


# Billings Resource Guide

for Individuals Recovering from  
Heart Disease or Stroke





## Billings Resource Guide for Individuals Recovering from Heart Disease or Stroke

If you've been diagnosed with coronary artery disease or experienced a heart attack or stroke, you are at an increased risk of having future events. Procedures to treat cardiovascular disease do not cure it, so it's very important to work on the things that contributed to the development of the disease - often referred to as risk factors. Risk factors include smoking, diabetes, high cholesterol levels, high blood pressure, obesity, and physical inactivity. In addition to these risk factors, the presence of atrial fibrillation and TIAs (mini strokes) are major risk factors for stroke. Lifestyle changes, combined with medical care, can help you to improve these factors and reduce your risk of another heart attack or stroke. This resource guide provides information on programs and services in Billings to help you make these lifestyle changes.

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This document is also posted on the  
Montana Cardiovascular Health Program web site at:  
<http://montanacardiovascular.mt.gov>

## Cardiac Rehabilitation

Cardiac rehabilitation (rehab) is a supervised program that includes therapeutic exercise, education (covering heart healthy nutrition, stress management, how the heart works, and home exercise) and emotional support for people who have had a heart attack, coronary stent placement, bypass surgery, heart failure or other type of heart problem. Cardiac rehab is medically supervised and individually designed to enhance your quality of life. The goal is to educate you about your disease and help you return to, and maintain, your best possible physical and emotional health. Cardiac rehab usually begins 1-4 weeks after hospital discharge. Physician referral is required, and the fees are covered by Medicare and most insurance plans.

### **BILLINGS CLINIC CARDIOVASCULAR REHABILITATION**

1020 North 27th Street, Suite 402

Billings, MT 59101

Phone: (406) 238-2000 ext 6431 or (800) 332-7156 ext 6431

### **ST. VINCENT HEALTHCARE CARDIO-PULMONARY REHABILITATION**

2900 12th Avenue North, Suite 10 W

Billings, MT 59101

Phone: (406) 238-6428



## STROKE REHABILITATION

Stroke rehabilitation is an individualized, medically supervised program that includes physical and cognitive activity, education, lifestyle adaptations and emotional support for people who have had a stroke. The goal of stroke rehabilitation is to help you return to daily activities and maintain your best possible physical and emotional health. Physician referral is required, and fees are covered by most health plans.

### **ST. VINCENT HEALTHCARE NEW HOPE REHABILITATION**

1233 North 30th Street, 4th Floor Allard

Billings, MT 59101

Phone: (406) 237-7117

### **BILLINGS CLINIC**

2800 10th Avenue North

Billings, MT 59101

Phone: (406) 238-2500 or (800) 332-7156



## DIABETES MANAGEMENT PROGRAMS

Diabetes management programs teach individuals how to manage their diabetes to minimize health complications. Diet, exercise, medication management and glucose monitoring are some of the topics covered. Staff members include nurses, diabetes educators, and registered dietitians with special training and experience in diabetes management. Individual and group classes may be available. Physician referral is recommended, and fees may be covered by some health plans.

### **BILLINGS CLINIC DIABETES MANAGEMENT CENTER**

801 N. 29th Street  
Billings MT 59101  
Phone: (406) 238-5523

### **ST. VINCENT HEALTHCARE INTERNAL MEDICINE AND DIABETES CENTER**

2019 Broadwater Avenue  
Billings, MT 59102  
Phone: (406) 237-8500

### **RIVERSTONE HEALTH**

127 South 27th Street  
Billings, MT 59010  
Phone: (406) 247-3350

## DIABETES PREVENTION PROGRAMS

In addition to diabetes self management education for individuals with diabetes, patients at high risk for developing diabetes can be referred to one of two diabetes and cardiovascular disease prevention programs. These two programs are modeled after the highly successful National Diabetes Prevention Program clinical trial that demonstrated weight loss and increases in physical activity can reduce the incidence of diabetes by 58%. Recently, follow-up evidence from this trial indicated these results persist for at least 10 years. These Montana programs have had similar weight loss and physical activity outcomes as those in the clinical trial.

### **ST. VINCENT DIABETES CENTER DIABETES PREVENTION PROGRAM BILLINGS YMCA**

402 North 32nd  
Billings, MT 59101  
Phone: (406) 237-8599

### **BILLINGS CLINIC DIABETES PREVENTION PROGRAM**

2800 10th Avenue North  
Billings, MT 59101  
Phone: (406) 238-2500 ext 5388 or (800) 332-7156 ext 5388

## NUTRITION EDUCATION/COUNSELING

Your doctor may recommend nutrition counseling for cholesterol reduction, weight control or diabetes management. Registered Dietitians are nutrition professionals who can help you reach your health goals safely and sensibly. The counseling is usually individual but may include group classes with topics related to portion control, label reading and goal setting. Physician referral is recommended, and fees may be covered by some health plans.

### **ST. VINCENT HEALTHCARE OUTPATIENT DIETITIAN**

2019 Broadwater Avenue  
Billings, MT 59102  
Phone: (406) 237-8500

### **BILLINGS CLINIC CLINICAL NUTRITION**

2800 10th Avenue North  
Billings, MT 59101  
Phone: (406) 238-2500 ext 4752 or (800) 332-7156 ext 4752



## SUPPORT GROUPS

**MENDED HEARTS** – Education and support for patients, families, and friends. The group meets the 2nd Tuesday of the month at 7 PM. Location alternates between hospitals. For more information, call Billings Clinic Cardiovascular Rehabilitation (406) 247-6431 or St. Vincent Healthcare Cardio-Pulmonary Rehabilitation (406) 238-6428.

**STROKE** – Education and support for those who have experienced a stroke and for their loved ones. Meets monthly. For more information, call St. Vincent Healthcare at (406) 237-7942.

## SMOKING CESSATION PROGRAMS

If you smoke or use tobacco products, QUIT! Smoking increases the risk of heart attack and stroke. The use of tobacco products may also lead to the development of lung, laryngeal and other cancers. The more you smoke, the higher your risk of developing chronic disease. When you stop, your risk starts to drop. Quitting smoking isn't easy. These programs can help you meet that goal.

**MONTANA TOBACCO QUIT LINE  
MONTANA TOBACCO USE PREVENTION PROGRAM**  
Phone: 1-800-485-QUIT NOW (1-800-784-8669)

**Services Provided:** The Tobacco Quit Line is a free telephone service for all Montana residents. Smokers, chewers, family members and health care providers are all welcome to call for tobacco cessation information. The program includes coaching sessions, individualized quit plans, nicotine replacement therapy, and Chantix® at a reduced cost. Health care providers may fax patient referrals directly to the Tobacco Quit Line for call back at a later date.

## PHYSICAL ACTIVITY

**ANYTIME FITNESS**  
1509 Main Street  
Billings, MT 59105  
Phone: (406) 839-9060  
anytimefitness.com

2702 Montana Avenue  
Billings MT 59105  
Phone: (406) 294-0170

805 24th Street West  
Billings, MT 59106  
Phone: (406) 839-2075

**BILLINGS ATHLETIC CLUB**  
777 15th St. West  
Billings, MT 59102  
Phone: (406) 259-2626  
www.bacfitness.com

**BILLINGS COMMUNITY AND  
SENIOR CENTER**  
360 North 23rd  
Billings, MT, 59101  
Phone: (657-3050)

**CIRCUIT, THE WOMEN IN  
FITNESS (The Heights)**  
2376 Main Street  
Billings, MT 59105  
Phone: (406) 896-0204

**CLUB ROCKY**  
1511 Poly Drive  
Billings, MT 59102  
Phone: (406) 657-1035

**CURVES**  
926 Main St. # 4  
Billings, MT 59105  
Phone: (406) 252-1300  
curves.com

1500 Broadwater Ave. #2  
Billings, MT 59102  
Phone: (406) 651-1911

**EVOLUTION GYM  
WOMEN'S CIRCUIT**  
1002 10th Street West  
Billings, MT 59102  
Phone: (406) 245-1631  
(406) 867-0380

**FITNESS 19**  
15 Avanta Way  
Billings, MT 59102  
Phone: (406) 294-1900  
www.fitness.com

**GRANITE HEALTH &  
FITNESS**  
3838 Avenue B  
Billings, MT 59102  
Phone: (406) 294-5040  
www.granitebillings.com

**HEIGHTS FITNESS  
CENTER**  
1323 Main Street, Suite A  
Billings, MT 59105  
Phone: (406) 252-7737

**INCHES-A-WEIGH**  
2499 Gabel Road  
Suite #3  
Billings, MT 59102  
(406) 652-9142  
www.inchesaweigh.com

**1-2-3 FIT**  
1510 24th Street West  
Billings, MT 59102  
Phone: (406) 248-3415

**OZ FITNESS**  
1595 Grand Ave.  
Suite #H1  
Billings, MT 59102  
Phone: (406) 245-0960  
www.24hourfitness.com

**PLAZA FITNESS**  
131 Moore Lane  
Billings, MT 59101  
(406) 259-4566

**SNAP FITNESS**  
1780 Shiloh Rd.  
Billings, MT 59106  
Phone: (406) 656-4309  
snapfitness.com

**YMCA**  
402 N 32nd St.  
Billings, MT 59101  
Phone: (406) 248-1685  
www.billingsymca.org

There is help available for people who have no insurance and can't afford to purchase their medicines. Below is a list of resources that will help with the high cost of prescription medications. Many pharmaceutical companies have patient assistance programs that provide selected prescription medicines free or at a reduced charge to patients who cannot afford necessary medicines. The sources below can help you determine whether your medicines fall under this type of program.

**BIG SKY RX**

Phone: 1-866-369-1233  
www.Bigskyrx.mt.gov

**Services Provided:** Big Sky Rx will help pay premiums for some Medicare beneficiaries who are enrolled in the prescription drug plan created by Medicare – Medicare Part D. For more information, call the number above or write to: Big Sky Rx, P.O. Box is 202915, Helena, MT 59620.

**BILLINGS CLINIC MEDICATION ASSISTANCE/RECOVERY PROGRAM (MAP/MRP)**

For information, call (406) 238-5897 or (406) 238-5896  
To make an appointment, call (406) 238-2501 (800) 332-7156

**Service Provided:** The Billings Clinic MAP/MRP programs assist patients who are non-insured or under-insured to obtain prescription medications from drug companies (not all medications are available). Advocates will assist in every step of the application process.

**MEDICARE PART D**

1-800-MEDICARE (1-800-633-4227)  
www.dphhs.mt.gov

**Services Provided:** To learn more about the Medicare-sponsored drug insurance program, call 1-800-MEDICARE or the State Health Insurance Assistance Plan at 1-800-551-3191.

**NEEDYMEDS.ORG**

www.needymeds.org

**Services Provided:** This website contains up-to-date information on patient assistance programs obtained directly from the drug manufacturers. The website has a listing of pharmaceutical company programs, medications and applications for many programs. NeedyMeds is an information source, not a program itself.

**PARTNERSHIP FOR PRESCRIPTION ASSISTANCE**

Phone: 1-888-477-2669  
www.pparxmt.org

**Services Provided:** Drug companies, doctors, health care providers, patient advocacy organizations and community groups have combined resources to help qualifying uninsured people get free prescription medications.

**RIVERSTONE HEALTH MEDICATION ASSISTANCE PROGRAM (MAP)**

For more information, call (406) 247-3387

**Services Provided:** RiverStone Health Medication Assistance Program assists patients who are non-insured or under-insured to obtain prescription medications from drug companies (not all medications are available). Advocates will assist in the application process.

**ST. VINCENT HEALTHCARE MEDICATION ASSISTANCE PROGRAM (MAP)**

For more information or to make an appointment, call (406) 237-8122

**Services Provided:** The St. Vincent Healthcare Medication Assistance Program assists patients who are non-insured or under-insured to obtain prescription medications from drug companies (not all medications are available). Advocates will assist in every step of the application process.

**TOGETHER RX ACCESS**

Phone: 1-800-444-4106  
www.TogetherRXAccess.com

**Services Provided:** The Together RX Access program was created as a public service to provide savings on prescriptions for eligible residents who have no prescription coverage.

## SPECIALTY CLINICS & PROGRAMS

These clinics and programs provide specialty services that may be appropriate for certain individuals recovering from heart disease or stroke.

### **BILLINGS CLINIC – CARDIOVASCULAR SERVICE**

1020 North 27th Street 2nd Floor  
Billings, MT 59107  
Phone: (406) 238-2000 or (800) 332-7156

**Services Provided:** Comprehensive services including full cardiac diagnostic, treatment, and rehabilitative services.

### **BILLINGS CLINIC CREATE YOUR WEIGHT PROGRAM**

2800 10th Avenue North  
Billings, MT 59101  
Phone: (406) 238-2500 ext 4752 or (800) 332-7156 ext 4752

**Services Provided:** Create Your Weight is a 15-month, two phase program that focuses on permanent lifestyle changes for long-term weight loss and improved health.

### **BILLINGS CLINIC NEUROSCIENCES DEPARTMENT**

801 North 29th  
Billings, MT 59101  
Phone: (406) 238-2500 or (800) 332-7156

**Services Provided:** The Billings Clinic Neurosciences Department consists of a multidisciplinary team providing a wide variety of neurologic services including stroke.

### **BILLINGS CLINIC PHYSICAL MEDICINE AND REHABILITATION**

801 North 29th Street  
Billings, MT 59101  
Phone: (406) 238-2500 ext.2754 or (800) 332-7156 ext 2754

**Services Provided:** Physical Medicine and Rehabilitation offers a comprehensive rehabilitation program specifically designed for each individual depending on the injury, disorder, or illness. The goal of rehabilitation and treatment is to restore impaired individuals to healthy independent lives.

## SPECIALTY CLINICS & PROGRAMS

### **BILLINGS CLINIC SENIOR LIFE PARTNERS**

2800 10th Avenue North  
Billings, MT 59101  
Phone: (406) 657-4400 or (800) 332-7156 ext 4400

**Services Provided:** Programs for seniors include health education, assisted living retirement apartments, membership in the senior advocacy program, and PACE (Programs of all Inclusive Care for the Elderly).

### **BILLINGS CLINIC STROKE CARE**

2800 10th Avenue North  
Billings, MT 59101  
Phone: (406) 238-2500 or (800) 332-7156

**Services Provided:** Assessment and treatment of stroke through a multidisciplinary team approach. In 2009 Billings Clinic received the American Heart Association/American Stroke Association's Get with the Guidelines® Stroke Gold Plus Performance Achievement Award and is also certified by the Joint Commission as a Primary Stroke Center.

### **CARDIOVASCULAR CONSULTANTS OF MONTANA**

1101 North 27th Street, Suite F  
Billings, MT 59101  
Phone: (406) 325-5555

**Services Provided:** CardioVascular Consultants of Montana is a private cardiology practice. Services offered include EKG's, echocardiograms, stress tests, pacemaker and defibrillator checks. We provide complete heart care to our patients utilizing the most advanced technology in a warm relaxing office environment. Convenient/same day scheduling, testing and result notification are hallmarks of our practice.

### **MONTANA HEART INSTITUTE**

2900 12th Avenue North, Suite 204E  
Billings, MT 59101  
Phone: (406) 237-5001

**Services Provided:** Stress test, echocardiology, nuclear stress test, Computed Tomography (CT) scans, holter and event monitoring, pace maker/implantable cardioverter defibrillator (ICD) follow-up program. Echo lab accredited by The Intersocietal Commission for the Accreditation of Echocardiography Laboratories (ICAEL).

**NEUROLOGY ASSOCIATES PLLC**

2900 12th Avenue North, Suite 402 East  
 Billings, MT 59101  
 Phone: (406) 238-6670

**Services Provided:** General neurology services by referral.

**RIVERSTONE HEALTH**

127 South 27th Street  
 Billings, MT 59101  
 Phone: (406) 247-3350

**Services Provided:** RiverStone Health provides quality, cost effective services for all members of the community regardless of their ability to pay for those services. They also work to find programs and services which meet the needs of various community members. To that end, RiverStone Health offers access to primary healthcare services as well as medication assistance.

**SPASTICITY REHABILITATION CLINIC**

2900 12th Avenue North Suite 202 East  
 Billings, MT 59101  
 Phone: (406) 237-5554

**Services Provided:** Implementation of a variety of therapeutic modalities, ranging from orthotic evaluation and rehabilitative exercise to Botulinium Toxin injections, Pheno neurolysis, and intrathecal Baclofen to control excessive truncal and extremity tone (spasm) from an upper motor neuron insult. A comprehensive evaluation and tailored rehabilitative program is provided for patients with stroke, spinal cord injury, brain injury, multiple sclerosis, cerebral palsy and other neurodegenerative diseases.

**ST. VINCENT HEALTHCARE CENTER FOR HEALTHY LIVING**

2223 Mission Way  
 Billings, MT 59102  
 Phone: (406) 237-8989

**Services Provided:** General adult services include EKG, flu shots, referral to other specialists, and an onsite lab. Call the number above for more information.

**ST. VINCENT HEALTHCARE HEADWAY OUTPATIENT REHABILITATION**

1233 North 30th Street  
 Billings, MT 59101  
 Phone: (406) 238-6440

**Services Provided:** Headway is an outpatient treatment program for people who have an acquired brain injury such as traumatic brain injury or stroke. After initial evaluation, the rehabilitative team develops a treatment plan with a goal of returning you to a more active life.

**ST. VINCENT HEALTHCARE OUTPATIENT REHABILITATION SERVICES**

2900 12th Avenue N. Suite 10 W  
 Billings, MT 59101  
 Phone: (406) 238-6400

**Services Provided:** For those regaining their quality of life, rehabilitation restores function after stroke, heart surgery, hip and knee replacement, or trauma. Services include improving balance, driving assessments, speech therapy, and improving motor skills.

**ST. VINCENT HEALTHCARE PHYSICAL MEDICINE & REHABILITATION CLINIC**

2900 12th Avenue Suite 400 E  
 Billings, MT 59101  
 Phone: (406) 237-7125

**Services Provided:** Patients are referred to this clinic by their primary care providers for electrodiagnostic testing. The physicians at PMC also provide follow-up care to those patients discharged from the St. Vincent Healthcare New Hope facility.

**ST. VINCENT HEALTHCARE WEIGHT MANAGEMENT CLINIC**

1101 North 27th Street, Suite 101  
 Billings, MT 59101  
 Phone: (406) 248-4580

**Services Provided:** The specialized staff of medical professionals and educators has extensive training and experience in weight management. A combination of medicine, nutrition and education are utilized to provide safe, effective weight loss and maintenance designed specifically to meet your needs.

## SPECIALTY CLINICS & PROGRAMS

### YELLOWSTONE COUNTY COUNCIL ON AGING (YCCOA)

1505 Avenue D  
P.O. 20895  
Billings, MT 59102  
Phone: (406) 259-9666  
yccoapv@imt.net

**Services Provided:** The mission of YCCOA is to provide resources for quality, senior-related programs and services. In addition, it assists seniors within Yellowstone County and their families to prepare and aid them through the aging process.

### YELLOWSTONE HEART CENTER

2900 12th Avenue North, Suite 280 W  
Billings, MT 59101  
Phone: (406) 237-5555

**Services Provided:** Comprehensive services including full cardiac diagnostic, treatment and rehabilitative services.

## MEDICAL EQUIPMENT & SUPPLIES

### BILLINGS CLINIC HOME OXYGEN & MEDICAL EQUIPMENT

801 North 27th Street  
Billings, MT 59101  
Phone: (406) 657-4999 or (800) 322-7156

**Services Provided:** Durable medical equipment such as walkers, wheelchairs, canes, bath and toilet aids, bed accessories, hospital beds, oxygen and pulmonary supplies are available.

### BILLINGS CLINIC LIFELINE

2800 10th Avenue North  
Billings, MT 59101  
(406) 657-4400 or  
(800) 332-7156 ext 4400

**Services Provided:** Lifeline is an easy to use medical alert service designed to reduce the risk of living alone. In the event of a fall or emergency, help is available at the push of a button that can be worn on the wrist or around the neck.

### ST. VINCENT HEALTHCARE CARELINE

Home Oxygen and Medical Equipment  
1124 16th Street West Suite 6  
Billings, MT 59102  
Phone: (406) 237-8926

**Services Provided:** With CareLine, a simple button worn around the neck assures safety and rapid help.

### ST. VINCENT HEALTHCARE HOME OXYGEN AND MEDICAL EQUIPMENT

1124 16th Street West Suite 6  
Billings, MT 59102  
Phone: (406) 237-8900

**Services Provided:** A full line of walkers, wheelchairs, scooters, and other medical equipment is available.

## HOME HEALTH AGENCIES

**RIVERSTONE HEALTH HOME CARE**  
123 South 27th Street  
Billings, MT 59101  
Phone: (406) 651-6500

**ROCKY MOUNTAIN HOME CARE**  
2110 Overland Avenue Suite 114  
Billings, MT 59102  
Phone: (406) 652-8883  
Toll free: 877-546-8915

## IN-HOME CARE GIVERS AND CARE MANAGERS

### A PLUS HEALTH

705 Lincoln Lane  
Billings, MT 59105  
Phone: (406) 245-6356

**Services Provided:** Care available from one to twenty-four hours daily. Assistance with activities of daily living, dressing, personal hygiene, meal preparation, shopping, light housekeeping, transportation, medical escorts and medication reminders. Companionship also available.

### ANTIQUE ROSE CARE MANAGEMENT

P.O. Box 51236  
Billings, MT 59105  
Phone: (406) 651-8930 or 888-651-8930

**Services Provided:** A 2-hour minimum. 24-hour care available. Assistance with meal preparation, shopping, light housekeeping, personal care, companionship, supervision, medical escorts and medication reminders. An RN Care Manager is available to assist with arranging care, changes in needs, problem solving. There is an initial assessment fee.

### HOME CARE SERVICES

929 Broadwater Square  
Billings, MT 59101  
Phone: (406) 248-4358

**Services Provided:** Care available until approximately 10 p.m. 7 days/week. Assistance with personal care, meal preparation, light housekeeping, laundry, companionship, supervision, medical escorts and shopping.

### INTERIM HEALTHCARE

3312 2nd Avenue North  
Billings, MT 59101  
Phone: (406) 545-5560

**Services Provided:** Assistance with personal care, meal preparation, light housekeeping, laundry and medication reminders. Weekly nurse visits.

## IN-HOME CARE GIVERS AND CARE MANAGERS

### NIGHTINGALE NURSING & CAREGIVING

711 Central Avenue  
Billings, MT 59102  
Phone: (406) 651-5240

**Services Provided:** Care available from approximately 7 a.m. until approximately 10 p.m. 7 days/week. Assistance with personal care, meal preparation, light housekeeping, laundry, companionship, supervision, medical escorts and shopping. Accepts Medicaid.

### PRIVATE DUTY PROGRAM

#### RIVERSTONE HEALTH

123 South 27th street  
Billings, MT 59101  
Phone: (406) 651-6500

**Services Provided:** LPN skilled visits include filling medication boxes, blood draws for lab work, checking vital signs, checking blood sugars and assisting with insulin. They work under the direction of the physician.

### ROCKY MOUNTAIN HOME CARE

2110 Overland Avenue Suite 114  
Billings, MT 59102  
Phone: (406) 652-8883

**Services Provided:** 24-hour care is available. Services include personal care, meal preparation, light housekeeping, laundry, companionship and supervision. Transportation is not available.

### SENIOR HELPING HANDS

31/2 North 35th Street  
Billings, MT 59101  
Phone: (406) 259-3111

**Services Provided:** The Senior Helping Hands Program is a state licensed, not-for-profit home health agency. The primary mission is to assist older members of the community to remain in their homes, regardless of their ability to pay. To this end, services provided range from homemaking, shopping, transportation and socialization to assistance with personal hygiene, medication management and nursing care. These services are provided on an intermittent basis. Help is not available on weekends. Those requesting care complete a financial statement to determine their share of the cost for services.

## IN-HOME CARE GIVERS AND CARE MANAGERS

### SENIOR TRANSITIONS

2817 2nd Avenue North Suite 203  
Billings, MT 59101  
Phone: (406) 245-9934

**Services Provided:** Assistance and guidance, care givers and guardians. Includes Geriatric Care Management; Mediations & Family Arbitration; Retirement, Assisted Living, Dementia Care and Nursing Home Finder; finding the right providers for Personal & Fiduciary Accounting; Elder Law; Guardianships & Conservatorships; Estate Planning; Medical & Care Providers; other Community Resources; Financial Planning for funding a recommended living situation and a Life Aging Plan development. Call for fees.

### STEP, INC. LIFESPAN RESPITE

644 Grand Avenue Suite 1  
Billings, MT 59101  
Phone: (406) 248-2055

**Services Provided:** Agency connects consumers with private hire caregivers for the sole purpose of respite care. Private caregivers identify their own rate. Some limited scholarships are also available.

### VISITING ANGELS

328 Grand Avenue  
Billings, MT 59101  
Phone: (406) 259-7580

**Services Provided:** Non-medical care. 2-hour minimum with services up to 24 hours/day. 24-hour "live-in" rate available. Interview and select the caregiver. Care includes assistance with hygiene, medication reminders, meal preparation, light housekeeping, shopping/errands, companionship and transportation.

### WILLOWBEND NURSE CONSULTING & CASE MANAGEMENT

1004 Division Street, CN Plaza, Room 104  
Billings, MT 59101  
Phone: (406) 208-8047

**Services Provided:** Case management includes the case manager as Conservator, Guardian, Power of Attorney and Representative Payee. Home studies for safety evaluations, education and referral information.

## EXTENDED CARE FACILITIES

### ASPEN MEADOWS

3155 Avenue C  
Billings, MT 59102  
Phone: (406) 656-8818

### BILLINGS CLINIC TRANSITIONAL CARE UNIT

2800 10th Avenue North  
P.O. Box 3700  
Billings, MT 59101  
Phone: (406) 238-2500 or (800) 332-7156

### BILLINGS HEALTH & REHABILITATION

2115 Central Avenue  
Billings, MT 59102  
Phone: (406) 656-6500

### EAGLE CLIFF MANOR

1415 Yellowstone River Road  
Billings, MT 59105  
Phone: (406) 245-9330

### PARKVIEW CARE CENTER

600 South 27th Street  
Billings, MT 59101  
Phone: (406) 259-8000

### ST JOHN'S LUTHERAN HOME

3940 Rimrock Road  
Billings, MT 59102  
Phone: (406) 656-2710

### VALLEY HEALTH CARE CENTER

1807 24th Street West  
Billings, MT 59102  
Phone: (406) 656-5010

These organizations and web sites are sources of credible medical and health information.

**BILLINGS CLINIC HEALTHLINE**

Phone: (406) 255-8400 or (800) 252-1246

**Services Provided:** Twenty-four hours a day, 7 days a week, Billings Clinic HealthLine delivers answers to your health-related questions. Registered nurses help you search for specific health-related information or find a health care provider who meets your needs.

**BILLINGS CLINIC LIBRARY**

Phone: (406) 238-2226

**Services Provided:** The Billings Clinic Medical Library is open from 8-5, Monday-Friday and is located in the lower level of the Billings Clinic. Patients are welcome to come to the library to conduct health-related research, and families of patients being treated at the clinic or hospital are welcome to come to the library to use the Internet services.

**HEALTH AND SCIENCES LIBRARY AT ST. VINCENT HEALTHCARE MANSFIELD HEALTH EDUCATION CENTER**

1145 North 30th  
Billings, MT 59101  
Phone: (406) 237-8640

**Services Provided:** The public is welcome to use the St. Vincent Health-care library. Call the number above for more information.

**ST. VINCENT HEALTHCARE NURSE ADVISOR**

Phone: (406) 657-8778

**Services Provided:** Sometimes you just need a quick answer to a medical question. St. Vincent's Nurse Advisor program lets you get simple answers to your questions fast. Nurse Advisor is available 24/7.

**American Council on Exercise**

[www.acefitness.org/fitfacts/](http://www.acefitness.org/fitfacts/)

**American Dietetic Association**

[www.eatright.org](http://www.eatright.org)

**American Heart Association**

[www.americanheart.org](http://www.americanheart.org)

**American Stroke Association**

[www.strokeassociation.org](http://www.strokeassociation.org)

**Billings Clinic**

[www.billingsclinic.com](http://www.billingsclinic.com)

**Montana Association of Cardiovascular & Pulmonary Rehabilitation**

[www.angelfire.com/mt2/macvpr/](http://www.angelfire.com/mt2/macvpr/)

**Montana Cardiovascular Health Program**

<http://montanacardiovascular.mt.gov>

**Montana Dietetic Association:**

[www.montanadieticassociation.org](http://www.montanadieticassociation.org)

**National Heart, Lung and Blood Institute**

[www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

**Social Security Administration**

[www.socialsecurity.gov](http://www.socialsecurity.gov)

**St. Vincent Healthcare**

[www.svh-mt.org](http://www.svh-mt.org)

**USDA Food Guide Pyramid**

[www.mypyramid.gov](http://www.mypyramid.gov)

**Yellowstone County Council on Aging**

<http://www.yccoa.org/index.html>

It is extremely important to be aware of the warning signs of a heart attack or stroke. Treatments are available to reverse the detrimental effects but can only be initiated within a short period of time after symptom onset. Familiarize yourself with the following warning signs recognized by the American Heart Association:

**Heart Attack:** Symptoms can come on quickly with intense pain or discomfort. However, symptoms commonly start out less intense, leading some to believe it is not an emergency. Common symptoms include:

- Chest discomfort
- Pain or discomfort in the shoulders, arms, neck or jaw
- Shortness of breath
- Nausea
- Lightheadedness
- Sweating

**Stroke:** Symptoms of stroke are usually characterized by a rapid onset. Many times, individuals having a stroke are confused and may not understand what is happening. Common symptoms include:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

If you or someone you witness experience one or more of these symptoms, **call 911 immediately.**

The Montana Cardiovascular Health Program would like to thank the following individuals for their time and help in assembling this resource guide: Erika Schreibeis, Jo Bauwens, Mary Taylor, Margo Aldrich, Inger Curtis, Peggy Stribley, Mary Hutchinson and Karrie Cleveland.

## QUESTIONS

If you have questions about this resource guide, contact:

**Marilyn McLaury, M.S., R.D.**

Montana Cardiovascular Health Program  
Montana Department of Public Health & Human Services  
P.O. Box 202951  
Helena, MT 59620  
Phone: (406) 444-6968  
Fax: (406) 444-7465  
E-mail: [mmclaury@mt.gov](mailto:mmclaury@mt.gov)

## WHAT DO YOU THINK?

Please take a moment to answer a few questions about the usability of this Billings resource guide.

1. Was this guide useful?       Yes       No

2. Which sections did you use as a reference?

- Cardiac Rehab Facilities
- Stroke Rehab Facilities
- Diabetes Management Programs
- Nutrition Education/Counseling
- Support Groups
- Smoking Cessation
- Physical Activity
- Prescription Drug Patient Assistance Programs
- Specialty Clinics & Programs
- Medical Equipment & Supplies
- Home Health Agencies
- In-Home Caregivers & Care Managers
- Extended Care
- Consumer Health Information
- Heart Attack and Stroke Signs

3. What other kinds of information would be useful to include in this guide?

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4. Other comments or suggestions:

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Please return this form to:

**Marilyn McLaury, M.S., R.D.**

Montana Cardiovascular Health Program

Montana Department of Public Health & Human Services

P.O. Box 202951

Helena, MT 59620-2951

Phone: (406) 444-6968

Fax: (406) 444-7465

E-mail: [mmclaury@mt.gov](mailto:mmclaury@mt.gov)



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