



CHESTER ASSISTED LIVING RESIDENTS RECEIVE GARDEN ENHANCEMENTS

Logan Health Assisted Living – Chester applied for assistance through a cost-share program offered by the Liberty County Conservation District (LCCD). With help from Diane Roberts, LCCD administrator and Twyla Anderson with Logan Health Assisted Living, the application was approved by the LCCD board of supervisors. The program focuses on supporting a variety of natural resource conservation projects. The assisted living facility received funds to purchase items such as a composter, fertilizer, tarps, bee cups, seeds, and other equipment. These items will play a significant role in promoting healthy plant life in the garden as well as reducing weeds. The assisted living facility currently grows a few types of vegetables and many varieties of flowers including rhubarb, pumpkins, assorted gourds, zucchini and peas. Each year the residents harvest their crops and donate extra produce to different areas within the community. They look forward to hosting a friendly competition to see who can grow the best plants.

CONRAD'S WHOOP-UP FUN RUN ADVOCATES FOR MENTAL HEALTH

Conrad's 45th Annual Whoop-Up Fun Run was held on Saturday, June 8, welcoming 148 participants for a 1-mile or 3-mile course.

The Fun Run was a part of Logan Health's "Let's Talk About It" suicide awareness campaign, driven by the mission to educate and empower Montanans about the importance of prioritizing mental health. By spreading awareness and breaking the stigma surrounding suicide, we can help create a supportive environment where individuals feel comfortable seeking help.

With generous partnerships from the Pondera County Mental Health Advisory Board and Pondera County Health Department, Logan Health encouraged all participants to take the pledge to speak out against suicide and advocate for those who are struggling.

Many thanks to the following additional community members for support: Logan Health – Conrad employee volunteers, Logan Health EMS, Gary & Leo's IGA, The Independent-Observer, City of Conrad, Lions Club and Conrad Public Works.





EXCEPTIONAL CARE CLOSE TO HOME

Cut Bank local Dale Vermulm spent twenty-four days away from his hometown recovering from pneumonia and preparing for physical therapy to regain his strength. Fortunately, his wife, Judy Vermulm, recalled learning about Logan Health – Cut Bank's Skilled Swing Bed program, which aims to provide high-quality care for patients to recover close to home and their families.

Dale's providers contacted Hank Clay, MD at Logan Health – Cut Bank to refer him to the program, which is a service provided by rural Critical Access Hospitals that allows patients to transition from acute care to skilled nursing care without leaving the facility.

"It was perfect for us and made all the difference in the world for his health," said Judy.

With the help of his dedicated physical and occupational therapists, Dale made a full recovery in only two weeks.

The Skilled Swing Bed program, offered across each Hi-Line Logan Health facility, includes 24-hour nursing care, care plans, rehabilitation, daily meals and visiting hours. Find out about the qualifications and services offered by contacting your local Logan Health hospital.

— News Briefs —

Logan Health – Chester implements STEADI program

Education program coordinator Rachel Rossiter recently implemented the CDC STEADI program, an evidence-based initiative aimed at preventing falls among older adults, at Logan Health Assisted Living – Chester. She will be visiting the Sweetgrass Lodge next to complete assessments and aims to expand this program into the community. Rachel also attended a few community events to discuss fall prevention and leading causes.

Logan Health – Chester welcomes new Nurse Practitioner

Amanda Engman, FNP, joins the Logan Health – Chester team as a family medicine and women's health nurse practitioner. Amanda will see clinic patients four days a month, as well as provide emergency room coverage. She brings five years of experience as a nurse practitioner and nine years as a registered nurse, some of which include serving in rural areas.

Conrad and Shelby Receive Cardiovascular Care Achievement Awards

American Heart Association achievement awards demonstrate the commitment to following up-to-date, research-based guidelines for the treatment of heart disease and stroke.

Logan Health – Conrad:

Get With The Guidelines® – Rural Stroke Bronze
Get With The Guidelines® – Rural Stroke Silver

Logan Health – Shelby:

Get With The Guidelines® – Coronary Artery Disease STEMI Referring Silver
Get With The Guidelines® – Rural Stroke Silver
Get With The Guidelines® – Rural Stroke Bronze

— Upcoming Events —

SEPTEMBER 11 Logan Health Clinic – Shelby Open House and Ribbon Cutting Ceremony; 3:30 – 6:30 p.m.

SEPTEMBER 18 Cut Bank Community Health Fair; 10 a.m. - 2 p.m.; Joe Meagher Memorial Civic Center

EARLY FALL Watch for Community Health Fairs in Chester, Conrad and Shelby

OCTOBER Breast Cancer Awareness Month

PEDIATRIC BEHAVIORAL HEALTH GETS A MUCH NEEDED BOOST IN TOOLE COUNTY



Logan Health Clinic – Shelby's, Ariél Weishaar, FNP, completed a mini fellowship in Patient-Centered Mental Health in Pediatric Primary Care (PPP) through the University of Arkansas for Medical Sciences and the Resource of Advancing Children's Health (REACH) Institute. The REACH Institute's PPP program integrates interdisciplinary research to train practitioners in best practices regarding mental health, including the provider's awareness, evaluation, diagnosis and treatment of high-incidence pediatric mental health disorders. These include conditions such as anxiety, depression and ADHD. REACH draws from evidence-based research in medicine and mental health to highlight best practices that primary care providers should prioritize in serving their child and adolescent patient population.

Ariél specializes in family practice and pediatrics. Her completion of the Patient-Centered Mental Health in Pediatric Primary Care program leverages access to mental health care for children and teens in Toole County. More than 1 in 5 children experience mental health issues and only 20% of those get the help they need.

The REACH Institute's PPP program includes two components: 1) a dynamic three-day, seventeen-hour and forty-five-minute interactive course focused on building skills and confidence in diagnosing and treating pediatric behavioral health problems; and 2) a six-month case-based follow-up program through which participants join twelve bimonthly, one-hour group conference calls with national primary care and child/adolescent psychiatry experts to solidify their learning.

"I'm grateful for the opportunity to have spent many hours with several of the nation's top pediatric mental health professionals. I'm excited to bring my expertise back to my community and bring awareness and hope back to patients and parents with mental and behavioral health concerns," said Weishaar. "My goal is to work together to take the next right step in making a treatment plan and helping patients and families have hope and reach their potential. Mental and behavioral health affects the whole family. If someone in your household is struggling, let's talk about it."

Ariél is board-certified to see patients from birth through adulthood for well visits, annual exams, behavioral health care, and sick visits for acute and chronic illnesses. To schedule an appointment for you or your child with Ariél, call Logan Health Clinic – Shelby at (406) 966-7040.

— In The Community —



Josey Smiedala and Bev Halter attend the Fossil Fun Fest in Rudyard.



Each week, staff from Logan Health Clinic - Shelby bring a new health topic and activity to Shelby Market and Music.



Kids and families line up at the start of the 1-mile fun run at the Kids Health and Safety Fair in Cut Bank.



Logan Health – Shelby's Marias Fair Parade float receives first place!



Logan Health – Cut Bank staff participate in the Chili Cook-off event at Lewis and Clark Festival in Cut Bank.



Logan Health – Conrad has fun with the Whoop-Up Parade theme "Out of this World."