



Chapter Newsletter

April 2026

IN THIS ISSUE:

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

APRIL

Happy April!

Spring is here, bringing fresh energy and new chances to learn, connect, and grow. Over the next few months, look for helpful education sessions and community events, including virtual options like our Empowered Caregiver series, Mindful Trails: Boosting Brain Health in the Outdoors, and a Spanish-speaking support group.

It's also a great season to enjoy the outdoors and stay moving to support your brain health.

Take a moment to explore the flyers in the coming pages to find an activity or event that feels right for you.

Wishing you a warm and hopeful April!



~Idaho Chapter Staff

ALZHEIMER'S ASSOCIATION

ALZ TALKS

Supported by Procter & Gamble

Opening the Door to New Alzheimer's Treatments

April 2, 2026 | 2 p.m. CDT

An accurate diagnosis is the first step to gaining access to new Alzheimer's treatments.

Join us for a conversation about the diagnostic process, including cognitive testing, blood tests and PET imaging. Then, learn about current FDA-approved and emerging treatments. Gain an understanding of questions to ask and how to navigate the next steps with your health care team. This webinar is supported by Lantheus.

[Register Now](#)

ALZ Association Resource Spotlight



BRAIN TOUR



Take the online Brain Tour to get a clear look at how your brain works, from the basics to how Alzheimer's changes it. It's an easy first step in learning about your brain.

**Save
the date**
for Idaho's
biggest
giving event.

The Idaho we want
starts with what we give.



IDAHO COMMUNITY FOUNDATION

MAY 4 - 7, 2026

Visit IdahoGives.org for more information.

Save the Date!
Idaho Gives is from
May 4 - 7 2026
and the Alzheimer's
Association Idaho
Chapter will be
participating.
Look for how to
donate in next
month's
newsletter!

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](#)*

Get Moving

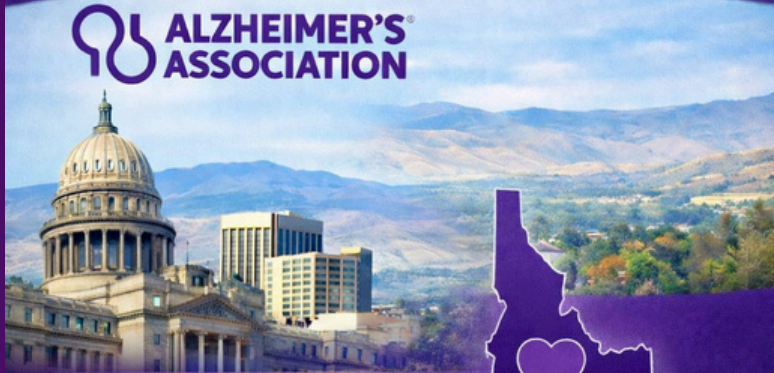


Engage in regular exercise. This includes activities that raise your heart rate and increase blood flow to the brain and body. Find ways to build more movement into your day — walking, dancing, gardening — whatever works for you!



ADVOCACY

WE'RE HIRING IN IDAHO!



GOVERNMENT RELATIONS

- ✓ Shape Policy & Advocacy
- ✓ Work with Lawmakers
- ✓ Make a Difference!

APPLY NOW!

Alzheimer's disease is one of the most critical public health issues in America. This is why we are unrelentingly advocating for public policies that increase critical research funding and support all those affected. Now is the time to join us. Help persuade policymakers to make Alzheimer's a national priority.

alzimpact.org

ACT NOW: SUPPORT THE ASAP ACT

CONGRESS CAN PASS THIS ESSENTIAL BILL — BUT ONLY WITH YOUR VOICE



- Simple **blood tests can detect Alzheimer's** before symptoms appear – but a legal barrier prevents Medicare from covering them.
- This is our “mammogram moment.”** Just as a routine screening transformed breast cancer outcomes, the bipartisan ASAP Act will make early detection the standard for Alzheimer's.
- Your story can move Congress.** Contact your members and share why early detection matters.

TAKE ACTION!



alzimpact.org/ASAP_Act

FACTSHEET



MARCH 2026

alzimpact.org

AADAPT Act

Gaps exist in the dementia training that primary care providers (PCPs) receive.

- More than 7 million Americans are living with Alzheimer's — a population projected to double to nearly 14 million in 2060.
- Timely diagnosis and high-quality dementia care improves patient outcomes. But, it requires well-trained health professionals.
- Although 85% of Alzheimer's diagnoses are initially made by primary care providers (PCPs), 40% of PCPs say they are not confident doing so.
- Even when a diagnosis is made, appropriate care may not be available. Two-thirds of PCPs say they received little to no training on dementia care in medical school.

Enhanced dementia training for PCPs can improve care quality and lower costs.

- Dementia care training topics may include detection and diagnosis, advanced care planning, managing comorbidities, and navigating behavioral and psychological symptoms.
- With better trained PCPs, patients are more likely to receive high-quality, person-centered dementia care and have an improved quality of life.
- In addition, improved primary care can lead to lower overall health care costs by reducing unnecessary hospitalizations.

PCP Alzheimer's Training Gap



Virtual training is a proven means to expand access to education for front line providers.

- Studies show structured virtual trainings increase provider skills, knowledge, and confidence in managing common but complex diseases.
- In addition, virtual programs help make educational opportunities more accessible to providers in rural, frontier, and underserved areas.

The Accelerating Access to Dementia and Alzheimer's Provider Training (AADAPT) Act (H.R. 3747/ S. 4036) would expand access to virtual dementia education and training programs for primary care providers (PCPs).

- The AADAPT Act would ensure more PCPs in rural and underserved communities receive dementia training on detection, diagnosis, care, and treatment.
- These programs ensure high-quality, patient-centered dementia care is available to everyone, no matter where they live.

DO WHAT YOU LOVE TO END ALZ

ALZHEIMER'S ASSOCIATION

- For more than a decade, participants and partners have been fundraising for the Alzheimer's Association through activities that are personal to them.
- Do What You Love to End ALZ is simple, flexible and starts with you - doing something you love and turning it into a fundraiser to end Alzheimer's and all other dementia. There's no limit to what you can do!
- Contact Emma Taylor to find out how you can Do What You Love to End ALZ!!!

WALK TO END ALZHEIMER'S

IN THE FIGHT AGAINST ALZHEIMER'S,
NOW MATTERS MORE THAN EVER.

THANK YOU!

to our current Top 2026 Walk Teams in the Greater Idaho Chapter!

IDAHO FALLS

TEAMS	
1	Memory Method... \$100
2	Eagle Rock Heal... \$100
3	Greater Good H... \$50
4	Forever Freda \$25
5	Brain Trust \$25

POCATELLO

TEAMS	
1	Team Lena \$1,000
2	Jensen Law Offi... \$25
3	Brain Trust \$15

MAGIC VALLEY

TEAMS	
1	Brain Trust \$10

TREASURE VALLEY

TEAMS	
1	Mary's Forget M... \$890
2	DVAs \$300
3	First Interstate B... \$100
4	Sandy's Team \$100
5	Grace Memory... \$50

Learn How You Can Help. Contact Your Local Walk Manager. Emma Taylor: emtaylor@alz.org or Shelly Jones: sjones@alz.org

COMMUNITY CONFERENCES

TWIN FALLS

IDAHO FALLS

ALZHEIMER'S  ASSOCIATION®

ALZHEIMER'S  ASSOCIATION®

COMMUNITY CONFERENCE

COMMUNITY CONFERENCE

BRAIN HEALTH • AGING • ALZHEIMER'S SCIENCE

BRAIN HEALTH • AGING • ALZHEIMER'S SCIENCE

Take Charge of Your Brain Health.

The Alzheimer's Association invites you to a FREE Community Conference in Twin Falls.

Join us at St. Luke's Hospital for engaging presentations on the latest in Alzheimer's research, practical tips for keeping your brain healthy, and a community resource listening session.

Learn, share, and connect with others who care about brain wellness in our region.

Lunch will be provided. Registration is required.

- **Featured Talks:**
 - The latest in Alzheimer's science
 - Building Brain Healthy Habits
- Alzheimer's and dementia resources
- Community listening session
- **Lunch provided**



Friday, April 10
10:00 a.m. - 2:00 p.m.



St. Luke's Hospital
801 Pole Line Rd. W
Twin Falls, ID 83301

*Enter at Main Entrance of hospital.
Check in at security desk for
directions to conference rooms.*



HOW TO REGISTER:

- Register with the QR code above
- Register via 24/7 Helpline (800.272.3900)
- Register Online at alz.org/CRF

Take Charge of Your Brain Health.

The Alzheimer's Association invites you to a Community Conference in Idaho Falls.

Join us at the Idaho Falls Public Library for engaging presentations on the latest in Alzheimer's research, practical tips for keeping your brain healthy, and a community resource listening session.

Learn, share, and connect with others who care about brain wellness in our region.

Seating is limited. Registration is required.

- **Featured Talks:**
 - The latest in Alzheimer's science
 - Building Brain Healthy Habits
- Alzheimer's and dementia resources
- Community listening session
- **LUNCH PROVIDED**



Wednesday, April 22
10:30 a.m. - 2:30 p.m.



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



HOW TO REGISTER:

- Register with the QR code above
- Register via 24/7 Helpline (800.272.3900)
- Register Online at alz.org/CRF

Presented In Collaboration with Our Community Partners:

Lunch Provided By:

Presented In Collaboration with Our Community Partners:

Lunch Sponsored By:



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

Cathedral of the Rockies: In Person

(Support group is temporarily closed for new members)

1st and 3rd Thursday each month.
Thursday, April 2nd & 16th at 2 PM
Cathedral of the Rockies
Boise, ID, 83702

Eagle Support Group: In Person

2nd & 4th Wednesday of each month
Wednesday, April 8th & 22nd at 1 PM
Eagle Senior Center
Eagle, ID, 83616

Meridian Support Group - Grace Assisted Living

2nd Tuesday of the Month
Tuesday, April 14th at 6:30 PM
Grace Assisted Living, Theater Room
Meridian, ID 83646

Nampa Library Support Group: In Person

Last Monday of each month
Monday, April 27th at 1:00 PM
Nampa Library, Room 302, Nampa, ID, 83651

Library! at Hillcrest: In Person

1st and 3rd Monday of each month
Monday, April 6th & 20th 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, April 8th at 6:30 PM
Zoom Link Provided Upon Registration

Women Caring for Spouses: Online

1st & 3rd Tuesdays of each month
Tuesday, April 7th & 21st at 4PM
Zoom Link Provided Upon Registration

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, April 15th at 1 PM
Nampa Public Library, Room 302
Nampa, Idaho 83651

Payette County Support Group: In Person

Last Tuesday of each month
Tuesday, April 28th at 2 PM
Horizon Home Health & Hospice, Conference Room
Fruitland, Idaho 83661

Aspen Creek Assisted Living

2nd Tuesday of the month
Tuesday, April 14th at 12:30 PM
Aspen Creek Assisted Living
Caldwell, ID 83605

Pocatello Support Group: In Person

2nd Wednesday of each month
Wednesday, April 8th at 2 PM
Pocatello, ID, 83201

Twin Falls Support Group: In Person

Third Tuesday of each month
Tuesday, April 21st at 5:30 PM
CSI Office On Aging (4th Floor)
Twin Falls, Idaho 83303

Ne Kai Nasuwazi/Don't Forget Me

Second Thursday of each month
Tuesday, April 9th 2 PM (after BINGO)
Fort Hall Elderly Nutrition Services Dining Room

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 to learn more about our caregiving programs.

SOUTHEAST IDAHO MONTHLY SUPPORT GROUPS

ORGANIZATION/GROUP	DATE/TIME	LOCATION
Alzheimer's Association Pocatello 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 Twin Falls 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
Ne Kai Nasuwazi/Don't Forget Me Fort Hall Elderly Nutrition Services	2nd Thursday of the Month Around 2PM directly after BINGO	Fort Hall Elderly Nutrition Services Dining Room
Community Care Program Twin Falls Caregiver Support Group CAREGIVER'S & COFFEE	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 Blackfoot Caregiver Support Group	3rd Monday of the Month: 1:00 - 3:00 PM	Bingham County Extension Office, 412 W Pacific St., Blackfoot, ID
EICAP Idaho Falls 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 Idaho Falls 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 Pocatello 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
Idaho Community Care Program: 208.871.2344

EICAP: 208.522.5370 ext. 203
SICOG: 208.233.4032

CARE & SUPPORT - Virtual Events

ALZHEIMER'S ASSOCIATION



Virtual Spanish Speaking Caregiver Support Group

1st Saturday of Each Month
1:00 pm - 2:30pm PST

Call 800-272-3900
To Register

Build a support system with people who understand

Alzheimer's Association® support groups, conducted by trained facilitators, are a safe place for 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 | alzwa.org

MINDFUL TRAILS: Boosting Brain Health in the Great Outdoors

Presented by University of Idaho Extension & the Alzheimer's Association

Join Us.

Join us for an engaging FREE virtual presentation on how spending time in nature supports brain health at every stage of life. Mindful Trails highlights the benefits of outdoor movement, sensory awareness, and mindfulness practices that can support memory, mood, and mental clarity. Walk away with practical tools you can use on any trail, path, or backyard to foster brain health.

Presented By:



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

FREE VIRTUAL WEBINAR



Thursday, May 7
12 - 1 PM

HOW TO REGISTER:

- Register with the QR code or link below or at alz.org/CRE
- Contact Jody Cornilsen at 208.350.6823 or jocornilsen@alz.org

bit.ly/mindfultrails



University of Idaho
Extension

ALZHEIMER'S ASSOCIATION

Greater Idaho Chapter

800.272.3900 | alz.org

ALZHEIMER'S ASSOCIATION

ONLINE EDUCATION YOU CAN TRUST



The Alzheimer's Association® offers free online education programs on Alzheimer's disease, caregiving and living with the disease—flexible, accessible and supportive resources to keep you connected and informed wherever you are.

PROGRAMS FOR CAREGIVERS

The Empowered Caregiver - COMING SOON
This education series teaches caregivers how to navigate the responsibilities of caring for someone living with dementia. Topics include tips for understanding key aspects of caregiving, supporting independence, communicating effectively, responding to dementia-related behaviors and exploring care and support services.

Managing Money: A Caregiver's Guide to Finances
Available in Spanish and with Closed Captioning (CC). Learn about the costs of caregiving and the benefits of early financial and legal planning.

Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning
Learn to have honest and caring conversations about common concerns when someone begins to show signs of dementia.

Transitions in Care
Available with Closed Captioning (CC). Moving a loved one with dementia into a long-term care community can be emotionally challenging. This program offers tips and support to help caregivers assess needs, explore options, understand coverage and stay involved.

Living with Alzheimer's: For Caregivers - Early Stage
Hear from those directly affected and learn what you can do to cope with the changes that come with an early-stage diagnosis.

ABOUT ALZHEIMER'S DISEASE

10 Warning Signs of Alzheimer's
Available in Spanish and with Closed Captioning (CC). Recognize common warning signs of Alzheimer's and learn what symptoms to look for in yourself and others.

Understanding Alzheimer's and Dementia
Available in Spanish and with Closed Captioning (CC). Learn about the difference between Alzheimer's and dementia, stages, risk factors and more.

PROGRAMS FOR PEOPLE LIVING WITH ALZHEIMER'S

Living with Alzheimer's: For People with Alzheimer's
Learn what you need to know, what you need to plan, and what you can do as you navigate this chapter of your life.

Living with Alzheimer's: For Younger-Onset Alzheimer's
Hear from those directly affected and learn what you need to know, what you need to plan, and what you can do to ease the impact throughout the course of the disease.

Visit alz.org/education to register for an online course.



THE EMPOWERED CAREGIVER SERIES

VIRTUAL!

An education program presented by the Alzheimer's Association

March 30, 2026 - Building the Foundations of Caregiving

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

April 6th, 2026 - 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.

April 13th, 2026 - Communicating Effectively
teaches how dementia affects communication, including tips for communicating well with family, friends and health care professionals.

April 20th, 2026 - 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.

April 27th, 2026 - 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.



10AM - 11AM PST

Virtual-Zoom

.....

Registration Info:

Julie Hooley; 509.412.2371



ALC Aging & Long Term Care
Southeast Washington
Aging & Disability Resource Center

Visit alz.org/CRF to explore additional caregiver education programs in your area.

ALZHEIMER'S ASSOCIATION

CARE & SUPPORT



Cuéntame Más: Compartamos Nuestras Historias y Cuidemos Nuestra Mente

Un programa de la Asociación de Alzheimer para cuidadores, personas mayores y la comunidad. Un espacio para compartir, conectarse y aprender a cuidar la mente.

Un grupo mensual que se reúne el segundo sábado del mes.

Cuando: el 11 de abril 2026
Horario: 11:00 a.m. a 1:00 p.m.
Dónde: El Centro Comunitario Hispano
 315 Stampede Drive, cuarto 200
 Nampa, ID 83687

¿Qué puede esperar?

Actividad física: Zumba o Tai Chi (El Tai Chi consiste de ejercicios suaves para fortalecer el cuerpo y calmar la mente).

Presentación: Sherri Siegel, NP-C, enfermera de práctica avanzada en Saint Alphonsus, hablará sobre cómo el sueño influye en la memoria, la cognición y el bienestar general, y compartirá maneras prácticas de mejorar el sueño.

Círculo de Narración: Comparta sus experiencias y celebre la sabiduría que nos une a través de generaciones.



Sherri Siegel NP-C

Interested in knowing more about our speaker? Visit our Facebook page - **Cuéntame Más Idaho**

Para más información o para registrarse llame al (208) 722-2521. Se recomienda registrarse, pero no es obligatorio, y se aceptan personas sin cita previa.

Almuerzo incluido.

Evento gratuito y abierto a toda la comunidad.

Patrocinadores del Evento:



Saint Alphonsus
 A Member of Trinity Health



MOLINA HEALTHCARE



IDAHO Community Care Program



Cuéntame Más: Sharing Our Stories and Caring for our Minds

A program of the Alzheimer's Association for caregivers, older adults, and the community. A welcoming space to connect, share stories, and learn how to care for your mind.

A monthly group that meets on the second Saturday of each month.

When: April 11, 2026
Time: 11:00 am - 1:00 pm
Location: Hispanic Community Center
 315 Stampede Drive, Room 200
 Nampa, ID 83687

What to expect:

Physical Activity: Zumba or Tai Chi (Tai Chi consists of gentle exercises that strengthen the body and calm the mind.)

Presentation: Sherri Siegel, NP-C, a nurse practitioner at Saint Alphonsus, will discuss how sleep affects memory, cognition, and overall well-being, and will share practical ways to improve sleep.

Storytelling Circle: Share your experiences and celebrate the wisdom that unites us across generations.



Sherri Siegel NP-C

Interested in knowing more about our speaker? Check out our Facebook page - **Cuéntame Más Idaho**.

For more information, or to register call (208) 722-2521. Registration is recommended but not required, and walk-ins are welcome.

Lunch will be provided.

Free event and open to the entire community.

Event Sponsors:



Saint Alphonsus
 A Member of Trinity Health



MOLINA HEALTHCARE



IDAHO Community Care Program

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



Improv for Caregivers

3-Day Interactive Workshop for Dementia Care Support

Reconnect. Recharge. Rediscover Joy in Caregiving. Caring for someone with dementia is meaningful work that can also be challenging. This interactive workshop offers practical tools, fresh perspective, and a supportive space for caregivers



What You Will Experience

Through improv, storytelling, and shared reflection, you'll learn simple, embodied strategies to stay present, reduce stress, and connect more deeply with the person you care for.



You Will Learn How To

- Respond with compassion and flexibility
- Reduce stress and burnout
- Stay present in challenging moments
- Build meaningful, dignified connections



Workshop Takeaways

- Greater confidence and grounding
- Practical tools you can use immediately
- Renewed perspective and support
- Strategies for calm, connection, and joy in daily caregiving



Who Should Attend

This workshop is designed for family caregivers, professional caregivers, and anyone who supports someone living with dementia.

Scan the QR code to register or learn more!



Workshop Details

- Day 1: April 14th (1-3pm)
- Day 2: April 21st (1-3pm)
- Day 3: April 28th (1-3pm)



3501 W. Elder Street, Suite 104

For any questions contact our Team Lead Karen Kouba-McIver



kkouba@jannus.org



208-947-4283

CARE & SUPPORT

Caregiver Connections

Education Programs presented by Idaho Falls Public Library & the Alzheimer's Association



Register Today!



Join Us

Come to one or all of the following offerings:

10 Warning Signs of Alzheimer's

April 8, 12 - 1 PM

- What to watch for in yourself and others.
 - The difference between normal aging and Alzheimer's.
 - Common warning signs.
 - The importance of early detection and benefits of diagnosis.

Community Conference

April 22, 10:30 AM - 2:30 PM

- Take charge of your brain health.
 - Learn about the latest in Alzheimer's science.
 - Healthy Living for Your Brain & Body
 - And More! (Lunch Provided)

Dementia Conversations

May 13, 12 - 1 PM

- When someone shows signs of dementia, it's time to talk.
 - Going to the doctor.
 - Deciding when to stop driving.
 - Making legal and financial plans.

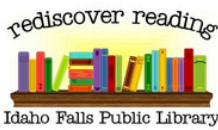


Idaho Falls Public Library
457 W Broadway St.
Idaho Falls, ID 83402

HOW TO REGISTER:

- Register with the QR code or link above or at alz.org/CRE
- Contact Jody Cornilsen at 208.350.6823 or jocornilsen@alz.org

In Partnership With:



800.272.3900 | alz.org



UNDERSTANDING ALZHEIMER'S AND DEMENTIA

An education program presented by the Alzheimer's Association & supported by Fort Hall Elderly Nutrition Services



ALZHEIMER'S IS NOT NORMAL AGING.

It's a disease of the brain that causes problems with memory, thinking and behavior.

Learn about:

- The difference between Alzheimer's and dementia.
- Alzheimer's disease stages and risk factors.
- Brain Healthy Habits



Thursday, April 9
11:45 AM



Fort Hall Elderly Nutrition Services Dining Room

Supported By:



800.272.3900 | alz.org



Education Programs

Presented by Twin Falls Public Library & the Alzheimer's Association



Register Today!



Join Us

Come to one or both of the following FREE presentations.

10 Warning Signs of Alzheimer's

April 8, 6 - 7 PM

- What to watch for in yourself and others.
 - The difference between normal aging and Alzheimer's.
 - Common warning signs.
 - The importance of early detection and benefits of diagnosis.

Dementia Conversations

May 13, 6 - 7 PM

- When someone shows signs of dementia, it's time to talk.
 - Going to the doctor.
 - Deciding when to stop driving.
 - Making legal and financial plans.



Twin Falls Public Library
201 4th Ave E.
Twin Falls, ID 83301

HOW TO REGISTER:

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- Contact Jody Cornilsen at 208.350.6823 or jocornilsen@alz.org

In Partnership With:



800.272.3900 | alz.org



Ne Kai Nasuwazi Don't Forget Me

A Dementia Support Group hosted by Fort Hall Elderly Nutrition Services



Come Together for Support and Understanding

STARTING MARCH 12TH

2nd THURSDAY OF EVERY MONTH

Our support gatherings are a safe and welcoming space for relatives and friends to:

- Build a circle of care with others who understand your journey.
- Share stories and wisdom about challenges and ways to find balance.
- Explore new teachings each month on topics that support wellness, caregiving and community strength.
- Talk through concerns and explore paths for healing and coping.
- Learn about local resources and community programs that can help.

Where: Fort Hall Elderly Nutrition Services Dining Room

Time: Directly After Bingo (Around 2 PM)

For More Information, Contact Any of the Following:

Alice Pierce, LSW

208.478.4031

Louisa Kindle, LSW

208.478.4035

Elderly Nutrition Services

208.478.3858

Nancy Wahatomy, BSW

208.767.8179

Supported By:



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 Eastern Idaho Area Agency On Aging.



EASTERN IDAHO AREA AGENCY ON AGING

Working to Maintain the Independence and Dignity of Eastern Idaho's Seniors & Caregivers

Home & Community-Based Services

Respite Services

Gives "the gift of time" to full-time caregivers by providing companionship and supervision to homebound adults, enabling the caregiver to leave the home for a period of time. Caregiver or Care Recipient must be 60+.

Homemaker Services

Provides assistance to frail or homebound seniors with housekeeping, laundry, essential errands, and meal prep. Cost to the customer is based on income. Limited funding is available for heavy housekeeping projects and snow or leaf removal on a case by case basis. Customer must be 60+, but we do have some limited funding for those under 60.



Congregate Meals

Provides mid-day nutritious meals at local senior community centers. No charge for individuals 60+, but donations are appreciated.

Home Delivered Meals

Provides mid-day nutritious meals that are delivered to individuals who are homebound. No charge for eligible individuals 60+, but donations are appreciated.

Transportation

Provides seniors with transportation to community facilities for the purpose of applying for and receiving services, reducing isolation, and/or promoting independence. No charge for individuals 60+, but donations are appreciated.

Advocate Services

Adult Protection

Adult protective services (APS) are specialized social services directed to assist vulnerable adults who are unable to manage their own affairs, carry out the activities of daily living or protect themselves from maltreatment. They investigate and work[] to resolve reports of abuse, exploitation, neglect and self-neglect of vulnerable adults ages 18 or older.

Long-Term Care Ombudsman

Advocates and assists in problem solving for persons in long term care centers. Problems, complaints or concerns focus on choices, residents' rights, and quality of care or other long term care issues.

Supportive Services

Information & Assistance

Provides information regarding services currently available to senior citizens. I&A also assists individuals and their caregivers in accessing programs and services by making appropriate referrals.

Grandparents Raising Grandchildren Support Group

Meeting is held on the 4th Tuesday of every month from 12-1:30pm at our main Idaho Falls office and provides support, information, and resources to grandparents who are raising their grandchildren.

Caregiver Support Group

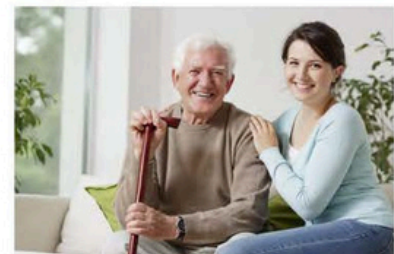
Meetings are held on the first and third Fridays of every month from 1:00 pm- 3:00pm at our main Idaho Falls office. This support group provides support, information, and resources to those caring for loved ones.

SMP (Senior Medicare Patrol)

SMP's empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse through outreach, counseling, and education

MIPPA (Medicare Improvement for Patients and Providers Act)

Provides outreach for Medicare Savings Programs such as "Extra Help" and increases awareness of Medicare Part D enrollment and Medicare disease prevention and wellness benefits.



Volunteer Programs

VOICE (Volunteer Ombudsman Improving Care for Elders)

Recruits and trains volunteers to advocate for and visit residents in long term care settings.

SMP (Senior Medicare Patrol)

Trains volunteers to assist Medicare beneficiaries and their families in preventing, detecting, and reporting health care fraud.



COMMUNITY EVENTS & RESOURCES

United for Families

Saturday, April 25th, 2026

Tautphaus Park Shelter #3 11:00am-2:00pm

A FREE Family Resource/Child Care Fair
Your one-stop destination for community resources, child care information, and family fun!



Unidos por las Familias

Sábado, 25 de abril de 2026

Tautphaus Park Shelter #3 | 11:00 AM – 2:00 PM

¡Un Evento Familiar GRATIS de Recursos y Cuidado Infantil!
Su destino en un solo lugar para recursos comunitarios, información sobre cuidado infantil y diversión para toda la familia.



- Kids Yoga begins at 11am
- FREE Book for each child from Ready. Set. READ! Literacy Program
- FREE Hands on STEAM Projects
- FREE BBQ Lunch
- For more information email ahowell@unitedwayif.org



UNITED WAY
Eastern Idaho



Event Sponsored by:



idaeyc

Idaho Falls
EARLY LEARNING



- Yoga para niños comienza a las 11 AM
- Un libro GRATIS para cada niño del programa de alfabetización Ready. Set. READ!
- Proyectos STEAM interactivos GRATIS
- Almuerzo BBQ GRATIS
- Para más información, envíe un correo electrónico a: ahowell@unitedwayif.org



UNITED WAY
Eastern Idaho



Evento patrocinado por:



idaeyc

Idaho Falls
EARLY LEARNING



 Mental Health FIRST AID
from NATIONAL COUNCIL FOR MENTAL WELLBEING

MENTAL HEALTH FIRST AID

WHO NEEDS TO KNOW MENTAL HEALTH FIRST AID

- Employers.
- Police officers.
- Hospital staff.
- First responders.
- Caring individuals.

WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.

On average,
130
people die by
suicide every day.

Source: American Foundation for Suicide Prevention

From 1999 to 2019,
841,000
people died from
drug overdoses.

Source: Centers for Disease Control and Prevention

Nearly
1 IN 5
in the U.S. lives
with a mental illness.

Source: National Institute of Mental Health

Sources:
American Foundation for Suicide Prevention. (n.d.). Suicide statistics. <https://afsp.org/what-we-do/what-we-do/suicide-statistics/>
Centers for Disease Control and Prevention. (n.d.). Drug overdose deaths. <https://www.cdc.gov/drugoverdose/deaths/index.html>
National Institute of Mental Health (NIMH). (n.d.). Mental illness. <https://www.nimh.nih.gov/health/statistics/mental-illness>.

REGISTER TODAY!

Delivery Format:

Blended - a 2-hour self-paced online course, and a 4.5- to 5.5-hour online Zoom instructor-led training

Date, Time, and Cost:

April 16, 2026, 9 am-3:30 pm, Cost: Free

Location:

Online

Where to Register:

Contact Leslee Blanch at 208-529-1390 or lblanch@uidaho.edu or online at <https://forms.office.com/r/qs4yfG3ZnK>

For questions, contact Laura Sant at 208-852-1097 or lsant@uidaho.edu.



The course will teach you how to apply the MHFA Action Plan (ALGEE):

- Assess for risk of suicide or harm.
- Listen nonjudgmentally.
- Give reassurance and information.
- Encourage appropriate professional help.
- Encourage self-help and other support strategies.



Fit and Fall Proof (FFP) is an exercise-based fall prevention program focusing on improving strength, mobility, and balance to reduce the risk of falling.

Free to Register and Attend

Caregiver Support Program

Do you care for an adult with limited capacity and need more support?

Register for our upcoming caregiver support program. Caregivers are invited to attend Fit and Fall Exercise Classes at the Twin Falls Senior Center.

Your loved one will receive safe, supervised respite care in the comfort of their residence by trained professionals while you attend class. This program will be available until funding is expended.

Contact Susie Beem with questions by email at sbeem@phd5.id.gov or call (208) 737-5946.


Sign Up Now!



COMMUNITY EVENTS & RESOURCES



Held In-Person at Several Locations in the Treasure Valley and On-line!



NEW YEAR NEWLOCATION

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!

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!**



"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
 Phone: 208-947-4283
www.AgingStrong.org

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2026 Saint Alphonsus Memory Center Memory Cafe

JOIN US ONLINE:

- 2nd Tuesday of Each Month, 11:30-1:00
- New Event Beginning February 10th, 2026
- For Zoom link contact: Karen, kkouba@jannus.org, 208-947-4283

For information or **RSVP**
 Contact: Karen Kouba-McIver
 Email: kkouba@jannus.org
 Phone: 208-947-4283

In Partnership with:



Brought to you by:




University of Idaho
 School of Health and Medical Professions
ECHO
go.uidaho.edu/ADRD
Register Now!


Alzheimer's Disease and Related Dementias

1st Tuesdays, 12:30 - 1:30 p.m. MT

Topics:

- 03/03/2026 Health Care Providers Role in Idaho's Neurocognitive Protective Placement Holds (Idaho Code 56-2101)
- 04/07/2026 Enhancing Quality of Life in Dementia Through Palliative Care
- 05/05/2026 Medication Use for Psychiatry Concerns in Individuals with Dementia
- 06/02/2026 Improving Dementia Care for People with Intellectual Disabilities
- 07/07/2026 When Safety Is Compromised: dementia-informed responses to sexual assault and other forms of abuse
- 08/04/2026 Mild Cognitive Impairment, Biomarkers, and Disease-Modifying Treatments


University of Idaho
 School of Health and Medical Professions
ECHO
go.uidaho.edu/ADRD
Register Now!


Alzheimer's Disease and Related Dementias


1st Tuesdays, 12:30 - 1:30 p.m. MT

Series Kickoff 3/3/2026!


Meet the panelists:




Abhilash Desai, MD




Audie Black, PhD, ABN




Jeremy Crowfoot, PharmD




Joanne Trammel, MS, OTR/L




Kara Kuntz, MD



Lisa Baxter Hong, OTD, OTR/L



Oni Kinberg, LCSW, MSSW



Sheila Weaver, LCSW, ACADC

In support of improving patient care, the University of Idaho, School of Health and Medical Professions 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



WELLNESS WEDNESDAY

TOPIC: Stretching Into Spring

Presented by: Leslee Blanch
Family and Consumer Sciences Associate Educator
University of Idaho Bonneville County Extension

Stretching is an important part of our movement portfolio. Proper stretching before, during, and after physical activity offers multiple benefits.

Join us for gentle, chair-based movements designed to help you stretch your way into a healthy spring!

No cost to attend!

When:
Wednesday, April 15
11:00 AM - 12:00 PM
Join us on the 3rd Wednesday of each month for more wellness topics and education!

Where:
Greater Good Health
3017 Eagle Drive, Ammon

RSVP appreciated (but not required): 208-607-3717

greater good health University of Idaho Extension www.greatergoodhealth.com

NUTRITION FOR BRAIN

HEALTH WITH LESLEE BLANCH, REGISTERED DIETITIAN AND EXTENSION EDUCATOR

Come learn all about how nutrition can help your brain! This 1 hour lecture will give you tips and tricks to eat for brain health.

- ✓ Brain Health through the lifespan
- ✓ Taught by a Registered Dietitian
- ✓ No cost!



TO REGISTER

Scan QR code or call
(208)785-8060



- Friday April 24, 2026
- 1:00-2:00 PM
- Bingham County Extension Office
412 West Pacific St
Blackfoot, Idaho



The University of Idaho has a policy of nondiscrimination on the basis of race, color, religion, national origin, sex, age, sexual orientation, gender identity/expression, disability, genetic information, or status as any protected veteran or military status. Persons with disabilities who require alternative means for communication or program information or reasonable accommodations need to contact Abby May by 4/22 at (208)785-8060.

MOLINA HEALTHCARE Saint Alphonsus SOUTHWEST IDAHO area AGENCY ON AGING
A Member of Trinity Health

Viviendo Sano con Diabetes

Únete ahora con la Agencia Para las Personas Mayores Del Área Sudoeste de Idaho para un taller GRATUITO de 6 semanas "Viviendo Sano con Diabetes" en español.

Usted, su familia, amigos y cuidadores pueden aprender herramientas de autocontrol como: alimentación saludable, la importancia de dormir bien, técnicas de relajación, toma de decisiones, comunicación, así como elaborar un plan de acción para poner en marcha nuestras metas, por lo que TODOS podemos 'Vivir Bien'!



CADA MARTES
3 DE MARZO A 7 DE ABRIL, 2026
6-8 PM
ST. ALPHONSUS- PONDEROSA ROOM
4300 E. FLAMINGO AVE NAMPA

Para más información y registraci3n comuníquese con Gaby a (208)880-9745 o gabriela.tapia@a3ssa.com

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



COMMUNITY EVENTS & RESOURCES



Boise VAMC

MENTAL HEALTH summit



Increasing collaboration to provide better mental health care for Veterans.

DATE:

13 May 2026

REGISTRATION INFO:



DETAILS:

The 2026 Boise VA Medical Center invites you to attend the Mental Health Summit in Twin Falls.

Date: 13 May 2026
Time: 0900 to 1630
Sign in begins at 0830 am
Location:
Gall Lamp on 3rd
200 3rd Ave SW
Twin Falls, ID 83301

AGENDA:

8:30-9:00am	Registration
9:00-9:30am	Webinar: National Recovery and Lifeline Prevention Month Dr. Carl Bonnell, Associate Chief of Staff for Behavioral Health, Boise VAMC
9:30-11:00am	Dr. Martin Peterson, Director of the "Improving Mental Health Services and Community Care in the Northwest" Indira Bode, LICSW, Associate Chief of Behavioral Health
11:00-11:30am	Break
11:30-12:00pm	Community Panel
12:00-12:30pm	Lunch/Networking
1:00-1:30pm	Webinar: Black Psychology Dr. Craig Lewis
1:30-2:00pm	Closing Remarks and Questions Dr. Carl Bonnell, Associate Chief of Staff for Behavioral Health, Boise VAMC



Please contact Joshua Bode by email at joshua.bode@va.gov for any additional questions you may have.

We look forward to your attendance!

0888 10/25



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



the Saint Alphonus
A Member of Trinity Health

HOPE HEART PEACE

The Treasure Valley Family YMCA in partnership with Saint Alphonus 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@ymcatvidahoh.org

the Saint Alphonus
A Member of Trinity Health

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@ymcatvidahoh.org