

# CROW ELDER RESOURCES

## APSÁALOOKE ELDERS PROGRAM



*Messengers for Health*

Messengers for Health honors and values our Apsáalooke elders. We are excited to share with you about our new program that strengthens and supports elders in our communities.



### OUR PROGRAM PROVIDES:

Community Outreach

Advocacy

Support Services

Resources

FOR MORE INFORMATION CONTACT:

Sidney "Chip" Fitzpatrick

(406) 638-1245



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



# FOOD/RESOURCES



**Crow Senior Citizen Meal Program** Monday-Friday 11:30am-1:00pm call (406) 638-4449

**Lodge Grass Senior Citizen Center** lunch available Monday, Wednesday and Friday 12:00-12:30pm. Call by 11:00am to reserve your meal (406) 639-2265 Open 8:00am-2:00pm have exercise bike, books and coffee available to sit and visit.

**Food Distribution Program on Indian Reservation (FDPIR)** call (406) 665-2523

**Center Pole** gives out food boxes call (406) 638-2821

**Hardin Helping Hands Food Bank** call (406) 665-2997

**Pryor Mountain Crow Worship Center** gives out food and clothing on Wednesdays. Contact Pastors Jay and Marilyn Simpson call (406) 248-7295

**Wyola Community Center** gives out food and clothing contact Director Betty LaForge (406) 623-0751

**Big Horn County Senior Lunch Program** serves lunch Monday-Friday 12:00-12:30pm. Call day before to reserve meal (406) 665-2581

# RESIDENTIAL LIVING



**Crow Senior Citizen Center** call (406) 638-4449

**Hardin Frontier Communities** call (406) 665-3984



# TRANSPORTATION

**Crow Tribe Transit** call (406) 638-2430

**Community Health Representatives (CHR) Program Transport**  
call Max Spotted Bear (406) 860-3988

**Messengers For Health Transportation Program** for Cancer and  
Dialysis patients only. Call (406) 665-5492 or fill out an  
application online at [messengersforhealth.org/transportation](https://messengersforhealth.org/transportation)

## HOMECARE



### HomeCare Montana

- This program offers a wide range of services including:
  - Activities of daily living
  - Private Duty Nursing
  - Medicaid Self-Direct Program
  - Medicaid Waiver Services
- Call their toll-free number (888) 989-3111

### Circle of Life Home Care (Hardin)

- Culturally sensitive home care that provides basic needs, household management, health-related care, community access, and mobility.
- They can assist a family member taking care of an elder or assist the elder directly.
- Call (406) 665-4067



# DAY TO DAY LIVING

## Home checklist for aging in place

- Put chair or bench in shower with grab bars
- Raised toilet seat with grab bars
- Move bedroom downstairs if applicable
- Declutter and get rid of extra furniture

## Medical Alert Systems

These systems are designed to call for help with the click of a button and can be used in a home setting or on the go. Please check with your insurance or primary care provider to see if you are eligible for a free alert system. Here is a list of alert systems:

- **Medical Alert** call (800) 800-2537
- **Medical Guardian** call (800) 734-2092
- **Mobile Help** call (800) 992-0616
- **Bay Alarm Medical** call (877) 522-9633



# ENERGY ASSISTANCE

## Energy and Weatherization Assistance Programs:

You may apply for assistance at any time during the year by contacting the local eligibility office in Billings or the Tribal LIHEAP office

- **Local Eligibility Billings Office** call (406) 247-4778
- **Tribal LIHEAP Office** call (406) 433-1411

# ELDER HEALTH

## Things to keep in mind during the aging process

- Taking care of your physical and mental health should be a priority.
- It is important to manage stress.
- Stimulating activities such as beading, sewing, crossword puzzles and spending time with grandkids is helpful in keeping your mind active.
- Limit smoking and drinking as both can decrease proper brain function.

## Healthcare Access & Insurance

- IHS Crow Service Unit Patient Benefit Coordinators
  - Eric Birdinground call (406) 638-3526
  - Dustie Cummins call (406) 638-3416
  - Mallory Venne call (406) 638-3416

**Cover Montana ([covermt.org](http://covermt.org))** contact for health insurance  
Armanda Garcia (406) 591-9139

**Hospital bill relief ([dollarfor.org](http://dollarfor.org))** fill out the form online to see if you qualify.

## Local Hospitals

**Crow/Northern Cheyenne Hospital** call (406) 638-3500

**Lodge Grass Health Clinic** call (406) 639-2317

**Pryor Health Station** call (406) 259-8238

**Hardin Big Horn Hospital** call (406) 665-2310

**Hardin One Health clinic** call (406) 665-4103

# ELDER ABUSE

## **Adult Protective Services:**

- This resource is used to protect vulnerable adults from abuse, neglect and exploitation.
- If concern is not life-threatening call (844) 277-9300 to make a report.
- Available Monday-Friday 8:00am-5:00pm except holidays
- For emergencies call 911

## **National Center on Elder Abuse (NCEA)**

- If you feel that you are being neglected or mistreated in any way call (800) 677-1116

## **Crow Tribe Domestic Violence Department**

call (406) 679-0894

## **Big Horn County Victim Assistance Program**

call (406) 665-9727

## **Local Police Departments**

**Crow Police Department** call (406) 638-2631

**City of Hardin Police Department** call (406) 665-9268

Emergency number: (406) 665-7900 or 911

**Big Horn County Sheriff Office** crimestoppers call (406) 665-9800