



Chapter Newsletter

January 2025

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January

Happy New Year!

The New Year is an exciting time to set resolutions or in some cases, our intentions or goals. A time to refresh, renew and get ready for an amazing year!

Start your New Year off right by focusing on your Brain Health. Remember, what's good for your heart, is good for your brain! Here are a few ideas to get started:

- Challenge Your Mind
- Eat Right
- Get Moving
- Sleep Well
- Learn New Things

Find more at alz.org/brainhealth

Thank you for your continued commitment helping us ENDALZ!

~Greater Idaho Chapter Staff



JOIN US!

**Idaho State
Advocacy Day
JANUARY 14TH**

Register Today:
p2a.co/sgbmmey

***Your Voice Matters. Together,
we can create the impact our
community deserves!***

ALZ Association Resource Spotlight



What happens when you're worried about your memory and bring that concern to your Doctor? The Alzheimer's Association provides resources to help you understand "What to Expect". Visit: alz.org/evaluating-memory/thinking/ to find out more.

2025 FUNDRAISING EVENTS

SAVE THE DATE FOR A WALK NEAR YOU



WALK TO END ALZHEIMER'S

- Magic Valley
September 6, 2025
- Pocatello
September 13, 2025
- Idaho Falls
September 20, 2025
- Treasure Valley
September 27, 2025

WALK TO END ALZHEIMER'S
ALZHEIMER'S ASSOCIATION

Contact Taylor Garnica or Shelly Jones for more info!
tagarnica@alz.org
sjones@alz.org

THE DAY WITH THE MOST LIGHT IS THE DAY WE FIGHT®

The Longest Day® is the day with the most light — the summer solstice. And it's the day the Alzheimer's Association® calls on everyone to fight Alzheimer's disease by raising funds and awareness for care, support and research.

On June 20, stand up to the darkness of Alzheimer's. Together, the strength of our light will outshine the darkness of Alzheimer's.

THE LONGEST DAY
ALZHEIMER'S ASSOCIATION

START NOW. SELECT YOUR ACTIVITY AT ALZ.ORG/THELONGESTDAY.

IDAHO ADVOCACY DAY



Idaho State Advocacy Day

REGISTER TODAY

TUESDAY, JANUARY 14, 2025

8:30 a.m.

Idaho State Capitol
700 W Jefferson St
Boise, ID 83702

REGISTRATION INFORMATION:
p2a.co/sgbmey



Ready to make a difference? Join us on January 14th as we rally state lawmakers to drive change for those living with Alzheimer's and dementia. Your voice matters! Together we can create the impact our community deserves. Let's make this day count!

Daniel Uribe
Duribe@alz.org
208.398.2518

alz.org | 800.272.3900



GREATER IDAHO CHAPTER SUPPORT GROUPS



Greater Idaho Chapter

January 2025 Support Groups for Family Caregivers



Cathedral of the Rockies: In Person

NO GROUP ON JANUARY 2, 2025

1st & 3rd Thursday of each month

Thursday, January 16th at 2PM

Cathedral of the Rockies

Boise, Idaho 83702

Eagle Support Group: In Person

2nd & 4th Wednesday of each month

Wednesday, January 8th and 22nd at 2 PM

Eagle Senior Center

Eagle, Idaho 83616

Adult Children As Caregivers: Online

2nd Wednesday of each month

Wednesday, January 8th at 6:30 PM

Zoom Link Provided Upon Registration

Salmon Creek Support Group: In Person

3rd Tuesday of each month

Tuesday, January 21st at 2:30 PM

Salmon Creek

Boise, Idaho 83713

Nampa Library Support Group: In Person

Last Monday of each month

Monday, January 27th at 2:00 PM

Nampa Library, Room 302

Nampa, Idaho 83651

Grannie on the Move: In Person

Personalized Education & Support

Every week on Tuesdays at 1 PM

Grannie On the Move

Meridian, Idaho 83642

Pocatello Support Group: In Person

2nd Wednesday of each month

Wednesday, January 8th at 2 PM

Pocatello, Idaho 83201

Hailey Support Group: In Person**

Weekly on Wednesdays at 2 PM

The Senior Connection

Hailey, Idaho 83333

(208) 788-3468

****Please call The Senior Connection prior to attending**

Emmett Support Group: In Person

2nd Wednesday of the month

Wednesday, January 8th at 2 PM

Meadow View Assisted Living

Emmett, Idaho 83617

Women Caring for Spouses: Online

1st & 3rd Tuesdays of each month

Tuesday, January 7th and 21st at 4 PM

Zoom Link Provided Upon Registration

Library! at Hillcrest: In Person

NEW MEETING TIME

1st and 3rd Friday of each month

January 3rd and 17th and at 12 PM

Library! at Hillcrest

Boise, Idaho 83705

Family Life Memory Care: In Person

2nd Thursday of each month

Thursday, January 9th at 2 PM

Nampa, Idaho 83651

Canyon County Support Group: In Person

3rd Wednesday of each month

Wednesday, January 15th at 1 PM

Nampa Public Library, Room 302

Nampa, Idaho 83651

Payette County Support Group: In Person

Last Tuesday of each month

Tuesday, January 28th at 2 PM

Horizon Home Health & Hospice, conference room

Fruitland, Idaho 83661

Twin Falls Support Group: In Person

Third Tuesday of each month

Tuesday, January 21st at 6:30 PM

CSI Office On Aging (4th Floor County West Building)

Twin Falls, Idaho 83303

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.

COMING IN JANUARY

VIRTUAL EARLY STAGE SUPPORT GROUP



Online Alzheimer's Association® Early Stage Support Group

Support groups create a safe, confidential, supportive environment or community, offering participants a chance to develop informal mutual support and social relationships. They also educate and inform participants about dementia and help them develop methods and skills to solve problems.

- Early stage support will be offered entirely online.
- Early-stage support groups provide emotional, educational, and social support for individuals in the early stages (or beginning stages) of Alzheimer's disease or dementia, as well as for their care partners, regardless of age.
- The support group will run for 9 weeks, on Tuesdays from 3:00 pm - 5:00 pm, with a ***tentative start date*** of January 21, 2025.
- A phone screening is required for both the diagnosed individual and their care partner.

The Early Stage Support group will be facilitated by Julie Robinson, LMSW, with Seasons Care Management and Marcy Croffy, LCSW, with VA Caregiver Support.

Screening and registration are required for all potential early stage support group participants. To register, please call (208) 722-2521.



For more information or to register please call (208) 722-2521.

EDUCATION & SUPPORT

ALZHEIMER'S  ASSOCIATION®

Support and Dementia Resources

If you care for someone with Alzheimer's, you are not alone.
We're here whenever you need us.

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

EVERY TUESDAY 1:00PM - 2:00PM

Grannie on the Move

3587 E. Overland Rd. Meridian, ID 83642



Registration Required. Please call our

Local Office: 208.206.0041

For additional resources contact the helpline available 24/7 at

800.272.3900

EDUCATION

The Empowered Caregiver

An education program presented by the Alzheimer's Association



March 19, Noon - 1:30 p.m.

Intro to Alzheimer's and Building Foundations of Caregiving explores the role of caregiver and changes they may experience, building a support team and managing caregiver stress.

April 2, Noon - 1:30 p.m.

Supporting Independence focuses on helping the person living with dementia take part in daily activities, providing the right amount of support and balancing safety and independence while managing expectations.

April 16, Noon - 1:30 p.m.

Communicating Effectively teaches how dementia affects communication, including tips for communicating well with family, friends and health care professionals.

Responding to Dementia-Related Behaviors details common behavior changes and how they are a form of communication, non-medical approaches to behaviors and recognizing when additional help is needed.

April 30, Noon - 1:30 p.m.

Exploring Care and Support Services examines how best to prepare for future care decisions and changes, including respite care, residential care and end-of life care.

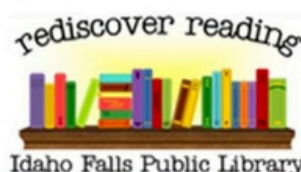
This free education series teaches caregivers how to navigate the responsibilities of caring for someone living with dementia. Caregivers can register for individual courses to meet their needs or complete the entire series.

Registration encouraged, but not required.

For More Information or to Register,
Contact Jody Cornilsen at
jocornilsen@alz.org or 208-350-6823

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

In Partnership With:



800.272.3900 | alz.org

ALZHEIMER'S  ASSOCIATION®

SOCIAL ENGAGEMENT

COMPROMISO SOCIAL

Cuéntame Más: Compartiendo Nuestras Historias y Protegiendo Nuestra Mente



Cuéntame Más

Un programa para cuidadores y personas mayores, incluyendo a las personas de la tercera edad: Celebre su historia, conéctese con su comunidad, y aprenda cómo cuidar su mente.

Se reúne el segundo sábado de cada mes. La próxima reunión sera el 11 de enero de 2025 de 2 pm a 4 p.m.

El Centro Comunitario Hispano
315 Stampede Drive, Nampa, ID 83687
Para más information llámé (208) 722-2521.

¿Interesado en conocer mas de nuestros oradores? Visite nuestra página de Facebook – **Cuéntame Más Idaho**

Lo que experimentará:

- Escoje entre **Qigong o Zumba**. Mariza Muñoz dirigirá nuestra clase de **Zumba**, y Antonia Jáuregui Tamayo dirigirá **Qigong**.
- **Presentaciones de Expertos de Nuestra Comunidad**. Aprenda cómo proteger su cerebro y manejar la diabetes e hipertensión con el **Dr. Alejandro Necochea**.
- **Círculo de narración de historias**: Comparta sus historias personales y escuche la sabiduría de los demás.



Alejandro Necochea, MD



Antonia Jáuregui Tamayo



Mariza Muñoz



Cuéntame Más: Sharing Our Stories, Protecting our Minds



Cuéntame Más

A Program for Caregivers and Latino Elders: Celebrate your stories, connect with your community, and learn how to care for your mind.

Meets the second Saturday of each month, next meeting January 11, 2025 from 2 pm - 4 pm

Hispanic Community Center
315 Stampede Drive, Nampa
For more information, call (208) 722-2521.

Interested in knowing who our speakers are? Check out our Facebook page – **Cuéntame Más Idaho**.

What You'll Experience:

- **Choose between Qigong or Zumba**. Mariza Muñoz will lead our **Zumba** class, and Antonia Jáuregui Tamayo will lead **Qigong**.
- **Presentations by Experts in Our Community**. Learn how to protect your brain and manage diabetes and hypertension with **Dr. Alejandro Necochea**.
- **Storytelling Circle**: Share your personal stories and hear the wisdom of others.



Alejandro Necochea, MD



Antonia Jáuregui Tamayo



Mariza Muñoz



Happy
New Year!

SOCIAL ENGAGEMENT



Creative Aging

Supported by the Alzheimer's Association



Creative Aging offers creative art expression for individuals with mild cognitive impairment (MCI) and early to middle stages of Alzheimer's disease and related dementias.

This program creates a fun and comfortable way for people to get connected, get active and share their meaningful life moments or personal interests.

Previous art experience is not required.

BLICK[®] Art Supplies provided thanks to the generous donation of
art materials Blick Art Materials

The 3rd Wednesday of Every Month
10 a.m. - 11:30 a.m.

The ART Museum
300 S Capital Ave., Idaho Falls, ID 83402

Registration Required (Class Limit 10)

For More Information or to Register,
Call 208.350.6823 or email
jocornilsen@alz.org



bit.ly/creativeagingART

800.272.3900 | alz.org

 **ALZHEIMER'S[®]
ASSOCIATION**

COMMUNITY EVENTS & RESOURCES



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



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



**PRESERVE
@ HOME**

University of Idaho Extension



Do you want to learn how to safely can, dry or freeze your garden's bounty? University of Idaho Extension invites you to enroll in Preserve@Home, an online 6-week food preservation class to teach individuals how to safely preserve a variety of foods.

Each lesson includes online text (that can be downloaded and printed), online discussion boards, a weekly real-time chat with instructors & classmates, and open book quizzes.

Start Date: January 16, 2025

Lessons

- Foodborne Illness
- Canning Basics
- Canning Acid Foods
- Canning Low Acid Foods
- Canning Specialty Foods
- Freezing and Drying



COST: \$35 REGISTRATION FEE

Register online at

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

For More Information:

University of Idaho Extension, Franklin County
franklin@uidaho.edu
(208) 852-1097


REGISTRATION DEADLINE:

JANUARY 13, 2025

The University of Idaho is an equal opportunity/affirmative action employer and educational organization. We offer our programs to persons regardless of race, color, national origin, gender, religion, age, sexual orientation, or disability.

Reasonable accommodations will be made for persons with disabilities and special needs contact Laura Sant, Franklin County Extension Educator, lsant@uidaho.edu, 208.852.1097.

COMMUNITY EVENTS & RESOURCES



Working together to bring you the next **POWERFUL TOOLS FOR CAREGIVERS WORKSHOP** beginning

Monday, January 27th

The Community Care Program is teaming up with Aging Strong to bring the evidence-based Powerful Tools for Caregivers Workshop Series to your community. Powerful Tools for Caregivers Workshops are **designed for YOU, the family caregiver**. Classes are established for a caregiver or their care recipient age 60 and older.

REGISTRATION IS REQUIRED!

Workshop details:

Start Date: January 27th, 2025

Classes run **every Monday** for 6 consecutive weeks, January 27th-March 10th, 2025

Time: 2:00-3:30



Location: Zoom

Format: On-line, Computer or tablet required. Zoom class preparation is provided—we can make it easy!

Caregiver Burnout is Real - Don't Wait Any Longer!

JOIN US TO LEARN:

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

www.AgingStrong@jannus.org

Powerful Tools for Caregivers Weekly Class Descriptions

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

Week #1: Take Care of You
This class sets the stage for the entire course. It emphasizes that the focus is on "YOU, the caregiver, not on the family member receiving care," and that caregivers will develop a "box of self-care tools.". The challenges of caregiving and significance of caregiver self-care are dramatized through video. Beginning in this class, caregivers make a weekly action plan for self-care.

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

Week #3: Communicating Feelings, Needs, and Concerns
Participants learn how to communicate their feelings, needs and concerns more effectively by using "I" messages. Through brief dramatizations, participants experience the impact of both "I" messages and "You" messages (which tend to sound blaming and put people on the defensive). They practice changing "You" messages to "I" messages, and identifying when statements beginning with the word "I" are actually "Hidden You" messages.


Week #4: Communicating in Challenging Situations
Participants practice two communication tools—assertiveness and Aikido—which are helpful in difficult situations. They learn a four-step process, called DESC (Describe, Express, Specify, and Consequences) for using the assertive style of communication. With Aikido, participants learn how to align and find "common ground" with a person who is distressed. A segment highlights guidelines for communicating with a person who is memory impaired.

Week #5: Learning From Our Emotions
The overriding theme of this class is "our emotions are messages we need to listen to". It emphasizes that feelings occur for a reason and that feelings are neither good nor bad. Focus is on identifying constructive ways for dealing with difficult feelings—especially anger, guilt, and depression—and resources for professional help.


Week #6: Mastering Caregiving Decisions
Focus is on the internal emotional process caregivers go through when they experience a life change. Tools for dealing with changes and for making tough decisions—including a seven-step decision-making model and the family meeting—are discussed.

www.AgingStrong@jannus.org

Connection Club






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. Guests should enjoy meeting new people and be able to function in a group setting.



**Mon, Tues, Thurs, Fri,
9am-3pm**

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

**Call 208-608-7578
for more info and to set up the
introductory evaluation**

**Dick Eardley Senior Center
690 Robbins Rd., Boise 83702**

WHY FALLS MATTER IN IDAHO



Falls Prevention Coalition of Idaho

Who Falls

1 in 3 Older Idahoans Report Falling At Least Once/Year

- Men 49+ 2x more likely than women
- Men ages 30-69 95% more likely to die

- Women 80+ 1.4x more likely than men & 22.5% Women age 80+ report falls

Where Falls Happen

Idaho Counties with an Increase in Falls Reported

67% At Home

9% in Institutions

4.5% Public Spaces

**Bannock Jerome
Bingham Kootenai
Bonneville Shoshone
Elmore Twin Falls**

What Falls Cost

Average Idaho medical \$38,373 per fall
National Average \$754 billion for fatal and

\$80 billion for non-fatal falls	Medicare Private/Out of Pocket Medicaid	\$53.3 Billion
		\$23.2 Billion
		\$3.5 Billion

COMMUNITY EVENTS & RESOURCES

Are you a caregiver taking care of a loved one with dementia?



CAREGIVER SUPPORT GROUP



Located: Eastern Idaho
Community Action
Partnership 935 E
Lincoln Rd. Idaho Falls,
ID 83401



Support Group
Meetings are held
the 2nd Tuesday of
every month

For questions contact or to sign
up for the group facilitator at
208-522-5370 ext. 203



"We're there when you
need us most."



CAREGIVER SUPPORT GROUP

Are you a caregiver taking care of a loved one with a
memory concern, dementia, or Alzheimer's?

Come join us for connection, support, and fun activities!



Meetings Held The 3rd
Thursday of Every Month.



Hagerman Public Library
441 South State Street
Hagerman, 83332

1:00-3:00 PM



"We're there when you
need us most."



CAREGIVER SUPPORT GROUP

Are you a caregiver taking care of a loved one with a
memory concern, dementia, or Alzheimer's?

Come join us for connection, support, and fun activities!



Meetings Held The 3rd
Monday of Every Month.



Bingham County Extension Office
412 W Pacific Street
Blackfoot

1:00-3:00 PM

To enrich education through diversity the University of Idaho is an equal opportunity/affirmative action employer and education institution. University of Idaho, U.S. Department of Agriculture and Bingham County cooperating.



Caregiver Support Group

4th Wednesday of the month

Location: Area Agency on Aging - 214 E Center St. Pocatello ID

Time: 2pm

Contact us at (208)233-4032

