

# SENIOR ECHOES

## Western Montana Area VI Agency on Aging Serving Seniors in Western Montana

110 Main St. # 5, Polson, Mt 59860 - 883-7284 or 1-800-551-3191 - April, 2011

### Older Americans Month: Connecting the Community

Every May since 1963, people across the country have come together to celebrate the enormous contributions of older Americans - borne of wisdom, experience, and the will to realize their dreams and speak their minds. Older Americans Month is our chance to show our appreciation and support our seniors as they continue to enrich and strengthen our communities. The theme of this year's celebration - **Older Americans: Connecting the Community** - pays homage to the many ways in which older adults bring inspiration and continuity to the fabric of our communities. Their shared histories, diverse experiences, and wealth of knowledge have made our culture, economy, and local character what they are today. The theme also highlights the many ways technology is helping older Americans live longer, healthier and more engaged lives.

Older Americans are more active in community life than ever before, thanks in part to advances in health care, education, technology, and financial stability over the last several decades that have greatly increased their vitality and standard of living. Older adults are out and about giving back and making a difference in their community.

Our seniors are mentoring the leaders of tomorrow, taking to heart the need for intergenerational learning to guide and inspire young minds. They offer a take on times gone by not discussed in any history class - a unique perspective that sheds new light on contemporary issues.

Older Americans step up to help one another as well. Across the country, seniors connect with other seniors by delivering meals, helping with home repair, assisting with shopping, and offering companionship, counseling, and care. Their efforts remind us that when older adults are active and engaged in their communities, everyone benefits.

Help us celebrate Older Americans Month! Join your neighbors not only to recognize what older citizens bring to our communities, but also to help them continue playing a vital role in weaving a unique and lasting community fabric.

Contact your local Area Agency on Aging to find out about volunteer opportunities with programs that provide services for seniors. We think you will discover that when you help seniors thrive in your community, you gain far more than you give.

### Funding Uncertainties Continue!

The US Congress has passed a FFY 2011 budget, albeit 6 months late. However, details are slow to be revealed. Thus far we know that everyone is facing at least a .2% cut as a minimum in this years funding. No further details have been released by the Administration on Aging regarding the Older American Act funding levels for this year. We have word from the Corporation for National Service that RSVP is the only Senior Corps program facing significant cuts this year. Projections from the corporation place a 20% cut in RSVP Volunteer Program funding in the newly adopted FFY2011 budgets. Detail on implementation will be coming next week. The President's budget holds the line for FFY2012, however, the Republican controlled House of Representatives is planning complete elimination of many programs that help seniors.

In Montana, it has been reported that Governor Schweitzer and the Legislature have agreed upon a compromise budget for SFY2012 and 2013. Once again, details are not yet available, however, projections indicate approximately 5% cut from SFY 2010 funding levels, or more, depending on federal details.

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WESTERN MONTANA  
AREA VI AGENCY ON AGING

# 'care share

***The Advanced Beneficiary Notice (ABN)*** is a report given to Medicare beneficiaries to let the patient know Medicare is not likely to pay for certain services. The notice must be given to the patient before services are performed. The ABN serves as proof that the beneficiary had knowledge prior to receiving the service that Medicare might not pay. If a health care provider does not deliver a valid ABN to the beneficiary when required, the beneficiary cannot be billed for the service.

This example was a fellow who purchased glasses following cataract surgery, and as he was unaware that Medicare will pay for one set of eye glasses following that particular surgery he paid \$344.70 out of pocket for the lenses. Initially, he spoke to the eyeglass shop and as a Medicare provider, they agreed to bill Medicare, however Medicare denied the payment. The provider had let their provider number expire. They renewed their provider number and re-billed Medicare; however it was then denied because their supplier number was not valid on the date of service. The beneficiary contacted our program and after collecting a signed release of information, (ROI) all bills and supporting documentation, a letter was sent to Medicare to start the appeals process. An SMP volunteer followed the instructions on the letter the beneficiary received from Noridian, which is the Montana contracted Medicare Administrative Contractor. A letter from Noridian arrived and ruled in favor of the beneficiary. The eyeglass provider received a letter from Medicare asking them to reimburse the \$344.70 paid by the beneficiary due to the fact that at the time of the purchase, the provider presented themselves as an authorized representative of Medicare. As they did not have the beneficiary sign an Advanced Beneficiary Notice of non-coverage, the beneficiary was not liable for the bill. The beneficiary was reimbursed by the provider.

## **BENEFITS ENROLLMENT CENTER**

The purpose of the Benefits Enrollment Center (BEC) is to identify and assist seniors and young adults with disabilities who have limited means, to determine whether they are eligible for government benefits programs. The Area 6 Benefits Enrollment Center grant will end in October so if you are interested in finding out which benefits you may qualify for, don't delay. This is the time to do it. Some of the programs for which we screen are:

- ◆ Medicare Savings Program – Part B premium (and possibly deductibles and co pays)
- ◆ Medicare Extra Help-Low Income Subsidy – Part D premium, deductibles and co pays.
- ◆ Big Sky RX – Part D Premium help
- ◆ Low Income Energy Assistance Program-Heating bill help
- ◆ Supplemental Nutrition Assistance Program-Food Stamps
- ◆ Medicaid - pays for a broad range of medical services-doctor visits, inpatient and outpatient hospital services, lab tests, x-rays, medical transportation, family planning, nursing facility services, home health care, etc.
- ◆ Commodity Supplemental Food Program
- ◆ Elderly Homeowner/Renter Credit – Property Tax Relief Program

We try to reach possible beneficiaries by sending out flyers and placemats to the Senior Centers in our area of coverage, which consists of Lake, Lincoln, Mineral and Sanders counties and The Flathead Reservation. Most recently, we also mailed information about the Benefits Enrollment Center to residents in these counties. We will be doing more outreach this Spring, Summer and into the Fall, and traveling to each county.

It's easy to get help. Call us with your questions at 1-800-266-4188 or 406-883-7284.

## **Western Montana Area VI Agency on Aging** **Foster Grandparent Program**

Cheryl Ann Weatherell, Director  
110 Main Street, Suite 5  
Polson, Mt 59860  
1-800-266-4188 or 406-883-7284  
Fax 406-883-7363  
cherylw@area6aging.org  
Tax I.D. # 81-0345779



### **The FOSTER GRANDPARENT PROGRAM Needs YOU!**

Foster Grandparents provide love and wisdom for at-risk children and youth in community sites such as child care centers, preschools and schools. They complement the work of staff by helping children build self-esteem, social, behavioral and academic skills. But we can't do it without community help. There are three ways that you and/or your organization can ensure that this great program continues to be a success.

**SPONSOR A FOSTER GRANDPARENT** - The Foster Grandparent Program is a part of the National Senior Service Corps, a network of federally-supported programs. We need local "in-kind" donations in cash and/or services in order to continue the grant every year. Due to the economic downturn, we are short in donations this year. Would you and your organization consider making a donation to the program or sponsoring a Foster Grandparent for a year with a cash donation?

**HOLD A FUNDRAISER FOR THE FOSTER GRANDPARENT PROGRAM** - If you can't make a direct donation to the Program, would you consider hosting a fundraising event and sharing the proceeds with the Foster Grandparent program? It can be anything that your organization likes to do. . . car wash, bake sale, benefit dinner, bingo, auction, golf or fishing tournament etc. We would love to hear your ideas.

#### **MAKE A MEMORIAL DONATION**

Special people deserve special gifts. Why not remember a special person in your life by making a donation to the Foster Grandparent Program in their honor. In the spirit of giving, consider sharing your commitment to improving the lives of children and seniors in your community with a Memorial Donation. All memorials will be listed in this newsletter.

We sincerely hope that you will consider helping us to serve these valued western Montana communities and children. Any amount donated would be very much appreciated. To learn more on how you can aid the program please call us at 1-800-266-4188 or 406-883-7284. Thank you for your time and consideration.

**We have an immediate opening for a Foster Grandparent volunteer in Arlee.  
Call us today to enroll!**

AN EQUAL OPPORTUNITY EMPLOYER  
SERVING SENIOR CITIZENS OF FLATHEAD, LAKE, LINCOLN, MINERAL, RAVALLI, SANDERS COUNTIES  
AND THE FLATHEAD RESERVATION

# BITS AND PIECES

## THE BANK

Imagine there is a bank which credits your account each morning with \$86,400. It carries over no balance from day to day, allows you to keep no cash balance, and every evening cancels whatever part of the amount you had failed to use during the day.

What would you do? Draw out every cent, of course! Well, everyone has such a bank. Its name is TIME.

Every morning, it credits you with 86,400 seconds. Every night it writes off, as lost, whatever of this you have failed to invest to good purpose. It carries over no balance. It allows no overdraft.

Each day it opens a new account for you. Each night it burns the remains of the day. If you fail to use the day's deposits, the loss is yours. There is no going back. There is no drawing against the "tomorrow." You must live in the present on today's deposits. Invest it so as to get from it the utmost in health, happiness and success! The clock is running. Make the most of today.

To realize the value of ONE YEAR, ask a student who has failed a grade.

To realize the value of ONE MONTH, ask a mother who has given birth to a pre-mature baby.

To realize the value of ONE WEEK, ask an editor of a weekly newspaper.

To realize the value of ONE DAY, ask a daily wage laborer who has kids to feed.

To realize the value of ONE HOUR, ask the lovers who are waiting to meet.

To realize the value of ONE MINUTE, ask a person who has missed the train.

To realize the value of ONE SECOND, ask a person who has avoided an accident.

To realize the value of ONE MILLISECOND, ask the person who has won a silver medal in the Olympics.

Treasure every moment that you have! And treasure it more because you shared it with someone special, special enough to spend your time . . . and remember that time waits for no one. . .

**Yesterday is history  
Tomorrow is a mystery  
Today is a gift  
That's why it is called the present.**

We are proud to recognize **Judy Shostak**, Director of The lake County Council on Aging, as the recipient of The Orval Meyer Award for Transit Excellence for 2011. This is the highest award of the Montana Transit Association and recognizes a person who give of him/herself for the improvement and development of transit in the same spirit as long time MTA member, Orval Meyer. Nominations come from the MTA membership and the statewide transit community at large. Candidates for the award stand out among their peers, have gone above and beyond what is required of them in their jobs, and exemplify the spirit and actions of Orval Meyer by providing exceptional customer service. Candidates are judged by relevance of work to the improvement and development of transit in Montana, dedication to his/her profession, commitment to exceptional customer service and credibility and respect among peers. **CONGRATULATIONS, JUDY!!!!**

**Don Burrell** of Thompson Falls, has also been honored by the Governor's Office of Community Service and the Montana Commission on Community Service. He received a 2010 ServeMontana award for his dedication and commitment to community service. Don is a volunteer in his community and provides transportation to VA centers, doctor's appointments, grocery shopping and numerous other errands. He was also received the Sanders County Community Service Award in 2008. **CONGRATULATIONS, DON!!!!**

**Our newsletter is finally available on-line. If you currently receive a paper copy of it and would like to receive it via e-mail instead please call Kathi at 883-7284, 800-266-4188 or e-mail: [kneeley@area6aging.org](mailto:kneeley@area6aging.org)**

# **CAREGIVER NEWS**

## **Caring For An Elder From Far Away: Geriatric Care Managers**

Reprint from Caregivers Magazine

As an adult, balancing work and caring for a loved one affected by a prolonged illness or disability can be a challenge whether your loved one lives next door or out of state. Legal, financial and long-term planning is crucial, and long distance caregivers need to prepare for travel and time off from work. Face the facts, most people want to stay right where they are. They do not want to relocate, even if it means being closer to family. If this is what the loved one wants, you must respect their wishes.

For people who work and care for a loved one (particularly when that loved one lives far way), one solution is to hire a professional geriatric care manager. A geriatric care manager is a professional who specializes in assisting with long-term care arrangements. Care managers have a minimum of a bachelor's degree or substantial equivalent training in gerontology, social work, nursing, counseling, psychology or a related field.

The challenges of a prolonged illness or a disability can significantly alter the lifestyle of your loved one. Daily responsibilities can become difficult. Efficient coordination of medical, personal and social service resources can enhance the quality of life for your loved one.

Geriatric care managers assist in maintaining independence at home and can ease the transition to a new setting, if needed. Geriatric care managers also help:

- Conduct care planning assessments to identify problems, eligibility for assistance, and need for services.
- Review financial, legal, or medical issues and offer referrals to geriatric specialists to avoid future problems and conserve assets.
- Act as a liaison to families at a distance, making sure things are going well and alerting families to problems.
- Assist with moving an older person to or from a retirement complex, assisted living facility, or nursing home.
- Offer counseling and support

### **How do you know when it is time to call a professional? Look for these signs:**

- ◆ Is your loved one losing weight for no known reason? Do they fall?
- ◆ Is the home unkempt and becoming unsafe? How are the meals made? Who pays the bills?
- ◆ Are they able to (and do they) maintain a neat appearance? Has drinking become a problem?
- ◆ Is it safe for your loved one to drive? If not, who does the driving for them?
- ◆ Has there been a sudden memory loss or increased confusion?

Of course, in order to answer these questions, you'll have to pay a visit to your long distance loved one, or rely on information from a relative or friend who is close to that loved one. There is no reason to feel guilty about being far away as long as you are doing everything you can to help.

# **RSVP**

## **Volunteer Center**

Lead With Experience

## **Meet our new coordinator in Lincoln County**

Kate is available at the Libby Senior Center on Thursdays 11-2  
Her RSVP phone # is 291-4490  
Stop in and find out how you can make a difference in Lincoln County

The new RSVP coordinator for Lincoln County is Kate Huntsberger. Kate grew up in Butte and graduated from college in Billings. Kate and her husband, Gary, moved to Libby in 1976. Kate has 4 children and 2 grandchildren. She also has a developmentally disabled adult who has lived with the family for 34 years. The family has also hosted several foreign exchange students.

Kate has worked in a variety of jobs including teaching Special Ed, as a group home parent, driver's examiner, owned and operated a tavern-pizza parlor, a wood stove store and managed her rental properties. For the last 22 years, Kate has been the Adult Protection Social Worker for Lincoln County. She has been active as a volunteer with several boards, schools, Chamber of Commerce, Juvenile Probation, Kiwanis, the Memorial Center, hospital, church, rodeo, booster club, float club, Rod and Gun club. She spends leisure time walking, traveling, skiing, visiting family and a bit of golf.



Kate Huntsberger  
Volunteer Coordinator Lincoln County

### **Want to get Involved and Make a Difference**

883-7284 (Lake, Sanders) 363-1102 (Ravalli) 822-4800 (Mineral)

281-4490 (Lincoln)

**VISIT OUR WEBSITE    [WWW.RSVPMontana.org](http://WWW.RSVPMontana.org)**

The RSVP Volunteer Center is sponsored by Western Montana Area VI Agency on Aging

# OMBUDSMAN NEWS

## Will Your Future Depend on Long Term Care?

Reprint from Caregivers Magazine

Today, almost 80% of Americans are living beyond age 65. Forty percent of Americans age 65 or older will require Long Term Care before death.

Long Term Care is defined as: care required over an extended period of time for a chronic illness or disability. It is not limited to Nursing Home Care for the elderly. Some reasons younger people might need Long Term Care would be due to serious accidents, gun shot wounds, nervous system diseases such as Multiple Sclerosis, stroke, birth defects, brain tumors and AIDS.

Today, actual Nursing Home Care is only about 20% of Long Term Care. Terms like Long Term Care and Nursing Home are not synonymous. Eighty percent of Long Term Care is delivered outside Nursing Homes. Long Term Care can be given in one or a combination of different settings. Some of these settings for a confinement would encompass Nursing Home, Assisted Living Facility, hospice Care Center, Alzheimer's Facility and Alternate Care Facility.

The stay in an average Nursing Home costs upwards of \$35,000 per year and neither Medicare, private supplemental insurance, group health insurance or individual medical insurance policies will completely cover this cost. Private medical insurance has a big hole in it because like Medicare and Medicare Supplemental insurance, it only pays for "Skilled Care." When acute care becomes chronic, and a patient is not making progress, the use of a Nursing Home and Home Health Care are discontinued. Medicare only pays for short term skilled care defined as requiring daily care by a physician. In 1994, Medicare actually paid less than 11% of the nation's annual Nursing Home expenses. More than half of Nursing Home care expenses are paid out of pocket by individuals and their families. A large number of people who begin paying for Long Term Care out of their own pockets are impoverished within six months, and they are forced to turn to Medicaid for help.

Medicaid accounts for almost 50% of all payments to Nursing Homes and Long Term Care facilities. Medicaid is a state and federally funded welfare program that provides help with medical expenses to the aged, blind and disabled poor. To qualify for Medicaid, applicants must have spent their assets down to the poverty level.

Most people are not aware that Long Term Care insurance exists. Those that are aware overestimate its cost. When considering Long Term Care insurance, "education" is the key. The decisions we make today, are the decisions we will live with tomorrow.

Article provided by: Vanessa Fitchett, Regional Ombudsman Coordinator  
Polson, Mt  
883-7284 or 1-800-266-4188

## **LAKE COUNTY RESOURCES**

Western MT Area VI Agency on Aging, Duane Lutke, Director  
110 Main St. Suite #5, Polson, MT 59860 - - 800-266-4188 or 406-883-7284

### **INFORMATION & ASSISTANCE**

Tammy Walston-Area VI Agency I & A Coordinator, Polson 883-7284 or 800-551-3191  
Kathi Neeley-Lake County I & A Technician, Polson 883-7284 or 800-551-3191

### **LONG TERM CARE OMBUDSMAN**

Kelly Moorese -State Long Term Care Ombudsman, Box 4210, Helena 800-332-2272  
Vanessa Fitchett-Regional Ombudsman, Polson 741-5400 or 800-551-3191  
Joyce Schmitz-Lake County Ombudsman, Polson 883-7284 or 800-551-3191

### **CAREGIVER SUPPORT GROUPS**

Cancer Support Group, Tammy Walston - Facilitator, Polson  
Every Monday at noon at Methodist Church 883-7284 or 800-551-3191  
Alzheimer's Support- Judy Shostak- Facilitator  
2<sup>nd</sup> Wednesday every month, 1:30 pm at Presbyterian Church, Polson 676-2367

### **CASE MANAGEMENT**

Area VI Case Management-110 Main St., #5, John Freemole-Dir 883-7284 or 800-551-3191  
Community Action Partnership -214 Main St., Kalispell 752-6565

### **COUNCIL ON AGING**

Lake Co. Council on Aging, 528 Main St. SW, Ronan, Judy Shostak-Director 676-2367

### **HOMEMAKER & PERSONAL CARE SERVICES**

Cheerful Heart, PO Box 688, Polson 1-866-538-3070 or 883-3070  
Lake Co. Council on Aging, 528 Main St. SW, Ronan, Judy Shostak- Director  
(Homemaker, Transportation, Home Chore, Limited Legal Information) 676-2367  
Home Caregivers, PO Box 747, Polson 883-3590  
A Plus Health Care, 1117 S. Main, Kalispell 755-4968  
Addus, 108 E 4th St., Suite 103, Kalispell 257-1101  
Comfort Keepers, Polson & Kalispell 883-4031 or 755-4030

### **LAKE CO. SENIOR CITIZEN CENTERS**

Arlee Sr. Center-206 C Street, Arlee 726-3213  
Charlo Sr. Center-110 Main St., Charlo 644-2531  
Polson Sr. Center-504 3<sup>rd</sup> Ave E, Polson 883-4735  
Mission Valley Sr. Center-528 Main St., Ronan 676-2371  
St. Ignatius Sr. Center-212 N. Main St., St. Ignatius 745-4462

### **HOME HEALTH**

Lake County Home Options, 711 Main St. SW, Ronan 676-7300  
Partners in Home Care, Polson 1-888-729-8848  
A Plus Health Care, 1117 S. Main, Kalispell 755-4968  
Addus, 108 E 4th St., Suite 103, Libby 257-1101  
Home Caregivers, 1310 Main St., Polson 800-511-5114 or 883-3590

### **LICENSED NURSING HOMES/ASSISTED LIVING**

Polson Health & Rehab., 9 14th Ave, Polson 883-4378  
St. Luke's Nursing Home, 107 6<sup>th</sup> Ave. SW, Ronan 676-2900  
The Retreat, 1303 Rivendell Ct. Polson 883-4897  
Mountain View Care Center, 829 Main SW, Ronan 676-5510

Closer to Home, 61262 Watson Road, St Ignatius	745-0272
The Pines, 405 6 <sup>th</sup> Ave W., Polson,	883-1021
Lily of the Valley, 34248 Terrace Lake Rd., Ronan	676-2279
Millpond Assisted Living, 320 Mission Dr., St. Ignatius,	745-3222
St. Joseph Assisted Living, 11- 17 <sup>th</sup> Ave. E., Polson	883-1011

**MENTAL HEALTH/SUBSTANCE ABUSE**

Alcoholic's Anonymous, #8 3rd Ave W, Polson	883-6664
Lake Co. Chemical Dep. Program, 802 Main Street, Suite C, Polson, Kristi Johnson	883-7310
Tribal Health & Human Service., 402 Mission Dr, St. Ignatius	745-4363
Western Montana Mental Health Center, 8 – 2 <sup>nd</sup> Ave. SW, Ronan	532-9170

**NUTRITIONAL MEAL LOCATIONS** (congregate meals/home delivered meals)

Arlee Sr. Center-206 C Street, - Mon, Wed, Fri 12:00, (2 <sup>nd</sup> & 4 <sup>th</sup> Sat 6:00 pm)	726-3213
Charlo Sr. Center-110 Main St., - Tues, Thurs 12:00 (1 <sup>st</sup> , 3 <sup>rd</sup> , 5 <sup>th</sup> Wed 6:00 pm)	644-2531
Polson Sr. Center-504 3 <sup>rd</sup> Ave E, - Mon thru Fri, 11:45	883-4735
Mission Valley Sr. Center-528 Main St., - Ronan, Mon, Wed, Fri, 12:00	676-2371
St. Ignatius Sr. Center-212 N. Main St., - Tues, Fri, 12:00 (1 <sup>st</sup> Wed 5:30 pm)	745-4462

**TRIBAL NUTRITIONAL MEAL LOCATIONS**

Arlee-Arlee Salish Addition, - Tues & Thurs, 12:00	726-3221
Elmo-New Community Center, - Wed & Fri, 12:00	849-5418
Polson-701 1 <sup>st</sup> St. E, - Wed & Fri, 12:00	883-6877
Ronan-East corner Terrace Lake Rd. & Hwy 93, - Tues & Thurs, 12:00	676-5495
St. Ignatius-St. Ignatius Salish Addition, - Mon & Wed, 12:00	745-4240

**ADULT FOSTER/DAY CARE**

Park's Assisted Care, 38889 Dubay Road, Polson, (Day Care)	883-2634
The Retreat Adult Foster Home, 1303 Rivendell Ct, Polson	883-1379
St Luke's Nursing Home, Ronan (Adult Day Care)	676-2900
The Pines, Polson	883-1021

**PUBLIC HEALTH SERVICES/PARISH NURSES**

Donated Dental Services	1-800-449-9670
Lake Co. Public Health, 802 Main, Polson, Emily Colomeda- Admin.	883-7288
Tribal Health Dept., Mission Dr, St. Ignatius	745-3525
Polson Good Shepherd Lutheran Parish Nurse-Doreen Parise	883-5864
Polson St. Andrews Episcopal Parish Nurse-Angie Vance	883-5524
Polson Immaculate Conception Parish Nurse-Kitt Adams	883-2506

**RESPIRE CARE**

Lake County Council on Aging, Ronan, (Respite service at your residence)	676-2367
Comfort Keepers, Polson	883-4031
Home Caregivers, Polson	883-3590

**SENIOR CITIZEN & COMMUNITY SUBSIDIZED HOUSING**

Boettcher Terrace Apartments, Polson (call Ronan Housing Authority)	676-5900
Cherry Hill Village, Polson	883-3978
Lakeview Village Apartment Community, 1203 Hwy 93 S. #100, Polson	883-2222
Lake Co. Community Housing (also Maxwell Apt's Ronan & St. Ignatius)	676-5901
Sunny Slope Vista Apartments, 820 11 <sup>th</sup> Street East, Polson	883-8000

## **HOSPICE SERVICES**

Frontier (Hospice), Kalispell	755-4923
Lake County Home Options, 711 Main St. SW, Ronan	676-7300
Partners in Home Care, Grandview Clinic, Polson	1-888-729-8848

## **SENIOR FOOD DISTRIBUTION (Food Pantries)**

Bread Basket, 10 6 <sup>th</sup> Ave SW, Ronan (Tues & Fri 10-2)	676-4357
Commodity Supplemental Food Program-Lake County Council on Aging Area VI Agency on Aging	676-2367 1-800-551-3191
Polson Loaves & Fish Pantry, 904 1st St E (Tues & Fri 10-2 & Sat 9 - 12)	883-6864
Mission Valley Food Pantry, 308 Crystal, St. Ignatius (Tue & F 10-2)	745-5484
Tribal Commodities Office, 410 Mountain View Dr, St. Ignatius (M-F 8-3:30)	745-4115

## **SOCIAL AND HUMAN SERVICES**

AARP	1-800-434-3410
Adult Protective Services, 830 ½ Shoreline Drive, Polson	883-7841
Alcoholics Anonymous, #8 3rd Ave W, Polson	883-6664
Alzheimer's (National) Information & Referral	800-272-3900
Alzheimer's Support Group-Lake Co. Council on Aging, Ronan	676-2367 or 883-4378
American Cancer Society	800-422-6237
Brain Injury Association of Mt.	1-800-241-6442
Cheerful Heart Inc., Polson – non-medical volunteer help for cancer patient	883-3070
Citizen's Advocate in Helena (same thing as a Better Business Bureau)	800-332-2272
Compulsive Gamblers Hot-Line	800-522-4700
Community Action Partnership of NW Mt, (Fuel Assistance) Lynda Craft	883-3470
Domestic Abuse Hot-Line	800-228-1038
DOVES (Domestic Violence Education & Services) Jenifer Blumberg, Director PO Box 1773, Polson. Toll Free Line	883-3350 800-831-9987
Experience Works	257-1968
Eye-glasses Recycling through the Lion's Club-The National Lions Club Charlo, Rod Wamsley	800-747-4448 644-8921
Polson, Ron Grogan (Grogan Funeral Home)	883-2808
Ronan, Gary Dietrich, Community Bank	676-4600
Eye/low vision – Older Blind Program, Missoula	329-5400
Eye/low vision – Radio Reading Service, 337 Stephens, Missoula	721-1998 or 800-942-7323
Flathead Reservation Extension Office	275-2700
Hearing Center, St Luke's, Ronan	528-5234
Heart Association (Lake County)-Becky Vergeront, Polson	883-4771
Lake County Board of Housing, Ronan	676-5901
Lake County Clerk of Court (to obtain passports), Polson	883-7254 or 883-7256
Lake County Extension Office, 300 3rd Ave, Ronan	676-4271
Lake County Office of Public Assistance, 826 Shoreline Dr, Polson	883-7820
Lake County Transportation Advisory Committee (TAC), Polson	883-2830
Medicare Fraud reporting line, SMP Program	800-551-3191 or 883-7284
Medicare Information-Best time to call 8am thru 10am or after 4pm	800-633-4227
Mission Mountain Enterprises-Job Rehabilitation, 330 Main St., Ronan	676-2563
Mt Board of Housing, 836 Front St., Helena	444-3040
Mt Consumer Protection Office, 1219 8th Ave, Helena	800-481-6896
Mt Dept of Commerce, Reverse Annuity Mortgages (RAM)	800-761-6264
Mt Fair Housing, 2522 S. 3rd Street, Missoula	800-929-2611 or 542-2611
Montech (Technology Related Assist. Program for those with disabilities)	800-732-0323

NARCS Anonymous	800-990-6262
National Health Information	800-336-4797
Social Security-National Toll Free Line.....7am to 7am	800-772-1213
Mt State Health Insurance Assistance Program (SHIP)	800-551-3191 or 883-7284
Mt State Insurance Commission	800-332-6148
Summit Independent Living Center, Inc. (Assists people w/ disabilities)	
Mike Mayer or Paul Peterson, 700 SW Higgins, Ste 101, Missoula	728-1630 or 800-398-9002
Scott & Michelle Williamson, 318 Main St SW, Ronan	676-0190 or 800-528-1312
Tribal Health Addiction & Treatment	800-634-0690
Tribal Nutrition & Commodity Programs, St. Ignatius, Mike Pierre	745-4115
Tribal Voc. Rehabilitation. Director/Cash Assistance. Case. Mgmt.	
Arlene Templer	675-2700
VA – Montana Veterans Affairs – Leonard Leibinger	542-2501
Veterans Administration-general information	800-827-1000
Veterans Administration-Fort Harrison, Helena, MT	442-6410
VFW of Polson, Morrie Mills for applications & transportation	883-3655
Working Innovations, 414 D 1 <sup>st</sup> St. E, Polson	883-6717 or 883-6718

### **TRANSPORTATION**

CSKT Transit, Pablo—(serving all residents of Flathead Reservation)	675-2700 ext 1030 or 1360
Lake County Council on Aging (bus or medi-car), Ronan	676-2367
Medicab Transportation Center (Medicaid approved) between 7 am & 7 pm Mon-Fr	800-292-7114
Polson Sr. Citizen Bus, 9 am-3 pm Mon-Fri	883-4735
South Lake Taxi, Polson—Dennis Orr	675-8294 or 883-9220

### **LEGAL SERVICES**

Lake Co. Council on Aging, Ronan (limited legal information)	676-2367
Mt Legal Services, 304 N. Higgins, Missoula	1-800-666-6899
Senior Legal Services (questions)	1-800-551-3191 or 883-7284

### **VOLUNTEER OPPORTUNITIES**

Area VI Agency on Aging, 110 Main St, Suite #5, Polson	
Senior Medicare Patrol (SMP)	883-7284
Foster Grandparent Program	883-7284
RSVP	883-7284
State Health Insurance Assistance Program (SHIP)	883-7284

## **MAKE A DONATION**

Send your **tax deductible** donation to:

**Area VI Agency on Aging  
110 Main St. Suite 5  
Polson, Montana 59860**

**If you would like to make a donation on a regular basis let us know and we will send you a reminder.**

**You may also give a donation to Area VI Agency on Aging in the name of a friend or loved one for any occasion.**

**Call us at 883-7284 or 1-800-266-4188 if you need further information.**

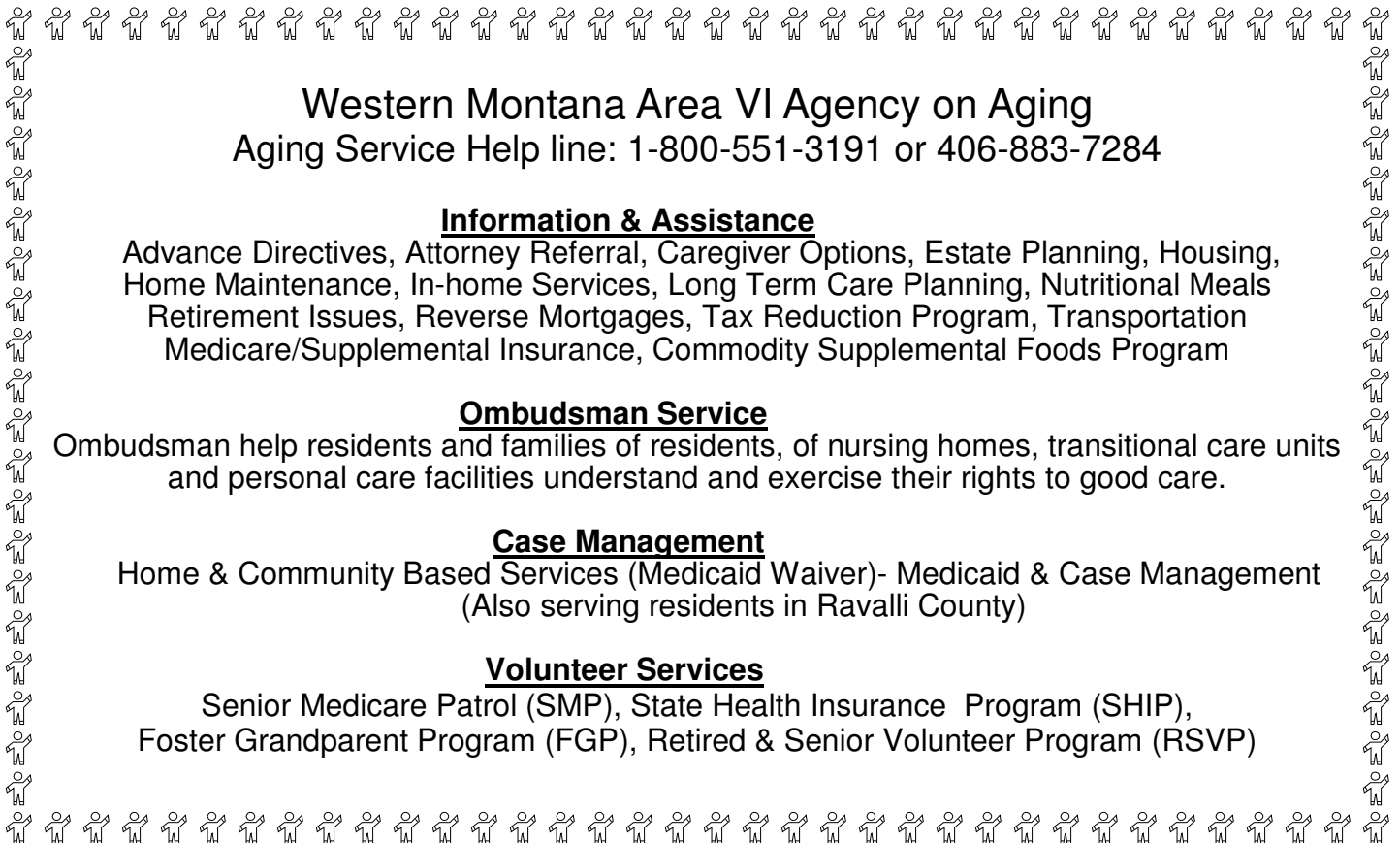
Western Montana Area VI Agency on Aging  
110 Main Street, #5  
Polson, MT 59860

Phone: 406-883-7284  
1-800-551-3191

Fax: 406-883-7363  
Email: [infoline@area6aging.org](mailto:infoline@area6aging.org)  
Web Site: [www.area6aging.org](http://www.area6aging.org)

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CHANGE SERVICE REQUESTED



**Western Montana Area VI Agency on Aging**  
Aging Service Help line: 1-800-551-3191 or 406-883-7284

**Information & Assistance**

Advance Directives, Attorney Referral, Caregiver Options, Estate Planning, Housing, Home Maintenance, In-home Services, Long Term Care Planning, Nutritional Meals, Retirement Issues, Reverse Mortgages, Tax Reduction Program, Transportation, Medicare/Supplemental Insurance, Commodity Supplemental Foods Program

**Ombudsman Service**

Ombudsman help residents and families of residents, of nursing homes, transitional care units and personal care facilities understand and exercise their rights to good care.

**Case Management**

Home & Community Based Services (Medicaid Waiver)- Medicaid & Case Management (Also serving residents in Ravalli County)

**Volunteer Services**

Senior Medicare Patrol (SMP), State Health Insurance Program (SHIP), Foster Grandparent Program (FGP), Retired & Senior Volunteer Program (RSVP)