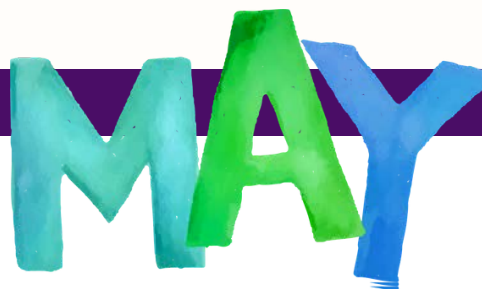




Chapter Newsletter

May 2026



IN THIS ISSUE:

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

ALZHEIMER'S ASSOCIATION

ALZ TALKS

Supported by Procter & Gamble

When Down Syndrome and Alzheimer's Intersect

May 21, 2026 | 1 p.m. CDT

As they age, people with Down syndrome have an increased risk of developing a type of dementia that's either the same as or very similar to Alzheimer's disease. This session explores how to spot early changes in memory and behavior and shares the latest strategies for diagnosis, treatment and caregiving. Designed for families, caregivers and professionals, the talk offers practical insights and resources to help the Down syndrome community navigate Alzheimer's disease.

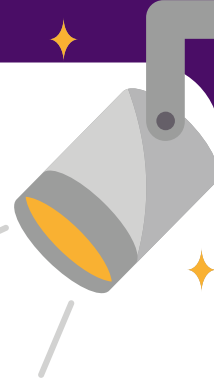
[Register Now](#)

Happy May! Warmer days are on the way, and it's the perfect moment to step outside and enjoy the fresh air. Join us on May 7 for a virtual webinar about how outdoor activity can support your brain health. You can also help move the ASAP Act forward —see page 6 to learn more and consider reaching out to your Congress member. Idaho Gives begins May 4, and any gift helps us continue our work across the state. There's a full month of activities ahead, so explore the next pages to join in. Wishing you a bright and uplifting May!

~Idaho Chapter Staff



ALZ Association Resource Spotlight



CLINICAL TRIALS

Without clinical trials, there can be no better treatments, no prevention and no cure for Alzheimer's disease.

Recruiting and retaining diverse trial participants is now the greatest obstacle, other than funding, to developing the next generation of Alzheimer's treatments. Individuals with dementia, caregivers and healthy volunteers are all needed to participate in clinical studies focused on Alzheimer's and other dementias.

<https://www.alz.org/alzheimers-dementia/research-and-progress/clinical-trials>

2026 FACTS & FIGURES

2026 ALZHEIMER'S DISEASE FACTS AND FIGURES



1 in 3 older adults dies with Alzheimer's or another dementia

Between 2000 and 2024 deaths from heart disease have decreased **3.8%** ↓
while deaths from Alzheimer's disease have increased over **134%** ↑

It kills more than breast cancer and prostate cancer **+** COMBINED

In 2026, Alzheimer's and other dementias will cost the nation

\$409 BILLION

By 2050, these costs could rise to nearly

\$1 TRILLION

The lifetime risk for Alzheimer's at age 45 is

1 in 5 for women

1 in 10 for men



OVER **7 MILLION**

Americans are living with Alzheimer's



NEARLY **13 MILLION** Americans provide unpaid care for people with Alzheimer's or other dementias



These caregivers provided more than 19 billion hours valued over

\$446 BILLION



3 out of 4 Americans say lifestyle behaviors are important for brain health,



but only **46%** strongly connect these behaviors to reducing dementia risk



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!!!

emtaylor@alz.org

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	ICCU \$250
2	Memory Method... \$226
3	TeamGeorge \$120
4	Lincoln Court Re... \$111.52
5	Team Richard \$100

POCATELLO

TEAMS	
1	Team Lena \$1,000
2	Rockin It for Rog... \$880
3	Team D&E \$100
4	Jensen Law Offi... \$25
5	Brain Trust \$15

MAGIC VALLEY

TEAMS	
1	Pizza Pie Cafe \$78.80
2	Brain Trust \$10

TREASURE VALLEY

TEAMS	
1	Mary's Forget M... \$990
2	DVAs \$300
3	Edgewood Ustic... \$205
4	Team Perk! \$195
5	Sandy's Team \$100

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



**Idaho
Gives**

IDAHO COMMUNITY FOUNDATION

**[CLICK HERE TO
DONATE!](#)**

Idahoans care for their own.



Especially when it matters most.

Healthy Habits, Healthy Brain

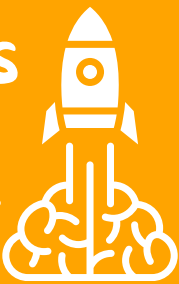
A quick monthly tip from the Alzheimer's Association to support lifelong brain health – *Inspired by 10 Healthy Habits for Brain Health*

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!

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

Physical activity is key for brain health. It increases circulation, bringing nutrients and oxygen to every cell, strengthens neuronal connections, and helps to increase alertness. Getting a variety of movement is beneficial in multiple ways.

Cardiovascular activity increases the heart rate and circulation. Heart-pumping activity includes moderate-brisk walking, dancing, aerobics, swimming, and cycling. Begin where you are able and gradually increase your intensity and duration of activity. The Physical Activity Guidelines for Americans recommends a goal of 150 minutes/week of moderate cardiovascular movement.

Strength training has been shown to especially benefit brain health through a positive cascade of chemical reactions in the body. Strength training is recommended 2-3 days/week, with at least one rest-day in between sessions. Sessions of as little as 15-20 minutes show positive results! Strength work frequently includes use of weights; resistance bands and using one's own body weight are effective strength-building methods as well.

Flexibility compliments any exercise form and brings balance to physical conditioning. Begin with active stretches that include slow, controlled continuous movement. Static stretches can be done when muscles are warm. Gently hold a stretch position for 10-30 seconds without over reaching or experiencing pain or discomfort.

Be sure to include **controlled breathing** when exercising. **Balance work and coordinated movement** can be incorporated into multiple exercise formats and contribute strongly to brain health. Remember that daily activity such as stair climbing and house cleaning contribute to overall physical activity.

So let's do our brains a favor and get moving!

ADVOCACY

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

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

Cathedral of the Rockies: In Person

(Support group is temporarily closed for new members)

1st and 3rd Thursday each month.
Thursday, May 7th & 21st at 2 PM
Cathedral of the Rockies
Boise, ID, 83702

Eagle Support Group: In Person

2nd & 4th Wednesday of each month
Wednesday, May 13th & 27th at 1 PM
Eagle Senior Center
Eagle, ID, 83616

Meridian Support Group - Grace Assisted Living

2nd Tuesday of the Month
Tuesday, May 12th at 6:30 PM
Grace Assisted Living, Theater Room
Meridian, ID 83646

Nampa Library Support Group: In Person

Last Monday of each month
Monday, May 25th at 1:00 PM
Nampa Library, Room 302, Nampa, ID, 83651

Library! at Hillcrest: In Person

1st and 3rd Monday of each month
Monday, May 4th & 18th 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, May 13th at 6:30 PM
Zoom Link Provided Upon Registration

Women Caring for Spouses: Online

1st & 3rd Tuesdays of each month
Tuesday, May 5th & 19th 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, May 20th at 1 PM
Nampa Public Library, Room 302
Nampa, Idaho 83651

Payette County Support Group: In Person

Last Tuesday of each month
Tuesday, May 26th at 2 PM
Horizon Home Health & Hospice, Conference Room
Fruitland, Idaho 83661

Aspen Creek Assisted Living

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

Pocatello Support Group: In Person

2nd Wednesday of each month
Wednesday, May 13th at 2 PM
Pocatello, ID, 83201

Twin Falls Support Group: In Person

Third Tuesday of each month
Tuesday, May 19th at 5:30 PM
CSI Office On Aging (4th Floor)
Twin Falls, Idaho 83303

Ne Kai Nasuwazi/Don't Forget Me

Cancelled in May for Elder Abuse Conference

Second Thursday of each month
Tuesday, June 11th 1:30 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	Cancelled in May 2nd Thursday of the Month Around 1:30 PM 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

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



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.



University of Idaho Extension

800.272.3900 | alz.org

ALZHEIMER'S ASSOCIATION

Greater Idaho Chapter

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.



Dementia Challenge

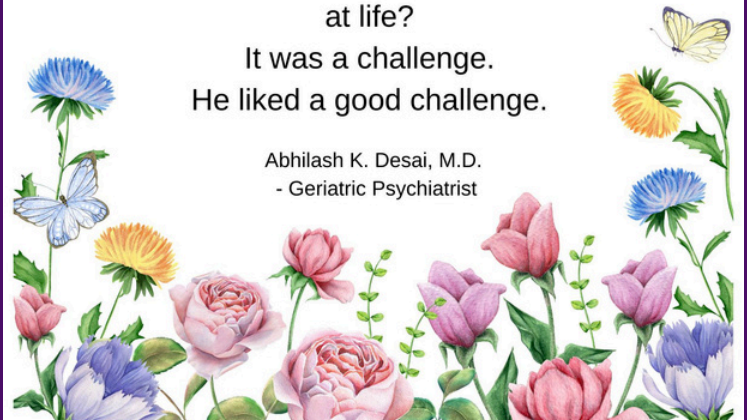
The diagnosis of dementia had stopped him in his tracks. The future looked cold, unpleasant, unwelcoming. No backtracking. Life pushes on relentlessly dead ahead inflexible.

But one's perspective is flexible, he told himself. How to convert despair into hope?

Even before that, how to stop being angry at life?

It was a challenge. He liked a good challenge.

Abhilash K. Desai, M.D.
- Geriatric Psychiatrist



CARE & SUPPORT



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: May 9, 2026

Time: 11:00 am - 1:00 pm

Location: Idaho Hispanic Community Center
315 Stampede Drive, Room 200
Nampa, ID 83687

What to expect:

Physical Activity: Antonia Jáuregui Tamayo will lead a Qigong session.

Presentation: Dr. Alejandro Necochea will speak about how to protect the brain and explore the connection between hypertension and Alzheimer's. What is good for the heart also supports brain health.

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



Antonia Jáuregui Tamayo



Alejandro Necochea, MD

Interested in learning more about our speakers? 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:



Cuéntame Más: Compartamos nuestras historias y cuidemos nuestras mentes

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 9 de mayo de 2026

Horario: 11:00 a.m. a 1:00 p.m.

Dónde: Idaho Hispanic Community Center
(El Centro Comunitario Hispano de Idaho)
315 Stampede Drive, cuarto 200
Nampa, ID 83687

¿Qué puede esperar?

Actividad física: Antonia Jáuregui Tamayo dirigirá una sesión de Qigong.

Presentación: El Dr. Alejandro Necochea hablará sobre cómo proteger el cerebro y explorar la conexión entre la hipertensión y el Alzheimer. Lo que es bueno para el corazón también favorece la salud cerebral.

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



Antonia Jáuregui Tamayo



Alejandro Necochea, MD

¿Le interesa conocer más sobre nuestros oradores? Visite nuestra página de Facebook: **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:



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



Ne Kai Nasuwazi Don't Forget Me

A Dementia Support Group hosted by
Fort Hall Elderly Nutrition Services



Come Together for Support and Understanding

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.

**2nd THURSDAY OF
EVERY MONTH**

Where: Fort Hall Elderly Nutrition
Services Dining Room

Time: Directly After Bingo
(Around 1:30 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:



CARE & SUPPORT

Caregiver Connections

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



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.

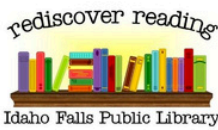


Idaho Falls Public Library
457 W Broadway St.
Idaho Falls, ID 83402

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



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:

- 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



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.

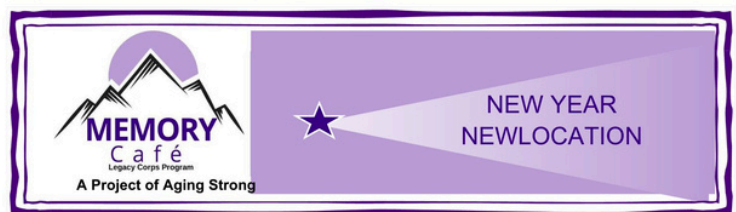
Your loved one will receive safe, supervised respite care in the comfort of their residence by trained professionals while you attend class. This program will be available until funding is expended.

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



Sign Up Now!

This publication was made possible by federal award # N15087907507, 03-101 from the Centers for Disease Control and Prevention and federal award # 10018L161058, 03-100 from the U.S. Department of Health and Human Services, Administration for Community Living. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Department of Health and Human Services, the Centers for Disease Control and Prevention, or the U.S. Department of Health and Human Services, South Central Public Health District, March 2020.



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 Partner



FOCUS

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 Seniors West of the Tetons in Driggs, Idaho.



Our non profit organization offers a large range of activities and programming to enrich the lives of seniors in the area.

- Fitness Classes
- Daily Lunch (Mon-Fri)
- Home Delivered Meals
- Medical Equipment Loan Program (by donation)
- Social Activities & Social Clubs
- Education & Enrichment

Located in Teton County - Southeastern Idaho
Allie Mollenkof, Executive Director. Phone: 208-354-6973 Website: www.tetonseniors.org Email: swot@tetonseniors.com

COMMUNITY EVENTS & RESOURCES

14TH ANNUAL CONFERENCE
TAKING A STAND AGAINST ELDER ABUSE
 MAY 13-14, 2026 ♦ FORT HALL, IDAHO
 SHOSHONE-BANNOCK TRIBES HOTEL & EVENT CENTER

ABUSE HAS NO AGE LIMIT

SONYA BEGAY GUEST SPEAKER
BOB JOHNSON KEYNOTE SPEAKER
LIL IRENE HONORING OUR ELDER KEYNOTE SPEAKER
CARLA EBEN KEYNOTE SPEAKER
MELANIE BLACKBULL GUEST SPEAKER

REGISTRATION NOW OPEN!

CONTACT: MARCIA HALL ♦ Marcia.Hall@sbtribalhealth.gov ♦ (208) 220-1007
 DETAILS AT: WWW.SBTRIBALHEALTH.ORG

TRIO 2nd Annual Idaho Falls Military Family Resource Fair

Saturday, May 16th 10am - 1pm

ISU Bennion Student Union Bldg.
 Multi-purpose Room - 2nd Floor
 1784 Science Center Dr., Idaho Falls, ID 83402

Join us for a day of connection, support, and community!

What to Expect:

- 35+ local and campus resources for military families
- Information on education, employment, healthcare, and community support
- The **first 100 attendees** will receive a prize!
- Connect with **TRIO Veterans** and learn how we support your academic and career goals

Come explore resources designed to support you and your family every step of the way.

hosted by Idaho State University

TRIO Veterans Upward Bound Program is 100% funded by the US Department of Education and hosted by Idaho State University.

Join Us!

COOKING MATTERS FOR ADULTS

SIX-WEEK SERIES

Location: North Canyon Jerome Clinic
 491 Heritage Drive, Jerome Idaho
Dates: May 5th, 12th, 19th and June 2nd, 9th, 16th
Time: 5:30-7:15 pm

You'll learn about:

- Planning and preparing meals on a tight budget
- Easy, nutritious meals you can make at home
- Choosing the right foods for your health and body

Spaces are Limited!
 To sign up email Misty at mroberts@idahofoodbank.org

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



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:



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, ACADP



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



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:
GallLamp 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 for Veterans" Indira Bode, Ph.D., 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

MAKE THE CONNECTION
www.MakeTheConnection.net



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@ymcatv.idaho.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@ymcatv.idaho.org