

# Butte Resource Guide

for Individuals Recovering from  
Heart Disease or Stroke



# Butte Resource Guide for Individuals Recovering from Heart Attack 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 the Butte area to help you make these lifestyle changes.

## TABLE OF CONTENTS

Cardiac Rehabilitation Facilities	3
Stroke Rehabilitation Facilities	4-5
Diabetes Management Programs	6
Nutrition Education	7
Support Groups	7
Physical Activity	8
Prescription Drug Patient Assistance Programs	9-10
Smoking Cessation	10
Specialty Clinics & Programs	11
Community Services & Programs	12
Medical Equipment & Supplies	13
Home Health Care Agencies	13
In-Home Care	14
Consumer Health Information and Websites	15
Signs and Symptoms	16
Acknowledgements	17
Evaluation Form	18

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

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## Cardiac Rehabilitation

Cardiac rehabilitation (rehab) is a supervised program that includes therapeutic exercise, education and emotional support for people who have had a heart attack, bypass surgery 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 most health plans.

### **ST. JAMES HEALTHCARE CARDIAC REHABILITATION**

400 South Clark

Butte, MT 59701

Phone: (406) 723-2560



## STROKE REHABILITATION

Stroke rehabilitation is an individualized, medically supervised program that assists with recovery from a stroke. Different levels of rehabilitation exist depending on your medical status and functional limitations. In Butte, St James Healthcare offers physical, occupational and speech therapy as you are recovering in the hospital setting after a recent stroke. Once your physician determines you are medically ready, you may transfer to a variety of different settings to continue your rehab. One option is an Acute In-Patient Rehab Facility, such as those located in Missoula, Great Falls or Billings. Another option is to continue therapy in a short term setting such as St James Transitional Care Unit (TCU). For those requiring longer term rehabilitation, you may transfer to an extended care facility. Finally for those able to return home, out patient therapy is an excellent option for continuing your therapy.

### SHORT TERM REHABILITATION FACILITIES

#### **ST JAMES HEALTHCARE TRANSITIONAL CARE UNIT (TCU)**

Physical, Occupational and Speech Therapy  
400 South Clark  
Butte, MT 59701  
Phone: (406) 723-2737

### EXTENDED CARE AND REHABILITATION FACILITIES

#### **BUTTE CARE AND REHABILITATION CENTER**

Physical, Occupational, and Speech Therapy  
2400 Continental Drive  
Butte, MT 59701  
Phone: (406) 723-6556

#### **COPPER RIDGE HEALTH AND REHABILITATION**

Physical, Occupational and Speech Therapy  
3251 Nettie Street  
Butte, MT 59701  
Phone: (406) 723-3225

#### **THE CREST**

Physical, Occupational, and Speech Therapy  
3131 Amherst  
Butte, MT 59701  
Phone: (406) 494-7035

# STROKE REHABILITATION

## OUT-PATIENT REHABILITATION FACILITIES

### **ST. JAMES HEALTHCARE REHABILITATION**

Physical, Occupational and Speech Therapy

400 South Clark

Butte, MT 59701

Phone: (406) 723-2540

### **BUTTE PHYSICAL THERAPY CENTER**

Physical Therapy

200 South Clark

Butte, MT 59701

Phone: (406) 723-4268

### **CENTER FOR PHYSICAL THERAPY AND WELLNESS**

Physical Therapy

1309 Harrison Avenue

Butte, MT 59701

Phone: (406) 782-5887

### **COMMUNICATION MATTERS, LLC**

Speech Therapy

202 West Park Street

Butte, MT 59701

Phone: (406) 723-4830

### **SILVER BOW THERAPY**

Physical Therapy

3718 East Lake Drive

Butte, MT 59701

Phone: (406) 494-7050

### **ST JAMES HEALTHCARE REHABILITATION IN WHITEHALL**

Physical, Occupational and Speech Therapy

309 East Legion Street

Whitehall, MT 59759

Phone: (406) 287-3717

### **STENSON PHYSICAL THERAPY CLINIC**

Physical and Occupational Therapy

700 West Gold Street

Butte, MT 59701

Phone: (406) 782-4748

## 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 and registered dietitians with special training and experience in diabetes management. Individual and group classes are available. Physician referral is recommended, and fees may be covered by some health plans.

### **BUTTE COMMUNITY HEALTH CENTER**

445 Centennial Avenue  
Butte, MT 59701  
Phone: (406) 723-4075 ext. 221

### **MERCURY STREET MEDICAL**

300 West Mercury Street  
Butte, MT 59701  
Phone: (406) 723-1300

### **NORTH AMERICAN INDIAN ALLIANCE**

55 East Galena  
Butte, MT 59701  
Phone: (406) 782-0461

### **ST. JAMES HEALTHCARE**

400 S. Clark  
Butte, MT 59701  
Phone: (406) 723-2960

## 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.

### **BUTTE COMMUNITY HEALTH CENTER**

445 Centennial Avenue  
Butte, MT 59701  
Phone: (406) 723-4075

### **ST. JAMES OUTPATIENT DIETITIAN COUNSELING**

400 South Clark Street  
Butte, MT 59701  
Phone: (406) 723-2646 (dietitian)  
(406) 723-2950 (scheduling)

## SUPPORT GROUPS

### **BUTTE COMMUNITY HEALTH CENTER DIABETES SUPPORT GROUP**

The group meets monthly at the Belmont Senior Center.  
For more information, call (406) 723-4075.

### **BUTTE COMMUNITY NETWORK DIABETES SUPPORT GROUP**

The group meets the third Thursday of the month at 6 p.m. at the St. James dining rooms. Diabetes classes are also held at St. James Healthcare. For more information, call (406) 723-2960.

### **NORTH AMERICAN INDIAN ALLIANCE DIABETES SUPPORT GROUP**

For more information, call (406) 782-0461.

### **ST. JAMES DIABETES SUPPORT GROUP**

The group meets the third Thursday of the month at 6 p.m. at the St. James dining rooms. Diabetes classes are also held at St. James Healthcare. For more information, call (406) 723-2960.

## PHYSICAL ACTIVITY

These programs and facilities can help you to improve your health by increasing your physical activity level. Be sure to check with your physician before starting a physical activity program.

### **BIG SKY HEALTH & FITNESS**

3718 East Lake Drive  
Butte, MT 59701  
Phone: (406) 494-9400

### **FUEL FITNESS**

3755 Harrison Avenue  
Butte, MT 59701  
Phone: (406) 221-7000

### **BUTTE FAMILY YMCA**

2975 Washoe Street  
Butte, MT 59701  
Phone: (406) 782-1266  
[www.ymca.net](http://www.ymca.net)

### **S AND T FITNESS**

3255 Hecla Street  
Butte, MT 59701  
Phone: (406) 782-1134

### **SNEAKERS ON THE GO**

Belmont Senior Center  
615 East Mercury  
Butte, MT 59701  
Phone: (406) 723-7773

**Services Provided:** Exercise for seniors.

### **YMCA MEDICAL EXERCISE PROGRAM**

YMCA Family Fitness Center  
4040 Paxson  
Butte, MT 59701  
Phone: (406) 723-2560  
(St. James Cardiac Rehab)

**Services Provided:** This program is offered through a cooperative agreement between the Butte Family YMCA and the St. James Healthcare Cardiac Rehabilitation Department. It is designed to help those that will benefit from a supervised exercise program. Client's progress will be reported to their physician upon request and is supervised by qualified personnel.

## PRESCRIPTION DRUG PATIENT ASSISTANCE PROGRAMS

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 cost 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](http://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 202915, Helena, MT 59620.

### **BUTTE COMMUNITY HEALTH CENTER MEDICATION ASSISTANCE PROGRAM (MAP)**

Phone: (406)723-4075

**Services Provided:** This 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 patients with the application process.

### **MEDICARE PART D**

1-800-MEDICARE

[www.dphhs.mt.gov](http://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.COM**

Phone: (215) 625-9609

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

**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.

## PRESCRIPTION DRUG PATIENT ASSISTANCE PROGRAMS

### **PARTNERSHIP FOR PRESCRIPTION ASSISTANCE**

Phone: 1-888-477-2669

[www.pparxmt.org](http://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.

### **TOGETHER RX ACCESS**

1-800-444-4106

[www.togetherrxaccess.com](http://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.

## 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.

### **TOBACCO QUIT LINE**

Montana Tobacco Use Prevention Program

Phone: 1-866-485-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, free nicotine replacement therapy (gum, patches or lozenges), and Chantix® or bupropion at a reduced cost. Health care providers may fax patient referrals directly to the Tobacco Quit Line for call back at a later date. For more information, please visit [www.tobaccofree.mt.gov](http://www.tobaccofree.mt.gov)

## SPECIALTY CLINICS & PROGRAMS

### **BUTTE COMMUNITY HEALTH CENTER**

445 Centennial  
Butte, MT 59701  
Phone: (406) 723-4075

**Services Provided:** This health center offers primary medical and dental care. Discounts may be available based on income and family size. They also offer a diabetic support service program and prescription assistance programs for their patients.

### **MERCURY STREET MEDICAL**

300 West Mercury  
Butte, MT 59701  
Phone: (406) 723-1300 or

**Services Provided:** This clinic offers Primary and Specialized Care for the entire family. They also offer laboratory and imaging services.

### **NORTH AMERICAN INDIAN ALLIANCE**

55 East Galena  
Butte, MT 59701  
Phone: (406) 782-0461

**Services Provided:** This clinic offers health care assistance for those who are of American Indian descent. This clinic offers a wide variety of health care including general health/annual exams, diabetes program, youth program, chemical dependency, behavioral/mental health, help with assistance in finding employment, evaluations and education.

### **ROCKY MOUNTAIN CLINIC**

435 South Crystal Street  
Butte, MT 59701  
Phone: (406) 496-3600

**Services Provided:** Rocky Mountain Clinic offers a wide variety of health care including cardiology, neurology, internal medicine, orthopedics, laboratory services, imaging services, family practice and children's clinic.

### **WESTERN MONTANA MENTAL HEALTH CENTER**

106 West Broadway  
Butte, MT 59701  
Phone: (406) 723-5489

**Services Provides:** Counseling offered on an outpatient basis.

### **BELMONT SENIOR CITIZEN CENTER**

615 East Mercury  
Butte, MT 59701  
(406) 723-7773  
belmontseniorcenter.org  
belmontseniors@yahoo.com

**Services Provided:** This center offers a wide variety of services. Lunch is served at the center Mon-Fri. Meals may also be delivered to senior citizens upon referral by a doctor or social service agency. Rides to medical appointments are available Mon-Fri. from 9 a.m. to noon. Rides to the grocery store are available on Tuesday afternoons. For more information on services or on Meals-on-Wheels, call the number listed above.

### **PARATRANSIT SERVICE**

Phone: (406) 497-6515

**Services Provided:** The city bus contracts with the AWARE Service to provide city transport for persons with disabilities. Applications are available through the Dept. of Public Works.

### **SPECTRUM MEDICAL**

3475 Monroe Street, Suite 102  
Butte, MT 59701  
Phone: (406) 723-7987

**Services Provided:** This is a home and community based services program. Case management teams support and monitor services in the home.

### **SPICE OF LIFE PROGRAM**

425 West Porphyry  
Butte, MT 59701  
Phone: (406) 782-5670

**Services Provided:** This program offers services that improves the health and well-being of the members. Members must be 62 years of age and older. They offer educational presentations, health club discounts and foot clinic services.

### **ST. JAMES HEALTHCARE LIBRARY**

400 S. Clark  
Butte, MT 59701  
(406) 723-2523  
Medical Library website: [www.stjameshealthcare.org](http://www.stjameshealthcare.org)

**Services Provided:** Use the St. James Healthcare Medical Library or the medical website to find credible consumer health information.

## MEDICAL EQUIPMENT & SUPPLIES

### HARRINGTON SURGICAL SUPPLY

53 East Broadway Street  
Butte, MT 59701  
Phone: (406) 723-6541

**Services Provided:** Home health care equipment and supplies are available.

### LINCARE

2103 Harrison Avenue  
Butte, MT 59701  
Phone: (406) 723-1212

**Services Provided:** Durable medical equipment and oxygen supplies are available.

### NORCO

1911 Meadowlark Lane  
Butte, MT 59701  
Phone: (406) 494-1349

**Services Provided:** A full line of durable medical equipment and medical alert alarm systems are available.

## HOME HEALTH AGENCIES

### BETA FACTOR HOME HEALTH

Phone: (406) 0039 or (406) 0030

**Services Provided:** Beta Factor Home Health staff can provide nursing care, physical, speech and occupational therapy, and social services. A doctor's order is required for service. Medicare, Medicare Advantage, and private pay are accepted.

### CITY COUNTY HOME HEALTH

Phone: (406) 497-5000

**Services Provided:** City County Home Health is a Medicare certified agency serving Butte-Silver Bow County. With a physicians' order, nursing care, physical, speech and occupational therapy, and medical social services can be provided. Medicare, Medicare Advantage, Medicaid, and private pay are accepted. Services may be provided for people without the ability to pay.

### FRONTIER HOME HEALTH

Phone: (406) 723-8933

**Services Provided:** Frontier Home Health is a Medicare certified home health agency which provides skilled services to patients in their homes. With a doctor's order, the staff can provide nursing, physical, occupational and speech therapy, social work and home health aide assistance. These services are provided following a hospitalization or surgery, with a newly diagnosed condition or with an identified need for education and short term management of many chronic conditions. Medicare, Medicare Advantage, Medicaid, VA benefits and private insurance are accepted.

## IN-HOME CARE

### **BELMONT SENIOR CENTER**

Phone: (406) 723-7773

**Services Provided:** Assistance with personal care, meal preparation, laundry, light housekeeping, companionship, supervision, medical escorts and shopping is available. Private pay is accepted.

### **EASTER SEALS HOMECARE**

Phone: (406) 533-0020

**Services Provided:** Assistance with personal care, meal planning and preparation, housekeeping, socialization, respite for caregivers, shopping and errands, medication reminders, and companionship. Private Duty Nursing care is also available.

### **NIGHTINGALE NURSING AND CAREGIVING**

Phone: (406) 782-5024

**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 may be provided. Private pay, Medicaid and some private insurance plans are accepted.

## CONSUMER HEALTH INFORMATION & WEBSITES

**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)

**Montana Association of Cardiovascular & Pulmonary Rehabilitation**

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

**Montana Bridge to Benefits**

<http://mt.bridgetobenefit.org/>

**Montana Cardiovascular Health Program**

<http://montanacardiovascular.mt.gov>

**Montana Dietetic Association**

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

**National Heart, Lung, and Blood Institute**

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

**St James Healthcare**

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

**Social Security Administration**

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

**USDA Food Guide Pyramid**

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

## SIGNS OF HEART ATTACK AND STROKE

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.**

## ACKNOWLEDGEMENTS

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Dana Rice, Holly Ferguson, Elaine Schnell

## QUESTIONS

If you have questions about this resource guide, contact:

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

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## WHAT DO YOU THINK?

Please take a moment to answer a few questions about the usability of this Butte-area guide.

1. Was this guide useful?  Yes  No

2. Which sections did you use as a reference?

- Cardiac Rehab
- Stroke Rehab
- Diabetes Management Programs
- Nutrition Education/Counseling
- Physical Activity
- Smoking Cessation
- Specialty Clinics & Programs
- Community Services & Programs
- Medical Equipment & Supplies
- Home Health Agencies
- In-Home Care
- Consumer Health Information Websites

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 McLaurry, M.S., R.D.**

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