

# COMMUNITY RESOURCE DIRECTORY 2006

*For Broadwater, Jefferson, Lewis & Clark and Meagher Counties*

## Connecting Seniors and the Community



# AoA

**Area IV Agency on Aging**

at

**Rocky Mountain Development Council**



This guide was compiled by  
**Area IV Agency on Aging**

and printed courtesy of  
**Rocky Mountain Development Council**

“In the Neighborhood Center”

200 South Cruse  
Helena, MT 59601

447-1680 or 1-800-356-6544  
[www.rmhc.net](http://www.rmhc.net)

# COMMUNITY RESOURCE DIRECTORY

## 2006

**Broadwater, Jefferson, Lewis & Clark and Meagher Counties**

*Augusta-Boulder-Helena-Lincoln-Townsend-Whitehall-White Sulphur Springs*

### **Emergency – 9-1-1**

- Fire, Ambulance, Police
- Red Cross – 442-0260, Helena or 1-800-448-3543

**Ask-a-Nurse – 1-800-762-8778**

**Helena Area Crisis Line – 443-5353**

**Poison Control – 1-800-525-5042**

**Road Information – 444-6354 or 1-800-332-6171**

### **Area IV Agency on Aging Help Line**

- **1-800-551-3191 or 457-7368**
- Adult Protective Services
- Home and Community Based Services (Waiver) Case Management Program
- Information and Assistance
- Ombudsman Program
- State Health Insurance
- Foot Clinics

**Check the Rocky Mountain Development Council Website:**

**[www.rmdc.net](http://www.rmdc.net)**

**Or call 1-800-356-6544 for information on RMDC programs.**

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## **Addictions / Substance Abuse**

Alcohol & Drug Services – White Sulphur Springs.....	547-2249
Alcoholics Anonymous – Augusta.....	562-3294
Alcoholics Anonymous – Helena.....	443-0438
Alcoholics Anonymous – Townsend.....	266-3842
Boyd Andrew – Boulder.....	225-4071
Boyd Andrew – 111 North Last Chance Gulch Suite 1E, Helena.....	443-2343
Boyd Andrew – Townsend.....	266-4358
Boyd Andrew – Whitehall.....	287-3219
Boyd Andrew Half-way House – Helena.....	443-1241
Helena Indian Alliance, Colorado Building, Helena.....	443-7780
Montana Tobacco Use Prevention Program.....	444-9617

## **Advocacy**

AARP.....	1-800-434-3410
30 West 14th, Helena.....	441-2277
Adult Protective Services.....	1-800-551-3191
Helena.....	447-1680
Area IV Agency on Aging.....	1-800-551-3191
Helena.....	447-1680
Friendship Center, 1503 Gallatin, Helena.....	442-6800
Long Term Care Ombudsman.....	1-800-551-3191
Helena.....	447-1680
Mental Disabilities Board of Visitors.....	444-3955
Montana Advocacy Program, 316 North Park, Helena.....	449-2344
Montana Independent Living Project.....	1-800-735-6457
1130 Butte, P. O. Box 5415 Helena.....	442-5755
Montana Office on Aging, P.O. Box 4210, Helena 59624-4210.....	444-4077
Montana Senior Citizens Association, 825 Helena Avenue, Helena.....	443-5341
Senator Conrad Burns, Helena office.....	449-5401
Senator Max Baucus, Helena office.....	449-5540
Senior & Long-Term Care – Governor’s Advisory Council.....	1-800-332-2272

## **Adult Day Care / Family Services**

Golden Garden, 113 West 3 <sup>rd</sup> Street, Whitehall.....	287-2223
Heritage House, 309 North Rodney, Helena.....	442-5075
Masonic Home of Montana, 2010 Masonic Home Road, Helena.....	458-5431
Rocky Mountain Care Center, 30 South Rodney, Helena.....	443-5880
Son Heaven, 2510 Ferndale, Helena.....	449-0229
The Gottfried Haus, LLC, 5611 Georgia Drive, Helena.....	458-6159 or 202-2575

## **Clothing / Household Goods**

American Red Cross, 805 North Main, Helena.....	442-0260
Friendship Center, 1503 Gallatin, Helena.....	442-6800
God's Love Homeless Shelter, 533 North Main, Helena.....	442-7000
Good Samaritan, 3067 North Montana, Helena.....	442-0780
Goodwill Industries, 1100 Road Runner Road, Helena.....	457-1325
YMCA, 1200 North Last Chance Gulch, Helena.....	442-9622
YWCA, 501 North Park, Helena.....	442-8774

## **Complaints**

AARP (fraud).....	1-800-434-3410
Abuse and Home Health Hotline.....	1-800-762-4618
Commission on Banking.....	444-2091
Commission on Practice (Attorneys).....	1-406-444-2608
Community Mediation Center (Resolution).....	1-406-522-8442
Dept. of Commerce (Bank and Securities).....	1-406-444-2091
Human Rights Commission (Discrimination).....	1-800-542-0807
Medicare Fraud and Abuse Hotline.....	1-800-332-6146
Montana Citizen's Advocate.....	1-800-332-2272
Montana Fair Housing (Housing).....	1-800-929-2611
Mountain Pacific Quality Health Foundation (Medicare).....	1-800-497-8232
Ombudsman (Nursing and Personal Care Homes).....	1-800-551-3191
Public Service Commission (Utilities).....	1-800-646-6150
State Auditor (Insurance, Securities and Phone Fraud).....	1-800-332-6148
Telemarketing Fraud.....	1-406-444-3553
Worker Compensation Mediation.....	444-6534

## **Courier Services**

Blue Moon Couriers, Helena.....	227-6717
Capital Taxi Courier Service, Helena.....	443-3256
Tiger Express, Helena.....	458-0074

## **Education**

Adult Basic Education, 3426 Highway 284, Townsend.....	266-4724
Adult Learning Center, 815 Front Street, Helena.....	447-8876
Carroll College, 1601 North Benton, Helena.....	447-4300
Jefferson County High School, 312 South Main, Boulder.....	225-3317
U of M Helena – College of Technology, 1115 North Roberts, Helena.....	444-6800
Superintendent’s Office, Whitehall School District 1 West Yellowstone Road, Whitehall.....	287-3455
White Sulphur Springs High School, Box C, White Sulphur Springs.....	547-3351

## **Employment**

Career Training Institute, 347 North Last Chance Gulch, Helena.....	443-0800
Experience Works! c/o Helena Job Service, 715 Front St, Helena.....	457-0656
Field Operations Coordinator.....	447-3200
Foster Grandparents, P.O. Box 1717, Helena.....	457-7362
Helena Job Service, 715 Front Street, Helena.....	447-3200 or 1-800-584-9161
Helena Area Chamber of Commerce, 225 Cruse, Helena.....	442-4120
Senior Companion Program, P.O. Box 1717, Helena.....	447-1680

## **Financial Assistance**

Broadwater County Family Services, 124 North Cedar, Townsend.....	266-5580
Broadwater County Office of Public Assistance 124 North Cedar, Townsend.....	266-3157
Consumer Credit Counseling Service.....	1-800-823-1323
1275 Maple, Helena.....	443-1774
Elderly Home Owner/Renter Credit, Montana Department of Revenue....	444-6900
Good Samaritan See under “Clothing and Household Goods”.	

Jefferson County Public Assistance  
 In Boulder area, call.....444-1700  
 In Whitehall area, call.....496-4950

Lewis & Clark County Office of Public Assistance  
 3075 North Montana, Box 5029, Helena.....444-1700

Low Income Energy Assistance Program, 3108 McHugh Lane, Helena....447-1625

Meagher County Office of Public Assistance  
 15 W Main, Box 514, White Sulphur Springs .....547-3612 ext 113

Montana Payee Services.....439-7806

RAM – Reverse Annuity Mortgage.....841-2812  
 P.O. Box 204001, Helena 59620-4001 .....1-800-761-6264

RMDC Housing Program, P.O. Box 1717, Helena.....457-7361

Salvation Army, 1905 Henderson, Helena.....442-8244

Salvation Army, Field Representative, Lincoln .....362-4565

Social Security Administration.....441-1270

Taylor’s Special Services  
 Budget planning, payee services, medical advocate services.....431-6333

USDA Rural Development Office Home Repair  
 790 Colleen Street, Helena.....449-5000 ext 4

USDA Rural Development Housing Service  
 Loans and grants for low-income people 62 years and older  
 900 Technology Blvd. Suite B, Bozeman .....585-2530

Weatherization Program, 3108 McHugh Lane, Helena.....447-1625

**Food**

Augusta Food Bank, Augusta Senior Center.....562-3623

Boulder Food Bank, First Baptist Church, 107 West Hauser, Boulder.....225-4240

Edward’s Grocery (will deliver), 116 East Main, White Sulphur Springs..547-3731

Food Stamp Assistance  
 Call your local Office of Public Assistance listed under “Financial Assistance”.

God’s Love, 533 North Main, Helena..... 442-7000

Helena Food Share, 1616 Lewis, Helena.....443-3663

Heritage IGA Food Store, 109 South Lane, East Helena.....227-5304

JeffCo Food Share, Inc, 107 W. Hauser.....Boulder...225-4240

Meagher County Meals-on-Wheels  
 101 1<sup>st</sup> Avenue SE, White Sulphur Springs.....547-3651

Nutrition Coalition Food Bank	
P.O. Box 813, White Sulphur Springs .....	547-3393
Senior Commodities and Senior Centers.....	1-800-356-6544
Helena.....	447-1680
Townsend Food Bank – Nicole or Leona	
c/o Office of Public Assistance, 124 N. Cedar, Townsend.....	266-3157
Tri-County (Lewis & Clark, Jefferson, Broadwater) Nutrition Program	
Home Delivered Meals.....	447-1680
Toll Free.....	1-800-356-6544
United Methodist Church Food Bank, Lincoln, MT.....	362-4565
Whitehall Food Bank.....	287-3537
<i>Also look under Senior Center listings in this directory</i>	

### **Foster Care / Housing**

June’s House, 675 Myles Road, Helena.....	442-4628
Talbert House, 200 Stabern, Helena.....	457-0220

### **Handicapped Assistance**

Area IV Agency on Aging Home and Community Based Services Program	
(Medicaid Waiver) – Linda Simmons, SW and Karen George, RN..	447-1680
RMDC, P.O. Box 1717, Helena.....	1-800-356-6544
AWARE, 2824 Billings Avenue, Helena.....	449-3120
Blind and Low Vision Services,	
700 Casey – Suite B, Butte, MT 59701.....	1-888-279-7531
C.A.R.E (for developmentally disabled persons)	
1513 Butte, Helena.....	439-9454
DPHHS Developmental Disabilities Division, P.O. Box 4210, Helena.....	444-1714
DPHHS Senior and Long Term Care Regional Program Officer	
Diane English Castona, P.O. Box 4210, Helena.....	444-1707
Family Outreach (for persons with a disability)	
1212 Helena Avenue, Helena.....	443-7370
HEAR Now – hearing aid assistance.....	1-800-328-8602 ext 2358
HELP (Handicapped Employment Living Program), Brian Copeland.....	443-5100
Lewis & Clark County Health Department	
Home and Community Based Services Program, (Medicaid Waiver)	
Jeanne Underhill, L&C Health Dept., 1930 – 9 <sup>th</sup> Avenue, Helena....	443-2584

Lions Club, Hearing and Sight Assistance.....	1-800-823-8448
111 North Last Chance Gulch, Ste 3G, Helena .....	449-4912
Montana Independent Living Project.....	1-800-735-6457
P.O. Box 5415, Helena .....	442-5755
Montana State Library .....	444-5361 or 1-800-332-3400
Many free services including “talking books.”.....	444-2064
1515 East 6 <sup>th</sup> Avenue, Helena.....	TDD: 444-3005
Montana Telecommunications Access Program (MTAP)	
111 North Last Chance Gulch, Helena.....	444-1335 or 1-800-833-8503
Social Security Administration .....	441-1270
Spring Meadow Resources (for persons with a disability)	
2850 Broadwater Ave, Helena.....	443-2376
Starkey Foundation (hearing aid assistance)	
6700 Washington Ave S., Eden Prairie, MN 55344.....	1-800-328-8602
Vocational Rehabilitation, 3075 North Montana, Helena.....	444-1710

## **Health Insurance**

Insurance Commissioner.....	1-800-332-6148
Helena.....	444-2040
Medicaid – (press 00 or hold for a real person).....	1-800-362-8312
Medicare Parts A, B & D – ((press 0-0 for real person).....	1-800-633-4227
Montana Senior Citizen’s Association.....	443-5341
New West Health Services, 130 Neill Avenue.....	457-2284 or 1-888-500-3355
Nursing Home Waiver – State Office .....	444-4150
State Health Insurance Program	
Information and Counseling – helps with Medicare, Medicaid, Supplemental	
Insurance, Long Term Care and other insurance.....	1-800-551-3191
The Together Card (for discount on prescriptions).....	1-800-865-7211

## **Hospice / Family Support Services**

A-Plus Home Health and Personal Care (Formerly Intrepid)	
1300 Aspen Drive, Helena.....	443-4140
Hospice of St. Peters, 201 S. California, Helena.....	444-2244

## Hospitals

Broadwater Health Center Hospital and Home Health 110 North Oak, Townsend.....	266-3186
Mountain View Medical Center and Home Health 16 West Main, White Sulphur Springs.....	547-3321
St. Peter's Hospital, 2475 Broadway, Helena.....	442-2480
Shodair Hospital – youth mental health, 2755 Colonial Drive, Helena.....	444-7500
Veterans' Hospital, Fort Harrison, Helena.....	442-6410

## Housing – General

Assistance for the Homeless Case Manager L&C Health Department or God's Love .....	cell # 461-0516
Board of Housing Disabled Accessible Home Owner Loans.....	841-2854
301 South Park, Helena 59620.....	841-2840
Board of Housing Home Program, 301 South Park, Helena 59620.....	841-2820
Helena Area Housing Task Force, Beki Brandborg.....	442-2265
Montana Fair Housing – Attn. Pam Bean 904 A Kensington Ave. Missoula.....	1-800-929-2611
USDA Rural Housing Service Direct Loans-502 Program Low interest loans and financing options for low income people of all ages.....	449-5000
USDA Rural Development Rural Housing Service Loans and grants for low-income people 62 years and older 900 Technology Blvd., Suite B, Bozeman.....	585-2530
USDA Rural Development Rural Housing Service, Helena.....	449-5000 x 4

## Housing – Helena

Aspen Village Apartments – w/c accessible, Janet St., Helena.....	1-800-466-7722
Eagles Manor, 715 Fee, Helena.....	442-0610
East Park Villa .....	449-9795
2615 Broadway, Helena.....	442-7178
Helena Housing Authority.....	1-800-378-7981
812 Abbey, Helena.....	442-7970
Housing Rehabilitation Program.....	447-8411
Hunters Pointe, 2801 Colonial Drive, Helena.....	443-4222

M.E. Anderson Apartments, 100 S. Warren, Helena.....	449-7014
Pheasant Glen Apartments, 3440 Ptarmigan Lane, Helena.....	443-0127
Ptarmigan Apartments, 3340 Ptarmigan Lane, Helena.....	449-7511
Queen City Estates (disabled), 2300 North Roberts, Helena .....	449-7165
RMDC Housing Program.....	1-800-356-6544
P.O. Box 1717, Helena.....	447-1680
Section 8 Housing.....	1-800-378-7981
812 Abbey, Helena.....	442-7981
Serendipity Apartments, 8 South Park, Helena.....	443-0558
Shadow Mountain Apartments, 2527 Ferndale Lane, Helena..	442-3991 – 442-2160
Sunset Capital Apartments, 520 Logan, Helena.....	442-2970
Vista Square, 1701 Prospect, Helena.....	442-3222
Waterford Retirement Community, 915 Saddle Drive, Helena.....	449-4900
YWCA – for women.....	442-8774

**Housing – Augusta**

Elk Creek Lodge, Includes one handicap apartment with ramp.....	562-3447
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**Housing – Boulder**

Big Boulder Apartments (family), 501 East 4 <sup>th</sup> Ave., Boulder.....	225-3712
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**Housing – East Helena**

East Helena Apartments, 400 East Riggs, East Helena.....	227-7601
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**Housing – Townsend**

Broadwater Villas.....	442-7178
Homestead Manor, 504 South Elm, Townsend.....	266-3859
Townsend Senior Housing, 402 South Spruce, Townsend.....	266-5805

**Housing – Whitehall**

Coachman Court, 409 East Legion, Whitehall.....	287-7865 or 721-4922
Cowdry Court (family), 205 West Legion, Whitehall.....	587-8288

**Housing – White Sulphur Springs**

Spring Manor, 107 South Central, White Sulphur Springs.....406-721-4922

**In-Home Assistance/ Family Support Services**

- A Full Life Agency, 1065 N. Ewing, Helena .....442-2112 – 1-800-542-2112
- A2Z Personnel, 629 Helena Ave, Helena.....443-7664
- ADL of Helena – an in-home care service, 4738 N. Montana.....443-0322
- A Plus Home Health and Personal Care (formerly Intrepid)
  - 1300 Aspen Drive, Suite 2, Helena.....443-4140
- APS Case Management (BC/BS), P.O. Box 1165, Helena 59624...1-800-635-5271
- Area IV Agency on Aging .....1-800-356-6544
  - Home and Community Based Services Program
    - Linda Simmons, Karen George.....447-1680
- Assistance for the Homeless Case Manager
  - L&C Health Department or God’s Love .....cell # 461-0516
- Capital City Case Management, P.O. Box 6982, Helena .....431-2184 or 431-2185
- Family Outreach, 1212 Helena Avenue, Helena.....443-7370
- Home Link of St. Peter’s, 201 S. California, Helena.....444-2244
- Lewis & Clark County Health Department
  - Home and Community Based Services Program
    - 1930 9<sup>th</sup> Avenue, Helena.....443-2584
- Lifeline through Apex of St. Peter’s Hospital
  - 2440 Winne Suite 200, Helena.....447-2739
- Meals-on-Wheels, P.O. Box 1717, Helena.....457-7361
- Medicaid “Self-Direct” Personal Assistance
  - Through Montana Independent Living Project...442-5755 or 1-800-735-6457
- Mountain View Medical Center and Home Health
  - 16 West Main, White Sulphur Springs.....547-3321
- Nightingale Nursing and Caregiving, 900 North Montana, Helena.....443-1036
- TLC, Transitions and Life Choices – a Palliative Care Process.....444-2244
- Vial of Life – Beth Hunt- a magnet with phone numbers and medical
  - Information for emergency personnel, White Sulphur Springs.....547-3651

## **Legal**

Adult Protective Services.....	444-1348
Area IV Agency on Aging Referral Service.....	1-800-551-3191
Helena.....	447-1680
Montana Advocacy Program, 316 North Park, Helena.....	444-2344
Montana Human Rights Commission.....	1-800-542-0807
Helena.....	444-2884
Montana Lawyer Referral & Information.....	449-6577
Montana Legal Services Association	
801 North Last Chance Gulch, Helena.....	442-9830

## **Libraries / Education**

Broadwater Community Library, 201 North Spruce, Townsend.....	266-5060
Clancy Library, 6 North Main, Clancy.....	933-5254
Jefferson Community Library, 202 South Main, Boulder.....	225-3241
John Gregory Memorial Library, 110-1 West, Whitehall.....	287-3763
Lewis & Clark County Library, 120 South Last Chance Gulch.....	447-1690
Lincoln Community Library, Lincoln.....	362-4300
Meagher County City Library, 15 1st Avenue South East, WSS.....	547-2250
Montana State Library.....	1-800-332-3400
many free services, “talking books”.....	TDD: 447-1678
1515 East 6 <sup>th</sup> Avenue, Helena.....	444-2064

## **Medical Equipment / Out-patient Medical Care**

Anderson Orthotics & Prosthetics, 2121 Euclid Avenue, Helena.....	443-7743
Apex of St. Peter’s, 2440 Winne, Helena.....	447-2739
Apria Health Care, 815 26 <sup>th</sup> Street North, Great Falls.....	761-3716
Big Sky Medical Oxygen, 815 26 <sup>th</sup> Street North, Great Falls.....	457-1282
Butte Oxygen, 700 Dewey Blvd, Butte 59715.....	406-494-1349
Clark’s Orthopedic Supply Inc., 2808 Billings Ave., Helena.....	442-6069
Community Home Oxygen, 1911 Meadowlark Lane, Butte 5971.....	406-494-6900
Community Home Oxygen, 3103 Prospect, Helena.....	443-3716
Eye Care Project Help Line – National.....	1-800-222-3937
Goodwill, 1100 Roadrunner Drive, Helena.....	457-1325
Harrington Surgical Supply, 53 East Broadway, Butte.....	1-800-345-9517

Lincare, 618 Helena Avenue, Helena.....449-2253  
 Osco Drug, 526 Euclid, Helena.....442-2196  
 Osco Drug, 603 North Montana, Helena.....442-9800  
 Westmont (for disabled adults), 2708 Bozeman Ave., Helena.....443-3100

**Medical Information / Health Supportive Services**

**Ask-A-Nurse 24 Hour Service – Statewide.....1-800-762-8778**  
 Advance Health Care Directives, a registry service through the  
     Montana Department of Justice, Helena.....1-866-675-3314  
 Alzheimer’s Association – National.....1-800-272-3900  
     Helena area..... 431-0452  
 American Arthritis Association, Rocky Mountain Chapter.....1-800-475-6447  
 American Cancer Society – National.....1-800-227-2345  
     Helena.....449-9300  
 American Diabetes Association.....1-800-342-2383  
 American Heart Association – National.....1-800-242-8721  
     Helena area.....443-6515  
 American Lung Association, Helena.....442-6556  
 Assistance for the Homeless Case Manager  
     L&C Health Department or God’s Love .....cell # 461-0516  
 Broadwater County Health Department, 124 North Cedar, Townsend.....266-5209  
 Broadwater Health Center Hospital and Home Health  
     110 North Oak, Townsend.....266-3186  
 Cooperative Health Center, 1930 9<sup>th</sup> Avenue, Helena.....443-2584  
 Crawford Healthcare Case Management,  
     38 South Last Chance Gulch, Helena.....442-3340  
 Donated Dental Services, 318 North Last Chance Gulch, Helen.....449-9670  
 Helena Surgicenter, 2440 Winne, Helena.....457-4200  
 Health Care for the Homeless  
     Provides temporary medical services for homeless.....461-8175  
 Jefferson County Health Department, 214 S. Main, Boulder.....225-4231  
 Jefferson County Health Department – Tuesdays only, 8:30-5:00  
     11 East Legion, Whitehall.....287-3249 or 949-2347  
 Jefferson County Health Department – Thursdays only, noon-4:00  
     Clancy Clinic.....225-4231  
 Leo Pocha Clinic, Colorado Building, Helena.....449-5796  
 Lewis & Clark County Health Department, 1930 9<sup>th</sup> Avenue, Helena.....443-2584

Lewis & Clark County Health Dept, Public Health Nurse, Augusta.....	562-3509
Meagher County Health, P.O. Box Q, White Sulphur Springs.....	547-3641
Montana Health Care Association – Statewide	
36 South Last Chance Gulch, Helena.....	443-2876
Mountain Pacific Quality Health Foundation.....	1-800-497-8232
Helena.....	443-4020
Mountain View Medical Center and Home Health	
16 West Main, White Sulphur Springs.....	547-3321
Senior Assessment Clinic through the Billings Clinic for complete physical and neurological assessments... 1-406-238-2500 or 1-800-332-7156	
SHIP – State Health Insurance Program – for information on Medicaid and Medicare (including Medicare Part D)	
P.O. Box 4210, Helena.....	1-800-551-3191
The Together Card, P.O. Box 52158, Phoenix, AZ 85072-9967.....	1-800-865-7211
TLC, Transitions and Life Choices – a Palliative Care Process.....	444-2244

## **Mental Health**

Addictive & Mental Health Disorders Division.....	444-3964
Golden Triangle Mental Health Center, Toll-free Crisis Line.....	888-442-5353
900 North Jackson, Helena.....	443-7151
106 N. Main, P. O. Box 420, Boulder.....	225-9114
7 East Legion, Whitehall.....	225-9114
Helena Alliance for the Mentally Ill	
National (and local) Alliance for the Mentally Ill (NAMI)	
554 Toole Road, Helena 59601.....	443-7871 or 458-9738
Helena Area Crisis Line.....	443-5353
Mental Health Advocacy Board.....	444-3955
Mental Health Association, 25 South Ewing, Helena.....	442-4276
Mental Health Services.....	1-888-866-0328
Montana Advocacy Program, 400 North Park, Helena.....	449-2344

## **Miscellaneous**

Boulder Hot Springs, 31 Hot Springs Road, Boulder.....	225-4339
Friendship Force.....	457-0842
Holter Museum of the Arts, 12 East Lawrence, Helena.....	442-6400
Live at the Civic! 1701 Prospect #3C, Helena.....	442-4625

Peace Valley Healing Center, P.O. Box 979, Boulder.....	225-3488
Super Host! Helena Chamber of Commerce, 225 Cruse Avenue, Helena..	442-4120
U.S. Postal Service	
Manager, Helena Main office, 2300 North Harris, Helena.....	443-3304
Augusta.....	562-3370
Basin.....	225-4333
Boulder.....	225-3395
Canyon Creek Country Store.....	287-3377
Clancy/Montana City.....	933-5655
East Helena.....	227-5325
Fort Harrison.....	449-2856
Jefferson City.....	933-8551
Lincoln.....	362-4523
Martinsdale.....	572-3633
Marysville.....	443-6280
Toston.....	266-5772
Townsend.....	266-3400
White Sulphur Springs.....	287-3822
Whitehall.....	287-3822
Wolf Creek/Craig.....	235-4220
United Way of Lewis and Clark County.....	442-4360

### **Nursing Homes / Housing**

Ombudsman (advocates for persons in Long Term Care facilities)..	1-800-551-3191
Montana DPHHS – Certification Bureau	
Abuse and Complaint Coordinator .....	444-4463
Big Sky Care Center, 2475 Winne, Helena.....	442-1350
Broadwater Care Center, 10 North Oak, Townsend.....	266-3186
Cooney Convalescent Home, 2555 Broadway, Helena.....	447-1652
Evergreen Health Care & Rehabilitation, 474 Highway 282, Clancy.....	933-8311
Health Care Association – Nursing Home Information.....	443-2876
Mountain View Medical Center Long Term Care	
16 West Main, White Sulphur Springs.....	547-3321
Nightingale Nursing & Caregiving, 900 N. Montana, Helena.....	443-1036
Rocky Mountain Care Center, 30 South Rodney, Helena.....	443-5880

## **Personal Care Homes / Housing**

Ombudsman (advocates for persons in Long Term Care facilities)..	1-800-551-3191
Aspen Gardens, LLC, 11, 13, and 16 Bumblebee Court, Helena.....	457-0092
Country Life at Montana City, 12 Bessler Road, Clancy 59634.....	443-1288
Golden Garden, 113 West 3 <sup>rd</sup> , Whitehall.....	287-2223
June's House, Inc, 675 Myles Road, Helena.....	442-4628
Liberty Place, Inc., P. O. Box 446, Whitehall.....	287-9887
Masonic Home of Montana, 2010 Masonic Home Road, Helena.....	458-5431
Meadowlark Manor, 35 Skyline Drive, Whitehall 59759.....	287-5530
Our House, 2000 Winne, Helena.....	443-3364
Rosetta Assisted Living	
525 Saddle Drive, Helena.....	443-6339
10 Day Springs Loop, Helena.....	449-7587
Shelby House I, 2320 Spokane Creek Road, East Helena.....	475-3621
Shelby House II, 5750 Spokane Creek Road, East Helena.....	475-9347
Son Heaven I and II, 2510 Ferndale, Helena.....	449-0229
Talbert House, 200 Stabern St., Helena.....	457-0220
Tiffany's & Linda's Tender Loving Care, 114 South Spruce.....	266-4453
Townsend Personal Care Inc., 128 Highway 12 East, Townsend.....	266-3711
Waterford Assisted Living, 915 Saddle Drive, Helena.....	449-4900

## **Pharmacies**

Bergum Drug – South Hills, 2600 Winne Ave., Helena.....	443-0506
Castle Mountain Drugs, White Sulphur Springs.....	547-2316
Kmart, 1700 Cedar, Helena.....	449-5587
Lincoln Pharmacy, 223 Main, Lincoln.....	362-4660
Osco Drug – East, 603 North Montana, Helena.....	442-9800
Osco Drug – West, 526 Euclid, Helena.....	442-5300
Safeway, 611 N. Montana, Helena.....	443-4508
ShopKo, 3101 N. Montana, Helena.....	443-8823
Snyder's, 3065 N. Montana, Helena.....	443-5870
Townsend Drug, 308 Broadway St., Townsend.....	266-4379
Whitehall Drug, 29 W. Legion, Whitehall.....	287-3931

## **Physical Fitness / Health Supportive Services**

Broadwater Athletic Club, special classes for seniors with limited physical abilities 4920 U.S. Highway 12 West, Helena.....	443-5777
Crossroads Sports & Fitness – “Young at Heart”, 1013 Dearborn.....	442-6733
Curves, 1414 Euclid, Helena.....	457-1439
Great Northern Fitness Company, 845 Great Northern Blvd, Helena.....	443-4632
Helena Family YMCA, 1200 North Last Chance Gulch, Helena.....	442-9622
PACE (People with Arthritis Can Exercise), Helena Senior Center.....	447-1680
T.O.P.S., 7048 Highway 287, Townsend.....	266-3599
<i>Check your local senior centers for activities.</i>	

## **Senior Center / Food**

Augusta Senior Center, P.O. Box 314, Augusta.....	562-3623
Boulder Basin Senior Center, 201 South Main, Boulder.....	225-3656
East Helena Dinner Club, Fireman Hall, East Helena.....	227-9959
Helena Indian Alliance Senior Center, 436 North Jackson, Helena.....	442-9244
Helena Senior Center, Neighborhood Center, 201 South Main, Helena....	447-1680
Lincoln Senior Center, Box 56, Lincoln 59639.....	362-4504
Meagher County Senior Center, 101 1 <sup>st</sup> Ave. E, White Sulphur Springs...547-3651	
Townsend Senior Dinner Club, 516 2 <sup>nd</sup> Street, Townsend.....	266-3995
Tri-County Nutrition Program - Broadwater, Jefferson, Lewis & Clark P.O. Box 1717, Helena.....	457-7317
Whitehall Senior Center, P.O. Box 87, Whitehall.....	287-5336

## **Support Groups**

Alcoholics Anonymous.....	443-0438
Alzheimer’s Support Group.....	431-0452
American Cancer Society.....	1-800-227-2345
Capital City Chapter for the Blind.....	443-2947
Friendship Center.....	1-800-248-3166
Head Injury Support Group.....	443-7783
Helena.....	442-6800
Hospice Bereavement Support.....	447-2464
Men Surviving Cancer.....	447-2409
Women Surviving Cancer.....	444-2192

Multiple Sclerosis Support.....	442-5755
Overeaters Anonymous.....	449-4943
St. Peter’s Hospital Community Education.....	444-2135

**Transportation**

Broadwater Health Center – “Old Baldy” Transportation

Townsend.....	266-3186
Capital Taxi, Helena.....	443-3256
Eagle Transportation, Helena.....	441-9111
HATS (Helena Area Transportation System).....	447-1580
Handicap Permit.....	447-8328
Medicaid Transportation Program.....	1-800-292-7114
Mountain View Medical Center Bus, 16 West, White Sulphur Springs.....	547-3321
Out of State Travel Assistance:	
Angel Flight – <a href="http://www.angelflight.org">www.angelflight.org</a> .....	1-888-426-2643
National Air Patient Travel – <a href="http://www.patienttravel.org">www.patienttravel.org</a> .....	1-800-296-1217
RMDC Senior Transportation, P.O. Box 1717, Helena.....	447-1680
Wheelchair Getaways, Accessible Van Rentals.....	227-6524
Whitehall Senior Center Bus, P.O. Box 87, Whitehall.....	287-5336

**Utilities**

Low Income Energy Assistance Program

Broadwater, Jefferson, Lewis & Clark Counties.....	1-800-356-6544
3108 McHugh Lane, Helena.....	447-1625
Meagher County Low Income Energy Assistance Program.....	222-0896
P.O. Box 1530, Livingston, MT.....	1-800-289-0896

Qwest Communications – Special Needs Center

*For a low-income discount, contact the Office of Public Assistance in your county.*

Broadwater, Jefferson, Lewis & Clark Counties

Weatherization Program – Roger Bacon.....	1-800-356-6544
P.O. Box 1717, Helena.....	447-1625
Meagher County Weatherization Program.....	1-800-289-0896
P.O. Box 1530, Livingston.....	222-0896

## **Veteran's Organizations**

American Legion Post No. 2, Helena.....	443-9790
Disabled American Veterans.....	442-6410
Veterans Administration Medical Center-Fort Harrison.....	442-6410
State Veterans Affairs Office.....	841-3740
Veterans Administration (benefits and claims assistance).....	1-800-827-1000
Veterans Administration at Meagher County Senior Center.....	1-406-388-4601
Veterans of Foreign Wars, Helena.....	443-8757
Veterans of Foreign Wars, East Helena.....	227-8163

## **Volunteers / Employment**

AARP, Great Northern Town Center, Helena.....	1-866-295-7278
Augusta Volunteers, Call the Senior Center to setup.....	562-3623
Experience Works! c/o Helena Job Service, 715 Front St, Helena.....	457-0656
Foster Grandparent Program, P.O. Box 1717, Helena.....	457-7362
Friendly Visitors, volunteers who assist long term care ombudsman.....	457-7376
Hospital Volunteers, St. Peter's Hospital, Helena.....	444-2363
Lincoln Volunteers: American Legion, VFW and VFW Auxiliary Call the Senior Center for contact person.....	362-4570
Montana Senior Citizens Association, 825 Helena Avenue, Helena.....	443-5341
Retired and Senior Volunteer Program, P.O. Box 1717, Helena.....	457-7319
Senior Companion Program, P.O. Box 1717, Helena.....	457-7325
Senior Corps of Retired Executives, Small Business Administration 10 West 15 <sup>th</sup> Street, Suite 1100, Helena, 59626.....	441-1081
Montana State Library.....	1-800-332-3400
Many free services, includes "talking books.".....	TDD: 447-1678
1515 East 6 <sup>th</sup> Avenue, Helena.....	444-2064
Townsend Volunteers: Call the Public Health Department to setup.....	266-5209
United Way of Lewis and Clark County.....	442-4360

**Notes:**



# Rocky Mountain Development Council

“improving lives, strengthening communities”

RMDC provides these valuable programs to the community:

- Area IV Agency on Aging
- Senior Companion Program
- Retired and Senior Volunteer Program (RSVP)
- Foster Grandparent Program
- Senior Center
- Senior Dinner Club
- Home-Delivered Meals
- Food Commodities – Supplemental Food Program
- Low Income Energy Assistance Program
- Energy Share
- Weatherization Program
- Head Start
- Rocky Mountain Pre-School
- Greater Helena Area Affordable Home Ownership Program
- Spirit of Service

“In the Neighborhood Center”

200 South Cruse

Helena, MT 59601

**447-1680 or 1-800-356-6544**

[www.rmhc.net](http://www.rmhc.net)