



# Chapter Newsletter

May 2025

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## 2025 Facts & Figures

The 2025 Facts & Figures Report has been released and you can learn more here. For the first time, over 7 million Americans are living with Alzheimer's. Check out page 5 for our own Idaho Facts and Figures.



Happy May!

We're eagerly anticipating sunny days and enjoyable outdoor activities as the weather warms up.

Exciting events and educational opportunities are on the horizon in the coming months. Make sure to explore the pages below for details. From Nampa to Idaho Falls, there's something for everyone!

- **Car Show (Meridian)**
- **Walking Map (ISU Pocatello)**
- **Caregiver Conference (Twin Falls)**
- **Ageless Grace Exercise Classes (Idaho Falls)**

These are just a few of the events waiting for you to discover and engage with.

Wishing you a fantastic month!

~Greater Idaho Chapter Staff



# ALZ Association Resource Spotlight

Understanding  
Dementia-  
Related  
Behaviors

Taking Charge  
of Your Brain  
Health

Understanding  
New ALZ  
Treatments



Home Safety  
Made Simple

Advancements  
in Treatment

Our free ALZ Talks webinars provide education, information, news and resources on a variety of brain health, dementia and caregiving topics. Register for an ALZ Talks webinar at: [alz.org/help-support/resources/alz-talks-virtual-events](https://alz.org/help-support/resources/alz-talks-virtual-events)



**WALK TO END  
ALZHEIMER'S**

ALZHEIMER'S ASSOCIATION

Magic Valley Pocatello Idaho Falls  
Treasure Valley

## Join The Fight!

Start Your  
Longest Day.

Activity or Start a

WALK Team

today!

# IDAHO 2025 FACTS & FIGURES

## 2025 IDAHO

### ALZHEIMER'S STATISTICS



#### PREVALENCE

Number of People Aged 65 and Older with Alzheimer's (2020)

**29,900**

% of Adults Over 65 with Alzheimer's

**9.8%**

#### WORKFORCE

# of Geriatricians in 2021

**20**

Increase Needed to Meet 2050 Demand

**305.0%**

# of Home Health and Personal Care Aides in 2022

**17,960**

Increase Needed to Meet 2032 Demand

**30.8%**

#### CAREGIVING

# of Caregivers

**73,000**

Total Hours of Unpaid Care

**116M**

Total Value of Unpaid Care

**\$2.3B**

Caregivers with Chronic Health Conditions

**64.3%**

Caregivers with Depression

**28.9%**

Caregivers in Poor Physical Health

**17.5%**

#### HEALTH CARE

# of People in Hospice (2017) with a Primary Diagnosis of Dementia

**1,566**

Hospice Residents with a Primary Diagnosis of Dementia

**17%**

# of Emergency Department Visits per 1,000 People with Dementia (2018)

**1,389**

Dementia Patient Hospital Readmission Rate (2018)

**17.2%**

Medicaid Costs of Caring for People with Alzheimer's (2025)

**\$213M**

Per Capita Medicare Spending on People with Dementia in 2024 Dollars

**\$25,914**

More than **7 million Americans** are living with Alzheimer's, and nearly **12 million** provide their unpaid care. The cost of caring for those with Alzheimer's and other dementias is estimated to total **\$384 billion** in 2025, increasing to nearly **\$1 trillion** (in today's dollars) by mid-century. For more information, view the *2025 Alzheimer's Disease Facts and Figures* report at [alz.org/facts](https://alz.org/facts).

#### MORTALITY

223.7% INCREASE IN ALZHEIMER'S DEATHS 2000-2022

# of Deaths from Alzheimer's Disease (2022)

**848**

Alzheimer's Disease as Cause of Death Rank

**5th**



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# GREATER IDAHO CHAPTER SUPPORT GROUPS

## May 2025 Support Groups for Family Caregivers



Greater Idaho Chapter

**Cathedral of the Rockies: In Person**  
1st & 3rd Thursday of each month  
Thursday, May 1st & 15th at 2PM  
Cathedral of the Rockies  
Boise, Idaho 83702

**Eagle Support Group: In Person**  
2nd & 4th Wednesday of each month  
Wednesday, May 14th & 28th at 1 PM  
Eagle Senior Center  
Eagle, Idaho 83616

**Adult Children As Caregivers: Online**  
2nd Wednesday of each month  
Wednesday, May 14th at 6:30 PM  
Zoom Link Provided Upon Registration

**Salmon Creek Support Group: In Person**  
3rd Tuesday of each month  
Tuesday, May 20th at 2:30 PM  
Salmon Creek  
Boise, Idaho 83713

**Nampa Library Support Group: In Person**  
Last Monday of each month  
Monday, May 26th at 1:00 PM  
Nampa Library, Room 302  
Nampa, Idaho 83651

**Pocatello Support Group: In Person**  
2nd Wednesday of each month  
Wednesday, May 14th 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

**Grannie on the Move: In Person**  
Personalized Education & Support  
Every week on Tuesdays at 1 PM  
Grannie On the Move  
Meridian, Idaho 83642

**CUÉNTAME MÁS/TELL ME MORE: In Person**  
Spanish & English Support Group  
May 17th at 2 PM  
Nampa, ID 83651  
For more information, please call (208) 722-2521



**Emmett Support Group: In Person**  
2nd Wednesday of the month  
Wednesday, May 14th at 2 PM  
Meadow View Assisted Living  
Emmett, Idaho 83617

**Women Caring for Spouses: Online**  
1st & 3rd Tuesdays of each month  
Tuesday, May 6th & 20th at 4 PM  
Zoom Link Provided Upon Registration

**Library! at Hillcrest: In Person**  
1st and 3rd Monday of each month  
Monday, May 5th & 19th at 10:15 AM  
Library! at Hillcrest



**Canyon County Support Group: In Person**  
3rd Wednesday of each month  
Wednesday, May 21st at 1 PM  
Nampa Public Library, Room 302  
Nampa, Idaho 83651

**Payette County Support Group: In Person**  
Last Tuesday of each month  
Tuesday, May 27th at 2 PM  
Horizon Home Health & Hospice, conference room  
Fruitland, Idaho 83661

**Twin Falls Support Group: In Person**  
Third Tuesday of each month  
Tuesday, May 20th 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  
Wednesday, May 21st at 10 AM  
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.

# EDUCATION & SUPPORT



## 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.

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](http://bit.ly/creativeagingART)

**BLICK**  
art materials

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

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

**ALZHEIMER'S ASSOCIATION**

## 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*

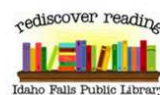
**April 30**

*Exploring Care & Support Services*

**May 14**

*Brain Health: Protecting Your Cognitive Assets*

In Collaboration With:



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

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

**ALZHEIMER'S ASSOCIATION**



## Join us in June for Research Tuesdays!

This June, you can fight back against Alzheimer's and all dementia by promoting brain health and learning more about the latest research and treatments.

Join us at 12:00 PM Pacific Time/1 PM Mountain Time any of these dates for our up-to-date virtual presentation.

- June 3rd [Register](#)
- June 10th [Register](#)
- June 17th [Register](#)
- June 24th [Register](#)

Registration is required for this free program!

**ALZHEIMER'S ASSOCIATION**

For more information, please call the helpline at 800-272-3900



## God's Helper

Ms. Linda came to our center at the beginning of this year. In the beginning she was apprehensive about long term placement, she was frustrated at her family for leaving her and distressed about leaving her animals. Ms. Linda quickly found companionship with those around her and found she enjoyed sitting next to fellow residents, giving hugs, candy and kisses on the forehead. When COVID precautions began, Linda struggled. She became frustrated at staff reminders to social distance.

After a few months Ms. Linda settled into her new way of life, visiting others from afar and waving at fellow residents as she walked through the hallway. As precautions increased due to facility exposure to COVID-19, Ms. Linda was encouraged to stay in her room to decrease her level of exposure. These increased precautions resulted in a significant increase in behaviors. Staff reported that Ms. Linda was throwing objects at the window to see if the glass would break, formulating plans to escape, threatening to kill staff if they wore the proper protective gear in her room, hallucinations of Jesus and her grandmother in her room. To help deescalate behaviors, staff would visit with Ms. Linda throughout the day, taking her on walks outside, and facilitating socially distanced family visits. Staff quickly found

out that Ms. Linda enjoyed feeding the squirrels in the courtyard and watching them eat from her window. Now, twice a day Ms. Linda will seek out social services or activity staff to help her feed her "babies." There has been a visible improvement in Ms. Linda's behaviors, she feels she has a purpose in life and that she is "God's helper."

From Dr. Abhilash Desai: Credit for this goes to a wonderful social worker that I have the privilege to work with in a local nursing home.

# EDUCATION AND SUPPORT

## Mesa Redonda: El cuidado de las personas con demencia

Pregunte, Aprenda y Actúe con Juan Carlos Rojas, JC Dementia Care Trainer y la Alzheimer's Association®



¡Tu Opinión y Preguntas Son Importantes!

Te invitamos a una mesa redonda en Zoom sobre el cuidado de personas con demencia, con Juan Carlos Rojas, JC Dementia Care Trainer como invitado y moderador.

Este es un espacio para compartir experiencias, hacer preguntas y apoyarnos mutuamente. No importa si eres nuevo en el cuidado o tienes experiencia, todas las voces cuentan. Para asegurarnos de responder a todas las preguntas, te animamos a enviarlas por correo electrónico a [cuidadonyc@alz.org](mailto:cuidadonyc@alz.org) o por mensaje de texto a 646.793.4855.

Tu historia puede inspirar a otros.

**Viernes, 11 de abril, 2025**

**7:00 PM - 9:00 PM EST**

**Zoom**

Para más información, o para registrarse por favor llame a nuestra Línea de Ayuda 24/7 800.272.3900



## Roundtable: Caring for People Living with Dementia

Ask, Learn, and Act with Juan Carlos Rojas, JC Dementia Care Trainer and the Alzheimer's Association®



Your Opinion and Questions Are Important!

We invite you to a roundtable hosted in Spanish on Zoom about the care of people with dementia, with Juan Carlos Rojas, JC Dementia Care Trainer, as the guest and moderator.

This is a space to share experiences, ask questions, and support each other. Whether you are new to caregiving or have experience, all voices matter. To ensure we can answer all questions, we encourage you to send them by email to [cuidadonyc@alz.org](mailto:cuidadonyc@alz.org) or by text message to 646.793.4855.

Your story may inspire others.

**Friday, April 11, 2025**

**7:00 PM - 9:00 PM EST**

**Zoom**

For more information or to register, please call our 24/7 Helpline: 800.272.3900



## UNDERSTANDING ALZHEIMER'S & DEMENTIA IN OUR COMMUNITY



Alzheimer's disease is not a normal part of aging and the Hispanic community is at 1.5x greater risk. Let's talk about it!

Join the Queens Las Americas Lions Club and the Alzheimer's Association to learn more about:

- The difference between Alzheimer's and dementia
- Stages and risk factors
- Current research and treatments available
- Resources from the Alzheimer's Association and more!

This is a FREE educational program in Spanish for the community via Zoom. Please share widely!

**Lunes, 14 de abril, 2025**

**7:30 PM - 9:00 PM EST**

**Zoom**

Para registrarse por favor llame a nuestra línea de ayuda 24/7 800.272.3900 o visite <https://bit.ly/SUAD41425>



## INFORMACIÓN PARA ENTENDER LA ENFERMEDAD DE ALZHEIMER Y LA DEMENTIA EN NUESTRA COMUNIDAD



La enfermedad de Alzheimer no es una parte normal del envejecimiento y en la comunidad Hispánica, hay 1.5 veces más probabilidades de desarrollar demencia. ¡Hablemos al respecto!

Únase al Queens Las Américas Lions Club y a la Alzheimer's Association para aprender sobre:

- La diferencia entre el Alzheimer y la demencia
- Las etapas y factores de riesgo
- Las investigaciones actuales y los tratamientos disponibles
- Recursos de la Alzheimer's Association y más

Este es un programa educativo GRATUITO para la comunidad a través de Zoom. ¡Comparta esta información ampliamente!

**Lunes, 14 de abril, 2025**

**7:30 PM - 9:00 PM EST**

**Zoom**

Para registrarse por favor llame a nuestra línea de ayuda 24/7 800.272.3900 o visite <https://bit.ly/SUAD41425>



# EDUCATION & SUPPORT



## Dementia Education Programs

*In partnership with KADLEC Neurological Resource Center*

All programs are virtual from 2:00 pm - 3 pm Mountain Standard Time / 1:00-2:00pm Pacific Standard Time

Advancing the Science/ Latest Research	Dec. 10
Building Foundations of Caregiving	Jan. 14
10 Warning Signs of Alzheimer's	Feb. 11
Understanding Alzheimer's and Dementia	March 11
Exploring Care and Support Services	April 8
Communicating Effectively	May 13
Understanding and Responding to Dementia Behavior	June 10
Healthy Living for Brain and Body	July 8
10 Warning Signs of Alzheimer's	August 12
Understanding Alzheimer's and Dementia	Sept. 9
Managing Money	Oct. 14
Supporting Independence	Nov. 11



[Registration Link  
for all Programs](#)

Questions? Call  
(208) 206-0041

## 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**

## The Empowered Caregiver

An education program presented by the Alzheimer's Association



[bit.ly/ECspringREXBURG](http://bit.ly/ECspringREXBURG)

**May 5th, 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.

**May 12th, 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.

**May 19th, 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.

**June 2nd, 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.

**Madison Memorial Hospital**  
450 E Main St.  
Rexburg, ID 83440

In Partnership With:



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

ALZHEIMER'S 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	Every Other Friday Twice a 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	Every Other Friday(2x/month) 1:00 - 3:00 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



# RESEARCH



Do you care for a family member with dementia?

Call us!  
(503) 816-8310



IRB Approved: 5/24/2024

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](https://STELLA-R.org)

## Idaho Traumatic Brain Injury Needs Assessment Survey

Are you a TBI survivor or caregiver in Idaho? We want to hear from you!

Fill out the survey to help us learn about TBI needs in the community and how we can enhance brain injury services across the state. Your feedback will directly inform Idaho's TBI Needs Assessment and Strategic Plan.

All participants who complete the survey will be entered into a drawing to win a \$50 Visa gift card.



SCAN OR CLICK HERE TO ACCESS THE SURVEY

For more information, please contact [tbi@isu.edu](mailto:tbi@isu.edu)



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)

## 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:



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

**CSI OFFICE ON AGING PRESENTS**

## 2025 CAREGIVER CONFERENCE

Saturday, June 14, 2025  
9:00am - 3:00pm  
CSI Fine Arts Theater

### IN HOME CARE

Home Care  
vs  
Home Health

### END OF LIFE CARE

Palliative Care  
vs  
Hospice care

**THE CAREGIVER PUZZLE;  
UNDERSTANDING THE PIECES**

### FACILITY CARE

Assisted Living  
vs  
Skilled Nursing

### SELF CARE

Dignity  
Respect  
Burnout

Check in at 8:30am  
Lunch Provided

Call to Register: 208-736-2122



## Resident & Family Long Term Care Connections

The Idaho Long-Term Care Ombudsman Program is holding monthly Statewide town hall meetings via Webex to provide education, and information, and to discuss challenges facing residents in long-term care facilities throughout Idaho.

Residents of Long-Term care facilities, their loved ones and representatives, the community, and anyone interested are invited to participate via Webex.

Every 2<sup>nd</sup> Wednesday from 3:00 to 4:30 Mountain Time.

### March Topic – Admission Agreements in Long Term Care

Speaker: Marilyn Shiroma, Regional ombudsman AAA IV

Webex Link and QR Code (you may be prompted to download the app):

<https://idahogov.webex.com/idahogov/j.php?MTID=m558b5a1c9bd0d56be359054e52b6a7f4>



## 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

WONDER{FULL}

TOUCHMARK



We're cruisin' for a cause!

THE ANNUAL TOUCHMARK FATHER'S DAY WEEKEND

## Classic Car Show

Saturday, June 14 at 10 am

Join us this Father's Day weekend for a show-and-shine event honoring fathers and families. Featuring classic cars, lunch, and entertainment, this event raises funds for the Alzheimer's Association Greater Idaho Chapter.

Car owners—don't miss out, pre-register by June 1.

[Click here](#) to learn more or to register your vehicle.

TOUCHMARK AT MEADOW LAKE VILLAGE  
2034038 © 2020 Touchmark, LLC, all rights reserved



CORNERSTONE CARVING & BROOKDALE CHUBBUCK PRESENT

# CRUISIN' THROUGH THE DECADES

A FUNDRAISER FOR THE VETERAN MEMORIAL BUILDING

**JUNE 7TH 2025 @ 5:00PM**  
**AT PHIL MEADOR SUBARU**  
**1437 YELLOWSTONE AVE. POCATELLO, ID 83201**

**TICKET PRICES:**  
 55+ \$20  
 55- \$30  
**COUPLES \$45**

**TICKET PRICES INCLUDE:**  
 DINNER, DANCING, SILENT AUCTION, & PICTURES



## HEALTHY BENGAL WALKING MAP

BE WELL, BENGALS



Walking Route (shortest to longest)	Distance (miles)	Time (minutes)	Elevation Change (feet)
Reed Gym Indoor Track	0.18	5	6
Gale Life Sciences	0.41	10	12
Cadet Field	0.42	10	24
Eames Complex	0.45	11	31
Quad	0.52	12	20
ICCU Dome	0.53	13	9
Pillars	0.56	20	170
Physical Science Complex to Gale Life Sciences	0.61	15	48
Corner of MLK and Cesar Chavez to College of Education	1.14	25	60
Bartz Field	1.35	32	118
Davis Field to Reed Gym	1.36	33	65
Alvin Ricken Dr	1.78	40	217

Recreation and Wellness | (208) 282-4383 | isu.edu/wellness



SHOSHONE-BANNOCK TRIBES  
 ADULT PROTECTION SERVICES

ELEVENTH ANNUAL

*"Taking a Stand Against Elder Abuse"*

**MAY 10-11, 2023**

Registration: 8:00 AM-9:00 AM | Agenda starts: 9:00 AM  
 Chief Event Room Center 2

Meet/Greet: May 9, 2023  
 6:00 PM-8:00 PM  
 Chief Event Room Center 2



SHOSHONE-BANNOCK  
 CASINO HOTEL

Hotel Contact Information:  
 Destiny Tinno (208) 238-4847  
 Code: Elder Event


*Speakers:*

Sonya Begay (Policy Analyst, ACL Office of American Indians on Aging), Elizabeth Jim (Tribal Health Education), Dr. Rahim, MD, Fort Hall Police, Idaho State Police, Brian McClure (Ret. Sgt. Pocatello Police), Carla Eben (Pesa Sooname, Pyramid Lake), Delmar Kelly & Brian Thomas (Owyhee, NV), and Cathy McDougall (AARP)

For More Information:

Marcia Hall 208-478-4076 [Marcia.Hall@sb-thhs.com](mailto:Marcia.Hall@sb-thhs.com)  
 Valda Evening [Valda.Evening-Smith@sb-thhs.com](mailto:Valda.Evening-Smith@sb-thhs.com)

# COMMUNITY EVENTS & RESOURCES



**POWERFUL TOOLS FOR CAREGIVER WORKSHOP**

Caregiver Burnout is Real – Don't Wait Any Longer!  
Class starts May 6th-June 10th

## Registration is required

Class is every Tuesday for six weeks beginning May 6th.

2:00PM - 3:30PM

Steele Memorial Medical Center

Clinic Conference Center  
103 S daisy Street, Salmon ID

208-871-2344  
amanda.browner@a3ssa.com



- MAY 6TH**  
**Taking Care of You.** Emphasizes that the focus is on "YOU", the caregiver.
- MAY 13th**  
**Identifying and Reducing Stress.** Four steps for effective stress management.
- MAY 20TH**  
**Communicating Feelings, Needs, and Concerns.** Learn how to use "I" messages and "You" messages.
- MAY 27TH**  
**Communicating in Challenging situations.** Two communication tools- assertiveness and Aikido.
- JUNE 3RD**  
**Learning from our Emotions.** Our emotions are messages we need to listen to.
- JUNE 10TH**  
**Mastering Caregiving Decisions.** Focus on the internal emotional process.



## "Memory Warriors"

### ONLINE SUPPORT GROUP FOR PERSONS LIVING WITH DEMENTIA


MEETS EVERY OTHER WEDNESDAYS AT 10:30 A.M.

For more information and to register contact:  
Idaho Community Care Program

(208) 898-9626    ccp@a3ssa.com    www.a3ssa.com

PARTICIPANTS MUST BE REGISTERED TO RECEIVE THE ZOOM LINK



## 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 Alphonus 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 Alphonus Memory Center
- October – Dr. Sarah Toevis
  - Boise State University

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


\*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.

## ECHO IDAHO

Relaunch 3/25  
2nd & 4th Tuesdays  
12:30 - 1:30 p.m. MST



### Alzheimer's Disease & Related Dementias



- 03/25 - Idaho's Protective Placement Hold (Idaho Code 56-2101)
- 04/08 - Reducing Dementia Risk in High-Risk Populations in Idaho
- 04/22 - Blood-based Biomarkers for Alzheimer's Disease
- 05/13 - An Examination of Medications Used in Dementia: Effects on the Individual
- 05/27 - Managing Cognitive Health in Primary Care: Early Detection and Intervention
- 06/10 - Healthy Sexuality and Vulnerabilities with Dementia
- 06/24 - ADRD Resources for Rural Idaho Healthcare Providers

University of Idaho  
School of Health and Medical Professions

**go.uidaho.edu/echo-series**

In support of improving patient care, University of Idaho, School of Health and Medical Professions Office of Continuing Education is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

# COMMUNITY EVENTS & RESOURCES



## Medicare Workshop

Are you nearing 65 or have family members that you are trying to help with their retirement plans? This is the workshop for you. An Idaho Department of Insurance SHIBA representative will be here to explain Medicare and all its parts, answer questions, and de-mystify this healthcare program for you. In two hours, you will receive helpful resources, program updates, and peace-of-mind that you are on the right track.

**When:** Wednesday, May 7, 2025 6:00 – 8:00 p.m. (PST)  
**Where:** In Person – Latah County Fairgrounds & Event Center, Classroom (1021 Harold Street, Moscow, ID)  
**OR** Online through Zoom

Register in advance for this FREE Workshop:  
<https://tinyurl.com/MedicareMay25>

**Questions?** Contact Karen (208) 883-2241 or [krichel@uidaho.edu](mailto:krichel@uidaho.edu)

Persons with disabilities who require alternative means for communication of program information or reasonable accommodations need to contact Karen Richel one week before the event at 200 S. Almon Street, Suite 201, Moscow, ID 83843, phone: 208-883-2241.



The TRIO Veterans Program Presents:

## Veterans' Resource Fair

Saturday, May 17th  
11am - 4pm

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

Military-connected families can learn about resources from:



Eastern Veterans Center

and more!

Please call 208-282-7920 with any questions.

hosted by Idaho State University

TRIO Veterans Upward Bound Program is 100% funded by the US Department of Education and hosted by Idaho State University.



## Health & Aging EXPO

Saturday, June 7, 2025  
8:00 AM to Noon

Saint Alphonsus is proud to offer a day full of FREE education and health tips to keep you feeling good as you age.

You will have the opportunity to visit over 40 vendors offering valuable information on a wide variety of age-appropriate topics such as health and fitness, housing, and legal concerns. Get a free hearing and bone density test and back massages. Plus hear from Saint Alphonsus medical experts on the following topics:

- Stroke and Heart Attack: Signs & Symptoms
- Modifiable Risk Factors for Dementia
- Take Steps to Manage Your Diabetes



Questions | (208) 367-3326



## CRAFT FAIR



Saturday, May 3rd  
9am - 2pm

312 E. State St., Eagle ID  
208-489-8806  
[www.cityofeagle.org/seniors](http://www.cityofeagle.org/seniors)



# COMMUNITY EVENTS & RESOURCES



**MEMORY Café**  
Legacy Corps 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!**

**MAY 2025 EVENTS:**

Saint Alphonsus—1055 N Curtis Rd  
Boise ID Coughlin Rm 3 (North Entrance)

Kuna Senior Center,  
299 N Avenue B, Kuna  
♦ 3rd Friday, May 16th  
1:00-2:30

♦ **NO MEMORY CAFÉ THIS MONTH**

**NEW LOCATION:**  
Mountain Home Public Library  
790 N 10th East St, Mountain Home  
-4th Tuesday, May 27th  
1:00-2:30

**Memory Café On-Line**

♦ 2nd Monday, May 12th  
10:30-12:00 (contact Karen for Zoom link)

Orchard Park Meridian Library  
1268 W Orchard Park Dr, Meridian

Ada Community Library Victory Branch  
10664 W Victory, Boise

♦ 4th Thursday, May 22nd,  
1:00-2:30

♦ 3rd Wednesday, May 21st  
1:00-2:30

Nampa Public Library  
215 12th Ave S, Nampa

♦ 3rd Thursday, May 15th 1-2:30

♦ 4th Friday, May 23rd  
1:00-2:30



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



**NEXT 50**

For information or to **RSVP**  
Contact: Karen Kouba-McIver  
Email: [kkouba@jannuus.org](mailto:kkouba@jannuus.org)  
Phone: 208-947-4283  
[www.AgingStrong.org](http://www.AgingStrong.org)

**In Partnership with:**



May **14** 2025

**HEALTH & RESOURCE FAIR**




**Need health care resources? We've got them!**  
Meet over 30 fabulous health, support, and care partners!

**10:00AM to 11:30AM**

**Cost: FREE!!!**  
Our vendors are the best in the industry!  
Get questions answered!  
Find the resources you've been looking for!  
Get the support you need!



**1920 N. Records Way, Meridian, Idaho 83642**  
Located in Kleiner Park behind The Village at Meridian

## Caregiver Support Program

**CSP Mission: Promote the health and well-being of Family Caregivers who care for our Nation's Veterans through education, resources, support and services.**



**Caregiver Support Program – About Us**

The Department of Veterans Affairs (VA) understands that the caregiver community is vital to the recovery and care of Veterans. The Caregiver Support Program (CSP) offers clinical, educational, and holistic services to individuals who care for Veterans enrolled in VA health care. CSP supports anyone who provides care services to a Veteran, whether it is medicine management, grocery shopping, helping a Veteran get dressed, or full-time personal care services. Anyone who provides care to a Veteran enrolled in VA health care can participate in CSP.

CSP is a national program comprised of two subprograms: Program of General Caregiver Support Services (PGCSS) and Program of Comprehensive Assistance for Family Caregivers (PCAFC). Every VA facility has a local team, where caregivers can access a variety of national resources while receiving tailored support from their local CSP Teams.

**Program of General Caregiver Support Services (PGCSS)**

PGCSS is the core of CSP and provides Peer Support Mentoring, skills training, coaching, telephone support, online programs, and referrals to available resources to caregivers of Veterans. The Veteran must be a VA health care enrollee and receive care from a caregiver in order for the caregiver to participate. We refer to caregivers participating in PGCSS as General Caregivers. Learn more about PGCSS here: [https://www.caregiver.va.gov/Care\\_Caregivers.asp](https://www.caregiver.va.gov/Care_Caregivers.asp)

**Program of Comprehensive Assistance for Family Caregivers (PCAFC)**

PCAFC provides specialized services to caregivers for eligible Veterans including resources offered through PGCSS, as well as education, support, respite, mental health counseling, a financial stipend and health insurance, if eligible. Services provided through PCAFC are available for caregivers who assist eligible Veterans who have a serious injury (including serious illness) incurred or aggravated in the line of duty in the active military, naval, or air service. Caregivers participating in PCAFC are referred to as Family Caregivers. Veterans can designate a Primary and Secondary Family Caregiver. Family Caregivers must be a family member or live full-time with the Veteran. Find eligibility criteria for enrollment and how to apply for PCAFC here: [https://www.caregiver.va.gov/support/support\\_benefits.asp](https://www.caregiver.va.gov/support/support_benefits.asp).



Need Help? To assist you with further instructions on how to enroll into these programs, contact the **VA Caregiver Support Line (CSL)** at 1-855-260-3274.

<https://www.caregiver.va.gov/>

