

January 2026 Newsletter

Happy New Year from LEARN Idaho!

January invites us to pause, reflect, and begin again. As a new year unfolds, many of us are thinking about resolutions—more movement, better nutrition, improved sleep, and a renewed focus on overall well-being. For family caregivers, these intentions matter deeply, yet they are often the first to be set aside in service of caring for someone else.

This month, we're shining a light on caregiver health and well being. Respite—whether for an hour, an afternoon, or a few days—is not a luxury; it's an essential part of sustaining physical health, emotional resilience, and long-term caregiving capacity. Stepping away to rest, recharge, or simply breathe is one of the most meaningful investments a caregiver can make in the year ahead.

As you set intentions for 2026, we invite you to consider this resolution: ***care for yourself with the same compassion and commitment you give to others***. In this newsletter, you'll find resources, insights, and encouragement to help caregivers build moments of rest into their routines—because caring well begins with being well.

Feature Presentation

Below, you'll find video links from community partners who share our mission to empower Idahoans with clear, accessible, and high-quality information. Each resource reflects our shared goal: helping you feel informed, supported, and never alone on your caregiving or aging journey.



[What is respite, and
where can I find it?](#)



[Area Agencies on
Aging Respite
Programs](#)



[Aging Strong Respite
Companions Program](#)



[Care Collective Respite
Program at Cathedral
of the Rockies](#)



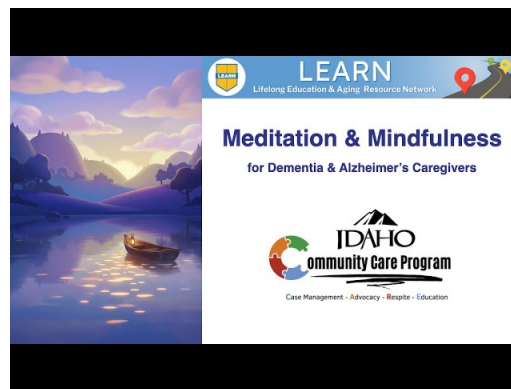
Check out the LEARN Community Resource Channel in our Video Library for introductions to more than 50 Community Resources available to help you navigate your aging and caregiving journey.

Click Here to go to the
Community Resource Channel

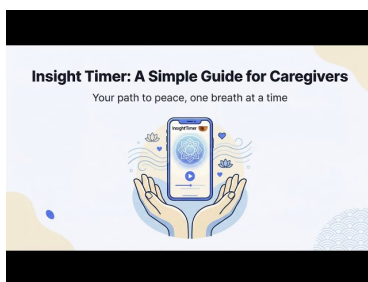
Community Education Program

One simple, accessible way to support both physical and emotional well-being is through meditation. Even a few quiet moments of focused breathing can help calm the nervous system, reduce stress, and create space for clarity and renewal—especially for caregivers who are constantly tending to others. Meditation doesn't require special

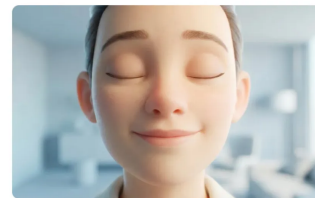
equipment or long periods of time; it simply invites us to pause, reset, and reconnect with ourselves.



[Meditation & Mindfulness for Dementia and Alzheimer's Caregivers](#)

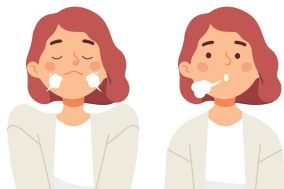


[Insight Timer Meditation App: A Simple Guide for Caregivers](#)



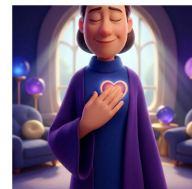
**Mini Meditation for Caregivers:
"The One-Minute Pause"**

[The One Minute Pause Meditation](#)



**Mini Meditation for Caregivers:
"Grounding Breath"**

[Grounding Breath Meditation](#)



**Mini Meditation for Caregivers:
"Hand on Heart"**

[Hand on Heart Meditation](#)

Click Here to go to the
LEARN Video Library

Technology Education

A Gentle Tech Reset for the New Year

The start of a new year can be a good moment for a gentle technology reset—not a big overhaul or a list of resolutions, just one small step that makes daily life a little easier. That might mean deleting a few apps you never use, clearing out old photos, or turning on automatic updates so your device runs more smoothly. Small actions like these can reduce clutter and help technology feel more manageable, rather than overwhelming. A tech reset is about comfort and confidence, not perfection. Choose one simple task and permit yourself to stop there. Technology should support your life, not complicate it. As the year begins, even a few minutes of attention can make your devices feel calmer, more useful, and better aligned with how you actually want to use them.

Try This: A 10-Minute Tech Reset

Choose just one of the following—then stop.

- Delete 3 apps you no longer use
- Clear out 10 old photos or screenshots
- Restart your phone or tablet
- Check that your device is doing automatic updates
- Move your most-used app to the home screen

Small steps count. The goal is ease, not perfection.

Stay tuned for more updates, and don't forget to check out our new Tech Ed class schedule. Together, we're making a difference, one click at a time!

Click here for more info
about LEARN Tech Ed

Encore Book Club

The "Encore Book Club" a welcoming space for senior adults to connect, engage, and explore books that inspire lifelong learning, personal growth, and new possibilities. LEARN Member [Laureen Quick](#) hosts a monthly discussion about a book related to aging, caregiving, personal reinvention, or community!



Encore Book Club

January thru March 2026

Connect, engage, and explore books that inspire lifelong learning, personal growth, and new possibilities



January 13, 2026 - 6:30-7:30 PM

***Our Souls at Night* by Kent Haruf**

QR Code Link: <https://www.facebook.com/events/1434882148221961>



February 10, 2026 - 6:30-7:30 PM

***The Stone Angel* by Margaret Laurence**

QR Code Link: <https://www.facebook.com/events/2624491134603351>

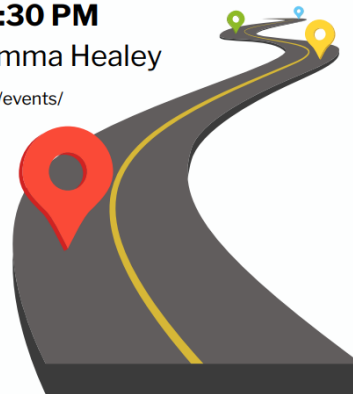


March 10, 2026 - 6:30-7:30 PM

***Elizabeth is Missing* by Emma Healey**

QR Code Link: <https://www.facebook.com/events/25015075598194372>

Join us for live online conversations led by Encore Book Club facilitator Laureen Quick, or host a book club conversation in your community using Laureen's post-event book review video.



Lifelong Education and Aging Resource Network, Inc
www.learnidaho.org/bookclub

The Book Club selection for January is ***Our Souls at Night*** by Kent Haruf, a quiet, deeply tender novel about companionship, courage, and second chances later in life. Set in the small town of Holt, Colorado, it follows two widowed neighbors who, after years of loneliness, take a gentle emotional risk that transforms their nights—and their sense of connection. With spare, beautiful prose, Haruf explores love, aging, and the profound human need to be seen and known. **Join in the discussion on Tuesday, 1/13, from 6:30-7:30.**

Find event details and more information about this month's book selection on our Facebook page:

[Click here for event info](#)

Member Networking Event

On **January 6**, LEARN members gathered at [Touchmark](#) for our mid-winter *Meet & Mingle Networking* event. Members enjoyed delicious treats generously provided by Touchmark and built new connections through a fun and interactive sock-and-glove matching activity. Following the event, the socks and gloves used for the networking event activity were donated to **Interfaith Sanctuary**, extending the spirit of warmth and community beyond the gathering.



This quarter, it was our pleasure to recognize [Healthcare Share Treasure Valley](#) as our **Winter 2026 Community MVP**. As a nonprofit, their mission is to spread joy, love, and support to healthcare workers—and to the individuals and families they serve. With a Facebook community of nearly 6,000 members, they play a vital role in keeping healthcare professionals across the Treasure Valley connected.

Special thanks to [Touchmark](#) for sponsoring the 2026 LEARN Member Networking Events and Quarterly Resource Distribution initiative.



LEARN Board Update

We would like to give a special thanks to Karen Keyser for 2 years of service as our Education Chair and welcome Lake Bancroft as our new Education Chair.



Lake Bancroft
TruBlue Home Service Ally



Karen Keyser
The Funding Master,
a C2 Financial Corporation

Thank you to our Channel & Organization Sponsors

It would not be possible to bring the LEARN content to you without the generous support of our Sponsors! Thank you to our additional Winter 2026 Sponsors for supporting our mission to help people navigate the joys and challenges of aging and caregiving!



Caregiving Channel
Sponsored By:



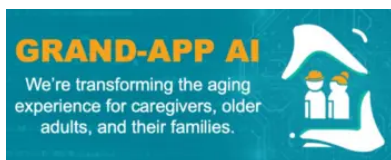
Health Channel
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Technology Channel
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Wealth Channel
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**Winning Strategies
for Family Caregiving:**
Lessons from Family Game Night



End of Life Channel

Brought to you by:



Quarterly Meeting

Sponsored By:



Alsip and Persons Funeral Chapel

Ancora Health Services



Print Media

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with your friends, family,
and contacts!



LEARN: Lifelong Education and Aging Resource

Network is an Idaho non-profit organization providing FREE education for mature adults, family caregivers, and the professionals serving them. Our mission is to help people navigate the joys and challenges of aging and caregiving.

Our vision is to serve as a trusted source of information and resources – for the community by the community – in the topic areas of health, wealth, lifestyle, and

caregiving. All of our volunteer educators are professionals who are members or partners of LEARN.

Thank you for your support!

LEARN Idaho

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LEARN provides access to a broad range of resources and information on aging and caregiving topics. LEARN does not take a position on any of our educational topics. LEARN content is provided for general informational purposes only and is not to be considered legal, financial, or health advice. Please consult with your legal, financial, healthcare, or other service providers before taking action based on this information.



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