



Chapter Newsletter

October 2026



IN THIS ISSUE:

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

ALZHEIMER'S ASSOCIATION

ALZ TALKS

Supported by Procter & Gamble

ALZ Talks: How to Make Lasting Changes that Support Your Brain Health

Oct. 22, 2026 | 2 p.m. CT

Knowing what supports brain health is one thing. Putting healthy habits into practice is another. This conversation will explore what helps people make meaningful lifestyle changes that last, including motivation, building healthy habits and overcoming barriers. Join us to start incorporating brain health recommendations into your everyday life.

[Register Now](#)

Welcome, Autumn

Crisp mornings, golden leaves and warm drinks are back! Fall is a season of gathering and gratitude, and this year we have a lot to be grateful for. Thank you to everyone who walked, donated, sponsored and cheered at Walk to End Alzheimer's across Idaho. Your support fuels care, support and research for families right here in our communities.

As the days get shorter, it's a good time to stay connected and keep learning. Our chapter and community partners are offering support groups and education programs all over the state this month.

Pages 5-7 have support groups across Idaho.

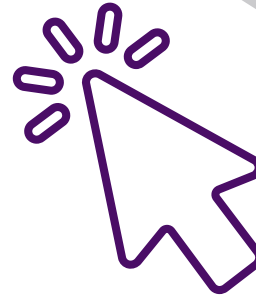
Looking ahead, November is National Alzheimer's Disease Awareness Month and National Family Caregivers Month. Look out for events surrounding these topics.

Wishing you a cozy October!

~Idaho Chapter Staff

ON DEMAND **EDUCATION**

*Learn from home when
it's convenient for you.*



Alzheimer's and dementia don't come with an instruction manual, but there are resources available to help. Use our free online education programs to learn more about what to expect and how to prepare for the future.

ADVOCACY



The Alzheimer's Screening and Prevention (ASAP) Act

This is the mammogram moment for Alzheimer's. When Congress enabled Medicare coverage for routine mammograms, screening rates soared, and breast cancer deaths dropped significantly. Congress can deliver that same breakthrough for Alzheimer's.

Researchers have developed
blood tests that can detect
Alzheimer's **before**
symptoms appear.



Researchers have developed blood tests that can detect Alzheimer's before symptoms appear — progress that now exceeds what Medicare can cover under current law. The bipartisan Alzheimer's Screening and Prevention (ASAP) Act (H.R. 6130 / S. 3267) clears that roadblock. Early detection gives individuals more time to begin treatment, plan, enroll in clinical trials, and seek support when it matters most.

Take 30 seconds to urge your Member of Congress to support the ASAP Act:

www.alzimpact.org/walk

MAGIC VALLEY - OCTOBER 3RD

LOCAL SPONSOR SPOTLIGHT

CSI CAMPUS

- Agropur
- Cactus Petes Resort Casino
- DOT Foods
- Heritage Home Health & Hospice
- Idaho Power

- Life Care Centers of America
- Molina Healthcare
- Norco
- Serenity Transitional Care
- Wilk's Funeral Home

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

THANK YOU!

to our current Top 2026 Walk Teams!

IDAHO FALLS

TEAMS		
1	Lincoln Court Re...	\$7,133.52
2	MorningStar Se...	\$4,623.04
3	Kevin King Amer...	\$4,470
4	West Bound & D...	\$3,740
5	Memory Method...	\$2,821

POCATELLO

TEAMS		
1	Team D&E	\$2,640
2	Jensen Law Offi...	\$2,550
3	Rockin' It for Ro...	\$2,345
4	Norco Chubbuck	\$1,540
5	Team Elaine	\$1,500

MAGIC VALLEY

TEAMS		
1	Dot Foods-Burl...	\$9,900
2	Edward Jones/S...	\$3,560
3	St Lukes	\$1,130
4	Bridgeview Estat...	\$1,032.80
5	Ashley Manor M...	\$860

TREASURE VALLEY

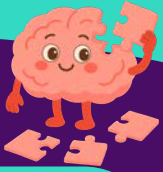
TEAMS		
1	Julian Strong	\$12,561.11
2	ADLG to End Alz...	\$6,799.20
3	Keeler/Esias	\$5,500
4	The Glenn Famil...	\$4,591.72
5	Edgewood Eagle	\$4,011

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

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

Challenge Your Mind



Be curious! Put your brain to work and do something that is new for you. Learn a new skill. Try something artistic. Challenging your mind may have short- and long-term benefits for your brain. Learn more about how to challenge your mind.

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

CHALLENGE YOUR MIND

Just as physical exercise strengthens our bodies, mental exercise strengthens our brains. Mental activities that challenge and stimulate the brain are referred to as “cognitive training”. Common cognitive training activities include word games such as crossword puzzles, word search, Scrabble, and number games such as sudoku. Chess and other strategy games provide excellent mental exercise, as do puzzles, artwork, and crafts requiring coordination and focus. Learning a foreign language and playing an instrument are known to be top brain exercise activities. Research supports that mental exercise can improve attention span, reading skills, visual and auditory processing, listening skills, and memory. Combining physical activity with mental exercise can multiply the benefit to the brain; boxing, dance, and tai chi are some examples.

So, it's time for “game on!” Choose mental activities that you enjoy and add variety to keep the brain challenged.



Alzheimer's & Other Dementia Support Groups for Family Caregivers – October 2026

Cathedral of the Rockies: In Person

(Support group is temporarily closed for new members)

1st and 3rd Thursday each month.

Thursday, October 1 & 15 at 2 PM

Cathedral of the Rockies

Boise, ID, 83702

Eagle Support Group: In Person

2nd & 4th Wednesday of each month

Wednesday, October 14 & 28 at 1 PM

Eagle Senior Center

Eagle, ID, 83616

Meridian Support Group – Grace Assisted Living

2nd Tuesday of the Month

Tuesday, October 13 at 6:30 PM

Grace Assisted Living, Theater Room

Meridian, ID 83646

Nampa Library Support Group: In Person

Last Monday of each month

Monday, October 26 at 1:00 PM

Nampa Library, Room 302, Nampa, ID, 83651

Library! at Hillcrest: In Person

1st and 3rd Monday of each month

Monday, October 5 & 19 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, October 14 at 6:30 PM

Zoom Link Provided Upon Registration

Women Caring for Spouses: Online

1st & 3rd Tuesdays of each month

Tuesday, October 6 & 20 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, October 21 at 1 PM

Nampa Public Library, Room 302

Nampa, Idaho 83651

Payette County Support Group: In Person

Last Tuesday of each month

Tuesday, October 27 at 2 PM

Horizon Home Health & Hospice, Conference Room

Fruitland, Idaho 83661

Aspen Creek Assisted Living

2nd Tuesday of the month

Tuesday, October 13 at 12:30 PM

Aspen Creek Assisted Living

Caldwell, ID 83605

Pocatello Support Group: In Person

2nd Wednesday of each month

Wednesday, October 14 at 2 PM

Pocatello, ID, 83201

Twin Falls Support Group: In Person

3rd Tuesday of each month

Tuesday, October 20 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, October 8 at 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 Dementia Talking Circle 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 CAREGIVERS & 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
Area Agency on Aging 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
Area Agency on Aging 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



**Idaho Community
Care Program**
208.871.2344



AAA Idaho Falls
208.522.5370 ext. 203



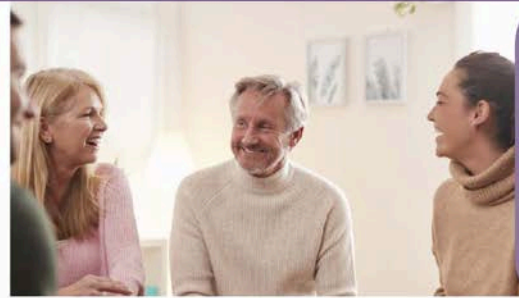
**Shoshone-Bannock
Elderly Nutrition Services**
208.478.3858



Alzheimer's Association
800.272.3900

NORTH IDAHO CARE & SUPPORT

ALZHEIMER'S ASSOCIATION®



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

Local North Idaho Support Groups

Post Falls Caregiver Support Group

1st & 3rd Wednesdays of the month
3 - 4:30 pm

Bonniers Ferry Caregiver Support Group

1st Tuesday of the month
1:00 pm - 2:30 pm

Moscow Caregiver Support Group

2nd Monday of the month
11:00 am - 12:00 pm

Lewiston Caregiver Support Group

2nd Wednesday of the month
1:30 pm - 3:00 pm

Monthly Introduction to Alzheimer's class

1st & 3rd Thursday of the month
12:00 pm - 1:00 pm

To register call 208.666.2996

Clarkston Memory Cafe

4th Thursday of the month
12:00 pm - 2:00 pm

Memory Cafes are for those living with memory loss and their care partners

Coeur d'Alene Caregiver Support Group

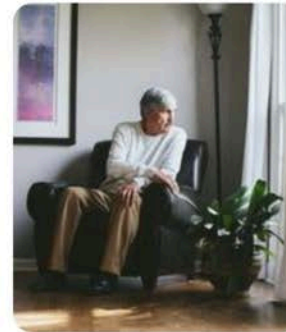
2nd Wednesday of each month
2:00 pm - 3:00 pm

To Register for support groups, please call 800.272.3900 or visit
www.communityresourcefinder.org

800.272.3900 | alzwa.org

800.272.3900 | alzwa.org

2026 North Idaho Caregiver Conference



Save the Date: Friday, November 6, 2026

Join us for the 2026 North Idaho Caregiver Conference —an inspiring day dedicated to empowering, educating, and connecting family caregivers throughout our North Idaho communities. Whether you're caring for a loved one with Alzheimer's or simply looking to learn more about caregiver support, this free event offers practical tools, valuable resources, and a chance to build community with others who understand your journey.

To register, please visit:



Thank you to our partners:



DATE
Friday, November 6

TIME
8 a.m. - 3 p.m.

LOCATION
Real Life Ministries –
Post Falls Campus
1866 Cecil Rd,
Post Falls, ID 83854

QUESTIONS
mlarson@alz.org or
208.666.2996

ALZHEIMER'S ASSOCIATION®

CARE & SUPPORT

NEVER TOO LATE

A CREATIVE AGING PROGRAM

THURSDAYS, SEP 17-OCT 22
1:30-3PM • PROGRAM ROOM
IDAHO FALLS PUBLIC LIBRARY

This 6-week visual art course explores various parts of our selves, while introducing learners to different art mediums. Participants will create a portfolio of original artwork and a handmade artist book.

The 90-minute sessions are dementia friendly, but all learners age 55 and better are invited to attend.

To register, go to
<https://bit.ly/NeverTooLate2026>
or scan the QR code!

Spots are limited!



Brought to you by:
rediscover reading
Idaho Falls Public Library



ALZHEIMER'S ASSOCIATION
Greater Idaho Chapter

6th ANNUAL BRAIN HEALTH SYMPOSIUM

FREE EVENT | VIRTUAL & IN-PERSON | LUNCH INCLUDED | SATURDAY, OCTOBER 17 AT ICOM | 8:15AM-3:00PM

OUR PRESENTERS



THOMAS FARRER
Understanding Your
Dementia Risk
Factors



SHASHI AJMANI
The Effect of Hormones
On Brain Health



THERESA TRIMARCO
How Does Correct
Hearing Impact
Brain Health



TINA BARNETT
Using Technology To
Improve Health Outcomes



SARAH MOSSEAU
Long Term Success
With Hearing Aids



SHEILA WEAVER
Family Caregiver
Support



BOB WOOD
BSU Neuroscience
Research



LESLIE BLANCH
The Science Behind Brain
Health & Applying to
Physical Activity



SYDNEY BOUTROS
BSU Neuroscience
Research



MICHAEL WHITE
The Diabetic Brain

For professional and general audiences. Additionally, it provides Continuing Medical Education for medical providers and fitness professionals. CME / CEC Registration Fee: \$20

TO REGISTER, SCAN THE
QR CODE OR VISIT:
ymcatidaho.org/brain-health



For more information, please contact:
Mary Biddle-Newberry
mary.biddle@ymcatidaho.org
208-344-5502, ext. 276



TWO WAYS TO ATTEND!
Made possible by our
generous partners.



In support of improving patient care, this activity has been planned and implemented by the University of Idaho, School of Health and Medical Professions, and the YMCAT Treasure Valley. 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.

For more information about the credits offered, visit www.shmps.uoi.edu/courses/2026-brain-health-symposium

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

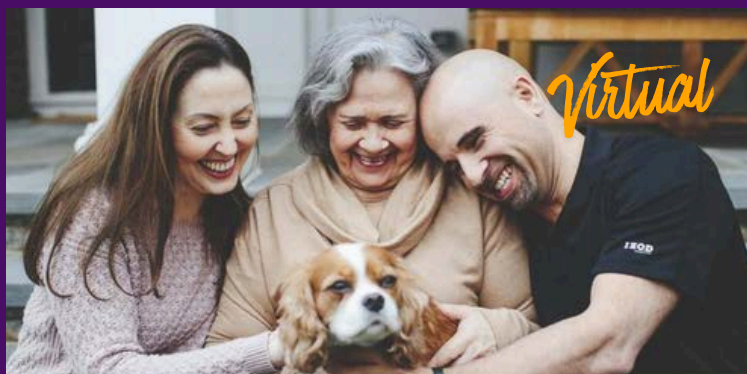
3587 E. Overland Rd. Meridian, ID 83642



ALZHEIMER'S ASSOCIATION
Greater Idaho Chapter

Registration Required. Please call our
Local Office: 208.206.0041

For additional resources contact the helpline available 24/7 at
800.272.3900



Grupo virtual de apoyo para cuidadores

El tercer martes de cada mes

7:00 PM - 8:30 PM PST

- Para registrarse, llame a nuestra línea de ayuda al 800.272.3900. El grupo se ofrece únicamente en español.



Crea un sistema de apoyo con
personas que te entiendan

Los cuidadores de personas con la
enfermedad de Alzheimer y otras
demencias enfrentan desafíos únicos

- No estás solo. Ya sea que necesites información sobre el cuidado en etapa temprana, intermedia o avanzada, la Alzheimer's Association está aquí para apoyarte.

800.272.3900 | alzwa.org

ALZHEIMER'S ASSOCIATION®

Twin Falls

CARE & SUPPORT

Pocatello

THE EMPOWERED CAREGIVER

In collaboration with the Twin Falls Public Library and the Alzheimer's Association



Twin Falls Public Library 201 4th Ave. E., Twin Falls, ID 83333

SEPT 22

BUILDING FOUNDATIONS OF CAREGIVING
6 - 7 PM

Join us to learn the role of a caregiver and changes you may experience, using a person-centered care approach, building a support team, and managing caregiver stress.

bit.ly/ECTF1



SEPT 29

SUPPORTING INDEPENDENCE
6 - 7 PM

Join us to learn how dementia affects independence, four steps to help with daily activities, tips to make activities meaningful, and providing the right amount of support.

bit.ly/ECTF2



OCT 6

COMMUNICATION & BEHAVIORS
6 - 7 PM

Communicating Effectively teaches how dementia affects communication. Responding to Dementia-Related Behaviors details common behavior changes.

bit.ly/ECTF3



OCT 13

EXPLORING CARE & SUPPORT SERVICES
6 - 7 PM

Join us to learn about planning for care changes, types of respite, long-term and residential care, end of life options, and moving care settings.

bit.ly/ECTF4



TO REGISTER, CALL 800.272.3900, SCAN THE QR CODE OR VISIT THE URL LISTED ABOVE

THE EMPOWERED CAREGIVER

In partnership with the Housing Alliance & Community Partnerships and the Alzheimer's Association



Housing Alliance & Community Partnerships 750 N 5th Ave., Pocatello, ID 83201

SEPT 22

BUILDING FOUNDATIONS OF CAREGIVING
12 - 1:30 PM

Join us to learn the role of a caregiver and changes you may experience, using a person-centered care approach, building a support team, and managing caregiver stress.

bit.ly/EC

SEPT 29

SUPPORTING INDEPENDENCE
12 - 1:30 PM

Join us to learn how dementia affects independence, four steps to help with daily activities, tips to make activities meaningful, and providing the right amount of support.

bit.ly/EC



OCT 6

COMMUNICATION & BEHAVIORS
12 - 1:30 PM

Communicating Effectively teaches how dementia affects communication. Responding to Dementia-Related Behaviors details common behavior changes.

bit.ly/ECPOKY3



OCT 13

EXPLORING CARE & SUPPORT SERVICES
12 - 1:30 PM

Join us to learn about planning for care changes, types of respite, long-term and residential care, end of life options, and moving care settings.

bit.ly/ECPOKY4



TO REGISTER CALL 800.272.3900, SCAN THE QR CODE OR VISIT THE URL LISTED ABOVE

EVENT CANCELLED

Idaho Falls

THE EMPOWERED CAREGIVER

In collaboration with the Idaho Falls Public Library and the Alzheimer's Association



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

SEPT 23

BUILDING FOUNDATIONS OF CAREGIVING
12 - 1:30 PM

Join us to learn the role of a caregiver and changes you may experience, using a person-centered care approach, building a support team, and managing caregiver stress.

bit.ly/ECIF1



SEPT 30

SUPPORTING INDEPENDENCE
12 - 1:30 PM

Join us to learn how dementia affects independence, four steps to help with daily activities, tips to make activities meaningful, and providing the right amount of support.

bit.ly/ECIF2



OCT 7

COMMUNICATION & BEHAVIORS
12 - 1:30 PM

Communicating Effectively teaches how dementia affects communication. Responding to Dementia-Related Behaviors details common behavior changes.

bit.ly/ECIF3



OCT 14

EXPLORING CARE & SUPPORT SERVICES
12 - 1:30 PM

Join us to learn about planning for care changes, types of respite, long-term and residential care, end of life options, and moving care settings.

bit.ly/ECIF4



TO REGISTER, CALL 800.272.3900, SCAN THE QR CODE OR VISIT THE URL LISTED ABOVE

ALZHEIMER'S ASSOCIATION *McCall*

Community Education — join us for one session or attend them all!

McCall Senior Citizens Center 701 1st St, McCall, ID 83638

SEPT 22

BUILDING BRAIN-HEALTHY HABITS
4 - 5 PM

Research-backed practices to maintain brain health at any age.

bit.ly/4glzd8Y



SEPT 29

10 WARNING SIGNS OF ALZHEIMER'S
4 - 5 PM

Common signs of dementia (versus age-related cognitive decline) and when to see a physician.

bit.ly/4hKu0yC



OCT 13

COMMUNICATION & BEHAVIORS
4 - 5 PM

Strategies for common dementia-related communication and behavior challenges.

bit.ly/4zsVPBB



OCT 6

BUILDING FOUNDATIONS OF CAREGIVING
4 - 5 PM

Providing person-centered care, building a support team, and managing caregiver stress.

bit.ly/4bWJdJ5



OCT 20

SUPPORTING INDEPENDENCE
4 - 5 PM

Maximizing independence with meaningful activities and the right amount of support.

bit.ly/3UpeUVI



REGISTRATION IS REQUESTED BUT NOT REQUIRED. TO REGISTER, CALL 800.272.3900, SCAN THE QR CODE, OR CLICK THE URL LISTED ABOVE

COMMUNITY EVENTS & RESOURCES



Support Groups



1 Lewiston 4th Wednesday 1:30-3:00 PM Granit Lake Community Church 231 5 th Street Lewiston, ID 83501	2 Grangeville 3rd Friday 2:30-4:00 PM Camas Prairie Food Bank 411 E North St, Grangeville, ID 83530
3 Moscow 1st Tuesday 10:00-12:00 PM Oma's Place 107 South Main Street Moscow, ID 83843	4 Coeur d'alene 3rd Monday 1:30-3:00 PM Area Agency on Aging 402 W Canfield Ste 1 Coeur d'Alene, ID 83815
5 Twin Falls 2nd Wednesday 1:30-3:00 PM Twin Falls Senior Center 530 Shoshone St. W Twin Falls, ID 83301	6 Blackfoot 3rd Monday 1:00-3:00 PM U of I Extension Office 412 W Pacific St Blackfoot, ID 83221
7 Mountain Home 1st Thursday 6:00-7:30 PM Mountain Home Parks and Recreation Office 795 S 5 th W St Mountain Home, ID 83647	8 Mountain Home 3rd Monday 10:00-11:30 AM The Rock Church 315 South 4 th E St Mountain Home, ID 83647

For more information contact Idaho Community Care Program 208-898-9626
CCP@a3ssa.com



Savvy Caregiver Program



The Savvy Caregiver Program is a FREE educational training designed to support family caregivers of individuals living with Alzheimer's disease or other dementias.

Caregivers often find themselves in a role they were never formally trained for. This program helps caregivers develop, strengthen, and master practical skills to confidently manage the challenges and balance the demands of caregiving.

REGISTRATION IS REQUIRED

Class is every Thursday morning for three weeks beginning October 15th.

Location: Join from the comfort of your home.
Held online via Zoom
Zoom link will be Provided

Time: 10:00-12:00 Mountain Time

Interested? Contact:
CCP@a3ssa.com
208-898-9626

Week One - October 15th

- Introductions and program goals
- Understanding Alzheimer's and Other Dementias
- Self-Care Skills and Managing Emotions
- Resources for Family and Care Partners

Week Two - October 22nd

- Homework Review
- The Role and Goals of the Caregiver
- How Confusion Affects Behavior
- Understanding Behavioral Changes in Dementia
- The Stages of Dementia

Week Three - October 29th

- Homework Review
- Person, Structure, Support and Communication
- Decision Making Tool
- Program Recap and Key Takeaways



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	Length	Gratitude
Family caregivers! Caregivers with more than 3 years of experience will be trained to mentor caregivers who are new to the caregiving role	All participants receive 12 weeks of educational materials and 6 months of follow up surveys	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






FREE six-week course designed for caregivers who care for a person with memory loss, dementia, or Alzheimer's Disease.

Class is every Wednesday for six weeks beginning October 7, 2026

Ashton Community Center
925 Main St. Ashton, Idaho

10:00 am till Noon

208-652-7280

REGISTER NOW

Please call the Ashton Library to Register.

Cost is FREE!



The University of Idaho has a policy of nondiscrimination on the basis of race, color, religion, national origin, sex, age, sexual orientation, gender identity/expression, disability, genetic information, or status as any protected veteran or military status.

Persons with disabilities have the right to request and receive reasonable accommodations. Please complete this form to assist in evaluating the reasonable accommodation request at least two weeks prior to the event. Accommodation applications cannot be approved without supporting documentation. Submit this electronic request form by sending the application and documentation to Center for Disability Access and Resources 875 Perimeter Drive Moscow, ID 83844-4257 cdar@uidaho.edu Phone 208-885-6307, Fax 208-885-9404.

Taught By:
Leslee Blonch
U of I
Extension Educator in Family and Consumer Sciences



COMMUNITY EVENTS & RESOURCES



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



MENTAL WELLNESS SERIES



**Wednesdays • Program Room
Idaho Falls Public Library**

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

July 22, 6:30pm
Depression in the Elderly

August 26, 6:30pm
Mindful Traits: Boosting Brain Health in the Great Outdoors

September 23, 6:30pm
Chronic Mental Health Disorders

October 28, 6:30pm
Child Mental Health Issues

November 25, 1pm
Veterans and Mental Illness

December 16, 1pm
Teens and Depression




BRAIN HEALTH: MOMENTS THAT MATTER

2026

CAREGIVER CONFERENCE



Learn from expert speakers focusing on healthy brain function and connect with valuable community resources. Enjoy a complimentary continental breakfast and discover the tools, advice, and network you need to care for your loved one with confidence.

GUEST SPEAKERS:



JOANNE TRAMMEL, MS
Registered & Licensed
Occupational Therapist
Alzheimer's Association



LESLEE BLANCH
Registered & Licensed
Dietitian Nutritionist



JAIME LARSEN
Distinguished Professor
Director of Lifelong Wellness,
Forever Fit, and Active Aging

THURSDAY, NOV. 12, 2026
9AM-1PM
TWIN FALLS SENIOR CENTER
530 Shoshone St W, Twin Falls

PARTICIPANT CHECK-IN FROM
8:30-9AM

Event free of charge
Must register to attend:
call **208-736-2122**
or email **OOA@OOA.CSI.EDU**



WOMEN'S HEALTH FAIR

OCT. 17, 2026 | 10 A.M. - 1 P.M.

FREE ADMISSION
CHILD CARE AND FOOD TRUCKS ON SITE

Culture for Change Foundation
510 2nd Ave South Suite 100, Twin Falls



- Blood pressure checks
- Blood sugar checks
- Educational Sessions:
 - Birth control and menstruation
 - Pelvic health and STI prevention
 - Pregnancy and lactation
 - Peri-menopause
 - Nutrition
- St. Luke's Breast Health Mobile Clinic
 - Mammograms are recommended annually for women 40+
 - Insurance will be billed, but there are available payment options for those without coverage.

GET YOUR BOOOOBS CHECKED!

COMMUNITY EVENTS & RESOURCES



Powerful Tools for Caregivers

6-Week Workshop

In Boise

NEW DATE: Monday, September 28th

Powerful Tools Workshops are FREE!

Powerful Tools for Caregivers Workshops are designed for YOU, the family caregiver. Classes are established for a caregiver age 60 and above or the caregiver cares for someone above the age of 60.

REGISTRATION IS REQUIRED!

Register Online at www.AgingStrong.org

Workshop details: **NEW DATE!**

Class Dates: Starts—September 28th

Ends: November 9th (Holiday October 12th)

6 Consecutive Weeks

Time: 12:30-3:00

Location: Aging Strong Conference Room at Jannus
3501 W Elder St. 83705 Suite 104



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



OFFERED AT NO COST!

AGING STRONG TRANSITION CAFÉ

Have You Heard About Our Aging Strong Transitions Café?

Honoring your past, supporting your next chapter!

The Transition Café

"Rebuilding life with connection and purpose."

The Aging Strong Transitions Café is a welcoming space for those who have been caregivers, have lost a loved one and are beginning to rediscover themselves. It's a gentle place to ease back into social life, share stories with others who understand, and explore new ways to find meaning and purpose. Whether you're looking for companionship, encouragement, or opportunities to give back, you'll find a community that walks beside you as you navigate this new chapter—with compassion, understanding, and hope.

INTRODUCING 2026 MEETINGS

Join us at
NORCO,
1303 S Silverstone Way, Meridian,
2nd Floor Conference Rm
The 2nd Thursday of Every Month, 1:00-2:30
Meeting Schedule:
September 10th, October 8th, November 12th

AND SUDDENLY
YOU JUST KNOW
IT'S TIME TO START
SOMETHING NEW
AND TRUST
THE MAGIC
OF BEGINNINGS

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

Brought to you by:



www.AgingStrong.org



Held In-Person at Several Locations: Boise (2), Meridian, Kuna, Nampa, Mountain Home, Weiser and On-line!

Have You Heard About Our Memory Café?

A place where family caregivers and their loved one with memory loss can get together in a safe, supportive, and engaging environment.

OFFERED AT NO COST!

The Memory Café Encourages Friendship and Acceptance!

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

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



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

OCTOBER 2026 EVENTS:

Orchard Park Meridian Library
1268 W Orchard Park Dr, Meridian
• 1st Thursday, October 1st
1:30-3:00 NEW DAY

Nampa Public Library

• 215 12th Ave
2nd Monday, October 5th
1:00-2:30

Saint Alphonsus Memory Center On-Line Event
• 2nd Tuesday, October 13th
11:30-1:00
Contact Karen for Zoom link

Kuna Library District
457 N Locust, Kuna
• 2nd Wednesday, October 14th
1:00-2:30

NEW Weiser Public Library
• 628 E First St, Weiser, ID
2nd Tuesday, October 20th
1:00-2:30

Bown Crossing Library
2153 E Riverwalk Dr., Boise
• 3rd Thursday, October 15th
1:00-2:30

Ada Community Library Victory Branch
10664 W Victory, Boise
• 3rd Wednesday, October 21st
1:00-2:30

Mountain Home Public Library
790 N 10th East St, Mountain Home
• 4th Tuesday, October 27th
1:00-2:30



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

In Partnership with:



COMMUNITY EVENTS & RESOURCES



The Voice of Dementia

A Support Group For Those With an Early Diagnosis



Voices and Connection:

Receiving a dementia diagnosis can bring many questions and emotions. This experience offers a safe space for individuals with early-onset dementia to connect with peers, discuss experiences, learn from one another, and focus on living well while navigating cognitive changes.

OFFERED AT NO CHARGE

A support group for individuals living with an early dementia diagnosis provides an understanding and encouraging space to connect with others who share a similar journey. It offers opportunities to enjoy activities, relax, have fun, share experiences, gain support, and explore positive pathways forward together—helping participants feel connected, and valued.

New Event Starting in September

Join us at 3587 E Overland Rd, Meridian (west side of the complex)

UPCOMING DATES:

Meeting monthly on the fourth Friday

- September 25th 11:00-12:00 PM
- October 3rd 11:00-12:00 PM



For more information or to RSVP

Contact Karen Kouba-McIver

Email: kkouba@jannus.org

Phone: 208-947-4283

Brought To You By:




www.AgingStrong.org





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 MIÉRCOLES

30 DE SEPTIEMBRE A 4 DE NOVIEMBRE, 2026

5:30-7:30PM

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



Prepare to Care Conference

Ideas. Tools. Resources. Support.




PLEASE JOIN US

Whether you're caring for a loved one today or planning for the future, caregiving can feel overwhelming. You don't have to navigate it alone.

Join AARP Idaho for a FREE one-day conference designed to help family caregivers now or in the future to gain practical knowledge, discover local resources, and connect with others who understand the journey.

Seating is limited. Registration is required.

November 4, 2026 | 10 a.m. - 3 p.m.

Check-in opens at 9:30 a.m.

Hilton Garden Inn Boise Spectrum

7699 W. Spectrum Street
Boise ID 83709



Register today:

events.aarp.org/Idahocares26



250 S. 5th Street
Suite 800
Boise, ID 83702

aarp.org/id

aarpid@aarp.org
866-295-7284

[f](https://www.facebook.com/aarpidaho) [X](https://www.x.com/aarpidaho) [@aarpidaho](https://www.instagram.com/aarpidaho)



You don't have to face this alone.

Whether you're a caregiver, a family member, or living with the disease yourself, our 24/7 Helpline is here for you. Call 800.272.3900 any time, day or night, to talk with a trained specialist or a master's-level clinician. Calls are free and confidential.

COMMUNITY EVENTS & RESOURCES

EMPOWERED TO CARE

Our goal is simple:

We want every attendee to leave feeling empowered to care now or in the future with ideas, tools, resources, and a practical roadmap for the journey ahead.

We also want caregivers to feel:

- Valued
- Seen
- Supported
- Connected to others facing similar experiences

LEAVE WITH KNOWLEDGE YOU CAN USE

Learn from experts and experienced caregivers about:

Managing Care at Home

- Working with doctors and healthcare teams
- Safely assisting with medical needs
- Addressing caregiver burnout
- Caring for your own physical and emotional well-being

Planning Ahead

- Estate planning essentials
- Important legal and financial documents
- Medicaid considerations
- Family communication strategies

Paying for Care

- Understanding costs
- Medicare coverage realities
- Available community resources

YOU'RE NOT ALONE

Caregiving brings rewards, but it can also bring stress, guilt, difficult decisions, and feelings of isolation. A resource panel and exhibitor area will provide opportunities to ask questions and connect directly with organizations that can help.

Through inspiring stories, interactive sessions, and conversations with fellow caregivers, you'll find:

- Support from people who understand
- Practical solutions for everyday challenges
- Strategies for balancing caregiving and self-care
- Resources available right here in Idaho

CONNECT WITH TRUSTED RESOURCES

Meet organizations dedicated to helping Idaho families navigate caregiving challenges, including experts in:

- Aging services
- Caregiver support programs
- Community resources
- Health and wellness
- Information and referral assistance

Included with your **FREE** registration:

- Complimentary lunch
- Resource materials



Clínica Médica Gratuita

Acercando la atención médica de calidad a usted

Fecha 6 de octubre de 2026
Dirección 1010 Dearborn St. Caldwell, ID 83605
Hora De 10:00 a 14:00 horas

Citas limitadas disponibles

Nuestra clínica móvil acude a usted con un proveedor del cuidado de la salud para administrar servicios médicos y consultas que incluyen:

- Signos vitales
- Pruebas diagnósticas (orina, sangre, COVID, gripe, RSV, estreptococo, A1C, ETS, ITS), - incluyendo pruebas de diabetes
- Limpieza de oídos
- Citas para la salud de la mujer
- Exámenes de detección de empleadores, incluyendo exámenes oculares
- Trabajadores de salud comunitarios en el sitio para asistencia en derivaciones

LLAME PARA PROGRAMAR SU CITA (208) 367-4482 (4HUB)
o comuníquese al correo electrónico SAHSCommResources@saintalphonsus.org



Free Medical Clinic

Bringing Quality Healthcare to You

Date October 6th, 2026
Address 1010 Dearborn St. Caldwell, ID 83605
Time 10 am - 2pm

Walk-ins Welcome

Our mobile clinic comes to you with a healthcare provider to administer medical services and consultation including:

- Vital signs
- Diagnostic testing (urine, blood, COVID, flu, RSV, strep, A1C, STD, STI) - including diabetes testing
- Ear cleaning
- Women's health appointments
- Employer screenings including eye screenings
- On-site Community Health Workers for referral assistance

CALL TO SCHEDULE (208) 367-4482 (4HUB)
or contact SAHSCommResources@saintalphonsus.org

