

## **LAKE COUNTY RESOURCES**

Western MT Area VI Agency on Aging, Inc. 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  
Jane Morton, Samanta Walker I&A/SHIP 883-7284 or 800-551-3191

### **LONG TERM CARE OMBUDSMAN**

Linda Skiles-Haddock –Interim State 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 Polson Methodist Church 883-7284 or 800-266-4188  
Caregiver Support Group - facilitator Arlene  
2<sup>nd</sup> Wednesday every month, 1:30 pm at Presbyterian Church, Polson 270-1212

### **CASE MANAGEMENT**

Spectrum Medical, Inc. 145 Southlake Crest, Suite 3, Polson 883-0246  
Spectrum Medical, Inc. 1825 Highway 93 S, Suite F, Kalispell 752-0580

### **COUNCIL ON AGING**

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

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

Cheerful Heart, PO Box 688, Polson (for cancer patients) 1-866-538-3070 or 883-3070  
Lake Co. Council on Aging, 528 Main St. SW, Ronan, Joanne Shaw- Director  
(Homemaker, Transportation, Home Chore, Limited Legal Information) 676-2367  
Home Caregivers, PO Box 747, Polson 883-3590  
A Plus Health Care, 1310 Main, Kalispell 755-4968  
Addus, 108 E 4th St., Suite 103, Kalispell 257-1101  
Comfort Keepers, Polson & Kalispell 883-4031 or 755-4030  
Personal Touch Home Care, Kalispell 1-800-344-5979 or 758-5422

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

Arlee Sr. Center-34532 Wessinger, Arlee 726-3213  
Charlo Sr. Center-56686 Hwy 212, 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, 1310 Main, Kalispell 755-4968  
Addus, 264 N. Main Suite 203 Kalispell, serving Polson and Libby 257-1101  
Home Caregivers, 1310 Main St., Polson 883-3590  
Frontier Home Health and Hospice, Kalispell 755-4923

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

Polson Health & Rehab., 9 14th Ave, Polson 883-4378  
St. Luke's Nursing Home, 107 6th 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
The Pines of Mission, 320 Mission Dr., St. Ignatius,	745-1021
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
Western MT Addiction Services, 802 Main Street, Suite C, Polson,	883-7310
Sunburst Mental Health Services, 203 Main St , Polson	883-4061
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
1105 1st St. E, Polson	883-3556

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

Arlee Sr. Center-34532 Wessinger - Mon, Wed, Fri 12:00, (2 <sup>nd</sup> & 4 <sup>th</sup> Sat 6:00 pm)	726-3213
Charlo Sr. Center-56686 Hwy 212 - Tues, Thurs 12:00 (1 <sup>st</sup> , 3 <sup>rd</sup> , 5 <sup>th</sup> Wed noon)	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.,SW , Ronan, Mon, Wed, Fri, 12:00, 2nd Thur 5pm	676-2371
St. Ignatius Sr. Center-212 N. Main St., - Tues, Fri, 12:00 (1 <sup>st</sup> and 3rd Wed 5:30 pm)	745-4462

**TRIBAL NUTRITIONAL MEAL LOCATIONS**

Arlee-Arlee Salish Addition, - Tues & Thurs, 12:00	726-3221
Elmo-New Community Center, - Mon, Wed & Fri, 12:00	849-5022
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
Hot Springs—Tues. & Thurs.	741-3265 or 741-3266

**ADULT DAY CARE**

Closer to Home 61262 Watson Rd.,St. ignatius	745-0272
St Luke's Nursing Home, 107 6th Ave W, Ronan (Adult Day Care)	676-2900
Polson Health and Rehab 9 14th Ave., Polson	883-4378

**PUBLIC HEALTH SERVICES**

Donated Dental Services	1-800-449-9670
Lake Co. Public Health, 802 Main, Polson, Emily Colomeda- Admin.	883-7288
Partnership Health Center, Missoula (also has dental clinic )	406-258-4789
Tribal Health Dept., Mission Dr, St. Ignatius	745-3525

**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, 700 Cherry Hill Court, Polson	883-3978
Lakeview Village Apartment Community, 50236 Hwy 93, Polson	883-2222
Lake Co. Community Housing (also Maxwell Apt's Ronan & St. Ignatius)	676-5901

Lakeview Village Apartment Community , 50236 Hwy 93, Polson	883-2222
Lake Co. Community Housing (also Maxwell Apts in Ronan and St. Ignatius)	676-5901
Sunny Slope Vista Apartments, 820 11th Street East, Polson	883-0950
Edgewater Apartments, 312 11th Ave. West, Polson	261-9679

### **HOSPICE SERVICES**

Frontier Home Health and 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 or 728-8848

### **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	676-2367
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 (Tues & 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-facilitator Arlene	270-1212
American Cancer Society	800-422-6237
Brain Injury Alliance of Mt.	1-800-241-6442
Cheerful Heart Inc., Polson – non-medical volunteer help for cancer patient	883-3070
Citizen's Advocate in Helena	800-332-2272
Compulsive Gamblers Hot-Line	800-522-4700
Community Action Partnership of NW Mt, (Fuel Assistance) Lynda Craft	883-3470 or 752-6565
Domestic Abuse National Hotline	800-799-7233
DOVES (Domestic Violence Education & Services) (Now SAFE Harbor) PO Box 497, Ronan.	676-0800 or 883-3350
Experience Works	257-1968
Eye/Low vision –glasses recycle—Lions Club of MT Polson—Julia Manley	800-601-5004 883-5413
Eye/low vision – Older Blind Program, Missoula	329-5400
Flathead Reservation Extension Office	275-2700
Hearing Center, St Luke's, Ronan	528-5234
Heart Association (Lake County)-Becky Vergeront, Polson	883-4771
Helping Hands , Polson	883-8256
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, Lyn Hellegaard	327-8707
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., Helen	406-841-2840
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
Montana Legal Services Association, Missoula	800-666-6899 or 543-8343
Montech (Technology Related Assist. Program for those with disabilities)	243-5751
NARCS Anonymous	800-990-6262
National Health Information	240-453-8280
Social Security-National Toll Free Line.....7am to 7pm	800-772-1213
-For residents north of Polson, Kalispell	755-1015
-For residents in Polson and south, Missoula	866-931-9029
Mt State Health Insurance Assistance Program (SHIP)	800-551-3191 or 883-7284
Mt State Insurance Commission	800-332-6148
SAFE Harbor, Ronan	883-3350 or 676-0800
Summit Independent Living Center, Inc. (Assists people w/ disabilities)	
Susan Morris, 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	745-3525
Tribal Nutrition & Commodity Programs, St. Ignatius, Renee Pierre	275-2700 ext 1063
Tribal Voc. Rehabilitation. Director/Cash Assistance. Case. Mgmt. Arlene Templer	275-2700 ext 1038
VA – Montana Veterans Affairs – Roxanne or Andrea	542-2501
Veterans Administration-general information	800-827-1000
Veterans Administration-Fort Harrison, Helena, MT	442-6410
VFW of Ronan—Marrion for applications & transportation	676-5652
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—Dennis Orr	883-9220
VA Transportation (Lake Co)	1-406-207-1496
Veterans Transportation Network	1-800-332-6625

**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**

Senior Medicare Patrol (SMP)	883-7284
Foster Grandparent Program	883-7284
RSVP	883-7284
State Health Insurance Assistance Program (SHIP)	883-7284

**47<sup>th</sup> Annual Governor’s Conference on Aging**

**34th Montana Gerontology Annual Conference**

**Lifespan Respite Coalition**

**May 12, 13& 14, 2014**

**Red Lion Colonial Inn - Helena MT**