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June 2026



Hi subscriber,

It's a wonderful time of year to get outdoors. Walk your favorite path or challenge your mind by navigating a new one. **Changing up a familiar routine is brain exercise!** You can do that indoors, too. Make June the month that you brush your teeth or hair using your non-dominant hand. It feels weird at first, but the extra focus it requires is a sign that your brain is getting a workout.

First, take a deep breath

I just answered some emails and texted a few people—why am I so tired?

Have you heard of email apnea, sometimes called **screen apnea**? Research shows that **nearly 80% of us unconsciously reduce our breathing while emailing or texting**. Our breath can become shallow or irregular, or we hold it completely. This puts our bodies into a low-grade stress response that can tense muscles, make us feel anxious, create brain fog, and leave us feeling exhausted without knowing why. A few ways to break the habit:

- take screen breaks—stand up, stretch, and recharge yourself with a few deep breaths; this also helps with digital eye strain

- during your break, relax your mind and body—take a walk outside, listen to music, or do some relaxing breathwork
- read on paper when possible—the tactile nature of books and magazines involves our brains and bodies in a different way than screens do



Visit us at MSU's Mobile Memory Café

MSU Extension is bringing its traveling educational program back to Stevensville. Everyone is welcome to drop in and connect with free information about brain health, dementia, and caregiving resources. **Dementia Friendly Bitterroot** will be there, too, ready to hear what you think we can do to improve healthy aging in the valley. Tell your friends and neighbors—see you there!

Thursday, June 4, Stevensville

11am-1pm – Stevensville Sr. Center, 100 Mission St.

2-4pm – North Valley Public Library, 208 Main St.

[Download the flyer](#)



MOBILE MEMORY CAFÉ

Sponsored by: **AARP**



Taking the mystery out of Lewy body dementia

Lewy body dementia (LBD) is the second most common type of dementia but often goes unrecognized and misdiagnosed. It's related to Parkinson's disease, and about 30% of people living with Alzheimer's also have Lewy bodies—but LBD looks nothing like Alzheimer's. Recognizing LBD is a real *AHA!* moment for many and opens the path to understanding and action.

Schedule a “Lewy Body Dementia Basics” presentation for your group.

Learn more from the [Lewy Body Dementia Association](#)

Watch Spark free on [Mediflix](#)



Dementia Discussions: Firearm Safety

Firearms are a symbol of independence and security. But when cognitive decline starts to happen, safety is a concern for the person experiencing the change as well as their family. **Starting conversations early** is key to lower-stress decisions that keep everyone safe. (By the time a person has a dementia diagnosis, the window of opportunity to work together on a safety plan is usually gone.) We'll learn about a respectful approach to that tough transition.

June 23 1-2:30pm Council on Aging, 310 Old Corvallis Rd.

Registration required. Call 406-363-5690.

Dementia Discussions Firearm Safety



Safely owning and using firearms takes skill. Early signs of cognitive decline like memory loss and changes in decisionmaking raise safety concerns for the gun owner as well as family and the community. Join us to learn

- signs of common types of dementia and their impact on safe handling of firearms
- a respectful approach to planning for a safe future
- the importance of having conversations early

Tuesday

June 23

1-2:30pm

Council on Aging
310 Old Corvallis Rd.

REGISTRATION

REQUIRED

call

406-363-5690

or email

info@dfbitterroot.us

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Friendly
Bitterroot**
www.DFBitterroot.us

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Council on Aging
SERVING RAVALLI COUNTY

Looking for a few willing peers

Are you living with cognitive changes? If you're adapting to keep yourself living independently, you're not alone. **DFB would like to start a social support group for peers to connect about how they're navigating their condition.** Peer support can be a powerful part of keeping life as full as it can be.

[Get in touch if this peer group interests you](#)



What would you like to learn?

Community education is core to what DFB does. We have a growing library of learning sessions, adaptable to general or business audiences for 30, 45, or 60

minute meetings:

- Dementia Friends Learning Session
- Lewy Body Dementia Basics
- Dementia Workplace Training (with or without sensory component)

Schedule some learning for your group or join us for any of our free events.



Have an idea for us? Get in touch.

Check out our events.



Dementia Friendly Bitterroot

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Council on Aging, serving Ravalli County

310 Old Corvallis Rd., Hamilton, MT 59840

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