

Park County Senior Resource Guide
(March 2021)

This guide is a work in progress. If you have any corrections or suggestions, please email or call Mary Beebe mbeebe@thehrdc.org or 406-333-2883. Thank you.

SENIOR SERVICES

Park County Senior Center

406-333-2276

www.parkcountyseniorcenter.org

Promoting the physical, intellectual, and social well-being of Park County's seniors, 50+ years old. Providing a safe and comfortable gathering place for seniors; affordable, below market rent; and, to provide diverse social activities to benefit the physical, emotional and social health of seniors.

Shields Valley Senior Center

406-578-2243

208 Elliot Street, Wilsall MT 59047

Meals, events, and gatherings

ABUSE/NEGLECT PREVENTION

Adult Protective Services, Senior and Long Term Care Division

406-595-0085 (Bethany Clark)

beclark@mt.gov

APS specialists help to protect vulnerable adults from abuse, neglect and exploitation. For non-emergencies report on-line www.aps.mt.gov or phone 1-844-277-9300 (8-5pm). For emergencies call 911.

ASPEN –Abuse and Support Prevention Education Network

www.aspenmt.org

406-222-8154 24/7 Hotline:

Advocates are available to listen, provide advocacy and support, to provide free, confidential direct services.

406-222-5902 Education & Outreach

Educational and awareness activities in the community including regular 1x month Lunch and Learn.

A non-profit providing shelter, support, referrals, and advocacy to victims of domestic abuse or sexual violence. Serving Park, Sweet Grass, and Meagher Counties.

ANIMALS

Stafford Animal Shelter

406-222-2111

www.staffordanimalshelter.org

Veterinary Assistance Program. Financial assistance for veterinary care at local veterinarians for qualifying households, including a designated senior assistance fund. ***Dog and cat food donations.***

Spay Neuter Project

406-222-2134

spayneuterlivingston@gmail.com

Spay Neuter assistance through spay/neuter clinics and cost-share vouchers.

Mobile Vet Service: Laurel Rhodes

808-382-8492

Home visits. All non-surgical services. Reasonable prices.

CAREGIVING/ CAREGIVER SUPPORT

MILP: Montana Independent Living Project

406-522-7300

mmartin@milp.us

www.milp.us

The Self-direct program allows Medicaid qualified individuals to hire their own caregivers directly.

Montana Lifespan Respite Coalition

1-406-851-5321 (Vicki Clear)

vclear@deapmt.org

The Montana LSR Coalition is a group committed to improving the quality of life of family caregivers and those that need support through respite vouchers.

EDUCATION/VOCATIONAL TRAINING / VOLUNTEER OPPORTUNITIES

RSVP (Retired Senior Volunteer Program) - HRDC

406-222-2281 (Deb Downs)

Volunteer program for seniors 55+ years old to support local non-profits.

Senior Community Service Employment Program (previously Experience Works)

406-587-0455 (Robin)

This is a paid training program financially qualified seniors who are matched with a community non-profit to learn new skills for the changing workforce.

Job Service – Gallatin and Park Counties

406-582-9200 (leave message)

One-on-One job coaching for Seniors, those who experience the court system, people with disabilities, youth and adults: Workplace skills, interview skills, resumes, cover letters, job search and training opportunities. Employers, Job Service offers support to you: Labor Market information, how to create employee manuals, legal resources.

Learning Partners

406-823-6356

Educational/training opportunities to adults, including seniors. Assistance studying for the HiSET (GED), computer skills, career advancement training/soft skills training. **Device and Data Program** includes a free device and data for those who do not have internet and/or a device other than a cell phone in the home. To participate, a person needs to enroll in adult ed program and complete 12 hours of instruction per month.

MSU Senior Citizen Tuition Waiver Program

406-994-6650 (Office of Registrar)

www.montana.edu/registrar.edu (application)

Senior Citizen over age 65 and qualified for in-state resident are granted tuition waivers for MSU classes. Note: Fees are not waived, only tuition.

FEDERAL AND STATE PROGRAMS

Social Security Office

1-833-452-0419

3205 North 27th Street, Bozeman

www.ssa.gov

Services and information regarding Social Security Retirement, Social Security Disability and Social Security Supplemental Insurance. For assistance, contact Lisa Wesley @ HRDC 406-333-2537 or lwesley@thehrdc.org

Office of Public Assistance (OPA)

1-888-706-1535

12 North 3rd, Bozeman MT 59715

hshcsopagallatin@mt.gov. or apply.mt.gov.

PA provides information and assistance with Supplemental Nutrition Assistance Program (SNAP, also known as Food Stamps), Medicaid and Medicare Savings.

FINANCIAL

Budgeting and Financial Counseling - HRDC

406-585-4903 (Mike Naylor)

mnaylor@thehrdc.org

www.thehrdc.org

Medicare (SHIP) Counseling - HRDC

406-333-2537 for Livingston or **406-587-5444** for Bozeman

www.thehrdc.org/senior-services/

A free, one-on-one counseling service to help answer questions about Medicare coverage and plan options. The service is available to anyone who is eligible for Medicare. SHIP counselors are trained, certified advisors who do not work for insurance companies. SHIP services can be accessed over the phone or through in-person appointments. Also includes **Medicare Savings Program**: Seniors with limited income may qualify for assistance with Medicare premiums, deductibles and co-pays.

FOOD RESOURCES

Food Resource Center Supper Club – Livingston Food Resource Center (LFRC)
406-222-5225 (Kelsey)

www.livingstonfrc.org

LFRC prepares and delivers specialized frozen meals to seniors and others who need nutritional support.

Gardiner Food Pantry

1-307-344-9006

108 3rd Street, Gardiner MT 59030

All-volunteer. Once a week food boxes, the backpack program, senior commodity program. Lunch 4 U for those over age 60. Emergency after hours.

Loaves and Fishes

406-222-4824

301 South Main Street, Livingston MT

Dinner served between 4-6. Donation-based. Eat in or take out.

Meals on Wheels

406-333-2490

Meals delivered Mondays, Wednesdays and Fridays.

Senior Commodities

406-222-5335 (LFRC) or **406-586-7600** HRDC Gallatin Valley Food Bank

Once a month supply of non-perishable food items for qualifying seniors. For delivery or pick-up. 60 years+, 130% poverty (\$1383 single person).

SNAP (Supplemental Nutrition Assistance Program)

1-888-706-1535 Office of Public Assistance

www.apply.mt.gov

For application assistance: Lisa at HRDC 406-333-2537 or Amy at Food Resource Center 406-223-7148

HEALTH/EXERCISE/FITNESS

Livingston HealthCare Nutrition Services

406-823-6665

A Registered Dietician is available to do classes or 1:1 for Medical Nutrition Therapy. These services are often covered by Medicare.

Livingston Healthcare Fitness

406-823-6459

Meagan.hennekens@livhc.org

Strong People: Resistance training that is open to all ages, but especially encouraged for those 50+ years old. Combined with relevant nutrition information regarding the prevention of osteoporosis. Call for schedule. Virtual only until further notice.

Healthy Steps: A one-on-one program for those who need supervision while exercising. Call to schedule an in-take.

The Movement Collaborative

ourmovementcollaborative@gmail.com

www.themovementcollaborative.wordpress.com

206 South 11th, Ste 5. Livingston 11th, Ste 5. Livingston

Safe and inclusive space that offers a wide variety of opportunities to all ages. Classes are in person with plenty of social distancing. Evening and morning yoga classes are accessible and especially user friendly for seniors. Offering resiliency and wellness workshops as well.

HOUSEHOLD CARE/REPAIRS/ENERGY ASSISTANCE

Homemaker Program - HRDC

406-333-2883 (Mary Beebe)

Free in-home service for seniors (60+) allowing them to live safely and independently in their own homes. Eligibility requirements apply. Non medical activities such as preparing meals, shopping for personal items, reminders for medication, reading mail, light housework

Home Repairs/Renovation

406-585-2580 - USDA Rural Development Office

Direct and guaranteed home loans for income eligible people. Specific grants for qualifying seniors. For repairs such as roofs, sewer line placement, handicap access renovation

Senior Assist Program: via Livingston Firefighters

406-222-2061

For any senior citizen who needs household help not requiring a contractor (out of reach light bulb changes, smoke detector installation, snow shoveling etc).

LIEAP (Low Income Energy Assistance Program) - HRDC

406-333-2537

Assistance for qualifying households with winter heating bills. Other energy benefit programs administered through HRDC include Energy Share and Energy Weatherization.

LEGAL

Gallatin County Self Help Law Center

406-582-2158

gallatincountyselfhelp@mt.gov for appointment.

Free legal assistance with civil legal issues to residents of Gallatin and Park Counties. Assistance includes forms, information, and referrals to additional community organizations.

Montana Legal Services Association

Helpline: 1-800-666-6899

www.MontanaLawHelp.org

MLSA empowers low-income Montanans by providing them the tools to help themselves with civil, non-criminal non-legal issues.

MLSA Family Law Clinic: A 30-45 minute appointment with a volunteer attorney to receive legal advice. Held in Bozeman on the third Thursday of the month from 3-6 pm by appointment.

MEDICAL (hearing aids and glasses, foot care) AND DENTAL

Bear Hearing Solutions

406-333-2547

West Park Street, Livingston, MT

Hearing Exams, Ear Inspections, Hearing Aids. Services, Batteries and Accessories. Phone certification for *CaptionCall* (www.captioncall.com) installation and service.

Gallatin Empire Lions Club

406-333-2883 (Mary Beebe) or 406-333-2537 (Lisa Wesley)

www.gallatinempirelions.org

Applications available for financial assistance for hearing aids and glasses on website.

Community Health Partners Dental

406-946-4291

112 West Lewis, Livingston.

Walk-in: Tuesday, Wednesday and Friday 8:00-9:30 am. First come, first serve emergency dental.

Scheduled appointments: Tuesday, Wednesday and Friday 9:30am-4:00pm, Thursday 8:00am-4:00pm

Bare Feet Professional Nail Care

406-223-3665 (Libby Fredericksen, RN)

Certified Foot Care Nurse

MENTAL HEALTH, SOCIAL SUPPORT, CASE MANAGEMENT

Help Center Telecare program

406-586-3333

Free regular daily check-in calls for seniors and others who live alone. Includes social calls, safety checks and/or medication reminders.

Help Center Mental Health Emergency

406-586-3333

A 24-hour emergency number for those in need of direct mental health assistance or referrals

Livingston Food Resource Center Counseling

406-223-7148 (Amy)

In-house counseling, assistance with paperwork

**Livingston Healthcare Bereavement Support Group: Home Health & Hospice
406-823-6430**

Call for information on joining on line or by phone. Virtual until further notice. Available to all Park County residents. Every Wednesday from 2-3pm with Tonaltzin Martinez, MSW and Rev. Brandon Reagor, ThM, MACT.

**L'esprit Behavioral Health Center
406-222-7641**

A Livingston-based, licensed mental health center offering wrap around services for youth and adults. Services include: Outpatient Therapy, Targeted Case Management, Mentoring and Day Treatment for both youth and adults.

**L'esprit Substance Use Recovery Program (SURP)
406-222-7641**

Drug and alcohol services ranging from early intervention to intensive outpatient services

**Sapphire Assistance Services
406-595-5918**

Sapphireassistance406@gmail.com
[Facebook.com/sapphireassistance](https://www.facebook.com/sapphireassistance)

Private, personalized case management services including: Benefits application; budgeting, adult guardianship, organizing, home management, transportation to appointments. And others. Medicaid provider certification pending.

**Southwest Chemical Dependency Program (SWCDP)
406-222-2812 or Hotline: 406-223-6660**

430 East Park Street, Livingston MT 59047

SWCDP is a drug and alcohol recovery program providing substance abuse treatment, including individual and family therapy, dual-diagnosis support, a halfway house or sober living home, and buprenorphine used in drug treatment with outpatient care. Youth and adult/senior programs.

**Senior Reach – HRDC and CHP
406-333-2537 (Lisa Wesley) or 406-587-5444 (Andi Salsbury)**

Free one-on-one counseling and community connection. For seniors who are 60+ years old.

TAXES

VITA – HRDC Free tax service

406-223-4479 Livingston appointments: February 8th - April 9th, Monday drop-off

406-585-4848 Gardiner appointments

Senior property tax reimbursement for owners AND renters

AARP approved: Free Tax Service for seniors.

406-333-2276 Thursdays 1-4 pm, by appointment at Park County Senior Center.

Call and leave your name and number and an accountant will contact you.

www.parkcountyseniorcenter.org

TRANSPORTATION

Angel Line

406-222-4668

For Senior and disabled. Call to sign up. Usually need to make appointments 24 hours in advance. Donation-based

Windrider

406-922-5683

Free Fixed Route Bus Service. Primarily in Livingston. Brochures available at various locations.

Streamline - HRDC

406-587-2434

Free Commuter Service. Livingston to Bozeman morning 5:30 am, return Livingston 6:45 pm.

VETERANS

Belgrade Veteran Affairs Service Office

406-388-3186 (Karen or Janine)

Veterans advocacy office, working with individual veterans to ensure access to VA benefits. A representative comes to Livingston's American Legion the 2nd Wednesday of each month from 1 – 3pm. Call for an appointment.

Volunteers of America Northern Rockies

406-294-5067 or 1.844.4.VOA.Vets

Supportive Services for Veteran Families (SSVF) is designed to assist with housing stability. Offices in Billings, Bozeman, Great Falls, Helena, Missoula and Kalispell.

American Legion**406-222-1052**

An all-volunteer led organization which assists local veterans and families.
Includes American Legion, American Legion Auxiliary, American Legion Riders and Veterans of Foreign Wars (VFW).