



Heart to Heart

NEWS FROM ST. LUKE COMMUNITY HEALTHCARE

Winter 2022

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A FOND FAREWELL:

Retiring Dr. Cullis will be missed

DR. WILLIAM CULLIS HAS PLANS TO RETIRE AT THE END OF MARCH ... SORT OF.

Dr. Cullis says he sees retirement as an opportunity to change his focus as he gets ready to celebrate his 70th birthday. “While I have a bit of energy left,” he said, “I want to shift gears.”

Dr. Cullis has long been the go-to physician for flight physicals required for pilots. As a pilot himself, this work interests him. Upon retiring from St. Luke Community Healthcare, Dr. Cullis plans to open a small office and devote himself to offering this service.

As all medical students do, Cullis participated in clinical rotations while in medical school at U.C. Davis in California. After gaining experience in a variety of medical fields, he discovered that family medicine felt like home. The day-to-day variety in family medicine appealed to him then and has continued to do so.



VALLEY JOURNAL PHOTO

Dr. William Cullis plans to retire from St. Luke Community Healthcare on March 31.

Interestingly, while working one of his first jobs in Merced, California, Dr. Cullis worked within 10 miles of Dr. Vizcarra, a colleague at St. Luke. They’d never met or worked together while working nearby each other in California but both ended up in Montana at St. Luke.

From California, Cullis moved to South Dakota and eventually landed in Ronan. He knew he didn’t want to move east or go further west than Bonner’s Ferry. Luckily Ronan exists in the sweet spot. The Mission Valley he said, “is the kind of place he dreamed of and pictured” when deciding where he would move to after working in South Dakota.

The practice of family medicine has changed for Dr. Cullis over the years. Early on he delivered a lot of babies and had

young family members as patients. Many of those original patients have remained in his care since arriving in Montana in 1998 and are now in the nursing home. “A whole bunch (of his original patients) are still alive so I couldn’t have messed up too much,” he said. In addition to caring for his patients, Dr. Cullis is the current medical director for St. Luke’s Extended Care Facility and will continue to serve in the position until someone volunteers to take over.

When asked if there are any cases that stand out in his career, Dr. Cullis said that the emergency room situations where children don’t make it ... those stick with him.

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Clinical education a win-win for all

THE CLINICAL EDUCATION PROCESS allows medical, nursing, high school students, and physician assistants to shadow physicians and other providers. The experience provides a significant value not only to the students, but to patients and St. Luke staff as well. St. Luke General Surgeon, Dr. Zachary Hovorka, said that these experiences “help generate interest in the medical field. We want people with passion.”

Severe shortages are expected in many areas of healthcare. The Mercer Firm forecasts that by 2025 there will be a need for 29,400 nurse practitioners, 95,000 nursing assistants, and 98,700 medical and lab technologists/technicians. The American Association of Medical Colleges predicts a shortage of 46,000 to 90,000 physicians by 2025.

With all the opportunities available to prospective medical workers, St. Luke encourages patients to see the positives of having a student or resident included in their health care. Students bring a new set of eyes to each situation, along with discussion-provoking questions about the latest medical advancements and findings. These discussions help keep a physicians’ skills sharp and well-honed. The process of teaching others allows them to remain at the top of their game, with the added benefit of fostering future generations of physicians.

While students can bring a fresh perspective to an appointment, the licensed physician they shadow has learned the “art” of medicine. St. Luke Primary Care Physician, Dr. Megan Vigil, created the expression “arts and smarts” to describe the mutually beneficial relationship between new and experienced practitioners. The patient they see also assists the process, by allowing the teacher to teach and the student to learn. Seasoned doctors understand their patients better; they know what works best for them. The “art” of medicine combines hands-on experience with extensive (10 or more) years of medical training (the “smarts”).

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THANK YOU, DR. CULLIS

YEARS AGO I WAS MAKING AN ANNOUNCEMENT TO OUR MEDICAL STAFF that they might see a new face in the surgery department as we had recently hired a new surgical tech named Juan. Dr. Cullis, with his quick, wry sense of humor, said, “Yes, I had heard we had hired a new Juan.” Everyone had a nice chuckle. Comments like these have been pretty customary for Dr. Cullis and his sense of humor is just one of the many things we’ve appreciated about having him as part of the St. Luke Family over the past 23 years.

In April Dr. Cullis will retire from his full time active practice and like past St. Luke retirees, we are so happy for him, yet, we are not going to let him escape completely. I am pleased he will continue to help us in our extended care facility.

I have had the fortunate opportunity to work with Dr. Cullis over the past 23 years and along with his sense of humor there are so many things to appreciate about him. In addition to the exceptional care that he has provided to his patients and our community over the years, Dr. Cullis has been a pleasure to work with and has contributed in so many ways to the success of St. Luke. In our staff meetings Dr. Cullis brought a pragmatic and level headed approach to problem solving. He would often remain quiet, listening, and seemingly always at the right moment would interject with words of wisdom that provided a simple and appropriate solution. When faced with changes, challenges and difficulties he has been a

leader, rolling up his sleeves and demonstrating a “can do” spirit.

For those who might not know, Dr. Cullis is a bit of a renaissance man, which is likely why he’s been a great fit as a family medicine physician – enjoying variety and having diverse interests – and doing well with it all. Outside of work it’s been fun to follow his hobbies as a private pilot, his wood working projects - including a cedar stripped kayak, his piano and music, and his work as a gentleman rancher. As a family physician he has done it all as well, from newborns to geriatric care, from clinics to ER, from inpatient care to flight physicals and colonoscopies. On more than one occasion I’ve heard him saying he is the resident geriatric obstetrician.

Part of Dr. Cullis’ legacy at St. Luke is that he has been a strong proponent and supporter of our family medicine model. Along with others, he has helped shape and advocate for this model over the years. He has taught countless medical students and residents and helped those trainees see what a family medicine physician can be. He’s advocated for the belief that a family physician should be at the center of healthcare for patients and that the family physician can and should do more than just see patients in the clinic setting. He has truly provided care from cradle to grave.

A heartfelt thank you to Dr. Cullis for all your service, dedication, and humor over the years.



Steve

Dr. Cullis (from page 1)

Dr. Cullis’ long-time medical assistant Kim Palmer has worked with him for 22 plus years. Born and raised in the area and the daughter of Dr. Swan “Tom” McDonald, (a local physician who passed in 2018), Palmer was instrumental in helping Cullis get to know the family connections and backgrounds of his patients. Cullis said “It’s an important thing to know when you come in. You need to take the time to integrate into the community.”

Palmer characterized Cullis as a “man of many talents and someone who is always ready to help.” She said she so appreciated his help when her father and then her husband both died of cancer. While she’ll miss working with him, Palmer admits “I am happy for him.” Over the years, she has especially appreciated his humor, laid back style and easy-going manner.

Dr. Cullis has a drawer full of Far-Side calendars and has posted some of his favorite Far-Side jokes in patient exam rooms.

Besides being a physician and a pilot, Cullis adds musical talent to his list of accomplishments. He plays the piano and guitar and is in charge of music for his church. Palmer frequently sends him out to clean up his “farm shoes,” when he comes into the office, because he also raises horses and sheep.

When asked what more might be included in this article celebrating his work and congratulating him on his retirement, he said to “Be creative, make stuff up. We’re building a legend here, right? Say that I was raised by wolves.”

Palmer will really miss his sense of humor and his ability to be “Mr. Calm and Cool” saying, “You never know what he’s going to say.” When things get crazy busy around the office you can hear him say, “Yep, another day in paradise,” or “This too shall pass.”



ST. LUKE PHOTO
Dr. William Cullis visits with a patient in earlier years. After 23 years at St. Luke, Dr. Cullis plans to retire next month.

She said during quarterly fire drills, he has been seen running in with a fire extinguisher.

Using his unique comic style, when asked what advice or wisdom he would pass on to the next generation of family physicians, he commented that “If I haven’t passed it on yet, well it’s a dwindling resource.”

On a more serious note, however, Cullis’ advice to new family practitioners is, “You’ve got to love it. You have to find ways of identifying what you love (and doing that), otherwise it will grind you down. This is a lot of work and you have to find it rewarding. It can’t just be a job or it will do you in.”

With March 31 planned as his final day, he just may show up on April 1 and say, “Surprise, I’m back. April fools!”

Clinical education (from page 1)

In a hospital setting, the clinical education process allows for a greater number of medical professionals to care for patients. There are more eyes and ears interacting with a patient during their hospital stay. St. Luke is often sought after for the quality training students and residents receive while shadowing the skilled providers that serve the Mission Valley. According to Dr. Vigil, “Having students around inspires us to be the best caregivers we can because we are setting an example.”

Outside of the tertiary hospitals, St. Luke Community Healthcare is the largest provider of rural clinical education in the state. “It’s an imperative,” says CEO, Steve Todd, “for three reasons: we know when we teach we learn, it’s the right thing to do to pass on information to the next generation, and it helps us recruit the best of the best. Students and residents come from all over the country and, as a result a few years ago, through assistance from the community via the St. Luke Healthcare Foundation and the generosity of the Wharton family, St. Luke built the Wharton education house to assist with housing needs.”

So, the next time you are asked if you would mind a medical student or resident joining your appointment, consider that you are gaining much more than an observer. They bring a different perspective, an eagerness to learn and be involved, and could later become a St. Luke provider themselves. The clinical education process can benefit you as a patient, while also facilitating hands-on education for the next generation of healthcare professionals.

HEART HEALTH SPOTLIGHT: Prevention is key for this silent killer

STATISTICS FROM THE CDC show that since the beginning of the pandemic Americans have become much more conscientious about their health. As February is American Heart Health Month, St. Luke Community Healthcare would like to remind their neighbors to prioritize cardiac care.

When it comes to heart health, preventative care is key according to Dr. Lackman, a doctor of family medicine at St. Luke’s Southshore Clinic. Annual visits to a primary care provider for preventative screenings are crucial to discovering heart problems before symptoms can develop.

“There are some subtle symptoms, but they typically don’t come up until late in the disease, far after we ideally would’ve caught (an issue),” Lackman said. “Most people who have some sort of heart disease, whether it’s high blood pressure or heart failure, don’t have any symptoms for a very long time... that’s why heart disease is considered to be the silent killer. You can’t rely on having symptoms to know whether you have this disorder or not.”

While many people think of chest pain when imagining heart disease, Lackman explained there are no truly common symptoms. Abnormal heart rhythm, headaches, and swelling in the legs are just a few possibilities. ER Manager Stephanie Reffner agreed.

“(There are) just a myriad of symptoms,” Reffner explained. “Women in particular do not have the stereotypical



ST. LUKE PHOTO
St. Luke Community Healthcare ER Manager Stephanie Reffner encourages wellness screenings to discover potential health issues before they become serious.

symptoms of heart attacks. With women, especially over the age of 40, a lot of times they’ll have an onset of nausea, vomiting, shortness of breath. It ends up they’re actually having a heart attack.”

While some avoid routine doctor visits, opting to go only when they think it’s absolutely necessary, Reffner says wellness screenings are key to discovering issues before they become serious. Knowing one’s family health

history, and remaining compliant with medications, are also important.

In addition to annual preventative screenings, Lackman said disease may be prevented through maintaining a healthy weight, through weight loss if necessary and exercise. “150 minutes of vigorous exercise per week, vigorous meaning at a level where you could not maintain a conversation, is recommended,” she said.

When in doubt, Reffner added, it’s

best to come in, especially if a person has a history of cardiac problems in their family. Fortunately, St. Luke Community Healthcare is prepared and staff are well-trained to assist patients with any cardiac concerns.

Participants in the Montana Cardiac Initiative, St. Luke has received the ER Cardiac Recognition Award from the state several years in a row for quality care.

To earn the award, data is submitted semiannually for analysis of how cardiac cases are handled, then feedback is given to show where improvements have been made, where improvements are still needed, and where a hospital stands among other participants. For St. Luke, it’s an opportunity to gauge continual improvement.

“We voluntarily participate with the Montana Cardiac Initiative,” Reffner said. “This helps us improve every part of the care process so we can get the best patient outcome.”

“Heart disease is the number one killer for both men and women in the United States, based on the last CDC data,” Lackman stated. “It’s really common, and it’s preventable.”

Schedule your annual wellness exam with St. Luke Community Healthcare today at any of their clinics throughout Lake County and invest in the future of your heart’s health. Mammograms are recommended for women 40 and older or those who are at higher risk for breast cancer.

FOUNDATION NEWS: Challenges met, successes celebrated

AS WE STEP CAUTIOUSLY INTO 2022, we can’t help but reflect on the accomplishments of the previous year. Here at St. Luke Community Healthcare Foundation, we acknowledge the challenges and celebrate the successes.

Behavioral and mental health services have been a priority over the past two years. Through MT Healthcare Foundation grants we have built an amazing behavioral health team with the inclusion of access to psychiatric care. Our goal is to focus on the health and wellness of the patient as a whole.

Our youngest patients are of the highest priority to us as well, which is why we raised the bar to become a Gold Certified Safe Sleep Hospital. Through our

Safe Sleep Campaign we made the commitment to transition from using swaddling blankets to sleep sacks only in our OB Dept. We also offer a portable cribette to every family to ensure the safest sleep environment possible for every baby as they go home.

From direct patient care to state of the art equipment upgrades, St. Luke Community Healthcare met the challenges of 2021 head on and stayed the course to provide the highest quality care for



Teresa Nygaard

our friends and family throughout the valley. It is with your help and support that we continue to be the heart of healthcare in the Mission Valley.

You can help support the work of St. Luke Community Healthcare and the Foundation by contributing to our Safe Sleep or year-end campaigns, participating in our events or activities, or you may choose to leave a legacy. No matter how you wish to support the ongoing work of St. Luke Healthcare, the Foundation is here to walk you through it. Feel free to call Teresa Nygaard, Foundation Director, tnygaard@stlukehealthcare.org, 406-528-5324.

“Knowing is not enough; we must apply. Willing is not enough; we must do.” - Johann Wolfgang von Goethe



St. Luke’s Oncology Infusion Center looks out over the Mission Range of the Rocky Mountains.

ST. LUKE PHOTO

Oncology Infusion Center provides treatment close to home

THERE ARE MANY REASONS MONTANANS MAY NEED ACCESS to an oncology and infusion center, from seeking cancer treatment to outpatient infusions for headaches. In rural areas, it can be difficult to find these specialty services. That’s why St. Luke Community Healthcare opened their Oncology Infusion Center in Ronan. St. Luke is dedicated to providing high-quality care that won’t take patients far away from the critical support of family and friends.

“It’s important for patients in the area to have a local infusion center so that they don’t have to travel up and down the valley for their treatments,” nursing staff wrote. Patients already have to deal with treatment, they shouldn’t have to deal with difficult travel as well.

St. Luke’s Oncology Infusion Center offers all types of chemotherapy infusions for cancer, infusions for osteoporosis, Crohn’s disease, rheumatoid arthritis and anemia. They also have outpatient antibiotic and headache infusions available. With every treatment, comfort and quality are key.

“We have really comfortable chairs that even have heat and massage controls. I think our view is amazing. Our infusion center is located on the second floor and looks over Main Street and the Mission Mountains,” Director of Nursing Abigail Byers shared. “Our staff is also amazing.”

The three core nurses of the Oncology Infusion

Center, Jennifer, Joanna and Katey, take the time to get to know their patients. “They really work with (their patients) to educate them and make them feel as comfortable as they can while they are going through the treatment experience,” Byers said.

The center’s ward clerk, Geline, is also ready to help wherever she can, both scheduling for the oncology department and working with insurance. Receiving treatment can be stressful, both physically and mentally, so the staff does everything they can to help ease the burden for their patients. According to the nurses, the team works together with the pharmacist to try and find the most cost friendly options for patients to alleviate some of the financial burden and provide a little more peace of mind.

Those who would like to receive treatment close to home can do so while still seeing their regular oncologist as well. St. Luke’s oncology team works closely with primary oncologists to ensure proper care is received by every patient.

Patients who are interested in receiving treatment at the center in Ronan should contact their oncologist to make the request.

“The staff up there really do a great job,” Byers said. “They are all very dedicated to serve the community so that patients don’t need to drive long distances for their infusions.”

PHYSICIAN SPOTLIGHT:

St. Luke welcomes Dr. Ronald D. Dean

ST. LUKE WELCOMES RONALD D. DEAN, D.O., THE NEWEST PHYSICIAN in their team of Emergency Medicine Physicians. Originally from Chicago, Illinois, Dr. Dean completed his undergrad degree at Southern Illinois University and his Doctor of Osteopathy through Kirksville College of Osteopathic Medicine in Missouri. A husband and proud father of three, Dr. Dean is Board



ST. LUKE PHOTO

Dr. Ronald D. Dean joins St. Luke’s Emergency Medicine Team.

Certified in Emergency Medicine and General Practice. He is also certified in Advanced Trauma and Life Support for both children and adults. St. Luke welcomes him to the team and is proud to staff their ER with Board-Certified Physicians 24 hours a day, seven days a week.

COVID-19 VACCINES:

TO FIND THE MOST UP-TO-DATE INFORMATION regarding COVID-19 vaccination, including booster doses, please visit St. Luke’s website at stlukehealthcare.org or follow St. Luke on Facebook.

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
Megan Vigil, MD
Ed Vizcarra, MD
Peggy Martino, NP-C
Katherine Mitchell, NP-C

St. Luke Community Clinic – Ridgewater
Family Medicine and Obstetrics
406-883-3737
Isaac Billings, DO
Jamie Engeldrum, PA-C
Kelli Larson, DO
Mike Schallock, PA-C

St. Luke Community Clinic – Southshore
Family Medicine and Obstetrics
406-883-2555
James Clough, DPM-Podiatry
Kena Lackman, MD
Tyler Thorson, MD
Stephen Shepro, PA-C
Mary Velk, PA-C

St. Luke Community Clinic – St. Ignatius
Family Medicine and Obstetrics
406-745-2781
Joanna Billings, DO
David Vaughan, NP-C
Simon Crawford, PA-C

St. Luke Community Orthopedics
406-528-5580
Adrian T. Davis, MD
Robert Alfiero, PA-C

St. Luke Community General Surgery
406-676-3600
Zach Hovorka, DO
Jesse Alfiero, PA-C

EMERGENCY ROOM

Abi Nutt, MD	Cara Harrop, MD
Ron Black, MD	Brian Lopez, MD
Darren Brockie, MD	Bruce D. Mikesell, MD
Ben Grass, MD	Alex Nutt, MD
Mark Harding, MD	Ronald D. Dean, DO

SPECIALIST DIRECTORY

INDEPENDENT SPECIALISTS PROVIDING SERVICES WITH ST. LUKE COMMUNITY HEALTHCARE

Cardiology Morgan Kellogg, MD 406-327-4646 Matt Weiss, MD 406-327-4646 Douglas Waldo, MD 406-327-4646 Robert Minor, MD 406-327-4646	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 Maternal Fetal Medicine M. Bardett Fausett, MD 406-676-4441
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	

“It can be useful to learn from others who see things differently than you do. That has definitely helped me in life.” - Reggie Dumontier

ECF PROFILE: Reggie Dumontier

REGGIE DUMONTIER WAS BORN IN 1931 IN ST. IGNATIUS, MONTANA. He was raised there in the mountain-side town and then, after graduating high school, moved to Missoula to attend college at the University of Montana. There he studied Education and minored in Human Behavior. Reggie went on for his graduate degree then to the University of North Dakota for his doctorate in Psychology. He finished his studies before the program had been fully accredited by the state, making him a doctor in training but not fully in title. That didn’t bother Reggie, though. “I just went on without it,” he said. At the time, it was not common for a Native American student to leave the reservation and come back with a doctorate degree – to say his family was proud would be an incredible understatement. Reggie went on to become a college professor, teaching Psychology throughout the state. He taught in Kalispell, Missoula, Browning, and Pablo, but his longest stint was at Flathead Valley Community College in Kalispell.

Outside of work, Reggie lived what he felt to be a quiet life. “I’m not the noisy type,” he explained. Reggie loved being a father and teaching new skills to his children. He has been married multiple times, but had his children with his first wife, Mary Ellen, whom he was married to for nearly 25 years. Together, they raised three children: a daughter, Denise – who lives in Michigan, and two sons, Brian and Greg – who live close to Reggie in Montana.

Another one of Reggie’s biggest passions has been music and his family was surprised he didn’t pursue a career professionally. Along with a magical singing voice, Reggie played multiple instruments – including guitar, trombone, trumpet, and drums. He was in two bands in college and performed in multiple musicals while living in Missoula. His other interests have included: hunting, fishing, golfing, bowling, and downhill skiing. He’s enjoyed just about all the activities his beautiful state has had to offer.

As he grew older, Reggie required a higher level of care and after a fall and a short stint in the hospital, he and his family agreed that he should move to the St. Luke Extended Care Facility. Reggie says he has appreciated the care he’s received, along with the fact that he “doesn’t have to worry about anything now. It’s all taken care of!” Reggie has continued his quiet lifestyle in the ECF. He likes to read – with no topic being too complex – and listen to music. His favorite singers are Frank Sinatra and Tony Bennett. Reggie was able to



Reggie Dumontier

recover from his fall and regain his ability to walk with a walker. Medical staff assist him in walking around the ECF multiple times a week. Reggie likes to stay busy, but says, “I love that at this point in my life I can take a nap whenever I want to!”

Chatting with Reggie, one can quickly see how incredibly intelligent and witty he is. He is a wonderful conversationalist, with immense insight and wisdom. His reading endeavors still include new scientific findings and medical journals. He enjoys studying people and “figuring out what makes them tick.” Reggie only regrets two things in life – not pursuing music professionally and not getting to travel more. He would have liked to have seen South America, where he could have “studied a different culture and learned from the people there.” Looking back over all he got to experience, however, Reggie feels he’s lived a good life and would only enjoy the chance to “do it all over again.”

When asked what words of wisdom he would share with his community, Reggie said, “I cannot overemphasize the power of flexibility and accepting what you need to accept. We must recognize that, while others may be different from us, that doesn’t mean they’re always wrong. In fact, it can be useful to learn from others who see things differently than you do. That has definitely helped me in life.”

NUTRITION CORNER

Gear up for the New Year; more fresh food, less processed

GROCERY STORES ARE SET UP IN A CONSISTENT WAY; the outside aisles typically have bread and produce, while the aisles on the inside have packaged and refrigerated items. Often, the vast majority of grocery stores have lots of processed foods. With increased technology and processed foods gaining popularity due to their convenience, how do we ensure that when we shop we are limiting the ones that are highly processed?

Though we may understand the basics of reading a nutrition label, there are plenty of terms we don’t always understand. Food labels are constantly evolving, including information on organic standards and added sugar. Processed foods serve their purpose in cooking, as well as for occasions like camping and emergency situations. However, eating unnecessary added ingredients can harm our health to the point where we see blood sugar and cholesterol levels increase.

We should aim to eat a diet that is minimally processed, since avoiding added ingredients helps our overall health. For some foods, prolonged shelf life only takes one ingredient, like unsalted peanuts. However, foods are often processed to the point where the negatives of the additives outweigh the nutritional value. Processed foods may still have nutrients like vitamins or protein, but within a grocery store there are usually better sources to get these needed nutrients.

There is a way of defining levels of processed foods. According to NOVA’s (openfoodfacts.org) processed food facts, there are four levels:

Group 1. Minimally processed (or natural) foods are edible parts of plants or animals.

Minimally processed foods are natural foods altered by processes that include pasteurization, freezing, and vacuum packaging. These processes are designed to make foods more sustainable for storage.

Group 2. Processed culinary ingredients

Processed culinary ingredients, like oils, butter, sugar and salt, are substances derived from Group 1 foods. The purpose is to make durable products that are used in home and restaurant kitchens to prepare, season and cook.

Group 3. Processed foods

Canned vegetables, fish and fruits, cheeses and freshly made breads, are made by adding salt, oil, sugar or other substances from Group 2 to Group 1 foods. Processes include preservation or cooking methods.

Group 4. Ultra-processed foods

Ultra-processed foods, such as soft drinks, sweet or savory packaged snacks, meat products and pre-prepared frozen dishes, with little intact food from Group 1.

This includes hydrogenated oils and high-fructose corn syrup. Often these words have “scientific” terms and the list of ingredients goes on and on. The goal of these processes is to make cheap and profitable products.

So the next time we find ourselves at the grocery store, think about how far our food that we are buying has gone from the ground to the store. Who knows where all the ingredients have been? Remember that foods that are found on a shelf, rather than a box, have nothing to hide!

EMPLOYEE OF THE QUARTER

Quarter 1:
Jaychelle Underwood,
Ronan Community Clinic

Jaychelle is a shining example of how healthcare workers have risen to the challenges of COVID. She’s worked extra hours, covered shifts, and spent countless hours outside providing curbside testing for patients. She’s taken on extra duties and trained new staff despite being very busy herself. And she does all of it with a positive and friendly attitude! Jaychelle truly embodies the mission of St. Luke, by consistently delivering quality care and putting her heart and soul into her job!



Heart to Heart

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**

