



Heart to Heart

NEWS FROM ST. LUKE COMMUNITY HEALTHCARE

Winter 2023

POSTAL
CUSTOMER

NONPROFIT
U.S. POSTAGE PAID
MISSOULA MT
ECRMSSDDM
PI#90

TAKING CHARGE:

New CFO takes reins at St. Luke

JOEL ONSAGER IS THE NEW CHIEF FINANCIAL OFFICER FOR ST. LUKE COMMUNITY HEALTHCARE. He decided to continue in the position following an interim period beginning last June, when previous CFO, Paul Soukup, passed away.

Onsager initially stepped into the CFO role to fill an immediate need. Having worked as an assistant to Soukup, Onsager still found a lot in the new position to be unfamiliar and admits there’s been a big learning curve. Fortunately, Onsager sees “challenges as opportunities.”

Following graduation from Ronan High School, (his father was a high school teacher in Ronan), Onsager went on to earn a B.A. from Carroll College and an M.A. from MSU Bozeman. Onsager is married with a daughter who is a sophomore and young son not yet in school. He enjoys the peace and quiet of Northwest Montana’s rural lifestyle and the grandeur of the Mission Mountains.

Having played football in college, Onsager currently keeps active playing hockey in the winter and white water rafting in the summer. He credits his rafting experiences with teaching him to remain calm and focused when things get rough.

Admittedly a bit analytical at heart, Onsager laughed when asked for his personal opinions and challenges. He blames his black and white “accountant” brain for shyness with such talk but says he sees himself as a calm and thoughtful person who enjoys finding solutions. “The problems are easy to find,” he commented. Onsager was quick however to share what he enjoys most about working for St. Luke. He said he appreciates working with “thoughtful, kind, competent people, who take pride in their work.” He emphasized how everyone has been and continues to be a huge help to him in his new position. Knowing how important St. Luke is to the



Joel Onsager is the new Chief Financial Officer for St. Luke Community Healthcare.

community, he added, gives him further appreciation to work for such a vital organization.

ST. LUKE PHOTO



Casey Houk is new Obstetrics Manager

CASEY HOUK BEGAN WORKING AS A CNA at the St. Luke Extended Care Facility 24 years ago. Following many years of continued education and experience, Houk was officially named the new obstetrics manager on Jan. 23. Although management is a whole new experience for her, Houk’s friendly demeanor and flexibility are aiding her in her new position.

Houk and her family moved to St. Ignatius from the state of Washington when she was 11 years old. After earning a B.S. in Nursing from SKC, she has worked in obstetrics at St. Luke for approximately 14 years.

The family atmosphere generated with her co-workers is Houk’s favorite part of working in the Obstetrics Department. She also enjoys providing childbirth education to prospective parents and using her CLC (Certified Lactation Consultant) to interact one-on-one with and assist new nursing moms.

Houk continues to pursue education in her chosen field and has set herself a goal to achieve her O.B. nursing certification, which provides special courses related to obstetrics specifically. She plans to encourage her staff to get their O.B. certifications, as an additional way to stay up to date on the most current practices in obstetrics.

Patients’ safety during labor and delivery remains her primary focus. The greatest challenge in her job is to fulfill all the different desires OB patients have for themselves. She wants her patients to have the most satisfying labor and delivery experiences they can and to feel empowered during the process. While matching patient experiences as close as possible to what they desire always remains a goal, keeping mom and baby safe is always her main priority.

Houk reminds area residents that St. Luke’s Obstetric Department offers pain relief, breast feeding education and individualization. They are committed to tailoring birth experiences to each mother and family’s expectations.

ST. LUKE PREPARES TO CELEBRATE 70TH ANNIVERSARY

MARCH OF THIS YEAR WILL MARK ST. LUKE COMMUNITY HEALTHCARE’S 70TH ANNIVERSARY. During the late 1940s and early 50s, this community worked together, scraping up donations and setting aside spare change. Residents brought out sewing machines to make linens and rolled up their sleeves with hammer and shovel in-hand to build a facility to meet local healthcare needs. In an era of health care that has been riddled by mergers, consolidation and closures, St. Luke Community Healthcare exists 70 years later, as it did when it first opened – independently run and owned by the community. While that is an accomplishment to be celebrated, it is also one that we must continually build upon.

I will be the first to say we are not perfect. We have and will continue to have setbacks, yet through it all, we have been able to improve, grow and thrive thanks to the support of our community. Like many industries and businesses, there are numerous challenges in the present environment: workforce, supply chain, inflation, and housing to name a few. We need to work together to overcome these obstacles and not allow ourselves the comfort of accepting these things as excuses. We have to rise above. We must continue to work to improve at all times.

One way we work to improve is through your feedback. A special thank you to the patient who recently called to share a less than optimal experience they had with one of our providers, where the customer service did not live up to expectations. The patient described how they felt - that the provider hadn’t really listened, they had rushed through the exam, and didn’t provide very good instructions. The patient was upset and rightfully so. Our staff and providers have to serve the needs of our patients and community by not only providing excellent clinical care, but excellent customer

service as well. In the end, I thanked the community member for letting me know so that we can work to improve. We want to work to get better all the time and when we don’t meet expectations, we want to know about it so we can focus on correcting it. Equally important is positive feedback. Thank you to all those who have written letters or shared comments complimenting our care team. We want to relay that positive feedback to staff, to help reinforce the great work that they do every day.

Another way we grow is through your generosity and your philanthropy. Our annual Foundation dinner raised tens of thousands of dollars to help renovate much needed areas in our extended care facility. It is almost complete and it looks amazing. As another example, I had a community member stop by my office and drop off a very generous donation to assist in our efforts to purchase a new piece of medical equipment. In the conversations that I had with this gentleman, it was very apparent how important it is to him that we have the right tools to ensure that we can continue to deliver high quality care right here in the valley. This gentleman understands the symbiotic relationship between a healthcare institution and the community.

Lastly, we thrive through your loyalty and your choice to receive healthcare services locally. If community ownership and local healthcare services are important to you, then make that your choice. Start by calling your primary care provider and scheduling an appointment. Discuss any health concerns, get your preventative care services scheduled, and checked off your healthcare to-do list or the year.

Thank you for your continued support. Let’s work together to ensure another 70 years of community owned healthcare.



Steve

HEART HEALTH MONTH: St. Luke offers special discounted assessment

IN RECOGNITION OF HEART HEALTH MONTH THIS FEBRUARY St. Luke Community Healthcare is offering a \$49 cardiac risk assessment throughout the month. The screening includes a complete metabolic panel, a lipid panel, a Hemoglobin A1C test and a blood pressure test.

St. Luke Cardiopulmonary Department Manager Brandon Hungerford and Dr. Douglas Waldo, a cardiologist from Billings Clinic Heart and Vascular at Community Medical Center in Missoula, encourage people to take advantage of this screening opportunity. The special discount saves hundreds of dollars and can help detect potential health issues before they become problematic. Screening results will be sent directly to your primary care physician.

Both gentlemen sat down in the St. Luke Cardiology Department’s exercise and rehab room recently to share their expertise. They were anxious to repeat and emphasize heart health recommendations like being active 15 to 30 minutes per day.

“Something is better than nothing,” Dr. Waldo said. He encourages brisk walking with a goal of a 15-minute mile. Swimming and biking are also excellent ways to elevate your heart rate. He quoted Newton’s law: “An object in motion tends to stay in motion.”

Maintaining heart healthy habits and dropping unhealthy ones is key. There are many risk factors that individuals have complete control over - including not smoking and eating a healthy diet. Almost in unison, both men said “Every American knows what to eat.” Health reports consistently emphasize the importance of eating more fresh foods, vegetables and fruits, less saturated fat, less sugar and more superfoods such as, berries, nuts, fish and oats. Both men recommended cutting down on salt and perhaps cutting it out altogether.

Reducing stress can not only help you achieve better overall happiness but will lower your cortisol levels. High cortisol levels lead to weight gain and related heart and other health issues often times seen in overweight and obese individuals.

Dr. Waldo noted that “good sleep” remains a critically important component to maintaining a healthy heart.

Hungerford recommends speaking with your primary care physician if you snore loudly and stop breathing while you sleep, to discuss a sleep study. A sleep study determines if you have obstructive sleep apnea, which has a direct effect on heart health, high blood pressure and can lead to other health issues.

Dr. Waldo appreciates the caliber of diagnostic testing done by St. Luke’s Cardiopulmonary Department. These tests include EKGs, Holter monitoring, cardiac echoes, stress echoes, dobutamine stress echo (medication induced) and nuclear stress studies that diagnose how blood flows in the body. If tests determine a need for heart catheterization, angioplasty, cardiac mapping and ablation, or cardiac EPS, those procedures are done at the Billings Heart and Vascular Clinic at Community Medical Center in Missoula.

With a total of 23 years of experience, Hungerford, St. Luke Cardiopulmonary Department’s manager for the past 5 years, brings passion and personal care to his job. He enjoys the family structure at St. Luke and appreciates that people treat one another how they wish to be treated. He said we “truly care for our patients’ health and well-being.” The department’s true sense of caring through action is displayed in their cardiac rehabilitation program.

Cardiac rehabilitation following heart stent, bypass or valve surgery takes place at St. Luke for 12 weeks. Patients meet for one hour, three times a week for a total of 36 visits. With a commitment to each patient’s recovery, rehab may also include counsel from a pharmacists and or a nutritionist. Only four patients per hour session utilize the exercise/rehab facility so that careful attention can be paid to each patient. According



Top: St. Luke Cardiopulmonary Department Manager Brandon Hungerford and Dr. Douglas Waldo, cardiologist, emphasize the importance of diet, exercise and not smoking to maintain heart health. **Lower left:** Dr. Waldo points to a diagram showing arterial plaque build up and how it causes reduced blood flow. **Lower right:** cardiac rehabilitation room exercise equipment is demonstrated by staff who provide careful attention to each patient.

to Hungerford, caring also extends from patient to patient during heart rehabilitation sessions, as clients inevitably check in on each other and build supportive relationships.

Cardiac Risk Assessment surveys are offered Monday through Friday from 7:30 a.m. to 5 p.m. throughout the

month of February at St. Luke Community Hospital in Ronan. A 12-hour fast is required prior to screenings. Cost is \$49 and payment must be made at the time of service. No insurances will be billed. Check in at the front desk of the hospital. Take charge of your heart health today.

FOUNDATION NEWS: Good things happening every day

I’M SITTING IN MY OFFICE in the basement of St. Luke Community Healthcare, one door down from our Physical Therapy Department. When I tell people that my office is in the basement they usually grimace and say something like “Wow, how do you deal with that?” Well, today is the best answer

Today, like most days, I see so much good going on in the basement hallways. I’m lucky to have two large windows that make me feel like I’m practically sharing in the activities just outside my door. Today I have a young man riding a three-wheel therapy bicycle up and down the hallways with his two physical therapists by his side. He is well secured on the bicycle, has his helmet fastened and starts out at a slower pace. That pace doesn’t last long and he quickly switches gears, making himself laugh out loud. From that moment, all three of them were laughing throughout the entire session! I should say all FOUR, because I was laughing

right along with them ...

The good that goes on in the basement hallways looks different every day. One day it’s a person on the therapy bicycle and the next day it’s a person who’s unable to walk unassisted, taking laps around the basement like they’re preparing for a marathon (with the help of our LiteGait equipment, of course). The good doesn’t stop there, because the next day it’s likely that I’ll hear children from Occupational and Speech Therapy Departments doing a different form of therapy in the hallway. They run, they hop, they scoot on little carts on their bellies. They count, they recite, they play therapeutic games. They run by my window and all I can see is the tippy



Teresa Nygaard

tops of their little heads, but I can hear their laughter loud and clear.

No matter who happens to be in the basement halls on any given day, good is happening. I can tell by the laughter and the smiles most days, and that makes my basement office a great place to be.

You can help support the work of St. Luke Community Healthcare and the Foundation by contributing to any part of St. Luke that is close to your heart. You can also participate 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 Community Healthcare, the Foundation is here to walk you through it. Feel free to call Teresa Nygaard, Foundation Director at 406-528-5324 or email: tnygaard@stlukehealthcare.org.

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

- Anne Frank

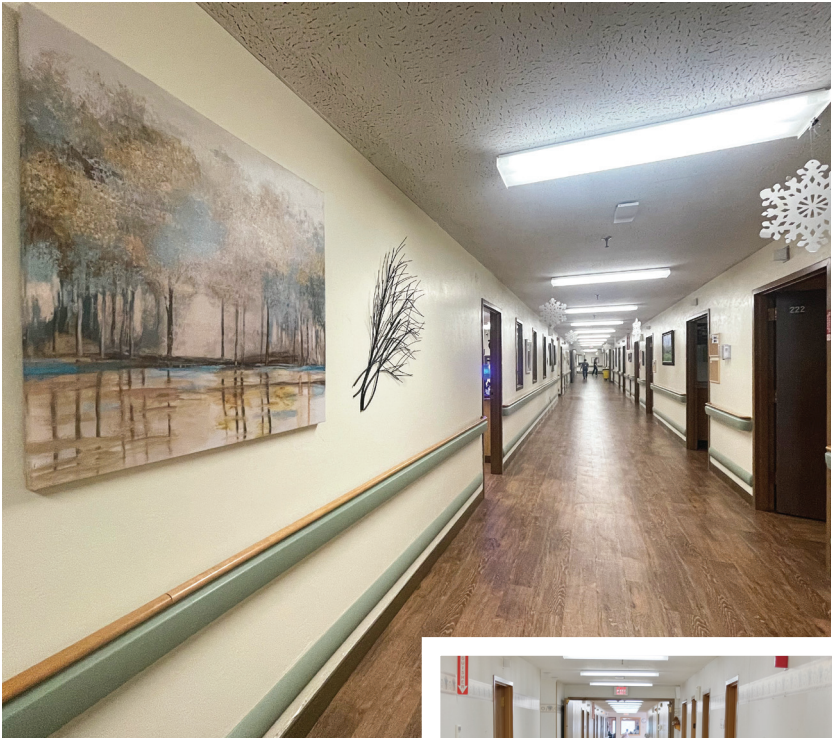


Extended Care Facility gets facelift

DAYS ARE BRIGHTER AT THE ST. LUKE EXTENDED CARE FACILITY. New cream colored painted walls including all residents’ rooms, new flooring, and new hallway siderails for patients, all brighten the days of the current 39 residents at St. Luke’s Extended Care Facility. ECF Director of Nursing Val Henderson said everyone is really enjoying the update and that residents were only out of their rooms for one day.

The ECF remodel projects began last year and include new kitchen cabinets, a modernized and more open nurses’ station, and an extended employee break room. The office and reception area also received updates including new artwork. Nature landscapes of mountains, sunsets and some western art now decorate the facility’s walls.

According to Maintenance Manager Nick Emerson, new vinyl plank flooring brought the largest change to the facility. He said, “removing the old, outdated carpeting and wall-paper required a lot of prep work.” The maintenance department was heavily involved in the labor aspect of the remodel, including building new cabinets for the nurses’ station and retexturing and painting all the walls.



Top: the ECF nurses’ station is much more open and bright following the recent remodel.
Above: A hallway with fresh flooring, paint and art.
Right: The same hallway before the remodel is pictured at right.



SLIP, TRIP, FALL PREVENTION

THE MISSION VALLEY HAS EXPERIENCED A LOT OF ICE SO FAR THIS WINTER. That means anyone headed out of doors needs to be careful while driving and also while walking. According to the CDC, slips on ice and snow account for a million injuries per year, and 17,000 deaths. Many of these accidents are preventable with some proper planning and precautions. We polled St. Luke employees, to see how they keep themselves safe from slips in the icier months. Here’s what they shared:

Don’t assume that just because there is snow, there is traction. There might be ice underneath. Test the surface by grazing it with your toe first to see how slick it is. – Dana Mendelkow, SLCC-R

I don’t go anywhere in the winter without my Diamond Grip Yaktrax on my good muck boots! – Darcy Hoffman, BO

I have an old container that I keep ice melt in. I sprinkle it when I get out of my car and by the trunk, because if I’m going shopping, by the time I get out of the store the ice is all melted and I need to be able to load groceries. I use it when I get out to go to work and know it won’t be slippery by my car when I get back in. When in doubt, add ice melt! – Leanne Fahner (SLCC-RW)

I prefer the Walk Yaktrax with coils for daily use because they won’t damage floors, so I can go from outside to indoors without any bother. – Caroline Hummel (SLCC-R)

St. Luke encourages you to wear shoes or boots with slip-resistant soles, focus on your footing, and use special care when entering or exiting vehicles. Remember to walk like a penguin when a surface feels slippery – short, shuffled steps can greatly decrease your chances of slipping.

St. Luke Podiatric Surgeon, Dr. James Clough, expands further on winter-time fall risks:

“Inappropriate footwear can contribute to slips, trips, and falls, both indoors and outdoors. First and foremost, you want your shoes or boots to fit well. You don’t want your foot sliding around, as that can compromise your balance. Outside, you want a shoe with more tread and grip. External traction products add further stability on slippery terrain. However, transitioning to inside, you won’t want to wear the same shoes, especially if you’re older. Grippy running shoes or hiking boots can catch on the floor, leading to falls and injuries. Indoors you want a harder, rubber sole that is smoother and won’t stick to surfaces as easily.”

Dr. Clough had a couple more tips for walking in the winter:

Consider using walking poles or a hiking stick for added balance.

Don’t get distracted by things like texts or calls this time of year. Focus on the ground in front of you.

With a bit of extra planning and taking time to walk carefully, you can significantly reduce your risk of experiencing this common accident in the colder months.

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: Gladys Mattson

GLADYS ROSE (ZACH) MATTSON WAS BORN IN 1919 ON A FARM NEAR SWISHER, IOWA. Growing up, she attended school in a one-room schoolhouse. During the depression in the 1930s, the values of self-sufficiency and saving money were strong beliefs that got her family through. While it was uncommon for girls to attend high school in those days, Gladys did! There were no school buses, so her father taught her how to drive their family Buick. She graduated in 1937, in a class of 12 students. Gladys went on to become a teacher, then returned to her hometown, where she recalls having some of her cousins, and even a younger brother, as her students. Gladys taught for two years before returning to college in Cedar Rapids, where she studied business. When WWII broke out, she moved to California and became a Master Lay-out Draftsman, making patterns for military airplane parts at McDonald Douglass Aircraft Company. When the war was over, Gladys’s parents encouraged her to return to Iowa, where she found a job manufacturing pasteurizers and bottling machines. Her friends convinced her to attend a local dance, which she reluctantly agreed to. There, she met a Finnish former G.I. from Upper Michigan, named Toivo Mattson, who loved to dance and swept Gladys off her feet. They went on to be married for 53 years!

Gladys and Toivo moved to a farm in Dayton, Minnesota, and had six children together: Gayle, Dane, Jan, Kim, Mark, and Earl. They raised cucumbers for a pickle company and Toivo traveled as a lumber salesman. Gladys enjoyed her time on the farm, sewing, gardening, baking, cooking, and canning. She made homemade sauerkraut and pickles and can recall canning countless batches of tomatoes. Toivo and Gladys moved to Harlingen, Texas, after retiring and selling their farm. Later on, she moved to Ronan to live with her son Dane, after Toivo passed away. When asked, “How does one get to be a Centenarian?” Gladys shoots back a witty response of, “good genes!” She adds that never having smoked or drank probably helped too. Gladys encourages people to be happy with what they have, saying she “never needed to be rich,” and simply wishes she had more ability to travel. May we all learn from Gladys ... the value of finding happiness where you are, while being steadfast in the pursuit of your goals.



Gladys Mattson

EMPLOYEE OF THE QUARTER

Quarter 3: Donnette Snell, ACF

DONNETTE IS AN AMAZING CNA. She knows what needs to be done and does it. She is punctual, reliable, and works incredibly hard. Donnette trains new CNAs in a ways that make them feel welcome and appreciated. She takes time to talk with her patients to make them feel at ease. Donnette meets and exceeds St. Luke’s standards of performance on a daily basis and leads by example.



Donnette Snell

NUTRITION CORNER



Eating Healthy for your Gut in the New Year

THE NEW YEAR IS HERE, AND MANY OF US ARE THINKING ABOUT HOW TO BE HEALTHY this year and the next. When we consider diet, we often think about how it benefits our heart, brain and skeletal muscles. Understanding how food impacts our gut health is just as important. Here we will discuss how eating fermentable foods impacts our microbiome, and helps us be healthy all year long.

What is a microbiome and what role does it play in my health?

A microbiome is the community of microorganisms (such as fungi, bacteria and viruses) that live in a particular environment. In this case, the intestines.

Good bacteria help break down complex carbohydrates that we eat.

Each day we are exposed to “bad” bacteria, that enter our bodies. Good bacteria create byproducts that lower the intestine’s pH, decreasing the chance that bad bacteria can survive. They compete for food supply and surface area on the intestinal lining, and secrete proteins that kill off bad bacteria.

Good bacteria produce vitamins the body needs, including B complex (important for general cellular activity) and K (important for blood clotting).

Though antibiotics are helpful in getting rid of infections, they can lead to digestive issues. This is because they can wipe out both good and bad bacteria. Eating fermented food can help restore the good bacteria back to normal. A diet high in fiber and plant-based foods help gut microbes to grow back.

What are fermentable foods?

Fermentation has been used as a food preservation process for many years. Fermentation is where sugars are broken down by bacteria and yeasts. These foods are a great source of probiotics because they contain live bacteria. Pickling is another food preservation process. This method uses an acid such as vinegar or a brine (salty water) to preserve the food. ONLY pickles fermented with salt, not vinegar, contain probiotics.

During the process of fermenting dairy products, the bacteria help break down a sugar called lactose. Fermented dairy foods such as kefir, yogurt, and cottage cheese are often acceptable for individuals with lactose intolerance. Although cheese is fermented, it doesn’t provide the same health benefits as yogurt since yogurt has live microbes and cheese typically doesn’t.

Why do I need fermentable foods?

The digestive tract has over 100 trillion bacteria and other microorganisms. A diverse and healthy intestinal microbiome plays a role in contributing to the immune system to prevent inflammation in the body that can lead to obesity, diabetes, and neurodegenerative diseases.

How much fermentable foods should I eat?

We should eat at least one serving a day of one or more fermented foods to support gut health. Though more servings a day can be potentially beneficial, its important to watch for bloating and gas if our bodies are not used to fermentable foods.

How should I eat fermentable foods?

Many foods can be eaten by themselves and without any preparation. Adding these foods to smoothies, soups and oatmeal adds flavor to these dishes. When cooking with fermented foods, add them as a topping or mix them in at the end to avoid killing the beneficial probiotics with high heat.

What are some fermentable foods that I should try?

Yogurt is made by fermenting milk. Nutrition labels will show what the estimated number of probiotics are. These probiotics in yogurt help digest some of the lactose, so if you’re lactose intolerant you may be able to enjoy yogurt. There are also dairy-free and vegan yogurt options. Add some fruit or nuts for a snack, overnight oats, or make a smoothie with plain yogurt.

Kefir has more potent concentration of probiotics, and has a consistency of thick milk. Some of these probiotics may help against infection, including *Salmonella*, *Helicobacter pylori*, and *E. coli*. Calcium in kefir can also be absorbed better, resulting in improved bone density and preventing fractures. Kefir can be an ingredient in pancakes, muffins, and salad dressing.

Tempeh is made from fermented soybeans. Though tofu is soybean based, it is not fermented. It also has a firmer texture and a slightly nuttier flavor. Tempeh contains all the essential amino acids, making it a complete protein. Tempeh can be replaced as the main protein source in a dish.

Kimchi, the national food of South Korea, is a spicy pickled vegetable dish. It is traditionally made by combining cabbage, scallions, or radishes in a brine with garlic, ginger, chili pepper, and fish sauce, allowing the ingredients to ferment. Kimchi taste good with eggs, rice dishes, soups, and burgers.

Future research: Our microbiome and health

With continued research we will learn more about how managing microbiomes affect overall health. Maybe one day we will be able to pinpoint microorganisms that could prevent specific diseases. Until that day comes, we can add fermented foods in our diet to bring more flavor into our dishes as well as keep bad bacteria at bay.

For more information, visit:

Fermented Foods for Gut Health (uma-ssmed.edu)

7 Must-Eat Fermented Foods for a Healthy Gut | Eating Well

Fermented foods can add depth to your diet - Harvard Health

5 Benefits of Fermented Foods in Your Diet – Cleveland Clinic



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**

