



Heart to Heart

NEWS FROM ST. LUKE COMMUNITY HEALTHCARE

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INFANT **SAFE SLEEP:** Going for Gold

ST. LUKE COMMUNITY HEALTHCARE IS TAKING THE FINAL STEPS NEEDED TO ATTAIN A GOLD LEVEL ‘SAFE SLEEP’ RATING. Currently at bronze level, plans are in the works to provide community events that promote “Safe Sleep,” the final task necessary for a gold rating with the Cribs for Kids National Safe Sleep Hospital Certification program. According to Tabitha Normandeau, OB manager of St. Luke’s New Beginnings Birth Center, St. Luke is always striving to improve OB services and should reach gold level by fall.

Safe Sleep information was available May 5 at Stronger by the Mile, on June 25 at Yoga in the Park, and will be again at the Mommy and Me event at the Lake County Fairgrounds in Ronan on Aug. 13. All three events are part of the 2021 Women 4 Wellness series.

“Cribs for Kids” began in 1998 as the new name for the Sudden Infant Death Syndrome (SIDS) prevention



PHOTO BY FORWARD PHOTOGRAPHY

Safe sleep is demonstrated here with St. Luke newborn Jody’Rae Standing Rock.

organization. Although it was discovered that putting babies to sleep on their backs resulted in a 50 percent decrease in infant deaths, sleep related deaths were still the number one cause of death for babies one month old and younger. It became clear that these babies were dying in adult beds, couches and chairs because some mothers were unable to afford a crib and were not informed about safe sleeping practices. The organization then focused their mission on providing safe sleeping places and educating parents about safe sleeping practices.

Every mom who gives birth this year

at St. Luke’s New Beginnings Birth Center will receive education about safe sleeping practices for infants, a free pack ‘n play “cribette” to promote safe sleep from day one and a sleep sack, a sleeping garment that keeps babies warm but not overheated. Being overheated is another risk factor for SIDS and using sleep sacks rather than blankets has been shown to lower risks.

Montana’s infant death rate is higher than the national average at just under six infant deaths per 1,000 births.

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Occupational Therapy department expands

THERE’S A NEW OCCUPATIONAL THERAPY (OT) TREATMENT SPACE at St. Luke Hospital! To better serve the Mission Valley’s needs, St. Luke’s new OT space includes a large gross motor treatment room and a smaller, traditional treatment space to treat a variety of diagnoses and serve individuals of all ages. On the wall of the larger treatment area is a beautiful nature mural painted by local artist, Julie Moore.

What is occupational therapy? Occupational therapy is the only profession that helps people across the lifespan to do the things they want and need to do through the therapeutic use of daily activities (occupations). Occupational therapy practitioners enable people of all ages to live life to its fullest by helping them promote health, or improve quality of life with injury, illness, or disability. Commonly treated diagnoses include (but are not limited to): orthopedic injuries, stroke, brain injury, neuromuscular disorders, cerebral palsy, autism spectrum disorder, developmental delay, premature birth, and other complex medical problems.

St. Luke’s occupational therapists treat individuals of all ages. Therapy for pediatric patients focuses on the development of gross and fine motor skills as applied to play, self-care, and school activities. Therapy for adults and older adults encompasses regaining independence and improving safety with daily activities such as bathing, dressing, toileting, cooking, cleaning, finance management, and leisure activities. Treatment interventions focus on adapting the environment, modifying the task, teaching the skill, and educating the client and their family or caregivers in order to increase participation in and performance of daily activities. All treatment interventions are tailored and adapted to the patient’s needs and level of participation.

Another helpful service offered by the occupational therapy department is a home safety evaluation. According to the CDC, one in five falls result in serious injury such as broken bones or a head injury. Falls within the home, and subsequent injuries, often result in the transition to assisted living or a long-term care facility. Simple strategies such as re-arranging furniture, removing rugs, adding

continued on next page

LET COVID’S IMPACT BE A RENEWED FOCUS ON GOOD HEALTH

WHAT A RELIEF AND PLEASURE IT HAS BEEN OVER THE LAST COUPLE MONTHS TO CONNECT WITH FRIENDS, and experience more and more gatherings and public events. It was wonderful to be in the stands at graduation, with a large group of people, the first time in over a year and a half. And while I may have been emotional for other reasons, it was hard to hold back the water works when we all stood for the national anthem. Masks have gone away, for the most part, except in healthcare and the airlines, and that has been an additional welcome relief.

It will be interesting to look back and see what lasting impacts COVID will have on us – assuming and hoping that it is mostly behind us. It’s hard to imagine that it hasn’t impacted all of us in some way. It is just a question of what will the impact be? Growing up, it wasn’t uncommon to hear the phrase – “he/she grew up during the Great Depression.” In fact, my father and mother, born in 1929 and 1932, respectively – fit that mold. The phrase was used to describe and explain behavior where every penny, nickel and dime was closely monitored, every purchase highly scrutinized, and most material items were kept long beyond their useful life. This was the lasting impact for people who lived through and experienced the Great Depression. What behavioral characteristics will define us as a result of living through Covid?

We have an opportunity in the coming months and years to define and determine what impacts Covid will have on us. Let’s work together to ensure those impacts are focused toward the positive.

Covid has brought a lot of division. A lot of this

has been created by incomplete information, political positioning, and misinformation perpetuated by an ill-informed, sensationalized media. Regardless of the cause of that misinformation and the divisiveness that results, let us remember that we can disagree without being disagreeable. Keep an open mind to the possibility that wherever you get your news – it is probably biased. Keep an open mind to the possibility that you may not have all the information, that your source may have misinterpreted information or your source may be flat out wrong. Become a scientist – research all sides of an issue. Let’s make this approach a lasting impact from Covid.

Hopefully Covid has taught us that we need to take care of ourselves. We may not have been very good at seeking health care even before Covid. And we know Covid has had many people waiting, ignoring or delaying health care services. Let’s not let this be a legacy of Covid. If you, your loved one, or a family member has not seen a family physician for a preventative visit or annual physical, make the appointment today. For both your physical and mental health, schedule an appointment with a family physician. If you don’t have a family physician, you need to get one. Get your child in for a well child check and if they are a student athlete and need a sports physical, that can be incorporated into the visit. We’ve allowed Covid to be an excuse for inaction. Hopefully, a lasting impact of Covid will be that we will take better care of ourselves.

We have the choice of how Covid will impact us, let’s try and remember this and make sure we choose the right impact.



Steve

occupational therapy (from page 1)

grab bars in the shower, increasing lighting, and using adaptive equipment can decrease fall risk and allow seniors to remain in their homes and age in place.

During the summer, occupational and speech therapy services collaborate and host a six-week summer group. A morning session is offered to patients ages 2-3 years, an afternoon session is offered to patients ages 4-6 years; group is hosted for 1.5 hours two days per week. “The group setting provides opportunities for children to advance gross and fine motor skills, while also developing social skills from peer models,” says Taylor Clough, occupational therapist. The St. Luke courtyard is often used and some of the residents of the extended care facility join in on the fun!

St. Luke’s rehabilitation department also teams up with medical equipment companies in Missoula and Kalispell, such as Norco, to evaluate and fit individuals for manual and power wheelchairs. Occupational therapist Shannon Harris has completed specialty training in the area of wheelchairs to participate in this collaboration. She has been serving the Mission Valley with this unique service for over five years.

An occupational therapist treats the *whole* person. Whether they’re recovering from injuries or have developmental, visual or



SUMMER GODDARD / VALLEY JOURNAL
Above: Occupational Therapist Taylor Clough, right, helps a child participating in a school readiness summer camp make “binoculars” to use on a nature walk.

Right: Occupational therapy patient Edward Karhu performs exercises under the watchful gaze of Natalee Todd, a level 2 student intern from Creighton University in Omaha, Nebraska. Following a stroke and traumatic brain injury that impacted the mobility of his dominant arm, Edward attends OT sessions twice a week at St. Luke Community Hospital to regain strength, stability, range of motion and learn how to perform daily activities one-handed.

cognitive disabilities affecting their motor skills, cognitive skills, or behavior, OTs are helping people to fully engage in daily life. St. Luke OT staff are grateful for the new and improved space that allows for greater treatment opportunities for all Mission Valley residents.



SUMMER GODDARD / VALLEY JOURNAL

Blood flow issues diagnosed locally

IT’S NOT COMMON KNOWLEDGE, but there are more people with vein insufficiency in their legs than there are those with coronary artery disease. According to Dr. Zach Hovorka, a general surgeon at St. Luke Community Hospital, “a huge number of the older population have these problems.” In fact, studies have shown that 25 percent of adults worldwide have venous reflux disease. Of those, only 17 percent receive a proper diagnosis and only one percent get treatment.

Vein problems occur when the valves in veins that are supposed to keep blood flowing back up to the heart and prevent blood from flowing down into the legs stop working. Fluid pressure in the leg increases and several symptoms can result, including leg swelling, discoloration, varicose veins, restless legs, aching, feelings of heaviness or tiredness and ulcers.

The first step in treating vein problems is diagnosing which veins are causing the problems. This is done using a special Doppler ultrasound machine that maps the diseased veins that aren’t working. This diagnostic step provides doctors with information about blood velocities going down the leg and how far from the skin the veins are. Fortunately, superficial veins are usually the culprits and not the deeper veins that don’t respond well to treatment.

According to technologist Kandace Schmidt, the Doppler ultrasound diagnostic procedure is a very comfortable one. Patients lie on their back in a inclined position with their upper body slightly elevated. The technologist uses a warm gel and the Ultrasound wand on the legs.

Once diagnosed with venous reflux, St. Luke offers a couple of treatment options. One procedure injects a solution into the vein that causes scar tissue to effectually close the unworking vein. The other procedure uses a catheter and radio frequency waves that heat up a vein from the inside, shrinking and sealing it closed. These new procedures are virtually bloodless, painless (less a needle prick), done in the doctor’s office and only take from five to 45 minutes to complete. Patients often return to their normal activities within days of the process. The new procedures have a 95 to 97 efficacy rate and patients experience great symptom relief. The new methods are very different from the older, more painful way of “stripping veins” where a patient was hospitalized for up to a week.

When asked if there is danger in shutting down veins in the legs, Dr. Hovorka explains that veins in the legs are like spider webs and



SUMMER GODDARD / VALLEY JOURNAL
Ultrasound Technologist Kandace Schmidt prepares for a lower extremity arterial doppler exam. The exam checks the blood flow coming from the heart down to the feet and is one of five new studies being offered by St. Luke’s imaging department.

that there is an abundance of them. When a vein is shut down, the blood is rerouted to the good veins around it.

Fringe benefits of the new procedures include a decreased likelihood of more veins going bad, healthier legs, alleviated pain and swelling from long airplane and car rides and fewer trips to the bathroom during the night to release built up fluids.

If diagnosed with venous reflux disease, most insurance companies help cover the cost of corrective procedures.

In addition to routine ultrasound diagnostic services, St. Luke offers additional procedures to diagnose issues with the liver and kidneys, as well as blood flow to hands and feet. Previously, patients had to travel to larger area hospitals to receive these diagnostic procedures. St. Luke Community Hospital now provides these procedures to their patients for convenient, local and timely diagnostic imaging.

WELCOME KANDACE SCHMIDT

KANDACE SCHMIDT BECAME ONE OF ST. LUKE HOSPITAL’S NEWEST ULTRASOUND TECHNOLOGIST IN APRIL. Originally from a small town in Kansas, Kandace and her husband moved here from the very large city of Colorado Springs. The couple had been looking for a place that had mountains and weather like Colorado, but with a small town atmosphere. The Mission Valley and St. Luke Community Healthcare fit the bill.

Kandace graduated from Fort Hayes State University in Hayes, Kansas, three years ago. She plans to continue her education in ultrasound technology by earning additional certifications in breast, pediatrics and echo.

Some of her favorite activities include spending time outside with her husband and her dog, fishing and visiting the local breweries.

FOUNDATION NEWS: Boots & Bowties! October 1st - Tickets may go fast!

By Teresa Nygaard, Foundation Director

OUR ANNUAL FOUNDATION DINNER AND AUCTION is ON for 2021! And so is our Virtual Auction!

We could not think of a good reason not to combine them this year and celebrate our accomplishments and raise even more funds for Maternal Child Health Services. Last year we were fortunate to have our virtual auction in place of our dinner event as a way to raise funds for some emerging maternal and child health priorities. The funds raised last year have already been utilized to improve maternal child health outcomes around safe sleep, mental health, depression and substance use:

Pack n Plays go home with every baby to ensure the safest sleep environment.

Baby warmer – providing state of the art care for our newborns.

Sleep Sack wearable blankets for our Safe Sleep Campaign.

We are proud of what we’ve been able to achieve this past year but we have more work to do and we’ll need your help to do it. We are continuing to replace sports physicals with well child checks so we can support not only the physical health of children, but their mental health as well.

Another critical change has been to implement a “care team” approach with all families when they are expecting a baby. Our team includes primary care providers, mental health providers, care navigation and community support systems, working in tandem with families in order to ensure that all of our babies are born “Wrapped in Hope”.



Teresa Nygaard

Our dinner event will be October 1st, 2021 at the Ronan Community Center, and the virtual auction will begin Wednesday, September 29th and run through Sunday, October 3rd.

Be watching our website and social media for more details ...

You can help support the work of St. Luke Community Healthcare by sponsoring our event, donating items for the auctions, purchasing tickets and/or participating in the auctions, donating to our general fund anytime of the year, or you may choose to leave a legacy. No matter how you wish to support the ongoing work of St. Luke, the Foundation is here to walk you through it. Feel free to contact Teresa Nygaard, Foundation Director at tnygaard@stlukehealthcare.org or (406) 528-5324.

“Knowing is not enough; we must apply. Willing is not enough; we must do.”

- Johann Wolfgang von Goethe

LiteGait helps patients, clinicians

ST. LUKE COMMUNITY HEALTHCARE RECENTLY PURCHASED A NEW PIECE OF EQUIPMENT CALLED A LITEGAIT, which allows physical therapy staff to better serve patients who struggle to walk independently. According to LiteGait’s website, this device “provides postural control and weight bearing assistance for fall free therapeutic activities.”

LiteGait provides adjustable support that helps with gait (walking) mechanics to help patients with normal walking patterns. It also has a portable treadmill that can be used in the hospital, the extended care facility or the clinic. The LiteGait provides improved safety for both patients and clinicians by keeping the patient from falling and keeping clinicians free from bad positions that can cause them injury when assisting patients. Patients are more likely to strive toward goals because they know they won’t fall. The LiteGait helps patients in several ways: it puts weight on the legs, which is good for bone density, improves circulation, and improves cardiovascular health by providing aerobic activity.

Following staff training with a LiteGait instructor, St. Luke physical therapy patient Dominic Shively was invited to test out the LiteGait. A willing participant, it was easy to see how excited Dominic was to be able to walk upright without his hands attached to a walker. The LiteGait also provides visual and auditory cues when weight is being distributed correctly, providing patients with real time feedback on how to improve. Whenever the bells “dinged” that Dominic was doing something right, he laughed and cheered.

Jack Gerdt, a patient who uses LiteGait once a week, said “I should probably use it more often. It has been a very helpful thing for me. It keeps me from falling.”

According to St. Luke Physical Therapist Lacey Phalen, the LiteGait provides assistance to a wide range of patients. Patients with cerebral palsy are helped with joint contracture, amputee patients learn to walk with a prosthetic, stroke patients can work on strengthening paralyzed limbs and patients with generalized weakness can improve their strength without the aid of people holding them up.

The LiteGait comes with an iPad that provides real-time visual and auditory feedback to patients. The visual and auditory stimulus especially helps clients with neurological damage relearn skills and post-surgery patients limit the amount of weight they put on a healing leg. When patients are afraid of falling, their gait mechanics change. The LiteGait provides confidence they won’t fall - allowing them to challenge themselves and their therapist to push them a little further.

Lindy Hoversland, a patient with a brain injury, uses the LiteGait machine once or twice a week for half an hour. It tells her when she’s not walking straight up and down and leaning too far to the left or right. She said that her brain doesn’t work right to make her walk



ST. LUKE PHOTO

St. Luke patient Lindy Hoversland, who uses the new LiteGait machine to help her with walking mechanics, appreciates the ability to perform her physical therapy without fear of falling.

and the machine helps keep her upright and unafraid of falling because she’s hooked on.

“It’s a wonderful machine. It tells me if I’m bending over or leaning too much to one side,” Lindy said. “It’s teaching my brain to walk straight. It’s helping my brain connect with my muscles. For my posture, the computer (on the LiteGait) tells me if I am keeping it in the green and that means I’m not walking to the left or right. Repetition helps my brain send messages to my muscles. I know the machine is expensive, but it is helpful.”

Since its purchase a few months ago, the LiteGait has been used by three to four patients a day. St. Luke is the only hospital in the area to have a LiteGait.

“This will improve the services we provide to both in patient and out-patient individuals, as we can dive deeper into their gait issues and worry less about their overall balance,” said PT Manager Cortnee Gunlock.



ST. LUKE PHOTO

infant safe sleep (from page 1)

Infant death rates are significantly higher in Native American populations and with younger birth mothers. St. Luke continues to educate parents about safe sleeping practices and provide those in need with the proper sleeping environment for their newborn children. A great debt of gratitude goes to those who have donated personally or through the St. Luke Foundation to better equip new parents with proper sleeping equipment to keep babies safe.

Left: Dr. Vizcarra, St. Luke Board of Directors Chief of Staff, and Teresa Nygaard, St. Luke Community Foundation Director, stand beside the donated cribettes and sleep sacks that will be given to new mothers to support safe sleeping practices for their infants.

EMPLOYEE OF THE QUARTER

Quarter 3: Melodie Maughan, EVS

Melodie is an incredibly hard worker. She keeps the Emergency Department clean and tidy, and always does so with a smile. She goes above and beyond in everything she does. Melodie provides helpful feedback if she observes a problem or a way to do something more efficiently. She is also courteous to everyone she encounters, and never complains or grumbles. All of the ER staff appreciate her dedication to keeping the department clean and safe for both patients and staff!



PROVIDER DIRECTORY

St. Luke Community Clinic – Ronan Family Medicine and Obstetrics 406-676-3600

Joanna Billings, DO
William Cullis, MD
John Foster, MD
Laura Hoganson, MD
David Springs, MD (September, 2021)
Megan Vigil, MD
Ed Vizcarra, MD
Meagan Henderson, PA-C
Katherine Mitchell, NP-C

St. Luke Community Clinic – Ridgewater Family Medicine and Obstetrics 406-883-3737

Isaac Billings, DO
Jamie Engeldrum, PA-C
Kena Lackman, MD (October, 2021)
Kelli Larson, DO
Mike Schallock, PA-C

St. Luke Community Clinic – Southshore Family Medicine and Obstetrics 406-883-2555

James Clough, DPM-Podiatry
Tyler Thorson, MD
Gage Henderson, PA-C
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St. Luke Community Clinic – St. Ignatius Family Medicine and Obstetrics 406-745-2781

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St. Luke Community Orthopedics 406-528-5580

Adrian T. Davis, MD
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St. Luke Community General Surgery 406-676-3600

Zach Hovorka, DO

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Ben Grass, MD	Bruce D. Mikesell, MD
Mark Harding, MD	Alex Nutt, MD

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406-327-4646
Matt Weiss, MD
406-327-4646
Douglas Waldo, MD
406-327-4646
Robert Minor, MD
406-327-4646

Ear, Nose and Throat

Kyle Tubbs, MD
406-752-8330
Kent Keele, DO
406-752-8330

Nephrology

Shahid Chaudhary, MD
406-327-4283

Neurology

Kurt Lindsey, MD
406-752-5095

Podiatry

Stephen Latter, DPM
406-755-5250

Psychiatry

Eleanore Hobbs, MD
406-676-3600

Radiology

Northwest Imaging
406-676-4441

Sleep Medicine

Kim Damrow, MD
406-676-4441



Carol and Rob Tiernan

ECF PROFILE: Carol Tiernan

By Dick and Marge Kellor

CAROL JOANNE NELSON TIERNAN was born November 7th, 1937, in Fort Leavenworth, Kansas. Carol’s father was an officer in the U.S. Army Dental Corps. Carol’s family would move wherever her father was stationed. Carol has two younger siblings, Robert (deceased) and Marjorie. Carol spent her first two years as a child in Fort Leavenworth, Kansas, then one year in Manila, Philippines. Carol, her mother and younger brother Bob were evacuated from Manila as the threat of war loomed. At the time of the evacuation, Carol’s mom, Blanche, was pregnant with younger sister Margie. Sadly, Carol’s father, Dr. Robert V. Nelson, was captured during the war and died as a prisoner of war.

After leaving Manila, the family moved to her Grandpa Nelson’s home in south Minneapolis, where Carol lived until she was 31. As a young girl, Carol loved to read, especially stories about dogs and horses. She was an excellent student and graduated Valedictorian of her Central High School class. She was co-editor of the high school newspaper and yearbook as well as President of the Girl’s Athletic Association. She was also a straight-A student in college, and received her degree in Medical Technology from the University of Minnesota. She worked as a medical technologist at the University of Minnesota Hospital, and then worked for a year in Surabaya, Indonesia as a member of a USAID mission medical team. Because of civil unrest, Carol left Surabaya and spent several months in New Guinea helping a friend who was a dentist, providing care to people who lived in rural communities. From New Guinea, Carol returned to Minneapolis, again working at the University of Minnesota hospital. After a couple of years in Minneapolis, Carol relocated to Montana, where she spent her first winter working at a ski lodge located at the Big Mountain Ski Resort. It was at Big Mountain where she met Rob Tiernan, a handsome ski instructor who Carol would eventually marry.

Carol lived in Kalispell, Montana, where she again worked as a medical technologist and, after two years, moved to Polson where she worked at St Joseph Hospital. Carol and Rob were married in 1975 in a small family gathering in the Nelson home in Minneapolis where she once had lived.

Rob left Big Mountain to become a ski instructor at the Snowmass ski resort near Aspen, Colorado. Carol and Rob would spend winters in the Snowmass area, and summers at the Tiernan property on Flathead Lake near Polson. While Rob was teaching people to ski, Carol worked at various jobs in Aspen, and did a lot of cross-country skiing on her days off. For several years, Carol and Rob would escape to the beaches of Baja, Mexico after a long winter of ski instructing to have fun in the sun and rejuvenate.



Carol Tiernan

Rob eventually retired from being a ski instructor enabling the couple to spend two winters in Hawaii, before finally living in Polson year-round.

Carol enjoyed traveling and loved the outdoors, enjoying bicycling, tennis, basketball, swimming, skiing and hiking. Shortly after graduating from college, Carol joined a bicycle trip to Europe organized by the American Youth Hostels (AYH). She enjoyed it so much that she later led an AYH group of bicyclists on another European trip. She also regularly hiked in Glacier Park, Jewel Basin, the Mission mountains, and other nearby hiking areas with a Polson-based hiking club. Carol has always been a kind and loving person, always willing to help others. She loves the “simple life,” and has always been loved and respected by all those lucky enough to know her.

For about ten years, Carol has dealt with a type of Alzheimer’s disease that progresses slowly. In early 2017, Carol developed a serious case of shingles and was hospitalized as a result. Rob was no longer able to care for her due to declining health, so she was moved into the St. Luke Extended Care Facility in 2017. She adjusted very quickly to the ECF and loves the staff, socialization, programs, and activities. The ECF staff continues to take great care of Carol as her dementia progresses. Carol’s family and friends are very thankful for the love and care given Carol throughout these years.

NUTRITION CORNER



Good Nutrition at Farmers Markets

By Diane Grogan, RDN, LN

CURRENTLY, THERE ARE MORE THAN 8,600 FARMERS MARKETS ACROSS THE U.S. Farmers Markets allow local farmers, ranchers and bakers to sell their produce and food items directly to the consumer in addition to the items available from local artists and craft enthusiasts.

What are some advantages of buying fresh fruits, vegetables and protein at farmers market?

Fresher food: Many foods you buy at the grocery store are picked before they’re ripe and transported from great distances before reaching the store. In comparison, farmers market produce is generally ripened on the plant and picked just prior to the market (usually within 24 hours before the market opens). Eggs, cheese, and a variety of meat products are also available at Farmers Markets and are fresher than items found in grocery stores.

Personal contact: Most often at farmers markets, you are speaking directly with the people who grew the produce, raised the animals, or baked the items. They can tell you how they grew it, what fertilizers or pesticides were used, if any, what ingredients are in the items and answer any other questions you may have.

Family time: The farmers market is a wonderful opportunity to spend with your family. It’s free, other than items that you purchase, and it is a fun way to get a little extra physical activity in. It’s also a wonderful opportunity to teach children about a variety of food items.

Community Impact: By purchasing fresh produce, baked items, and dairy and meat items at local farmers markets, your food dollars are boosting the local economy by supporting small, family-owned businesses in the area.

Hints for successful purchasing at farmers markets:

Choose ripe, unblemished produce.

Choose what you will use.

Use your senses at the market...see the vendors and look to see what other shoppers are purchasing. Smell the flowers, produce and meats cooking on the grill. Enjoy the sound of everything going on around you whether it be the music, the people or the simple crunch of an apple. Touch may not be an option due to safety precautions, but visit with the vendors to get their recommendations for the freshest produce each week.

Lastly, **what to bring to a farmers market:**

Cash is often preferred. Bring small bills just in case the vendors do not have enough change. Many vendors are starting to take credit or debit cards, but not always.

Water to drink, especially if it is hot.

A bag or basket for items

A cooler to keep your items cool on the drive home.

If you haven’t had an opportunity to go to your local farmers market, you are missing a unique experience. Support your local farmers market and check it out. Take advantage of the fresh food items, get a little physical activity and support the local farmers.

Ronan Farmers Market: Every Thursday, 4 – 7 p.m. at the Visitor Center (on Hwy 93)

Polson Farmers Market: Every Friday, 9 a.m. – 1 p.m. on 3rd Ave. W (in front of the Cove Deli)

Mission Falls Market: Every Friday, 5 – 7 p.m., at the Good Old Days Pavilion (St. Ignatius)

Note: All three markets accept SNAP/EBT and through their double SNAP program, will match their dollars! Talk about a great way to expand your food budget!



www.stlukehealthcare.org

IN RONAN:

St. Luke Community Hospital
St. Luke Community Convenient Care
St. Luke Community Extended Care
St. Luke Community Oxygen & Medical Equipment
St. Luke Community Hearing Center
St. Luke Community Healthcare Foundation
107 6th Ave. SW 406-676-4441
St. Luke Community Clinic – Ronan 406-676-3600
St. Luke Orthopedic Clinic 406-528-5580
St. Luke General Surgery 406-676-3600
126 6th Ave. SW

IN POLSON:

St. Luke Community Clinic – Ridgewater 406-883-3737
St. Luke Community Clinic – Ridgewater PT 406-883-2666
107 Ridgewater Drive
St. Luke Community Clinic – Southshore 406-883-2555
104 Rufus Lane

IN ST. IGNATIUS:

St. Luke Community Clinic – St. Ignatius
330 Six Tracts Way
406-745-2781

**The Heart of Healthcare
in the Mission Valley**

