

SENIOR FOCUS

ALTERNATIVES TO LIVING IN YOUR HOME

Sometimes it just does not work to remain living in your home. You might have physical needs that exceed the capabilities of those who are assisting you or caring for you so it is not an option to remain in your home. So – what *are* your options?

Conrad is blessed to have three facilities that can become the next stepping stone for you and your care. This month I will provide information about these as well as a contact person(s) for each of these options and a number to call if you want more information.

HORIZON LODGE

Horizon Lodge is an independent living, not-for-profit, apartment complex for those age 62 and older or adults who have a handicap or a disability. There is an activity room for parties, Bingo, card games, billiards, special events, and weekly church services for the residents. Various churches in Conrad regularly provide the services. A three-season atrium area and a large patio area for plants and visiting is also part of the Horizon experience. A guestroom is available for visitors, or your visitors are welcome to stay with you in your home. Recently a walking path was added outside with resting areas for residents to use.

Horizon Lodge features unfurnished studio, one bedroom and one bedroom plus apartments that are equipped with a kitchenette, cabinets, refrigerator, full bathroom, multiple closets, ceiling fans, blinds and carpeting. Utilities, parking, meals, weekly apartment vacuuming and cleaning of the bathroom are included in the rental cost. 24-hour emergency maintenance is standard. Dogs or cats, 20 pounds and under, birds, and service animals are welcome.

Three meals a day are available except for Holidays, Saturdays and Sundays when two meals a day and the option of an evening box supper delivered to the apartment are offered. Most dietary needs can be accommodated. If at any time a resident is unable to leave the apartment a meal can be delivered to the apartment. Families and guests are welcome to share meals with the residents. Traditional holiday meals are served.

If a resident needs limited assistance in order to maintain an independent lifestyle, contact the Pondera Home Health Agency at 406-271-5566 or Easter Seals at 406-466-2088 to find out what services would be available.

Free deliveries from local pharmacies and the grocery store are available. An in-house beautician is also available. The community offers a Senior Surrey that provides transportation for residents Monday – Friday. Their number is 949-2898 or you can also call the Senior Center at 271-3911.

Horizon Lodge is located at 701 S. Wisconsin St., Conrad. If you would like a personal tour, more information or rental cost options, please call Troy Shirley, Administrator, at 406-271-3233 or visit their new website at horizon-lodge.com.

BEE HIVE

The *Bee Hive* offers a quality home environment with professional services and staff. It is state licensed, regulated and a member of Assisted Living Federation of America. The *Bee Hive* provides medication monitoring and charting, home-cooked dietitian approved meals, assistance with Activities for Daily Living (ADLs), daily housekeeping services, laundry services, and individual and group activities.

There are 11 private rooms available that provide a family style living in a residential setting. Each private room comes complete with all furnishings, private bath, emergency call system, cable TV hook-up and phone hook-up. Residents are encouraged to personalize their room. Personal furniture is allowed if you would rather have your own.

The community offers a Senior Surrey that provides transportation for residents Monday – Friday. Their number is 949-2898 or you can also call the Senior Center at 271-3911.

The *Bee Hive* is located at 205 N. Wisconsin, Conrad. If you would like a personal tour, more information or costs, please contact Melonie Awtrey, owner/administrator at 406-590-7041.

PONDERA MEDICAL CENTER - EXTENDED CARE FACILITY

Pondera Medical Center – Extended Care Facility (PMC-ECF) offers 24 hour nursing care for residents who are no longer able to care for all of their needs. *PMC-ECF* is a skilled nursing facility licensed by the State of Montana and the Centers for Medicare Medicaid Services. It is a Nonprofit 501(c)(3) facility. The philosophy of *PMC-ECF* is the belief that those living in long-term care deserve the opportunity to live fulfilling lives with meaningful activities, relationships, community involvement and growth. They are dedicated to providing person-centered care in order to fulfill the spiritual, physical, cognitive, emotional and social needs of each individual.

PMC-ECF offers social services support, restorative nursing, physical therapy, occupational therapy, speech therapy, individual as well as group activities, pet therapy, and a special Alzheimer's/dementia care unit. They provide medication management, wound care and diabetes management. There is a registered dietitian on staff who oversees resident-directed food preferences, personalized menu selections and who assures that snacks are readily available. The Special Care Unit, for those with Alzheimer's disease or dementia who need a more secure environment, is staffed by a Dementia Care Coordinator.

The physical therapy program helps to ease pain, restore function and increase mobility. The occupational therapy program helps residents with activities in daily living. The speech therapy program has cognitive therapy, dysphagia evaluation and management. The Life Enrichment department (formerly known as the Activities Department) has resident-centered programs that are focused on relieving loneliness, helplessness and boredom. The Life Enrichment Department has an extensive volunteer program and has its own 14 passenger Surrey which helps to service the physical, social and emotional needs of the residents outside of the facility.

PMC-ECF is located at 805 Sunset Blvd., Conrad. If you would like a personal tour or more information, please contact Jenny Broesder, Director of Nursing or Social Services at 406-271-2252.