



Memory Cafe Coeur d'Alene

If you have been diagnosed with memory loss, join us at the Coeur d'Alene Library for coffee, activities and informal conversation with your peers.

WHEN 2nd Friday of the month

TIME 10 - 11:30 am

WHERE Coeur d'Alene Library
702 E. Front Avenue

WHAT At a Memory Cafe, persons living with Alzheimer's or other dementias and their loved ones enjoy socializing and engaging activities in a relaxed setting.

CONTACT Call ahead to register!

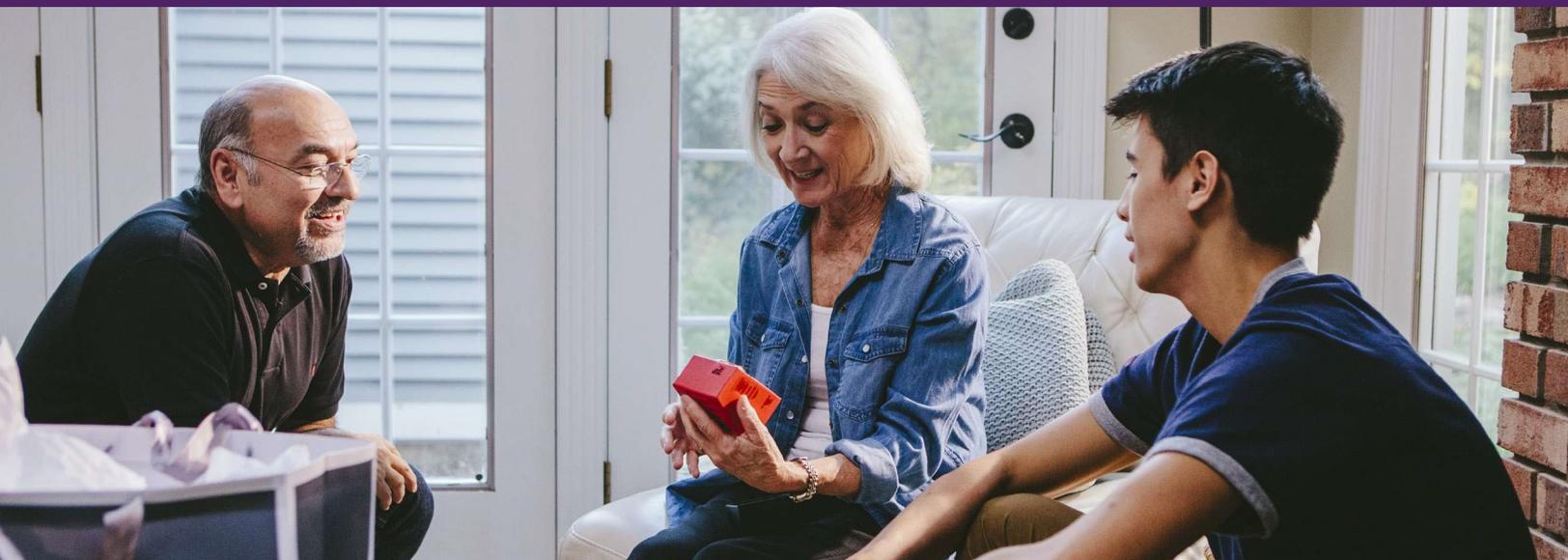
- Michelle Larson, 208-666-2996 or mllarson@alz.org

In Partnership With:



CREATING DEMENTIA-FRIENDLY HOLIDAYS AND CELEBRATIONS

Co-presented by Aging Gracefully and the Alzheimer's Association.



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.

**Wednesday, December 13
11:00 AM to 12:00 PM**

**Marshall Public Library
113 S. Garfield Ave.
Pocatello, ID 83204**

**Please register at
bit.ly/pocatello1213
or call 208-350-6823**

**In collaboration
with:**



ALZHEIMER'S  ASSOCIATION®

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

Healthy Bodies, Healthy Minds

An early stage program presented by the Alzheimer's Association



It's All FUN & GAMES!!

Science tells us that consistent cardiovascular activity can reduce the risk of cognitive decline. So what better way than engaging in FUN activities and social interaction with friends!

Join us for activities like:

- Balloon Badminton
- Beach Ball Volleyball
- Ping Pong
- Mini Beach Ball Basketball
- and other games that promote social interaction!

Group Meets Every Friday

1:00 - 3:00

**New Vision Alternative School
Gymnasium**

201 W. Mullan Avenue

Post Falls
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For more information contact:

Michelle Larson

208.666.2996 or mllarson@alz.org



Lewiston Caregiver Support Group

Presented by the Alzheimer's Association

2nd Wednesday of the Month

1:30pm-3:00pm PST

Contact the facilitators for more information:

- Mona Jack, m.jack@cap4action.org,
208-791-3231
- Chana Dyer, chana_dyer@yahoo.com

Location:

Community Action Partnership
124 New 6th Street
Lewiston, Idaho 83501

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

MEMORY CAFÉ

NEW LOCATION: ORCHARD PARK
MERIDIAN LIBRARY

- July 27th 1:00-2:30
- August 24th 1:00-2:30
- September 28th 1:00-2:30

1268 W Orchard Park Dr.
Meridian, ID 83642
(off Linder and Chinden)



The Memory Café encourages
friendship and acceptance

Held on the 4th Thursday of every month

The Memory Café is a place where family caregivers and their loved one with memory loss can get together for education and support in a safe, and engaging environment. This is a time to enjoy a break from the normal routine—to socialize, learn from monthly topics, and build resources for changing needs. The Café offers a time for mutual support, shared stories, laughter and most of all knowing that, you are not alone!

The Memory Café will be facilitated by experienced Legacy Corps staff and volunteers to offer a positive experience for all.

RSVP Requested

Offered in partnership with:



**Held In-Person on
the 4th Thursday of
Every Month**



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

For more information or to
Reserve Your Seats

Contact:

Karen Kouba-Mclver

Email: kkouba@jannus.org

Phone: 208-947-4283

Memory Café is brought to you by
the Aging Strong Programs of Jannus.
www.AgingStrong.org



Moscow Caregiver Support Group

Presented by the
Alzheimer's Association

2nd Monday of the month

11:00am-12:00pm

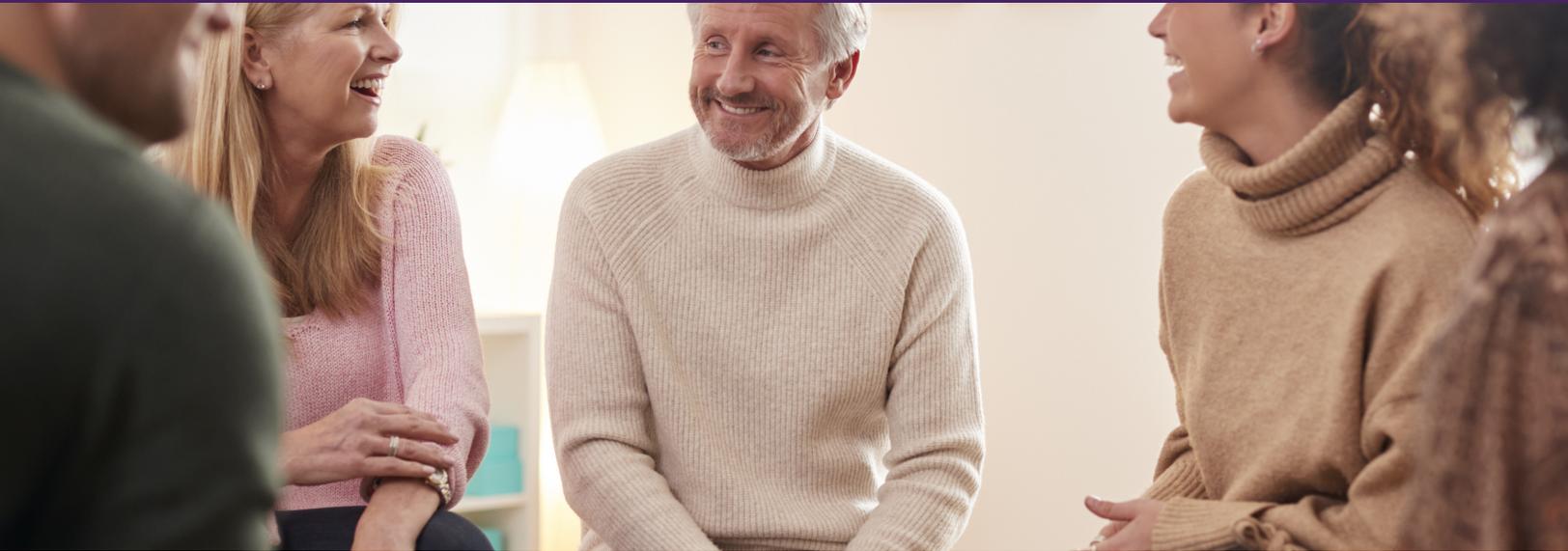
Contact the facilitators for more
information:

- Jill Crump, crumps205@frontier.com
- Tammie Poe, tjpoe1510@gmail.com

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North Idaho Caregiver Support Groups

Coeur d'Alene

- 3rd Thursday of the month
6 - 7:30 pm
contact: Michelle Larson, 208.666.2996
- 2nd & 4th Saturdays of the month
1:30 - 3:30 pm
contact: Pat Ferriola, 208.669.3665

Post Falls

- 1st Wednesday of the month
3 - 4:30 pm
contact: Michelle Larson, 208.666.2996

Sandpoint

- 1st & 3rd Thursday of the month
1 - 2:00 pm
contact: Jan Griffitts, 208.290.1973

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- Learn about community resources



**Caregiver Support Group
Every 2nd and 4th Saturday**

1:30 to 3:30

If you plan to drop off your loved one while you attend this support group at **One Site for Seniors**, please call first for a phone assessment to ensure the proper level of care. Please call Rhonda at (208) 651-9060.

Caregiver Support Group is open to the public and meets at 296 W. Sunset Ave, Suite 14, in Coeur d'Alene.

