



sponsored by



October 2026

Hello subscriber,



We messed up. If you missed the "Beyond Memory Loss" presentation because of our scheduling mixup, please get in touch to set up a time and place to see it that works best for you. *Thanks for your patience as we imperfectly get DFB events off the ground.*

[jana@goodpassage.co](mailto:jana@goodpassage.co)

406-493-7473

## Oct 22: MSU Mobile Memory Cafe & Special Presentation

Did you know that MSU Extension travels around the state offering free brain health and dementia resources? They were here in June in Stevensville. In October, they come to Hamilton.

Program Manager Lisa Brachwitz will host a free **Brain Health and Dementia Education Drop-In Event**. Later that day, we'll be honored to have Dr. Daniel Koltz, Gerontology Specialist with MSU Extension, give a **special community presentation** titled *When Words Slip Away: Understanding Memory Loss and How*

*to Live a Full Life.* “Dementia is a condition that touches countless lives, yet many people still feel unprepared to navigate it,” said Dr. Koltz. “This presentation is designed to offer clarity, reduce fear, and empower families with knowledge and strategies to support those living with memory loss.”

Don't miss these chances to get the most current expert insights and answers.

**Thursday, October 22**

**FREE – no registration required**

- **Mobile Memory Cafe** – noon-2pm drop-in event
- **“When Words Slip Away”** – 6:00-7:30pm – special presentation by Dr. Daniel Koltz

**Bitterroot Public Library Community Room** (downstairs), 306 State St., Hamilton



## *When Words Slip Away:*

**Understanding Memory Loss & How to Live a Full Life**

Come for an evening of learning with  
**Dr. Daniel Koltz, Gerontology Specialist, MSU Extension**  
Ask all your questions about Dementia



*Hamilton*

**Thursday, Oct 22nd  
6:00 PM - 7:30 PM**  
Bitterroot Public Library  
306 State Street  
Hamilton, MT 59840



**For more information:**  
Contact Lisa Brachwitz  
lisa.brachwitz@montana.edu  
406-994-3904

For Healthy Aging resources and info visit: [montana.edu/extension/healthy/healthy\\_aging](https://montana.edu/extension/healthy/healthy_aging)

## **Frontotemporal dementia care in the spotlight**

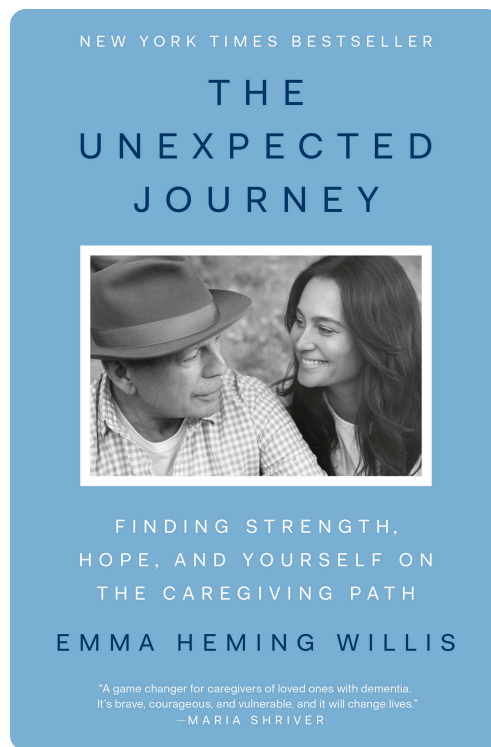
***The Unexpected Journey: Finding Strength, Hope, and Yourself on the Caregiving Path***

**by Emma Hemming Willis**

When Bruce Willis was diagnosed with frontotemporal dementia (FTD), wife Emma “walked out of the doctor’s office with nothing but a pamphlet—and a crushing sense of fear and uncertainty.” So she wrote the book that she wanted to read. While most books focus on Alzheimer’s, this is a look into FTD that is also an information-rich general book about dementia. Her story is approachable, and the evidence-based advice is worthwhile for care partners and people living with FTD or other dementia.

**Get *The Unexpected Journey* at Chapter One, your favorite bookstore, or check it out at the Bitterroot Public Library.**

**Emma Hemming Willis’ website and blog**



## Oct 27: Attention!

This month's **Living Well session** is all about **attention**, “the mother of all cognitive domains.” Come to this session to discover different kinds of attention we experience and how we can maintain them. You'll go home with a few interactive exercises you can continue to practice on your own.

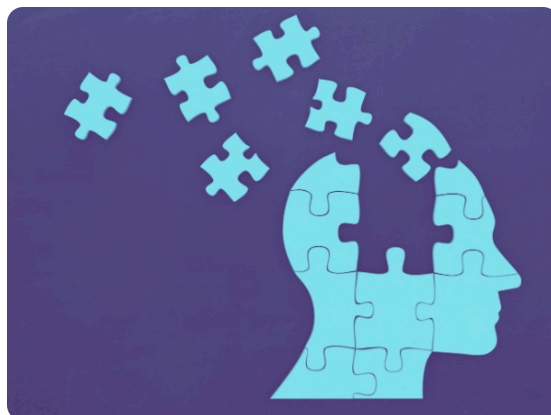
### Living Well: Attention!

**Tuesday, October 27, 1-2:30pm**

Council on Aging, 310 Old Corvallis Rd., Hamilton

**Please register to help us plan: call 406-363-5690 or email [info@dfbitterroot.us](mailto:info@dfbitterroot.us)**

*Thank you to Big Sky Mobile Outpatient Therapy for contributing to this presentation*



## Oct 27: Dementia Friendly Learning Session

Most people living with dementia are undiagnosed and living at home. They're part of our community. Do you know how to be supportive in day-to-day interactions? This session introduces 5 messages to help you think differently about dementia and become more confident about being around folks who experience it.

**Dementia Friendly Learning Session – FREE, drop-in**

**Tuesday, October 27, 10:30am-noon**

Council on Aging, 310 Old Corvallis Rd., Hamilton



## SAVE THE DATE

### Nov 10: Join DFA Friendsgiving online

Registration is now open for the **Second Annual Dementia Friendsgiving**.

Dementia Friendly America is the national parent organization of Dementia Friendly Bitterroot. DFA will host this celebratory online gathering with a special "harvest" of inspiring stories, community spotlights, lived experience, music, conversation, and opportunities to get involved.

#### **Dementia Friendly America Friendsgiving**

Nov. 10 from 10:30am to 1:00pm Mountain time (join for one presentation or the entire program)

**register online:** <https://dfamerica.org/friendsgiving/>



Have an idea for us? [We welcome your comments.](#)

Check out our [events](#).



**Dementia Friendly Bitterroot**

sponsored by

**Council on Aging, serving Ravalli County**

310 Old Corvallis Rd., Hamilton, MT 59840

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