



SMART

workshop →

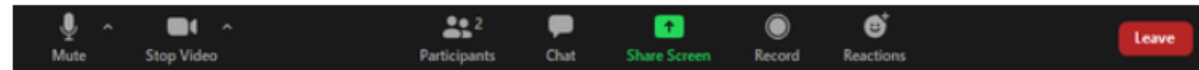
support * education * healthcare * choice

"Empowering caregiver providers, supporting family caregivers, and inspiring the caregiving experience through informative and interactive workshops."

FEBRUARY 15
2024

SMART information

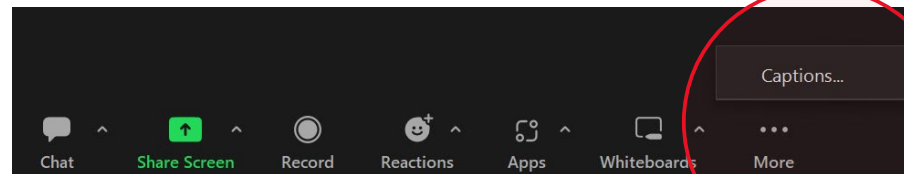
1. You may experience a lag- this is normal and not a problem of your system
2. This is the bar at the bottom of the zoom screen, where you can control mute/video(camera)/chats.



3.  Please check that you microphone is off.
4.  Chat is a BIG part of the workshop:

 Put Questions in the chat box

NEW!



SMART DISCLAIMERS

This is workshop being RECORDED



This content is provided for general informational purposes only and should not be considered legal, financial or health advice.

Consult with your legal, financial, healthcare, or other service providers before acting based on this information.



SMART: living life smarter

Drawing for \$25 gift card at Walmart.



Complements of Molina Healthcare of Idaho

Yvette Saiz Primero, Sr. Community Engagement Specialist,
Yvette.Primer@MolinaHealthcare.com



Winning Strategies for Family Caregiving: Lessons from Family Game Night©

Presenting strategies and solutions to help effectively identify and navigate family caregiving challenges in a creative and fun format that draws on popular family game night metaphors and analogies. We explore the planning and actions to proactively identify and address common caregiving needs and challenges.

Our Speakers

Dee Childers:

Dee Childers, MBA, CSA is a Professional Aging Life Care Manager, Founder of Life Changes Elder Care Consulting, LLC. She can be reached at: P: 208.321.5567 / Dee@lifechangeseldercare.com

Dr Anne Kenny:

Dr. Anne Kenny, MD is a geriatric physician and Founder of Together in Dementia. She is a professor emerita at the University of Connecticut Health Center. Anne is the author of Making Tough Decisions about End-of-Life Care in Dementia.

Darra Wray:

Darra Wray, MA, CSC is a Certified Senior Advisor, Founder and Care Consultant for My Care Companions and L.E.A.R.N. She can be reached at: P: 208.631.7603 / www.mycarecompanions.com



JOIN! Part 2 of the Winning Strategies game during a breakout session at the Family Caregiver Conference on 3/9.

OFFER! for a FREE version of the My Data Diary+ software.



My Data Diary+[®]

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info@mydatadiary.com

2024 Family Caregiver Conference

Celebrating Caregivers as Care Champions



What is it?

A day of celebration, education, support, and networking among family caregivers and care partners across the lifespan.

Registration

Date: March 9, 2024
Time: 9:00 AM - 4:00 PM (MST)
Where: Zoom (Virtual)
Cost: \$25



2024 Highlights

- Keynote speaker: Darra Wray, speaking on "The Power of We".
- Breakout sessions on topics like kinship care, intricacies of intimacy, healthcare transitions, and more.
- A short film screening and discussion.
- A whole day of education, networking, and fun!

Learn more and register today:
idahocaregiveralliance.com/caregiverconference/

Contact us at:
idahocaregiveralliance@gmail.com.



HAPPENINGS

ALZHEIMER'S ASSOCIATION SUPPORT GROUPS

ALZHEIMER'S ASSOCIATION

February 2024



Cathedral of the Rockies: Online

Thursday, Feb 1 & 15 at 2:00 p.m.
1st & 3rd Thursday of each month
Cathedral of the Rockies
Boise, Idaho 83702

Eagle Support Group: In Person

Wednesday, Feb 14 & 28 at 1:00 p.m.
2nd & 4th Wednesday of each month
Eagle Senior Center
Eagle, Idaho 83616

Adult Children As Caregivers: Online

Wednesday, Feb 14 at 6:30 p.m.
2nd Wednesday of each month
Zoom Link Provided Upon Registration

Salmon Creek Support Group: In Person

Tuesday, Feb 20 at 2:30 p.m.
3rd Tuesday of each month
Salmon Creek
Boise, Idaho 83713

Nampa Library Support Group: In Person

Monday, Feb 26 at 2:00 p.m.
Last Monday of each month
Nampa Library, Room 302
Nampa, Idaho 83651

Pocatello Support Group: In Person

Thursday, Feb 22 at 2:00 p.m.
Fourth Thursday of each month
Methodist Church, Pocatello
Pocatello, Idaho 83201



Women Caring for Spouses: Online

Tuesday, Feb 6 & 20 at 4:00 p.m.
1st and 3rd Tuesday of each month
Zoom Link Provided Upon Registration

Virtual Support Group: Online

Wednesday, Feb 14 at 11:00 a.m.
2nd Wednesday of each month
ZoomLink Provided Upon Registration

Library! at Hillcrest: In Person

Friday, Feb 2 & 16 at 10:00 a.m.
1st & 3rd Friday of the month
Library! at Hillcrest
Boise, Idaho 83405

Canyon County Support Group: In Person

Wednesday, Feb 14* at 1:00 p.m.
**This group regularly meets on the 3rd Wednesday of each month, but in February, the group will meet on the 2nd Wednesday of the month.*
Nampa Public Library, Room 302
Nampa, Idaho 83651

Payette County Support Group: In Person

Tuesday, Feb 27 at 2:00 p.m.
Last Tuesday of month
Senior Center
Payette, Idaho 83661

Hailey Support Group: In Person

Weekly on Wednesdays at 2:00 p.m.
The Senior Connection
Hailey, Idaho 83333



Visit Alz.org/Idaho to learn more about caregiver programs. To further extend your network of support, visit ALZ connected®, our on-line community, at alzconnected.org. The Helpline is available 24/7. Call 1(800) 272-3900 to register for a support group or to talk with master's level-clinician that is able to offer confidential support and information to people living with the disease, caregivers, families, and the general public.

**COMING
SOON**

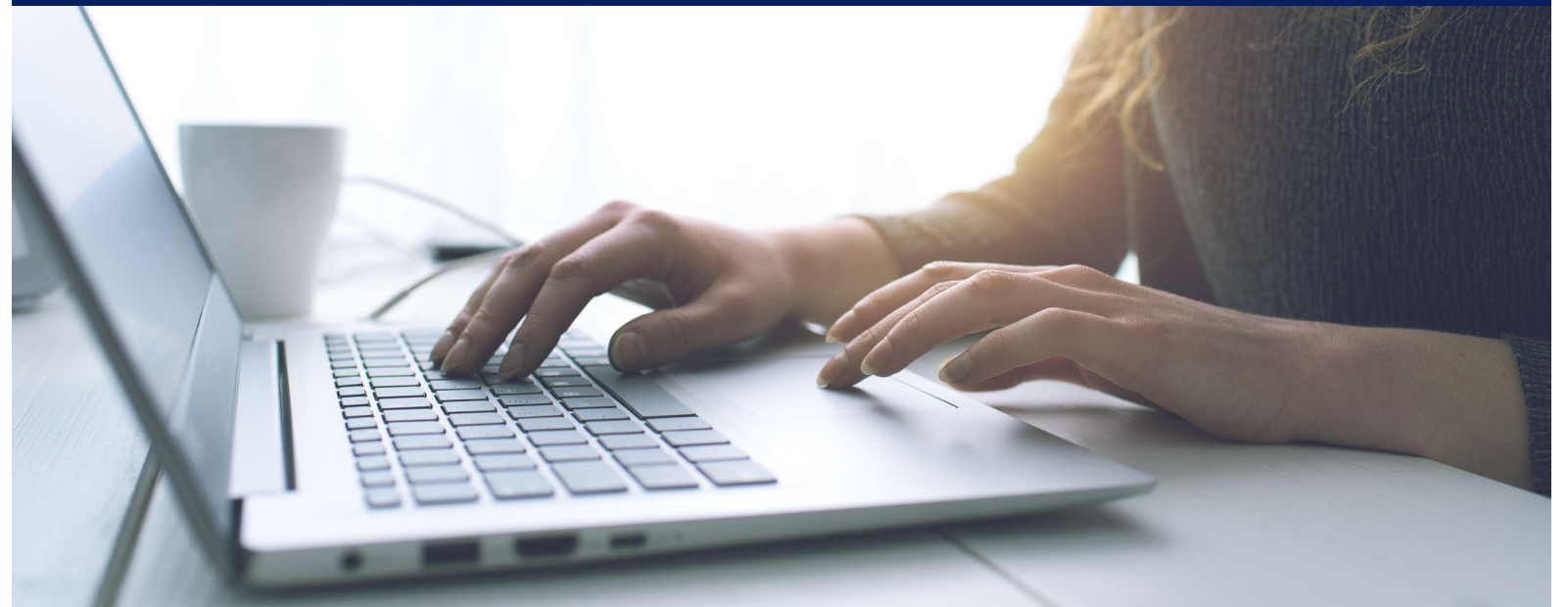


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Wrapping Up:

Winners of the gift certificates will be mailed.
Thank you, Molina Healthcare of Idaho

Certificates of Attendance will be emailed to you
Includes links for today's workshop presenters

Upcoming SMART workshops: **2024**

SAVE THE DATE

2 0 2 4

FEBRUARY 15

TOPIC: GAME NIGHT
WINNING STRATEGIES FOR CAREGIVERS

JUNE 6 *special session* **IN PERSON!**

TOPIC: UNDERSTANDING DEMENTIA AND CAREGIVING
EXPERT SPEAKERS AND RESOURCES- MORE TO COME!
SPONSORED IN KIND BY SAINT ALPHONSUS

AUGUST 15

TOPIC: BREAKING NEWS!
CERTIFIED FAMILY AND CAREGIVERS RESOURCES AND UPDATES

NOVEMBER 21

TOPIC: IN THE KNOW
THE IMPORTANCE OF CONNECTION

THE IMPORTANCE OF CONNECTION
TOPIC: IN THE KNOW
NOVEMBER 21