Everything you ever wanted to know about

In-Home Care & Community Resources

Agency on Aging
40 11th St. W., Suite 100
Kalispell, MT 59901
406-758-5730

Agency on Aging Services Mission Statement: The mission of the Area IX Agency on Aging is to serve people by enabling persons 60 years of age and older to lead independent, meaningful and dignified lives.

JANUARY 2020

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Nutrition Programs

Congregate Meals

Provide inexpensive, balanced noon meals in communal settings which are accessible to most people for whom they are intended. Visits to these sites can be important sources of socialization for many seniors. For older people who do not enjoy cooking or do not usually eat balanced meals at home, these meals can make the difference between sickness and health.

Congregate meals are offered at six locations: Bigfork on Monday, Wednesday and Friday; Lakeside "Gathering Place" on Tuesday and Thursday; and Columbia Falls, Whitefish, plus two locations in Kalispell, on Monday thru Friday. Please call for reservations:

Bigfork Senior Center	**(406) 837-4157**
Kalispell Senior Center	**257-1598**
Kelly Road Meal Site	**758-5711**
Lakeside Gathering Place	**758-5730**
Whitefish Community Center	**862-4923**

(Transportation may be available to and from the nutrition sites; inquire with Eagle Transit at 756-5728.)

Home Delivered Meals, or Meals on Wheels

This is a service that provides the homebound (persons unable to leave their home without assistance) with hot, nutritious noon meals delivered by volunteers Monday thru Friday. Special diets (such as diabetic, low cholesterol or other special needs) may be accommodated. Call 758-5710.

Eagle Transit Transportation Services

Call 758-5728 for more information

Eagle Transit provides public transportation within Flathead County. Services include city and commuter bus routes for the general public and paratransit Dial-A-Ride services for people who have conditions that make it difficult for them to ride the city bus. All city and commuter buses and Dial-A-Ride vehicles are ADA accessible and equipped with lifts.

Eagle Transit operates Monday through Friday from 7:00 am-7:00 pm. However, routes vary in terms of days and hours of operation. Eagle Transit does not run on weekends or County holidays.

Most fares are $1.00 each way. Passengers must have exact change or use a pass or punch card.

Bus schedules, Dial-A-Ride applications, passes and punch cards are available from drivers or at the Eagle Transit Office at 1333 Willow Glen Dr. in Kalispell (office hours are 7:00 am to 5:00 pm). You can also view additional information and download schedules and applications from the website at http://flathead.mt.gov/eagle/.

SERVICES

☑ City bus service in Kalispell, Whitefish and Columbia Falls

☑ City-city commuter service
- Kalispell to Whitefish and return
- Kalispell to Columbia Falls and return

☑ Dial-A-Ride
- Door-to-door, appointment based service for people who have conditions that make it difficult to use the city bus service
- Rides are shared with others
- Offered at least $^{3}/_{4}$ mile from city bus routes during the same hours the city buses run
- Appointments must be made by 5:00 pm the day before the requested ride; same day service may be available for a premium fare
- **Requires an application for eligibility**

☑ SPARKS after school route to The Summit (a city route)
- Elementary school pick-ups during school year
- Open to the public

FARES

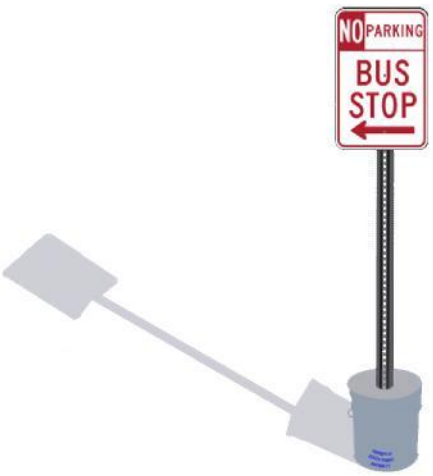
Route	One-Way
All City and Commuter Buses	$1.00
Dial-A-Ride	$1.00
Same Day Dial-A-Ride (premium service)	$5.00

PASSES and PUNCH CARDS

- Monthly unlimited rides for $25.00
- Punch Cards available in $10.00 increments

DISCOUNTS

- Passengers who present a Dial-A-Ride i.d. card may ride city and commuter buses for free
- FVCC students can purchase $35.00 semester passes at the college



Information/Referral/Assistance

The primary purpose of Information, Referral, and Assistance is to aid all older persons in identifying the most appropriate services to meet their needs and connect them to the agencies providing these services. A short interview with one of our staff can outline the available services and identify area of service needs.

Outreach

This program is set up to identify older persons and inform them of the availability of services by doing a home visit, with emphasis on rural elderly and those with greatest economic or social needs.

Resource Booklets

Financial Assistance: Food assistance, low-income housing, energy assistance, Medicaid, tax help, etc.

Housing: Subsidized and non-subsidized apartments, Section 8 assistance for homes.

Long Term Care: In-home care consisting of medical, respite, house cleaning, escorted transportation, and support groups. There are also listings of assisted living facilities and nursing homes.

Legal: Information on powers of attorney, living wills, etc.

Homemaker Services

Designed to help with light housekeeping, such as mopping or vacuuming floors, washing windows, stove, refrigerator, bathtub, toilet, sinks, dusting and doing laundry. Client must provide cleaning supplies and equipment and must be home when the service is provided. This service is not meant to be a major spring housecleaning event, but is intended to help maintain a clean home. **Payment for these services is on a sliding fee scale according to income.**

Escort/Errand

Assisted transportation for a person who has cognitive or physical impairments that require assistance and/or supervision during the transportation. The transportation is usually to medical appointments, but can be used for errands, such as banking, grocery shopping, etc. This program is for those individuals who cannot use public transportation due to a physical impairment or because of rural location. **Payment for these services is on a sliding fee scale according to income.**

Respite

Provides relief for the caregiver of an older person at home. Caregiver can take time off to go shopping, run errands or just go visit friends—whatever they feel they need to give themselves a break. **Payment for these services is on a sliding fee scale according to income.**

Companion Care Registry

The Registry is a directory of in-home workers who can be hired privately to meet home and personal care needs. The workers have been screened through an interview process and had their references checked. It is updated at the beginning of each month.

Certified Local Ombudsman

Advocacy for all residents of long-term care facilities (nursing homes and assisted living facilities), assisting them in resolving problems or complaints. The program serves to monitor the quality of care and life for residents of long-term care facilities. Call 758-5737.

Reverse Annuity Mortgage Loans

Many Montana senior citizen homeowners have no mortgage debt and are of lower income that would benefit from an additional income source from the use of equity in their homes. This extra money would help to pay for their in-home care.

- Interest rate is 5%
- Must be 68 years of age or older
- Annual income for 1 person household - $24,280
- Annual income for 2 person household - $32,920
- Annual income for 3 person household - $41,560
- Home must be in Montana and occupied by owner
- Must have FHA approved foundation
- No single wide mobile homes

Continued – Reverse Annuity Mortgage Loans

- Can borrow $15,000 up to $150,000
- Mortgage holder would receive a monthly check for 10 years
  Call 758-5737 for more information.

Insurance Counseling and Assistance

- **SHIP** (State Health Insurance Program)
  Assistance with Medicare/Medicaid and supplemental insurance.
  We help with finding the best Part D (prescription) plan to meet your needs.

- **SMP** (Senior Medicare Patrol) – This is a project that recruits volunteers to learn about the Medicare system and teaches beneficiaries how to read their insurance statements. This program is meant to help Fight Fraud, Waste & Abuse in the insurance field.

Mobile Home Repair

This program is designed to help seniors remain at home and get some help with minor or major home repairs in order to keep the home safe and sanitary. Adaptive devices can be installed also. This program is dependent on funding from different sources, so it's not always available.

Health Promotion

Agency on Aging helps sponsor activities at local senior centers that promote healthy lifestyles, fitness and health care. Activities may include, but are not limited to: toenail clinics, blood pressure clinics and exercise classes. Call the senior center of your choice for more information:

Bigfork Social Center	**639 Commerce St.**	**837-4157**
Kalispell Senior Center	**40 11th St. W.**	**257-1598**
North Valley Senior Center	**205 Nucleus Ave.**	**892-4087**
Whitefish Community Center	**121 2nd St.**	**862-4923**

Legal Appointments

Agency on Aging works with a local attorney to offer 30-minute counseling sessions one afternoon a month.
Appointments can be made by calling 758-5730.

Telephone Reassurance Calls

This service is available Monday through Friday. Daily calls are made to check on a person and/or to give med reminders. If there are concerns, a relative or friend is called to check on the person.

This completes the list of services that Agency on Aging provides in Flathead County...

Taxi Service

Glacier Taxi
Phone: 406-250-3603
www.glaciertaxi.com
Glacier Taxi operates 24 hours a day, 7 days a week and covers the entire Flathead County.

Emergency Response Systems

How it works: When alert button is pushed, a live person answers to confirm the button wasn't pushed by mistake; they then call the preset responders or an ambulance.

Company: **Kalispell Medical Equipment**
Address: 55 3rd Ave. EN, Kalispell, MT 59901
Phone: (406) 752-6111 or 1-800-525-5982 Fax: (406) 257-2360

Lifeline Medical Alert
Fees vary. Please call store for details.
Freedom Alert
One-time fee of $279.99 w/ no monthly fee
Guardian Alert 911
One-time fee of $184.99 w/ no monthly fee

Company: **Kenco**
Address: 3985 Hwy 35, Kalispell, MT 59901
Phone: (406) 756-5533 **Fax:** (406) 756-5535
Website: www.kencosecurity.com
GE Security Pro - $99 installation with $45 monthly service

Company: **Norco**
Address: 2555 Hwy 2 East, Kalispell, MT 59901
Phone: (406) 752-4804 or 1-800-458-0095 FAX: (406) 756-8740

Linear Emergency Response - no installation fee - $45.00 monthly

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Company: **RadioActive, Inc.**
Address: 35 Heritage Way, Kalispell, MT 59901
Phone: (406) 257-5999 FAX: (406) 257-5998
Personal Assistance Console with Voice Dialer and Water Resistant Call **Pendant** - Costs $99.95 w/ no monthly fee

FREE Smoke Detectors

Senior citizens in Kalispell, Bigfork, Ferndale and Smith Valley may qualify for free smoke detectors, professional installation of the devices and fire prevention advice from local firefighters.
To qualify, applicants must be 65 years of age or older and not have a functioning smoke detector in their homes.

The program is a collaborative effort of the United Way, Lowe's and Kalispell Fire Departments. For an application, call United Way at 752-7266. For more information, call your local fire department or Lowe's at 758-3030.

AMERICAN RED CROSS of Montana

Smoke Alarms Save Lives

More lives are lost every
year to home fires than to
all major disasters.

Volunteers are available to install life saving smoke alarms at absolutely no cost to you!

406-219-7451

Telephone Equipment
for the Deaf or Hearing Impairing

Montana Telecommunications Access Program (MTAP)
111 N. Last Chance Gulch,
Helena, MT 59601
1-800-833-8503
(406) 444-1335 (Helena area)

MTAP has the goal of helping people who are Deaf or Hard of Hearing by offering the aides of amplified telephones and various other pieces of equipment, as well as, TTY devices for the Deaf.

- All Montana's telephone users fund MTAP's services, through a monthly fee on each telephone access line. The service benefits not only the hearing and speech impaired, but all telephone users. The services provide a vital link between those that use specialized equipment and those who use conventional phones.

- Residents may obtain this equipment free of cost by applying with our program. Call 1800-833-8503 to obtain an application.

Medical Equipment Loan Closets

Medical Equipment available such as: bath benches, beds, canes, crutches, safety seats, walkers, wheelchairs, etc. (Donations would be greatly appreciated by these providers.)

- **Lions Club**

– Jennifer –406-309-5380. Used eyeglasses and hearing aids available through an application process. (Drop boxes to recycle eyeglasses and hearing aids are located around town in optical departments and pharmacies of department and grocery stores.)

- **Summit for Independent Living**
  Contact Flo Kiewel – 257-0048

- **V.F.W. Club** (Kalispell) – 752-2611
- **V.F.W. Club** (Whitefish) – 862-4949
- **Vets' Pantry** (Kalispell) – 756-7304
  10 .m. – 2:45 p.m.

& Whitefish Physical Therapy – 862-9378

Disability Advocacy & Services

AARP Safe Driving Program

Contact: Steve Shapiro, Area Coordinator, (406) 837-2008

Eight-hour course designed for drivers 50 years of age & older. Classes led by trained volunteers with a nominal fee to cover course materials. Upon completion, a certificate may qualify for a reduced rate for auto insurance.

Disabled Driving Program

Service of Kalispell Regional Medical Center Occupational Therapy
310 Sunny view Lane, Kalispell, MT 59901
Phone (406) 751-4520 **Fax** (406) 751-4526

This program provides an assessment of the skills necessary for driving. Training occurs in a specially equipped car which is modified with hand controls, steering knob, left-sided accelerator and passenger brake. Training done by experienced occupational therapist.

Eligibility: Prescription from a physician is necessary for an assessment and/or training. The client must have had a driver's license previously, but does not have to have a current license. The service provides in-depth information regarding driving skills, but does not license a person to drive.

Fees: In-clinic assessment, approximately $160
Full driving assessment, approximately $370
(Medicare does not pay for this assessment)

Disability Permit/License Plates

Permits are displayed in the windshield of the vehicle and allow the person to park in the designated handicapped parking areas.

License plates have a decal of a wheelchair indicating a person with a disability is

driving. Application forms are available at www.doj.mt.gov/driving/forms.asp

Or: Flathead County Motor Vehicle Department
935 1st Ave. W.
Kalispell, MT 59901
Phone: 406-758-5690

A licensed physician, chiropractor or Advance Practice Registered Nurse must complete the "Medical Certification for Individual" on the application.

MOBILE DENTAL SERVICE

Will come to your home, nursing home, assisted living

Healthy Glo On the Go

Mobile dental hygiene service

Providing dental hygiene services to: Long-term care residents, assisted living residents, home-bound residents and group homes.

Services provided are: Scaling, polishing, root planing, oral evaluation, oral hygiene instructions, fluoride treatments and sealants.

Payment options include private pay, Medicaid and dental insurance.

If interested in services or have any questions, please call:

Dawn Anderson at 471-4549

dawnanderson50@yahoo.com

www.healthyglo.com

**SHEPARD's HAND CLINIC

260-3502

For acute dental issues

**Flathead County Community Dental Clinic

751-8113

Fee-Sliding Scale

Vision Services

Low Vision Montana (LVM)

(406) 444-3159
www.lowvisionmt.org

LVM addresses the diagnostic, emotional and technological needs of visually impaired individuals. They help access community, social and agency resources and make low vision equipment available for demonstration and evaluation. They also make referrals to peer and support groups.

Blind and Low Vision Services

877-296-1197
A State of Montana Agency

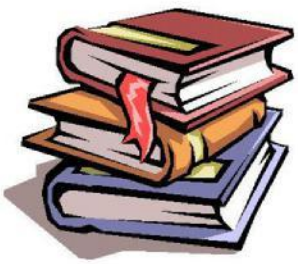
The goal of this program is to provide services to older visually impaired and blind individuals so they can live more independently.

www.dphhs.mt.gov/dsd

Montana Blind Services

Address: 121 Financial Drive, Suite B
Kalispell, MT 59901
Phone: (406) 751-5940

Meets the first Tuesday of the month from 11:30 a.m.-2:30 p.m.



Free Library Delivery (for homebound patrons)

Services: Books and more delivered to your door by Friends of the Library Volunteers!
Available to homes and residential facilities.
Phone: Patti at (406) 758-5818 or Mary at (406) 755-7678

Opportunity Resources, Inc.

Address: 945 4th Ave. E., Kalispell, MT 59901
Phone: (406) 755-6344
Fax: (406) 752-1384

Services: Supported living for developmentally disabled adults.
Hours: Monday thru Friday, 8:00 a.m. to 5:00 p.m.
Eligible: Developmentally disabled as defined by the state of Montana.

Summit Independent Living Center

Address: 275 Corporate Dr., #901, Kalispell, MT 59901
Phone: (406) 257-0048 or (800) 995-0029
Fax: (406) 257-0634
Website: www.summitilc.org
E-Mail: kalispell@summitilc.org

Services: Serves those w/ mobility, visual & hearing impairments. Also serves those w/ neurological disorders, learning disabilities, etc.
Hours: Monday thru Friday, 8:00 a.m. to 5:00 p.m.
Eligible: Must have a disability and be a resident of Flathead, Lake, Lincoln, Mineral, Missoula, Ravalli or Sanders County.

Veterans Information

Montana Veterans Affairs Division
Contact: David Lake or Randy Winter
Address: 2989 Hwy 93 N., Kalispell, MT 59901
Phone: (406) 755-3795
Fax: (406) 755-1039
Email: kalmvad@centurytel.net

VA Primary Care Clinic
Address: 31 Three Mile Dr, Suite 102, Kalispell, MT 59901
Phone: (406) 751-5980
Fax: (406) 751-5981

VA Montana Health Care System
Address: 3687 Veteran Dr.
P.O. Box 1500, Fort
Harrison, MT 59636
Phone: (406) 442-6410
Fax: (406) 447-7916

VA Regional Office – Fort Harrison
(Veterans Benefits Information)
Toll Free: 1-800-827-1000
www.va.gov

VA Pharmacy – Fort Harrison 1-877-468-8387 press 1

VDC Veteran Directed Care Program
Address: 40 11th Street W., Kalispell
Phone: (406) 758-2472 ask for Ronn Larsen
Fax: (406) 758-5732
Services: Personal care, household tasks, home maintenance, emergency response services, and consumable medical supplies.

Transportation
Medical appointments to Fort Harrison are Tuesdays and Thursdays. Call 755-5617.

In-Home Caregivers/Workers

At some point it becomes clear that certain routines of daily living are no longer being accomplished, or at least are done only with great difficulty.

The activities of daily living are: **eating, dressing, bathing, toileting** and **transferring** (getting in/out of a bed or chair).

Help with these daily activities would require someone who does "personal care".

Homemaker services provide a wide variety of assistance with such things as meal preparation, grocery shopping and light housekeeping.

Something to remember: Only a nurse can administer medications! Someone hired to work doing personal care can give med cues to a person and remind them to take their meds, but they cannot hand them the meds or handle them in any way.

Background Checks

Members of the general public can now run criminal background checks online (https://app.mt.gov/choprs/). An individual online background check costs $11.50. To search, users enter an individual's complete name and date of birth. Social Security numbers aren't required but they help distinguish between people with similar names and birth dates. Montana law requires the person conducting the search to enter his or her name.

People can also request an individual's criminal history by mail for a $10 processing fee. They must include a self-addressed, stamped envelope.

HOME HEALTH

What's home health care?

Home health care is a wide range of health care services that can be given in your home for an illness or injury.

Examples of skilled home health services include:

- Skilled nursing care
- Speech, physical and occupational therapy
- Wound care for pressure sores or a surgical wound
- Patient and caregiver education
- Intravenous or nutrition therapy
- Injections
- Monitoring serious illness and unstable health status

The goal of home health care is to treat an illness or injury. Home health care helps you get better, regain your independence, and become as self-sufficient as possible.

What should I expect from my home health care?

- **Doctor's orders are needed to start care. (If your doctor prescribes Home Health, Medicare will pay for the services.)** Once your doctor refers you for home health services, the home health agency will schedule an appointment and come to your home to talk to you about your needs and ask you some questions about your health.
- The home health agency staff will also talk to your doctor about your care and keep your doctor updated about your progress.

- It's important that home health staff see you as often as the doctor ordered.

Two Home Health agencies to choose from:

Flathead CHOICE Home Health

736 S. Main St., Kalispell MT 59901 406-751-6800

Medicare and Medicaid certified, which means most insurance plans will cover the services 100% with no cost to the client.

Providing professional care for chronic and acute illness or injury and post-operative care. Skilled nursing care, speech therapy, physical therapy and occupational therapy available. A medical social worker is available to help access community resources and provide short term counseling to patients with a new diagnosis.

The agency has been named in the top 25% of Home Health Agencies for eight years in a row and are a FOUR STAR rated Medicare agency.

Home Options Home Health

430 Windward Way, Suite 101, Kalispell 751-4200

When you are ill or recuperating from a medical condition, Home Health can provide a full range of professional services in the warmed of your own home. Under the direction of your physician, skilled care can be provided. These services can be covered under Medicare, Medicaid or private insurance for those who meet the eligibility criteria.

HOSPICE is also available under Home Options. It provides expert pain and symptom management for individuals who can no longer benefit from curative medical treatment.

A Plus Health Care

Address: 1117 South Main St, Kalispell, MT
Phone: (406) 755-4968 FAX: 752-5157
EMAIL: www.aplushc.com

Services Offered

- Help with bathing, dressing and hygiene
- Assistance with safe ambulation as well as transfers
- Nutritional support with meal planning and preparation
- Assisting with self-administering medications
- Furnishing transportation assistance with grocery shopping, picking up medications and medical appointments
- Light housekeeping and homemaking services

Personal Care Services include:

- Personal care attendant
- Homemaker/Companion
- Respite Care

Payments accepted from Medicaid, private insurance and private pay/trusts, etc.

Addus Health Care

Address: 2210 Hwy 2 E.
(LaSalle) P.O. Box 9316
Kalispell, MT 59904
Phone: (406) 257-1101
FAX: (406) 257-3621

Services Offered

- **Personal assistance:** Assistance with bathing, grooming, dressing and other personal hygiene tasks
- Housekeeping
- **Chore services:** housework, trash removal, washing windows, laundry and snow shoveling
- Companion service, socialization
- Meal preparation
- Implementation of prescribed physical therapy
- Shopping
- Transportation
- **After care:** assistance and transportation from medical appointments

Payments accepted from long term care insurance at a negotiated rate, Medicaid, VA or private pay.

Agape Home Care Inc.

Non-Medical, In-Home Care

Address: 40 Appleway Dr.
Kalispell, MT 59901
Phone: (406) 755-4633
Contact: Inga J. Lake & Julie Brubaker, owners

Services Offered – 2 hours to 24/7 coverage

- Experienced care for every situation
- Services tailored to the individual needs of the client
- Companionship
- Nutritional Support
- Respite/Relief Care
- Incidental transportation
- Medication Reminders
- Light Housekeeping
- Sitting positions: at nursing homes, hospitals, assisted living facilities
- Personal care: bathing/ toileting/mobility/transfers/feeding

Payments accepted from Medicaid, VA and private pay.

At Home

Convenient Care

Quality services to enrich the lives of our Elderly clients while promoting Independence and dignity.

Randall Holgate, PCA
406-270-8244
Randallh123@gmail.com

Services Include:

Assist with Activities of Daily Living
Daily status checks
Meal Preparation
Personal Driver
Grocery shopping
Medication reminders
Respite for other caregivers

REGISTERED NURSE ASSISTANCE AVAILABLE

Medication set up
Medical bill review for errors
Multiple provider coordination
RN consult

Big Sky I.V. Care

Address: 20 Four Mile Dr., Suite 3, Kalispell, MT 59901
Phone: (406) 752-0440 FAX: (406) 752-0443
EMAIL: www.bigskyivcare.com

Big Sky I.V. Care is a home infusion pharmacy and nursing service comprised of professionals who have more than 35 years of home infusion pharmacy and health care experience.

We can be reached 24 hours a day, seven days a week to care for our patients and their therapies including:

* Infusion nursing care
* Enteral nutrition
* PICC lines
* Antibiotics
* Catheter care
* Antiviral therapy
* Hydration/electrolyte replacements
* Specialty medications
* Pain management
* TPN
* Antifungal therapy
* Nutrition assessment
* Biotech therapies
* Respiratory medications
* Chemotherapy

Services include:

- Pharmacist and nurse on call 24/7
- Home health network servicing outlying and rural areas
- On-going patient monitoring, including clinical assessments and medication review
- Electronic medical records charting for up-to-the-minute information
- Home nutritional consults
- Customized patient educational materials
- Comprehensive insurance screening and pre-authorization ensuring maximum insurance coverage
- Patient care suites offer comfort and privacy during various treatments

Comfort Keepers

Address: 95 Indian Trail Rd., Kalispell, MT 59901
Phone: (406) 755-4030 Fax: (406) 755-1070
Email: NWMontana@comfortkeepers.com

Our mission is to provide our clients with the highest level of quality of life that is achievable.

Services available:

- In-home companionship care
- Meal preparation
- Light housekeeping
- Errand services
- Grocery shopping
- Transportation services
- 24-hour care available
- Laundry & linen washing
- Clothing shopping
- Recreational activities
- Grooming & dressing guidance
- Periodic review with family
- Respite care
- Medication reminders

Loyal Care

Address: 702 East Idaho St., Kalispell
Phone: 406-752-0146

Services offered:

- Personal Care Assistance
  - Eating, bathing, dressing, grooming
  - Medication reminders
  - Mobility
- Companion Care
  - Stimulate mental awareness
  - Organize crafts and activities
  - Provide respite care
  - Plan visits to friends & neighbors and outings
- Dietary assistance
- Homemaker Services
  - Household chores, laundry & ironing
  - Shop, plan, prepare and clean up meals
  - Escort to appointments, pick up prescriptions
- Escort to house of worship

Loyal Care is a provider of non-medical in-home care services, dedicated to caring for the needs of clients with dignity, respect and compassion. They are a high-quality provider for people needing assistance with activities of daily living. The caregivers provide functional support services that enable people to remain in the comfort of their home. Loyal Care works with private-pay clients, qualifying Agency on Aging clients, and clients who receive VA benefits. Please call for a free consultation and assessment by the on-staff nurse.

Saint Anne's Services

Every Day Home Care

Address: P.O. Box 3401, Kalispell 59903
Phone: 406-249-6071

Services offered:

- Meals and Nutrition
- Diabetic and specialty diets
- Healthy weight management
- Energy with proper diet
- Household chores and shopping
- Food and grocery shopping
- Transportation and errands
- Washing and ironing
- Home maintenance and upkeep
- General housekeeping
- Specialized Individual Needs
- Cognitive learning development
- Short and long-term illness and post-op recovery
- Medication reminders
- Lifting and transfers
- Incontinency
- Companionship
- Activities and Physical Therapy
- Socializing and visiting
- with friends
- Individual therapy
- Exercises
- Hobbies and health clubs

Additional Services:

- Respite care for families
- Hospice support
- Flexible hourly care
- Available 24 hours

Visiting Angels

Address: 93 3rd Ave. West North, Kalispell
Phone: 406-755-3994
Email: Ra.burke@visitingangels.com
Web site: www.vistingangels.com

Visiting Angels provides seniors and adults with the needed assistance to continue living at home. Our mission is to maintain the independence and familiar surroundings for those in need of care.

You'll have the opportunity to interview and make the final decision on selecting any caregiver we refer to you.

Calls are returned within 15 minutes and up to 24 hour care in your home, as we are available 24 hours/7 days a week.

Services provided to include:

- Meal preparation
- Light housekeeping
- Bathing assistance
- Dressing assistance
- Grooming
- Assistance with walking
- Medication reminders

Walgreens/Options Care

Address: 175 Commons Loop, Suite 400, Kalispell
Phone: 752-4545

Walgreens/Option Care provides medically stable patients with I.V. (parenteral) and nutritional (Enteral) therapies in the home as an alternative to extended hospitalization. Also provided are injectable drugs and unit dose respiratory medications for use with nebulizers.

- Antibiotic
- Chemotherapy
- Hydration
- Pain management

Registered pharmacists and nurses are available 24 hours a day, 7 days a week. Locally based program ensures that patients can be assisted immediately. A registered dietician is on staff to assist with dietary needs.

Frontier Hospice

And

HOME OPTIONS HOSPICE

Hospice promotes comfort, dignity, support, safety and symptom- management at the end of life. The hospice philosophy incorporates a holistic approach to working with individuals and their families who are facing terminal illness. Hospice can be provided in the home, nursing home or assisted living setting. Hospice is for individuals who have been diagnosed with a terminal illness as determined by their physician when curative treatments are no longer available.

Frontier Hospice
29 Second Street East
Kalispell, MT 59901
406-755-4923

Home Options
430 Windward Way,
Suite 101
Kalispell, MT 59901
751-4200

Home Modification, Safety, Repair & Restoration | ADA Compliance

Need a Fix?

URGENT CARE Home Repair

Tim Kosinski

(406) 314-7259

Urgent_Repair@yahoo.com

Call to schedule your home repair / safety assessment!

REMODELS • REPAIRS • FINISHES • ACCESSIBILITY • ALTERATIONS • SAFETY ACCESSORIES

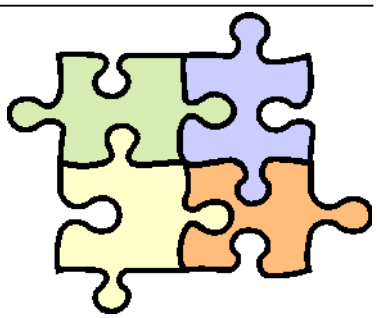
Urgent Care Home Repair is dedicated to providing home repairs and alterations needed for those seeking to maintain their independence in their own home. They can help to identify the needed repairs/modifications through the homeowners' personal Home Safety Self Assessment Tool at the home.

Their work includes:

Window/door/screen repair	Uneven flooring
Weatherizing	Interior/exterior painting
Roof repairs/replacement	Water damage/mitigation
Grab bars/handrails	Fall protection
Walk-in tubs	Lighting upgrades

To name just some of the work they will do...

CALL (406) 314-7259



Support Groups

Alzheimer's support groups
Anyone who cares for or wants to learn about this disease that affects memory, reason and judgment. Focus is on sharing experiences and information.

1. **The LODGE @ Buffalo Hill:** 40 Claremont St. , Kalispell – 752-9622
Meets the 3rd Monday of the month @ 3:00 until 4:30 – Billards Room

2. **MT Veterans Home:** 400 Veterans Dr., Columbia Falls – 892-3256
Meets 3rd Wednesday of the month @ 11:30 to 1:00 with lunch included.

3. **Prestige:** 135 Glenwood Dr., Kalispell – 756-1818
Meets 2nd Thursday of the month @ 3:00

3. The Springs: 1001 River Lakes Parkway, Whitefish
Meets 2nd Monday of the month @3:00 to 4:00 with coffee & refreshments
For more information, call 862-6322

VIRTUAL DEMENTIA TOUR

You cannot truly understand those with dementia until you've walked in their shoes

Now's your chance, because The Springs at Whitefish is bringing you the **Virtual Dementia Tour®**-a dementia simulation tool kit that will show you what it's like to suffer from debilitating memory loss. The tour only takes 45 minutes. By experiencing the mental and physical challenges yourself, you'll be better able to empathize and create a positive environment for your loved one or those in your care. **Reserve your spot now!**

The Springs at Whitefish
1001 River Lakes Parkway, Whitefish
406-862-6322

Bereavement support groups

Support for those who have lost loved ones due to death. A structured, goal-oriented group meant to provide support and a safe, confidential place to share common experiences; to assist in decreasing isolation and provide the opportunity to learn from others and to help each other develop and grow through your grief. Pre-registration and commitment is required for this free, eight-week therapeutic course offered 4-5 times throughout the year.

1. Contact Jan Seelye, Volunteer Coordinator @ 751-4200. A service of **Home Options Hospice** of KRMC

2. **Free Community Bereavement Support Group**. Sponsored Facilitates by a bereavement professional who provides information, supports healing, and offers a safe place to share with others. Open to the Public. **Every Thursday from 6:00-7:00 pm**. All groups are held at **Frontier Hospice, 42 Bruyer Way, Kalispell.** For more information 755-4923.

3. **GriefShare** is a non-denominational support group and weekly seminar featuring biblical teaching on grief and recovery topics.
Christ Lutheran Church, 5150 River Lakes Parkway, Whitefish
Meets Tuesdays @ 7:00 to 8:30 p.m. More info, call Meg Erickson 862-2615

Blind, Montana Association

Northridge Lutheran Church, 323 Northridge Dr.
Meets on the 2nd Friday of the month @ 1:30
For more information, call Glenn Benesch @ 314-1367

Cancer

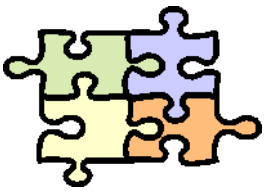
Prostrate Cancer
(For Partners of Men with this illness)
Summit, 205 Sunnyview Lane
For more information call, Anne Scott-Markle or Ginny Hoffman @ 756-5830

Women's Cancer
Cancer Center, 343 Sunnyview Lane
Meets on the 2nd Tuesday @ 5:00 p.m.
For more information call, Karen Hunnicutt @ 752-1790

FREE Cancer Survivors

An outdoor adventure program for people living beyond cancer. Through wilderness experiences, FREE promotes healing on a physical, emotional and spiritual level. This program is a collaborative effort between Flathead Valley Community College and North Valley Hospital.

For more information, call the Wellness Center @ North Valley Hospital @ 863-3642



Caring for the Caregiver

A professional and family caregiver support group that offers education, camaraderie and the chance to meet other people who share your concerns.

United Way Conference Room in Gateway West Mall

Meets the 3rd Tuesday of the month @ 12:00 to 1:00

(brown bag lunch – beverages provided)

For more information, call Agape Home Care – 755-4633

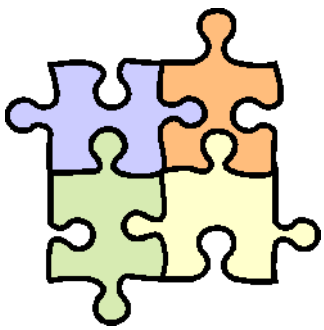
Chronic Pain support group

Open to those who have chronic pain and to their family, friends and caregivers.

Summit, 205 Sunnyview Lane

Meets the 2nd & 4th Monday of the month @ 5:30 to 7:00

For more information, contact Dr. Alex Bokor @ 250-5252.



Fibromyalgia support group

Summit, 205 Sunnyview Lane

Meets once a month from 7:00 p.m. to 9 p.m.

For more information, call Jerry Edmondson @ 253-7228

For date of meeting, call 751-4500.

Grandparents Raising Grandchildren support group
An opportunity to share information and socialize with others in a similar situation.
Northridge Lutheran Church, 323 Northridge Dr.
Meets the 3rd Friday of the month
For more information, call Michelle Wheat – 756-1414.

Huntingtons Disease support group
Call for meeting times and location, JoAnn Fredenberg @892-3179 or Patty Morris @ 862-3977.

Insulin Pump support group
The intent of this support group is to get insulin pump patients together so they can share their tips and tricks, and receive education.
Buffalo Hill Conference Center of Kalispell Regional Medical Center
For more information and dates and times call, Christie Hicks @ 751-5454.

Lupus support group
Including Fibromyalgia and Auto-Immune Diseases.
Summit, 2005 Sunnyview Lane in Conference Room 3
Meets the 2nd Friday of the month @ 7:00 to 9:00 p.m.
For more information call, 837-1055.

Mental Health - NAMI
Support is offered along with advocacy for better, improved services and education about mental illness to reduce the stigma associated with it.
Adult Mental Health Services Center, 410 Windward Way
Meets on Tuesdays @ 5:30 to 7:00 p.m.
For more information call, Tom Bartlett @ 885-3865.

Multiple Sclerosis support group
Buffalo Room of Buffalo Hill Terrace, 40 Claremont Ave.
Meets on the 2nd Saturday of the month @ 1:00 p.m.
For more information call, Sharon Shropshire @ 7556-6151 or Char Kaber @ 752-1275.

Parkinson's Support Group
The Springs at Whitefish, 1001 River Lakes Parkway, Whitefish
Meets on the last Wednesday of the month @ 3:00-4:00
For more information call, 862-6322

Sjögren's (SHOW-grins) Syndrome support group

We welcome all who are interested in this disease to attend our meetings. "Conquering a serious autoimmune disease affecting 4,000,000 Americans." For more information, call Tedi Marie Schilling 406-849-5537.

Stroke Support Group

Connecting stroke survivors and their families with educational tools and resources and to foster support, learning and healing. Any interested person is welcome to attend!

Meets last Wednesday of the month from 12-1 pm. Lupine Room at Kalispell Regional Medical Center. Lunch is provided.

Questions: call Dani Walker 751-7165

Suicide support group

SOLAS – Surviving Our Loss After Suicide – is a community support group for persons affected by suicide loss.

For more information call, 752-6773

Traumatic Brain Injury (TBI) Association

Sponsored by Kalispell Regional Medical Center Rehab **Summit, 205 Sunnyview Lane in the conference room** Meets on the 2nd Monday of the month @ 6 to 8:00 p.m. For more information call, Sue Crawford @ 756-4725 or Kathy Hansen @ 756-4723.

HOSPITALS / CLINICS

Dialysis Center Inc.
135 Commons Way
Kalispell, Mt 59901
756-5565

Flathead City-County Health Department
1035 1st Ave. W.
Kalispell, MT 59901
751-8110

Flathead Valley Chemical Dependency Clinic
1312 N. Meridian
Kalispell, MT 59901
756-6453

110 Nucleus Ave., Suite B
Columbia Falls, MT 59912
892-7900

Flathead Valley Orthopedic Center
111 Sunnyview Ln.
Kalispell, MT 59901
752-7900

710 E. 13th St.
Whitefish, MT 59937

Health Center Northwest
320 Sunnyview Ln.
Kalispell, MT 59901

Phone: 751-7550

Kalispell Regional Medical Center (hospital)
310 Sunnyview Ln. Phone: 752-5111
Kalispell, MT 59901

North Valley Hospital
1600 Hospital Way Phone: 863-3500
Whitefish, MT 59937

Pathways Treatment Center (mental health)
200 Heritage Way Phone: 756-3950
Kalispell, MT 59901

Shepherd's Hand FREE Clinic
5150 River Lakes Parkway Phone: 862-2615
Whitefish, MT 59937

VA Primary Care Clinic
31 Three Mile Dr., Suite 102 Phone: 751-5980
Kalispell, MT 59901

Western Montana Mental Health Center
410 Windward Way Phone: 257-1336
Kalispell, MT 59901

DAY CARE / RESPITE

Day Care Programs usually provide oversight of medication as well as social and recreational programs. The people who benefit most from day care activities are those who live alone, or whose family and friends work during the day. Day care programs usually operate five days a week, 8 a.m. to 5 p.m. The medical help available is usually limited to administering medicines or minor medical treatment supervised by a registered nurse. Occasionally, speech or hearing therapy, physical therapy, or occupational therapy is available, but participants are expected to be mobile. Medicaid is probably the major source of payment for most people, and must approve each person's eligibility.

Respite Care offers support so family or other caregivers can take a break from the demands of continual home care. When someone cares for a person in their home, they may need temporary replacement support when they are unable to provide the care that is needed, such as during a vacation, an emergency, or working hours. Respite may range from short term care provided for a few hours to an extended number of days or weeks. It may include nursing care, chore services and meals depending on the provider.

Day Care / Respite providers

Brendan House
350 Conway Dr.
Kalispell, MT 59901
752-5460

Heritage Place
171 Heritage Way
Kalispell, MT 59901
261-6373

Edgewood Vista
141 Interstate Ln.
Kalispell, MT 59901
755-3240

Lakeview Care Center
1050 Grand Ave.
Bigfork, MT 59911
837-5041

Friendship House
606 2nd Ave. W.
Kalispell, MT 59901
257-8375

Renaissance Assisted Living
645 Liberty St.
Kalispell, MT 59901
755-4483

Valley View Senior Care
260 Windsong Way
Kalispell, MT 59901
270-3549

WEL-Life
156 Three Mile Dr.
Kalispell, MT 59901
756-8688

ADULT FOSTER CARE HOMES

If a senior feels very comfortable in a family home type environment with the same care provider day-in, day-out, then, this may be the ideal placement. They can enjoy a meal at the dining room table with 3 other like-minded residents or visit with others in the family living room; yet watch TV in the privacy of their own bedroom. These homes are only licensed for up to 4 residents, but may only be set up for 1 or 2.

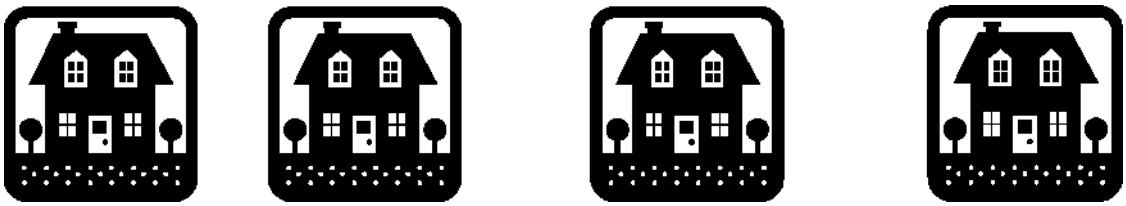
Itz 4 U AFH
182 Nicholson Dr., Kalispell - 752-4153

Langston's Adult Foster Care
1828 S. Woodland Dr., Kalispell - 257-4999

Quality of Life
409 Parkway Dr., Kalispell - 756-2273

Valley View Senior Care
260 Windsong Way, Kalispell
270-3549

Expressions Inc.
240 Hidden Meadow Lane, Columbia Falls - 253-4278



Assisted Living Homes

Assisted living homes are distinguished from other facilities such as retirement homes by one major characteristic – the residents of assisted living homes are in need of some degree of protective oversight because of disability, age and/or a higher level of dependency of the residents. Protective oversight means that the resident needs supervision in such areas as nutrition, medications, bathing, grooming, feeding, etc. Residents may have varying degrees of mental impairment that prohibits them from recognizing and/or responding to emergency situations, or result in difficulty in basic orientation to time, place, people, etc. Assisted living homes provide 24 hour supervision of residents.

Residents of assisted living homes differ from residents in nursing homes in that they cannot have disabilities or medical conditions that require chronic or convalescent care, since assisted living homes cannot provide nursing care directly to the residents.

ASSISTED LIVING FACILITIES FLATHEAD COUNTY

***Friendship House**
606 2nd Ave. W.
Kalispell, MT 59901
406-257-8375

Buffalo Hills Terrace – The Lodge (memory care wing)
40 Claremont St.
Kalispell, MT 59901
406-752-9624

Prestige Assisted Living – (memory care wing – Expressions)
126 Glenwood Dr.
Kalispell, MT 59901
406-756-1818

Renaissance (memory care facility)
645 Liberty St.
Kalispell, MT 59901
406-755-4483

***Wel-life**
156 Three Mile Dr.
Kalispell, MT 59901
406-756-8688

Beehive of Kalispell (memory care facility)
242 Stillwater Rd.
Kalispell, MT 59901
406-752-4902

Echoview
1373 Whitefish Stage
Kalispell, MT 59901
406-314-2233

Edgewood Vista (memory care facility)
141 Interstate Ln.
Kalispell, MT 59901
406-203-1129

Rising Mountains
225 Coverdell Rd.
Bigfork, MT 59911
406-837-2698

***The Springs (memory care wing – Footsteps)**
1001 River Lakes Parkway
Whitefish, MT 59937
406-862-6322

Hidden Meadow (memory care facility)
240 Hidden Meadow Ln.
Columbia Falls, MT 59912
406-897-1017

***Timber Creek Village**
375 Meadow Lake Blvd.
Columbia Falls, MT 59912
406-892-3400

***Beehive Homes**
1660 13th St. W.
Columbia Falls, MT 59912
406-892-4100

*** Denotes facilities that accept Medicaid.**

Nursing Homes
Flathead County

Immanuel Skilled Care Center
185 Crestline Ave
Kalispell, MT 59901
752-9622

Brendan House
350 Conway
Kalispell, MT 59901
751-6500

Heritage Place - (memory care wing)
171 Heritage Way
Kalispell, MT 59901
755-0800

Invigorate Whitefish Center
1305 E. 7th St.
Whitefish, MT 59937
862-3557

Montana Veterans Home - (memory care wing)
400 Veterans Dr.
Columbia Falls, MT 59912
892-3256

Lake View Health Care
1050 Grand Ave
Bigfork, MT 59911
837-5041

OMBUDSMAN PROGRAM

Ombudsmen are advocates for residents in nursing homes and assisted living facilities. They problem solve concerns or issues and empower residents to speak for themselves. If that is not possible, for whatever reason, the ombudsman will speak for the resident.

Ombudsmen visit facilities on a regular basis to meet with residents, families and attend resident councils.

They provide information about nursing home care as well as other topics such as Medicaid, Medicare and Social Security. They are trained to investigate complaints about health, safety and welfare of residents and assist them in exercising their rights.

The resident is the primary focus of the program. All actions must be for the good of the resident.

Certified Local Ombudsman
Susan Kunda
Agency on Aging
40 11th St. W., Suite 100, Kalispell
758-5737 or 1-800-551-3191

State Ombudsman
PO Box 4210
Helena, MT 59604
1-800-332-2272