



Chapter Newsletter

June 2026



IN THIS ISSUE:

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

ALZHEIMER'S ASSOCIATION

ALZ TALKS

Supported by Procter & Gamble

Supporting Oral Health in Dementia Care

June 25, 2026 | 1 p.m. CDT

Good oral health supports comfort, dignity and overall well-being. This session offers practical tips for maintaining oral hygiene, overcoming common challenges and adapting routines for people living with dementia. Hear from experts and caregivers who have navigated this journey firsthand. This webinar is supported by Delta Dental.

[Register Now](#)

JUNE – It's All About Your Brain!

Did you know June is Alzheimer's & Brain Awareness Month? It's the perfect time to focus on brain health. Our (re)think your brain 6-Step Challenge makes it easy — just small, everyday steps toward healthier choices.

Looking for a fun way to stay active? "Work Out to End Alzheimer's" lets you support your brain health while raising funds for the Alzheimer's Association. You can also Take the Brain Tour to discover how the brain works — and how Alzheimer's affects it.

Let June be the month you start making healthy changes for your brain!

~Idaho Chapter Staff

Resource Spotlight

Everyday Actions. Lifelong Impact

BETTER BRAIN HEALTH
STARTS HERE.

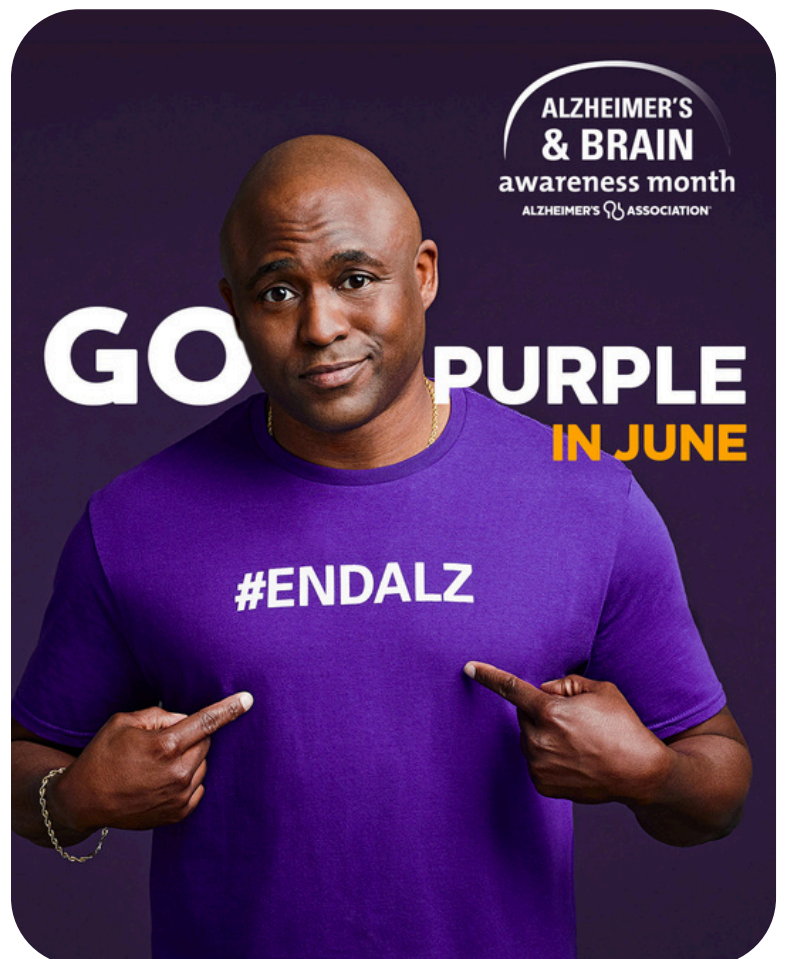
(re)think
your brain

ALZHEIMER'S ASSOCIATION

If you think that improving your brain health means changing everything, think again. Take the (re)think your brain 6-Step Challenge for a simple guide to better brain health.

[Sign Up for the Challenge](#)

During Alzheimer's & Brain Awareness Month, we honor the more than 57 million people worldwide living with dementia and the families and friends who love them. #ENDALZ
alz.org/abam



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	Memory Method... \$276
2	ICCU \$250
3	Forever Freda \$150
4	TeamGeorge \$120
5	Lincoln Court Re... \$111.52

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	Edgewood Eagle \$2,272
2	Mary's Forget M... \$990
3	Julian Strong \$600
4	DVAs \$300
5	Edgewood Ustic... \$205

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

UPCOMING EVENTS

OPERATION HOPE DROP



JUNE 17TH

**TWIN FALLS
CHAMBER OFFICE**

4PM

**2015 NIELSEN
POINT PL.**

**WALK TO END
ALZHEIMER'S
KICK OFF EVENT**

**FREE
ICE CREAM**



Act.alz.org/magicvalley

**ALZHEIMER'S
ASSOCIATION**


Greater Idaho Chapter

Community


IMPACT BREAKFAST

JOIN OUR EFFORTS TO CHANGE
THE PATH OF ALZHEIMER'S!

 June 19th, 2026

 Saint Alphonus | McCleary Auditorium
1055 N Curtis Rd, Boise, ID 83706

7:30–8:00 AM: Doors Open | Buffet

 Breakfast Served
8:00–9:00 AM: Program

Learn about the mission of the
Alzheimer's Association® and how
your organization can make a
difference in your workplace,
community and beyond.

RSVP to emtaylor@alz.org

There is no charge to attend; however, guests will be asked to help address the growing needs of our community by making a contribution.



Presented By



Saint Alphonus

Healthy Habits, Healthy Brain

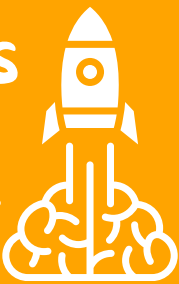
A quick monthly tip from the Alzheimer's Association to support lifelong brain health – *Inspired by 10 Healthy Habits for Brain Health*

PROTECT YOUR HEAD



Help prevent an injury to your head. Wear a helmet for activities like biking, and wear a seatbelt. Protect yourself while playing sports. Do what you can to prevent falls, especially for older adults.

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

Traumatic brain injuries (TBIs) affect how the brain works and are a risk factor for Alzheimer's and other types of dementia. They are a major cause of death and disability in the United States. According to the Center for Disease Control and Prevention (CDC), there were 68,663 deaths related to TBIs in 2023, averaging 190/day. This data did not include unreported brain injuries.

**So, how can you physically protect your brain?
Protect your head!**

- Wear a helmet when engaging in activities such as bike riding, motorcycling, skateboarding, skating, or playing sports.
- Fasten your seat belt and appropriately secure car seats in motor vehicles to minimize risk of head injury in case of an accident.
- Minimize fall risk: Reduce household clutter, secure loose rugs; strengthen balance and agility through physical activity.


Remember, you only have one brain!

References:

<https://www.cdc.gov/traumatic-brain-injury/data-research/index.html>

<https://healthandwelfare.idaho.gov/health-wellness/community-health/brain-health>

ADVANCE YOUR ALZHEIMER'S AND DEMENTIA CLINICAL PRACTICE KNOWLEDGE

 Access to Cutting-Edge Research
Updates Tailored to Busy Providers

 Earn CME/CE Credits at No Cost

 Registration is Free



Participate in AAIC For All in
London, U.K., or online **July 16.**
Register by July 16*. alz.org/AAICForAllClinicians

*AAIC for All will be recorded and available for playback for 30 days after the event for all registered attendees.



ALZHEIMER'S  ASSOCIATION®
AAIC > 26 ALL FOR

ALZHEIMER'S & DEMENTIA RESEARCH MADE ACCESSIBLE - FOR ALL



Access to Cutting-Edge Research
Updates Tailored to the Public



Gain Insights and Resources to
Support You and Your Community

FREE

Registration is Free

Participate in AAIC For All in London, U.K., or online
July 16. Register by July 16*. alz.org/AAICforAll

*AAIC for All will be recorded and available for playback for 30 days after the event
for all registered attendees.

Thank you to our sponsors

Edward Jones® *Lilly*



ALZHEIMER'S ASSOCIATION
AAIC > 26 FOR ALL

ADVOCACY



**Ryan O'Connor | Grassroots Advocacy Manager
Alzheimer's Association, Washington and Idaho State Chapters**

Ryan O'Connor has lived in the Pacific Northwest his whole life and is a graduate of Seattle University, where he studied Public Affairs and competed in Track and Field. He brings five years of experience organizing campaigns and working in elected offices in the Washington State Legislature, supporting both the State Senate and House of Representatives.

Ryan is excited to bring his organizing and government experience to the Alzheimer's Association to work alongside volunteers across Washington and Idaho to help elevate their voices, share their stories, and advance the organization's policy priorities. With family ties in Northern Idaho, he is especially eager to expand his professional work to communities he has long cared about.

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

Cathedral of the Rockies: In Person

(Support group is temporarily closed for new members)

1st and 3rd Thursday each month.
Thursday, June 4th & 18th at 2 PM
Cathedral of the Rockies
Boise, ID, 83702

Eagle Support Group: In Person

2nd & 4th Wednesday of each month
Wednesday, June 10th & 24th at 1 PM
Eagle Senior Center
Eagle, ID, 83616

Meridian Support Group - Grace Assisted Living

2nd Tuesday of the Month
Tuesday, June 9th at 6:30 PM
Grace Assisted Living, Theater Room
Meridian, ID 83646

Nampa Library Support Group: In Person

Last Monday of each month
Monday, June 29th at 1:00 PM
Nampa Library, Room 302, Nampa, ID, 83651

Library! at Hillcrest: In Person

1st and 3rd Monday of each month
Monday, June 1st & 15th 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, June 10th at 6:30 PM
Zoom Link Provided Upon Registration

Women Caring for Spouses: Online

1st & 3rd Tuesdays of each month
Tuesday, June 2nd & 16th 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, June 17th at 1 PM
Nampa Public Library, Room 302
Nampa, Idaho 83651

Payette County Support Group: In Person

Last Tuesday of each month
Tuesday, June 30th at 2 PM
Horizon Home Health & Hospice, Conference Room
Fruitland, Idaho 83661

Aspen Creek Assisted Living

2nd Tuesday of the month
Tuesday, June 9th at 12:30 PM
Aspen Creek Assisted Living
Caldwell, ID 83605

Pocatello Support Group: In Person

2nd Wednesday of each month
Wednesday, June 10th at 2 PM
Pocatello, ID, 83201

Twin Falls Support Group: In Person

3rd Tuesday of each month
Tuesday, June 16th at 5:30 PM
CSI Office On Aging (4th Floor)
Twin Falls, Idaho 83303

Ne Kai Nasuwazi/Don't Forget Me

2nd Thursday of each month
Thursday, 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	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



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: Saturday, June 13, 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: Flowing movements with deep breathing and focused attention to support balance, flexibility, coordination, and relaxation.

Presentation: Join us for a presentation with Katy Horrocks, LSW, and Tylie Roman, AGACNP-BC, MSN, as they discuss how physical activity helps protect the brain, strengthen cognitive resilience, and promote healthy aging.

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



Katy Horrocks, LSW



Tylie Roman, NP

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:



Cuéntame Más: Compartamos Nuestras Historias y Cuidando 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: Sábado, 13 de junio de 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: Movimientos fluidos con respiración profunda y atención enfocada para apoyar el equilibrio, la flexibilidad, la coordinación y la relajación.

Presentación: Acompañenos a una presentación con Katy Horrocks, LSW, y Tylie Roman, AGACNP-BC, MSN, en la que hablarán sobre cómo la actividad física ayuda a proteger el cerebro, fortalecer la resiliencia cognitiva y promover un envejecimiento saludable.

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



Katy Horrocks, LSW



Tylie Roman, NP

¿Interesado en conocer más de nuestros oradora? 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 del Evento:



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



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.

Supported By:



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

CARE & SUPPORT



MOVEMENT FOR MEMORY

Classes meet **TUESDAYS** and **THURSDAYS**

Facility schedule and times

CALDWELL: 11:45 a.m.–12:45 p.m.
DOWNTOWN HUB: 10:30–11:30 a.m.
WEST: 9:35–10:35 a.m.
SOUTH: 1:30–2:30 p.m.

AUDIENCE: is for anyone with Mild Cognitive Impairment (MCI) or Early Stage Dementia.

While there is no cure for dementia, there are interventions available to help improve the quality of life and functioning.

For more information, please contact
 Mary Biddle–Newberry at
 208.344.5502 ext. 276
 or stop at your local branch.
YMCATVIDAHO.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



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



North Canyon
 NETWORK OF CARE



NEW YEAR
 NEWLOCATION

Have You Heard About Our Memory Café?
 A place where family caregivers and their loved ones with memory loss can get together in a safe, supportive, and engaging environment.

OFFERED AT NO COST!

The Memory Café Encourages Friendship and Acceptance!

The Memory Café is a time to enjoy activities with your loved one with memory loss and break from the normal routine. It is a time to socialize, learn from monthly topics, and build resources for changing needs.

The Café offers a time for support, shared stories, laughter, and most of all, knowing that you are not alone!

**2026 Saint Alphonsus Memory Center
 Memory 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



"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



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!

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**6th ANNUAL
BRAIN HEALTH
SYMPOSIUM**

UNLOCK YOUR MIND, ENHANCE YOUR LIFE:
EMPOWERING BRAIN HEALTH FOR A
BRIGHTER FUTURE!

SAVE THE DATE!
Saturday, October 17
8:15a.m.-2:45p.m. at ICOM

FREE EVENT | VIRTUAL & IN-PERSON | LUNCH INCLUDED

Brain health is a critical piece of holistic wellness and underlies our ability to communicate, make decisions, problem- solve, form and maintain relationships, and live a productive and full life.

Questions: please contact Mary Biddle Newberry
mary.biddle@ymcatvidaho.org

WWW.YMCATVIDAHO.ORG



Powerful Tools for Caregivers 6-Week Workshop Weiser Public Library

Powerful Tools Workshops are FREE! STARTING: TUESDAY, JUNE 16TH, 2026

Powerful Tools for Caregivers Workshops are designed for YOU, the family caregiver. Classes are established for a caregiver or their care recipient age 60 and older. REGISTRATION IS REQUIRED!

Register Online at www.AgingStrong.org

Workshop details:

Class Dates: Starts- June 16th

No class June 23rd

Classes continue June 30th, July 7th, 14th, 21st, 28th

Time: 3:00-4:30

Location: Weiser Public Library, 628 E First St. Weiser, ID 83672



**WEISER
PUBLIC
LIBRARY**

Caregiver Burnout is Real and You are Not Alone!

JOIN US TO LEARN:

- *Tips to Reduce Stress
- *Improve Self Confidence
- *Caregiver/Recipient Communication
- *Making Tough Decisions
- *Navigating Family Dynamics
- *Resources for Your Specific Needs

Have You Heard About Our Memory Café?

For people with memory loss and their caregivers. A safe space for people to have activities, learn, laugh and come together to be supported. Offered at NO COST! Meetings held monthly online and in-person. Contact Karen Kouba McIver for locations, dates and times.

For questions or assistance in registering for this class:

Contact: Karen Kouba-McIver, Project Lead

Phone: 208.947.4283 Email: kkouba@jannus.org



www.AgingStrong@jannus.org

Powerful Tools for Caregivers Weekly Class Descriptions

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

Week #1: Take Care of You

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

Week #2: Identifying and Reducing Personal Stress

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

Week #3: Communicating Feelings, Needs, and Concerns

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

Week #4: Communicating in Challenging Situations

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

Week #5: Learning From Our Emotions

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

Week #6: Mastering Caregiving Decisions

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

www.AgingStrong@jannus.org

COMMUNITY EVENTS & RESOURCES



Preserve@Home provides research-based food preservation education across geographical barriers. Participants learn how to produce high-quality preserved foods and the science behind food preservation and food safety.

Individuals with little or no previous food preservation experience are welcome. Anyone with an interest in food preservation and food safety can enroll in **Preserve@Home**.

Enrollment & Payment Deadline
June 8, 2026

Online Course Available/Start Date
June 11 at 1:00 p.m. MT

Chats Thursday's 1:00 p.m. MT
June 18 – July 23



Cost: \$35 registration fee

Register online at
https://marketplace.uidaho.edu/C20272_ustores/web/product_detail.jsp?PRODUCTID=2135

For more information, contact the University of Idaho Extension, Franklin County at 208-852-1097 or franklin@uidaho.edu.



Online Experience
Online classroom instruction using the Extension Foundation Campus that is monitored and facilitated by Extension Faculty.



Preserve for Fun

A series of educational and hands-on food preservation classes presented by University of Idaho former Bingham County FCS Educator and Master Food Preserver:

Julie Buck

assisted by Master Food Safety Advisor Volunteers

June 17th 5-8 pm, \$15 Hands-On
Pressure Canning Meat Products:
Meats & Vegetables

This class will be held at the Bonneville County Extension Office at 1542 East 73rd South, Idaho Falls, Idaho 83404

Space is limited.

To register: call (208) 529-1390 or scan the QR Code.
Unfilled classes will be canceled 3 days before class date.
Register Early!
<https://forms.office.com/r/BUwodKcHKF>



University of Idaho
Extension



MASTER
FOOD SAFETY
ADVISOR
University of Idaho Extension



UNIVERSITY OF IDAHO, U.S. DEPARTMENT OF AGRICULTURE, AND IDAHO COUNTIES, COOPERATING TO ENRICH EDUCATION THROUGH DIVERSITY. THE UNIVERSITY OF IDAHO IS AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION EMPLOYER AND EDUCATIONAL INSTITUTION.



Capture the Flavor: Herbs & Spices



Learn how to:

- Use herbs and spices to create your own international flavors
- Apply best practices for herbs & spices storage
- Explain how herbs & spices can be a food safety concern if handled improperly
- Recognize the health benefits of cooking with herbs & spices
- Take home a resource book and premixed spice blend sample

Register today, for just \$5!

Participants will receive a Tote Bag, Mixing Booklet & Jar of Mixed Spices
Call (208) 529-1390 or register online by scanning the QR code.

Pre-registering holds your spot as seating is limited.



Date: Thursday, June 11th

Time: 5:30-7 pm

Presenters: Deanna Poulsen, Jefferson County Extension Educator with Lelsee Blanch, Bonneville County Extension Educator
Host: Bonneville County Extension
1542 East 73rd South
Idaho Falls, ID 83404



The University of Idaho does not discriminate in education or employment on the basis of human differences, as required by state and federal laws. Reasonable accommodations will be made for persons with disabilities and special needs who contact Deanna Poulsen prior to the event at 210 Courthouse Way, Suite 180, Rigby, Idaho, 83442; (208) 745-6685, dpoulsen@uidaho.edu.

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!



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Alzheimer's Disease and Related Dementias

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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.

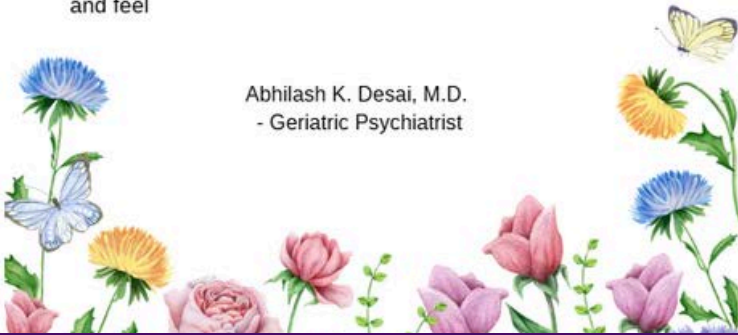
COMMUNITY EVENTS & RESOURCES

One Wish

If you had one wish, what would it be?"
My patient replied,
"To feel happy.
To skip away
with a constant smile. To
feel light on my feet. To
feel full of energy.
To turn face up
breathe in the air,
and feel

that I am in an enchanted
forest.
Is that possible?"
"Anything is possible,"
I replied.
"Not true.
Not if you have dementia. No
need to placate me. I am a big
girl."
She smiled sadly.

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



RUSH

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 Alphonsus
A Member of Trinity Health

HOPE HEART PEACE

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

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



Scan the QR code to find previous educational recordings



HOPE:

Healthy Options for Prevention Excellence

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



HEART:

Holistic Evidence-based Alzheimer's and Related dementias Treatment

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



PEACE:

Palliative Excellence in Alzheimer's and related dementias Care Efforts

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

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

the Saint Alphonsus
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

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