

# Chapter Newsletter

## January 2026

### IN THIS ISSUE:

- Benefits of Volunteering
- Resource Spotlight
- Support Group Info
- Education Programs
- Community Events & Resources

### Join the Fight: Receive Alzheimer's Updates by Text

Want to be one of the first to know about important news and updates on the fight against Alzheimer's? Text JOINALZ to 20654 to opt in to receive text message updates from the Alzheimer's Association. You will be able to opt out of these messages at any time. [Read our privacy policy.](#)



Happy New Year!

We look forward to a meaningful 2026 with continued progress in brain-health research, expanded caregiver resources, and more community outreach.

With winter bringing quieter travel, we're hosting several virtual options: the [Empowered Caregiver Series](#), an [Early Stage Support Group](#), and a [Benefits of Volunteering](#) webinar.

As always, our [free on-demand courses](#) are available, and our 24/7 helpline (800.272.3900) is here whenever you need it.

Have a wonderful beginning to your year!

~Greater Idaho Chapter Staff

# BENEFITS OF VOLUNTEERING WEBINAR



JANUARY 29 5:30 - 6:30 PM MST or

JANUARY 30 12:00 - 1:00 PM MST

The Greater Idaho Chapter of the Alzheimer's Association invites you to learn about the Benefits of Volunteering from University of Idaho Extension Educator, Leslee Blanch.

Stay longer to explore different volunteer roles and ways you can support the fight to #ENDALZ!

## VOLUNTEER OPPORTUNITIES

- Community Education
- \*Support Group Facilitator
- Awareness Champion
- Fundraising Events
- Advocacy & Public Policy
- and MORE!

\*Southeast Idaho



## Register Today!

January 29<sup>th</sup> [REGISTER HERE](#)

January 30<sup>th</sup> [REGISTER HERE](#)

THE END OF ALZHEIMER'S STARTS WITH YOU!



For More Information:  
[jocornilsen@alz.org](mailto:jocornilsen@alz.org) or  
208.350.6823



University of Idaho  
Extension

**ALZHEIMER'S  
ASSOCIATION**  
Greater Idaho Chapter

# ALZ Association Resource Spotlight

## MAKE YOUR PLAN FOR A HEALTHY BRAIN.

The Alzheimer's Association® Brain Health Habit Builder is a free online tool to check your current habits and make a plan to help protect your brain.

- » Answer a few brief questions.
- » Get your personalized results and tips based on your answers.
- » Create and save your action plan.

Visit [alz.org/habitbuilder](https://alz.org/habitbuilder) and start building your brain-healthy habits today.



ALZHEIMER'S  
ASSOCIATION

| Brain Health Habit Builder

## ADVOCACY

### Idaho State Advocacy Day



SAVE  
THE DATE

WE'RE GOING TO THE  
STATE CAPITOL

FOR IDAHO'S  
LAWMAKERS

TO TALK ABOUT  
THE BRAIN

AND HOW IT'S  
AFFECTED BY

ALZHEIMER'S DISEASE

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# Healthy Habits, Healthy Brain

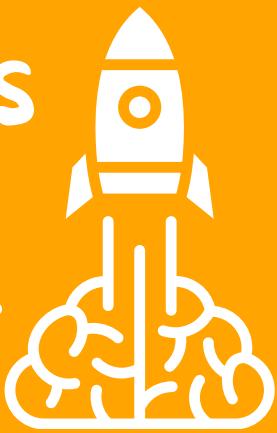
A quick monthly tip from the Alzheimer's Association to support lifelong brain health – *Inspired by 10 Healthy Habits for Brain Health*

## This Month: Eat Right



*Eating healthier foods can help reduce your risk of cognitive decline. This includes more vegetables and leaner meats/proteins, along with foods that are less processed and lower in fat. Choose healthier meals and snacks that you enjoy and are available to you.*

## LESLIE'S BRAIN Boost



University of Idaho  
Extension

LESLIE BLANCH is a  
Registered/Licensed Dietitian  
Nutritionist Family Consumer Science  
Associate Extension Educator for  
University of Idaho.

Eating patterns can strongly influence brain health. Research reveals positive correlation of cognitive health with Mediterranean style eating. This includes plenty of fresh vegetables, fruits, whole grains, fish, nuts and seeds, legumes, and olive oil. Some specific foods to consume on a regular basis include green leafy vegetables, avocado, oily fish, pumpkin seeds, and grapes. Avocado and green leafy vegetables contain lutein, a nutrient key in improving memory and cognitive skills. Fish such as salmon, trout, herring, and sardines are rich in omega-3 fatty acids which can decrease inflammation and slow cognitive decay. Zinc and magnesium are abundant in pumpkin seeds, enhancing nerve signaling and memory. Grapes are a significant source of resveratrol, a nutrient known for enhancing memory skills. Include these and other whole foods to protect your cognitive assets and lower your risk of dementia.



## ONE SIMPLE THING COULD CHANGE EVERYTHING.

Do What You Love to End ALZ™ lets you turn something you love into a fundraising event to end Alzheimer's and all other dementia. Start a fundraiser and invite members of your community to join. By doing one simple thing, you can change everything. Visit [alz.org/dowhatyoulove](http://alz.org/dowhatyoulove) to get started.

**DO WHAT YOU  
LOVE TO END ALZ**

ALZHEIMER'S  ASSOCIATION®



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



## WALK TO END ALZHEIMER'S

**Sponsorships for 2026  
Walk to End Alzheimer's  
are now available!**

Contact:

Emma Taylor

[emtaylor@alz.org](mailto:emtaylor@alz.org)

Shelly Jones

[sjones@alz.org](mailto:sjones@alz.org)



## **ONLINE Early Stage Support Group**

**Telephone screening and registration are required for all potential participants**

Starting on January 26, 2026, this group meets online through Zoom from 3:00 PM to 5:00 PM (MST). This group meets on Mondays in small cohorts for people living with the disease and their care partner. Each session builds on the last. The cohort is timebound, with a duration of 9 weeks.

Registration is required before the start date, and steady attendance is strongly encouraged for the full 9 weeks.

To register or refer someone, contact the Alzheimer's Association staff:  
For Southwestern Idaho and surrounding areas, reach out to:

Mercedes Muñoz  
mmmunoz@alz.org  
208.722.2521

For Southeastern Idaho, and surrounding areas, reach out to:

Jody Cornilsen  
jocornilsen@alz.org  
208.350.6823

**Build a support system with others who understand**

Alzheimer's Association® support groups, led by trained facilitators, provide a safe and supportive environment for care partners and people living with dementia to:

- Develop a support network
- Share advice on common challenges
- Discuss coping strategies
- Share feelings, needs and concerns
- Learn about community resources



Visit [alz.org/idaho](http://alz.org/idaho) to learn more about caregiver programs and resources.

To further extend your network of support, visit our online community, ALZ connected®, at [alzconnected.org](http://alzconnected.org).

## Cathedral of the Rockies: In Person

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

The group meets on the 1st and 3rd Thursday each month.  
But the January 1st meeting is canceled for New Year's Day.  
Thursday, January 15th at 2 PM  
Cathedral of the Rockies  
Boise, ID, 83702

## Eagle Support Group: In Person

2nd & 4th Wednesday of each month  
Wednesday, January 14th & 28th at 1 PM  
Eagle Senior Center  
Eagle, ID, 83616

## Meridian Library District (Pinnacle)

1st Tuesday of each month  
Tuesday, January 6th at 6 PM  
1375 E Phenomenal St., Meridian, ID 83642

## Salmon Creek Support Group: In Person

3<sup>rd</sup> Tuesday of each month  
Tuesday, January 20th at 2:30 PM  
Salmon Creek  
Boise, ID, 83713

## Nampa Library Support Group: In Person

Last Monday of each month  
Monday, January 26th at 1:00 PM  
Nampa Library, Room 302, Nampa, ID, 83651

## Library! at Hillcrest: In Person

1st and 3rd Monday of each month  
Monday, January 5th & 19th at 10:15 AM  
Library! at Hillcrest  
Boise, ID 83705

## Grannie on the Move: In Person

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

## Adult Children As Caregivers: Online

2nd Wednesday of each month  
Wednesday, January 14th at 6:30 PM  
Zoom Link Provided Upon Registration

## Women Caring for Spouses: Online

1st & 3rd Tuesdays of each month  
Tuesday, January 6th & 20th at 4PM  
Zoom Link Provided Upon Registration

## Meridian Support Group - Grace Assisted Living

2<sup>nd</sup> Tuesday of the Month  
Tuesday, January 13<sup>th</sup> at 6:30 PM  
Grace Assisted Living, Theater Room  
Meridian, ID 83646



## Hailey Support Group: In Person\*

Twice a month on Tuesdays  
The Senior Connection  
Hailey, Idaho 83333  
(208) 788-3468

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

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

Twice a month on Thursdays  
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, January 14th at 2 PM  
Meadow View Assisted Living, Emmett, Idaho 83617

## Canyon County Support Group: In Person

3rd Wednesday of each month  
Wednesday, January 21st at 1 PM  
Nampa Public Library, Room 302  
Nampa, Idaho 83651

## Payette County Support Group: In Person

Last Tuesday of each month  
Tuesday, January 27th at 2 PM  
Horizon Home Health & Hospice, Conference Room  
Fruitland, Idaho 83661

## Aspen Creek Assisted Living

2nd Tuesday of the month  
Tuesday, January 13th at 12:30 PM  
Aspen Creek Assisted Living  
Caldwell, ID 83605

## Pocatello Support Group: In Person

2nd Wednesday of each month  
Wednesday, January 14th at 2 PM  
Pocatello, ID, 83201

## Twin Falls Support Group: In Person

Third Tuesday of each month  
Tuesday, January 20th at 5:30 PM  
CSI Office On Aging (4th Floor)  
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](http://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
<b>Time change</b> Alzheimer's Association <b>Twin Falls</b> Caregiver Support Group	3rd Tuesday of the Month 5:30 - 6:30 PM	CSI Office on Aging (4th floor) 650 Addison Ave. W, Twin Falls ID, 83303
<b>New!</b> 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>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

## The Empowered Caregiver

An education program presented by the Alzheimer's Association

Virtual



### January 7<sup>th</sup>, Noon-1:30 p.m.

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

### January 14<sup>th</sup>, Noon-1:30 p.m.

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

### January 21st, Noon-1:30 p.m.

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

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

### January 28<sup>th</sup>, Noon-1:30 p.m.

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

This free, online 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.

[REGISTER HERE](#)



Contact 208.350.6823 or Email [jocornilsen@alz.org](mailto:jocornilsen@alz.org) for more information or to register.



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

# 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**

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ELDER LAW  
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**

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

①RUSH

**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)

# New



## 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](http://alz.org)

# NEW

## CAREGIVER SUPPORT GROUP



First Tuesday of each month  
6 pm - 7 pm

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

OOOO

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

# COMMUNITY EVENTS & RESOURCES

## BEATING THE WINTER BLUES

FRIDAY, JAN. 9TH

FROM 12 - 12:45 PM IN STUDIO 2

Snacks will be served.

**FREE**  
SEMINAR  
Open to the public



**I** University of Idaho

Presented by  
Leslee Blanch,  
University of Idaho  
Extension Educator



## CAREGIVER'S & COFFEE



Case Management - Advocacy - Respite - Education

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

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

Twin Falls Senior  
Center

530 Shoshone St W  
Twin Falls, ID 83301



Feeling financial strain?  
Hope is here

Contact Karen for **FREE** budgeting support and help connecting with local resources in a stress-free, open, and understanding environment—your safe space. Together, we'll stretch every dollar and find creative ways to lighten the load.

In-person and virtual visits available.



\* **FREE** \* confidential \* open to all members of our community \*

208-883-2241

krichel@uidaho.edu



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## “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

