
Senior Resource Guide

- Information
- Services
- Education
- Activities
- Advocacy
- Benefits

Connecting seniors and people with disabilities, their families and caregivers to resources in Lewis & Clark, Broadwater, Jefferson, and Meagher Counties.

Updated February 2017

*Rocky Mountain Development Council
Area IV Agency on Aging*



Rocky Mountain Development Council (RMDC)

Rocky Mountain Development Council (RMDC) is a nonprofit 501(c)(3) human resources development council.

200 South Cruse Ave.	Phone:	406-447-1680
P. O. Box 1717		800-356-6544
Helena, MT 59624-1717	Fax:	406-447-1629
	Website:	rmdc.net

RMDC's programs for seniors include:

- **Senior Information and Assistance Programs**
State Health Insurance Assistance Program (SHIP)
Area IV Agency on Aging
Options Counseling
Long Term Care Ombudsman
- **Volunteer Opportunities**
Retired and Senior Volunteer Programs (RSVP)
Senior Companion Program
Foster Grandparents
- **Energy Assistance**
Low Income Energy Assistance Program (LIEAP)
Weatherization
Energy Share
- **Housing**
Low Income Rental Units
Homebuyer Education
- **Senior Centers**
- **Nutrition Programs**
Meals on Wheels (Meals delivered to homes)
Senior Dinners (Daily Dinner Club)
Commodities
- **Transportation Service**

*If you find an error in this guide,
please call us at (406) 447-1680
so we can correct it.*

The Senior Resource Guide is available on-line at:

rmdc.net

Go to → What We Do→ Area IV Agency on Aging

You will find → Downloadable Senior Resource Guide

Check on-line for periodic updates

When using services in this guide we encourage you to:

1. Check the backgrounds and references of agencies and private individuals.
2. When hiring someone to provide care in your home, verify the person is a registered independent contractor with the State of Montana or an employee of a licensed agency.
3. Ask for written proof that the person or agency is qualified, certified, follows IRS rules, has Workman's Compensation, has liability insurance, and is bonded.
4. Get written references. Ask others about their service and experience with the agency or individual.
5. Be careful if you are asked to sign a contract. Read the contract, especially the fine print. Make sure you thoroughly understand before signing. If you have concerns, look for someone else to provide care.

The listings in this guide are not an endorsement of service providers by RMDC.

USING THIS GUIDE:

The services in this guide are listed alphabetically. The index in the back of the guide will help you find services quickly and easily.

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NUMBERS for EMERGENCIES and SERIOUS PROBLEMS

Emergency: Police and Fire Departments: 911

Non-emergency: Police (P) and Fire (F) Departments:

Helena	442-3233(P)	447-8472 (F)
East Helena	227-8686 (P)	227-5321 (F)
Townsend	266-3441	
White Sulphur Springs	547-3397	

Sheriff's Departments:

Lewis & Clark County	442-7883	Jefferson County	225-4075
Meagher County	547-339	Broadwater County	266-3441

Highway Patrol: 1-855-647-3777

CRIMESTOPPERS: 443-2000

Search and Rescue: 442-7883

Road Conditions (state): 511 or 800-226-7623

Domestic abuse: Call the Friendship Center: 442-6800 or 800-248-3166

Elder abuse: Call Adult Protective Services: 444-5987 or 444-1348 or 444-1312 or the Friendship Center: 442-6800 or 800-248-3166

Long-term care facilities: Problems and/or concerns with care in a nursing home or assisted living facility:

Call your Certified Local Ombudsman: 800-551-3191

Gas odor or problems with natural gas in your home:

Call Northwestern Energy (24-hour line): 888-467-2669

Poisoning:

Call Rocky Mountain Poison Control (24-hour line): 800-525-5042

Suicide crisis:

Call Suicide Hotline: 443-5353

Consumer Fraud or Scam:

Call Montana Office of Consumer Protection: 800-481-6896

IF YOU NEED AN ADVOCATE OR PROTECTION

OMBUDSMEN

Long-Term Care Ombudsman

Area IV Agency on Aging – Rocky Mountain Development Council

447-1680 or 800-551-3191

648 Jackson St, Helena 59601

rmdc.net

Provides advocacy, impartial mediation, and regular visits to residents of long-term care facilities (assisted living and nursing homes).

Mental Health Ombudsman

State Department of Public Health and Human Services

888-444-9669

mhombudsman.mt.gov

Assists people seeking mental health services for themselves or others, and represents and advocates for people using public mental health services.

ADVOCACY/PROTECTION

Adult Protective Services

State Department of Public Health and Human Services

444-5987

2030 11th Avenue, Helena 59601

dphhs.mt.gov/SLTC/APS

Investigates abuse and neglect referrals. Call to report abuse or neglect for yourself or another senior.

Montana Citizens' Advocate Office

State Capital, Governor's Office, Room 232

444-3468 or 800-332-2272

1301 E. 6th Avenue, Helena 59601

citizensadvocate.mt.gov

Assists Montanans in their interactions with state executive branch agencies. Offers advocacy, direction, and assistance.

Office of Consumer Protection

State Department of Justice

444-4500 or 800-481-6896

555 Fuller Avenue, Helena 59601

doj.mt.gov/consumer

Protects consumers from those who would take advantage of them. Upholds commerce laws intended to protect consumers from fraud. Alerts citizens of scams. Teaches Montanans about credit reports and keeping personal financial information secret and safe.

Patient Advocate Foundation (PAF)

800-532-5274

patientadvocate.org

Provides services to cancer patients and survivors including education, legal counseling, referrals concerning managed care, insurance, financial issues, job discrimination, and debt crisis matters.

Taxpayer Advocate Service

Internal Revenue Service

444-8668

10 West 15th Street, Suite 2319, Helena 59601

irs.gov/advocate

Free assistance for those facing financial hardships or tax problems.

HOTLINE AND INFORMATION NUMBERS

Social Security Administration Helena: 866-563-9496 National: 800-772-1213 TTY: 800-325-0778 ssa.gov	CMS (Centers for MEDICARE and Medicaid Services) 800-MEDICARE (800-633-4227) TTY: 877-486-2048 medicare.gov
Montana Medicaid Program Medicaid Member Hotline: 800-362-8312	National Do No Call Registry 888-382-1222 (TTY: 866-290-4236) donotcall.gov
Alcohol and Drug Referral Hotline 800-252-6465	Al-Anon 800-356-9996 mtalanon@hotmail.com
Alzheimer's Association Helpline 800-272-3900 alz.org	Alcoholics Anonymous (State Hotline) 888-607-2000
Alzheimer's Disease Education 800-438-4380	American Trauma Society 800-556-7890
Ask a Nurse 406-657-8778	Brain Injury Association (Information) 800-444-6443
Cancer Information Service 800-227-2345	Brain Injury Support Group (Montana) 406-665-2000
Cancer Screening Program (Montana) 443-2584 or 800-803-9343	Center for Substance Abuse Treatment 800-662-4357
Montana Aging and Disability Services Resource Center 406-444-0998 Montana-adrc.com	National Breast Cancer Hotline 800-221-2141

National Fraud Information Center fraud.org	National Health Information Center 800-336-4797
National Institute of Mental Health, Depression and Panic Disorder Hotline 800-421-4211	National Rehabilitation Information Center 800-34-NARIC (800-346-2742)
Nationwide Problem Gambling Helpline 800-522-4700	Public Assistance Hotline (Help for MT applicants) 888-706-1535
Suicide Hotline 443-5353	Tobacco Education and Smoking Cessation Program 444-6570 or 800-QUIT-NOW

FINANCIAL/MONEY MANAGEMENT ASSISTANCE

AARP Tax-Aide Online Assistance (online resource)

www.aarp.org/money/taxes/aarp_taxaide

Offers free tax filing help.

Banks

Some banks offer free financial planning advice for seniors.

Consumer Credit Counseling Service (Rural Dynamics, Inc.)

443-1774(Helena office) or 877-275-2227

2022 Central Avenue, Great Falls 59401

ruraldynamics.org

Offers debt management plans, bankruptcy counseling, budgeting classes, and community resources. Member of the National Foundation for Credit Counseling.

Keep My Montana Home

State Department of Justice

444-2556 or 800-481-6896

keepmymontanahome.com

Qualifying Montanans may be eligible for mortgage reductions or other benefits.

Montana Community Development Corporation

728-9234 ext 204 - Kirk Richardson

Mobile home repair loan program provides low-interest, non-predatory loans. No minimum credit requirement, income threshold, or restrictions based on the age of the mobile home.

Montana Department of Revenue

125 North Roberts, Helena

revenue.mt.gov

Low-income property owners may qualify for a homeowner rebate. Renters may also qualify for a rebate. Requires annual application.

Montana Property Tax Assistance Program

444-9383 or 866-859-2254

Low-income property owners may qualify for a reduction in property taxes. No longer requires annual renewal.

Social Security Administration

866-563-9496 (Helena) or 800-772-1213 or 800-325-0778(TTY)

10 West 15th St, Suite 1600, Helena 59626

Supplemental Security Income (SSI) or disability income may be available for individuals who cannot work due to disabilities.

Tax Help Montana

800-823-1323

ruraldynamics.org/tax-assistance/

Offering free tax preparation clinics in various communities, or if client is not eligible for free help, offering referrals to low cost tax preparation services.

USDA Rural Development

449-5000 ext 119

Home Repair program provides loans to very-low-income homeowners to repair, improve or modernize their homes or grants to elderly very-low-income homeowners to remove health and safety hazards.

VITA – Free Basic Tax Preparation Services

888-227-7669

Free income tax assistance through IRS-certified volunteers. Offers tax clinics throughout the tax season, often at local libraries and community buildings.

FOOD/NUTRITION RESOURCES

GROCERY STORES THAT DELIVER

Call for shopping assistance services and any delivery charges.

Edwards Grocery

547-3731

4261 U. S. Hwy 12E

White Sulphur Springs 59645

Heritage IGA

227-5304

109 South Lane Avenue

East Helena 59635

Van's Thriftway

442-8645

306 Euclid Avenue

Helena 59601

COMMUNITY FOOD PROGRAMS

Provide food and food resources in a crisis or on an ongoing, regular basis. Food banks and senior meals are in a set location and provide meals or actual food items, while others deliver meals to the home or provide assistance for people to purchase food. Call for specific information such as hours, income guidelines and other requirements.

Food Banks

Augusta Food Bank
Augusta Senior Center
562-3623
132 Main
Augusta 59410

Broadwater Food Pantry
438-3981
315 Broadway
Townsend 59644

Helena Food Share
443-3663
1616 Lewis Street
Helena 59601

Jefferson County Food Share
First Baptist Church
225-4240
107 West Hauser
Boulder 59632

Lincoln Food Bank
United Methodist Church
362-4504/362-4342
104 8th Avenue
Lincoln 59639

**Meagher County Nutrition
Coalition Food Bank**
547-2149
Folsom and Central
White Sulphur Springs 59645

Whitehall Food Bank
United Methodist Church
490-7394
Whitehall 59759

Food Assistance

Supplemental Nutrition Assistance Program (SNAP)/formerly "Food Stamps"

DPHHS, Office of Public Assistance

444-1700

111 N. Sanders, Rm 109, Helena 59620

dphhs.mt.gov

Senior Farmers' Market Vouchers

Helena Food Share

443-3663

1616 Lewis Street, Helena 59601

Provides coupons to qualifying seniors to use at the Helena Farmers' Market to purchase Montana grown fruits, vegetables, cut herbs, and non-flavored honey. Call for more information and eligibility requirements.

Senior Food Commodities

Rocky Mountain Development Council

447-1680

Distributes food items to qualifying seniors every other month. Pick up sites are located in several communities that RMDC serves. Call for eligibility requirements and distribution information.

Meal Programs

Meals at Senior Centers

Many Centers serve lunch. Call for specific meals served, days and hours. See page 63.

Meals on Wheels

Delivers meals to disabled and homebound seniors. Contact Senior Centers (see page 63) in Broadwater, Jefferson, Meagher, and Lewis & Clark counties.

Nutrition Classes: See page 59.

HEALTH AND MEDICAL CARE RESOURCES

HEALTH CARE RESOURCES

Health Insurance Assistance

State Health Insurance Assistance Program (SHIP)

Area IV Agency on Aging at Rocky Mountain Development Council

447-1680 or 800-551-3191

648 Jackson St, Helena 59601

rmdc.net

Provides information and counseling regarding Medicare, Medicaid, supplemental insurance plans, Medicare Advantage plans, long term care, and other insurance needs.

Insurance Marketplace for the Affordable Care Act

800-318-2596

healthcare.gov

Federal government phone number and website providing information on and access to Affordable Care Act Marketplace plans.

Local navigators to assist you in obtaining health insurance and saving money on health insurance costs in the Marketplace are:

Planned Parenthood

443-7676

1500 Cannon St, Helena 59601

plannedparenthood.org

PureView Health Center

457-1600

1930 9th Avenue, Helena 59601

pureviewhealthcenter.org

Mountain Pacific Quality Health Foundation

443-4020 or 800-497-8232

3404 Cooney Drive, Helena

mpqhf.org

Handles quality of care complaints for Medicare recipients including investigating if a Medicare beneficiary believes he/she is being discharged from the hospital too early. Also coordinates Medicaid Waiver and Medicaid personal care assistance services.

Montana State Auditor

Commissioner of Securities and Insurance
444-2040 or 800-332-6148
840 Helena Avenue, Helena 59601
csimt.gov

Provides protection for insurance consumers and handles complaints and reports of fraud. Educates public about purchasing insurance.

Medicaid

Montana Medicaid – Office of Public Assistance

State Department of Public Health and Human Services
Medicaid Member Hotline: 800-362-8312
Medicaid Public Assistance Helpline 888-706-1535
Montana Medicaid Lien & Estate Recovery: 800-694-3084
111 North Sanders Avenue, Helena 59601
medicaid.mt.gov

Provides health care coverage, including nursing home and home care, for some low-income adults. Apply at the Office of Public Assistance, online or call 888-706-1535.

Medicare

Medicare
800-MEDICARE
medicare.gov

Federal health insurance for individuals 65 and older and for those with a disability who qualify.

Senior Medicare Patrol

Rocky Mountain Development Council
447-1680 or 800-551-3191

Trained volunteers who teach others about health care fraud and show them how to protect against, detect and report fraud.

Medicare Savings Plan

Lewis & Clark County OPA
444-1700 or 888-706-1535
111 N. Sanders, Helena

Pays for Medicare Part B premiums for income-qualifying individuals. May also pay deductibles and copays/co-insurance.

DENTAL CARE RESOURCES**Donated Dental Services Program**

Dental Lifeline Network
449-9670 or 888-449-9670
PO Box 1154, Helena, MT 59624
dentalLifeline.org

Comprehensive dental care provided by Montana volunteer dentists to people who are 65 and over, permanently disabled, or medically fragile and lack adequate income to pay for needed dental care. Call for required application.

PureView Health Center

457-0000
1930 9th Avenue, Helena 59601
pureviewhealthcenter.org

Provides routine dental care and care for patients in pain based on a sliding fee scale.

MEDICAL CARE RESOURCES

Hospitals

Besides hospital care; may provide other services such as nursing home care, home health care, clinic services, cancer treatments, hospice, and rehabilitation. Call for specific information.

Broadwater Health Center
266-3186
110 North Oak, Townsend
broadwaterhealthcenter.com

Mountainview Medical Center
547-3321
16 West Main, White Sulphur
Springs
mvmc.org

St. Peter's Community Hospital
442-2480
2475 Broadway, Helena
stpetes.org

VA Hospital: Veterans Administration (VA) Montana Health Care System, page 75.

Urgent Care Centers

These centers provide walk-in treatment (and scheduled appointments) for minor illnesses and injuries, as well as other care such as physicals and workman's compensation exams. Call for specific information.

Costcare
324-7003
2910 Prospect Avenue, Helena
costcare.com

St. Peter's North Clinic
457-4180
3330 Ptarmigan Lane, Helena

St. Peter's Urgent Care
447-2772
2475 E. Broadway Street, Helena

Community Health Centers

Call for specific services, hours, insurance accepted, costs, and sliding scale for people with low incomes, etc.

Augusta Public Health Nurse Lewis & Clark County 562-3509 Augusta	Broadwater County Health Services 266-5209 124 North Cedar Townsend
Health Care for the Homeless God's Love Shelter 449-5682 533 North Main, Helena	Leo Pocha Health Clinic Helena Indian Alliance 449-5796 501 Euclid Avenue, Helena helenaindianalliance.com
Parker Medical Clinic Lewis & Clark County 362-4603 2363 West MT Highway 200 Lincoln	PureView Health Center Lewis & Clark County 457-0000 Dental Clinic: 457-8928 1930 9 th Avenue, Helena

County Health Departments

Broadwater County Health Dept. 226-5209 124 North Cedar Avenue, Townsend townsendmt.com	Jefferson County Health Dept. Boulder: 225-4007 214 South Main Clancy: 225-4007 Old Clancy Elementary School Whitehall: 287-3249 11 East Legion
Lewis & Clark City-County Health Dept. 443-2584 1930 Ninth Avenue, Helena lccountymt.gov/health	Meagher County Health Dept. 547-3234 16 West Main, White Sulphur Springs meaghercounty.mt.gov

MEDICAL SUPPLIES AND EQUIPMENT

Companies providing supplies for conditions such as diabetes, wounds, ostomies, respiratory problems, etc. Sells equipment including, but not limited to, home oxygen, home infusion products and medical alert/monitoring services. Call for specific information.

General Supplies and Equipment

Byram Healthcare
877-902-9726
byramhealthcare.com
Mail-order medical supplies.

Clark's Orthopedic and Medical Supply
Great Falls: 452-8428
816 Ninth Street S., Great Falls
clarksorthopedic.com
Service throughout the state, but no statewide delivery.

Hangar Prosthetics and Orthopedics
495-9450
65 Medical Park Drive, Helena

Harrington Surgical Supply
723-6541 or 800-345-9517
53 East Broadway, Butte
Serves and delivers to Helena, Townsend and Whitehall. Will ship other places.

Specialized Medical
495-8600
3660 N. Montana Ave., Helena
Serves and delivers statewide.
Private pay: delivery depends of size/cost of items; delivers to Boulder, Helena and Townsend.

Medical Alert/Monitoring

Call for specific services and costs such as activation fee or monthly charges; may not be covered by Medicare.

American Senior Safety 888-473-2800 4712 Admiralty Way, #229 Marina Del Rey, CA seniorsafety.com	Home Helpers 438-2231 2300 N. Harris, #7661, Helena helenahomecare.com
LifeFone/Personal Emergency Monitoring Systems 800-283-2300 medicalalertsystem.com	LifeAlert 800-803-3104 lifealerthelp.com
Lifeline 447-2739 St. Peter's Hospital 201 S. California, Helena lifelinesys.com	Medical Guardian 800-724-5845 1818 Market Street, Suite 1200 Philadelphia, PA 19103 medicalguardian.com
VRI 800-860-4230 1400 Commerce Center Drive Franklin, OH 45005 monitoringcare.com	5STAR Urgent Response Great Call 800-733-6632

Oxygen/Respiratory Supplies and Equipment

American Medical Oxygen 442-5888 2818 Billings Avenue, Helena	Apex of St. Peter's Hospital 447-2739 201 S. California, Helena
Community Home Oxygen Helena: 443-3716 3103 Prospect Avenue, Helena Butte: 494-6900	Home-Ox LLC 449-4777 1422 Euclid Avenue, Helena

3928 Wynne Ave. Suite 1, Butte
rotech.com

Lincare

449-2253

3330 Colton Drive, Suite B

lincare.com

PRESCRIPTION DRUG RESOURCES

Big Sky RX

State Department of Public Health and Human Services

866-369-1233 (in-state) or 444-1233 (Helena and out-of-state)

bigskyrx.mt.gov Email: bigskyrx@mt.gov

Program to help pay monthly premiums for people with Medicare prescription drug coverage. Income guidelines apply.

Extra Help Program

800-772-1213 or 866-563-9496

socialsecurity.gov/extrahelp

Helps pay for Medicare Prescription Drug Coverage (Part D) depending on income and resources.

Montana PharmAssist Program

State Department of Public Health and Human Services

866-913-2323 or 444-0440 (Helena and out-of-state)

dphhs.mt.gov/MontanaHealthcarePrograms

Open to all Montana citizens. Provides, at no cost, in-depth consultation with licensed and credentialed pharmacists.

HEARING AND VISION RESOURCES

HEARING RESOURCES

Call for information about specific services and costs.

Audient (Alliance for Accessible Hearing Care) 866-956-5400 x2 3191 W. Temple Ave, Ste 200 Pomona, CA 91768 audientalliance.org/patient.php Assists people with low income get hearing aids.	Comprehensive Hearing Services 443-8838 2626 Winne comphearing.com Hearing health care services, including hearing tests, hearing aids, and assistive listening devices.
Hear Now Foundation 800-354-3245 starkeyhearingfoundation.org Assists U. S. residents with hearing loss without resources to acquire hearing aids.	Helena Lions Club Foundation 443-0637 or 442-3608 helenalions.org Assists qualifying individuals with hearing exams and hearing aids; sponsors candidates for further help from Montana and international foundations.
Last Chance Audiology 443-3330 1325 Euclid Avenue lastchanceaudiology.com Hearing related services, including ear health and hearing tests, hearing aids and assistive hearing devices.	Montana Assn. of the Deaf 771-9053 (voice/TTY) 11 38th Street North Great Falls mtdeaf.org Advocates for social, legal, educational and economic welfare of Montana's deaf citizens.

Montana Lions Sight and Hearing Foundation
346-1468
PO Box 1266, Forsyth
mtlionsshfnd.org
Email:
djk_7491@rangeweb.com
Provides help to qualifying Montanans with sight, hearing and speech problems.

Montana Telecommunications Access Program
800-833-8603
montanarelay.mt.gov
Provides free special telephone equipment to those who qualify. See Assistive Technology Assistance, page 37.

MSHA (Montana Speech-Language-Hearing Association)
P. O. Box 1065
Glasgow 59230
mshaonline.org
Works to improve communication skills (listening, speaking, reading and writing).

MonTech
Comprehensive resource center for assistive technology (AT) devices. See Assistive Technology Assistance, page 37.

Service Dogs
See Service Dog Assistance, page 37.

VISION RESOURCES

Call for information about specific services and costs.

Blind and Low Vision Services
State Department of DPHHS
444-2590 ((voice/TTY) or 877-296-1197
dphhs.mt.gov/detd/blvs.aspx

Eye Care America
877-887-6327
eyecareamerica.org
Two programs, Senior EyeCare Program and Diabetic EyeCare

Provides 3 programs to help people find employment, learn to live with low vision/blindness, and increase independence.

Helena Lions Club Foundation

443-0637 or 442-3608

helenalions.org

Assists qualifying individuals with vision exams, eyeglasses, and eye operations, and sponsors candidates for further help from Montana and International Lion Club Foundations.

Low Vision Montana

800-601-5004

lowvisionmt.org

Works to connect people with low vision or blindness, as well as their families, with options that create and enhance independence.

Program, that offer eye exams and care to those aged 65 and older who qualify. Does not cover eyeglasses.

Lens Crafters "One Sight"

Voucher Program

587-4214

lenscrafters.com

Provides low-cost eye exams and free glasses for qualifying individuals. Client needs a letter from non-profit organization confirming person is a client.

Montana Assn. for the Blind

442-9411

mtblind.org

Email: secretary@mtblind.org

Works to promote economic and social self-sufficiency of blind Montanans. Has yearly summer program at Carroll College in Helena to help adults adjust to vision loss.

Montana Lions Sight and Hearing Foundation

346-1468

PO Box 1266, Forsyth

mtlionsshfnd.org

Email: djk_7491@rangeweb.com

Through Lions Clubs of Montana, provides assistance to qualifying individuals with sight, hearing and speech problems.

Montana Talking Book Library and NFB Newsline.

444-2064 or 800-332-3400

Free library and news services for those with blindness and low vision or physical disabilities that cause inability to read or use standard print.

MonTech
Comprehensive resource center
for assistive technology (AT)
devices. See Assistive
Technology Assistance, page 37.

New Eyes for the Needy
973-376-4903
new-eyes.org
Nonprofit that provides basic
prescription glasses for people in
severe financial need.

Service Dogs
See Service Dog Assistance,
page 37.

HELP IN YOUR HOME

CASE MANAGEMENT

Medicaid Home and Community-Based Services Case Management

For individuals 65 and older or with disabilities who are eligible for Medicaid. Helps clients locate and gain access to needed social, medical, educational, and/or other services. Case managers assess, monitor and coordinate home care and referrals to help clients live as independently as possible for as long as possible. Call for specific services and service areas.

Lewis & Clark County Health Department
457-8900
1930 9th Avenue, Helena
lccountymt.gov/health/healthy-lifestyle

Benefis Spectrum Medical, Inc. Case Management
727-9322 or 800-870-9322
2900 10th Avenue South, Great Falls

Case Management for the Homeless

PureView Health Care for the Homeless-God's Love Shelter

461-0516

533 North Main, Helena

In addition to health care also provide referral services to help individuals or families in obtaining assistance through local agencies for housing, food, clothing, jobs and funding.

Private Pay Services

Capital City Case Management, LLP

422-1424

Email: capcitycm@gmail.com

Assists in many areas including finances, care plans, and property management. Works with the Veteran's Administration, home health agencies, local law firms, private therapists, etc.

COMPANIONSHIP

Senior Companion Program

Rocky Mountain Development Council

447-1680 or 800-356-6544

rmdc.net

Pairs volunteers aged 55 and over with homebound seniors and adults with special needs who need help with the simple tasks of day-to-day living, in order to help them continue living in their own homes as independently as possible.

Splashes of Joy

459-5652

joysplashers.org

Provides gifts and services to ill or homebound people.

CAREGIVERS/ERRANDS/OTHER SERVICES

These services provide assistance around the home such as: transportation to appointments, events and other activities; meal preparation; housekeeping; doing errands and grocery shopping; and doing other pickup and delivery activities. They may also provide non-medical personal care such as bathing and dressing, as well as respite care for caregivers. Call for specific services offered and areas served.

Angel In-Home Care 461-4701 (waiting for call back)	Care.com Online help finding child, senior/adult, pet and home care resources.
Helping Hands Seniors Service 461-5628	Home Helpers of Helena 438-2231 helenahomecare.com
Home Instead Senior Care 513-1701 2600 Winne Avenue, Helena HomeInstead.com	Jack Lofink 227-6524 Wheelchair transportation and assistance
Newspapers Check the classified ads in your local newspaper.	Right At Home – In Home Care & Assistance 577-2399 601 Nikles Dr, Suite 7, Bozeman
Theresa's Errand Services for the Elderly 227-6769 or 461-5449	

RESPIRE

Montana Lifespan Respite Coalition
800-332-2272
dphhs.mt.gov/respite Email: kreidelbach@mt.gov

The respite voucher program is an opportunity for family and individual caregivers with limited resources to obtain assistance and get a break from their caregiving responsibilities.

HOME HEALTH and END-OF-LIFE CARE

Helps with personal and medical care needs in the home as needed; may include hospice services (care at the end of life). Examples of the types of help provided are skilled nursing, home health aides, physical therapy, mobility, medication management, social work, live-in care, as well as housekeeping and meal preparation. Call for information regarding specific services provided, areas covered, days and times of service.

A-Plus Health Care

443-3866 or 877-755-4968

aplushc.com

Serves Broadwater, Lewis and Clark, Jefferson, and Meagher counties.

Consumer Direct Care Network

888-532-1907

Consumerdirectcare.com

Statewide self-direct service for individuals with full Medicaid, Medicare or private insurance.

Express Employment Professionals

442-7501

1100 West Custer Avenue

helena.expresspros.com

Source for hiring nurses and certified nursing/personal care assistants.

Serves Helena.

Frontier Home Health and Hospice

443-4140

800 Front Street, Helena

frontierhhh.com

Serves Broadwater, Jefferson, Lewis and Clark and Meagher, counties.

Golden Options Care

465-0507

403 N. Oregon, Helena

Serving Helena, East Helena, Clancy and Jefferson City.

Home Helpers of Helena

438-2231

helenahomecare.com

Serves Helena and the surrounding area.

Home Instead Senior Care

513-1701

2600 Winne Avenue, Suite B

homeinstead.com/751Email: tony.marchi@homeinstead.com

Serves Helena and the surrounding area.

HomeLink/Hospice

St. Peter's Hospital

444-2244

201 S California

stpetes.org

Serves 40 mile radius around Helena: Broadwater, Jefferson, and Lewis and Clark counties.

Home Sweet Home Health Care

461-4981

Email: satheramanda@yahoo.com

Licensed Practical Nurse providing skilled nursing care, home health aide, homemaker, and respite care. Licensed and insured.

Serves the Helena area.

Montana Independent Living Project Inc.

406-442-5755

825 Great Northern Blvd,
Ste 105 Helenamilp.us

Offers Medicaid Self-Directed Personal Care Services Program. See also page 39.

Nightingale Nursing and Caregiving

443-1036 or 800 357-4799

4185 North Montana, Helena

nightingalenursing.us

Serves the Helena area.

North West Home Care, Inc.

442-6755 or 888-542-6755

1075 North Rodney, Suite 107

northwesthomecare.com

Serves the Helena area.

Right At Home – In Home Care & Assistance

577-2399

601 Nikles Dr, Suite 7, Bozeman

Expanding to Broadwater, Jefferson and Meagher counties in summer, 2017.

Sleeping Giant Home Health

594-0995

Email:

sleepinggianthomehealth77@yahoo.com

Serves Helena and surrounding areas. Licensed Practical Nurse providing skilled nursing care, home health aide, homemaker, and respite care. Licensed and insured.

HOME MODIFICATIONS

Construction, repair and organizing services to help seniors stay in their own homes as they age by making homes more safe, accessible and manageable.

Certified Aging-In-Place Contractors in Montana: National Association of Home Builders

800-368-5242

nahb.org (search for aging-in-place contractors)

Jean Gets You Organized

457-1807

Email: jeaneileen@yahoo.com

Home organization to simplify life.

Snowbird Solutions

461-7058

Organizing services for home and business.

HOUSEKEEPING/CLEANING SERVICES

These services may also be provided by companies/organizations under "Errand Services" and "Home Health and End-of-Life Care." See pages 30 and 31. See your local newspaper for listings.

Cheryl Taylor 431-6333 Helena	Clean Freak 594-5133 907 E. Riggs, East Helena Email: tammy@cleanfreakmt.com
Heather Sciele 461-2117 Helena	Helena Cleaning Services 442-5326 Email: 406cleanit@gmail.com

JoAnn Karstetter 226-3305 Townsend	Kleen King 443-0964 or 800-246-0964 kleenkingcarpetcleaning.com
Meggan's Cleaning Service 437-8110 Helena	Merry Maids 558-4404 422 Manlove Avenue, E. Helena merrymaidsofeasthelena.com
Merry Maids 227-6485 22 Fiddler's Green, Clancy	Nonie's House Cleaning Service 442-8258
Partners in Grime 443-2226 Helena	Service Master Cleaning Service 204-4113 1023 E. 6 th Avenue, Helena
Spirit of Service 447-1680 Rocky Mountain Development Council Each spring, RMDC partners with community businesses and organizations to provide one-time yard work, cleaning, painting and repairs for homeowners unable to do the work or hire it out.	Terri Burgess 449-6180 Helena
True Clean – Marsha Fauque 459-3499 or 227-6799 East Helena	

HELPING ORGANIZATIONS

These organizations provide clients with energy/utility assistance and provide information and assistance in a variety of areas such as job training, employment, general and emergency assistance, and maintaining independence. Call for days and hours of operation.

UTILITY ASSISTANCE

LIEAP (Low Income Energy Assistance Program)

Rocky Mountain Development Council

Funded by the State Dept. of Public Health and Human Services

447-1680 or 447-1625

648 North Jackson, Helena

rmdc.net

Provides assistance with heating costs for those who qualify. Those who pay directly receive a credit to their utility accounts; those who pay for heat as part of their rent receive a heat rebate. Those who use wood are usually paid directly for wood purchases. LIEAP can also assist in heating emergencies, such as a broken furnace, that can cause a severe loss of heat. Call for qualifications and more information.

Weatherization and Fuel Assistance Program

Rocky Mountain Development Council

447-1680 or 441-3984

rmdc.net

Energy conservation program to reduce home heating costs for families on limited income. A limited number of homes are weatherized each year. Assistance may include some materials and installations such as weather stripping, replacement of broken glass, caulking, furnace tune-up, etc. Apply for LIEAP (above) to begin process and determine eligibility. Emergency help with a furnace or water heater may be available.

Energy Share of Montana

442-4900 or 888-779-7589

energysharemt.com

Help individuals and families with energy emergencies meet their needs and move towards self-reliance. Primarily helps by paying heating bills through one-time bill assistance or until a lifetime assistance maximum of \$700 is reached. Partners with Rocky Mountain Development Council.

Good Samaritan

442-0780

Provides financial assistance for utilities costs based on need. Must go to LIEAP/Energy Share first.

Meagher County Weatherization Program

222-0896

PO Box 1530, Livingston

Northwestern Energy

888-467-2669

Contact to make payment arrangements including a monthly budget billing plan.

Public Service Commission

800-646-6150

psc.mt.gov/consumers Email: PSChelp@mt.gov

If you have a question or concern about any aspect of your utility service, contact the company first. If you're not satisfied with the company's response, you may request assistance from the Public Service Commission.

Salvation Army

442-8244

Provides financial assistance for utilities costs based on need. Must go to LIEAP/Energy Share first.

ASSISTIVE TECHNOLOGY ASSISTANCE

Montana Telecommunications Access Program (MTAP)

State Department of Public Health and Human Services

444-1335 (voice/TT) or 800-833-8503 (voice/TTY)

montanarelay.mt.gov

Free assistive telephone equipment to those who have difficulty understanding words clearly over the phone and who qualify.

Individuals must have landline, verifiable disability such as hearing loss, speech or mobility disability and meet financial criteria. Call for information about equipment available and specific qualifications.

MonTech

243-5751 or 877-243-5511 (toll free in state only)

University of Montana Rural Institute, 52 Corbin Hall, Missoula

montech.ruralinstitute.umt.edu

Email: montech@ruralinstitute.umt.edu

Statewide comprehensive resource center for assistive technology (AT) devices, adaptive equipment, information, evaluations, and other AT related supports. Has several equipment loan programs and an exchange program, allowing users to borrow or buy, sell or exchange equipment.

SERVICE DOGS

Custom Canines Specialty Dog Training and More

459-2901

1221 Hudson, Street, Helena 59601

Dog trainer who specializes in service dog training of all types.

Service Animals for You

210-9009

648 S. Avenue East, Missoula 59812

Non-profit organization that provides low cost one-on-one animal training for service animals.

Summit Assistance Dogs

360-293-5609

PO Box 699, Anacortes, WA 98221

Provides service dogs to people living with disabilities. Applicants must be able to afford the ongoing cost of a pet's care and feeding.

Wounded Warrior Service Dog Program

877-829-5500

See Veterans' Assistance/Organizations, page 76.

TOILETRY ASSISTANCE

The Placer Pantry (operated by the YWCA)

442-0780

See YWCA, page 46.

OTHER ASSISTANCE

Information, Assistance and Referral

Area IV Agency on Aging at Rocky Mountain Development Council

447-1680 or 800-551-3191

648 Jackson Street, Helena

rmdc.net

Provides information, assistance and referral services to people 60 and older, to people with disabilities, and their families/caregivers. Offers health insurance counseling for Medicare and information about Medicaid.

Good Samaritan Ministries and Thrift Store

442-0780

3067 North Montana, Helena

goodsamministries.com

Provides shelter and general assistance. The thrift store sells or gives out clothing, furniture, and household items. Eligibility determined on a case-by-case basis.

Goodwill Industries Thrift Store

457-1325

3575 Ptarmigan Lane, Helena 59602

easterseals.com

Provides vocational training for individuals with disabilities and for people who are unemployed due to educational or vocational disadvantage. Store sells clothing, furniture, and household items, and has a durable medical equipment loan closet.

Helena Industries

442-8632

1325 Helena Avenue

helenaindustries.org

Serves individuals with disabilities by providing work-skill training, facility-based and community employment, and fostering independence. Work opportunities tailored to the individual's interests and abilities.

Helena Indian Alliance

442-9244

501 Euclid, Helena 59601

helenaindianalliance.com

Works to develop, implement, and maintain cultural, social, and economic programs for families, seniors, and youth. Advocates for and serves the mental, physical, spiritual and social welfare of the Native American population in Helena.

Montana Independent Living Project Inc.

406-442-5755 or 800-735-6457

825 Great Northern Blvd, Suite 105, Helena 59601

milp.us

Promotes independence for people with disabilities by providing services including information and referral, independent living skills training, individual and group advocacy, employment training, peer advocacy, and Medicaid Self-Directed Personal Care Services

Program.

Pad for Paws (emergency pet food)

442-8244

Pet food for a one-time emergency when a pet owner has a need caused by unforeseen circumstances.

Salvation Army

442-8244

1905 Henderson Street, Helena 59601

salvationarmy.org

Emergency food, clothing, shelter, and utility assistance. Eligible three times in a 12-month period. Transitional housing program.

HOUSING/SHELTERS

** See Financial Assistance at pages 13-14 for home loan programs*

AFFORDABLE/LOW INCOME HOUSING RESOURCES

First Time Homebuyers

Rocky Mountain Development Council

447-1680

200 South Cruse Avenue, Helena

rmhc.net Email: cphillips@rmhc.net

Habitat for Humanity

Helena Area

449-4663

1531 National Avenue, Helena 59601

helenahabitat.org Email: admin@helenahabitat.org

Uses volunteer labor, management expertise, and tax-deductible donations of money and materials to build and rehabilitate homes with the help of the homeowners.

Helena Housing Authority

442-7971 or 800-253-4091 (voice/TTY) or 711

812 Abbey Street, Helena 59601

hhamt.org Email: admissions@hhamt.org

Affordable housing options, including Section 8 Housing Assistance Program. Apply online or attend and orientation session for assistance.

HUD (Federal Department of Housing and Urban Development)

449-5050 (voice/TTY)

Paul G. Hatfield U.S. Courthouse

901 Front Street, Suite 1300, Helena

hud.gov Email: MT_Webmanager@hud.gov

Serves as a referral source for low-income housing. Also regulates federally funded low-income housing.

Montana Board of Housing

Montana Dept. of Commerce

841-2840

301 S Park Ave, Room 240, Helena

housing.mt.gov

Programs created to help alleviate the high cost of housing for lower income individuals:

- Education and financial assistance for first-time homeowners.
- Section 8 rental assistance programs
- Multi-family rental development programs
- Low Income Housing Tax Credit Program for developers.
- Reverse Annuity Mortgage Program for seniors.

Montana Fair Housing

800-929-2611

501 East Front Street, Suite 504, Butte 59701

montanafairhousing.org Email: inquiry@montanafairhousing.org

Dedicated to eliminating housing discrimination and advancing civil rights. Investigates complaints of housing or lending discrimination.

Montana Home Choice Coalition – A.W.A.R.E.

449-3120

616 Helena Avenue, Suite 305, Helena 59601

aware-inc.org Email: oneil_michael@msn.com

Direct seniors and persons with disabilities to housing resources.

Section 8 Housing Assistance Program

Helena Housing Authority

See Rental Assistance, page 42.

RENTAL ASSISTANCE

Call for hours and additional information.

Section 8 Housing Assistance Program

Helena Housing Authority

442-7981 (voice/TDD) or 800-378-7981

812 Abbey, Helena 59601

hhamt.org Email: admissions@hhamt.org

You may qualify if: (1) your household includes one of the following: yourself and one or more family members; a single person 62 years of age or older; a single person who is disabled or handicapped; or persons displaced by natural disaster or governmental action; and (2) your total income is not over the established guidelines.

Good Samaritan Ministries

442-0780

See page 38 for additional information.

Salvation Army

442-8244

See page 40 for additional information.

LOW INCOME/SUBSIDIZED HOUSING

Many of these apartments have income-based rent, and are for seniors and persons with disabilities. Some offer affordable or subsidized housing for low and moderate-income families as well as seniors. Call for hours, any screening requirements, apartment sizes, and other information, such as wheelchair accessibility.

HELENA

Aspen Village Apartments 449-1226 or 800-466-7722 615 Janet Street	Broadwater Village 252-3773 1427 Broadwater Circle
Colonial Terrace 442-7232 2480 Broadway	Eagles Manor 442-0610 715 N Fee Street Meal program, which accepts SNAP (see page 16) benefits in community dining room.
East Park Villa 449-9795 2615 Broadway	Guardian Apartments 442-2970 520 Logan Meal program available for lunch and dinner.
Helena Housing Authority 442-7970 (voice/TDD) or 442-7981 or 800-378-7981 812 Abbey hhamt.org	Helena Manor 442-8840 or 866-540-7187 2115 Missoula Avenue
M.E. Anderson Apartments 100 South Warren	Pheasant Glen Apartments 461-9849 3440 Ptarmigan Lane Email: sskinner@rmdc.net

Ptarmigan Residences
461-9849
3340 Ptarmigan Lane
Email: sskinner@rmdc.net

Queen City Estates
449-7165
2300 North Roberts

River Rock Residences
461-9849
3225 Bedrock Drive
Email: sskinner@rmdc.net

Serendipity Apartments
443-2160
6 South Park

Shadow Mountain Apartments
442-3991
2527 Ferndale Lane

Tower Hill Apartments
443-2311
24 South Ewing

Vista Square
442-3222
1701 Prospect Avenue

AUGUSTA

BOULDER

Rocky Mountain Front Properties 562-3623 122 Main Street rmdc.net	Big Boulder Residences 438-5611 501 East 4th Street
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EAST HELENA

Eastgate Apartments 227-5760 3800 Beechnut Street	East Helena Senior Apartments 227-5760 400 East Riggs
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TOWNSEND

Broadwater Villas 442-7178 601 South Oak Street Multi-family.	Homestead Manor/Townsend Housing 437-4411 504 S. Elm and 402 S. Spruce rmdc.net
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WHITE SULPHUR SPRINGS

Castle Mountain Apartments 547-3279 903 4th Avenue, #117	Spring Manor 721-4922 107 South Central
---	--

WHITEHALL

Coachman Court for Seniors 498-1305 409 East Legion
--

SHELTERS/TRANSITIONAL HOUSING

Family Promise of Helena

465-9467

PO Box 939, Helena 59624

Familypromisehelena.org

Helping children and their families overcome homelessness.

The Friendship Center

442-6800 or 800-248-3166

For victims of domestic violence, sexual abuse, and elder abuse.

Provides at no cost, shelter and support services.

God's Love Homeless Shelter

442-7000

533 North Last Chance Gulch, Helena 59601

Transitional Living Shelter: 443-6007

533 North Last Chance Gulch, Helena 59601

Provides food, shelter, clothing, and other basic necessities for transients and families. Transitional Living Program: 6-month shelter program with support services, counseling, case management, and provision for basic medical needs.

YWCA

442-8774

501 North Park Avenue, Helena 59624

ywcahelena.org

Provides transitional housing for women and children. Also has a toiletry pantry, through the Good Samaritan, open to the community Tuesday from 5:00 – 6:00 pm and Saturday 10:00 – 11:00 am.

Willis Cruse House

449-7666

See Montana Veterans Foundation, page 73.

Emergency Shelter - See also: Good Samaritan on page 38 and Salvation Army on page 40.

RETIREMENT COMMUNITIES/INDEPENDENT LIVING

Retirement communities provide various living situations such as studio, one, and two bedroom apartments and assisted living. Usually transportation, activities, and community dining room meals are available. Call for specific information.

Hunter's Pointe Retirement Community

443-4222

2801 Colonial Drive, Helena

Eagles Manor

442-0610

715 North Fee Street, Helena

Meal program, which accepts SNAP (see page 16) benefits, served in community dining room. Income based/subsidized housing complex.

**Touchmark on Saddle Drive
Retirement Community**
204-3773
915 Saddle Drive, Helena
touchmarkhelena.com

HOUSING WITH HEALTH CARE SUPPORT

Many types of housing are available for seniors who need assistance in daily living. The housing chart below indicates the primary service provided with a **large X** and the other services offered by the facility are indicated with a **small x**. Descriptions of each type of care are given below. Call each facility for specific information.

Adult day care (ADC): Provides adults with regularly scheduled care to meet the needs of daily living. Care provided by the day or week. May be freestanding or connected to another health care facility. Does not provide overnight care.

Respite care (RC): Provides temporary care to individuals to give relief periods and other stress-relieving support to family members caring for those individuals. Care provided by the day or week.

Adult foster care (AFC): Provides light personal and custodial care in a private home or other facility to four or fewer disabled adults or aged persons who are not related by blood, marriage, or adoption or who are not under the full guardianship of the owner or manager.

Assisted Living (AL): Some facilities provide same care as AFC but with more residents. Others require oversight by a physician with assessment and care planning for needs similar to nursing home care but offered in a more home-like setting. Provides or coordinates personal care, scheduled or unscheduled 24-hour supervision and assistance, activities and health-related services. **Check with facility if accepts Medicaid payment.**

Nursing Home/Skilled Nursing Facility (SNF):

Nursing homes provide skilled nursing care services, health related services, and social services under the supervision of a licensed registered nurse on a 24-hour basis.

Memory Care (MC): Provides secured unit with special services for residents with Alzheimer's Disease or other types of memory loss.

Adult Day Care						
For Adult Day Care see Liberty Place, Rosetta Assisted Living, Big Sky Health Care Community and Rocky Mountain Health Care Community below.						

Facility	Types of Service Provided					
	<i>Primary (X)/Other Services (x)</i>					
Adult Foster Care	ADC	RC	<u>AFC</u>	AL	SNF	MC
Sharon's Sunshine Care 458-5535 3325 Baldy Drive, Helena			X			
Moore Court Adult Foster Care 594-3065 3065 Moore Court, East Helena			X			
You're Home 457-0220 200 Stabern, Helena			X			
Assisted Living	ADC	RC	AFC	<u>AL</u>	SNF	MC
Aspen Gardens 457-0092 9, 11, 13, 16 and 18 Bumblebee Court, Helena Medicaid? No				X		X

Assisted Living	ADC	RC	AFC	<u>AL</u>	SNF	MC
Bear Grass Suites 225-3101 400 W. Thompson Street Boulder beargrasssuites.com Medicaid? Yes, limited				X		
Country Life at Montana City 443-1288 or 461-4333 12 Bessler Road, Clancy Medicaid? Yes, limited		X		X		
Legacy Assisted Living 442-2045 624 Ptarmigan Lane, Helena Medicaid? No				X		
Liberty Place I (Farmstead) 287-7996 1173 Hwy 55, Whitehall Liberty Place II (Town House) 287-7996 113 W. Third Street, Whitehall libertyplace.org Serves adults who are disabled due to traumatic brain injury. Medicaid? Yes	X	X		X X		
Masonic Home of Helena 458-5431 2010 Masonic Home Rd, Helena mhmt.org Medicaid? Yes		X		X		
Meadowlark Manor 287-5530 35 Skyline Drive, Whitehall Medicaid? Yes, limited				X		

Assisted Living	ADC	RC	AFC	<u>AL</u>	SNF	MC
Our House 443-3364 2000 Winne, Helena Medicaid? No				X		
Renaissance Senior Care 449-1258 525 Saddle Drive, Helena Renaissance Senior Care 3680 Travertine Way, Helena 449-5489 renaissanceseniorcare.com Medicaid? Yes, limited		X X		X X		X X
Rosetta Assisted Living I 443-6339 2530 Wildwood Lane, Helena Rosetta Assisted Living II 449-7587 2520 Wildwood Lane, Helena rosettahomes.com Medicaid? Yes	X Unit I Only	X X		X X		
Shelby House I 475-3621: 2320 Spokane Creek Road, East Helena Shelby House II 475-9347: 5750 Spokane Ranch Road, East Helena shelbyhouse.com Medicaid? Yes, limited		X X		X X		

Assisted Living	ADC	RC	AFC	<u>AL</u>	SNF	MC
Son Heaven I – DBA Caslen Living Centers 449-0229 2510 Ferndale, Helena Son Heaven II – DBA Caslen Living Centers 495-0436: 2540 Ferndale, Helena Medicaid? No		X X		X X		
Silver Springs 266-4015 35 Carroll Drive, Townsend Medicaid? Yes				X		
Serenity Point 266-3711 128 US Highway 12 E, Townsend Medicaid? Yes				X		
Touchmark 204-3935 915 Saddle Drive, Helena touchmarkhelena.com/assisted-living Medicaid? No		X		X		X
Nursing Homes/Long Term Care	ADC	RC	AFC	AL	<u>SNF</u>	MC
Apple Rehab 447-1651 2555 Broadway Street, Helena Medicaid? Yes		X			X	X
Big Sky Health Care Community 442-1350 2475 Winne Avenue, Helena welcov.com Medicaid? Yes	X	X			X	X

Nursing Homes/Long Term Care	ADC	RC	AFC	AL	<u>SNF</u>	MC
Broadwater Health Center Long Term Care 266-3186 110 North Oak Street, Townsend broadwaterhealthcenter.com Medicaid? Yes		X			X	
Elkhorn Health and Rehabilitation 933-8311 474 Highway 282, Clancy Medicaid? Yes		X			X	
Mountainview Medical Center Long Term Care 547-3321 16 West Main Street White Sulphur Springs mvmc.org Medicaid? Yes					X	
Rocky Mountain Health Care Community 443-5880 30 South Rodney, Helena welcov.com Medicaid? Yes	X VA only	X			X	

LEGAL RESOURCES

Services such as referrals and legal aid for seniors or people with low income. Call for specific information.

AARP Legal Services Network (AARP members only)

866-330-0753

AARP members can receive up to 45 minutes free legal consultation by phone or in the attorney's office, plus discounted rates for additional legal services.

Court Help Program (State Law Library Self-Help Center)

444-9300

courts.mt.gov/selfhelp

Free service provided by the Montana Supreme Court to assist people with civil, non-criminal legal problems. Provides mobile services at Jefferson County courthouse.

End-of-Life Directory

444-0660 or 866-675-3314

Montana Department of Justice, Office of Consumer Protection
PO Box 201410, Helena 59620

dojmt.gov

Montana services stores advance healthcare directives in a database and makes the information available to healthcare providers.

Legal Service Developer Program – Seniors

800-332-2272

State Department of Public Health and Human Services
2030 11th Avenue, Helena 59601

dphhs.mt.gov/sltc

Provides resources for seniors, family members and social workers. Provides local legal service referrals and assistance to seniors.

Montana Law Help (online resource)

Montanalawhelp.org

Helps low-income individuals solve legal problems. Search for information on legal topics, search for an attorney in your area.

Montana Legal Services Association

442-9830 or 800-666-6899

616 Helena Avenue, Suite 100, Helena 59601

montanalawhelp.org

Provides legal advice and representation for low-income clients and does referrals to pro bono attorneys.

National Veterans Legal Services Program

202-265-8305

PO Box 65762, Washington, DC 20035

Email: info@nvlsp.org

Peoples' Law Center

443-3896 or 800-406-5567

PO Box 5046, Helena 59604

peopleslawcenter.org

Mainly represents clients trying to get Social Security disability benefits.

MENTAL HEALTH RESOURCES/SUPPORT GROUPS

MENTAL HEALTH RESOURCES

Call for information about specific clients served, services offered, hours, etc.

Aware, Inc.

449-3120

616 Helena Avenue, Suite 305 Helena 59601

aware-inc.org

Residential and community care and treatment of adults with mental illness, developmental disabilities and medical needs.

Provides case management and referral services.

Behavioral Health Unit

St. Peter's Community Hospital

495-6560

2475 Broadway, Helena 59601

stpetes.org

Adult and geriatric inpatient hospitalization program for short-term treatment of those 18 years and older.

Center for Mental Health

Helena: 443-7151 Townsend: 266-3327

900 North Jackson, Helena 59624

321 Broadway, Townsend 59644

center4mh.org

Adult case management, adult foster care and therapeutic group home care, day treatment, domestic violence intervention, medication management and homeless outreach.

Disability Rights Montana

449-2344 or 800-245-4743

1022 Chestnut, Helena

disabilityrightsmt.org

Advocates for rights of Montanans with disabilities.

Mental Health of America (Montana Chapter)

587-7774

25 South Ewing, Helena 59601

Works for social justice and quality services for persons with mental illness.

Mental Health Services Information and Assistance Line

888-866-0328

Provides information about how to access public mental health services in Montana.

Montana Warm Line

877-688-3377

montanawarmline.org

Provides telephone and internet-based support for people looking for help but not in crisis.

NAMI (National Alliance on Mental Illness) Montana

443-7871

555 Fuller Ave, Suite 3, Helena 59601

namimt.org

Supports, educates, and advocates for Montanans with severe mental illnesses and their families.

Our Place - Center for Mental Health

442-1374

631 North Last Chance Gulch

ourplacehelena.org

Drop-in center for people with mental illness or substance abuse. Provides socialization, support, information and referrals to services.

SUPPORT GROUPS

Call for meeting times, locations, specific support offered, and other information.

Al-Anon Family Groups

442-1818 (Helena)

mt.al-anon.alateen.org

Alcoholics Anonymous

443-0438

110 E Lyndale Avenue, Helena

Alzheimer's Caregivers' Support Group Touchmark Retirement Community 204-3773 915 Saddle Drive, Helena	Alzheimer's Disease Family Support Group 252-3053 or 800-272-3900 3010 11th Ave. N., Billings alz.org
Alzheimer's Support Group St. Peters Hospital 431-0452 2475 Broadway Street, Helena	Cancer Resource Center St. Peter's Hospital 447-2752 2475 Broadway Street, Helena For cancer patients and survivors.
Divorce and Separated Support Group 442-5825 530 North Ewing, Helena	Domestic Violence Support Group 442-6800 thefriendshipcenter.org See also Shelters: The Friendship Center, page 45.
Grandparents Raising Grandchildren 202-1668 montanagrandparents.org Email: deborah.albin@montana.edu	Grief Support Group St. Peter's Hospital 447-2464 2475 Broadway Street, Helena
Helena Caregiver's Support Group 437-2079 Email: juliemassey@gmail.com	Hospice Support Group St. Peter's Hospital 447-2462 2475 Broadway Street, Helena Lending library with excellent materials on grief and loss. See also pages 20, 31-32.

NAMI Montana

443-7871

namimt.org

For family members/friends of people with mental illness.

Narcotics Anonymous

443-9855 or 800-990-6262

1432 Gallatin, Helena

namontana.com

Overeaters' Anonymous

Susanna Wesley

443-8185

512 Logan Street, Helena

oa.org

Parkinson's Support Group

Touchmark

458-4981

915 Saddle Drive, Helena

nwpf.org

Email: barils@mt.gov.com

Rocky Mountain Hospice

442-2214

1075 North Rodney, Suite 102

rockymountainhospice.com

Grief and bereavement support for family members of those with a terminal illness. See also pages 20, 31-32.

Social Gatherings

Helena Senior Center

Shirley Bennett: 442-3020

200 South Cruse, Helena

For people who have lost a partner.

STAYING ACTIVE

HEALTH AND FITNESS CLASSES AND RESOURCES

Classes

Call for specific information about requirements, registration, costs, class locations, days and times, etc. Many of these classes have no fees.

Arthritis Foundation Exercise Class St. Peter's Hospital 444-2130 2475 Broadway Street, Helena Certified instructors, no cost, but you must register before attending.	Arthritis Foundation Aquatic Program Capital City Health Club 442-2130 1280 N. Montana Ave., Helena Therapeutic pool. Requires prescription from MD and ability to enter/leave pool independently.
Living Life Well Lewis and Clark Public Health 457-8900 Six-session class teaches skills related to fall prevention, exercise, medication management, nutrition and communication. Call to reserve a spot.	SNAP-Ed Cooking and Nutrition Classes Lewis and Clark County Extension Office 447-8042 100 W. Custer, Helena 59602 buyeatlivebetter.org Offers free cooking classes, including ways to stretch food dollars and learn new cooking skills.
Silver Dragon Club – Martial Arts for Ages 55+ Frederick's ATA Martial Arts 442-6499 3439 Ptarmigan St, Helena	Stepping On Program Helena Senior Center 447-1680 Seven week exercise and fall prevention course.

Tai Chi/Line Dancing
Helena Senior Center
447-1680
200 South Cruse Ave., Helena

Walk With Ease
Arthritis Foundation
457-7318
Email: cphillips@rmdc.net
Designed for people with arthritis but useful to anyone who wants to increase physical activity to gain the benefits of exercise.

YMCA Arthritis Fitness Class
442-9622
1200 North Last Chance Gulch
helenaymca.org
Silver Sneakers classes in which a chair is used for seated or standing support.
Enhance Fitness classes designed to improve daily living for persons with arthritis.

Health Clubs/Facilities

Call for specific information about membership and classes/programs geared towards seniors.

Broadwater Hot Springs and Fitness
443-5777
4920 West US Highway 12
thebroadwater.com
Special membership rates for seniors (65+); Forever Fit class and water classes geared towards seniors.

Capital City Health Club
442-6577
1280 North Montana Avenue
cchc.com
Class for cancer patients and survivors only (club membership is not required) and a movement class geared toward seniors.

Crossroads Sports & Fitness

442-6733

1013 Dearborn Avenue

crossroadssportsfitness.com

Senior fitness program and
classes.

LIBRARIES AND READING HELP

Libraries

Augusta Branch Library

562-3348

205 Main Street, Augusta

lclibrary.org

Boulder Community Library

225-3241

202 South Main Street, Boulder

bldrlib@mtlib.org

Broadwater School and Community Library

441-3433 or 441-3460

201 North Spruce Street

Townsend

Clancy Community Library

933-5254

3 North Main, Clancy

clancylibrary.googlepages.com

East Helena Branch Library

227-5750

16 East Main Street

East Helena

lclibrary.org

Bookmobile

Lewis & Clark Library

447-1690 x131

lclibrary.org

Lewis & Clark Library

447-1690

120 South Last Chance Gulch

lclibrary.org

Lincoln Branch Library

362-4300

102 9th Street South, Lincoln

lclibrary.org

Meagher County-City Library

547-2250

15 First Avenue

White Sulphur Springs

meagher-countylibrary.org

Montana City Community Library (N Jefferson County)

422-4468

1 Jackson Creek Rd

Email:

northjeffersoncountylibraries@gmail.com

Montana State Library
444-3115 (main number)
444-2064 (blind/low vision)
1515 East 6th Avenue, Helena
msl.mt.gov

Montana Talking Book Library
Montana State Library
800-332-3400
1515 East 6th Avenue, Helena
msl.mt.gov

Whitehall Community Library
287-3763
PO Box 659, Whitehall

Reading Help

Adult Learning Center
Lewis & Clark Literacy Council
324-2111
815 Front Street, Door 15, Helena 59624
helenaliteracy.org
Tutoring in reading skills for adults.

MontanaLibrary2GO – online resource
Website/participating libraries in Montana
montanalibrary2go.org
Numerous audio books available to check out/download from the website for free. Must sign up through your local library.

Montana Talking Book Library
800-332-3400
1515 East 6th Avenue, Helena 59620
msl.mt.gov
Free library service for those with blindness, low vision, or physical disabilities that cause inability to read or use standard print. Call for information and application.

SENIOR CENTERS

See www.rmdc.net

Helena Senior Center 447-1680 200 South Cruse Avenue	East Helena Senior Center 933-5447 or 227-3527 2 East Pacific Street
Townsend Senior Center 266-3995 516 2nd Street	Boulder/Basin Senior Center 225-3656 201 South Main Street
Augusta Senior Center 562-3623 132 Main Street	Lincoln Senior Center 362-4504 801 Main, Montana Hwy 200
Whitehall Senior Center 287-5336 3 South Division	Meagher County Community Senior Center 547-3651 White Sulphur Springs

VOLUNTER OPPORTUNITIES

AARP Montana

406-441-2277 or 1-866-295-7278

30 West 14th Street, Suite 301, Helena 59601

aarp.org/mt

Email: mtaarp@aarp.org

Augusta Volunteers

Augusta Senior Center

562-3623

132 Main Street, Augusta 59410

Big Brothers Big Sisters

442-7479

30 W 6th Avenue, Helena 59601

Provides children with the companionship of an adult other than a parent or legal guardian.

Foster Grandparent Program

Rocky Mountain Development Council
457-7324 or 1-800-356-6544
rmdc.net

Foster grandparents give their time and love to children in places such as daycare centers, school systems, Head Start programs, and non-profit agencies serving children with various issues. Qualified volunteers receive a small stipend for services rendered.

Helena Police Department

City of Helena
447-8284
316 N. Park, Helena 59623
helenamt.gov/hpd
Email: cstinson@helenamt.gov

Hospital Volunteers

St. Peter's Hospital, Volunteer Services
275 Broadway, Helena 59601
447-2527 or 447-2520

Volunteering requires an application, interview and training. Ideally, volunteers commit to a minimum of one year of service.

Retired and Senior Volunteer Program (RSVP)

Rocky Mountain Development Council
457-7319 or 800-356-6544
447-1686 (TDD)
rmdc.net

Provides volunteer opportunities to people aged 55 and older regardless of income. Job assignments are based on talents, skills, and interests of the volunteer.

Senior Companion Program

Rocky Mountain Development Council

457-7325 or 800-356-6544

447-1686 (TDD)

rmdc.net

Brings volunteers aged 55 and older together with homebound seniors and adults with special needs to help them continue living in their own homes as independently as possible. Qualified volunteers receive a small stipend for services rendered.

Senior Corps of Retired Executives (SCORE)

Small Business Administration

442-4986 or 800-634-0245

225 Cruse Avenue, Suite D, Helena 59601

helena.score.org

Mentoring program for small businesses.

Splashes of Joy

459-5652

joysplashers.org

Volunteer services to ill or homebound people.

Volunteer Helena

United Way of Lewis and Clark County

442-4360

75 East Lyndale, Helena 59601

volunteerhelena.com

Email: info@unitedwaylca.org

Website dedicated to connecting people interested in volunteering.

EDUCATIONAL OPPORTUNITIES

Drivers Education - Adult Education Program

Adult Learning Center

324-2117

815 Front Street, Helena 59601

Adult Education – Helena Public Schools

Adult Learning Center

324-2118 or 324-2128

815 Front Street, Helena 59601

helenaschools.org/departments/adult-education

Email: wmclaughlin@helenaschools.org

Program to improve literacy and math skills, obtain a high school equivalency diploma (Hi-Set, formerly known as GED).

AARP Driver Safety Classes: Smart Driver

457-4704

aarp.org

Email: mtaarp@aarp.org

AARP offers classroom and online driver safety education developed for people aged 50 and older. Some auto insurance companies in Montana offer a multi-year discount to participants 55 years of age and older. Call or email for information about class schedule, location, cost, and registration.

Career Training Institute

443-0800

347 N. Last Chance Gulch, Helena 59601

Carroll College

447-4300 or 800-992-3648

1601 North Benton Avenue, Helena 59601

carroll.edu

Discounts for senior citizens to audit classes. See also Montana Association for the Blind's summer program for newly blind and visually impaired, page 27.

Community/Adult Education – East Helena Schools

227-7700

PO Box 1280, East Helena 59635

ehps.k12.mt.us/domain/116

Classes for arts, crafts, exercise and fitness, and other topics of interest.

Community/Adult Education – White Sulphur Springs Schools
547-3351

405 S. Central Avenue, White Sulphur Springs 59645
Whitesulphur.k12.mt.us/district/adult-education

Classes for arts, crafts, exercise and fitness, and other topics of interest.

Helena College - University of Montana

444-6900 or 711 (TTY)

1115 North Roberts Street, Helena 59601
umhelena.edu

Offers tuition waivers for seniors age 65 and older who meet certain application criteria. Contact Financial Aid Office for details.

Hunter's Pointe Retirement Community

795-1066

2801 Colonial Drive, Helena 59601

holidaytouch.com/our-communities/hunters-pointe

Offers classes on topics such as downsizing and medical issues of aging and activities such as dancing and crafts for people in the community. Call for information about specific classes, dates and times.

Old Baldy Community Classes – Townsend Schools

475-4016

201 N. Spruce Street, Townsend 59644

Classes for arts, crafts, exercise and fitness, and other topics of interest.

Senior Safety Classes - Helena Police Department

457-8830

Periodically offers Senior Safety classes (sponsored by National Child Safety Council) on topics of interest to seniors. One series,

"Cons and Scams," is geared at preventing fraud aimed at seniors. Call for information about specific classes, dates and times.

Touchmark on Saddle Drive Retirement Community

449-4900

915 Saddle Drive

touchmarkhelena.com

Offers classes and speakers on topics such as wellness and other activities including exercise for people in the community. Call to be put on a mailing list and for information about specific classes, dates and times.

EMPLOYMENT OPPORTUNITIES

A2Z Personnel Services

443-7664

1824 North Last Chance Gulch, Helena 59601

a2zmontana.com

Experience Works!

447-3211

715 Front Street, Helena 59601

experienceworks.org

Offers training and employment opportunities for people 55+ with limited incomes.

Express Employment Professionals

442-7501

1100 West Custer Avenue, Helena 59602

Hires home health nurses and personal care assistants. See also Help in Your Home: Home Health and End-of-Life Care, page 31.

Helena Job Service Work Force Center

447-3200

715 Front Street, Helena 59620

jobservices.dli.mt.gov/about-job-services/helena

Email: HelenaJSC@mt.gov

Provides job placement, job development, employment counseling, testing, state job workshop, veterans' services, and job training.

Montana Vocational Rehabilitation Programs

L&C, Broadwater, and Meagher Counties: 444-1710

Jefferson County: 496-4925

sphhs.mt.gov/detd/vocrehab

Email: vrinfo@mt.gov

Help people with mental or physical disabilities get rehabilitative services and training so they can find employment, and helps them secure employment.

National Farmworker Jobs Program (NFJP)

Rural Employment Opportunities, Inc.

442-7850

46 North Last Chance Gulch, Suite 2C, Helena 59624

reomontana.org

Email: info@reomontana.org

Provides job training, education or other assistance program that helps disadvantaged farm and ranch workers retrain for non-agricultural employment. Must be a U. S. citizen, a seasonal farm worker, and meet income guidelines.

Westaff

443-7169

210 East Lyndale Avenue, Helena 59601

westaff.com

Employment agency.

Work Opportunity Tax Credit (WOTC) Program

Montana Department of Labor

444-9046

PO Box 1728, Helena 59624

wsd.dli.mt.gov/employers/wotc

Email: crobbins@mt.gov

Helps qualifying individuals such as veterans, ex-felons, SNAP recipients and SSI recipients get jobs despite previous employment barriers. Offers employers financial incentives for the first year of employment.

TRANSPORTATION RESOURCES

LOCAL SERVICES

Broadwater Health Center Senior Shuttle from Townsend to Helena
266-3186 ext 128

broadwaterhealthcenter.com Email: sspatzierath@bhctownsend.com
110 North Oak Street, Townsend 59644

Bus to Helena for seniors on the second Thursday of month for appointments, shopping, lunch, etc. \$10 donation requested.

Capitol Taxi

Dispatch: 449-5525 Office: 443-3256

Covers Helena area 24 hours a day, 7 days a week. Call for price estimate. Company may have wheelchair lift-equipped vans.

Capital Transit

447-8080

ridethecapitalt.org

1415 Montana Avenue, Helena 59601

- Two point-to-point, fixed-stop routes in Helena: 1) east to west, 2) north to south. Weekdays, 7:00 - 6:15 pm.
- Curb-to-curb paratransit service for riders in Helena with an approved application. Weekdays, 6:30 - 5:30.
- East Valley bus combines on-call service for 1) fixed stops and 2) curb-to-curb service for approved paratransit riders.
Weekdays, 7:00 - 11:00 am and 1:00 - 5:00 pm

Cost is \$.85 one-way; \$.50 for ADA-approved riders.

Eagle Emergency Transfer/Ambulance Services

441-9111

PO Box 822, East Helena 59635

Email: eaglemsgirl@yahoo.com

Emergency and non-emergency transfers via ambulance. Covers Helena area (nursing homes) northern Jefferson County.

Jack Lofink

227 -6524

Wheelchair transportation and assistance. See also page 30.

Medicaid Transportation Program

443-6100 or 800-292-7114

Must request 24 hours in advance and have Medicaid. Provides reimbursements for travel expenses to help Medicaid members get to and from medical appointments. Costs must be pre-approved.

Mountain View Medical Center Bus

547-3321

16 West Main Street, White Sulphur Springs 59645

mvmc.org Email: contact@mvmc.org

Call to schedule transportation.

Theresa's Errand Services for the Elderly

227-6769 or 461-5449

Also see page 30.

Veterans Transportation Service

447-6410

See page 76.

SENIOR TRANSPORTATION

Rocky Mountain Development Council

447-1680

200 South Cruse Avenue, Helena 59624

Curb-to-curb bus service provided within Helena city limits if participating in the following programs: Helena Senior Center, Daily Dinner Club, Senior Companion Program, Foster Grandparents Program, Senior Volunteer Program and Area IV Agency on Aging. Call at least one day in advance to book your ride. Accessible buses.

Weekdays, 7:30 am – 4:30 pm

Whitehall Senior Center Bus

287-5336

3 South Division Street, Whitehall 59759

VETERANS' ASSISTANCE/ORGANIZATIONS

Veterans' Crisis Line

800-273-8255

veteranscrisisline.net

American Legion (Montana)

324-3989

mtlegion.org

Department of Veterans Affairs

See "Veterans Service Office" below.

Disabled American Veterans (DAV)

495-2089

3633 Veterans Drive, #110B, Fort Harrison, Helena 59636

dav.org

Veterans' advocacy and assistance group. Help with filing claims, transportation to VA centers, etc.

Homeless Veterans – National Call Center

877-424-3838

Helps veterans who are homeless or at risk of becoming homeless.

Make the Connection (online resource)

maketheconnection.net

You are not alone. Veterans share stories of strength and recovery. Information, videos, stories, conversations. Sponsored by the VA.

Montana Veterans Affairs Division

324-3740

montanadma.org/montana-veterans-affairs

MT Dept of Military Affairs, 1900 Williams Street, Helena 59604

Service and assistance to veterans and their families.

Montana Veterans Foundation

449-7666

318 Fuller Avenue, Helena 59601

mtvf.org Email: info@mtvf.org

Assists homeless veterans or those at risk of homelessness.

Operates the Willis Cruse House transitional living facility.

MyArmyBenefits – Montana (online resource)

myarmybenefits.us.army.mil/Home/Benefit_Library.html

Project Healing Waters

montanahealingwaters.org/app/

Email: info@montanahealingwaters.org

Fly fishing classes and trips for veterans.

Supportive Services for Veteran Families (SSVF)

Volunteers of America Northern Rockies

996-1139

voanr.org Email: spowers@voanr.org

1205 Butte Avenue, Suite 2, Helena 59601

SSVS assists eligible veterans with housing stability through case management and referrals. Short term financial assistance to help secure permanent housing may be available to eligible participants.

TriCare Regional Office - Western

TriWest: 888-TRIWEST (888-874-9378)

Tricare for Life: 888-DOD-LIFE (888-363-5433)

www.uhcmilitarywest.com

Insurance for veterans.

Veterans Care Coordination

855-777-4693

veteranscarecoordination.com

Email: info@veteranscarecoordination.com

Coordinates Aide and Attendants Benefit, including application process between veteran and home health agency. Helps manage home care to allow seniors veterans to live independently.

VA Caregiver Program (Home Care/Respite Services)

431-7456 or 447-6797

Support and services for caregivers of veterans. As part of the VA medical benefits package, VA provides services to help maintain a veteran's care at home, including respite care to caregivers.

Services include respite care in a nursing home or in-home, adult day care, home health aide assistance, and care coordination/monitoring. Some services require financial assessment and co-pay. Services require a veteran to be enrolled in VA Montana, meet VA-established criteria, and be referred by the veteran's primary care physician/provider.

VA Medical Foster Home

447-6721

Montana.va.gov

VA Hospital, 3687 Veterans Drive, Fort Harrison, Helena 59636

Provides alternative to nursing home placement in a community-based living arrangement for adults who cannot live independently. Offers 24-hour supervision, protection, and personal care in addition to room and board in family setting.

VA Hospital – Fort Harrison

442-6410 or 877-468-8387

3687 Veterans Drive, Fort Harrison, Helena 59636

montana.va.gov

Medical and surgical hospital care. Inpatient/outpatient services. Rehabilitation services, alcohol and drug treatment, physical therapy, counseling, and social services.

VA Regional Benefit Office

1-800-827-1000

montana.va.gov

3687 Veterans Drive, Fort Harrison, Helena 59636

Assistance to veterans to determine eligibility for benefits, apply for benefits, and gain access to services and support.

Veterans Mental Health – Fort Harrison

442-6410

mentalhealth.va.gov

Veterans Homes (skilled nursing and long-term care)

- Montana Veterans Home
892-3256
dphhs.mt.gov
400 Veterans Drive, Columbia Falls 59912
- Eastern Montana Veterans Home
345-8855
gmc.org
2000 Montana Avenue, Glendive 59330

Veterans Service Office

Montana Veterans Affairs Division

495-2081 or 495-2082

Email: kelly.ackerman@va.gov

3633 Veterans Drive, Room 110 E, Fort Harrison, Helena 59636

Serves veteran and family members with information about federal and state programs and benefits offered to veterans, such as health care, pension, death pension, education and training, employment services, and home and business loans. Every program or benefit has specific qualifying eligibility criteria. Contact the Service Office to determine specific benefits or entitlements attainable.

Veterans Transportation Service (VTS)

447-6270

3687 Veterans Drive, Fort Harrison, Helena 59636

Provides transportation to and from outpatient appointments for veterans with special needs and those who don't have transportation. Services include transportation to medical appointments outside the VA, authorized by a VA provider. Rides can be scheduled through a VA primary care provider or by calling VTS directly.

Warriors and Quiet Waters Foundation

585-9793

warriorsandquietwaters.org

Email: info@warriorsandquietwaters.org

1087 Stoneridge Drive, Suite 1, Bozeman 59718

Helping veterans reintegrate into society through the experience of fly fishing.

Wounded Warrior Service Dog Program

877-829-5500

www.k9caremontana.org Email: info@K9CareMontana.org

Helping wounded veterans obtain service dogs for PTSD, etc.

WEBSITES/ONLINE RESOURCES

These websites offer publications and links to lots of information on topics of interest to seniors.

The Savvy Senior
savvysenior.org

AARP Caregiving
aarp.org/home-family/caregiving/

Advice for first-time caregivers, caring for a loved one at home, long-distance caregiving and common caregiving conflicts.

AgingCare.com
Numerous articles on topics related to caregiving in a newsletter format.

MyMedicareMatters.org
National Council on Aging website that helps you make sense of your Medicare options.

Medicare Nursing Home Comparison
medicare.gov/nursinghomecompare/
Information about the quality of care provided by Medicare or Medicaid-certified nursing homes throughout the nation.

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Area IV Agency on Aging Mission

Helping seniors, persons with disabilities, and their families, make choices to preserve their independence and dignity.

Helena Office

648 N. Jackson Street
Helena, MT 59601
406-457-7368

Aging Services Help Line

1-800-551-3791

On the Web

www.rmddc.net

Senior Resource Guide

Available on-line and in print

