

The background is a vibrant, stylized illustration. It features several butterflies in various colors: purple, blue, and light blue. Some butterflies have intricate patterns like circles and swirls. There are also green, leafless vines with elegant curls and small, light blue and purple flowers scattered throughout. The overall style is whimsical and artistic.

SEELEY LAKE
COMMUNITY
HEALTH AND
SUPPORT GUIDE

Neighbors Helping Neighbors

FOR EMERGENCY ASSISTANCE CALL 911

This guide is made available through the generous support
of Missoula Aging Services and
the Seeley Lake Community Foundation.

A hearty thanks to the many Seeley Lake churches,
organizations, professionals, volunteers and good neighbors
who make this a community that cares for one another.

HELP FROM BEYOND OUR COMMUNITY

Get Connected, Get Answers

For personal assistance connecting to Missoula, state and federal health and social services call 2-1-1 or 549-5555.

2-1-1 is an information and referral service that can provide the vital link between people with questions or problems and the social services in the community available to meet their needs. Available 24 hours per day. You can also search montana211.org for a current and comprehensive list of community resources.

When you call 2-1-1, you will talk to a Missoula-based information and referral specialist. This person is trained to analyze your problem or questions, however complicated, and refer to you to the proper agencies and organizations that can help. ALL CALLS ARE CONFIDENTIAL.

Missoula County Health Resource Guide

The Missoulian and the Missoula Area Chamber of Commerce offer an online and printed list of health and wellness services available in Missoula and Seeley Lake. See missoulahealth.com or pick up copy at the Seeley Lake Community Foundation, Bison and Bear Center 3166 MT Highway 83.



Seeley-Swan Resource Center

One-on-one consultation is available for information, assistance with paperwork and advocacy in these areas:

- Select and update your Medicare and Medicaid options
- Personal Benefits Check-Up to determine programs available to help you
- Help with heating bills through energy assistance and home weatherization
- Delivery of hot meals through Meals on Wheels or your liquid supplements
- Friendship and support through visits by a Senior Companion
- Care for caregivers through the Lifespan Respite Program
- Help with daily personal or home care through in-home services or Caring Companions
- Understanding reverse mortgages
- Considering options for long-term care outside your home, including Medicaid funding
- End-of-life issues
- Referrals for transportation, legal services and tax reduction programs
- Opportunities to serve as a volunteer or with a stipend in the Retired Senior Volunteer Program, Foster Grandparent Program or Caring Companions Program

Serving residents and summer visitors in the Seeley-Swan area who are 60+ years of age or 18+ years with disabilities

Contact [lhoward@missoulaagingservices.org](mailto:howard@missoulaagingservices.org)
or call 541-7688

EST. 1982

MISSOULA *aging* **SERVICES**

WE'RE PROUD *of* OUR YEARS

CHILD CARE

Joyful Noise Lutheran Childcare

Joyful Noise Lutheran Childcare is a registered Family Home Childcare licensed with the State of Montana. Our goal is to provide a warm and loving Christ-centered environment. Childcare is available for ages 0 to 12 years, Monday-Friday 7:30 am to 5:30 pm.

Holy Cross Lutheran Church, 1655 Airport Road Call 544-8551

CHIROPRACTIC

Seeley Lake Chiropractic, Dr. Jeff Engel, D.C.

Our goal is to get you out of pain and back to doing what you love to do as quickly as possible. We use a combination of spinal alignment, soft tissue mobilization, and corrective exercise to alleviate a wide variety of physical ailments, including muscle strain, neck pain, chronic back pain, and more. Our techniques are gentle and effective, providing a non-invasive solution for pain relief.

Serving anyone ages 6 months to 95 years who is looking for pain relief without the use of drugs or surgery.

We accept most major insurances with the exception of Medicaid. These include BCBS, Allegiance, Cigna, Interwest, Medicare, Workers Comp, Pacific Source, Healthy MT Kids and personal injury.

Lazy Pine Mall, 3027 MT Highway 83 North, Suite L

Call for appointment. Walk-ins welcome. 677-3617

FOOD

Seeley-Swan Community Food Bank

Asking for help can be difficult to do, but getting food at our food bank store is free, simple, and confidential. Services are intended to provide a three day emergency supply of food, and meant to supplement other food sources.

Tuesday, noon to 4pm (except any fifth Tuesday of the month)

Seeley Lake Elementary School
200 School Lane, rear of building next to multi-purpose room

For questions, leave message at 677-5025.

HOME HEALTH SERVICES

Partners in Home Care

Partners in Home Care is a nationally accredited, non-profit home health agency committed to assisting clients and their families in achieving optimal health, independence and comfort. Services include:

Home Health: Covered 100% by Medicare, services are provided in home to those recovering from surgery or living with a chronic disease like diabetes, COPD, etc. This includes skilled nursing, physical, occupational and speech therapy, social work, pharmacy and home health aide. We work closely with your physician to coordinate all aspects of your care to help you recover and regain independence.

Infusion Therapy: Full range of infusion therapy services closely monitored by certified infusion nurses in your home or in a private infusion suite. Antibiotics, biologicals, cardiac therapy, chelation therapy, chemotherapy, nutritional (TPN) and management of central line care and supplies, pain and nausea and obstetrical complications.

Home Medical Equipment: Medical equipment and support around the clock to improve independence. CPAP/BIPAP, oxygen, power mobility, hospital beds, ambulatory aids, nebulizers, bath aids, aids to daily living and home modification.

Home and Community Based Services: As part of the Medicaid Waiver program, Partners' social work case manager and registered nurse teams work closely with consumers using a strengths-based model to design individualized service plans to keep clients in their home who would otherwise qualify for skilled nursing home placement. Case management teams coordinate social outings, homemakers, respite care, private duty nursing, delivered meals, transportation, home and vehicle modifications, pain and symptom management, senior companions as well as specialized medical equipment and supplies.

Serving patients and families throughout Seeley-Swan.

Call Partners in Home Care in Missoula at 728-8848 or (888) 729-8848 or email: www.partnersinhomecare.org

HOSPICE

Partners in Home Care

Covered 100% by Medicare, Hospice is not a place; it is a philosophy of care designed to reduce both the physical pain and emotional suffering of patients during their final stages of illness. Services include advance care planning, skilled nursing, social work, spiritual care, grief counseling and bereavement, personal care and homemaking, physical, occupational and speech therapy along with complementary therapies such as massage, music and pet therapy. Partners in Home Care is a nationally accredited, non-profit home health agency.

Helping patients and families in the Seeley-Swan area.

Call Partners Hospice in Missoula 728-8848 or (888) 729-8848 or email: www.partnersinhomecare.org

LIBRARY

Seeley Lake Public Library

Library staff can help locate books and videos on health and social support topics such as specific diseases, parenting, grief, budgeting, job search skills and more. Additional resources are available shipped free from the Missoula Public Library.

Wi-Fi and internet access computers available for public use

Children's Story Time Wednesdays at 2pm

Adult book club (meets September-May)

Serving Missoula County residents, summer residents, visitors

Open Tuesdays and Thursdays from 10:30-3:30, Wednesday from 10-6 (year-round).

Located in rear of Seeley Swan High School,
456 Airport Road,
or call 677-8995



MEDICAL, DENTAL AND BEHAVIORAL HEALTH

Partnership Health Center-Seeley Swan Medical Center

The PHC-Seeley Swan Medical Center is a primary care clinic serving all patients regardless of ability to pay. We offer sliding fee scale services for primary medical care for the entire family, well child services including immunizations and preventive care. We have three dental chairs and offer oral health services to all ages. Our integrated behavioral health allows for the treatment of common mental health conditions that exist independent of, or in conjunction with, other chronic conditions. Depression is a common illness that is managed as part of our overall primary care. You need to be a primary care medical patient to access behavioral health at the clinic. Please call with any questions.

All are welcome to the primary care clinic; our mission is specifically geared towards helping the uninsured or underinsured but we accept most insurance coverage as well. Medicaid and Medicare are welcome.

3050 Montana Highway 83 North Call 677-2277



MENTAL HEALTH AND PERSONAL DEVELOPMENT

Kim Heninger, LCPC

Licensed therapist offering solution-focused approach. Specializing with:

- Family and children
- Adolescents
- Mood disturbances: anxiety, depression, grief and loss, violence, anger, rage
- History of trauma
- Addictions, and problems that manifest with addictions such as domestic violence and conduct disorder

Serving those on Medicaid, most major insurance programs and self-pay, although not Medicare.

3195 MT Highway 83, Heritage Building

Call 370-8877

Ken Silvestro, PhD

Psychotherapist

Psychological support for personal growth, creativity, as well as daily concerns, such as relationship issues, family dynamics, depression, addictions and anxiety.

Serving adult individuals and couples.

Call 677-7282 or email: ksilvestro@hotmail.com



PARENTING AND PREGNANCY

Sparrow's Vine: A Pregnancy Resource Center

The pregnancy center is committed to assist women to carry to term by providing emotional support and practical assistance. We inspire clients to make informed decisions regarding pregnancy and raising children with integrity. Our services include confidential support, pregnancy testing, parenting & building blocks classes, pregnancy mentoring, community referrals, resources, education, and material assistance.

We serve women facing an unplanned pregnancy, mothers and fathers raising children, and anyone who could benefit from our services.

Open Tuesday - Thursday from 12-5 p.m.

Bison Bear Mall, 3166 HWY 83, Suite 200 or call 677-1900

PHYSICAL FITNESS AND WEIGHT MANAGEMENT

Optimal Fitness

Optimal Fitness Center offers a wide array of equipment and knowledgeable staff to walk you through safe use and answer your fitness questions. Yoga, cardio and strength training fitness classes.

Personal trainer is available one-on-one for fitness assessment, independent programs, post rehab and home program design. Health coaching for lifestyle changes and weight management. With 20 years experience, owner Terry! Bartlett is certified through the American Council on Exercise.

6 AM–8 pm seven days a week, plus keyless entry.

Staffed hours are posted on gym door or call to inquire.

3027 Highway 83, Lazy Pine Mall 677-7732

PHYSICAL THERAPY AND MASSAGE

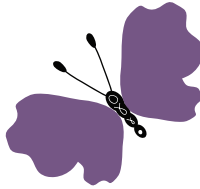
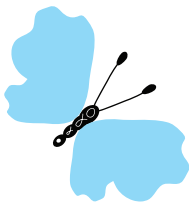
Rejuvenate LLC

Rejuvenate provides one-on-one treatment in a comfortable professional environment:

- Personalized, comprehensive treatment for injury or post surgery. Common conditions for physical therapy care include: low back or neck pain, workplace injury, headaches, fibromyalgia, sports injury, arthritic conditions, post-op care for total joint replacements, rotator cuff repair, neuropathies
- Instruction in overall fitness
- A variety of relaxing, therapeutic massage treatments including Swedish, Deep Tissue, Aromatherapy, Hot Stone, Pregnancy, scalp & facial, neck/shoulders/back, hand & foot

Serving those covered by most health insurance programs, as well as private pay clients.

Lazy Pine Mall, 3027 Hwy 83 North, Seeley Lake Call 677-7722



MASSAGE AND WELLNESS

Essential Massage Therapy

Alicia Kues is a licensed massage therapist and wellness advocate # 125123 for doTERRA, a natural wellness solution.

3195 MT Highway 83, Heritage Building

Call or text 210-1755

RELATIONSHIPS AND HEALING

Seeley-Swan Healthy Relationships Project

Free, high quality mental health services for a wide range of problems, symptoms, and concerns. Mental health services are provided to help alleviate distress, identify solutions, develop new coping skills and connect individuals to additional resources. Services are staffed by doctoral students under direct supervision of senior faculty clinicians of the University of Montana Clinical Psychology Center.

We serve adults and children of the Seeley-Swan Valley community with current or previous experience of relationship distress, abuse (including children who have witnessed abuse), sexual violence or stalking.

Contact Ka Powell, MA at 546-0016.

SENIOR CENTER

Sela Senci Senior Center

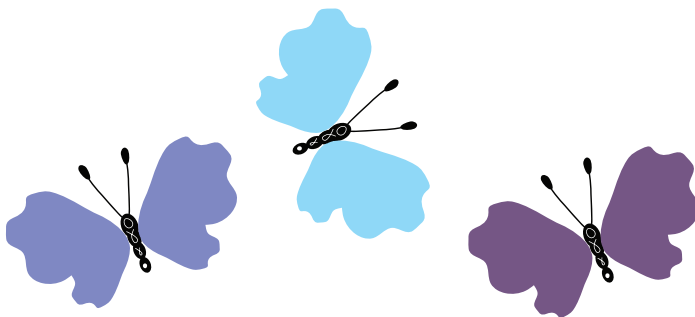
Meals on Wheels: home delivered meals for housebound seniors and those with disabilities

Lunch at the Senior Center: affordable meals for individuals age 60 and older, their spouses and caregivers

Bingo each Tuesday and Friday

Serving senior and disabled residents of the Seeley Lake area

Call the Senior Center at 677-2008 or visit at the corner of Locust Lane and Pine Drive.



SUBSTANCE ABUSE

Alcoholics Anonymous

Alcoholics Anonymous is a program of recovery from alcoholism. AA is a volunteer organization with meetings run by alcoholics and addicts in recovery. There are no dues or fees to attend; the only requirement for membership is a desire to stop drinking.

Those recovering from drug addiction through a 12-step process are also welcome to attend this weekly open meeting in Seeley Lake. Non-alcoholics are welcome to attend. It is requested that all discussion in the meeting be focused on recovery from alcoholism and addiction.

The meeting is non-smoking with a smoking area available outside. Handicap accessible.

Mondays, 7 pm

Holy Cross Lutheran Church, 1655 Airport Road

TRANSPORTATION

I Ride Seeley-Swan Van Service

Round trip transportation to Seeley Lake or Missoula for medical, dental, mental health or other health related appointments or pharmacy needs. Tentative schedule: Monday-Thursday 9am to 3pm. Fee each way: \$1 within Seeley Lake area, \$2 within Condon area, \$5 Seeley Lake to Missoula, \$6 Condon to Missoula. A caregiver may accompany client at no cost.

Serving seniors 60 years and older and adults with disabilities who reside in the Seeley-Swan area.

Call for reservation 24 hours in advance at 880-3685.

Montana Veterans Affairs Outreach Services

Provide advice and assistance in obtaining VA benefits, including VA health care, service connected compensation, non-service connected pension, widows pension, dependency indemnity compensation, burial reimbursement, and VA debt issues.

Serving veterans, surviving spouses and dependents.

Appointments are available on the 3rd Wednesday of each month from 10-11:30 am at the Seeley Lake Senior Center, corner of Locust Lane and Pine Drive. Please call the Missoula office at 542-2501 to schedule an appointment.

Veterans and Families of Seeley Lake

Your VA neighbors and their families offer help with:

- Transportation for appointments or shopping
- Navigating VA and other available support services, including in-home care
- Immediate needs such as snow removal or firewood

Serving veterans and their qualifying spouses, widows or widowers.

Call 677-2543, leave message if no answer.



YOUNG FAMILIES

WIC

The Women, Infants and Children (WIC) program provides:

- Benefits to purchase healthy supermarket foods on an electronic benefit card (eWIC)
- Preventive health programs and referrals to 250 local health, dental and social services
- Breastfeeding support and counseling, including breast pumps
- Regular monitoring of infants and children
- Access to low cost well child exams through Partnership Health Center
- Support for healthy family nutrition
- Coupons for fresh fruits and vegetables at authorized vendors at Seeley Lake's farmers market.

We help:

- Pregnant, breastfeeding and postpartum women
- Women whose pregnancy ended early
- Infants and children up to age of five
- Caregivers for young children including mothers, fathers, grandparents, legal guardians and foster parents

WIC participation will NOT reduce Food Stamps or TANF benefits. You do NOT have to participate in another program to participate in WIC.

1st Tuesday of every month, by appointment
9:20am - 3:30 pm

Call to schedule appointment at 258-4740.



Seeley Lake
**COMMUNITY
FOUNDATION**

P.O. Box 25 • Seeley Lake, MT 59868
(406) 677-3506

www.seeleylakecommunityfoundation.org

