

Everything You Ever Wanted to Know About

*In-Home Care &
Community Resources*



**AGENCY ON AGING
40 11th STREET W., SUITE 100
KALISPELL, MT 59901
406-758-5730**

April 2023

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NUTRITION PROGRAMS

CONGREGATE MEALS

The Agency on Aging provides inexpensive, balanced lunch meals in the spacious dining room at Kalispell Senior Center, and in other local communities. For people who do not enjoy cooking, these meals offer seniors an opportunity to have a mid-day balanced meal and visit with friends and neighbors.

Congregate meals are offered at five locations. Please call for reservations.

Bigfork Senior Center

Monday, Wednesday, and Friday

639 Commerce Street Bigfork 406-837-4157

Columbia Falls North Valley Senior Center

Monday through Friday

205 Nucleus Avenue, Columbia Falls 406-892-4087

Kalispell Senior Center

Monday through Friday

40 11th Street W, Kalispell 406-758-5711

Lakeside Community Chapel "Gathering Place"

Tuesday and Thursday

236 Adams Street, Lakeside 406-844-3413

Whitefish Community Center

Monday through Friday

121 E Second Street, Whitefish 406-862-4923

MEALS ON WHEELS

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

Please call for reservations. 406-758-5711.



FLATHEAD COUNTY PUBLIC TRANSPORTATION
MOUNTAIN CLIMBER
(Formerly known as EAGLE TRANSIT)

Mountain Climber provides public transportation within Flathead County. Services include on-demand rides for the general public and people who have conditions that make it difficult for them to access other forms of transportation. All buses and most vans are ADA accessible and equipped with lifts or ramps.

Office hours are 7:00 am to 5:00 pm. You can also view additional information and download schedules and applications from the website at https://flathead.mt.gov/mountain_climber/

Please call for more information:

Ride Dispatch 406-758-5728.

TDD Number 800-335-7592

Administration 406-758-2426

Buses do not run on weekends or holidays except seasonal runs when offered

TAXI SERVICE

ARROW TAXI

Phone 406-300-2301

<http://arrowshuttletaxi.com/>

Arrow Shuttle provides transportation services to and from Glacier International Airport, Kalispell. We also provide non-airport rides to the greater Whitefish/Flathead Valley, serving local destinations such as Whitefish Mountain Ski Resort and Glacier National Park.

VITALITY EMS

Phone 406-270-6955

<https://www.vitalogyems.com/>

They provide regular transport, wheelchair transport and cot transfers. This company will go outside city limits and charge a flat rate. Employees are all EMS certified and insured. (They will help clients from their door, into the vehicle and back per the owner)

INFORMATION/REFERRAL/ASSISTANCE

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

OUTREACH

This program is set up to identify older persons and inform them of the availability of services. Emphasis is on rural elderly and those with greatest economic or social needs.

RESOURCE BOOKLETS

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

HOUSING

This booklet contains information on subsidized and non-subsidized senior apartments. Applications for Section 8 homes are available at the Community Action Partnership office in Kalispell, 406-752-6565.

LONG TERM CARE

In-home care consisting of medical, respite, house cleaning, escorted transportation, and support groups. There are also listings of assisted living facilities and nursing homes you can receive by contacting our local Ombudsmen. See page 22.

***HOMEMAKER SERVICES**

Designed to help with light housekeeping. Client must provide cleaning supplies and equipment, and must be home when the service is provided. This service is not meant to be a major spring housecleaning event, but is intended to help maintain a clean home.

***ESCORT/ERRAND**

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

*At this time, payment for these services are by donation.

INFORMATION/REFERRAL/ASSISTANCE cont.

***RESPITE CARE**

Provides relief for the caregiver of an older person at home. Caregiver can take time off to go shopping, run errands or just go visit friends—whatever they feel they need to give themselves a break.

CERTIFIED LOCAL OMBUDSMAN

Advocacy for all residents of long-term care facilities (nursing homes and assisted living facilities), assisting them in resolving problems or complaints. The program serves to monitor the quality of care and life for residents of long-term care facilities. For more information call 406-758-5737.

INSURANCE COUNSELING AND ASSISTANCE

SHIP (State Health Insurance Program)

Assistance with Medicare/Medicaid and supplemental insurance. We help with finding the best Part D (prescription) plan to meet your needs.

SMP (Senior Medicare Patrol)

This is a project that recruits volunteers to learn about the Medicare system and teaches beneficiaries how to read their insurance statements. This program is meant to help fight Fraud, Waste and Abuse in the insurance field.

MOBILE HOME REPAIR

This program is designed to help seniors remain at home and get some help with mobile home repairs in order to keep the home safe and sanitary. Adaptive devices can be installed also. **This program is dependent on funding from different sources, please contact Jim Atkinson at 406-270-3035 for availability.**

*At this time, payment for these services are by donation.

INFORMATION/REFERRAL/ASSISTANCE cont.

HEALTH PROMOTION

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

Bigfork Community Center	406-837-4157
Kalispell Senior Center	406-257-1598
North Valley Senior Center	406-892-4087
Whitefish Community Center	406-862-4923

LEGAL

Information on powers of attorney, living wills, reverse mortgage loans, etc. Agency on Aging works with a local attorney to offer 30-minute (Pro bono, Free) counseling sessions. For more information please call the Agency office at 406-758-5730.

FRIENDLY CALLER SERVICE

This service to seniors is available Monday through Friday. An Agency on Aging representative will check in with the client to chat and see how the day is going. If there are concerns, a relative or friend is called to check on the client.

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

EMERGENCY RESPONSE SYSTEMS

These systems provide the client with a call button on wristband or neck lanyard. When the alert button is pushed, a live person answers to confirm the button wasn't pushed by mistake. They then call the preset responders or an ambulance.

LOGAN HEALTH MEDICAL EQUIPMENT (Formerly KME)

55 3rd Ave. E N, Kalispell MT 59901

800-525-5982

Freedom Alert

One-time fee of \$279.99; no monthly fee.

MEDSCOPE AMERICA

222 W. Lancaster Ave., Paoli PA 19301

800-645-2060

Website www.medscope.org email info@medscope.org

Medscope ERS Systems

\$30.00 flat fee for any home based or mobile device. Price includes activators for the wrist band, pendant and fall detection device. No Activation or setup fees. No phone necessary. Available under Big Sky Medicaid Waiver.

NORTHWEST MONTANA VETERANS PANTRY

1349 U.S. Hwy 2 E, Kalispell, MT 59901

406-756-7304

Guardian Alert

Call to find out **sign up** fee, monthly cost is \$10.00

RADIOACTIVE, INC.

35 Heritage Way, Kalispell MT 59901

406-257-5999

Personal Assistance Console with voice dialer and water-resistant call pendant.

Various devices available from \$119 to \$199.

One-time equipment purchase, no monthly fee.

FREE SMOKE DETECTORS

Senior citizens in Kalispell, Bigfork, Ferndale and Smith Valley may qualify for free smoke detectors, professional installation of the devices and fire prevention advice from local firefighters. More lives are lost every year to home fires than to all major disasters.

To qualify, applicants must be 65 years of age and older and not have a functioning smoke detector in their homes.

The program is a collaborative effort of Red Cross, Lowe's and Kalispell Fire Department. For information, call your local fire department, or American Red Cross at 406-219-7451.

TELEPHONE EQUIPMENT FOR THE HEARING IMPAIRED

MONTANA TELECOMMUNICATIONS ACCESS PROGRAM (MTAP)

111 N. Last Chance Gulch, Helena MT 59601

800-833-8503 or 406-444-1335

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

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

Montana residents may obtain this equipment free of cost by applying with our program. Call **800-833-8503 for an application.**



pieces

LOW-INCOME HOUSEHOLD INTERNET DISCOUNT

AFFORDABLE CONNECTIVITY PROGRAM

www.acpbenefit.org

This program can help low income households pay for internet services. Eligible households can receive up to a \$30.00 per month discount. It is administered by Universal Service Administrative Company (USAC) and the Federal Communications Commission (FCC).

A list of participating service providers is available on the website. Or contact your internet provider for more information.

MEDICAL EQUIPMENT LOAN CLOSETS

Various local organizations loan medical equipment such as:

- Bath benches and safety seats
- Canes, crutches and walkers
- Wheelchairs
- Beds, etc.



Contact the following organizations directly for information and availability of equipment.

LIONS CLUB

406-309-5380

Used eyeglasses and hearing aids available through an application process.

SUMMIT INDEPENDENT LIVING CENTER

406-257-0048

VFW CLUB – KALISPELL

406-752-2611

VFW CLUB – WHITEFISH

406-862-4949

VETS' PANTRY – KALISPELL

406-756-7304

WHITEFISH PHYSICAL THERAPY

406-862-9378

Donations of items are also greatly appreciated by these providers.

(Drop boxes to recycle eyeglasses and hearing aids are located around town in optical departments and pharmacies.)

DISABILITY ADVOCACY AND SERVICES

AARP SAFE DRIVING PROGRAM

Steve Shapiro, Area Coordinator

406-837-2008

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

DISABLED DRIVING PROGRAM

Logan Health Medical Center Occupational Therapy

310 Sunnyview Lane, Kalispell MT 59901

406-751-4520

This assessment of driving skills is done by an experienced occupational therapist, and provides in-depth information regarding skill levels, but does not license a person to drive.

A referral from a physician is a prerequisite for this program. The client must have had a driver's license previously, but does not need to have a current license.

In-clinic assessment, approximately \$189.00, not covered by Medicare.

DISABLED DRIVING PERMIT/LICENSE PLATES

Flathead County Motor Vehicle Department

290 N Main St., Kalispell MT 59901

406-758-5690

Applications are also available online www.doj.mt.gov/driving/forms

A licensed physician, chiropractor, or Advanced Practice Registered Nurse must complete the "Medical Certification for Individual" portion of the application.

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

License Plates have a decal of a wheelchair indicating a person with a disability is driving.

DENTAL CARE SERVICES

GREATER VALLEY HEALTH CLINIC

1035 1st Ave. W., Kalispell MT 59901

406-751-8113

<https://greatervalleyhealth.org/>

Located in the Flathead City-County Health Center



SHEPHERD'S HAND CLINIC

5150 River Lakes Pkwy, Whitefish MT 59937

406-260-3502

www.sheperdshand.com

For acute dental issues

HEALTHY GLO ON THE GO

Mobile Dental Hygiene Service

406-471-4549

www.healthylodental.com

Provides dental hygiene services to long-term and assisted care residents, group homes, and homebound residents.

Payment options include private pay, Medicaid, and dental insurance.

DONATED DENTAL SERVICES

Dental Lifeline Network of Montana

406-449-9670 or 888-449-9670

www.DentalLifeline.org

Helps people with disabilities or over 65 or medically fragile and cannot afford needed dental care. Visit the website to download an application.

TOENAIL CLIPPING SERVICES

WHITEFISH COMMUNITY CENTER

121 E 2nd St. Whitefish MT 59937

406-862-4923

Third Thursday of the month from 3-5pm. Prices vary depending on service. Reservations required. Call 406-862-4923 to schedule.

NORTH VALLEY SENIOR CENTER

205 Nucleus Ave. Columbia Falls MT 59912

406-892-4087

There is a \$10.00 fee. Call the Senior Center to schedule a reservation.

VISION SERVICES

LOW VISION MONTANA (LVM)

406-444-3159

www.lowvisionmt.org

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



BLIND AND LOW VISION SERVICES

877-296-1197

www.dphhs.mt.gov/dsd

A State of Montana Agency, the goal of this program is to provide services to older visually impaired and blind individuals so they can live more independently.

MONTANA ASSOCIATION FOR THE BLIND

406-442-9411

www.mabsop.org

A non-profit organization to promote the economic and social self-sufficiency of blind Montanans.

MONTECH

Montana Assistive Technology Program

700 SW Higgins Ave., Suite 250, Missoula MT 59803

406-243-5511

DISABILITY RESOURCES

OPPORTUNITY RESOURCES, INC.

945 4th Ave E, Kalispell MT 59901

406-407-9528 Kristina Ritchie, Kalispell

406-329-1782 Jessica Hageman, Missoula

Provides services and support for developmentally disabled adults.

Hours: Monday thru Friday 8:00 am to 5:00 pm.

SUMMIT INDEPENDENT LIVING CENTER

1203 Hwy 2 W, Suite 35, Kalispell MT 59901

406-257-0048

www.summitilc.org

Provides tools and resources for individuals with all types of disabilities.

Hours: Monday thru Friday 8:00 am to 5:00 pm.

OTHER RESOURCES

WESTERN MONTANA CHAPTER

2681 Palmer St, Suite K, Missoula MT 59808

406-327-7886

www.westernmontanachapter.org

Provides payee and guardianship services to elderly individuals and adults with disabilities who need help managing their finances and assets.

PUBLIC LIBRARY SERVICES

Imagine if Library (Flathead County Library)

247 1st Ave E., Kalispell MT 59901

406-758-5820

www.imagineiflibraries.org

Personal Shopper service—Books, movies, other materials can be ordered online through the Imagine If library system, the customer can then pick them up at the local library.

Curbside Service—The Kalispell branch will deliver your library materials to your vehicle if you contact them in advance.

VETERANS INFORMATION

Toll Free for All Departments – 877-468-8387

VETERANS BENEFITS INFORMATION

Toll Free 1-800-827-1000 www.va.gov

MONTANA VETERANS AFFAIRS DIVISION

2989 Hwy 93 N, Kalispell MT 59901

406-755-3795

kalmvad@centurytel.net

VA PRIMARY CARE CLINIC

31 Three Mile Dr Suite 102, Kalispell MT 59901

406-758-2700

Fax 406-758-2750

VA MONTANA HEALTH CARE SYSTEM

3687 Veteran Dr., P O Box 1500, Fort Harrison MT 59636

406-442-6410

Fax 406-447-7916

Pharmacy—Fort Harrison

406-447-7580

Fax 406-447-7569



VDC VETERAN DIRECTED CARE PROGRAM

40 11th St W, Kalispell MT 59901

406-758-2478 Terri Vuicich

Fax 406-758-5732

Services include personal care, household tasks, home maintenance, emergency response services, and consumable medical supplies.

TRANSPORTATION

Medical appointments to Fort Harrison are Tuesdays and Thursdays. Call 406-755-5617

EMERGENCY SHELTER

Samaritan House reserves 4 beds for veterans. Call for availability.

406-257-5801

HOUSING RENTAL ASSISTANCE – Volunteers of America

844-486-2838

HOSPITALS AND CLINICS

LOGAN HEALTH MEDICAL CENTER

310 Sunnyview Lane, Kalispell MT 59901

406-752-5111

www.logan.org/krmc



LOGAN HEALTH-WHITEFISH

1500 Hospital Way, Whitefish MT 59937

406-863-3500

www.logan.org/nvh

Many clinics and other healthcare facilities are available in Kalispell and the surrounding communities of Bigfork, Columbia Falls, Lakeside, and Whitefish.

Information can be found online, and in the local Yellow Pages under Clinics and Hospitals.

HOME HEALTH AGENCIES

Home Health care is a wide range of health care services that can be provided in the patient's home to treat an illness or injury. Home health care helps patients get better, regain independence, and become as self-sufficient as possible.

Examples of skilled home health services include:

Skilled nursing care

Speech, physical and occupational therapy

Wound care

Patient and caregiver education

Intravenous or nutrition therapy

Injections

Monitoring serious illness and unstable health status

Doctor's orders are needed to start care. (If your doctor prescribes Home Health, Medicare will pay for the services.)

Once your doctor refers you for home health services, the home health agency will schedule an appointment and come to your home to talk to you about your needs and ask you some questions about your health.

The home health agency staff will also talk to your doctor about your care and keep your doctor updated about your progress.

It is important that home health staff see you as often as the doctor prescribes.

HOME HEALTH AGENCY PROVIDERS

FLATHEAD CHOICE HOME HEALTH

736 S Main St., Kalispell MT 59901

406-751-6800

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

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

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

HOME OPTIONS HOME HEALTH

275 Corporate Dr. Ste 600, Kalispell MT 59901

406-751-4200

Skilled care provided in your home under the direction of your physician. Services include skilled nursing, occupational, physical and speech therapy.

These services can be covered under Medicare, Medicaid or private insurance for those who meet the eligibility criteria.

HOSPICE CARE

Hospice promotes comfort, dignity, support, safety and symptom-management at the end of life. The hospice philosophy incorporates a holistic approach to working with individuals and their families.

Hospice is for individuals who have been diagnosed with a terminal illness as determined by their physician when curative treatments are no longer available. It can be provided in the home, nursing home, or assisted living setting.

ENHABIT HOSPICE

42 Bruyer Way, Kalispell MT 59901

406-755-4923

HOME OPTIONS HOSPICE

275 Corporate Dr. Ste 600, Kalispell MT 59901

406-751-4200

IN-HOME CAREGIVERS

When routines of daily living become difficult for seniors, in-home caregivers can step in and provide assistance with personal care and homemaker services.

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

A PLUS HEALTH CARE

1310 S Main St., Kalispell MT 59901

406-755-4968

www.aplushc.com

Help with bathing, dressing and hygiene

Assistance with safe ambulation as well as transfers

Nutritional support with meal planning and preparation

Assisting with self-administering medications

Transportation assistance with grocery shopping and medical appointments

Light housekeeping and homemaking services

Respite care

Payment accepted from Medicaid, private insurance and private pay.

ADDUS HEALTH CARE

264 N Main St. Ste 203, P O Box 9316, Kalispell MT 59904

406-257-1101

Assistance with bathing, grooming, dressing and other personal hygiene tasks

Housework, washing windows, laundry and snow shoveling

Meal preparation

Transportation and shopping

Assistance and transportation to medical appointments

Implementation of prescribed physical therapy

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

AT HOME CONVENIENT CARE

Randall Holgate, PCA

406-270-8244

Randallh123@gmail.com

Assist with activities of daily living and daily status checks

Meal preparation, grocery shopping, medication reminders

Respite for other caregivers

Registered nurse assistance available for medication set-up

Medical bill reviews, multiple provider coordination

RN consult

Quality services to enrich the lives of our elderly clients, while promoting independence and dignity.

COMFORT KEEPERS

95 Indian Trail Rd., Kalispell MT 59901

406-755-4030

NWMontana@comfortkeepers.com

In-home companionship care

Medication reminders

Meal preparation, light housekeeping, laundry

Grocery shopping and errand services

Transportation

24-hour care available

Periodic review with family

Respite care

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

EPAGA HOME CARE INC.

40 Appleway Dr., #3402, Kalispell MT 59901

406-755-4633 Inga J Lake and Julie Brubaker

Experienced care for every situation

Services tailored to the individual needs of the client

Personal care, bathing, feeding, nutritional support

Companionship, light housekeeping, medication reminders

Respite care

Payments accepted from Medicaid, VA and private pay.

LOYAL CARE IN-HOME ASSISTANCE

4 Meridian Court, Suite B, Kalispell MT 59901

406-752-0146 www.loyalcaremt.com

Loyal Care is a provider of non-medical in-home services, dedicated to caring for the needs of clients with dignity, respect and compassion. The Care Assistants provide functional support services that enable clients to remain in the comfort of their home. Loyal Care works with private-pay clients, qualifying Agency on Aging clients, and those who receive VA benefits.

- Meal Preparation
- Brain Stimulating Activities and Companionship
- Personal Care
- Post Discharge Care
- Respite Care
- Dementia Care
- Transportation
- Light Housekeeping & Laundry
- End of Life Care
- Medication Reminders
- Pet Care

If you do not see the care task you need assistance with, just ask us, we are committed to providing solutions. Let us manage with kindness and compassion the safety, scheduling, communication, and care tasks for your loved ones. Please call for a free consultation and assessment.

SAINT ANNE'S SERVICES

715 3rd Ave N., P O Box 3401, Kalispell MT 59903

406-249-6071

- Meals and nutrition, specialty diets
- Household chores, laundry
- Transportation, errands, shopping
- Personal care, short and long-term illness and post-op recovery
- Respite care for families
- Hospice support

Flexible hourly care - Available 24 hours

SYNERGY HOME CARE

1069 N Meridian Rd., Kalispell MT 59901

406-797-2711

www.synergyhomecare.com

Complete home care and companion services.

Personal care

Light housekeeping

Medication Reminders

Respite care for family members

Escort for shopping and errands

BIG SKY I.V. CARE

560 Cascade Loop, Suite 1, Kalispell MT

406-752-0440

www.bigskyivcare.com

Big Sky I.V. Care is a home infusion pharmacy and nursing service comprised of professionals who have more than 35 years of home infusion and health care experience. We can be reached 24 hours a day, 7 days a week to care for our patients. Therapies include:

Infusion nursing care

Enteral nutrition and nutrition assessment

PICC lines

Antibiotics

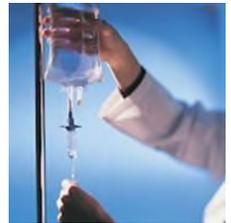
Catheter care

Antiviral therapy

Pain management

Respiratory medications

Chemotherapy



WALGREENS/OPTIONS CARE

175 Commons Loop, Suite 400, Kalispell, MT 59901

406-752-4545

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

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

Antibiotic

Chemotherapy

Hydration

Pain management

BIG SKY MOBILE IMAGING LLC

MONTANA'S ONLY BEDSIDE X-RAY

Nathan Purdy M.D., M.H.S.A. Owner

855-249-9729

Fax 406-206-5015

Open 7 days a week. Locally owned and operated, we are providing the first and only mobile X-ray service in Montana. We currently provide X-rays to patients where they are, in their own home, nursing home, assisted living, on hospice, or receiving home health services. Reports can be in your doctor's hands within an average of 30 minutes.

We will come to you. Your bedside. Same day. No waiting line. Medicare, Medicaid, and all major insurance are accepted.

OMBUDSMAN PROGRAM

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

Ombudsmen visit facilities on a regular basis to meet with residents, families, and attend resident councils. They provide information about nursing home care as well as other topics such as Medicaid, Medicare and Social Security. They are trained to investigate complaints about health, safety, and welfare of residents, and assist them in exercising their rights.

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

CERTIFIED LOCAL OMBUDSMAN

SUSAN KUNDA

Agency on Aging
40 11th St. W., Suite 100, Kalispell MT 59901
406-758-5737
skunda@flathead.mt.gov

SANDY LICENCE

Agency on Aging
40 11th St. W., Suite 100, Kalispell MT 59901
406-758-2476
slicence@flathead.mt.gov

STATE LONG-TERM CARE OMBUDSMAN

CARMEN SCIABICA

P O Box 4210, Helena MT 59604
1-406-444-3285
Carmen.sciabica@mt.gov

SUPPORT GROUPS

ALZHEIMER'S SUPPORT GROUPS

Anyone who cares for or wants to learn about this disease that affects memory, reasoning, and judgment. Focus is on sharing experiences and information.

IMMANUEL LUTHERAN COMMUNITIES

Meetings are third Monday of the month at 3:00 pm, at Buffalo Hill Terrace.

For information contact Hannah Brown

406-858-0653

BUFFALO HILL TERRACE

40 Claremont St., Kalispell MT 59901

406-752-9622

MONTANA VETERANS HOME

400 Veterans Dr., Columbia Falls MT 59912

406-892-3256

THE SPRINGS

1001 River Lakes Parkway, Whitefish MT 59937

406-862-6322

BEREAVEMENT SUPPORT GROUPS

Support for those who have lost loved ones due to death. Structured, goal-oriented groups meant to provide support and a safe, confidential place to share common experiences, decrease isolation, and help each other develop and grow through grief.

HOME OPTIONS HOSPICE

406-751-4200 Terri Hayden

Home Options clients sign up for a 6-week group class.

ENHABIT HOSPICE

42 Bruyer Way, Kalispell MT 59901

406-755-4923

Call for appointment

TAMARACK GRIEF RESOURCE CENTER

406-261-0724 Aubrey Howell

www.tamarackgrc.org

This organization offers group workshops, and other support for those who are grieving. Information and sign-up for upcoming events is on the website.

BLIND, MONTANA ASSOCIATION

NORTHRIDGE LUTHERAN CHURCH

323 Northridge Dr., Kalispell MT 59901

406-314-1367 Glenn Benesch

CANCER SUPPORT GROUPS

PROSTATE CANCER

The Summit, 205 Sunnyview Lane, Kalispell MT 59901

406-756-5830

Anne Scott-Markle or Ginny Hoffman

Support group for partners of men with this illness

WOMEN'S CANCER

343 Sunnyview Lane, Kalispell MT 59901

406-752-1790 Karen Hunnicutt

'FREE', CANCER SURVIVORS

Wellness Center, North Valley Hospital

406-863-3642

An outdoor adventure program for people living beyond cancer. Through wilderness experiences, the 'FREE' program promotes healing on a physical, emotional, and spiritual level.

This program is a collaborative effort between Flathead Valley Community College and North Valley Hospital.

CHRONIC PAIN SUPPORT GROUP

The Summit, 205 Sunnyview Lane, Kalispell MT 59901

406-250-5252 Dr. Alex Bokor

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

FIBROMYALGIA SUPPORT GROUP

The Summit, 205 Sunnyview Lane, Kalispell MT 59901

406-253-7228 Jerry Edmondson

GRANDPARENTS RAISING GRANDCHILDREN SUPPORT GROUP

Northridge Lutheran Church, 323 Northridge Dr., Kalispell MT 59901

406-756-1414 Michelle Wheat

An opportunity to share information and socialize with others in a similar situation.

HUNTINGTONS DISEASE SUPPORT GROUP

406-892-3179 JoAnn Fredenberg

406-862-3977 Patty Morris

Call for meeting times and location.

INSULIN PUMP SUPPORT GROUP

Buffalo Hill Conference Center, 40 Claremont Ave., Kalispell MT 59901

406-751-5454 Christie Hicks

The intent of this support group is to get insulin pump patients together so they can share their tips and tricks, and receive education.

LUPUS SUPPORT GROUP

The Summit, 205 Sunnyview Lane, Kalispell MT 59901

406-837-1055

Also includes Fibromyalgia and Autoimmune Diseases

MENTAL HEALTH – NAMI

Adult Mental Health Services Center, 410 Windward Way, Kalispell MT 59901

406-885-3865 Tom Bartlett

Support is offered along with advocacy for better, improved services and education about mental illness to reduce the stigma associated with it.

MULTIPLE SCLEROSIS SUPPORT GROUP

Buffalo Hill Terrace, 40 Claremont Ave., Kalispell MT 59901

406-755-6151 Sharon Shropshire

406-752-1275 Char Kaber

PARKINSON'S SUPPORT GROUP

406-250-5577 Marjory

PARKINSON'S CAREGIVERS SUPPORT GROUP

406-420-2321 Lyn Woods

SJOGREN'S (SHOW-grins) SYNDROME SUPPORT GROUP

406-849-5537 Tedi Marie Schilling

We welcome all who are interested in this disease to attend our meetings. "Conquering a serious autoimmune disease affecting 4 million Americans"

STROKE SUPPORT GROUP

Kalispell Regional Healthcare, 310 Sunnyview Lane, Kalispell MT 59901

406-751-7165 Dani Walker

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

SUICIDE SUPPORT GROUP

406-871-4607

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

TRAUMATIC BRAIN INJURY ASSOCIATION

The Summit, 205 Sunnyview Lane, Kalispell MT 59901

406-756-4725 Sue Crawford

406-756-4723 Kathy Hansen

Brain Injury Association of America

Montana – Phone 703-761-0750 – local

1-800-444-6443 – Brain injury information

Email braininjuryinfo@biausa.org

Website <http://www.biausa.org>