



Chapter Newsletter

March 2026

IN THIS ISSUE:

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

March

Happy March!

In like a lion and out like a lamb - March is a month where we never know what kind of weather we'll get. Similar to what a caregiver might experience caring for a loved one with Alzheimer's or other dementia. The ups and downs of caregiving can be a real struggle for families. Often described as a roller coaster.

Let us help with those ups and downs by calling our 24/7 helpline (800.272.3900), checking out our website at alz.org/caregiving, using one of our many online tools or attending classes.

You're not facing this alone - many others in our communities walk this path as well. Together, we will #ENDALZ!

Wishing you a wonderful March!

~Idaho Chapter Staff

ALZHEIMER'S ASSOCIATION

ALZ TALKS

Supported by Procter & Gamble



Building Brain-Healthy Habits

Research shows there are everyday habits you can build today to help protect your memory and thinking as you get older – even reducing your risk of cognitive decline and possibly dementia. Join us to learn about healthy habits for your brain; the brain-heart connection; why brain health is important at all ages, and how to build your personalized action plan for brain-healthy habits.

March 18, 2026 | 6-7 p.m. CT

[Register Now](#)

ALZ Association Resource Spotlight



PUBLICATIONS



The Alzheimer's Association offers downloadable PDFs about a wide range of topics related to Alzheimer's and all other dementia.

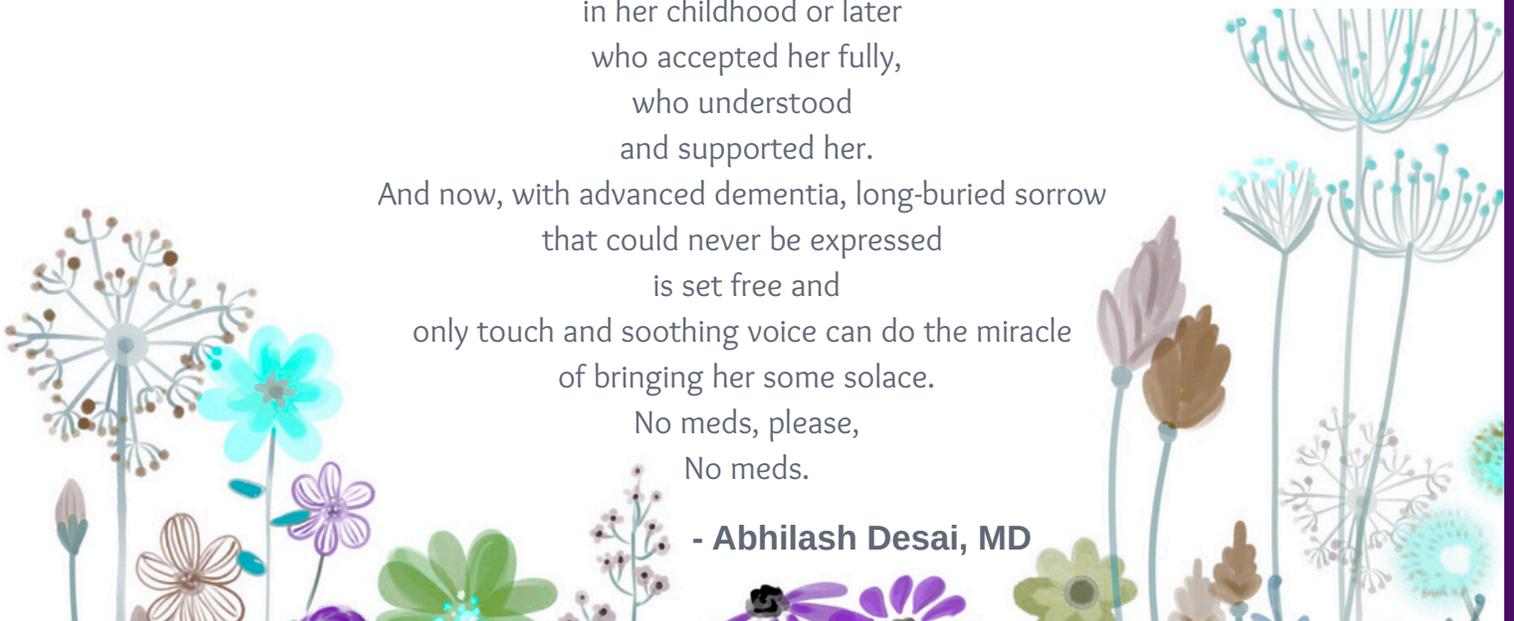
Topics include: “Treatments, Clinical Trials and Prevention”, “Financial and Legal”, “Medicare-Specific Topics” and many more!

Visit: alz.org/help-support/resources/publications

Long-Buried Sorrow

What is her yelling?
A sign, a signal
a symptom of moral anguish calling our souls
to understand her plight.
My patient had never learned
to experience her feelings,
as there was no one
in her childhood or later
who accepted her fully,
who understood
and supported her.
And now, with advanced dementia, long-buried sorrow
that could never be expressed
is set free and
only touch and soothing voice can do the miracle
of bringing her some solace.
No meds, please,
No meds.

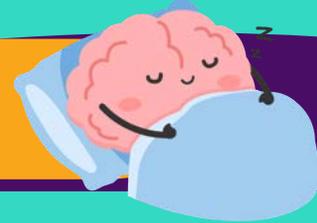
- Abhilash Desai, MD



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*

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

Sufficient quantity and quality of sleep is crucial for brain health. Research recommends 7-9 hours of sleep per night for adults, and more for children. Although obtaining this amount of sleep may seem challenging, let's look at some tips for helping us meet that goal.

Improve daytime habits:

1. Surround yourself with bright light.
2. Exercise your body and your brain.
3. Limit or avoid caffeine, alcohol, nicotine.
4. Hydrate adequately.

Create a better sleep environment:

1. Save the bedroom for sleep and intimacy.
2. Keep the bedroom peaceful, dark, quiet, and cool.
3. Evaluate comfort of night wear, bedding, mattress, and pillow.

Follow a pre-sleep ritual:

1. Set a consistent bedtime (and waking time) within $\frac{1}{2}$ - 1 hour range.
2. Avoid heavy meals or vigorous exercise within 2 hours of bedtime.
3. Allow time to "unwind".
4. Turn off electronics an hour before bedtime; dim the lights.
5. Clear your mind: Write down schedules, to-do lists, worries, etc.
6. Limit reading in bed to $\frac{1}{2}$ hour (associate bed with sleeping, not reading).

Facilitate getting to sleep or back to sleep:

1. Use visualization, quiet nature music, or white noise to calm mind.
2. Breathe deeply: Inhale for a count of 4...Exhale for a count of 4...
3. Count backward from 100 (or backward by three's).
4. Get up if unable to sleep: If awake in bed for more than 20 minutes, get up and engage in a relaxing activity until sleepy.
5. Change your bedtime.

If you suspect a medical condition such as sleep apnea, insomnia, restless leg syndrome, or pain that is inhibiting sleep, seek medical intervention.

MAKE YOUR PLAN FOR A HEALTHY BRAIN.

Healthy habits can help you live better now and protect your memory and thinking as you get older. 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. You'll get research-backed guidance to help you make lasting changes and take charge of your brain health.



Using the Brain Health Habit Builder is easy and takes just a few minutes.



Answer questions about your current habits and learn the basics of brain health along the way.



Get your personalized results with tips to help you make positive changes.



Create and save your action plan, displaying it in a place where you'll see it every day.



Share the Brain Health Habit Builder with friends and family so they can make their own plans.

It's never too early or too late to take charge of your brain health!

Visit alz.org/habitbuilder and start building your brain-healthy habits today.



Brain Health Habit Builder

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 | Eagle Rock Heal... \$100 |
| 2 | Memory Method... \$100 |
| 3 | Brain Trust \$25 |
| 4 | UI Extension \$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... \$500 |
| 2 | DVAs \$100 |
| 3 | Edward Jones - ... \$20 |

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®

COMMUNITY CONFERENCE

BRAIN HEALTH • AGING • ALZHEIMER'S SCIENCE

ALZHEIMER'S  ASSOCIATION®

COMMUNITY CONFERENCE

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.



FREE!

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



FREE!

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 - March 2026

Cathedral of the Rockies: In Person

(Support group is temporarily closed for new members)

1st and 3rd Thursday each month.
Thursday, March 5th & 19th at 2 PM
Cathedral of the Rockies
Boise, ID, 83702

Eagle Support Group: In Person

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

Meridian Support Group - Grace Assisted Living

2nd Tuesday of the Month
Tuesday, March 10th at 6:30 PM
Grace Assisted Living, Theater Room
Meridian, ID 83646

Nampa Library Support Group: In Person

Last Monday of each month
Monday, March 30th at 1:00 PM
Nampa Library, Room 302, Nampa, ID, 83651

Library! at Hillcrest: In Person

1st and 3rd Monday of each month
Monday, March 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, March 11th at 6:30 PM
Zoom Link Provided Upon Registration

Women Caring for Spouses: Online

1st & 3rd Tuesdays of each month
Tuesday, March 3rd & 17th 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, March 18th at 1 PM
Nampa Public Library, Room 302
Nampa, Idaho 83651

Payette County Support Group: In Person

Last Tuesday of each month
Tuesday, March 31st at 2 PM
Horizon Home Health & Hospice, Conference Room
Fruitland, Idaho 83661

Aspen Creek Assisted Living

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

Pocatello Support Group: In Person

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

Twin Falls Support Group: In Person

Third Tuesday of each month
Tuesday, March 17th 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, March 12th 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

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



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

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

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 to learn more about our caregiving programs.

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.

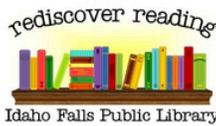


Idaho Falls Public Library
457 W Broadway St.
Idaho Falls, ID 83402

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



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, 5:30 - 6:30 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, 5:30 - 6:30 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:

- 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



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

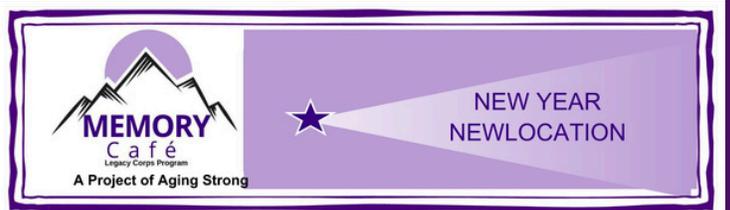
Elderly Nutrition Services

208.478.3858

Nancy Wahtomy, BSW

208.767.8179

Supported By:



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:

- 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



"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
Phone: 208-947-4283

Brought to you by:



www.AgingStrong.org

COMMUNITY EVENTS & RESOURCES



Saint Alphonsus
 A Member of Trinity Health


 SOUTHWEST IDAHO
 area AGENCY ON AGING

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
 6-8PM
 ST. ALPHONSUS- PONDEROSA ROOM
 4300 E. FLAMINGO AVE NAMPA

Para más información y registración 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





 Register Now!
go.uidaho.edu/ADRD


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


 Register Now!
go.uidaho.edu/ADRD


Alzheimer's Disease and Related Dementias

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

Series Kickoff 3/3/2026!

Meet the panelists:




 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

DISCOVER the POWER of NUTRITION with FAMILY MEALS!

Free Community Family Meal: Potato Bar



Come build your perfect spud!



- Baked potatoes & ALL the fixings!
- Fresh fruit and veggies
- Learn healthy eating tips for the whole family
- Enjoy connecting with others

Tuesday, March 17th - St. Patrick's Day
6:00-7:00 p.m.

Call 208-529-1390 or email lblanch@uidaho.edu by Friday, March 13th to register
Activity Center at the Bonneville County Fairgrounds
1542 E 73rd S
Idaho Falls, ID 83404

University of Idaho
Extension

WELLNESS WEDNESDAY

TOPIC: Nutrition for Healthy Aging

Presented by: Leslee Blanch, Registered Dietitian
University of Idaho Bonneville County Extension

70% of physical decline in older adults with chronic disease is associated with modifiable risk factors, including nutrition and physical activity. In this presentation, we will explore nutrition guidelines to help maximize bone density, muscle mass, and energy as we age. We will consider exercise options that also help maintain bone density, muscle mass and aid in weight management.

RSVP appreciated but not required: 208-607-3717

Greater Good Health
3017 Eagle Drive, Ammon

Schedule:
Wednesday, March 18
11:00 AM - 12:00 PM
Monthly, 3rd Wednesday

No cost to attend

University of Idaho
Extension



greater good health

www.greatergoodhealth.com

BECOME A PAID VOLUNTEER

(income-eligible, non-reportable stipend)

AmeriCorps
Seniors

Since 1965, the AmeriCorps Seniors Foster Grandparent Program has been connecting seniors to socially or academically at-risk children in the classroom.

Volunteer in Idaho Classrooms
Kids 2-17 across 24 Counties

Adults 55+
PTO, Holiday & Leave
Flexible Schedule
5 to 40 hours per week



(208) 522-2674
cmotloch@unitedwayif.org

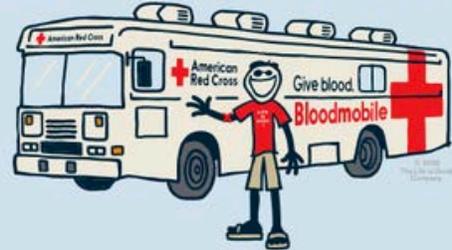
Share your wisdom

Visit Our Website

www.unitedwayif.org/foster-grandparents

UNITED WAY
Eastern Idaho

LIFE IS GOOD. GIVE BLOOD.



Blood Drive Idaho Falls Family YMCA

Group Fitness Room/Gym
155 N. Corner Street
Idaho Falls, ID 83401

Friday, April 10, 2026
11:30 a.m. to 3:30 p.m.

Please visit RedCrossBlood.org and enter: YMCAIF to schedule an appointment.



NEW MERCH: Come give March 30-April 12 for an exclusive Red Cross x Life is Good T-shirt, ltd. qty!



LIFE IS GOOD x American Red Cross

1-800-RED CROSS | RedCrossBlood.org | Download the Blood Donor App

© 2026 The American National Red Cross | 522201-0 DMV

COMMUNITY EVENTS & RESOURCES

LIVE IN CONTROL AND COOKING MATTERS

Free Diabetes Self-Management Program

Wellness Screening Open To All*

Starting Feb 11th | SCPHD Heyburn Office

Do you have diabetes or pre-diabetes?

Bring your "Care Supporter" to help learn how to manage diabetes effectively through diet, movement, and other lifestyle changes in this free 7-week class including 2 Cooking Matters Classes where we'll practice making diabetic friendly foods

Classes are starting soon and space is limited. Register now: scan the QR code below or call Adria at 208-654-7403.

Class Times:

Wednesday | Feb 11
Initial Class | Wellness Screening* & Registration
5:00 PM - 7:30 PM

Wednesdays | Feb 18-Mar 25
5:30 PM - 7:30 PM

Location:

South Central Public Health District
422 Roger Ave
Heyburn, Idaho

(Off of F Street, south of Brent Mitchell Construction)

*Wellness Screening event is open to all, even without class registration. Screening includes: weight, blood pressure, A1c, blood glucose, lipid panel



Register Here:
bit.ly/46gHToy



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



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<https://redcap.link/PERSEVERE1>
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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@ymcatvidaho.org



HOPE·HEART·PEACE

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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

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