# Health/Wellness

<table>
<thead>
<tr>
<th><strong>American Cancer Society</strong></th>
<th><strong>Bozeman Foot &amp; Ankle Clinic - With 2 locations to serve you.</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Cindy McGinnis, ext 212</td>
<td>BOZEMAN: 931 Highland Blvd, Suite 3310</td>
</tr>
<tr>
<td>550 North 31st St., Suite 103</td>
<td>LIVINGSTON: 422 South Main St.,</td>
</tr>
<tr>
<td>Billings, MT 59101</td>
<td>Phone: 406-222-5429</td>
</tr>
<tr>
<td>Phone: 1-800-252-5470</td>
<td>Fax: 406-222-0730</td>
</tr>
<tr>
<td><a href="mailto:cindymcginnis@cancer.org">cindymcginnis@cancer.org</a></td>
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<tr>
<th><strong>Buffalino Chiropractic &amp; Nutritional Counseling</strong></th>
<th><strong>Christine Meiner - USANA Health Sciences Rep</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Lynn Buffalino</td>
<td>Highest quality supplements for optimum health.</td>
</tr>
<tr>
<td>119 S. 2nd</td>
<td>PO Box 1810</td>
</tr>
<tr>
<td>Livingston, MT 59047</td>
<td>Livingston, Montana 59047</td>
</tr>
<tr>
<td>Phone: (406) 222-4444</td>
<td>Phone: 406-222-5592</td>
</tr>
<tr>
<td></td>
<td><a href="mailto:meiner@usana.com">meiner@usana.com</a></td>
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<thead>
<tr>
<th><strong>Community Health Partners, Inc.</strong></th>
<th><strong>Evergreen Livingston Health &amp; Rehab Center</strong></th>
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<tbody>
<tr>
<td>Ted Madden</td>
<td>Chuck Sinclair</td>
</tr>
<tr>
<td>126 South Main Street</td>
<td>510 South 14th Street</td>
</tr>
<tr>
<td>Livingston, MT 59047</td>
<td>Livingston, MT 59047</td>
</tr>
<tr>
<td>Phone: (406)222-1111</td>
<td>Phone: (406) 222-0672</td>
</tr>
<tr>
<td>Fax: (406)222-5749</td>
<td>Fax: (406) 222-1406</td>
</tr>
<tr>
<td><a href="mailto:chp@mcn.net">chp@mcn.net</a></td>
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<tr>
<th><strong>Eye Care Professionals/Mountain Eyewear</strong></th>
<th><strong>Firehall Fitness Center</strong></th>
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<tbody>
<tr>
<td>Jamie Barney</td>
<td>Pam Schoenen</td>
</tr>
<tr>
<td>P.O. Box 680</td>
<td>124 East Callender Street</td>
</tr>
<tr>
<td>305 West Park Street</td>
<td>Livingston, MT 59047</td>
</tr>
<tr>
<td>Livingston, MT 59047</td>
<td>Phone: (406)-222-8716</td>
</tr>
<tr>
<td>Phone: (406) 222-0250</td>
<td>Fax: (406)-222-8716</td>
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<tr>
<td>Fax: (406)222-8419</td>
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<tr>
<th><strong>FoodWorks Natural Market - healthy eating</strong></th>
<th><strong>Frontier Assisted Living Community</strong></th>
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<tr>
<td>Park County's ONLY full-line natural grocery store!</td>
<td>60 bed licensed community accepting residents for</td>
</tr>
<tr>
<td>Robert Worobec / Annie Conley</td>
<td>independent care through hospice. High quality at</td>
</tr>
<tr>
<td>412 East Park St.</td>
<td>the most affordable rates.</td>
</tr>
<tr>
<td>Livingston, MT 59047</td>
<td>Alan Wyland, marketing 570-2800</td>
</tr>
<tr>
<td>Phone: 406-222-8223</td>
<td>121 South 3rd St.</td>
</tr>
<tr>
<td></td>
<td>Livingston, MtT 59047</td>
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<tr>
<td></td>
<td>Phone: 406-222-6102</td>
</tr>
<tr>
<td></td>
<td>Fax: 406-222-4833</td>
</tr>
<tr>
<td></td>
<td><a href="mailto:falcdirector@ycsi.net">falcdirector@ycsi.net</a></td>
</tr>
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<thead>
<tr>
<th><strong>Jolene Hillman - Soap Maker</strong></th>
<th><strong>Linda Hausler - Distributor</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Creating handmade natural, non-irritating soaps.</td>
<td>Nature-based bath &amp; body products</td>
</tr>
<tr>
<td>P. O. Box 414</td>
<td>107 Shields River Rd. East</td>
</tr>
<tr>
<td>Livingston, MT 59047</td>
<td>Livingston, MT 59047</td>
</tr>
<tr>
<td>Phone: 406-222-1268</td>
<td>Phone: 406-222-3007</td>
</tr>
<tr>
<td></td>
<td><a href="mailto:openrange@wispwest.net">openrange@wispwest.net</a></td>
</tr>
</tbody>
</table>
sunkistladyinMT@wmconnect.com

Livingston Health Care...
Livingston Memorial Hospital
504 South 13th
Livingston, MT 59047
Phone: (406)-222-3541

Paradise Impressions Beauty & Tanning Salon
Kim Bonnell
318 East Park Street
Livingston, MT 59047
Phone: (406) 222-5502

Nancy Hearn - Wellness Consultant
Promoting health, nutrition education and weight management.
722 North B St.
Livingston, MT 59047
Phone: 406-222-7304
nhearn@montanadsl.net

SPA at Golden Ratio & Guest House
Luxurious day spa along the Yellowstone River
John Fanuzzi
2894 U.S. Hwy. 89 (P.O. Box 297)
Emigrant, MT 59027
Phone: (800)-310-9543, (406)-333-4190
Fax: (406)-333-4191
admin@wellspringinstitute.com

Total Fitness
Work out at our gym.
Carol Stern
126 East Chinook
Livingston, Montana 59047
Phone: 406-222-4856
Fax: 406-222-4856 (press start)
tonit321@aol.com
As we approach a beautiful Montana summer and the time when businesses traditionally “staff up” for tourist season, Community Health Partners (CHP) wants to remind you of our services and the reason we exist, - for you and your employees!

Community Health Partners was created to serve the people of Park County, - those who have a tough time affording great health care as well as those who just like the excellent services CHP has to offer. As a community health clinic, CHP provides:

- Respectful, confidential primary medical care for adult and child needs, pregnancy management, and attention to acute and chronic health conditions
- On-site pharmacy exclusively for CHP patients with medications discounted according to income level
- Support for behavioral health challenges including lifestyle changes (exercise, diet, stress reduction, tobacco cessation)
- Excellent, caring health care providers – physicians, nurse practitioners, physician assistants, and pharmacist as well as an outstanding nursing and front desk staff.
- Discounts based on income level making services affordable for ALL!

We bill numerous insurance companies as well as Medicare and Medicaid

Community Health Partners is here for Park County! We look forward to helping you and your employees stay healthy and happy.

Sincerely,

Laurie Francis, CEO  
Community Health Partners  
126 South Main Street  
Livingston, MT 59047  
(406-222-1111)
Park County Health Department

Well Child Clinic
1313 West Park St.
Livingston, MT 59047

222-4189 or 222-4140

Hours: Friday 8am-12noon
         1pm-5pm

Services Offered:
   Health History
   Measurements (height, weight)
   Vision screening
   Speech screening
   Hemoglobin
   Denver Developmental Screening
   Physical assessment
   Immunizations (2 months – 18 years)
       Adults-Td
   Counseling (Interpretation of screening
       tests, health and nutritional counseling,
       growth and development, safety,
       behavior, etc.)
   Referral
   Follow-up

SERVICE FEE: Donations are accepted; NO ONE WILL BE DENIED SERVICES DUE TO LACK OF FUNDS.

APPOINTMENTS can be made at 22-4189 or 222-4140

WELL CHILD PHYSICIAN VISITS
(as recommended by the American Academy of Pediatrics)
- A Doctor’s visit for a newborn who is discharged from a hospital in less than 36 hours.
- By 1 Month   - By 4 years
- 2 months     - 5 years
- 4 months     - 6 years
- 6 months     - 8 years
- 12 months    - 10 years
- 15 months    - 12 years
- 18 months    - 16 years
- 24 months    - 18 years
- 3 years      - 20+ years
A yearly visit to a dentist for children 3 years and older.
 Livingston HealthCare

*the heart of community care*

About Livingston HealthCare

Livingston HealthCare, a not-for-profit community membership organization, is the parent organization for Livingston Memorial Hospital, Park Clinic, Rowe Clinic, Home Care, Hospice Care, and Home Oxygen.

- Livingston Memorial Hospital is a 29-bed hospital, which includes 15 acute care beds, four intensive care beds, five nursery beds, and a five-bed transitional care program for long term care of limited duration. The hospital operates as a Critical Access Hospital.

- Park Clinic is a multispecialty clinic which includes family practice, internal medicine, OB/GYN, pediatrics, general surgery, orthopedic surgery, and visiting specialists in audiology, nutritional services, and urology. Park Clinic is designated as a Rural Health Clinic.

- Rowe Clinic is a solo practice internal medicine clinic.

Services Offered

- **Community Services**
  - Athlete Wellness Program
  - Community Health Screens
  - Speakers Bureau on Health Topics
  - Park County Diabetes Project
  - Park County Tobacco Use Prevention Project

- **Home Services**
  - Home Care
    - Nursing Visits
    - Personal Care
    - Physical, occupational and speech therapy
  - Home Oxygen
  - Hospice Care

- **Hospital Services**
  - Acute Care
  - Anesthesia
  - Cardiac Rehabilitation
  - Chemotherapy

- **Diagnostic Imaging**
  - Radiology & Fluoroscopy
  - CT-Scan
  - Dexascan
  - Mammography
  - Nuclear Medicine
  - Ultrasound

Info provided by: Livingston Area Chamber, www.livingston-chamber.com, 406-222-0850
- Dietary
- 24-Hr Emergency Department
- Healthy Steps
- Intensive Care Unit
- Laboratory
  - Full Range of acute care testing, microbiology, and blood bank testing
  - Fully-stocked blood bank
- Maternal/Child
- Pharmacy
- Physical and Occupational Therapies
- Respiratory Therapy
  - EEG
  - EKG
  - Newborn Hearing Screens
  - Pulmonary Function Testing
- Surgery
  - General
  - Endoscopy (upper and lower)
  - OB/GYN
  - Orthopedic
- Transitional Care
- Visiting specialists
  - Cardiology
  - Ear, Nose, and Throat
  - Neurology
  - Oncology

**Physicians**

- **Family Practice**
  - L. M. Baskett, MD
  - Ben Flock, MD
  - Dennis Noteboom, MD

- **Internal Medicine**
  - Johnson Loh, MD
  - Thomas Rowe, MD
  - Ted Scofield, MD
  - Douglas Wadle, MD

- **General Surgery**
  - Michelle Donaldson, MD
  - Kary Engle, PA-C

- **Pediatrics**
  - Peggy O’Hara

- **Women’s Health**
  - Shawn Burwell, MD
  - Denise Helin, MD
  - Genevieve Reid, MD
  - Peggy Scanson, MD

**Locations:**

- **Livingston Memorial Hospital**
  - 504 South 13th Street
  - Livingston, MT 59047
  - 406-222-3541

- **Park Clinic**
  - 1001 River Drive
  - Livingston, MT 59047
  - 406-222-0800

- **Rowe Clinic**
  - 422 South Main Street
  - Livingston, MT 59047
  - 406-222-7411

- **Home Care/Hospice Care**
  - Cardiac Rehabilitation/Healthy Steps
  - Robin Lane Building
  - 601 Robin Lane
  - Livingston, MT 59047
  - 406-222-3541
Pediatric Outpatient Therapy Services

Our Staff of skilled therapists combine more than twenty years of pediatric experience to bring a unique team approach to the rehabilitation of children.

Our Services include:

♦ Speech Therapy
♦ Physical Therapy
♦ Occupational Therapy

For more information, please call (406) 222-0315 / 222-0750

Livingston Health & Rehabilitation Center
Outpatient Services is a division of Kindred Healthcare, Inc.
Livingston Health and Rehabilitation Center – Outpatient Services

We provide a comprehensive team approach to rehabilitation services for children of all ages in a child-centered environment.

- Each therapy session involves direct one-on-one work with the therapist.
- Family members are encouraged to participate.
- Family members are educated to carry out therapeutic techniques at home.
- Our clinic maintains a wide range of state-of-the-art equipment.

**Physical Therapy**

- Gross Motor Skills
- Mobility Skills (including wheelchair use and walking)
- Strength, Endurance, Balance, and Exercise Training

**Speech Therapy**

- Language and Cognitive Skills
- Articulation Skills
- Fluency and Voice Disorders
- Swallowing and Feeding Disorders
- Augmentative/Assistive Communication
- Cochlear Implant Rehabilitation

**Occupational Therapy**

- Fine Motor Skills
- Feeding, Dressing, Bathing, Hygiene
- Cognitive and Perceptual Skills
- Sensory Integration

**We Care for Children with:**

- Developmental Delays (difficulty with talking, reading, writing, social skills, eating, or walking)
- Autism spectrum Disorders
- Head Injury / Traumatic Accidents
- Sports Injuries
- ADHD / ADD
- Spinal Bifida
- Down’s Syndrome
- Bone and Muscle Disorders
- Arthritis
- Muscular Dystrophy
- Other Genetic or Metabolic Disorders
Rehabilitation Services

It is the objective of the Evergreen Healthcare Rehabilitation Department to provide comprehensive and integrated therapy services to restore the client to his or her highest functional level.

Utilizing a team approach, the Rehabilitation Team, consisting of the primary care physician, physical therapy staff, occupational therapy staff, and speech-language pathology staff work together to evaluate, plan, provide and continually reassess the rehabilitation plan of care for each client admitted to the program.

The family and other caregivers are an essential part of this process, if appropriate, and are involved from the beginning of care.

At discharge from the active outpatient programs, follow up community resources, and programs are discussed and implemented, including adaptive equipment orders, family training and maintenance programs.

This care program has been developed to allow our clients to maintain their maximum level of independence, and remain in the least restrictive living environment.

Evergreen Livingston Health & Rehabilitation Center
510 S. 14th Street
Livingston, MT 59047

Rehabilitation Program
For the Enhancement of Abilities and Community Skills

(406) 222-0672
Physical Therapy

How can they help?
Through the Evergreen Healthcare’s Rehabilitation Care Program, our Physical Therapists can focus on identifying barriers to independence and providing treatment to overcome or compensate for those problem areas.

Physical Therapy sessions focus on:
- Fall prevention and balance activities
- Neuromuscular re-education
- Safety with transfers
- Assistive device fitting and training
- Body mechanics and joint protection training
- Orthotic/prothetich device fitting and training
- Joint mobility/tone management
- Pain Management
- Caregiver/family instruction

Occupational Therapy

How can they help?
The focus of the Occupational Therapy Outpatient Care Program is preserving or enhancing independence with daily living skills.

Occupational Therapy sessions focus on:
- Environmental adaptation to increase safety and independence
- Dressing and grooming
- Eating
- Using the bathroom or bathing
- Safety and endurance with activities of daily living
- Adaptive equipment provision and training
- Body mechanics and joint protection training in activities of daily living
- Strengthening and coordination exercises
- Joint mobility/tone management of arms and hands
- Sensation
- Caregiver/family instruction
Eyecare Professionals

Questions and Answers about your Infant’s Vision

At what age should a child have their eyes examined?

- A child should have their eyes examined at six months, three years, five years, and then as recommended by their eye care professional depending on each child’s needs. The six month vision screening is crucial as many problems can be detected early and may be treatable.

How can the eyes of an infant be examined?

- There is technology available to check the vision and eye health of infants. Objective measure are used to determine how well infants see, if both eyes see equally well, if the eyes are aligned and work together as a team, if a prescription is needed, and if the eyes are healthy.

- What vision conditions are being checked for during a screening?
  - Any misalignment of the eye.
  - Reduced vision in one or both eyes as compared to expected levels.
  - Detection of high prescriptions.
  - Detection of eye disease.

Complimentary Infant Vision Screening Program

Do premature infants have higher risks of eye problems?

- Premature infants weighing less than 1200 grams at birth or born 2 months or more premature have a much higher chance of being nearsighted than infants born full term.

- Other children at higher risk of developing eye problems are infants whose mothers had rubella during pregnancy or used drugs or alcohol during their pregnancy.

What are common sights that might indicate a vision problem?

- Repeated squinting, closing, or covering of one eye.

- Any turn of either eye in or out.

- Poor eye hand coordination

James J. Barney, Optometrist
Carl J. Roth, Optometrist

Call and make an appointment for your complimentary infant vision screening.

406.222.0250
800.847.0205

Info provided by: Livingston Area Chamber, www.livingston-chamber.com, 406-222-0850