

Chapter Newsletter

June 2025



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Welcome EMMA TAYLOR!



I'm Emma Taylor, the new Manager of Development in our Greater Idaho Chapter. I am so thrilled to be part of the Alzheimer's Association team! Before joining this role, I worked in partnerships and event marketing with Caesars Entertainment and the Miami Dolphins. I'm excited to help grow our local Walk to End Alzheimer's and The Longest Day events — two powerful initiatives that bring our community together in the fight against Alzheimer's. When I'm not working, you can usually find me skiing, out on the water, or trying out new restaurants and bars. Feel free to reach out anytime so we can get to know each other!



Happy 4th of July!

As we move into the second half of the year, Walk to End Alzheimer's will be here before we know it. We have a new team member leading this initiative, as well as The Longest Day event for the Treasure Valley—be sure to check out her bio on the left.

If you haven't done so already, start or reactivate your Walk team today! You can find your local Walk by visiting alz.org/walk or by reaching out to Emma Taylor or Shelly Jones for more details.

- emtaylor@alz.org
- sjones@alz.org

Don't forget to explore all the upcoming educational resources from us and other organizations in the pages below.

Enjoy your summer!

~Greater Idaho Chapter Staff

ALZ Association Resource Spotlight



Education Center

If you can't make in person education classes, we have an E-Learning Platform that you can listen to at your own pace and at any time. Visit Training.alz.org for more information.

BECAUSE
WE WALK

**WALK
TO END
ALZHEIMER'S**
ALZHEIMER'S ASSOCIATION

MAGIC VALLEY
POCATELLO
IDAHO FALLS
TREASURE VALLEY

SEPTEMBER 6
SEPTEMBER 13
SEPTEMBER 20
SEPTEMBER 27

WALK ^{TO} END TM ALZHEIMER'S

ALZHEIMER'S  ASSOCIATION®

UPCOMING FUNDRAISING EVENTS



Please join us for

DRIVE OUT ALZHEIMERS @ THE DRIVE IN



Thursday, August 7th

—THE— NOTEBOOK—



All proceeds go to the Alzheimers Association. Tickets sold through Visiting Angels & Lincoln Court.
\$20 a car load / a ticket. We hope to see you there!



DATE NIGHT FAMILY NIGHT MOVIE NIGHT



@ The Motor Vu Drive-in, Idaho Falls ID

LINCOLN★COURT
A STELLAR LIVING COMMUNITY

America's Choice in Home Care®
VisitingAngels.
LIVING ASSISTANCE SERVICES

ALZHEIMER'S AWARENESS FUNDRAISER!

CAR SHOW

GIFT BASKET
RAFFLES!

THE GABLES OF
AMMON
1405 CURLEW DRIVE AMMON, ID

HAMBURGERS, CHIPS,
AND A DRINK \$5

BOUNCE HOUSES!

CORNHOLE TOURNAMENT!
\$15 PER TEAM



FRIDAY, JULY 18TH

AT 10.30 AM - 2.00 PM

TO SIGN UP OR QUESTIONS CALL
KIERSTEN @ 208-497-7108

PADDLE BATTLE ANGELS vs. ALZHEIMER'S



JULY 19th, 2025 | 9:00 AM - 6:00 PM

Hosted by: **VisitingAngels**
LIVING ASSISTANCE SERVICES

**St. Anthony
Pickleball Courts**



Fundraising for:
A cure for Alzheimers disease -
all proceeds support
Alzheimer's research and
awareness

Host a Team:

\$ 50 per team

Team registration will go up to
\$60 after 7/4/25

Be a Vendor:

- Donate a percentage of your event sales
- Donate a prize for our winners or raffles
- Custom partnership opportunities available

Event Highlights:

- Pickleball Tournament**
- Raffles & Prizes**
- Food Trucks**
- Music**
- Local Vendors**

Register Your Team:

Contact : Aydri Hurt
(208) 589-3181

ahurt@visitingangels.com
All team details will be emailed to
you when registered

THE LONGEST DAY

ALZHEIMER'S ASSOCIATION

DO WHAT YOU LOVE

While raising money for Alzheimer's care, support, and research.

THE LONGEST DAY

alzheimer's association



August 18, 5-9pm
Bardenay in Eagle
20% of your purchase
builds a world free of
Alzheimer's and all
other dementia

DONATE & LEARN MORE ABOUT TLD HERE:

ALZ.ORG/TLD



7TH ANNUAL- VOLUNTEER LED

RAFTING TO END ALZHEIMER'S

JULY 12TH OR 13TH

FOR ONLY AN \$80 DONATION YOU GET

- ☑ Rafting Day Trip on the Main Fork of the Payette w/ experienced Volunteer Rafting Guide!
- ☑ PFD/Life vest, Helmet, all gear!
- ☑ Lunch, Snacks, Beer & Sparkling Water
- ☑ Great fun while supporting a Great Cause!

100% OF YOUR DONATION GOES DIRECTLY TO THE ALZHEIMER'S ASSOCIATION!

DETAILS AND REGISTRATION AT ACT.ALZ.ORG/GOTO/RAFTING2025

ELDER LAW
 AHRENS DEANGELI
 LAW GROUP

LONGWILL
 INSURANCE

Castle Rock

SIMPLIT
 COMPANY FOUNDATION

GRANITE
 THE MOUNTAIN

PICKLIN' TO END ALZHEIMER'S TOURNAMENT

Get ready to serve, volley, and smash your way to victory in our Doubles Tournament (Mixed, Men's, and Women's) and raise money to #ENDALZ

9 AUGUST

SATURDAY
 7:00 A.M. - 3:00 P.M.

JOIN NOW!

\$75 PR. PERSON

3615 SOUTH FEDERAL WAY, BOISE IDAHO

THE LONGEST DAY
 ALZHEIMER'S ASSOCIATION

52 pickleball

CAREGIVER MONTH



CALLING ALL WELLNESS INSTRUCTORS!

November is recognized as National Caregiver Month, and we are dedicated to honoring the unsung heroes who selflessly give so much of themselves.

Are you a passionate individual eager to share your knowledge and skills by leading a virtual class? Whether your expertise lies in self-care, stress management, Zumba, stretching, or yoga, your contribution can truly make a difference!


Join us in making this November 2025 unforgettable by signing up today. Let's show our appreciation and make a positive change! [\[Sign-Up Link\]](#) or scan the QR Code:





"There are only four kinds of people in the world: those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers." - Rosalynn Carter



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

 Participate Live on July 31
or On Your Own Time*

You don't have to be a researcher to take part in the Alzheimer's Association International Conference® (AAIC®), the world's largest gathering on dementia science. Join us at the no-cost program, **AAIC for All** on **July 31, 2025**, to gain valuable insights directly from top experts in Alzheimer's and dementia research. Stay informed on the latest in treatments, early detection, risk reduction and care.

Participate in AAIC For All in Toronto, Canada
or online **July 31, 2025**.

Register by July 31.
alz.org/AAICForAll

ALZHEIMER'S  ASSOCIATION®
AAIC > 25 FOR ALL

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

GREATER IDAHO CHAPTER SUPPORT GROUPS



Greater Idaho Chapter

July 2025 Support Groups for Family Caregivers

Cathedral of the Rockies: In Person

1st & 3rd Thursday of each month
Thursday, July 3rd & 17th at 2PM
Cathedral of the Rockies
Boise, Idaho 83702

Eagle Support Group: In Person

2nd & 4th Wednesday of each month
Wednesday, July 9th & 23rd at 1 PM
Eagle Senior Center
Eagle, Idaho 83616

Adult Children As Caregivers: Online

2nd Wednesday of each month
Wednesday, July 9th at 6:30 PM
Zoom Link Provided Upon Registration

Salmon Creek Support Group: In Person

3rd Tuesday of each month
Tuesday, July 15th at 2:30 PM
Salmon Creek
Boise, Idaho 83713

Nampa Library Support Group: In Person

Last Monday of each month
Monday, July 28th at 1:00 PM
Nampa Library, Room 302
Nampa, Idaho 83651

Pocatello Support Group: In Person

2nd Wednesday of each month
Wednesday, July 9th at 2 PM
Pocatello, Idaho 83201

Hailey Support Group: In Person**

Twice a week on Wednesdays at 1:30 PM
The Senior Connection
Hailey, Idaho 83333
(208) 788-3468

**Please call The Senior Connection prior to attending

Meridian Library District (Cherry Lane)

First Tuesday of each month
Tuesday, July 1st at 6 pm
1326 W Cherry Ln, Meridian, ID 83642

Grannie on the Move: In Person

Personalized Education & Support
Every week on Tuesdays at 1 PM
Grannie On the Move
Meridian, Idaho 83642

Cuéntame Más/Tell Me More: In Person

Spanish & English Support Group
July 12th at 2 PM
Nampa, ID 83651
For more information, please call (208) 722-2521



Emmett Support Group: In Person

2nd Wednesday of the month
Wednesday, July 9th at 2 PM Meadow
View Assisted Living
Emmett, Idaho 83617

Women Caring for Spouses: Online

1st & 3rd Tuesdays of each month
Tuesday, July 1st & 15th at 4PM
Zoom Link Provided Upon Registration

Library! at Hillcrest: In Person

1st and 3rd Monday of each month
Monday, July 7th & 21st at 10:15 AM
Library! at Hillcrest

Canyon County Support Group: In Person

3rd Wednesday of each month
Wednesday, July 16th at 1 PM
Nampa Public Library, Room 302
Nampa, Idaho 83651

Payette County Support Group: In Person

Last Tuesday of each month
Tuesday, July 29th at 2 PM
Horizon Home Health & Hospice, conference room
Fruitland, Idaho 83661

Aspen Creek Assisted Living

2nd Tuesday of the month
Tuesday, July 8th at 12:30 PM
Aspen Creek Assisted Living
Caldwell, ID 83605

Twin Falls Support Group: In Person

Third Tuesday of each month
Tuesday, July 15th at 6:30 PM
CSI Office On Aging (4th Floor County West Building)
Twin Falls, Idaho 83303

Creative Aging: In Person

In hiatus for the summer.

For more information call (208) 350-6823



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.

EDUCATION AND SUPPORT

ALZHEIMER'S  ASSOCIATION®

essentiALZ®

ALZHEIMER'S  ASSOCIATION®

FREE!

ALZHEIMER'S ASSOCIATION TRAINING AND CERTIFICATION

Education for professional care providers on current evidence-based, person-centered practices to care for individuals living with dementia.

APPLY TODAY!

bit.ly/essentiALZJUNE



- Complete and claim 3 continuing education credits.
- Three-hour online training program, self-paced, features videos and interactive activities.
- Covers five topic areas; the basics of Alzheimer's and dementia, person-centered care, assessment and careplanning, activities of daily living, and communication changes and dementia related behavior.
- \$40 Amazon gift card issued by the Idaho Caregiver Alliance to all who complete the training. (training to be completed within 30 days of acceptance) Card issued the month after completion.



Thanks to funding from United Healthcare, the \$59.99 cost for individual enrollment in the essentiALZ training program and certification exam will be fully covered. In addition, participants who complete the essentiALZ training and exam will receive a gift card the following month, also provided by United Healthcare.

Quantities are limited, so early enrollment and completion is encouraged!

\$40 Amazon gift card
awarded at the completion of the training

EDUCATION & SUPPORT

Long-Buried Sorrow

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

We (healthcare professionals) need to train and take time (with a team) provide trauma-informed care to our patients living with dementia.



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

E
ELDER LAW
AHRENS DEANGELI
LAW GROUP



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



Held In-Person at Several
Locations in the Treasure Valley
and Now 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 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!**

JULY 2025 EVENTS:

Memory Café On-Line
• 2nd Monday, July 14th
10:30-12:00
Contact Karen for Zoom link

Ada Community Library Victory Branch
10664 W Victory, Boise
• 3rd Wednesday, July 16th,
1:00-2:30

Bow Crossing Library
2153 E Riverwalk Dr., Boise
• 3rd Thursday, July 17th
1:00-2:30

Kuna Senior Center,
299 N Avenue B, Kuna
• 3rd Friday, July 18th,
1:00-2:30

Mountain Home Public Library
790 N 10th East St, Mountain Home
• No Event this month

Orchard Park Meridian Library
1268 W Orchard Park Dr, Meridian
• 4th Thursday, July 24th,
1:00-2:30

Nampa Public Library
215 12th Ave S, Nampa
• 4th Friday, July 25th
1:00-2:30



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



NEXT
50

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

In Partnership with:



Resident Advocates

Resident & Family Long Term Care Connections

The Idaho Long-Term Care Ombudsman Program is holding monthly Statewide town hall meetings via Webex to provide education, and information, and to discuss challenges facing residents in long-term care facilities throughout Idaho.

Residents of Long-Term care facilities, their loved ones and representatives, the community, and anyone interested are invited to participate via Webex.

Every 2nd Wednesday from 3:00 to 4:30 Mountain Time.

March Topic – Admission Agreements in Long Term Care

Speaker: Marilyn Shiroma, Regional ombudsman AAA IV

Webex Link and QR Code (you may be prompted to download the app):

<https://idahogov.webex.com/idahogov/j.php?MTID=m558b5a1c9bd0d56be359054e52b6a7f4>



Commission on Aging
www.idaho.gov/aging

SOUTHERN/EASTERN 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 6:30 - 7:30 PM	CSI Office on Aging (4th floor) 650 Addison Ave. W, Twin Falls ID, 83303
Alzheimer's Association/The ART Museum Idaho Falls Creative Aging (Social Engagement Opportunity)	On Hiatus thru the summer	The ART Museum of Eastern Idaho, 300 S Capital Ave., Idaho Falls, ID 83402
Community Care Program Twin Falls Caregiver Support Group	2nd Wednesday of the Month: 1:30 - 3:00 PM	CSI Office on Aging (4th floor) 650 Addison Ave. W, Twin Falls ID, 83303
Community Care Program Hagerman Caregiver Support Group	3rd Thursday of the Month: 1:00 - 3:00 PM	Hagerman Public Library, 441 South State St., Hagerman, ID 83332
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	Every Other Friday(2x/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
Community Care Program: 208.871.2344

EICAP: 208.522.5370 ext. 203
SICOG: 208.233.4032

COMMUNITY EVENTS & RESOURCES



Additional Information

WORKSHOP SCHEDULE

- July 14th: 1pm-3:30pm
- July 21st: 1pm-3pm
- July 28th: 1pm-3pm

Please plan to attend all three sessions.

LOCATION

Boise Contemporary Theater
854 W Fulton St., Boise, Idaho 83702

PARTICIPATION DETAILS

- The workshop will be filmed. All participants will be asked to sign a release form.
- If you need special accommodations, please contact Dr. Kuntz at (208) 302-5400.

FUNDING AND COLLABORATION

- **Funded by:** Saint Alphonbus Foundation, Saint Alphonbus Auxiliary, Idaho Commission on the Arts, National Endowment for the Arts, Idaho Department of Health and Welfare Alzheimer's Disease and Related Dementias
- **Collaborating Organizations:** Boise Contemporary Theater, Recycled Minds Comedy

SIGN UP

To sign up or for more information, call (208) 302-5400.

We promise this workshop will be fun and meaningful!



Improv to Improve Dementia Care Workshop

Presented by Saint Alphonbus Memory Center in partnership with local and national organizations.



Free 3-Part Workshop for Caregivers of Persons Living with Dementia.

Join us to enhance your caregiving skills!

DATES:

- July 14th, 1pm-3:30pm
- July 21st, 1pm-3pm
- July 28th, 1pm-3pm

LOCATION:

Boise Contemporary Theater
854 W Fulton St., Boise, Idaho 83702

CONTACT:

(208) 302-5400



Workshop Details

ABOUT THE WORKSHOP

Saint Alphonbus Memory Center is excited to offer a free 3-part workshop, "Improv to Improve Dementia Care," designed specifically for caregivers and care partners of individuals living with dementia. This workshop will help you take your caregiving skills to the next level through the innovative use of improv techniques.

What is Improv?

Improv is a form of theater where much of the performance is created spontaneously, without scripts. Medical Improv, which includes techniques such as comedy, has been shown to improve empathy, teamwork, and creative problem-solving.

Supporting Partners



Workshop Goals and Instructors

WORKSHOP GOALS

1. **Presence:** Learn to be fully present with your loved one, with intention and without judgment.
2. **Communication:** Enhance your communication skills with respect, compassion, and creativity.

Additionally, the workshop aims to foster a dementia-friendly community and includes mindfulness techniques to complement the improv training.

INSTRUCTORS

- Sean Hancock from Recycled Minds will lead the Improv sessions.
- Dr. Abhilash Desai, Geriatric Psychiatrist, and Dr. Kara Kuntz, Medical Director of Saint Alphonbus Memory Center, will provide mindfulness training.



Llevando Calidad al Cuidado de la Salud

1 de Julio | La Biblioteca de Caldwell 1010 Dearborn Street Caldwell, ID 83605 | 10am a 2pm

Citas disponibles limitados

Nuestra clínica móvil llega a usted con un proveedor de salud para proporcionarle servicio médico y consultas incluyendo:

- Signos vitales
- Pruebas de diagnóstico (orina, sangre, COVID, gripe, VRS, estreptococo, A1C)
- Limpieza de oídos
- Citas de salud de la mujeres
- Exámenes laborales incluyendo visuales
- Trabajadores de salud comunitaria en el lugar para asistencia de referencia

LLAME PARA UNA CITA (208) 367-4482 (4HUB)

o contáctese con SAHSCommResources@saintalphonbus.org



Free Medical Clinic- Bringing Quality Healthcare to You

July 1st | Caldwell Library 1010 Dearborn Street Caldwell 83605 | 10am to 2pm

Limited Appointments Available

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)
 - 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@saintalphonbus.org



COMMUNITY EVENTS & RESOURCES

Something Has Changed. Are these "Senior Moments" or is it Dementia?

Panelists: A local panel of family caregivers will share their personal stories and understanding of living with a loved one who has been diagnosed with Dementia. The panelists are part of a support group and have a wealth of information to share.

Facilitator: Geriatric Psychologist Carol Stephens, PsyD, LP, will guide the panel discussion.



What is Dementia?

What is Alzheimer's?

Risk factors for Dementia/ neurodegenerative disorders of the brain

Reversible versus irreversible symptoms

July 16, 2025
12:00-1:30 p.m.
Hailey Town Center West
116 S. River St.

10 warning signs of Dementia

Identifying changes in memory, thinking, personality and behavior

DEMENTIA FAMILY CAREGIVERS SUPPORT GROUP

Dr. Carol Stephens, PsyD, LP, CBSM



Tuesdays (twice monthly).

1:30-3:00 p.m.

The Senior Connection

Thursdays (twice monthly).

1:30-3:00 p.m.

Light on the Mountains
Center for Spiritual Living

To set up an intake interview, please call

Dr. Carol Stephens: (612) 251-7413.

Dr. Stephens leads and facilitates this group for family caregivers of those living with Alzheimer's and other related Dementias.

Caregiver Support Program

CSP Mission: Promote the health and well-being of Family Caregivers who care for our Nation's Veterans through education, resources, support and services.



Caregiver Support Program – About Us

The Department of Veterans Affairs (VA) understands that the caregiver community is vital to the recovery and care of Veterans. The Caregiver Support Program (CSP) offers clinical, educational, and holistic services to individuals who care for Veterans enrolled in VA health care. CSP supports anyone who provides care services to a Veteran, whether it is medicine management, grocery shopping, helping a Veteran get dressed, or full-time personal care services. Anyone who provides care to a Veteran enrolled in VA health care can participate in CSP.

CSP is a national program comprised of two subprograms: Program of General Caregiver Support Services (PGCSSL) and Program of Comprehensive Assistance for Family Caregivers (PCAFC). Every VA facility has a local team, where caregivers can access a variety of national resources while receiving tailored support from their local CSP Teams.



Need Help? To assist you with further instructions on how to enroll into these programs, contact the VA Caregiver Support Line (CSL) at 1-855-260-3274.

<https://www.caregiver.va.gov/>



U.S. Department of Veterans Affairs

Program of Comprehensive Assistance for Family Caregivers (PCAFC)

PCAFC provides specialized services to caregivers for eligible Veterans including resources offered through PGCSSL, as well as education, support, respite, mental health counseling, a financial stipend and health insurance, if eligible. Services provided through PCAFC are available for caregivers who assist eligible Veterans who have a serious injury (including serious illness) incurred or aggravated in the line of duty in the active military, naval, or air service. Caregivers participating in PCAFC are referred to as Family Caregivers. Veterans can designate a Primary and Secondary Family Caregiver. Family Caregivers must be a family member or live full-time with the Veteran. Find eligibility criteria for enrollment and how to apply for PCAFC here: https://www.caregiver.va.gov/support/support_benefits.asp

THE SENIOR
CONNECTION

721 Third Ave. S Hailey, ID 83333
208-788-3468 | www.seniorconnectionidaho.org



COMMUNITY EVENTS & RESOURCES



**Do you care
for a family
member with
dementia?**
Call us!
(503) 816-8310



IRB Approved: 5/24/2024

PI: Dr. Allison Lindauer | OHSU IRB # 25741

YOU MAY BE ELIGIBLE IF:

- You provide care and/or supervision for a family member with dementia
- Your family member does things that upset you (such as asking the same question over and over, or refusing personal care)
- You live in Oregon, Washington or Idaho

ADDITIONAL INFO:

- All study activities are done on your computer, no travel is needed
- Your family member with dementia does not need to live with you



Join the STELLA-R Study

Would you like to learn more about coping with upsetting behaviors?

Our study is an 8-week, self-paced program that includes weekly videos, written lessons, and plenty of resources.

STUDY PARTICIPATION INCLUDES:

- 8 self-paced, weekly lessons to learn how to manage challenging behaviors
- Complete online surveys over 6 months
 - 4 assessments about mood, coping, & family member behaviors
 - Brief weekly surveys about mood and costs of care
- Interactive exercises to help you manage behaviors

Gift cards of \$30 may be provided for completing all study activities

SCAN THE QR CODE



For more
information,
visit our website
STELLA-R.org

Idaho Traumatic Brain Injury Needs Assessment Survey

Are you a TBI survivor or caregiver in Idaho?
We want to hear from you!

Fill out the survey to help us learn about TBI needs in the community and how we can enhance brain injury services across the state. Your feedback will directly inform Idaho's TBI Needs Assessment and Strategic Plan.

All participants who complete the survey will be entered into a drawing to win a \$50 Visa gift card.



SCAN OR CLICK HERE TO
ACCESS THE SURVEY

For more information, please contact tbi@isu.edu



Idaho State
University

koné
consulting



Department
of Psychology

INSOMNIA TREATMENT STUDY

The RESTED Lab
is looking for **adults**
experiencing
sleep difficulties.

Participants will be
compensated up to \$100

**Interested in
participating?**



Scan the QR code or go to:
redcap.link/ISUInsomniaStudy

WHAT DOES THE STUDY INVOLVE?

Our study aims to investigate how adults with insomnia change following **cognitive behavioral therapy for insomnia (CBTi)** by measuring changes in sleep health and cognition.

Study visits include:

- Online questionnaires
- Brief clinical interview
- Cognitive functioning evaluation
- In-home sleep study (PSG)

6-Week Treatment includes:

- Four 60-min sessions of abbreviated CBTi with a trained clinician.
- Two phone call sessions intermixed between the last two sessions.

What is CBTi?

CBTi is the first line treatment for insomnia disorder that focuses on addressing factors that contribute to the persistence of insomnia.

For more information, go to our website at <https://sarah-emert.weebly.com/> or contact us at restedlab@isu.edu

JOIN THE COMPASSION COMPASS STUDY!

WE ARE LOOKING FOR PARTICIPANTS TO TEST
OUR ONLINE MENTAL HEALTH SUPPORT
PROGRAM FOR **ADULTS WITH DEMENTIA**



WHO CAN PARTICIPATE?

PARTICIPANTS MUST:

- HAVE RECEIVED A DEMENTIA DIAGNOSIS WITHIN THE PAST YEAR
- BE FLUENT IN READING ENGLISH
- HAVE INTEREST IN COMPLETING AN ONLINE SELF-HELP PROGRAM

INTERESTED? COMPLETE OUR
SCREENER:



Earn up to
\$60 for
participating!



email:
CMHP@usu.edu



visit:
<https://utahact.com/CompassionCompass>



PI: Heather Kelley, PhD
heather.kelley@usu.edu
USU IRB #14297
Utah's State IRB #1041

COMMUNITY EVENTS & RESOURCES



Contribute to Dementia Care Research

Are you or a loved one living with dementia?

Seeking Research Participants:

Exploring whether a simple, low-cost iPad/tablet app can assist with daily tasks and promote independence

May 2025 — December 2025

Summary

Participants will use an iPad app with audio and video prompts to complete simple tasks. Participants must commit to 4 sessions no longer than one hour each over a 2-3-week period.

Reasons to participate

- Contribute to innovative research in dementia care.
- Help develop strategies to maintain independence.

Contact
Angela Zaugg, MOT, OTR/L
(208) 429-5274 | aazugg@isu.edu

ROAR

FREE COOKING CLASSES



SPICE & SOUL: COOKING MATTERS & CULTURE RICH FOODS ON A BUDGET

EXPLORE WHOLESOME FOODS FROM AROUND THE WORLD WHILE LEARNING BASIC NUTRITION & HANDS-ON COOKING SKILLS

TUESDAYS 6:00-8:00 PM
JULY 1, 2024-AUGUST 5, 2024



LOCATION: TWIN FALLS SENIOR CENTER
530 SHOSHONE ST. W, TWIN FALLS, IDAHO

SPACE IS LIMITED
SIGN UP [HERE](#) OR CALL MISTY ROBERTS 208-577-2712 TO RESERVE YOUR SPOT!

MUST BE AT LEAST 12 YEARS OLD



AGELESS GRACE

For Brain, Body and Balance

JOIN OUR AGELESS GRACE CLASS! 🧠💪

Ageless Grace is a group exercise class based on everyday movements that focus on healthy longevity of the body and mind.

Starts
Nov 15

\$ COST: Free for Members

WHERE: Idaho Falls Family YMCA

WHEN: Every Fridays

TIME: 10:30 AM – 11:30 AM



SAVVY CAREGIVER®
KNOWLEDGE. SKILLS. MASTERY.

SAVVY Caregiver Express is a FREE three-week course designed for caregivers caring for a person with memory loss, dementia, or Alzheimer's Disease. Savvy helps caregivers acquire and strengthen their knowledge, skills, and attitudes to empower them to be more intentional, strategic and responsive in their caregiver role.

Topics include:

- Strategies to manage activities of daily living
- Skills to assess your loved one and how to adjust your approach to care.
- Understanding the different types of dementia
- Ability to manage emotions and feelings of caregiving
- Decision-making skills and confidence-building to achieve caregiver goals.

Date and Time: July 7th, 14th, & 21st, 1:00PM-3:00PM

Location: Bingham County Extension Office
412 W Pacific Street
Blackfoot, ID 83221

For more information and registration contact:
Amanda Browner
Phone: (208) 871-2344
Email: amanda.browner@a3ssa.com



COMMUNITY EVENTS & RESOURCES



Free Health Screening

We're Coming to Your Area

Location: 301 Main Ave. West

Twin Falls, ID 83301

Date: 7/17/2025

Time: 10 am—2 pm

St. Luke's free community health screenings are walk-in friendly. You also can call 208-381-4210 to schedule your free health screening.

Our free health screenings give you the chance to meet in person with a provider, ask questions, complete a free health screening and learn more about St. Luke's On-Demand Virtual Care and how it can work for you.



Included in Your Free Health Screening

- Blood pressure and heart rate
- Oxygen saturation

Our provider can show you how to use the telehealth equipment and then assist you in joining an On-Demand Virtual Care visit if you need to establish care with a St. Luke's primary care provider.

CAE-012.3.25

"Memory Warriors"



ONLINE SUPPORT GROUP FOR PERSONS LIVING WITH DEMENTIA

MEETS EVERY OTHER WEDNESDAYS AT 10:30 A.M.

For more information and to register contact:
Idaho Community Care Program



(208) 898-9626



ccp@a3ssa.com



www.a3ssa.com

PARTICIPANTS MUST BE REGISTERED
TO RECEIVE THE ZOOM LINK



HOPE

Healthy Options for Prevention Excellence*

Improving Brain Health, Reducing Risk of Dementia, Delaying Onset of Dementia Symptoms and Slowing Progression of Dementia Symptoms

1st Tuesday of every month!

- 12:00 – 1:00pm MST
- To register, contact Mary Biddle – Newberry at 208-344-5502, ext. 276 or mary.biddle@ymcatvidaho.org

This program is open to all community members!



June – Brittany Guthrie, Neurology PA

- "Stroke Prevention."

July – Dr. Susan Melchiorre

- "HTN – DM – Lipid Triple Threat."

August – Dr. Jennifer Shalz

- "Build Cognitive Resilience with the 6 Pillars of Lifestyle."

September – Dr. Kara Kuntz

- Saint Alphonsus Memory Center

October – Dr. Sarah Toevs

- Boise State University

November-Dr. Kyle Davis

- Healthy Sleep

To view previous presentations, please go to the following link:

<https://ymcatvidaho.org/programs-events/health-fitness/>



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Connection Club

Monday, Tuesday, Thursday, Friday | 9 AM - 3 PM

The Dick Eardley Senior Center is now offering adult day care services for local families. Supervised activities will include arts and crafts, games, lunch, snacks, and camaraderie with other Senior Center participants.

- \$70 per day for Boise residents
- \$102.45 per day for non-residents

Call 208-608-7578 for more information and to set up the introductory evaluation.



Dick Eardley Senior Center
690 Robbins Rd., Boise, ID 83702
seniorcenter.cityofboise.org

