

Blazing Trails

JANUARY 2021

Vol 53 • Issue 1

A monthly publication of the
Missoula Senior Center

Center hours and operations will return ASAP.



Our Mission is to develop and implement programs and services that support the physical, intellectual, and emotional health and well-being of elders and to serve as a focal point for community projects that enhance health, education, recreation and socialization for elders and their families in the Missoula area.

RENEW YOUR MEMBERSHIP TODAY

Underground Thrift Store Now open!

10 am- 2 pm

Monday- Saturday

705 S Higgins Ave Missoula, MT 59801 406-543-7154
www.themissoulaseniorcenter.org

LETTER FROM THE MSC PRESIDENT

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Kathi Campbell

Treasurer:

Elizabeth Johnson

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Michael East

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***Under normal operations
Board meetings are the 3rd
Wednesday of the month at
1:30***

The Missoula Senior Citizens Center Association is a 501(c)(3) nonprofit membership organization established in 1970.

MSC STAFF

Kitchen:

William Hart, Jackie Ybarra, Gene Fraser*, Ted Hunter*

Housekeeping

Pedro Garza*

Maintenance Engineer:

John Walker (Volunteer)

Membership:

Marge Nordin (Volunteer)

Bookkeeper: Jane Goffe

Editor of *Blazing Trails*: Kelly Bouma

Trips Coordinator: Janice Jacobson

*Staff person is supported by Easterseals-Goodwill Senior Community Service Employment Program

Blazing Trails is published by the Missoula Senior Center. To submit content or for general inquiries about this publication, email:

Welcome to the New Year!

There are new hours for picking up the grab-and-go meals in the Senior Center parking lot. The new hours are from 11:30 am to 12:30 pm M-F. This change is out of consideration for the dedicated volunteers distributing the meals during the cold winter months. Menus are created on a weekly basis and are available when you pick up your meal. We are only able to provide this service because of the many volunteers, like the baggers, and food delivery volunteers who support this service to the community.

We are one step closer to reopening with the new air exchange system in place. All of the Montana Senior Centers leadership have been meeting (virtually), under the guidance of the Montana Area Agencies on Aging Association to develop a consistent plan for reopening the Senior Centers throughout the state. As we prepare this plan we are reminded that "among adults, the risk for severe illness from COVID-19 increases with age. People in their 60s and 70s are, in general, at a higher risk for severe illness than the younger members of the general population. The greatest risk for severe illness is among those 85 years of age or older. Additionally, individuals who suffer from hypertension, obesity, diabetes, chronic kidney disease, or coronary artery disease are between three and five times more likely to be hospitalized than those without pre-existing conditions." We are also being asked to continue providing alternatives to inside congregate meals. The draft document reads "This (inside congregate meals) valuable social lifeline is often a high-risk activity that leaves participants open to potential transmission of the COVID 19-virus. While congregate meals provide quality diets, promote the health and well being of older Montanans, and reduce food insecurity, meal delivery and grab-and-go meals should be considered in lieu of group dining."

We recently received notice that the Senior Center will be a partial recipient of one of our late member's estate. While we cannot disclose the details at this time, we are grateful for the confidence put in our leadership as the member prepared the will. Please consider adding the Missoula Senior Center to your estate planning. We are also very grateful for those who remembered the Senior center in their end-of-the-year giving.

I hope you were able to do some of your holiday shopping in our thrift store. The volunteers who keep the thrift store open through their dedicated service are enormously appreciated. Likewise, we appreciate the Missoula community members who continue to donate many treasures to the thrift store. If you have not visited lately please pay us a visit. The current thrift store hours are 10:00 am-2:00 pm Monday-Saturday. The revenues from the thrift store are helping us pay for ongoing expenses like utilities, phones, snow removal, insurance as our revenue from facility rentals and BINGO are restricted.

We will NOT be providing space to the AARP Foundation this year for tax preparation. We understand how valuable of a service this has been for many years. and are disappointed that this program, as with all other Senior programs are shut down for now.

If you have not renewed your membership please do so, we appreciate your support. CONTINUED ON PAGE 3

CONTINUED FROM PAGE 2

MSC NEWS

Finally, a thank you to Experience Works an organization that has been placing seniors with us under the Senior Community Service Employment Program. On January 1st the program will transfer, in Montana, to the Easterseals-Goodwill Senior Community Service Employment Program. This program provides valuable training and employment service for older Americans and the Missoula Senior Center treasure our relationship and participation with this vital program. Goodbye Experience Works, welcome Easterseals-Goodwill.

John W. Nugent

*President, Missoula Senior Center Board of Directors
(406) 543-7154, Administrator@missoulaseniorcenter.org*



The new air exchange system being installed in mid-December. This and other improvements aid in re-opening the Senior Center as safely as possible.

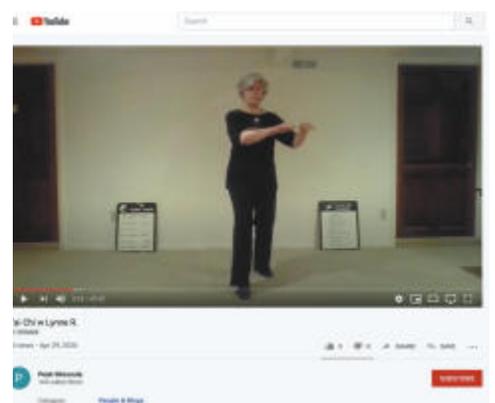


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|---------------------------|-------------------------|----------------------------|
| <i>Ann Line</i> | <i>JoAnne Hintz</i> | <i>Robert Rheinschmidt</i> |
| <i>Ann Oberg</i> | <i>John Peterson</i> | <i>Robin Bonner</i> |
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| <i>Emily Burns</i> | <i>Maureen Furshong</i> | <i>Wesley Alcorn</i> |
| <i>Ginny Elkins</i> | <i>Patricia Hogan</i> | <i>William Hankinson</i> |
| <i>Janet McMaster</i> | <i>Philip Jones</i> | <i>William Miller</i> |

Continue to join MSC T'ai Chi instructor Lynne Roberts for an online T'ai Chi class.

T'ai Chi Chih w/Lynne

<https://youtu.be/XGwmtmUmtwQ>



BOOK CORNER

By John Nugent

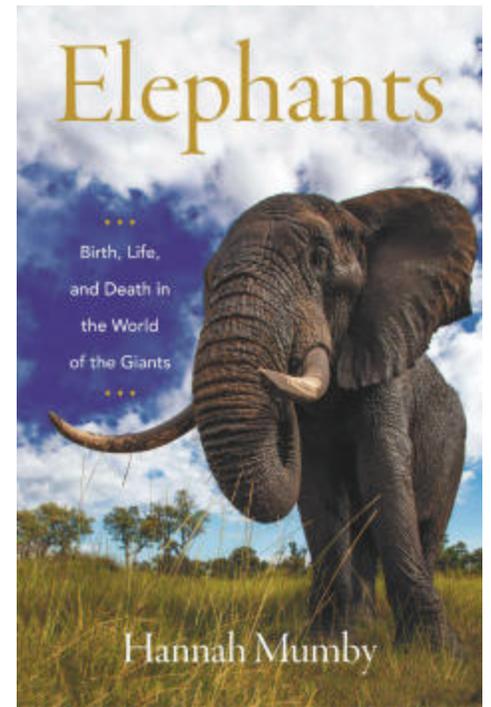
Having attended college and lived for a while in Spokane I enjoyed Jess Walter's new book *The Cold Millions* which is set in Spokane. The events in 1909 Spokane, Washington read like contemporary life — an oligarchy of wealthy industrialists, a huge divide between the rich and poor, civil unrest, the fight for equality and free speech, police corruption, even a wildfire that burns 3 million acres and wipes whole towns off the map.

At the same time that I was reading *The Cold Millions*, I started listening to an excellent podcast *Death in the West* (<https://deathinthewestpod.com>). It's about the unsolved murder of a labor activist in Butte, Montana in 1917. The podcast takes an in-depth look at the murder in light of the labor disputes that dominated the west during that time. It has so much Montana and northwest history with the co-hosts living here in Missoula. It also ties to Spokane and is a great companion to Jess Walter's book *The Cold Millions*, detailing some of the same characters and events in history.

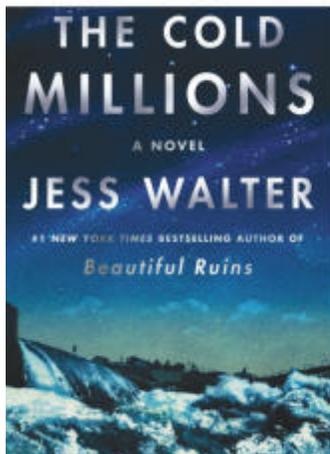
My late wife, Janet, loved the *Alexander McCall Smith No. 1 Ladies' Detective Agency* books, so she would have been delighted with the new release of the 21st book in the series "How to Raise an Elephant". In his newsletter, Alexander McCall Smith writes "In *How to Raise an Elephant*, Mma Ramotsweshe is dealing with

a very odd and unexpected problem — involving Charlie, her assistant/apprentice mechanic and, of all things, a baby elephant. Needless to say, Mma Ramotsweshe and Mma Makutsi cope with this challenge with great understanding and skill. This book results from a chance meeting I had in Botswana. I was up in the north of the country, in Maun, on the Okavango Delta. On the small aircraft out of Maun, I found myself sitting next to Debra Stevens from Dallas, whom I had not met before, but who has set up, with people from Botswana, a sanctuary for orphaned elephants. These are baby elephants whose mothers have been shot by ivory poachers. The story of Elephant Havens, Debra's charity, so moved me that I thought I should incorporate it in the next No. 1 Ladies' Detective Agency novel. If you would like to find out more about that Dallas-based charity, take a look at their website. If you feel you might be able to help them, all the better! I recommend them most warmly to you. (I went to see them in Dallas last year and met many of their supporters. They are admirable people.) Our times are troubled: we live in a world divided by disagreement and conflict, but there are still many beacons of light, and I think something like Elephant Havens is one of those." While I enjoy the No. 1 Ladies' Detective Agency books, my preference leans toward the Alexander McCall Smith book series featuring The Sunday Philosophy Club which became the Isabel Dalhousie Mysteries.

However, intrigued by *Elephants* (I once lived in San Diego and had an annual pass to the San Diego Zoo where I spent a lot of time and probably spent way too much time watching elephants), I obtained the book



Elephants: Birth, Life, and Death in the World of the Giants by Hannah Mumby. The publisher's description includes "An acclaimed ecologist and conservation expert examines the profound similarities that exist between humans and elephants — and encourages listeners to help save the species from the brink of extinction. If you love animals, we think you'll enjoy this thought-provoking, deeply affecting "love letter to elephants" that's told with unbridled "charm and wit". From early childhood, Dr. Hannah Mumby has loved wildlife, especially elephants. Her first wild elephant sighting at twenty-four changed the course of her life. Since then, she has devoted herself to studying these incredible animals and educating humanity about them. Hannah's fieldwork has taken her around the world, where she has studied many elephant groups, including both orphaned elephants and the solitary elephant males. These remarkable animals have so much to teach us, Mumby argues, and *Elephants* take readers into their world as never before, revealing a society as complex as the chimpanzees, maybe even humans. Mumby's exploration of elephant culture provides an empathetic, humanistic portrait of these majestic animals, illuminating



their personalities, memories, and rich emotional lives. Mumby explains how elephants communicate with one another and demonstrate the connection between memory and trauma—how it affects individual elephants and their interactions with others in their herd. Elephants and humans, Mumby makes clear, are not very different. From emotional bonding to communication, human and elephant experience similarly nuanced lives, and the commonalities she uncovers are both surprising and heartwarming. *Elephants* is a captivating, deeply moving exploration that offers a new way to look at these pachyderms and ourselves."

I have begun reading the book referred to in the last month's newsletter *Jessica* by Bryce Courtenay. Recently I was in the book section in the Senior Center Thrift Store and found *April Fool's Day* by Bryce Courtenay. The back cover states " This is Bryce Courtenay's

moving tribute to his son, Damon, a hemophiliac who died from medically acquired AIDS on April 1, 1991, at the age of 24. "April Fool's Day is controversial, painful, and heartbreaking, yet has gentle humor. It is also life-affirming and, above all, a testimony to the incredible regenerative strength of love: how when we confront our worst, we can become our best. This tragic yet uplifting story will change the way you think. From the author of *The Power of One*." It is now in my pile of books to be read.

Please check out our book selection in the Senior Center Thrift Store, I have found many treasures there and you may too.

What are you reading? Please tell us about what you are reading or your favorite books. Send to newsletter@missoulaseniorcenter.org

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SENIOR health

NEW YEAR'S GOALS

Do you have some family recipes that you have been keeping to yourself? Have your kids or grandkids been pestering you to show how you make your famous apple pie? Now is the time to share! Recipes which have been passed down from one generation to the next provide families with a powerful trigger of happy times gathered around the kitchen table.

1. Set a goal to increase your exercise in the new year. This can be as simple as purchasing a pedometer and vowing to walk a certain number of steps each day. Include your loved ones in your efforts by asking them to join you on walks around the neighborhood or at the local mall. This will make your health care provider very happy!
2. Pass the fine art of letter writing

down to the next generation by writing letters to some of your loved ones. Vow to send handwritten birthday cards and thank you notes throughout the year as well.

3. Learn more about the technology your family is using. Even if you are unfamiliar with these technologies, you can learn them. You will bond with a tech savvy family member as they help you set up your accounts, and once you have learned how to use them, you'll be able to better keep in touch with the younger members of your family.
4. Vow to have some tough conversations with your family that you have been putting off. If you haven't done so already, now is the time to draw up a will, name an executor, and discuss plans for your future with your loved ones.
5. Revisit an old hobby you may

have given up if your health allows. If this activity made you happy in the past, it can certainly brighten up your current life.

6. Rekindle a past friendship with someone you've lost touch with. Perhaps, they are wishing to do the same.
7. Make healthier food decisions. Perhaps swapping-out your daily dessert with some healthy almond milk once in a while or adding more fruits and vegetables in your diet. It's never too late to make smart food decisions.

These are just some ideas (adapted from Medical Alert Advice)--have some other resolutions you'd like to share? I'd love to hear about them and your progress! Email me at newsletter@missoulaseniorcenter.org

..... Cheers to 2021! Kelly

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RECIPE OF THE MONTH

Swiss chard and white bean minestrone

Adapted from Ross Dobson's Kitchen Seasons Cookbook

This soup has been my go-to recipe the past 9 months. But it's particular easy and tasty on cold winter nights. Minestrone is a style of Italian vegetable soup--but it can be whatever you want it to be.

- 2 tablespoons butter
- 1 onion, chopped
- 1 small bunch of Swiss chard, finely chopped
- 1 quart vegetable stock
- 14 oz. canned cannellini beans, drained but not rinsed and roughly mashed
- 4 thick slices of ciabatta
- 2 garlic cloves, halved
- extra virgin olive oil, for drizzling
- finely grated Parmesan cheese, to serve
- sea salt and freshly ground black pepper

Serves 4 *great the next day

Variation: Leave out the stock and add cooked pasta when you add the beans!

Melt the butter in a saucepan over medium heat. Add the onion and cook 4-5 minutes to soften. Add the Swiss chard and cook for 5 minutes, stirring often, until softened. Add the stock and beans and gently bring to a boil. Season with sea salt and black pepper.

Toast the ciabatta until golden on both sides. Rub the bread with the cut side of the garlic, then place each one in a serving bowl. Drizzle each piece of bread with olive oil and ladle over the soup. Sprinkle the Parmesan on top and serve immediately.

.....Kelly





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PUZZLES OF THE MONTH

HAPPY NEW YEAR!

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59					60			61			62	63	64	65
66					67						68			
69					70						71			

By Evelyn Johnson - www.qets.com

ACROSS

- 1 American oriole
- 5 Lotion ingredients
- 10 Resort hotel
- 13 Siamese
- 14 Shred (2 wds.)
- 15 Actor Alda
- 16 Pops
- 17 Musical production
- 18 Marketplace
- 19 Short-term memory
- 21 Small pieces of colored paper
- 23 Aged
- 26 Type of meat
- 28 Does what their told
- 29 Greek god of wine and revelry
- 32 Frost
- 33 Presentation
- 34 Word with home or in
- 36 Took to court
- 37 New Year's Day
- 38 Interbreeding population within a species
- 42 Ticket

43 Among

44 Appearance

46 Fatiguing

49 Before

51 Evening

52 Ball holder

53 Water rodents

57 Inclined

59 Island

60 Desert plants

62 Belief

66 Germ

67 Pathway

68 Thaw

69 Dress edge

70 Brass instruments

71 Women's magazine

DOWN

1 Limited (abbr.)

2 Expression of surprise

3 Really cool

4 Press with lips as a sign of love

5 Fragrances

6 Mouth part

7 Organization of Petroleum Exporting Countries

8 European monetary unit

9 Bridge

10 Character on "Saved by the Bell"

11 Celebration

12 Those who are opposed

15 One-celled water animal

20 Scriptural your

22 What is served for meals

23 Chances of winning

24 In ___ of (instead of)

25 Covered stadium

27 What an orchestra makes

30 Affirmative gesture

31 Drinking aid

32 Party favor

35 _____ Lauder makeup

37 Merriment

38 Time period

39 Give off

40 Get from the earth

41 Verge

42 Elk's cousin

44 Believer in Islam

45 Annoyed

47 Uses

48 Representative

49 Christian sect that separated from the Mennonites

50 Igniter

54 Hormone

55 Tropical edible root

56 Blemish

58 What a clock tells

61 Can metal

63 Delaware

64 Wing

65 Dined

Solution on Page 12



VOLUNTEER CORNER

Thank you

BY KATHI CAMPBELL

As the new year begins, I want to be sure that the members and staff realize the incredible gift we have received during this extraordinary time. There is no larger sacrifice one person can give to another than the gift of their time.

Despite the extra demands that this pandemic has placed on each of us, there is one that rises above the rest. It is the willingness to put yourself out to help the Missoula Senior Center endure when everyone and everything around us hangs on to survive.

Our volunteers, Officers, Board, and staff have shown such an incredible determination and dedication this past year that

words cannot say enough. Over 50 volunteers have stepped up to help us over this incredible time. They wore masks, washed their hands, distanced themselves for friends and family, used hand sanitizers, wipes and bleach, and gloves for the safety of their coworkers, our membership, and the community.

Listing each volunteer and the hours of their time and the risks they take is an incredible task. Whether it was one time, one hour every month, or six hours every day, each gift of their time helped the Senior Center survive. Hopefully with their continued dedication and efforts we can all make it through this together.

Please take the time to thank any and all of those individuals for the great gift they have

given us. And let all of us come together and care for ourselves, our families, friends and the community as we look toward a brighter year and a time when we can all gather together in our building in a great celebration of thankfulness.

WE NEED YOU!

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MSC COMMUNITY

New & Renewed Members 2021

Wow! Look at this list. THANK YOU FOR YOUR SUPPORT MEMBERS!!

Adele Wolff	Dalton Anderson	Janet Flanders	Luceile Kempner	Rachelle Bachran
Agnes Schafer	Dannie J. Knight	Janet McMaster	Lynn Schrichte	Ralph Collins
Alayne Hilditch	Darrel DeWayne Johnson	Janice Jacobson	Maggie Nickisch	Ralph Matuska
Alexia Cochrane	Dave Fowlkes	Janice Midyett	Marcia Rowley	Ralph Stone
Amelia F. Locke	David Baker	Janice Petritz	Marcia Thompson	Raymond Anderson
Andrea Dahl	David Durnford	Jean Thorstenson	Marcia Twilde	Reeda Owens
Anette Blaskovich	David Kahl	Jeanette Brakebush	Margaret Dinges	Rich Pittsley
Ann Line	DeEtta Demaratus	Jim McDonald	Marge Nordin	Richard Auerbach
Ann Molaris	Delores Pfaff	Jo Ann Walker	Margie Bland	Richard Spencer
Ann Oberg	Dolly Burk	Jo Ellen Carlos	Mari (Laxmi) von Hoffman	Richard Wolff
Ann Schellinger	Donald Millhouse	Joan Dodge	Marian Miller	Rita Flink
Anne Reinhart	Doris Vandever	Joan Jette	Marie Foster	Rita Pray
Annette Sontag	Dorothy Grapensteter	Joan Painter	Marie J. Ferkovich	Rob Sand
Arlene Dickinson	Dorothy Heitzman	JoAnn Cote	Marie Kulawinski	Robert Livesey
Audrey Conner	Dorothy McKenzie	Johanna Bulman	Marie Root	Robert Nickisch
Barbara Balz	Dorothy Rennick	John Balyeat	Marjorie Magstadt	Roberta Murdoch
Barbara Bartmess	Dot Harris	John Garrity	Marlys Shea	Robin Eyre
Barbara Davis	Doug Johnson	Jon Peterson	Marlys Swanson	Rose Leach
Barbara Gauch	Edward Dinges	Joyce Shepard	Marty Bourassa	Rose Mary Malach
Barbara Rudio	Edward Walker	Judy Guthrie	Mary Ann Hines	Rosie Dawkins
Bayard Stone	Elaine Shea	Julie Jackson	Mary Ann Toone	Ruby Chavez
Bea Paulson	Elaine Wallace	Julie Kahl	Mary Kelly	Ruth Livesey
Betty Jo Powell	Eric Rajala	Karen Crow	Mary Lewis	Sam Engebretson
Bev Williams	Eric Sampson	Karen Sommer	Mary Lou Hess	Scot Anderson
Bill Elison	Evalie Hankinson	Kate Likvan	Mary Sand	Sharon Balison
Bob Schurr	Evelyn Fizell	Kathi Campbell	Mary Voss	Sharon Fox
Bonnie Cochrell	Evelyn Nelson	Kathleen Hauck	Maureen Furshong	Shirley Frazer
Bonnie Elliott	Fay Norton	Kay S. Vanstone	Michael East	Stan Bartos
Bonnie Kinyon	Frances Daub	Kay Unger	Michael Painter	Stella Bentley
Bonnie Wilson	Frankie Feinstein	Kent Nelson	Murray Elliott	Steven K. Hesla
Carla Boettcher	Gary Clark	Kris Ritchart	Myra Bartos	Sue Gravatt
Carma Gilligan	Gene Boschee	Lane Reul	Nancy J. Jordan	Susan Matule
Carol A. Johnson	Gene Stephens	Lara Gibb	Nancy Smith	Susan Morlock
Carol Anderson	Geoffrey Harp	Larry Trimp	Nenette Loftsgaarden	Susie Spitzer
Carol Ann Durnford	George Pfau	Laurie Stone	Norman Jacobson	Terri Hermes
Carol Crowther	Gerald Nelson	Laverne Miller	Pam Kaminska	Tess Hall
Carole Oudenhoven	Ginny Elkins	Lavonne Otto	Pat Barry	Thomas F. Gerlach
Carolyn G. Albert	Gloria Roark	Lee DeGrandpre	Pat Logan	Thomas Payne
Carrol Perry	Heidi Jackson	Lee Steinberg	Patricia Christensen	Tina Christy,
Cathy Traver	Helen McCann	Leona (Candy) Trimp	Patricia Hamilton	Trudy Pratt
Charlene Miller	Howard Rowley	Leona Kost	Patti Hahn	Verle Johnson
Charles Crowther	Iva Nelson	LeRoy Hagen	Patti McDonald	Vicki Stevenson
Cherry Dodson	J. Douglas Grimm	Linda D Raye	Paula Plymale	Vicki Watson
Chessie Howard	Jack Thibodeau	Linda Edwards	Paulette Floyd	Viola Spain
Christine McAdams	Jacque Balyeat	Lois Chinadle	Phil Yasenak	Virginia Bourassa
Connie High	James Price	Lois M. Harris	Philip Carlos	Virginia Thibodeau
Connie Jones	Jamie Spaulding	Lois Reimann	Philip Jones	William Hankinson
Connie Mecham	Jane East	Lola Mae LeProwse	Phillip Stauffer	William McGuire
Connie Thisselle	Jane Yungmeyer	Lou Anderson	Phyllis Robinson	William Miller
Dale Cochrell	Janelle Schiller	Lowell Hanson	R. Lester Duncan	

HAPPY NEW YEAR!



Solution:

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COMMUNITY PARTNERS

Missoula Aging Services NEW Lifelong Connections program connects older adults with tablets and training

MISSOULA- Just months into the COVID-19 pandemic, Missoula Aging Services (MAS) identified the need to help older adults learn how to use technology to address many of the challenges associated with increased social isolation. Many of our older neighbors have no access to technology or wifi. Some have outdated equipment that does not have cameras or microphones, leaving them unable to take advantage of telehealth opportunities to stay connected with their physician. Many challenges exist with accessing safe online services designed to replace traditional routines like grocery shopping.

MAS dedicated a substantial amount of funds to develop a new program, Lifelong Connections, to train older

adults on using technology and to purchase the technology that is ready to be used. MAS was joined by several generous donors, notably the Montana Geriatric Education Center, State of Montana Business Innovations Grants and the May & Stanley Smith Charitable Trust.

The goal of Lifelong Connections is to train 100 older adults on how to use technology in order to access telehealth, reduce social isolation, continue to volunteer, and to be able to take advantage of the services available online.

So far, MAS has equipped 5 people to conduct training, and trained a number of volunteer Foster Grandparents and Senior Companions, providing

them with Samsung tablets with unlimited data services. Lifelong Connections will recruit and train additional volunteers to help older adults who either have technology but don't know how to use it or need access to the tablets and data services but can't afford it.

If you'd like to help, consider volunteering as a trainer, or make a donation today to support Lifelong Connections by visiting the virtual giving tree at MissoulaAgingServices.org or call (406)728-7682.



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Care Management



Care Management can provide additional support to older adults while focusing on the physical, mental, and emotional health needs of each person.

Support can be ongoing, or possibly just for a few months to help a person get back on their feet after a hospital stay or a life transition.

HOW DOES IT WORK?

First, your Care Manager will visit the home to assess what needs may exist by talking with the client, caregivers and family members.

A Care Manager will then create a personalized care plan to improve health, safety, and quality of life. Care plans pull together support from community resources and services.

Your Care Manager will visit regularly, communicate with support providers to coordinate care, and provide support for unanticipated needs or health changes.

WHO CAN BENEFIT FROM CARE MANAGEMENT?

- Caregivers who would like help to develop a plan for increased support
- Family members who would like to see their loved one get the support they need
- People needing to improve their safety and quality of life at home, especially after returning from a hospital or outpatient care stay
- People with multiple medical conditions, or a significant new medical diagnosis

Care Managements services are available on a sliding-fee scale, and the first home visit is provided at no cost. Interested in Care Management services? Call Missoula Aging Services at (406) 728-7682

RESOURCES

PHONE BOOK

PERSONAL CARE & ASSISTED LIVING

HOME HEALTH

AARP.....1-800-424-3410
 Missoula Aging Services..... 728-7682
 Homemaking Services.....728-7682
 Meals on Wheels.....728-7682
 Resource Help Line.....728-7682
 Respite Care.....728-7682
 Blue Mountain Clinic..... 721-1646
 Community Medical Center...728-4100
 Crime Prevention Desk..... 552-6000
 Elder Abuse (Hotline)..... 327-7886
 Fair Housing..... 549-4113
 Food Bank..... 549-0543
 Grizzly Peak.....203-4793
 Hospice of Missoula..... 543-4408
 Human Resource Council... 728-3710
 Imagine Missoula.....748-6752
 Montana Legal Services..... 543-8343
 Partnership Health Center..... 258-4789
 St. Patrick Hospital..... 543-7271

The Auberge.....542-7009
 Bee Hive Homes.....552-4879
 Flor Haven.....542-2598
 Kathy's Place.....239-1966
 Edgewood Vista.....549-9660
 Evergreen.....549-0988
 Heartland Care Givers.....542-0241
 Hillside Place.....251-5100
 The Springs at Missoula.....273-0101
 At Home Assisted Living.....549-8127
 Village Senior Residence.....549-1300
 Pleasant View Personal Care.....728-8675
 Rosetta Care & Asst Living.....728-5822
 Warm Sunsets Asst Living.....273-2200
 Heartland Caregivers Inc.....542-0241

Case Mngmt Caregiving.....541-6577
 Home Instead Senior Care..523-9909
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Address _____

City _____ State _____ Zip _____

Phone _____ Birth Date _____

Emergency Contact _____ Phone _____

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Are you interested in volunteering? Yes No

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