



July 2026



Hi subscriber,
Welcome to summer, whatever that means for **you**. Walk. Hike. Travel. Host visitors. Admire blooming things. Get outside, in the sunshine or rain. Whatever you do, breathe in the day and appreciate wherever you are.

Dementia friendly travel

Unfamiliar places and sensory overload can make travel challenging for someone with cognitive impairment. But that's no reason to stay home if getting to a special destination would lift spirits and spark memories. **Planning ahead** is crucial, to ensure everyone has the best experience.

- [AARP How to Travel with Dementia](#)
- [Travel tips from the Alzheimer's Association](#)
- [Dementia Friendly Airports](#)
- The [KultureCity](#) app is a guide to destinations that can loan a Sensory Bag with noise-cancelling headphones and fidget items. Call the **Missoula Airport, a certified sensory-inclusive location**, at **406-728-4381** to arrange to have a bag waiting for you at check-in.
- [Dementia friendly cruises](#)
- Check to see if there's a [Spark!](#) or [Memory Cafe](#) creative-engagement event happening where you're traveling.

As dementia progresses, travel becomes more difficult. **Thinking about a trip?**
There's no time like the present.



“I didn’t realize I’d become a caregiver”

Cognitive decline can be so gradual that a spouse or family member may not even realize when they’ve crossed the boundary into being a caregiver. Making the best of things can, after years, come crashing down. When they do...

- Check out the [HFC Caregiver Roadtrip](#), a **free, self-paced, engaging, online guide** for navigating what’s ahead.
- Get in touch with [Dementia Friendly Bitterroot](#) to talk to someone about what’s going on with you and your loved one.
- Come to an **Elder & Dementia Caregivers Support Group** in [Hamilton](#) or [Stevensville](#).
- Come to our [Dementia Friends Learning Session](#) to learn more about what dementia is and isn’t.



Making it easier to talk about the “d” word

Community education is core to the DFB mission. [Schedule some learning for your group.](#)



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

This email was sent to jana0branch@gmail.com.

You've received this email because you've subscribed to our newsletter.

[Unsubscribe](#)