



Saint Alphonus
A Member of Trinity Health



HOPE HEART PEACE

The Treasure Valley Family YMCA in partnership with Saint Alphonus Memory Center is excited to provide once-a-month online (virtual) free educational evidence-based program series targeted to individuals living with dementia and their family members.



HOPE:
Healthy Options for Prevention Excellence

Focus is on education about evidence-based dementia risk reduction strategies.



HEART:
Holistic Evidence-based Alzheimer's and Related dementias Treatment

Focus is on education about obtaining early diagnosis and creating a comprehensive holistic evidence-based care plan for treatment of dementia.



PEACE:
Palliative Excellence in Alzheimer's and related dementias Care Efforts

Focus is on education about palliative care for individuals with dementia that includes approaches to promote safety, delay institutionalization, prevent and reduce agitation and improve end of life care.

FIRST TUESDAY OF THE MONTH
11:30-12:30PM-MST | FREE | ONLINE
OPEN TO THE PUBLIC



Scan the QR code to find previous educational recordings



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JULY 7TH  

Frontal Lobe Dementia

Sherri Siegel, NP-C

AUGUST 4TH  

The Infinite Ripple: Cultivating Compassion & Connection in the Wake of Care

Laura LaForte, LCSW

SEPTEMBER 1ST  

From Confusion to Clarity: Understanding Palliative Care

Marissa Click, M.Div., BCC

OCTOBER 17TH  

6th Annual Brain Health Symposium

NOVEMBER 3RD  

Where Care Meets Connection: Transforming the Caregiving Experience

Honey Goodman

DECEMBER 1ST  

Dementia Friendly Hospital Care

Daniela Schneider-Aguilera, NP