PM	Eastern Idaho Community Action Partnership, 935 E Lincoln Rd., Idaho Falls, ID 83401
EICAP <b>Idaho Falls</b> Grandparents Raising Grandchildren Support Group	4th Tuesday of the Month: 12:00 - 1:30 PM	Eastern Idaho Community Action Partnership, 935 E Lincoln Rd., Idaho Falls, ID 83401
SICOG <b>Pocatello</b> Caregiver Support Group	4th Wednesday of the Month: 2:00 - 3:00 PM	Area Agency on Aging, 214 E Center, St., Pocatello, ID, 83201

**CONTACT  
INFORMATION**

Alzheimer's Association: 800.272.3900  
Community Care Program: 208.871.2344

EICAP: 208.522.5370 ext. 203  
SICOG: 208.233.4032

# COMMUNITY EVENTS & RESOURCES



**Do you care for a family member with dementia?**  
Call us!  
(503) 816-8310



PI: Dr. Allison Lindauer | OHSU IRB # 25741

## YOU MAY BE ELIGIBLE IF:

- You provide care and/or supervision for a family member with dementia
- Your family member does things that upset you (such as asking the same question over and over, or refusing personal care)
- You live in Oregon, Washington or Idaho

## ADDITIONAL INFO:

- All study activities are done on your computer, no travel is needed
- Your family member with dementia does not need to live with you



## Join the STELLA-R Study

Would you like to learn more about coping with upsetting behaviors?

Our study is an 8-week, self-paced program that includes weekly videos, written lessons, and plenty of resources.

## STUDY PARTICIPATION INCLUDES:

- 8 self-paced, weekly lessons to learn how to manage challenging behaviors
- Complete online surveys over 6 months
  - 4 assessments about mood, coping, & family member behaviors
  - Brief weekly surveys about mood and costs of care
- Interactive exercises to help you manage behaviors

Gift cards of \$30 may be provided for completing all study activities

SCAN THE QR CODE



For more information, visit our website [STELLA-R.org](http://STELLA-R.org)



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](http://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)



**988** | SUICIDE & CRISIS LIFELINE

**WHATEVER TIME:** Day. Night. Weekends. Holidays.

### WHATEVER THE REASON:

Mental health distress. Substance use crisis. Thoughts of suicide.  
The 988 Suicide & Crisis Lifeline is here for you.

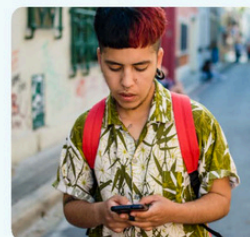
**Text 988** **Call 988** **Chat 988lifeline.org**

Simply calling or texting 988 or chatting [988lifeline.org](http://988lifeline.org) will connect a person in crisis to compassionate care and support for any mental health or substance use-related distress. Anyone—a person in crisis, or someone supporting a person in crisis—can reach 988 in the United States through any land line, cell phone, and voice-over internet device.

With rising levels of anxiety, depression, emotional distress, and overdose deaths, it is crucial that people have somewhere to turn when they're in crisis. Suicide is a leading cause of death in the United States. The number of people with a substance use disorder continues to increase. The 988 Lifeline is a direct connection to immediate and free support and resources for anyone in crisis.

And it works. About 98 percent of people who call, chat, or text the 988 Lifeline get the crisis support they need and do not require additional services in that moment. The 988 Lifeline is a key part of a broader vision for reimagined crisis care in the United States. Through federal, state, local, and community partnerships, SAMHSA is working towards a vision where everyone has:

**Someone to talk to. Someone to respond. A safe place for help.**



## 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

# COMMUNITY EVENTS & RESOURCES

**2025 FUNDRAISING  
EVENTS  
START YOUR TEAM TODAY!**

## THE LONGEST DAY

ALZHEIMER'S ASSOCIATION®

[ALZ.ORG/TLD](https://alz.org/tld)

## WALK TO END ALZHEIMER'S

ALZHEIMER'S ASSOCIATION®

[ALZ.ORG/WALK](https://alz.org/walk)



### Powerful Tools Workshop for the Family Caregiver

Starting March 5th, 2025 IN-PERSON, Meridian

Powerful Tools Workshops are FREE!

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:** Wednesday, March 5th

Classes are **every Wednesday** for 6 consecutive weeks, March 5th-April 9th

**Time:** 1:00—3:30

**Location:** Grannie on the Move, 3587 E Overland Rd, Meridian, ID



#### 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

#### Have You Heard About Our Memory Café?

For people with memory loss and their caregivers. A safe space for people to mingle, learn, laugh and come together. Offered at NO COST! Meetings held monthly online and in-person. Contact Karen Kouba McIver for locations, dates and times.

For questions or assistance in registering for this class, or to schedule a Powerful Tools Workshop for your group, please reach out to:

Karen Kouba-McIver, Project Lead

Phone: 208.947.4283 Email: [kkoubo@janmus.org](mailto:kkoubo@janmus.org)



## 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



## 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](http://seniorcenter.cityofboise.org)



# COMMUNITY EVENTS & RESOURCES

## Paint & Sip

AT MERIDIAN SENIOR CENTER

THURSDAY  
**MARCH 6**

**\$35** ONLY  
30 SPOTS  
AVAILABLE!

**PURCHASE YOUR TICKETS AT THE FRONT DESK!**

TICKET PRICE INCLUDES ALL PAINTING SUPPLIES AND ONE COMPLIMENTARY BEVERAGE. WINE, BEER, AND SOFT DRINKS AVAILABLE TO PURCHASE. BRING AN APPETIZER TO SHARE!

DOORS OPEN AT 5:30 PM  
PAINTING BEGINS AT 6:00 PM



HILARITY FOR CHARITY | PCH FILMS | BRIGHTFOCUS FOUNDATION | JAARP PRESENT

FROM PRODUCERS  
SETH ROGEN AND LAUREN MILLER ROGEN

A FILM BY JAMES KEACH

All profits benefit  
Hilarity for  
Charity



## TAKING CARE

THE LEGACIES WE'LL ACCEPT, AND THOSE WE WON'T

An award-winning documentary featuring Lauren Miller Rogen & Seth Rogen as they navigate the challenges of Lauren's mother's early-onset Alzheimer's. A powerful film that sheds light on the realities of dementia, the strength of caregivers, and the enduring power of love.

**MOVIE & LIVE DISCUSSION WITH**

Abhilash Desai, MD  
Laura LaForte, LCSW, GMHS  
J. Audie Black, PhD, ABN  
Kara Kuntz, MD

**THE EGYPTIAN THEATRE**

**APRIL 6**  
2-4 PM  
TICKETS \$25

[tinyurl.com/takingcaremovie](http://tinyurl.com/takingcaremovie)

**PRESENTED BY**

LaForte Therapy  
IDAHO NEUROPSYCHOLOGY

the Y FOR YOUTH DEVELOPMENT FOR HEALTHY LIVES FOR SOCIAL RESPONSIBILITY

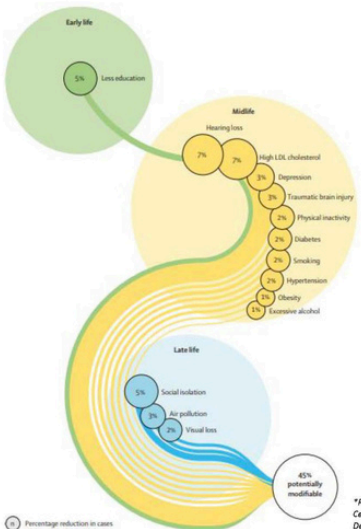
**Saint Alphonsus**  
A Member of Trinity Health

### 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.

**March 4th, 2025**

- 1<sup>st</sup> 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](mailto:mary.biddle@ymcatvidaho.org)

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

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

\*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. 6NUSBDP117507) 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.

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the Y FOR YOUTH DEVELOPMENT FOR HEALTHY LIVES FOR SOCIAL RESPONSIBILITY

**Saint Alphonsus**  
A Member of Trinity Health

### HOPE

#### Healthy Options for Prevention Excellence\*

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

**1<sup>st</sup> 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](mailto:mary.biddle@ymcatvidaho.org)

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

March – Dr. Abhilash Desai  
• "Exercise, Dementia Prevention & Brain Health."

April – Dr. Jeremy Crowfoot, Pharmacist  
• Saint Alphonsus Medical Center

May – Josie Read, Registered Dietician  
• St. Luke's Lifestyle Medicine

June – Brittany Guthrie, Neurology PA  
• "Stroke Prevention."

July – Dr. Susan Melchiorre  
• "HTN – DM – Lipid Triple Threat."

August – Dr. Jennifer Shalz  
• "Build Cognitive Resilience with the 6 Pillars of Lifestyle."

September – Dr. Kara Kuntz  
• Saint Alphonsus Memory Center

October – Dr. Sarah Toews  
• Boise State University

To view previous presentations, please go to the following link:  
<https://ymcatvidaho.org/programs-events/health-fitness/>

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