

GREATER IDAHO CHAPTER SUPPORT GROUPS



Cuéntame Más: Sharing Our Stories and Protecting Our Minds

A program from the Alzheimer's Association for caregivers and older adults, including seniors: Celebrate your story, connect with your community, and learn how to care for your mind.

A monthly group that meets on Saturdays.
Our next meeting will be April 19, 2025 from 2 pm - 4 pm.
Please arrive 15 minutes early to sign-in.

Hispanic Community Center
315 Stampede Drive, Nampa
For more information, call (208) 722-2521.

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 or **Zumba** led by Mariza Muñoz.
- **Dr. Zach Weiss** will talk about sleep and dementia, how brain changes affect sleep, and strategies to improve rest in people with dementia.
- **Storytelling Circle:** Share your personal stories and hear the wisdom of others.



Zach Weiss, MD



Mariza Muñoz



Antonia Jáuregui Tamayo



Cuéntame Más: Compartiendo Nuestras Historias y Protegiendo Nuestra Mente

Un programa de la Association de Alzheimer's 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.

Un grupo mensual que se reunirá próxima el 19 de abril de 2025 de 2 p.m. a 4 p.m. Por favor, llegue 15 minutos antes para registrarse.

El Centro Comunitario Hispano
315 Stampede Drive, Nampa, ID 83687

Para más información llámé (208) 722-2521.

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

Lo que experimentará:

- Treinta minutos de **Qigong** dirigidos por Antonia Jáuregui Tamayo o **Zumba** dirigidos por Mariza Muñoz.
- El **Dr. Zach Weiss** hablará sobre el sueño y la demencia, cómo los cambios cerebrales afectan el sueño, y estrategias para mejorar el descanso en personas con demencia.
- **Círculo de Narración:** Comparte tus historias personales y escucha la sabiduría de los demás.



Zach Weiss, MD



Mariza Muñoz



Antonia Jáuregui Tamayo



You have Alzheimer's Disease

I had lost the thread
of my thoughts.
I was never one for
solitary and gloomy reflections.
I gathered up enough courage,
slowed down my breathing,
looked into her eyes,
and said,
"I have disheartening news
to give you.
Forgive me.
You have Alzheimer's disease."

We were in the
hospital chapel.
Her favorite place,
a place of great serenity
and beauty.
She closed her eyes
and nodded.
A trickle of tear
sneaked out.
She extended her hand.
I held it in mine.
I was glad we were in the chapel.

Author -
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