



Heart to Heart

NEWS FROM ST. LUKE COMMUNITY HEALTHCARE

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PT SPOTLIGHT:

Focus on whole person care rewarding for therapists, patients

AS CLINICAL DIRECTOR OF PHYSICAL THERAPY at the St. Luke Ridgewater Clinic, Kyota Shizuku can feel confident in the level of care his clients experience - due in part to the many patient referrals the clinic regularly receives. Word of mouth recommendations support his team's reputation for treating the "whole person" with high quality care rather than just their diseases or injuries.

"We strive to serve the totality of the person," he explained, "not just their condition or body parts. We have a good connection with people and pay close attention to each person. Communication skills are very important." Patient goals become therapy provider goals. Therapists seek to address issues that keep clients from doing what they want to do in their lives.

Once referred for physical therapy, patients have the right to choose which facility they wish to use and are always



ST. LUKE PHOTO

St. Luke Community Clinic - Ridgewater PT staff pictured above are: Kyo Shizuku, Josh Krantz, Teresa Sohr, Coral Villagrana and Carrie Benson.

free to choose the amount and type of care they want to receive. "We value people's decisions," said Shizuku.

Peter Ridgeway, a post knee replacement patient, claims, "With confidence I recommend this group knowing I will never be embarrassed from my recommendations." He went on to say, "Doctors in our community recognize the skill set of St. Luke for Physical Therapy and are happy to provide prescriptions for PT ... regardless of their affiliations."

Formal physical therapy is provided by multi-certified physical therapists, Kyota Shizuku PT, DPT, ATC, CSCS, Cert. DN; Josh Krantz PT, DPT, Board-Certified Clinical Specialist Orthopaedic PT; and Physical Therapy Assistant Teresa Sohr.

The Ridgewater clinic offers massage by Licensed Massage Therapist Carrie Benson. Both Polson and Ronan clinics also provide myofascial trigger point dry needling and massage. "We specialize in human movements and function ... when people are injured or limited by pain or have delayed healing that limits function," explained Shizuku. "As specialists, we are in unique positions to help with many different conditions."

Following a second referral for physical therapy, Pat Bauerle said "I chose Kyota Shizuku and the staff of St. Luke Physical Therapy for my care because I trust that the therapy they provide will

continued on next page

The Persist Program combines exercise, meditation, mindfulness, strength training and other therapies to combat chronic pain.

Persist Program researches ways to reach community

THE PERSIST PROGRAM HELPS PATIENTS PREVAIL OVER THEIR PAIN. Theresa Kelly-Mitchell, a physical therapist at the Ronan Physical Therapy Clinic, ran a pilot of the Persist Program back in February. Created to assist patients with chronic pain, participants in the six week program reported promising results.

The program currently remains in flux however, as Theresa gets a handle on building interest and throwing a wider community net to capture more participants. Since one in five Americans reports chronic pain, she hopes to offer the program in settings designed for larger groups. She is reaching out to other organizations in order to collaborate with the use of their space or perhaps creating a group like an Internet Café.

The Persist Program combines exercise, meditation and mindfulness, strength training, body sense training, neuromuscular re-education and the use of proper body mechanics. Complementing manual therapy completes the full circle of education and care provided by the program. All together these therapies provide helpful information, exercise instruction, lifestyle recommendations and important knowledge about pain so clients suffer less and enjoy life more.

— Adriaan Louw, author of "Why You Hurt Pain Neuroscience Education System," said "The more people know about pain, the less pain they experience."

If you are interested in learning more about dealing with chronic pain or the Persist Program at St. Luke, contact Theresa at 406-528-5234 or tkellymitchell@stlukehealthcare.org.

PREVENTATIVE & WELLNESS VISITS KEY TO FUTURE GOOD HEALTH

MOST PEOPLE ARE AWARE THAT REGULAR PREVENTATIVE OR WELLNESS VISITS ARE A KEY COMPONENT to gaining and maintaining good health. That is doubly important when dealing with any kind of chronic health issues. A preventative visit is frequently referred to as a wellness visit, well child check, preventative visit, or Medicare annual wellness visit. However, it can be frustrating to later find out that what you thought was a fully-covered appointment later leads to a bill. That's understandable and it's a concern that we help patients work through at times. While it is true that most insurances will pay for one wellness or preventative visit per year, there are often challenging and specific guidelines around what falls into that visit. When a physician performs additional services during one of these visits, insurance companies have rules that dictate how a physician bills for those added services, and those policies vary.

It's easy to assume that an annual visit of any kind would be covered once a year, regardless of the type. The reality is this is usually only the case if the visit is truly preventative. A wellness or preventative visit provides an opportunity for you and your doctor to discuss the status of your health, address future health needs (end of life planning, immunizations, planning for additional screenings, etc.). A wellness visit likely will not include a physical examination (meaning the physician will not lay hands on a patient). Sometimes there may be some basic bloodwork done, but only if you have a covered diagnosis

(ex. high cholesterol or high blood pressure). As soon as the physician performs a problem-focused exam - meaning they address an issue that the patient has - the rules for billing require the physician to bill an "Evaluation and Management" service, and these usually require some sort of out-of-pocket payment, such as a co-pay or deductible.

To give you an example, during your regular wellness visit, you may think to ask your doctor about a rash or to refill a prescription. We understand why you might do this - your time is limited and your doctor is right there for you to ask. However, if your doctor has to do an examination or change/prescribe a medication, they will then have to document these items in your record. Then the insurance company rules require them to bill for an additional visit related to the problem they helped you with. The originally covered wellness visit now has an extra "layer" to it - a layer that could result in an additional charge.

Ultimately, we recognize that insurance processes can get complicated quickly. We want to help you navigate the process to avoid any negative surprises with your bill. Speaking with our Medical Support team is a great way to understand what will be covered at your next visit and how much it could cost. Monitoring and improving your health through regularly scheduled visits with your primary care doctor is one of the best ways to ensure your future wellbeing. Don't delay, make your appointment today.



Steve

once again enable me to enjoy my daily and recreational activities without pain. I would highly recommend this facility to anyone in need of physical therapy.” Bauerle says she appreciates Kyota’s ability to put her at ease, his knowledge regarding her injury and his ability to explain things to her in a way she could understand.

PT Therapist Josh Krantz, certified in orthopaedic physical therapy, also offers free bike fitting consultations for cyclists needing help properly fitting their bicycle to their individual body size. The facility offers not only a large variety of exercise machines but also various therapeutic modalities including: traction, electrical stimulation, ultrasound, cupping, manual therapy and more to address cardiovascular strength, posture and balance, post-surgical orthopedic care, blood flow restriction and neuromuscular re-education issues (to name a few).

Shizuku pursued physical therapy after 11 years of education. He arrived in Montana at the age of 18 from Japan with athletic training as his educational target. He enjoys learning and turned to physical therapy because the scope of practice in physical therapy is wider than athletic training. He appreciates the “nice depth and wide spectrum of patient conditions physical therapy offers.”

Shizuku appreciates St. Luke’s community connection and that as an organization, caring for people and individuals comes from the top down. St. Luke consistently creates a very supportive culture for employees, allowing them to concentrate on providing excellent patient services.

FIT FOR LIFE: seniors find fitness stride together

EIGHTY-YEAR-OLD DICK GALLAGHER PRACTICES WHAT HE PREACHES. An avid Fitbit advocate, he walks 5 miles or more per day and works out at the St. Luke Physical Therapy facility in Ronan three times a week. He’s had this health routine for over 20 years.

Open at 6 a.m. Monday through Friday, the Ronan PT facility provides a home-base and senior-friendly place for a crew of 65-plus citizens. Dick says “It’s fun and a non-threatening place for older people.” These survivors of cancer, heart attacks, strokes and the normal effects of aging come together as a family of friends who not only exercise together but socialize. Kathy Gallagher said “(the group) provides a morale boost and an important part of the day. We don’t feel so isolated.”

Dick explained they each do their own thing in a supportive atmosphere that helps them stay active along with providing the socializing often times lacking as people get older. As an ex-runner, accustomed to the uplifting feeling runners get, Kathy now enjoys the elliptical equipment that provides some of the endorphin boost she used to get from pounding the pavement.

Many in the older exercise group joined following PT treatment for injuries or disease. St. Luke offers one month of free access following PT, which gets many participants hooked. Continuing from a therapeutic setting to a strength building and maintenance exercise routine only costs \$25 a month. There are several couples that come on the “buddy system” and only pay \$20 each per month. For those interested, shower facilities are also available.

Participants have access to state-of-the-art equipment and friends that become like family. Trained professionals also make themselves available to answer questions, correct form and provide a reassuring environment of safety. When you get older it’s comforting knowing help, if needed, is just a few steps away. Staff have also been known to call and check in on regulars who don’t show up for their regular sessions. One call caught



ST. LUKE PHOTO

Local residents enjoy the physical and social benefits of exercising at the St. Luke Ronan PT Facility.

“Taking an active part in your health is the best health insurance and provides a good quality of life in senior years.”

- Bruce McMillan
St. Luke Physical Therapist

stay strong for when you do have health issues and “stay on top of it.”

As a longtime physical therapist, Bruce McMillan explained the best part of a PT program is the connection the patients have with one another and the staff. These relationships often grow into friendships, which further encourages continued participation. Staff take a personal interest in patients and are eager to help.

As a 71-year-old, McMillan’s lifestyle philosophy includes being proactive, which helps a person feel more in control of their health. He urges others not to wait too long and end up in the hospital. Being fit, he added, offers value well beyond feeling good. It greatly enhances seniors’ abilities to recover from health issues, reduces the risk of injuries and can be an early warning system for health problems. If you find yourself less able to exercise it could be a clue a health issue needs attention. McMillan believes, “Consistency is the key to senior health and fitness.” He said, “Taking an active part in your health is the best health insurance and provides a good quality of life in senior years.”

a vacationing senior in Hawaii.

As a personal trainer working for St. Luke, Amanda Reed encourages those just beginning an exercise routine to use the NuStep, a pushing and pulling machine that causes zero impact on joints with lower intensity. Reed believes older people may feel threatened, lost or intimidated going to a regular gym whereas coming to the St. Luke facility is “... inspiring and you can feel comfortable to get started.” She emphasized you need to

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.



Siblings retire from St. Luke

Theresa Jones, HR Manager, joined St. Luke Community Healthcare in December 1999 and retired in October. “Since my brother and I retire like Tom Brady, I will be PRN for a few months and will train my replacement,” she said. “I returned to the Mission Valley in September 1999 after being gone for 25 years, living in Germany and Georgia. I gained HR experience through my prior job in Germany and, since I had a relative working at St. Luke, I knew it was a great place to work because of the family atmosphere, benefits, administration, and benefits. It’s nice to end my working career here; this has been the best position I have ever held. I look forward to spending quality time with my grandchildren, working in my large yard, and doing volunteer work.”

Steve DeLay, Maintenance Manager, began working at St. Luke as a general plant worker in October 2003. “I was attracted to St. Luke because I knew they offered a great work environment and a competitive benefit package. I also felt I would be given the opportunity to grow and learn in my position,” he said. “I served on the St Luke Foundation Board for several years, which let me see how community-oriented the hospital is. After working here for 10 years I was able to reach my goal of becoming Plant Manager. During that time I had the pleasure of working with and training my successor, Nick Emerson, who has now taken over my position. My future plans include more desert overlanding trips, mountain summits, and hiking with my kids.”

FOUNDATION NEWS: Year end giving season on horizon

WITH SUMMER BEHIND US AND THE FALL SEASON IN FULL COLOR, I am reminded that fundraising has “seasons” too. The season we just wrapped up was all about our Foundation Dinner and Auction event. We spent months planning, coordinating and bringing our community together to support our Extended Care Facility and Nursing Home. The event was very successful, and what a great time we had coming back together after a two-year pandemic related hiatus!!

Before our event was over we were already preparing for the next season, which includes the last few months of the year. Holiday and year-end giving allow us an opportunity to reach out to our community to seek support in the form of general donations. These funds

help us shore up those areas that really need it, like the Safe Sleep Campaign, Diabetes Education, and Behavioral Health to name just a few.

As a new year begins, so does a new season of fundraising. We usually see many grant opportunities pop up in the first few months of the year. We spend time determining how we can match grant funding with the priorities of St. Luke Community Healthcare and how it will benefit our community.

Through each fundraising “season” our main goal is



Teresa Nygaard

to connect. We want to connect with the people in our community, and we want to connect the healthcare needs of the people with accessible and affordable solutions.

You can help support the work of St. Luke Community Healthcare and the Foundation by contributing to our Extended Care 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.

“No one need wait a single moment to improve the world.” – Anne Frank

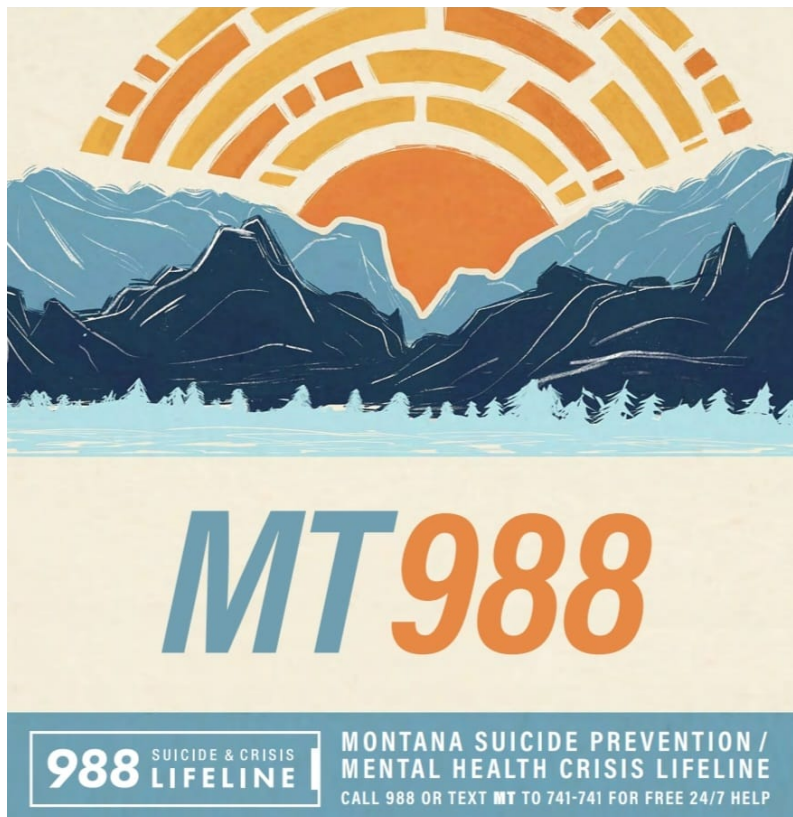
St. Luke Community Healthcare recognized for improvements in patient care

ST. LUKE WAS RECENTLY AWARDED the Montana Rural Healthcare Performance Improvement Network's Quality Improvement Award for its work on the emergency department transfer communication project during the 2021-22 Flex Grant Year.

Criteria met for this award is as follows:

- Performance improvement in a project related to MT PIN data measures
- Complete and consistent Data Reporting
- Engagement and sharing with MT CAHs

The mission of the MT Rural Healthcare PIN is to develop and provide a collaborative support system which will enable small rural hospitals to have the ability to deliver quality care and achieve customer satisfaction. PIN activities are supported by the Medicare Rural Hospital Flexibility (Flex) Program, which provides funding to spur quality and performance improvement activities, stabilize rural hospital finance and integrate emergency medical services (EMS) into existing health care systems. The program encourages the development of cooperative systems of care in rural areas to increase efficiencies.



MT 988: New suicide, crisis lifeline available across Montana

MONTANA 988 provides free and confidential emotional support to people in suicidal crisis or emotional distress, 24 hours a day, 7 days a week, across Montana.

All calls to the Montana Lifeline are answered by trained crisis workers at three regional call centers around the state.

All Montana crisis centers are accredited, provide training for counselors, and disseminate best practices.

Local counselors at crisis centers are familiar with community mental health resources that are part of the Montana 211 network (a national database of helpful information and resources.)

Montana's Suicide Prevention and Mental Health Crisis Lifeline is an effective, life-saving safety net for those experiencing a mental health crisis, especially those with nowhere else to turn.

Montana 988 is part of the National Suicide Prevention Lifeline network. Calls made to 988 in Montana are routed to one of three Lifeline call centers: Voices of Hope in Great Falls, The Help Center in Bozeman and Western Montana Mental Health in Missoula. Together, they provide coverage to every county in Montana. Currently, Montana leads the nation in call handling rates with less than ten percent of calls made in Montana being routed to another call center in the network backup system.

St. Luke honored with Best of Polson awards

THE BEST OF POLSON awarded St. Luke Community Healthcare with a first place award for the best nurse to Tanya Smith, best physical therapist award to Kyo Shizuku and best physician award to Mike Schallock, PA-C. Andrea Ruhman received a second place award for best nurse and Josh Krantz won second place for best physical therapist. Leanne Fahner finished up with a third place award for best nurse. Ridgewater and Southshore Community Clinics proudly serve their patients every



day. St. Luke congratulates each of these winners and their colleagues for their dedication and excellence in serving their community. They have all earned these awards through conscientiousness and excellent service.

EMPLOYEE OF THE QUARTER

Quarter 3: Dalton Molzhon, Maintenance

Dalton has been an exceptional employee since the day he was hired for the maintenance department. He is always respectful and willing to go above and beyond his daily job duties. Dalton always brings a cooperative

and courteous attitude to work and looks for ways to help others. He shows up for his shifts early, ready to get right to work and demonstrates competence in his job. Dalton understands the importance of his job and it shows!



PROVIDER DIRECTORY

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

Joanna Billings, DO
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
Kelli Larson, DO
Mike Schallock, PA-C
Jamie Engeldrum, PA-C

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

Kena Lackman, MD
Tyler Thorson, MD
James Clough, DPM-Podiatry
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
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

Ear, Nose and Throat

Kyle Tubbs, MD
406-752-8330

Kent Keele, DO
406-752-8330

Sleep Medicine

Kim Damrow, MD
406-676-4441

Neurology

Kurt Lindsey, MD
406-752-5095

Maternal Fetal Medicine

M. Bardett Fausett, MD
406-676-4441

ECF PROFILE: Dora Ratzburg

DORA RATZBURG WAS BORN ON MAY 15, 1923, in Conrad, Montana, located north of Great Falls. The youngest of five, Dora grew up on a large farm east of town, where her father made a living growing wheat. Dora recalls her years on the farm with a special fondness. Her siblings, Malden, David, Irma, and Augusta were much older than she was, so she developed a close relationship with her parents as a result. Memories of her mother making lunch each day for her father, helping her mother in the garden, and eagerly awaiting her father to come out of the field for his daily lunch break still linger these many years later. Growing up, Dora attended Country School and rode her pony Molly 2.5 miles each way to attend every day. She went on to graduate from Conrad High School – which she was only able to attend by staying with a family friend on weeknights and going home on weekends.



Dora Ratzburg

After high school, Dora attended college in Bozeman for one year for Secretarial Studies, then transitioned to Havre for a year. In 1943, she decided to try out the U of M in Missoula and her parents soon moved to the same city to be near her. In 1946, Dora's parents took her on the trip of a lifetime, through Washington, down the California coast, across the southern states, back to Chicago, then through the northern states back home. Dora really enjoyed traveling and passed that love down to her nieces and nephews, who recall her being a ton of fun growing up.

Dora went on to work at the Bureau of Public Roads in the Federal building in Missoula performing secretarial work. When her parents moved to the west shore of the lake in 1950 she joined them for a few years and worked at the Farmers Home Administration building in Polson. She returned to Missoula in 1954 and worked at the School of Forestry at the U of M for eight years. Dora's father passed away in 1961 and her mother came to Missoula to live with her. Dora took care of her mother for 13 years before her passing. Needless to say, she had a special bond with both of her parents that sticks with her to this day.

In 1983, Dora moved back to Polson and lived with her sister, Augusta for over a decade. She then lived independently until she and her family agreed she would likely benefit from some support and she moved into an assisted living facility and then the St. Luke Extended Care Facility. For many years Dora was an active member of the Order of the Eastern Star, a companion organization to the Masonic Lodge. She enjoyed attending meetings, where she could dress up and socialize. Dora also served as the Secretary of the First Christian Church in Missoula for many years. Her hobbies have included cross stitch and embroidery – both of which she is highly skilled at, crocheting, knitting, sewing, reading, and playing the piano. She is also an accomplished baker and still enjoys tea and cookies, which the ECF staff bring to her daily.

Dora never married or had children of her own, but she was close with her 12 nieces and nephews, two of whom live nearby in Polson. They lovingly call her "Aunt Dodie" and remember her fun antics and special holiday cookies. Dora, herself, preserves the value of family and the importance of taking care of each other. Just a few months shy from becoming a centenarian, she has many years of lessons learned, but our take home lesson from Dora would be – treat everyone like family and watch the good that can come of it!

NUTRITION CORNER



October, November bring awareness to benefits of plant-based diets

FOR MANY OF US, NOTHING BEATS biting into a juicy hamburger, or better yet bison burger. Animal meat is packed with nutrients, and gives us the energy for the day we need. Though red meat and wild game are frequently on the dinner plate, it's important not to forget about our plant proteins.

October is **Vegetarian Awareness Month**, with November being **Vegan Awareness Month**. The fall season reminds us of delicious foods that make us feel warm on cooler days. Many of these meals have good amounts of plant nutrients.

Vegetarian diets typically do not include meat dairy or fish. However, there are many variations:

Lacto-vegetarian includes dairy products, such as milk, cheese, yogurt and butter

Ovo-vegetarian allows eggs

Lacto-ovo vegetarian allow dairy products and eggs

Pescatarian includes fish

Vegan diets exclude meat, poultry, fish, eggs and dairy products — as well as foods that contain these products

What plant-based foods have protein?

The most important food group of a vegetarian meal to keep track of is getting enough protein. Variety in meals, whether we are eating animal products or not, help ensure we are getting all the vitamins and nutrients we need to thrive. These are some of the protein sources that come from plants:

Beans and legumes (black beans, chickpeas)

Grains (oats, barley)

Lentils (excellent in soups, tacos, salads)

Nuts and seeds (sesame seeds, almonds)

Soy (edamame, tofu, tempeh or whole)

Let's compare and contrast protein sources:

A 4-ounce broiled sirloin steak provides about 33 grams of protein, as well as 5 grams of saturated fat (fat that needs to be limited in the diet since they contribute to heart disease)

4 ounces of grilled sockeye salmon has about 30 grams of protein, naturally low in sodium, along with omega 3 fatty acids (beneficial fats)

2 eggs (boiled) has about 12 grams of protein, 10 grams of fat, and is a good source of Vitamin Bs and Vitamin D

½ a cup of black beans provides about 10 grams of protein, with 7 grams of fiber

Plant-based protein typically contains more dietary fiber and less saturated fat than animal-based sources of protein.

Vegetarians and vegans may benefit from consuming slightly more protein than their meat- and dairy-eating counterparts. That's because protein from whole grains and legumes has **lower digestibility** than animal protein. Protein from plant foods are in the plant cell walls which are difficult to break and absorb.

What are the benefits of eating plant-based protein?

Data shows that eating fewer animal products and more plant-based proteins is associated with increased longevity and decreased morbidity.

Protein, one of the macronutrients, plays a role in most bodily functions including cell repair, hormone production, muscle building and blood clotting. The body needs an adequate amount of

protein from food to function properly. It doesn't matter whether you get your protein from animals or plants, your body will get enough protein it needs.

A big benefit to plant-based protein is fiber. Fiber helps regulate sugar in the body, helps with hunger, and contributes to digestive system regularity. When gut bacteria digests fiber, it creates byproducts like short-chain fatty acids. Research shows this can improve immune system function and lower inflammation.

Plant protein typically has less saturated fat than animal proteins. Saturated fat contributes to heart disease. The American Heart Association states that eating more plant proteins reduces risk of heart disease. No matter where we are getting our food sources, checking for saturated fats on nutrition labels is important. Skinless chicken and 90% lean beef are examples of meat with lower saturated fat.

To gain the benefits of eating plant-based protein in meals, at least 1-2 meals with plant-based protein should be eaten a week. Here is a fall inspired recipe to try at home:

Easy Moroccan Chickpea Stew

1 tablespoon olive oil
2 cups cubed peeled butternut squash (1/2-inch cubes)

1 large onion, chopped

1 large sweet red pepper, chopped

1 teaspoon ground cinnamon

1/2 teaspoon pepper

1/4 teaspoon ground ginger

1/4 teaspoon ground cumin

1/4 teaspoon salt

1 can (15 ounces) chickpeas or garbanzo beans, rinsed and drained

1 can (14-1/2 ounces) diced tomatoes, undrained

1 cup water

Chopped cilantro, optional



In a Dutch oven, heat oil over medium-high heat. Add squash, onion and red pepper; cook and stir until onion is translucent and red pepper is crisp-tender, about 5 minutes. Stir in seasonings until blended.

Add chickpeas, tomatoes and water; bring to a boil. Reduce heat; cover and simmer until squash is tender, about 8 minutes. Top with cilantro.

(Taste of Home)

Enjoying various types of foods of all food groups creates a healthy variety of meals to be had in all seasons. We can help our bodies to thrive by adding a couple plant-based meals each week, while continuing to enjoy chicken beef and game. After all, trying a new dish is always fun!

Resources: UCLA.org, hsph.harvard.edu, eatright.org



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**

