



# Chapter Newsletter

February 2026

## IN THIS ISSUE:

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- Resource Spotlight
- Support Group Info
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**trialmatch**

ALZHEIMER'S  ASSOCIATION

The Association connects individuals living with cognitive impairment, Alzheimer's disease or another dementia, caregivers and healthy participants with current research studies. This free, easy-to-use service helps you find clinical research that may be a good fit.

**Alz.org/trialmatch**

# FEBRUARY

Happy February!

Across Greater Idaho, individuals, families, partners, and supporters continue to come together in meaningful ways to raise awareness, share knowledge, and strengthen support for those impacted by Alzheimer's and other dementias.

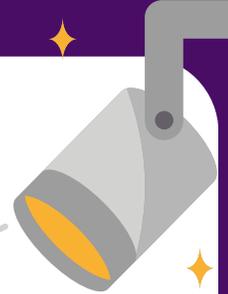
Are you ready to make a difference? Click [HERE](#) to learn more about how doing something you love can help. Want to learn more about volunteering? Check out different volunteer roles at [alz.org/idaho/volunteers](http://alz.org/idaho/volunteers).

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

Have a wonderful February and remember, Spring is right around the corner!

~Greater Idaho Chapter Staff

# ALZ Association Resource Spotlight



## Live Learning Webinars

Free live learning webinars from the Alzheimer's Association offer real-time conversation, information, education and resources on a variety of brain health, dementia and caregiving topics. Check out this [LINK](#) to see what topics are coming up.

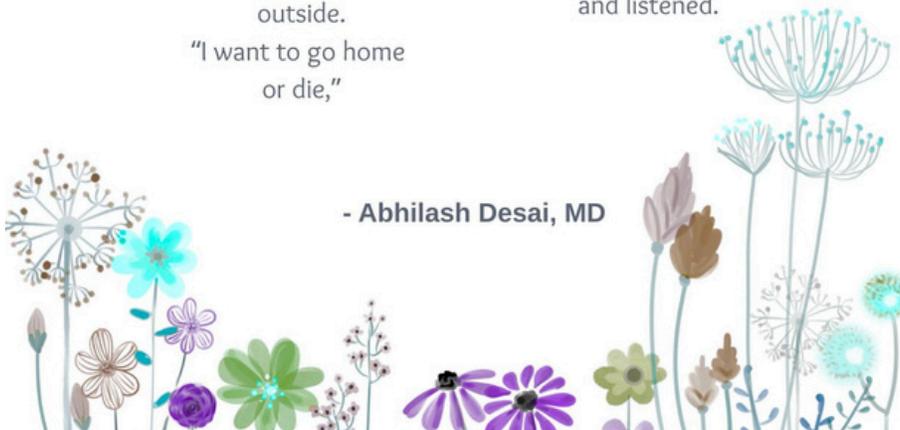
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### Go Home or Die

"Doc, something is off.  
He is irritable,  
nervous,  
sweating."  
I found him  
woozy with narcotics  
and panting  
low, uncontrolled  
staring rigidly ahead  
eyes wide  
and desperate,  
drilling the darkness  
outside.  
"I want to go home  
or die,"

he told me.  
It explained everything:  
the dread  
the sense of doom.  
He knew deep inside  
that he was heading  
toward a nursing home.  
"Tell me about your home."  
He talked  
and talked.  
I listened  
and listened.

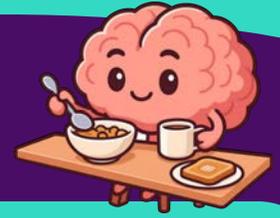
- Abhilash Desai, MD



# 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: Sleep Well



*Good quality sleep is important for brain health. Stay off screens before bed and make your sleep space as comfortable as possible. Do all you can to minimize disruptions. If you have any sleep-related problems, such as sleep apnea, talk to a health care provider.*

LESLEE'S  
BRAIN  
BOOST



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



University of Idaho  
Extension

A healthy blood pressure range can be key in overall brain health. The goal for blood pressure reading is 120/80, or less. The American Heart Association identifies five lifestyle factors for blood pressure control:

### **Smart eating:**

Fiber provides a wide range of health benefits, including heart and brain health. Vegetables, fruits, nuts and seeds, legumes, and whole grains are foundational to smart eating. Lean animal protein provides building blocks for muscle while limiting the saturated fat that can clog arteries and increase blood pressure.

### **Moving more:**

All physical activity counts toward blood pressure control, with emphasis on heart-pumping movement that safely increases the heart rate. The “talk test” is a personal guide that helps you evaluate your exertion: If you can talk while exercising, great! If you can sing, consider kicking it up a notch. If you can't easily talk, slow down a bit.

### **Managing weight:**

Smart eating and physical activity help with weight management. Moderating stress can also help, as many of us increase food intake in response to negative emotions. Adequate sleep helps to keep appetite in check.

### **Sleeping well:**

Sleeping fewer than 6 hours and poor-quality sleep have been linked with high blood pressure. Ideally, aim for 7 or more hours of sleep. To facilitate quality sleep, take a break from electronics at least one hour prior to bedtime, establish a bedtime routine, and stick to a consistent bedtime and waking time most days of the week.

### **Avoid smoking:**

Nicotine in cigarettes, vaping substances, and tobacco have been shown to temporarily increase blood pressure. Smoking cessation is a valuable step in blood pressure control.



Contact Emma Taylor to find out more about Doing What You Love to End ALZ!

# DO WHAT YOU LOVE TO END ALZ™

ALZHEIMER'S ASSOCIATION®



## WALK TO END ALZHEIMER'S

**Walk Websites are LIVE!**  
**Sign Up Your Team TODAY!**  
[alz.org/walk](http://alz.org/walk)

**Make a difference by becoming a sponsor for the 2026 Walk to End Alzheimer's!**

**Contact:**

**For the Treasure Valley Walk:**

*Emma Taylor*  
*emtaylor@alz.org*

**For the Magic Valley, Pocatello or Idaho Falls Walks**

*Shelly Jones*  
*sjones@alz.org*

## THANK YOU to Our Early Bird 2026 Walk Sponsors in the Greater Idaho Chapter!

- Better Hearing & Audiology (Idaho Falls)
- Bridgeview Estates (Magic Valley)
- Cactus Petes Resort & Casino (Magic Valley)
- Elder Law at Ahrens DeAngeli (Treasure Valley)
- Heritage Home Health & Hospice (Idaho Falls)
- Heritage Home Health & Hospice (Pocatello)
- Heritage Home Health of Twin Falls (Magic Valley)
- Idaho Falls Community Hospital (Idaho Falls)
- Morning Star of Idaho Falls
- Serenity Transitional Care (Magic Valley)
- TanaBell Health Services, Inc. (Pocatello)
- Velocity Clinical Research (Treasure Valley)

# Alzheimer's & Other Dementia Support Groups for Family Caregivers - February 2026

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

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

1st and 3rd Thursday each month. But the January 1st  
Thursday, February 5<sup>th</sup> & 19th at 2 PM  
Cathedral of the Rockies  
Boise, ID, 83702

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

2nd & 4th Wednesday of each month  
Wednesday, February 11th & 25th at 1 PM  
Eagle Senior Center  
Eagle, ID, 83616

## **Meridian Library District (Pinnacle)**

1st Tuesday of each month  
Tuesday, February 3rd at 6 PM  
1375 E Phenomenal St., Meridian, ID 83642

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

Last Monday of each month  
Monday, February 23rd at 1:00 PM  
Nampa Library, Room 302, Nampa, ID, 83651

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

1st and 3rd Monday of each month  
Monday, February 2nd & 16th at 10:15 AM  
Library! at Hillcrest  
Boise, ID 83705

## **Grannie on the Move: In Person**

**UNIQUE** 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, February 11th at 6:30 PM  
Zoom Link Provided Upon Registration

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

1st & 3rd Tuesdays of each month  
Tuesday, February 3rd & 17<sup>th</sup> at 4PM  
Zoom Link Provided Upon Registration

## **Meridian Support Group - Grace Assisted Living**

2<sup>nd</sup> Tuesday of the Month  
Tuesday, February 10th 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

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

3rd Wednesday of each month  
Wednesday, February 18th at 1 PM  
Nampa Public Library, Room 302  
Nampa, Idaho 83651

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

Last Tuesday of each month  
Tuesday, February 24th at 2 PM  
Horizon Home Health & Hospice, Conference Room  
Fruitland, Idaho 83661

## **Aspen Creek Assisted Living**

2nd Tuesday of the month  
Tuesday, February 10th at 12:30 PM  
Aspen Creek Assisted Living  
Caldwell, ID 83605

## **Pocatello Support Group: In Person**

2nd Wednesday of each month  
Wednesday, February 11th at 2 PM  
Pocatello, ID, 83201

## **Twin Falls Support Group: In Person**

Third Tuesday of each month  
Tuesday, February 17th 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
Alzheimer's Association <b>Twin Falls</b> Caregiver Support Group	3rd Tuesday of the Month <b>5:30</b> - 6:30 PM	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>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

## WEBINAR



### Accelerating Dementia Research and Early Career Development: The Alzheimer's Association Interdisciplinary Summer Research Institute

**Wednesday, February 4 | 2 P.M. CT**

**JOIN US FOR A FREE  
LEARNING OPPORTUNITY:**

- » Learn about a weeklong research training focused on dementia, population health and care interventions.
- » Hear from program alumni as they share updates regarding their research and careers.
- » Understand how immersive research training can support long-term growth in dementia research.

Register today at  
[bit.ly/AA-ISRI](https://bit.ly/AA-ISRI)



# CARE & SUPPORT

## TAKE CHARGE OF YOUR BRAIN HEALTH

An education program presented by the Alzheimer's Association



### Join us to learn about:

- Updates on Research & Science.
- Ways to protect your Brain Health
- Alzheimer's Association Resources

Brought to you by:



Wednesday, March 4  
11:30 a.m. - 12:30 p.m.



Downey Public Library  
18 N Main St.  
Downey, ID 83234

Use the QR Code Below to Register, or Contact  
Jody Cornilsen at  
208.350.6823 or  
jocornilsen@alz.org



800.272.3900 | alz.org



Greater Idaho Chapter

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

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



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)





We collaborate with partners nationwide and across Idaho. Each month, we'll share an organization that may provide helpful services. This month's spotlight is on Idaho's Community Care Program. See more below!



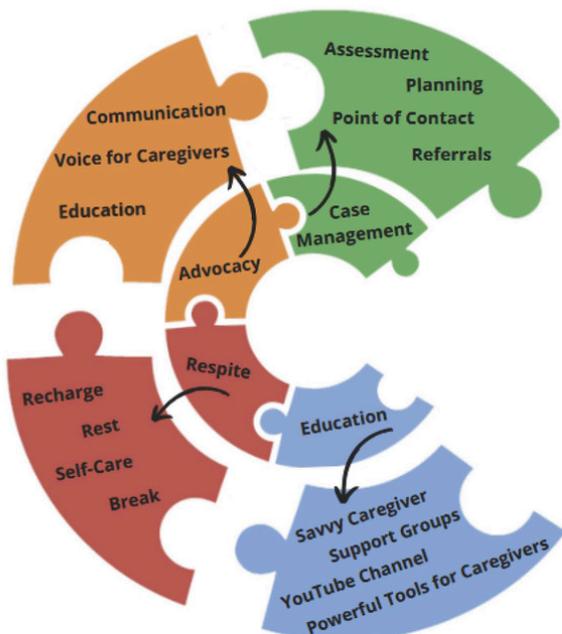
The **Idaho Community Care Program** provides, statewide support for individuals caring for a loved one with memory concerns, Alzheimer's disease, or other forms of dementia.

 **Case Management**  
your dedicated guide to help you navigate caregiving challenges, clarify goals, and connect with meaningful resources and support

 **Respite**  
opportunities to create moments of rest and relief

 **Advocacy**  
alongside caregivers to ensure their needs are heard and met

 **Education**  
dementia-focused education through the Savvy Caregiver course, caregiver support groups across Idaho, monthly webinars, and on-demand videos through our YouTube channel and Powerful tools for caregivers



**Explore Our Growing Video Library!**  
Scan our QR code:



Or go to:  
[www.youtube.com/IdahoCommunityCareProgram](http://www.youtube.com/IdahoCommunityCareProgram)

**Need support? We're here to help.**

 Available statewide.

 (208)898-9626

 [ccp@a3ssa.com](mailto:ccp@a3ssa.com)

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

# COMMUNITY EVENTS & RESOURCES

CONGRESSMAN MIKE SIMPSON

VETERANS RESOURCE **FAIR**



**18 FEB 2026 9A - 4P**

College of Southern Idaho  
315 Falls Ave.  
Twin Falls, ID 83301

Taylor Building  
2<sup>nd</sup> Floor (ADA Accessible)

Agencies & organizations attending include:  
Boise VA Regional Office  
Boise VA Medical Center  
College of Southern Idaho  
Boise State University & More!

WALK-INS WELCOME!

If you have any questions, please call (208) 734-7219, or email [jessica.hammond@mail.house.gov](mailto:jessica.hammond@mail.house.gov)



**NEW YEAR NEWLOCATION**

Have You Heard About Our Memory Café?  
A place where family caregivers and their loved ones 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!

**2026 Saint Alphonsus Memory Center Memory Café**

JOIN US ONLINE:

- 2<sup>nd</sup> Tuesday of Each Month, 11:30-1:00
- New Event Beginning February 10th, 2026
- For Zoom link contact: Karen, [kkouba@jannus.org](mailto:kkouba@jannus.org), 208-947-4283



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

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

Brought to you by:



[www.AgingStrong.org](http://www.AgingStrong.org)



**Powerful Tools for Caregivers ON-LINE Workshop**  
STARTING WEDNESDAY, FEBRUARY 25TH

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!**

Register Online at [www.AgingStrong.org](http://www.AgingStrong.org)

Workshop details:  
Start Date: FEBRUARY 25TH  
Classes run every WEDNESDAY FOR 6 WEEKS  
Time: 6:00-7:30  
Location: ON-LINE  
Format: Zoom link (will be emailed)




**Caregiver Burnout is Real and You are Not Alone!**

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 have activities, learn, laugh and come together to be supported. 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:  
Contact: Karen Kouba-McIver, Project Lead  
Phone: 208.947.4283 Email: [kkouba@jannus.org](mailto:kkouba@jannus.org)



[www.AgingStrong.org](http://www.AgingStrong.org)

**Powerful Tools for Caregivers Weekly Class Descriptions**

Powerful Tools Workshops are held once a week for 6 consecutive weeks. Please note that each weekly class builds on the next class. Your registration is for the entire 6-week series. The workshop and all materials are supplied at no cost. New workshops are announced monthly, and we offer both online and in-person formats.

**Week #1: Take Care of You**  
This class sets the stage for the entire course. It emphasizes that the focus is on "YOU, the caregiver, not on the family member receiving care," and that caregivers will develop a "box of self-care tools". The challenges of caregiving and significance of caregiver self-care are dramatized through video. Beginning in this class, caregivers make a weekly action plan for self-care.

**Week #2: Identifying and Reducing Personal Stress**  
Four steps are presented for effective stress management: (1) Identifying early warning signs, (2) Identifying personal sources of stress, (3) Changing what you can change and accepting what you cannot change, and (4) Taking action. Tools to reduce stress are discussed. Participants learn how to change negative self-talk which increases stress and erodes confidence—to positive self-talk. Beginning in this class, caregivers learn five relaxation activities that are easy to incorporate into their daily lives.

**Week #3: Communicating Feelings, Needs, and Concerns**  
Participants learn how to communicate their feelings, needs and concerns more effectively by using "I" messages. Through brief dramatizations, participants experience the impact of both "I" messages and "You" messages (which tend to sound blaming and put people on the defensive). They practice changing "You" messages to "I" messages, and identifying when statements beginning with the word "I" are actually "Hidden You" messages.

**Week #4: Communicating in Challenging Situations**  
Participants practice two communication tools—assertiveness and Aikido—which are helpful in difficult situations. They learn a four-step process, called DESC (Describe, Express, Specify, and Consequences) for using the assertive style of communication. With Aikido, participants learn how to align and find "common ground" with a person who is distressed. A segment highlights guidelines for communicating with a person who is memory impaired.

**Week #5: Learning From Our Emotions**  
The overriding theme of this class is "our emotions are messages we need to listen to". It emphasizes that feelings occur for a reason and that feelings are neither good nor bad. Focus is on identifying constructive ways for dealing with difficult feelings—especially anger, guilt, and depression—and resources for professional help.

**Week #6: Mastering Caregiving Decisions**  
Focus is on the internal emotional process caregivers go through when they experience a life change. Tools for dealing with changes and for making tough decisions—including a seven-step decision-making model and the family meeting—are discussed.

[www.AgingStrong.org](http://www.AgingStrong.org)

# COMMUNITY EVENTS & RESOURCES






Idaho Falls

## + ASIST

Learn the skills.  
Help save a life.

Suicide is preventable. Anyone can make a difference.

- ASIST is a 2-day in person training in which two trainers guide you through audiovisuals, discussions and simulations.

You will learn:

- How to recognize signs of suicide
- How to provide an intervention
- How to develop a safety plan

ASIST works.

ASIST trainees support their communities in becoming suicide safe by providing life-saving interventions.

Registration Information

FREE to Attend

February 4th & 5th, 2026

8:30am-4:30pm

Idaho Falls, ID

Specific location provided shortly after registration.

REGISTER WITH THE QR CODE OR AT THIS LINK:  
<https://tinyurl.com/5n3z5mks>

INCLUDES: LivingWorks Certification and CEUs after completing 16 hours of training.

\*You must attend the full 16 hours of training to become a certified interventionist.\*



For questions, contact Idaho State University at [irh@isu.edu](mailto:irh@isu.edu) or 208.282.4436

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## 15th Annual Family Caregiver Conference



**Rooted in Relationships:  
Growth Through Connection**

**Saturday, February 21, 2026**  
9:00 AM - 3:00 PM MST

**Virtual (Zoom) Cost: \$25**

### What to expect

- 2026 Keynote Speaker: Jason Resendez, president & CEO of the National Alliance for Caregiving.
- Speakers, resources, and the opportunity to visit with other individuals who provide care for a family member, friend, or neighbor.
- Interactive sessions focused on topics of interest to caregivers.

Register Here



For more details:  
[idahocaregiveralliance.com/caregiverconference/](http://idahocaregiveralliance.com/caregiverconference/)

### Executive Sponsors

<p style="font-weight: bold; color: #004a99;">Platinum</p>  <p style="font-size: x-small;">IDaho DEPARTMENT OF HEALTH &amp; WELFARE ALZHEIMER'S DISEASE AND RELATED DEMENTIAS</p> 	<p style="font-weight: bold; color: #004a99;">Gold</p>  <p style="font-size: x-small;">United Healthcare</p>  <p style="font-size: x-small;">MOLINA HEALTHCARE NATIONAL ALLIANCE FOR CAREGIVING</p>	<p style="font-weight: bold; color: #004a99;">Bronze</p>  <p style="font-size: x-small;">DELTA DENTAL</p>  <p style="font-size: x-small;">BOISE STATE UNIVERSITY COLLEGE OF HEALTH SCIENCES</p>
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CHECK OUT ALL SPONSORS ON WEBSITE

Email: [idahocaregiveralliance@gmail.com](mailto:idahocaregiveralliance@gmail.com)

Phone: (208) 426-5899



## GRIEF & LOSS

### ADULT SUPPORT GROUPS

10-Week Workshop

Group Starting Wednesday,  
February 18, 2026 at 2:30pm

For more information  
contact the HEI office at  
208-529-0342



Space is limited - register today!

Call: (208) 529-0342 ext. 1116

Email: [ccook@hospiceofeasternidaho.com](mailto:ccook@hospiceofeasternidaho.com)

Website: [www.hospiceofeasternidaho.com](http://www.hospiceofeasternidaho.com)

Scan the QR code for more info:



## 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



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

## "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



## MENTAL WELLNESS SERIES



Wednesdays, 6:30pm • Program Room  
Idaho Falls Public Library

Join NAMI Upper Valley Idaho as they discuss a variety of mental wellness topics

**January 28**

Winter Blues and Depressive Disorders

**February 25**

Homelessness and Mental Illness

**March 25**

Mental Health and Psychotropic Medications

**April 22**

Families and Mental Health: Support, Advocacy, and Education

**May 27**

Faith-Based Approaches to Mental Health

**June 24**

Peer Support Works in Mental Health



## HOPE HEART PEACE

The Treasure Valley Family YMCA in partnership with Saint Alphonsus Memory Center is excited to provide once-a-month online (virtual) free educational evidence-based program series targeted to individuals living with dementia and their family members.

FIRST TUESDAY OF THE MONTH  
11:30-12:30PM-MST | FREE | ONLINE  
OPEN TO THE PUBLIC



Scan the QR code to find previous educational recordings



### HOPE:

Healthy Options for Prevention Excellence

Focus is on education about evidence-based dementia risk reduction strategies.



### HEART:

Holistic Evidence-based Alzheimer's and Related dementias Treatment

Focus is on education about obtaining early diagnosis and creating a comprehensive holistic evidence-based care plan for treatment of dementia.



### PEACE:

Palliative Excellence in Alzheimer's and related dementias Care Efforts

Focus is on education about palliative care for individuals with dementia that includes approaches to promote safety, delay institutionalization, prevent and reduce agitation and improve end of life care.

To register, contact Mary Biddle-Newberry: ☎ 208-344-5502 ext. 276 ✉ mary.biddle@ymcatvidaho.org

## HOPE·HEART·PEACE

FIRST TUESDAY OF THE MONTH | 11:30-12:30PM-MST | FREE | ONLINE  
OPEN TO THE PUBLIC

### FEBRUARY

#### Parkinson's Prevention

Dr. Kelly Block

### MARCH

#### Reversible Dementia's

Dr. Thomas Farrer

### APRIL

#### Mild Cognitive Impairment/Mild Dementia

Dr. Kara Kuntz

### MAY

#### Moderate, Severe and Terminal Stage Dementia

Professional Panel

### JUNE

#### Biomarkers

Dr. Abhilash Desai

To register, contact Mary Biddle-Newberry: ☎ 208-344-5502 ext. 276 ✉ mary.biddle@ymcatvidaho.org