

**AREA I AGENCY ON AGING**  
2030 N Merrill  
PO Box 1309  
Glendive MT 59330  
**Services Available for Sheridan County**  
April 2021

**Council on Aging**

- Quarterly Meetings, various County Senior Centers
- Administrative Offices  
Sheridan County Courthouse  
100 W Laurel Avenue, Plentywood, MT 59254  
406-765-3412

**Senior Centers**

- Medicine Lake Senior Center: 114 Main, 789-2360  
Thursday 1 PM – 4 PM
- Outlook Senior Center: Outlook Community Building 895-2465 or 895-2467  
Thursday 11 AM – 1 PM (Fall-Winter-Spring)
- Golden Years Club: 120 W 2nd Ave Plentywood, 765-2034  
M-W-F, 10:00 – 3:00; otherwise does not keep regular hours.
- 55 Plus Club: Westby Community Center 385-2406  
Thursday 1 PM – 4 PM

**Congregate Meals**

- Dagmar: Dagmar Central 483-5217  
308 Central Dagmar, 59219  
Monday-Friday 11 AM-1 PM
- Medicine Lake: Honker Pit 789-2300  
PO Box 113, 103 Iowa Medicine Lake 59247  
Monday – Friday 11 AM-1 PM
- Outlook: Community Hall 895-2228 Cook: Bunky Wirtz; PO Box 218, Outlook 59252, 895-2226  
TH 11 AM-1 PM
- Plentywood: Golden Years Club 765-2034  
120 W 2<sup>nd</sup> Ave Plentywood 59254  
Monday, Wednesday & Friday 11 AM- 1 PM
- Westby: Smith's PK, PO Box 106, 211 Main, Westby 59275, 385-2404

**Home Delivered Meals - Call Sheridan County Public Health to sign up: 765-3410**

- Plentywood: Glen-Wood, Inc 765-2040  
202 E 1<sup>st</sup> Ave Plentywood 59254  
M-F 11AM-1PM;  
On Th/F they will leave an extra meal each day if people want meals for the weekend
- Medicine Lake: Honker Pitt 789-2300  
PO Box 113, 103 Iowa, Medicine Lake MT 59247  
M-F 11 AM-1PM
- Westby: Smith's PK, PO Box 106, 211 Main, Westby 59275, 385-2404
- Frozen, prepared meals by arrangement in other areas of the county – call Vicki Ruby, 765-3412

## Transportation

- Quality Transit – Dispatch Hours 765-1018; M-F 7:30AM-4PM
- Free rides from door to door within our county
- \$25.00 -Williston & Sidney
- \$20.00 – Scobey.
- In county rides available upon request:
  - Plentywood: Monday – Friday, 7:30 am – 4:00 pm
  - Highway 16 South (Medicine Lake): by arrangement
  - Highway 5 East (Westby), Wednesdays
  - Williston (medical appointments), Tuesdays (appts before 11:am if possible)
  - Sidney (medical appointments), Thursdays
  - Scobey (medical appointments), by appointment.

## Respite Care

- Sheridan Memorial Home Care, Plentywood  
Karen Kurk, RN, Director 765-3733
  - Respite -Personal Care, In Home by arrangement with Council on Aging: Caregiver relief, \$5.00/hr - Self Pay Personal care services for anyone (non-respite) \$29.00/hr plus mileage
  - LaCasa Personal care home Lisa Wenger, mgr  
**Respite** – Overnight stays, Self-pay, private insurance or by arrangement with Council on Aging: Up to three nights per month, \$35.00/night.  
**Adult day care:** Self-pay, private insurance or by arrangement with Council on Aging: Up to 5 days/10 half days/month, \$10.00 per ½ day.

## Homemaker Services

Sheridan County Council on Aging, Plentywood  
Vicki Ruby, Coordinator, 765-3412  
Up to 2 hours basic housekeeping chores per month

## Legal Services

- Steven Howard, Attorney at Law 765-1213
  - Limited services/consultations, up to \$100 per client

## Health Screenings

- Sheridan County Public Health Department 765-3410  
100 W Laurel Ave, Plentywood 59254
- Blood Pressure Clinics
  - 1<sup>st</sup> Tuesday Dagmar: Dagmar Central, 11:00 am – 12:00 pm
  - 1<sup>st</sup> Thursday Westby: Community Center, 3:00 pm- 4:00 pm
  - 2<sup>nd</sup> Thursday Outlook Community Building (when Congregate Meals are served) 11:30-12:30
  - 3<sup>rd</sup> Thursday Plentywood: Pioneer Manor lobby 9:30 am – 11:00 am
  - 4<sup>th</sup> Wednesday Plentywood: Golden Year's Club, 11:00 am – 12:00 pm
  - 2<sup>nd</sup> Thursday, odd months: Outlook: Senior Citizen's Center, lunch time
  - Medicine Lake: varies

**Loan Closet:** M-Sat, 10:00 am-5:00 pm  
Sheridan County Library 765-3510  
100 W Laurel Ave, Plentywood 59254

## **Retirement Homes**

- Montana Pioneer Manor  
605 N Sheridan Plentywood 59254  
Joni Brensdal, Manager  
765-1400

## **Nursing Homes**

- Sheridan Memorial Nursing Home  
440 W Laurel Plentywood 59254  
765-3700
- SSD: Karna Peplinski, RN, 765-3767  
Administrator: Kody Nelson

## **Assisted Living Homes**

- LaCasa Personal Care Home  
408 E Lancaster Plentywood 59254 Attn: Lisa Wenger  
765-1669

## **Services Provided Directly by A/AA**

- Senior Companions/Veteran's Home Choice  
Program Volunteer Station: Sheridan  
County Public Health Dept. 765-3412
- Information & Assistance  
Vicki Ruby 765-3412
- Ombudsman  
Irina Pulse 406-377-3564 ext. 124,  
1-800-227-0703 PO Box 1309, Glendive,  
MT 59330-1309
- Lisa Baxter  
Aging Services Specialist  
PO Box 731  
Glasgow, MT 59230  
406-228-9751
- Insurance Counselor  
Vicki Ruby 765-3412

## **CSFP**

- Countywide  
Call Vicki Ruby 406-765-3412  
Distribution Point: Sheridan County Civic Center, Sheridan County Fairgrounds

## **Low-Income Housing**

Westby Manor, Inc  
PO Box 184  
Westby 59275  
Brenda Ryals, 406-385-2577

Montana Pioneer Manor Annex  
603 N. Sheridan  
Plentywood, MT 59254  
406-765-1400

Mar Chan Apartments  
122 S Jackson  
Plentywood, MT 59254  
406-765-1554

Alta Vista Apartments  
506 W Boundary Ave  
Plentywood, MT 59254  
Connie Young, Manager, 765-3732