# AREA I AGENCY ON AGING

2030 N Merrill

## PO Box 1309

Glendive MT 59330

**Services Available for Sheridan County**

**March 2020**

**Council on Aging**

* Quarterly Meetings, various County Senior Centers
* Administrative Offices

Sheridan County Courthouse

100 W Laurel Avenue, Plentywood, MT 59254

406-765-3412

**Senior Centers**

* Medicine Lake Senior Center: 114 Main, 789-2360

Thursday 1 PM – 4 PM

* Outlook Senior Center: Outlook Community Building 895-2465 or 895-2467

Thursday 11 AM – 1 PM (Fall-Winter-Spring)

* Golden Years Club: 120 W 2nd Ave Plentywood, 765-2034

M-W-F, 10:00 – 3:00; otherwise does not keep regular hours.

* 55 Plus Club: Westby Community Center 385-2406

Thursday 1 PM – 4 PM

**Congregate Meals**

* Dagmar: Dagmar Central 483-5217

308 Central Dagmar, 59219

Monday-Friday 11 AM-1 PM

* Medicine Lake: M & J Family Café 789-2371

P O Box 284, 217 Main, Medicine Lake 59247

Monday – Friday 11 AM-1 PM

* Outlook: Community Hall 895-2228 Cook: Bunky Wirtz; PO Box 218, Outlook 59252, 895-2226

TH 11 AM-1 PM

* Plentywood: Golden Years Club 765-2034

120 W 2nd Ave Plentywood 59254

Monday, Wednesday & Friday 11 AM- 1 PM

* Westby: Smith’s PK, PO Box 106, 211 Main, Westby 59275, 385-2404

**Home Delivered Meals - Call Sheridan County Public Health to sign up: 765-3410**

* Plentywood: Glen-Wood, Inc 765-2040

202 E 1st Ave Plentywood 59254

M-F 11AM-1PM;

On Th/F they will leave an extra meal each day if people want meals for the weekend

* Westby: Smith’s PK, PO Box 106, 211 Main, Westby 59275, 385-2404
* Frozen, prepared meals by arrangement in other areas of the county – call Vicki Ruby, 765-3412

**Transportation**

* Quality Transit – Dispatch Hours 765-1018; M-F 7:30AM-4PM
* In county rides available upon request:
	+ Plentywood: Monday – Friday, 8:00 am – 4:00 pm; Saturdays, 8:00am – 1:00 pm
	+ Highway 16 South (Medicine Lake): by arrangement
	+ Highway 5 East (Westby), Wednesdays
	+ Williston (medical appointments), Tuesdays & Thursdays (appts before 11:am if possible)
	+ Sidney (medical appointments), Thursdays
	+ Scobey (medical appointments), Wednesdays

**Respite Care**

* Sheridan Memorial Home Care, Plentywood

Karen Kurk, RN, Director 765-3733

* + Respite -Personal Care, In Home by arrangement with Council on Aging: Caregiver relief, $5.00/hr - Self Pay Personal care services for anyone (non-respite) $29.00/hr plus mileage
	+ LaCasa Personal care home Lisa Wenger, mgr

**Respite** – Overnight stays, Self-pay, private insurance or by arrangement with Council on Aging: Up to three nights per month, $35.00/night.

 **Adult day care**: Self-pay, private insurance or by arrangement with Council on Aging: Up to 5 days/10 half days/month, $10.00 per ½ day.

**Homemaker Services**

Sheridan County Council on Aging, Plentywood

Vicki Ruby, Coordinator, 765-3412

Up to 2 hours basic housekeeping chores per month

**Legal Services**

* Steven Howard, Attorney at Law 765-1212
	+ Limited services/consultations, up to $100 per client

**Health Screenings**

* Sheridan County Public Health Department 765-3410

100 W Laurel Ave, Plentywood 59254

* Blood Pressure Clinics

1st Tuesday Dagmar: Dagmar Central, 11:00 am – 12:00 pm

1st Thursday Westby: Community Center, 3:00 pm- 4:00 pm

2nd Thursday Outlook Community Building (when Congregate Meals are served) 11:30-12:30

3rd Thursday Plentywood: Pioneer Manor lobby 9:30 am – 11:00 am

4th Wednesday Plentywood: Golden Year’s Club, 11:00 am – 12:00 pm

2nd Thursday, odd months: Outlook: Senior Citizen’s Center, lunch time

Medicine Lake: varies

**Loan Closet:** M-F, 9:00 am-5:00 pm

Sheridan County Public Health Department 765-3410

100 W Laurel Ave, Plentywood 59254

**Retirement Homes**

* Montana Pioneer Manor

605 N Sheridan Plentywood 59254

Joni Brensdal, Manager

765-1400

**Nursing Homes**

* Sheridan Memorial Nursing Home

440 W Laurel Plentywood 59254 SSD: Karna Peplinski, RN, 765-3767

765-3700 Administrator: Greg Maurer

**Assisted Living Homes**

* LaCasa Personal Care Home

408 E Lancaster Plentywood 59254 Attn: Lisa Wenger

765-1669

**Services Provided Directly by A/AA**

* Senior Companions/Veteran’s Home Choice Program Volunteer Station: Sheridan County Public Health Dept. 765-3412
* Information & Assistance

Vicki Ruby 765-3412

* Ombudsman

Irina Pulse 406-377-3564 ext. 124, 1-800-227-0703 PO Box 1309, Glendive, MT 59330-1309

* Lisa Baxter

Aging Services Specialist

PO Box 731

Glasgow, MT 59230

406-228-9751

* Insurance Counselor

Vicki Ruby 765-3412

**CSFP**

* Countywide

Call Vicki Ruby 406-765-3412

Distribution Point: Sheridan County Civic Center, Sheridan County Fairgrounds

**Low-Income Housing**

Westby Manor, Inc

 PO Box 184

 Westby 59275

 Brenda Ryals, 406-385-2577

 Montana Pioneer Manor Annex

 603 N. Sheridan

 Plentywood, MT 59254

 406-765-1400

Mar Chan Apartments

 122 S Jackson

 Plentywood, MT 59254

 406-765-1554

 Alta Vista Apartments

 506 W Boundary Ave

 Plentywood, MT 59254

 Connie Young, Manager, 765-3732