

February 2026 Newsletter

A Day to Recognize the Heart of Caregiving

National Caregivers Day, observed on February 21, is a time to recognize the millions of family members, friends, and professionals who show up every day with compassion, patience, and courage. Caregiving often means holding space for conversations that aren't easy—talks about changing needs, health declines, and end-of-life wishes—but that are deeply important.

In this month's newsletter, we're focusing on resources and insights to help you navigate those hard conversations with clarity and care. Whether you're just beginning to notice changes or facing decisions that feel overwhelming, our goal is to help you feel more prepared, supported, and less alone.

Below is a collection of new videos answering some of the tough questions that family caregivers face.



[Facing the Hard Conversations:
Aging, Decline, and End-of-Life Care](#)

When Should We Seek a Cognitive Evaluation?



LEARN Idaho
January 8, 2025

When Should We Seek a Cognitive Evaluation?

When Should I Step In to Help With Care or Finances?



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When Should I Step In to Help With Care or Finances?

It Still Safe for My Loved One to Live Alone?



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Is It Still Safe for My Loved One to Live Alone?

How Can I Tell If Treatment May Be Doing More Harm Than Good?



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Can Treatment Be Doing More Harm Than Good?

Is It Still Safe for My Loved One to Drive?



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Is It Still Safe for My Loved One to Drive?

What Are My End-of-Life Choices?



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January 8, 2025

What Are My End-of-Life Choices?

Thanks to Dr. Billy Galliger and the team at [Ancora Health Services](#) for sharing this valuable information.

As needs and circumstances change, conversations about the future can become more complicated. Whether discussing evolving family roles, navigating personal relationships, or exploring legal protections, these topics often raise questions that don't have simple answers. The resources below are designed to help you enter these conversations with greater confidence and clarity.



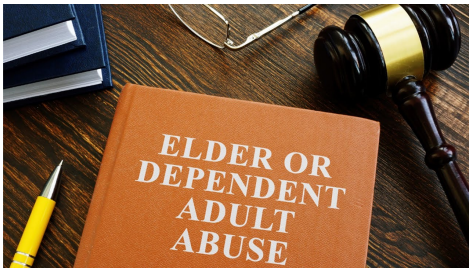
Discussing the Future With Aging Parents



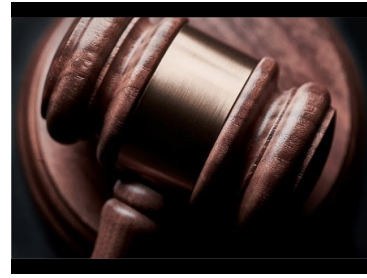
The Intricacies of Intimacy and Aging

Not all difficult conversations are about future planning—some are about safety right now. Elder abuse is often hidden, underreported, and hard to talk about, even when

something doesn't feel right. Understanding how abuse can present and why it's so difficult to identify is a critical first step toward prevention.



[Elder Abuse
Awareness & Prevention](#)



[Guardianship &
Conservatorship](#)

Feature Presentation



[Ada County Victim Services Center](#)

We are fortunate to have a resource like [Ada County Victim Services](#) in our community, where people affected by interpersonal violence can receive assistance. Through one door, their specialized multi-disciplinary team provides wrap-around services to stabilize and support victims of violence and their families. These services can include forensic examinations, law enforcement reporting, crisis counseling, safety planning, and more.



Visit the [LEARN Community Resources](#) Channel for introductions to more than 50 Community Resources available to help you navigate your aging and caregiving journey.

Technology Education

The Hard Questions Behind Technology

Caregivers often carry unspoken technology questions: *What if my loved one can't learn this anymore? What if helping means taking over? What if tech makes things worse instead of easier?* These concerns are common. Technology is usually introduced during stressful moments, which can make even simple tools feel overwhelming.

Tech education works best when it's paced, practical, and focused on real needs—not mastery. Skills like spotting scams, using reminders, managing appointments, or staying connected can reduce stress for both caregivers and older adults, turning technology into support rather than another burden.

Try This: The “Safe Pause” Rule

Before responding to an urgent or emotional text, email, or call, pause for 60 seconds. Don't click links, share personal information, or send money or gift cards. When in doubt, check with a trusted person or contact the organization directly using a known phone number.

This one habit adds protection—and calm—in the moment.

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

2026 Health and Resource Fair Program



The LEARN Health and Resource Fair Program Team is finalizing the plans for this year's program. We have 7 events planned for the year and look forward to sharing education and resources to older adults in our community at these in person events.

Heatherwood Senior Living - March 11 (Wednesday) 10:00 AM to 1:00 PM

Dick Eardley Senior Center (Boise) - April 21 (Tuesday) 10:30 AM to 12:00 PM

Nampa Senior Center - May 13 (Wednesday) 10:30 AM to 12:00 PM

Meridian Senior Center - July 15 (Wednesday) 10:30 AM to 12:00 PM

Overland Court - August 12 (Wednesday) 10:00 AM to 1:00 PM

Caldwell Senior Center - September 15 (Tuesday) 10:30 AM to 12:00 PM

The Pointe at Meridian - October 14 (Wednesday) 10:00 AM to 1:00 PM

There are a few vendor spots still available for this year's program. If you are interested in reserving a spot for your business with a subscription to this year's program, please send an email to resourcefair@learnidaho.org.

Special thanks to our 2026 Health and Resource Fair Program Sponsor, [Senior Helpers](#), for supporting this year's Health and Resource Fair Program. Their support makes it possible to bring these **FREE** events to our community throughout 2026!



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!



The Book Club selection for February is ***The Stone Angel*** by Margaret Laurence. This book is a powerful and unforgettable novel about memory, aging, pride, and reckoning. Through the voice of ninety-year-old Hagar Shipley, Margaret Laurence tells the story of a fiercely independent woman looking back on a life shaped by stubbornness, love, loss, and unyielding strength. [Join the discussion on Tuesday, 2/10 at 6:30 MT.](#)

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

[Click here for event info](#)

We invite you to host a book club event in your community, leveraging the Encore Book Club event materials. For more information about this opportunity, send an email to: bookclub@learnidaho.org

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

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Health Channel

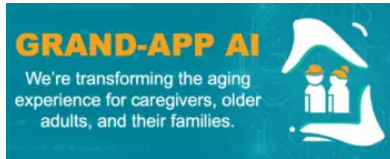
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Technology Channel

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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:



Alsip and Persons Funeral Chapel



Ancora Health Services



Quarterly Meeting

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**Health and Resource Fair
Program**

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[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. We are supported entirely by the generosity of community businesses, aging and caregiving professionals, and community members.

[Donate Now](#)

We thank you for your support.

LEARN Idaho

www.learnidaho.org

info@learnidaho.org

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