ALZHEIMER'S ASSOCIATION

Idaho Chapter

Chapter Newsletter

November 2026

November at a Glance

Full details inside this issue

NOV 2	**Building Brain-Healthy Habits**	Virtual • 6 PM MT
NOV 4	**AARP Prepare to Care Conference**	Boise • 10 AM to 3 PM
NOV 6	**North Idaho Caregiver Conference**	Post Falls • 8 AM to 3 PM
NOV 12	**Caregiver Conference: Brain Health**	Twin Falls • 9 AM to 1 PM
NOV 13	**Easy & Healthy Holiday Cooking**	Idaho Falls • Noon to 1 PM
NOV 14	**Cuéntame Más**	Nampa • 11 AM to 1 PM
NOV 18	**Holiday Cooking Demonstration**	Ammon • 2 to 3 PM
NOV 19	**ALZ Talks: Friendships After a Diagnosis**	Virtual • 2 PM MT

Looking ahead: Creating Dementia Friendly Holidays & Events, Tuesday, Dec. 8, 3 PM MT (virtual)

Support groups meet all month across Idaho.
Questions? Call 800.272.3900



A Season of Gratitude and Care

November is National Alzheimer's Disease Awareness Month and National Family Caregivers Month, a time to recognize the millions of families affected by Alzheimer's and the caregivers who give so much of themselves every day.

If you are caring for someone living with dementia, please know you are not alone. Our 24/7 Helpline at 800.272.3900 is always available, and support groups across Idaho meet throughout the month. You'll find support group lists inside this issue.

As the days grow shorter, it's a great time to learn something new. Explore the education programs and community events in this newsletter, from in-person classes to online options you can join from home.

From all of us at the Idaho Chapter, thank you for being part of this community. Wishing you a warm and peaceful November!

~Idaho Chapter Staff

Resource Spotlight

The Holidays & Alzheimer's

The holidays are often filled with sharing, laughter and memories, but they can also bring stress, disappointment or sadness. A person living with Alzheimer's or another dementia may feel a special sense of loss during the holidays because of the changes he or she has experienced.

VISIT: alz.org/help-support/caregiving/holidays for more information

FREE VIRTUAL PROGRAM | SEE THE FULL FLYER IN CARE & SUPPORT

Creating Dementia Friendly Holidays & Events

Tuesday, December 8, 2026 • 3 to 4 PM MT / 2 to 3 PM PT

Register: bit.ly/HOLS26812 or 800.272.3900

ADVOCACY

AIM
ALZHEIMER'S IMPACT MOVEMENT
ALZHEIMER'S ASSOCIATION

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 — 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

DO WHAT YOU LOVE TO END ALZ™

ALZHEIMER'S ASSOCIATION®

Turn What You Love Into a Fundraiser

Bake, golf, craft, game or host a party. **Do What You Love to End ALZ** is simple, flexible and starts with you. Pick an activity you enjoy and turn it into a way to help end Alzheimer's and all other dementia.

Ready to start?

Contact Emma Taylor
emtaylor@alz.org

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 R...	$7,133.52
2	Kevin King Am...	$4,970
3	MorningStar S...	$4,623.04
4	West Bound & ...	$3,740
5	Memory Metho...	$2,821

POCATELLO

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

MAGIC VALLEY

	TEAMS	
1	Dot Foods-Burl...	$10,080
2	Edward Jones/...	$4,060
3	Ashley Manor ...	$2,010
4	DeSano Place	$1,632.82
5	Canyons Senio...	$1,620

TREASURE VALLEY

	TEAMS	
1	Julian Strong	$12,611.11
2	ADLG to End A...	$7,299.20
3	Keeler/Esias	$5,600
4	The Glenn Fa...	$4,591.72
5	Edgewood Eagle	$4,131

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

YOUR MONTHLY BRAIN HEALTH TIP

Healthy Habits, Healthy Brain



This Month: Be Smoke-Free

Quitting smoking can lower the risk of cognitive decline back to levels similar to people who have never smoked. **It's never too late to stop.**

Inspired by the Alzheimer's Association's **10 Healthy Habits for Brain Health** • Learn more at **alz.org/healthyhabits**

LESLEE'S BRAIN BOOST



Leslee Blanch

Registered and licensed dietitian nutritionist

Family and Consumer Sciences Associate Extension Educator

University *of* Idaho Extension

LESLEE'S BRAIN BOOST

Be Smoke-Free

How smoking affects the brain

Smoking cigarettes, vaping, and breathing second-hand smoke can significantly affect brain health. In addition to nicotine, chemicals in these products can include ammonia, arsenic, formaldehyde, lead, and tar. While many of these chemicals are known to have negative impacts on the body they can also have a negative impact on the brain through processes such as oxidative stress and inflammation. Also, as smoking inhibits normal circulation, the delivery of nutrients and oxygen to the brain is impeded, compromising brain health.

What the research shows

Research has found that smokers have slower cognitive processing speeds, more brain volume loss, and higher rates of Alzheimer's and other forms of dementia than non-smokers.

The good news is that smoking cessation can largely reverse the negative neurological effects of smoking! If you or someone you love smokes, seek help. There are many resources available today, including your health care provider and public health department.

Free help in Idaho: Project Filter, **1-800-QUIT-NOW** (1-800-784-8669)

Don't wait to quit – your brain is counting on it!

Sources: How Smoking Affects Your Brain; Tobacco smoking and vascular biology and function: evidence from human studies (PMC)

ALZHEIMER'S ASSOCIATION

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

Cathedral of the Rockies: In Person
(Support group is temporarily closed for new members)
1st and 3rd Thursday each month,
Thursday, November 5 & 19 at 2 PM
Cathedral of the Rockies
Boise, ID, 83702

Eagle Support Group: In Person
2nd & 4th Wednesday of each month
Wednesday, November 11 & 25 at 1 PM
Eagle Senior Center
Eagle, ID, 83616

Meridian Support Group - Grace Assisted Living
2nd Tuesday of the Month
Tuesday, November 10 at 6:30 PM
Grace Assisted Living, Theater Room
Meridian, ID 83646

Nampa Library Support Group: In Person
Last Monday of each month
Monday, November 23 at 1:00 PM
Nampa Library, Room 302, Nampa, ID, 83651

Grannie On the Move: In Person
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, November 11 at 6:30 PM
Zoom Link Provided Upon Registration
CANCELLED

Women Caring for Spouses: Online
1st & 3rd Tuesdays of each month
Tuesday, November 3 & 17 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, November 18 at 1 PM
Nampa Public Library, Room 302
Nampa, Idaho 83651

Payette County Support Group: In Person
Last Tuesday of each month
Tuesday, November 24 at 2 PM
Horizon Home Health & Hospice, Conference Room
Fruitland, Idaho 83661

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

Pocatello Support Group: In Person
2nd Wednesday of each month
Wednesday, November 11 at 2 PM
Pocatello, ID, 83201

Twin Falls Support Group: In Person
3rd Tuesday of each month
Tuesday, November 17 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, November 12 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-clinical staff, 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 **VIRTUAL** Caregiver Support Group	3rd Wednesday of the Month: 10 AM - 11:00 AM	Contact CCP@a3ssa.com or call 208-898-9626 to register for the webinar
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
Case Management - Advocacy - Respite - Education

Idaho Community Care Program
208.871.2344

Area Agency on Aging Eastern Idaho
fueled by EICAP

AAA Idaho Falls
208.522.5370 ext. 203

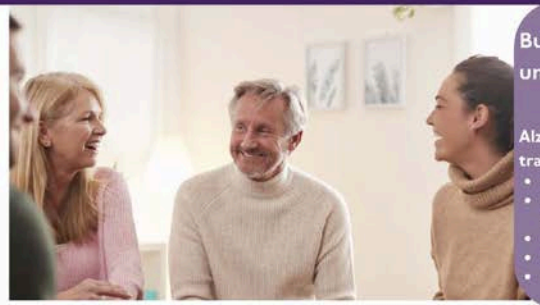
Shoshone-Bannock Elderly Nutrition Services
208.478.3858

ALZHEIMER'S ASSOCIATION

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

Bonners 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

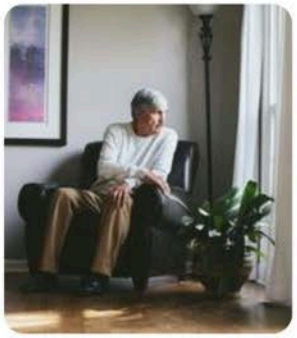
Coeur d'Alene Caregiver Support Group
2nd Wednesday of each month
2:00 pm - 3:00 pm

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:

REAL LIFE MINISTRIES
Touching Hearts at Home
oasis SENIOR ADVISORS
HOSPICE OF NORTH IDAHO
ORCHARD RIDGE Senior Living
Area Agency on Aging of North Idaho
North Idaho College

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
mllarson@alz.org or
208.666.2996

ALZHEIMER'S ASSOCIATION

CARE & SUPPORT

Cuéntame Más

An Alzheimer's Association program for caregivers, families, and older adults—a place to share, connect, and care for our minds.

No meetings in December, January, or February.

NOVEMBER 14, 2026

11 AM–1 PM

Please arrive 15 minutes early to sign in.

HISPANIC COMMUNITY CENTER

315 Stampede Drive, Room 200Nampa, ID 83687

COME CELEBRATE OUR LAST CUÉNTAME MÁS OF THE YEAR!



"Memories of My Grandfather"

FREE AND OPEN TO THE COMMUNITY • LUNCH INCLUDED

ACTIVITIES

SOCIAL CONNECTION	TELENOVELA SCREENING	LOTERÍA TOGETHER
A brief presentation on the importance of social connection. Meaningful relationships can support emotional well-being and brain health. Spend time together, share stories, and strengthen our community.	Join us for a screening of the five-episode mini telenovela "Memories of My Grandfather." Follow one family's journey through memory loss, diagnosis, and caregiving. Conversation follows.	Enjoy Lotería with the Alzheimer's Association—a friendly game filled with conversation, laughter, and learning.

STAY CONNECTED

Follow our Facebook page: Cuéntame Más Idaho

For more information or to register, call (208) 722–2521.

Registration is recommended but not required.

EVENT SPONSORS

Saint Alphonsus A Member of Trinity Health · MOLINA HEALTHCARE · IDAHO Community Care Program

NOVIEMBRE • ÚLTIMA REUNIÓN DE 2026

Cuéntame Más

CONEXIÓN SOCIAL Y SALUD CEREBRAL

Un programa acogedor de la Alzheimer's Association para personas cuidadoras, familias y adultos mayores: un espacio para compartir, conectarse y cuidar nuestra mente.

No habrá reuniones en diciembre, enero ni febrero.

14 DE NOVIEMBRE DE 2026

11 a.m.–1 p.m.

Por favor, llegue 15 minutos antes para registrarse.

CENTRO COMUNITARIO HISPANO

315 Stampede Drive, salón 200Nampa, ID 83687

¡ACOMPÁÑENOS EN EL ÚLTIMO CUÉNTAME MÁS DEL AÑO!



Telenovela "Recuerdos de mi abuelo"

EVENTO GRATUITO Y ABIERTO A LA COMUNIDAD • ALMUERZO INCLUIDO

ACTIVIDADES

CONEXIÓN SOCIAL	PROYECCIÓN DE TELENOVELA	LOTERÍA EN COMUNIDAD
Las relaciones significativas pueden apoyar el bienestar emocional y la salud cerebral. Venga a convivir, compartir historias y fortalecer nuestra comunidad.	Disfrute la mini telenovela de cinco episodios "Recuerdos de mi abuelo". Acompañe a una familia ante la pérdida de memoria, el diagnóstico y el cuidado. Al final conversaremos.	Disfrute la Lotería con la Alzheimer's Association: un juego ameno lleno de conversación, risas y aprendizaje.

Síganos en Facebook: Cuéntame Más Idaho

Para más información o para registrarse, llame al (208) 722–2521.

Se recomienda registrarse, pero no es obligatorio.

PATROCINADORES DEL EVENTO

Saint Alphonsus A Member of Trinity Health · MOLINA HEALTHCARE · IDAHO Community Care Program

ALZHEIMER'S ASSOCIATION

Support and Dementia Resources

If you care for someone with Alzheimer's, you are not alone.

We're here whenever you need us.

Join us every week for FREE, IN-PERSON, and PERSONALIZED dementia resources, caregiver support and education.

EVERY TUESDAY 1:00PM - 2:00PM

Grannie on the Move

3587 E. Overland Rd. Meridian, ID 83642

ELDER LAW AHRENS DeANGELI LAW GROUP · GRANNIE ON THE MOVE · 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

ALZHEIMER'S ASSOCIATION

ALZ TALKS

Supported by Procter & Gamble

Maintaining Relationships with Friends After a Dementia Diagnosis

Thursday, November 19

2 PM MT / 1 PM PT

A diagnosis can change friendships. Friends often want to help but don't know how. Hear from two Alzheimer's Association National Early-Stage Advisors and a friend who supports them, and learn practical ways to stay connected.

Register Now

Register: alz.org/help-support/resources/alz-talks-virtual-events

CARE & SUPPORT

THE EMPOWERED CAREGIVER

Virtual

Come for one session or join us for them all — each offers something new!
An education program brought to you by the Alzheimer's Association



JAN 13 — **BUILDING FOUNDATIONS OF CAREGIVING**
12 - 1:30 PM MST
11 -12:30 PM PST
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.

JAN 20 — **SUPPORTING INDEPENDENCE**
12 - 1:30 PM MST
11 - 12:30 PM PST
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.

JAN 27 — **COMMUNICATION & BEHAVIORS**
12 - 1:30 PM MST
11 - 12:30 PM PST
Communicating Effectively teaches how dementia affects communication. Responding to Dementia-Related Behaviors details common behavior changes.

FEB 3 — **EXPLORING CARE & SUPPORT SERVICES**
12 - 1:30 PM MST
11 - 12:30 PM PST
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.

TO REGISTER, CALL 208.350.6823, EMAIL JOCORNILSEN@ALZ.ORG, SCAN THE QR CODE OR VISIT THE URL LISTED BELOW.

ALZHEIMER'S ASSOCIATION

bit.ly/IDAHOEC

VIRTUAL BRAIN HEALTH AND DEMENTIA CLASSES

Virtual

Education programs presented by the Alzheimer's Association

Nov. 2nd – Know the 10 Signs: Early Detection Matters
Alzheimer's and other dementias cause changes in memory, thinking and behavior that interfere with daily life. Learn about 10 common warning signs and what to watch for in yourself and others.

Nov. 9th – Understanding Alzheimer's and Dementia
Alzheimer's is not a normal part of aging. It's a disease of the brain that causes problems with memory, thinking. Learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, Alzheimer's disease stages and risk factors.

Nov 16th –Building Brain Healthy Habits
Learn about healthy habits for your brain; the brain-heart connection; why brain health is important at all ages, and how to build your personalized action plan for brain-healthy habits

Nov. 23rd– Managing Money: A Caregiver's Guide to Finances
If you or someone you know is facing Alzheimer's disease, dementia or another chronic illness, it's never too early to put financial plans in place. Learn tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning

Nov. 30th – Know the 10 Signs: Early Detection Matters
Alzheimer's and other dementias cause changes in memory, thinking and behavior that interfere with daily life. Learn about 10 common warning signs and what to watch for in yourself and others.



12 PM-1 PM PST
Virtual-Zoom

To register or for more information:
Alexis Bonoff
509-321-4579/albonoff@alz.org

Join us for one or for all!

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

ALZHEIMER'S ASSOCIATION

CREATING DEMENTIA-FRIENDLY HOLIDAYS AND EVENTS

Virtual

An education program presented by the Alzheimer's Association®



PREPARING FOR THE HOLIDAYS

The holidays are a time when family and friends often come together. For families living with Alzheimer's and other dementias, the holidays can be challenging but with some planning and adjusted expectations, celebrations can still be happy, memorable occasions. Learn how to cope with the holidays and stay connected while caring for someone living with dementia.

Tuesday, December 8, 2026

2:00 - 3:00 PM PDT

Virtual, via Zoom

Regsiter at bit.ly/HOLS26812 or call 800-272-3900

SAN MATEO COUNTY HEALTH
AGING & DISABILITY SERVICES

ALZHEIMER'S ASSOCIATION



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 está solo. Ya sea que necesite 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

RESEARCH OPPORTUNITIES

T-SCAN

RICE

Caring for someone with dementia can be stressful

Rice University's T-SCAN Lab is looking for research participants to help them learn about the role of emotion and coping in caring for someone with dementia



No in-person visits

About 6 hours of participation over 3 months

Up to $120 compensation by Amazon e-gift card

Requires a smartphone

Part 1
Study introduction and consenting process via live video chat*

Part 2
Questionnaires, heart rate monitoring, task introduction via live video chat

Part 3
One week of daily brief check-ins via smartphone

Part 4
Follow up questionnaires

*T-SCAN Lab staff are available to assist with using the technology involved in this study

For more information, contact the T-SCAN team at
713-348-3528 or caregivers.tscan@gmail.com

Principal Investigator: Bryan Denny, PhD, Associate Professor
Telephone: 713-348-8257, Email: bryan.denny@rice.edu

This research study has been reviewed and approved by Rice University Institutional Review Board. (Protocol Number: IRB-FY2018-336) If you have concerns regarding this study or questions regarding your rights as a study participant, please contact an IRB Compliance Administrator. Email: irb@rice.edu or Telephone: 713-348-3586

Idaho Caregiver Alliance

University of Idaho

FAMILY CAREGIVERS: WE WANT TO HEAR FROM YOU!

Earn $50 for a one-hour interview

The University of Idaho and the Idaho Caregiver Alliance want to hear from family caregivers across Idaho: what your days are like, where you find help, what gets in the way of support or time for yourself, and what would make caregiving easier. If you're selected to be interviewed, you'll receive a $50 electronic gift card as thanks for your time. What you share will help improve services for Idaho caregivers.

You may be a caregiver if you help:

- A parent or spouse with dementia or aging needs
- A child or adult with a disability or illness
- A family member with mental health needs
- A veteran with service-related needs
- A grandchild or foster child you're raising

…or someone else who counts on you for care



WHO: Adults in Idaho caring for someone like those above
WHAT: A 45–60-minute interview via Zoom (video or phone)
WHEN: At a time that works for you
WHY: To shape caregiver services in Idaho and earn $50
HOW: Complete a 5-minute screening survey
VISIT: **https://tinyurl.com//IDcaregiver** or scan this QR code:

No internet? Call 208-885-8752 and we'll help you sign up.

Note: Signing up doesn't guarantee an interview — we're recruiting a variety of caregivers across the state

IRB #26-147 | Principal Investigator Dr. Sarah Deming: sdeming@uidaho.edu

COMMUNITY EVENTS & RESOURCES

Support Groups

IDAHO Community Care Program

IDAHO Commission on Aging

1 Lewiston
4th Wednesday 1:30-3:00 PM
Granit Lake Community Church
231 5th 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 5th W St
Mountain Home, ID 83647

8 Mountain Home
3rd Monday 10:00-11:30 AM
The Rock Church
315 South 4th E St
Mountain Home, ID 83647

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

CARVE OUT SOME TIME FOR YOURSELF

Grab your favorite mug, curl up in a comfy spot, and join us for an hour-long webinar focused on **connection** and **encouragement** for caregivers.

Virtual Meetup:
3rd Wednesday of every month
10:00AM - 11:00AM MST

We will email you the **Zoom link** to join the meeting.

Why Join?
- **Connect** with other caregivers who understand.
- Be **encouraged** and gain practical tips.
- Take a break and focus on **YOU.**

We're here to help!
If you need help with Zoom, we have **step by step** directions.

Contact CCP@a3ssa.com or call 208-898-9626 to register for the webinar

IDAHO Commission on Aging

IDAHO Community Care Program

RUSH

ORA: 21041503-IRB01 Date IRB Approved: 5/6/2023 Amendment Date: 1/16/2025

PERSEVERE
PEER MENTORING SUPPORT AND CAREGIVER EDUCATION

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

AGING STRONG programs by JAMNUS

OFFERED AT NO COST!

AGING STRONG TRANSITION CAFE

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

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

Brought to you by: NEXT 50 · MEMORY Café

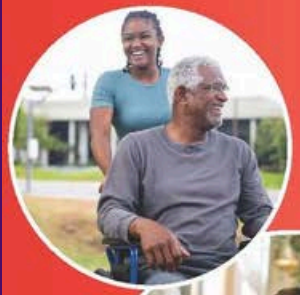
www.AgingStrong.org

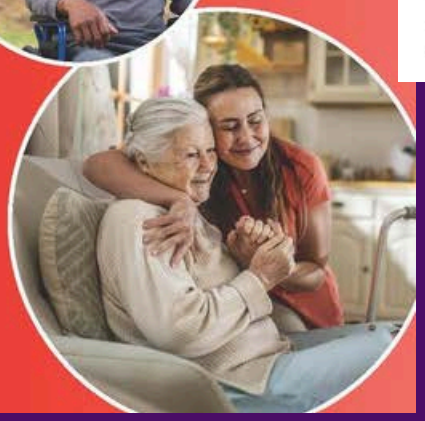
COMMUNITY EVENTS & RESOURCES

AARP Idaho

Prepare to Care Conference

Ideas. Tools.
Resources. Support.





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



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

AARP Idaho

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

aarp.org/id

aarpid@aarp.org
866-295-7284
@aarpidaho

COMMUNITY EVENTS & RESOURCES

the YMCA

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

NAMI National Alliance on Mental Illness Upper Valley Idaho

rediscover reading Idaho Falls Public Library

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**

CSI OFFICE ON AGING

MOLINA HEALTHCARE

Saint Alphonsus A Member of Trinity Health

SOUTHWEST IDAHO area AGENCY ON AGING

Viviendo Sano con Diabetes

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

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



CADA 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

COMMUNITY EVENTS & RESOURCES



Jolly Jam Gift Class

Educational and hands-on canning experience presented by former University of Idaho Bingham County FCS Educator

Julie Buck

A certified Master Food Safety Advisor Volunteer

Jolly Jam

Thursday, December 10th, 5:30-7:00 pm, $12

Hands-On
Water Bath Canning
High-Acid Fruit:
Jams & Jellies

University of Idaho Extension
Jefferson County

MASTER FOOD SAFETY ADVISOR
University of Idaho Extension

Held at the Bonneville County Extension Office
at 1542 East 73rd South, Idaho Falls, Idaho. Space is limited.
To register: call (208) 529-1390
or email Leslee directly at lblanch@uidaho.edu.
Unfilled classes will be canceled 3 days before class date. Register Early!

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.





Preserve for Fun

A series of educational and hands-on food preservation classes presented by Master Food Safety Advisor Volunteers

Jocelyn Walters & Jennifer Austin

and University of Idaho Extension Educator Deanna Poulsen

Fall 2026

Pressure Canning Class

Wednesday, November 18th from 5-8 pm

Class fee: $15

Hands-On Pressure Canning
Meat Products

We'll be canning chicken for this session

University of Idaho Extension
Jefferson County

MASTER FOOD SAFETY ADVISOR
University of Idaho Extension

All classes will be held at Bonneville County Extension Office
at 1542 East 73rd South, Idaho Falls, Idaho. Space is limited.
To register: call Leslee at (208) 529-1390.
Unfilled classes will be canceled 3 days before class date. Register Early!

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greater good health

EASY & HEALTHY

Holiday Cooking Demonstration



Holiday meals can be **joyful** and **nourishing!** Come watch, ask questions, and leave with fresh ideas for a season of good food and good company. No cost to attend!

What you'll see:

A festive cranberry and green bean dish: bright, colorful, and made for the holiday table
Two more easy, nutrient-packed dishes: simple flavorful, and fresh
A new twist on holiday fare; fresh ideas you can make at home

JOIN US

Wednesday, November 18

2:00PM - 3:00PM

Greater Good Health
3017 Eagle Drive, Ammon

Space is limited.
RSVP to secure your spot.

Scan the QR code or call
208-607-3717

Easy & Healthy HOLIDAY COOKING



Join us for a cooking demonstration featuring a festive cranberry and green bean dish and two other easy and nutrient-packed dishes that will add a new twist to holiday fare.

Presented by
Leslee Blanch
Registered/Licensed Dietitian Nutritionist, Family Consumer Science Associate Extension Educator at University of Idaho Bonneville County Extension

University of Idaho Bonneville County Extension
lblanch@uidaho.edu

FRIDAY
NOVEMBER 13TH
12 NOON – 1 PM

CLUB APPLE
STUDIO 2
2030 Jennie Lee Dr.

FREE



CLUB APPLE

RSVP TODAY!
https://clubapple.net/HolidayCooking2026