



# Chapter Newsletter

November 2025



## IN THIS ISSUE:

- Resource Spotlight
- Support Group Info
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- Community Events & Resources

## HONORING THE HEART OF CARE

LIVE WEBINARS | 2025

November is National Caregiver Month, a time to recognize the unsung heroes who give so much of themselves to care for others. Join us for a free virtual wellness class designed to help you pause, recharge, and honor the incredible work you do as a caregiver.

**Register Today!**



## November

November is National Caregiver Month. We honor those who give so much each day to support a loved one.

Join our free virtual wellness classes all month — register today. See page 5 for more info!

The holidays can be tough. Learn the signs of caregiver stress and simple ways to cope. Find more tips for caregiving through the season at this link.

As we enter the season of thanks, we want to express our heartfelt gratitude for your continued support of the Alzheimer's Association. Whether you've attended a community education event, participated in the Walk to End Alzheimer's, joined us for Advocacy Day, or simply used our 24/7 Helpline or online resources — your involvement makes a meaningful difference. Thank you for standing with us in the fight to end Alzheimer's. We are truly grateful for your commitment and care.

~Greater Idaho Chapter Staff

# ALZ Association Resource Spotlight



## WEBSITE RESOURCES

The Alzheimer's Association's website has loads of information! Visit the [Resource Page](#) to help you find a topic that fits your needs.

24/7 Helpline

ALZ Talks

ALZ Navigator

My ALZ Journey

Resolving Family  
Conflicts

Educational  
Programs

Dementia Care  
Resources

Veteran's &  
Alzheimer's

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## ADVOCACY

### EVERY VOICE COUNTS!

Be part of the movement to end Alzheimer's, take one minute to scan the QR code or visit [alzimpact.org/walk](https://alzimpact.org/walk) and make an impact.

### JOIN ADVOCATES TO ADVANCE PROGRESS IN THE FIGHT



[alzimpact.org/walk](https://alzimpact.org/walk)

24/7 Helpline 800.272.3900 [alz.org/idaho](https://alz.org/idaho)



**You're Invited**

# DO WHAT YOU LOVE TO END ALZ™

ALZHEIMER'S  ASSOCIATION®

## FALL RALLY

THURS | NOV 6 | 6PM CT

### TURN YOUR PASSION INTO PURPOSE.

Do What You Love to End ALZ™ makes it easy to make a difference. It's simple, flexible and starts with you — doing something you love and turning it into a fundraiser to end Alzheimer's and all other dementia.

Join to hear the latest research updates, inspiring participant stories, and learn how you can make an impact in the fight to #ENDALZ.

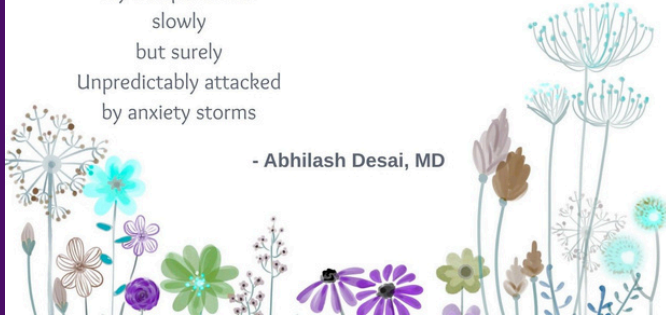
**RSVP at [act.alz.org/dowhatyouloveralz](https://act.alz.org/dowhatyouloveralz).**



## Dementia Life

Galloping paranoia  
Terrible tiredness  
Reflection, contemplation  
Of the meaning of life  
Of nonsensical voyage  
Praying for loneliness to end  
Reconnecting with solitude  
like an old friend  
Gratitude for  
still being aware  
Drowning in a river of grief  
of losing  
my memory,  
my independence  
slowly  
but surely  
Unpredictably attacked  
by anxiety storms

- Abhilash Desai, MD



# ROCK YOUR MOCS

**November 9 - 15**

We're celebrating National Native American Heritage Month by participating in the worldwide social media event Rock Your Mocs. Show off your moccasins by wearing them and snapping a photo to share on social media.

## Don't Have Any Moccasins?

Support Native American Heritage by supporting your local Native artists and purchase them now in time for Rock Your Mocs. You can contact Jessica Hogner at [jnhogner@alz.org](mailto:jnhogner@alz.org), go to <https://www.beyondbucks.com/p/buy-native.html> to look into local artists or ask your tribal partners where to support Native artists.

Check out ideas on how  
you can  
[Rock Your Mocs here!](#)

ALZHEIMER'S ASSOCIATION

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



# HONORING THE HEART OF CARE

LIVE WEBINARS | 2025



November is **National Caregiver Month**, a time to recognize the unsung heroes who give so much of themselves to care for others. Join us for a free virtual wellness class designed to help you pause, recharge, and honor the incredible work you do as a caregiver.

**Nov. 3rd – 1-2pm MT | From Burnout to Joy in Dementia Care-Partnering** [REGISTER NOW](#)

Participants will learn how to recognize and prevent burnout while discovering ways to find joy in caregiving. The session includes practical tips and space for attendees to share their own strategies for maintaining balance and fulfillment when caring for loved ones with dementia.

**Nov. 3rd – 2-3pm MT | A Day of Hope** [REGISTER NOW](#)

A Day of Hope is about rediscovering yourself when life feels overwhelming and hope seems out of reach. Between work, family, and responsibilities, it's easy to lose sight of your own needs and passions. This journey shows how one woman went from burnout to balance—finding time, energy, and joy again.

**Nov. 4th – 1-2pm MT | Improving Sleep** [REGISTER NOW](#)

Practical tips on improving quality and quantity of sleep.

**Nov. 5th – 9-10am MT | Fitness Made Simple** [REGISTER NOW](#)

Chair-based exercise session focusing on strength, balance, and flexibility.  
**Supplies needed:** A chair with space to stand beside and behind the chair.

**Nov. 10th – 9-10am MT | Yoga, Breath Work and Meditation** [REGISTER NOW](#)

Classes are geared towards anyone that needs some stretching, relaxation & a bit of peace.  
**Supplies needed:** Yoga mat and a strap or belt.

**Nov. 11th – 9-10am MT | Chair Yoga, Breath Work and Meditation** [REGISTER NOW](#)

Classes are geared towards anyone that needs some stretching, relaxation & a bit of peace.  
**Supplies needed:** Chair and a strap or belt.

Brought to you by:  [alz.org/idaho](http://alz.org/idaho)  [bpahealth.com](http://bpahealth.com)  [cambiahealthfoundation.org](http://cambiahealthfoundation.org)

# HONORING THE HEART OF CARE

LIVE WEBINARS | 2025

**Nov. 11th – 3-4pm MT | A Day of Hope** [REGISTER NOW](#)

A Day of Hope is about rediscovering yourself when life feels overwhelming and hope seems out of reach. Between work, family, and responsibilities, it's easy to lose sight of your own needs and passions. This journey shows how one woman went from burnout to balance—finding time, energy, and joy again.

**Nov. 12th – 9-10am MT | Yoga Nidra and Breath Work** [REGISTER NOW](#)

Classes are geared towards anyone that needs some deep relaxation, stretching, and tranquility.  
**Supplies needed:** Yoga mat.

**Nov. 12th – 10-10:30am MT | Nurturing a Self-Care Mindset** [REGISTER NOW](#)

We will discuss the importance of self-care and practice some free activities such as mindfulness and breathing techniques that are helpful in reducing stress.

**Nov. 17th – 9-10am MT | Yoga, Breath Work and Meditation** [REGISTER NOW](#)

Classes are geared towards anyone that needs some stretching, relaxation & a bit of peace.  
**Supplies needed:** Yoga mat and a strap or belt.

**Nov. 17th – 1-2pm MT | Mindfulness** [REGISTER NOW](#)

Learn four practical areas of mindfulness in daily living.

**Nov. 17th – 2-3pm MT | A Day of Hope** [REGISTER NOW](#)

A Day of Hope is about rediscovering yourself when life feels overwhelming and hope seems out of reach. Between work, family, and responsibilities, it's easy to lose sight of your own needs and passions. This journey shows how one woman went from burnout to balance—finding time, energy, and joy again.

**Nov. 18th – 9-10am MT | Chair Yoga, Breath Work and Meditation** [REGISTER NOW](#)

Classes are geared towards anyone that needs some stretching, relaxation & a bit of peace.  
**Supplies needed:** Chair and a strap or belt.

Brought to you by:  [alz.org/idaho](http://alz.org/idaho)  [bpahealth.com](http://bpahealth.com)  [cambiahealthfoundation.org](http://cambiahealthfoundation.org)

# HONORING THE HEART OF CARE

LIVE WEBINARS | 2025

**Nov. 18th – 1-1:30pm MT | Nurturing a Self-Care Mindset** [REGISTER NOW](#)

We will discuss the importance of self-care and practice some free activities such as mindfulness and breathing techniques that are helpful in reducing stress.

**Nov. 19th – 9-10am MT | Embracing Gratitude** [REGISTER NOW](#)

The health benefits and the "how-to" of practicing thankfulness.

**Nov. 19th – 9-10am MT | Yoga Nidra and Breath Work** [REGISTER NOW](#)

Classes are geared towards anyone that needs some deep relaxation, stretching, and tranquility.  
**Supplies needed:** Yoga mat.

**Nov. 19th – 3-4pm MT | A Day of Hope** [REGISTER NOW](#)

A Day of Hope is about rediscovering yourself when life feels overwhelming and hope seems out of reach. Between work, family, and responsibilities, it's easy to lose sight of your own needs and passions. This journey shows how one woman went from burnout to balance—finding time, energy, and joy again.

**Nov. 21st – 9-10am MT | Stress Management** [REGISTER NOW](#)

Focuses on managing energy and living life essentially.

If you care for someone with Alzheimer's or another dementia, you are not alone.

We're here whenever you need us.

**24/7 Helpline (800) 272-3900**

## Ways to register:

- 1) Click on Register Now button
- 2) Visit [www.alz.org/idaho](http://www.alz.org/idaho)
- 3) Scan QR Code



Brought to you by:  [alz.org/idaho](http://alz.org/idaho)  [bpahealth.com](http://bpahealth.com)  [cambiahealthfoundation.org](http://cambiahealthfoundation.org)

## Presenters for Honoring the Heart of Care: Online Virtual Wellness Courses

November is recognized as National Caregiver Month, and we are dedicated to honoring the unsung heroes who selflessly give so much of themselves.



Dr. Abhilash Desai

Title:  
From Burnout to Joy in  
Dementia Care-Partnering



Kris Ford

Titles:  
Yoga, breath work and  
meditation  
Chair yoga and breath work  
Yoga nidra and breath work



Leslee Blanch

Titles:  
Fitness Made Simple  
Embracing Gratitude  
Improving Sleep  
Stress Management  
Mindfulness



LaDessa Foster

Title:  
Nurturing a Self-Care Mindset



Kayla Jones

Title:  
A Day of Hope

**"There are only four kinds of people in the world: those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers." - Rosalynn Carter**

 [cambiahealthfoundation.org](http://cambiahealthfoundation.org)

 [bpahealth.com](http://bpahealth.com)

 [alz.org/idaho](http://alz.org/idaho)



## Cathedral of the Rockies: In Person

*(Support group is temporarily closed for new members)*

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

## Eagle Support Group: In Person

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

## Adult Children As Caregivers: Online

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

## Salmon Creek Support Group: In Person 3rd

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

## Nampa Library Support Group: In Person

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


## Pocatello Support Group: In Person

2nd Wednesday of each month  
Wednesday, November 12th at 2 PM  
Pocatello, ID, 83201


## Meridian Library District (Pinnacle)

1st Tuesday of each month  
Tuesday, November 4th at 6 pm  
1375 E Phenomenal St., Meridian, ID 83642

## Grannie on the Move: In Person

 Personalized Education & Support  
Every week on Tuesdays at 1 PM  
Grannie On the Move, Meridian, ID, 83642

## Cuéntame Más/Tell Me More: In Person

 Spanish & English Support Group - Winter Hiatus  
Nampa, ID 83651  
For more information, please call (208) 722-2521

## Women Caring for Spouses: Online

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

## Hailey Support Group: In Person\*

2nd & 4th Tuesday of the month  
Tuesday, November 11th & 25th  
The Senior Connection, Hailey, Idaho 83333  
(208) 788-3468

\*Please call The Senior Connection prior to attending

## Light of the Mountains Center for Spiritual Living\*\*

2nd & 4th Thursday of the month  
Thursday, November 6th & 20th at 1:30 PM  
Ketchum, ID 83340

\*\*Please call Dr. Carol at (612) 251-7413 prior to attending

## Emmett Support Group: In Person

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

## Library! at Hillcrest: In Person

1st and 3rd Monday of each month  
Monday, November 3rd & 17th at 10:15 AM  
Library! at Hillcrest

## Canyon County Support Group: In Person

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

## Payette County Support Group: In Person

Last Tuesday of each month  
Tuesday, November 25th at 2 PM  
Horizon Home Health & Hospice, Conference Room  
Fruitland, Idaho 83661

## Aspen Creek Assisted Living

2nd Tuesday of the month  
Tuesday, November 11th at 12:30 PM  
Aspen Creek Assisted Living  
Caldwell, ID 83605

## Twin Falls Support Group: In Person



Third Tuesday of each month  
Tuesday, November 18th at 5:30 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](https://alz.org/Idaho) to learn more about our caregiving programs.

# 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 <b>5:30 - 6:30 PM</b>	CSI Office on Aging (4th floor) 650 Addison Ave. W, Twin Falls ID, 83303
 Community Care Program <b>Twin Falls</b> Caregiver Support Group <i>CAREGIVER'S &amp; COFFEE</i>	2nd Wednesday of the Month: 1:30 - 3:00 PM	Twin Falls Senior Center 530 Shoshone St W Twin Falls, ID 83301
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	4th Tuesday of the 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



# CARE & SUPPORT

## From Pilot to Progress: Advancing Dementia Risk Reduction with Project ECHO®

Learn about the results of the 2024-2025 Alzheimer's and Dementia Care ECHO® Program for Public Health Professionals multi-state pilot

Bring your questions and join us. And learn how you can be part of the next ECHO cohort!



**TUESDAY, NOVEMBER 18, 2025 | 3 P.M. ET**

### JOIN US FOR A FREE LEARNING OPPORTUNITY:

- » Learn about the Project ECHO® model.
- » Explore key findings from the 2024-2025 Project ECHO® multi-state pilot.
- » Discover ways to be part of Project ECHO® for Public Health Professionals.

Register today:  
[bit.ly/ProjectECHO-dementia](https://bit.ly/ProjectECHO-dementia)



**Have a flyer you'd like to  
add to our newsletter?  
Click [HERE](#) to submit!**

## HEALTHY HABITS FOR YOUR BRAIN



### Challenge your mind

Do something that is new or hard for you.  
Learn a new skill. Try something artistic.

NEW

## CAREGIVER SUPPORT GROUP

First Tuesday of each  
month  
6 pm - 7 pm

Meridian Library District  
- Pinnacle  
1375 E Phenomenal St,  
Meridian, ID 83642



Registration is encouraged, but not required. For more information or to register, please call the Alzheimer's Association - Greater Idaho Chapter at (208) 206-0041

Call the Alzheimer's Association Helpline at (800) 272-3900 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](https://alz.org/Idaho) to learn more about our caregiving programs.

## 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**

**September 10**  
*Dementia Friends Information Session*

**September 24**  
*Intro to Alzheimer's & Building Foundations  
of Caregiving*

**October 8**  
*Supporting Independence*

**October 22**  
*Communicating Effectively & Responding to  
Dementia-Related Behaviors*

**November 5**  
*Exploring Care & Support Services*

**November 19**  
*Brain Health: Protecting Your Cognitive  
Assets*

In Collaboration With:



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

ALZHEIMER'S ASSOCIATION



# CARE & 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**

**new!**

ALZHEIMER'S  
ASSOCIATION



### Free Education Presentations

Grace Assisted Living, Theatre Room

1940 N Lakes Pl, Meridian

**6:30 PM-7:30 PM**

**Nov 11th**

### Exploring Care & Supportive Services

Examines how best to prepare for future care decisions and changes,  
including respite care, residential care and end-of life care.

**Dec 9th**

### Building the Foundations of Caregiving

Explores the role of caregivers and changes they may experience,  
building a support team and managing caregiver stress.

**Registration is not required, but encouraged.**

**To register, please call the Helpline at (800) 272-3900.**

800.272.3900 | alz.org

**New**

ALZHEIMER'S ASSOCIATION



## Caregiver Support Group

Presented by: Alzheimer's Association-Greater Idaho

### SUPPORT GROUP FOR FAMILY CAREGIVERS

**Starting on JAN. 13, 2026**

**6:30 PM - 7:30 pm**

Meeting Location:  
Grace Assisted Living,  
Theatre Room,  
1940 N Lakes Pl.  
Meridian, ID

Registration is not required, but  
encouraged. To register, please call  
the Helpline at (800) 272-3900.

**Build a support system with  
people who understand.**

Alzheimer's Association® support  
groups, conducted by trained  
facilitators, are a safe place for people  
living with dementia and their care  
partners to:

- Develop a support system.
- Exchange practical information on  
challenges and possible solutions.
- Talk through issues and ways of  
coping.
- Share feelings, needs and  
concerns.
- Learn about community resources.

800.272.3900 | alz.org



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 ones with memory loss can  
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!

#### NOVEMBER 2025 EVENTS:

##### Nampa Public Library NEW DATE

215 12th Ave  
1st Monday, Nov. 3rd  
1:00-2:30

##### Memory Café On-Line

2nd Monday Nov. 10th  
10:30-12:00  
Contact Karen for Zoom link

##### Saint Alphonsus Health Center

1055 N. Curtis Rd., Boise  
Sister Beth Room-near FMC  
2nd Tuesday, Nov. 11th  
12:00-1:30

##### Ada Community Library Victory Branch

10664 W. Victory, Boise  
2nd Wednesday, Nov. 12th  
1:00-2:30

##### Bown Crossing Library

2153 E. Riverwalk Dr., Boise  
3rd Thursday, 20th  
1:00-2:30

##### Kuna Senior Center,

299 N. Avenue B, Kuna  
3rd Friday, 21st  
1:00-2:30

##### Orchard Park Meridian Library

1288 W. Orchard Park Dr, Meridian  
**THANKSGIVING!  
NO EVENT**

##### Mountain Home Public Library

790 N. 10th East St, Mountain Home  
4th Tuesday, Nov. 25th  
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."



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

In Partnership with:





Successfully  
Managing

# Holiday Stress

This **FREE wellness class** will be held in  
Studio 2 on **Friday, November 14<sup>th</sup>**  
**from 12-12:45pm**

Presented by LESLEE BLANCH,  
Registered/Licensed Dietitian Nutritionist  
Family Consumer Science Associate Extension Educator

Questions?  
[lblank@uidaho.edu](mailto:lblank@uidaho.edu)



2030 Jennie Lee Dr.  
Idaho Falls, ID 83404



## BRAIN HEALTH: PROTECTING YOUR COGNITIVE ASSETS

Where: Idaho Falls Public Library

When: Wednesday, November 19<sup>th</sup>

Time: 12:00 to 1:30 PM

Presented by:

Leslee Blanch, Family & Consumer Science Associate Extension Educator,  
University of Idaho Extension, Bonneville County

Questions? Contact Leslee @ [lblank@uidaho.edu](mailto:lblank@uidaho.edu) or call (208) 529-1390.

The University of Idaho is an equal-opportunity employer and educational institution.  
We offer our programs to persons regardless of race, color, national origin, gender, religion, age, sexual orientation or disability.



# COMMUNITY EVENTS & RESOURCES



ORA: 21041503-IRB01 Date IRB Approved: 5/6/2023 Amendment Date: 1/16/2025

## Education and Support for Family Caregivers of loved ones with Parkinson's or Lewy Body Disease



### About Us

Join a nationwide, NIH-funded research study testing an educational program for family caregivers of people with Parkinson's or Lewy Body Disease. Family caregivers will gain weekly educational guidance through a 12-week curriculum with short readings, resources and activities. All participation is virtual.

#### Who

Family caregivers! Caregivers with more than 3 years of experience will be trained to mentor caregivers who are new to the caregiving role

#### Length

All participants receive 12 weeks of educational materials and 6 months of follow up surveys

#### Gratitude

You may receive between \$275 - \$400 for completing study surveys



Visit Our Website to Learn More and See If You Qualify!  
<https://redcap.link/PERSEVERE1>  
or email [persevere@rush.edu](mailto:persevere@rush.edu)

## "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](mailto:ccp@a3ssa.com)



[www.a3ssa.com](http://www.a3ssa.com)

PARTICIPANTS MUST BE REGISTERED  
TO RECEIVE THE ZOOM LINK



## CAREGIVER'S & COFFEE



Enjoy good coffee, good company, and heartfelt conversation with people who understand the journey of caring for a loved one with Alzheimer and Dementia

For more information contact:  
Amanda Browner-Idaho Community Care Program  
Phone: 208-871-2344  
Email: [amanda.browner@a3ssa.com](mailto:amanda.browner@a3ssa.com)

2nd Wednesday of Month  
Time: 1:30-3:00 PM

Twin Falls Senior Center  
530 Shoshone St W  
Twin Falls, ID 83301



### 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)

This program is open to all community members!



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 Toevs

- Boise State University

November-Dr. Kyle Davis

- Healthy Sleep

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), in part of a financial assistance award #4945400117507 totaling \$495,000 with 50 percent funding 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.



# COMMUNITY EVENTS & RESOURCES

## COMING SOON!! **WALKING SOCCER**

**10-11AM  
STARTS 11/11**

**FOR PLAYERS  
65+**

**FREE!**

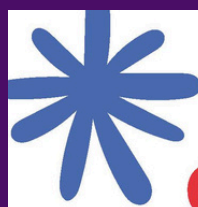


OPEN TO ALL SKILL LEVELS  
DATES: 11/11, 11/18, 12/2, 12/9

IFFC SHIRT PROVIDED

📞 208-201-6711

WWW.BYSLSOCCER.ORG



## **FREE COOKING CLASSES**



**THE LAST  
MONDAY OF  
EVERY  
MONTH!**

**WIN  
PRIZES**

SPACES ARE LIMITED!

SIGN UP:  
AT THE BUHL SENIOR CENTER  
BY CALLING 208-577-2712  
OR EMAIL  
MROBERTS@IDAHOFOODBANK.ORG

DATES

- OCTOBER 27
- NOVEMBER 24
- DECEMBER 29

TIME: 1-2:30 PM

LOCATION

BUHL SENIOR CENTER

PRESENTERS

MISTY ROBERTS, RDN, LD: THE IDAHO FOODBANK  
MAK SEARLE, MPH: ST. LUKE'S MAGIC VALLEY



University of Idaho  
Extension



## **TAI CHI CLASS**

**November 3, 5, 10, 13, 17, 20**  
**12 - 12:30 p.m. MT / 11 - 11:30 a.m. PT**  
**Virtual**

Join University of Idaho Extension for a free Tai Chi class. Classes will be held virtually and weekly wellness tips will be sent to the email used in registration.

Register to receive the link: [bit.ly/Extension-Tai-Chi](http://bit.ly/Extension-Tai-Chi)

or scan the QR code.



Take time for personal wellness  
going into the holidays!

**MORE INFORMATION: KURE@UIDAHO.EDU | 208-847-0345**

The University of Idaho is an equal opportunity employer and educational institution. We offer our programs to persons regardless of race, color, national origin, gender, religion, age, sexual orientation, or disability.



Idaho State  
University

## **Contribute to Dementia Care Research**

**Are you or a loved one  
living with dementia?**

### **Seeking Research Participants:**

Exploring whether a simple, low-cost iPad/tablet app can assist with daily tasks and promote independence

**May 2025 — December 2025**

### **Summary**

Participants will use an iPad app with audio and video prompts to complete simple tasks. Participants must commit to 4 sessions no longer than one hour each over a 2-3-week period.

### **Reasons to participate**

- Contribute to innovative research in dementia care.
- Help develop strategies to maintain independence.

Contact  
Angela Zaugg, MOT, OTR/L  
(208) 409-5274 | [zauggange@isu.edu](mailto:zauggange@isu.edu)

**ROAR**