

L ALZHEIMER'S® DASSOCIATION

Greater Idaho Chapter

Chapter Newsletter

June 2025



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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 <u>Training.alz.org</u> for more information.



WALK IDEND ALZHEIMER'S

ALZHEIMER'S 95 ASSOCIATION

UPCOMING FUNDRAISING EVENTS



Please join us for

DRIVE OUT ALZHEIMERS @ THE DRIVE IN





Thursday, August 7th

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!





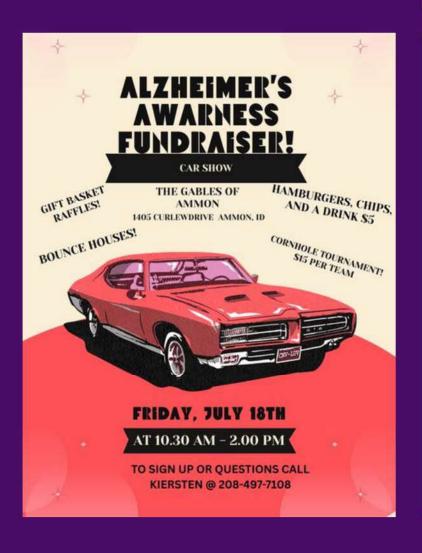
DATE NIGHT FAMILY NIGHT MOVIE NIGHT



@ The Motor Vu Drive-in, Idaho Falls ID







PADDLE BATTLE ANGELS vs. **ALZHEIMER'S**





Hosted by: Visiting



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
- 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

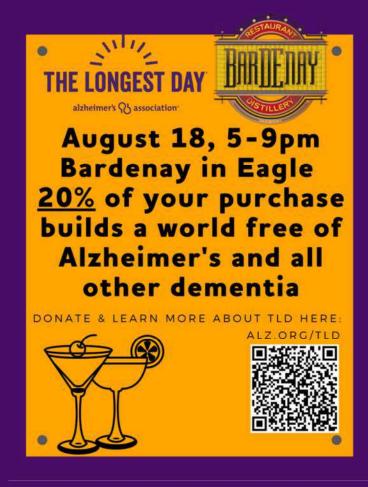
All team details will be emailed to you when registered

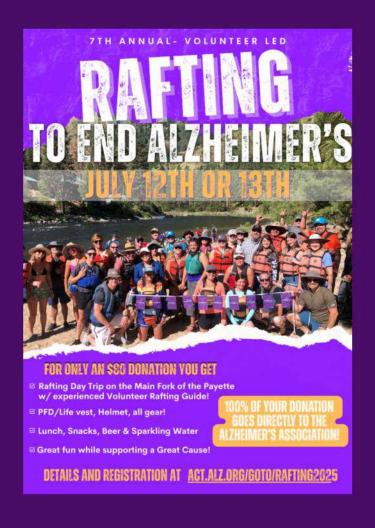
THE LONGEST DAY

ALZHEIMER'S PL ASSOCIATION

DO WHAT YOU LOVE

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







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





OL ALZHEIMER'S
ASSOCIATION

Greater Idaho Chapter 800.272.3900 | alz.org

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 **AII** 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/AAICForAII

AAIC 25 ACC

*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

ALZHEIMER'S

July 2025 Support Groups for Family Caregivers

Greater Idaho Chapter

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.

EDUCATION AND SUPPORT

ALZHEIMER'S PL 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.



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

EVERY TUESDAY 1:00PM - 2:00PM

Grannie on the Move 3587 E. Overland Rd. Meridian, ID 83642







Registration Required. Please call our Local Office: 208.206.0041 For additional resources contact the helpline available 24/7 at 800.272.3900



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

Bown 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

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."





Contact: Karen Kouba-McIve Email kkouba@jannus.org Phone 208-947-4283 Www.AgingStrong.org





















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 ap): https://idahogov.webex.com/idahogov/j.php?MTID=m558b5a1c9bd0d56be359 054e52b6a7f4





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 I daho 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



Additional Information

WORKSHOP SCHEDULE

- July 14th: 1pm-3:30;
- 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 Alphonsus
 Foundation, Saint Alphonsus 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 Competer

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 Alphonsus 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 Alphonsus 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 improvechiques.

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

- Presence: Learn to be fully present with your loved one, with intention and without judgment.
- 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 Alphonsus 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 movil llega a usted con un proveedor de salud para proporcionarle servicio medico 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@saintalphonsus.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)
 o 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)

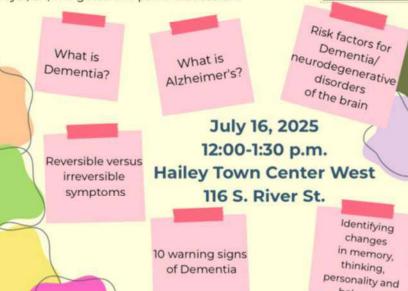
or contact SAHSCommResources@saintalphonsus.org



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.



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.



Program of Comprehensive

(PCAFC)

Assistance for Family Caregivers

PCAFC provides specialized services to caregivers

PCAFC provides specialized services to caregivers for eligible Veterans including resources offered through PGCSS, 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 analor aris service. Carecivers

active military, naval, or air service. Caregivers

active military, naival, 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 citeria for enrollment and how to apply for PCAFC here: https://www.pareniuser.vsa.com/sumport/sumport

ww.caregiver.va.gov/support/support

behavior

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 procery shopping, helping a Veteran get dressed, or full-time personal care services. Anyone who provides care to a Veteran care can participate in CSP. eran enrolled in VA health

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





Program of General Caregiver Support Services (PGCSS)

PGCSS is the core of CSP and provides Peer PGCSS is the core of CSP and provides Peer Support Mentoring, skills training, coaching, telephone support, online programs, and referrals to available resources to caregivers of Veterans. The Veteran must be a VM health care enrollee and receive care from a caregiver in order for the caregiver to participate. We refer to caregivers participating in PGCSS as General Caregivers, Learn more about PGCSS here: https://www.cregiver.wa.gov/Care_Caregivers_sap https://www.caregiver.va.gov/Care_Caregivers.asp





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.



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





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



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

SCAN THE QR CODE



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

PI: Dr. Allison Lindauer | OHSU IRB # 25741



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

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







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 restediabelisu.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:











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

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.

ngela Zaugg, MOT, OTILA







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 longetivity 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 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









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

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



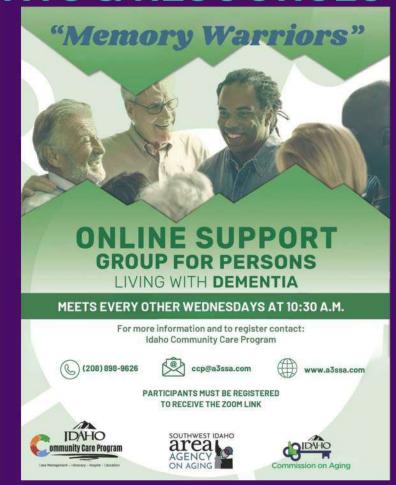
Included in Your Free Health Screening

- 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

Saint Alphonsus





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 Melchiore

• "HTN – DM – Lipid Triple Threat."

August - Dr. Jennifer Shalz

• "Build Cognitive Resilence 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/



"Parrial funding was provided from the State of stoha and the Cesters for Disease Control and Prevention (CDC) of the U.S. Department of Health and Human Services (HHS); as part of a financial assistance award (Na BNUSDP117907) teaching SSB,0000 with SQ percent funded by CDC/HHS. The contents are those of the author(s)

Connection Club

Monday, Tuesday, Thursday, Friday J 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

