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May 2026



Hi subscriber,
Sunny-faced dandelions are out!
Whether we see them as flowers or weeds has less to do with **them** and more to do with how **we** think they should fit into our world. May we all find ways to see the flower within the weed.

Dementia friendly gardening

Whatever your rule of thumb for "it's OK to plant now", keep **sensory flowers and herbs** in mind this season. Getting outside to enjoy the sight, sound, smell, taste, and touch of plants is calming for all of us, and especially so for friends and family with cognitive decline. Avoid plants with thorns or toxic parts and stick with the multitude of safe inspirations with sensory oomph, like

- lamb's ear, wooly thyme (touch)
- lavender, rosemary, lily of the valley (smell)
- chives, lemon balm, mint (smell and taste)
- marigolds, zinnias, celosia (sight)
- grasses, strawflower (sound and touch)

Here's an [excellent article](#) about dementia-friendly garden design and gardening for people in early, middle, and late stage dementia.



Still looking for a few willing peers

Cognitive decline starts with a small sign, with years or even decades of adjusting to changing abilities in memory, planning, decision making, vision, taste, balance, or something else. That can be a lonely road. **Folks living with mild cognitive impairment or a dementia diagnosis who are still largely independent can learn from each other. DFB would like to start a social support group so these people can connect with each other.** 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](#)



Making it easier to talk about the “d” word

Community education is core to the DFB mission. In May we'll be doing two workplace trainings, a presentation about Lewy Body dementia to a Parkinson's support group, our [monthly Dementia Friends session](#), and a few others. [Schedule some learning for your group](#) or join us for any of our [free events](#).



Living Through Loss has moved

Our Living Through Loss group has moved from the library to Explore the ARTS ARTspace, thanks to the generosity of owner and community pillar Barb Liss.

We don't always have a place to acknowledge the drip-drip-drip of grief as a loved one changes. This is that place. We cry. We laugh. We hear each other.

May 13, 1-2:30pm

at ARTspace 701 W. Main St., Hamilton. Park and enter on 7th St.



Do you know a veteran?

DFB and Council on Aging will be at the **Bitterroot Valley Veteran's Resource Fair** on **Saturday May 30, 9-3** at the **Ravalli County Fairgrounds Event Center**. Vets have a chance to connect with resources that support health, wellbeing, and thriving in the community. It's open to all. Stop by and say hello!



Save the date: Mobile Memory Café in Stevensville

Mark your calendar! **MSU Extension's Mobile Memory Café** will host two free, drop-in educational events on **June 4** at the Stevensville Sr. Center (11-1) and North Valley Public Library (2-4).

[Download the flyer](#)



Have an idea for us? [Get in touch.](#)

Check out our [events.](#)



Dementia Friendly Bitterroot

sponsored by

Council on Aging, serving Ravalli County

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